

LOY NORRIX

KNIGHT LIFE

SINCE 1960

THE MULTIPLE TEAM IS “NEXT TO NORMAL”

SIDNEY RICHARDSON NEWS EDITOR

Among the many events that make up the forensics department, which showcases the acting and speaking abilities of a performer, you will find the Multiple Team. Multiple is an event in forensics where small teams of actors compete to perform mini musicals and plays. Performers are asked to sing, dance, act and move blocks to set their own scenes. Teams are made up of 5-8 members.

The Loy Norrix team is made up of senior Giovanni Diaz, juniors Grace Erway, Victor Moss, Drew Strand, and Bonnie Bremer, and freshman Ella Ledbetter. The team competes in four tournaments this season and if successful, they compete at the regional and state levels.

This year’s team is performing “Next to Normal,” a musical written by Brian Yorkey and Tom Kitt. The musical touches on many modern issues involving mental health, such as schizophrenia and depression. The musical itself is relatively new as it debuted Off-Broadway in 2008. “Next to Normal” then had its Broadway debut in 2009. “Next to Normal” is a critically acclaimed musical, as it was nominated for 11 Tony Awards in 2009 and won three of them. The musical also won the Pulitzer Prize for Drama in 2010.

The job of the multiple team is to compress a two hour musical into a 10-15 minute period. It’s quite a task to work eight songs and a story line into that time frame.

“Multiple is one of two events that require more than one person. It is essentially a ‘mini musical,’ they [the team captains] take these elaborate pieces of literature and shrink them into a 15 minute piece. There is music involved, various blocks



PHOTO CREDIT / SIDNEY RICHARDSON

Junior Grace Erway sings and directs the voices of the team. While she does this, she adjusts their pitches and respective notes to make the finished product sound more audibly appealing.

and stools, stage directions and so much more,” said Forensics coach and drama teacher Paige O’Shea. “They truly have to work as a team because as soon as the judging begins, they have no time to pause or rethink. It’s amazing to watch them grow and learn to live ‘in sync’ with the piece.”

The team members must cut down the musical while maintaining the story line. This

tough task is headed by co-captains Bonnie Bremer, who is in charge of the script, and Grace Erway, who is in charge of the music. Being a captain comes with a lot of challenges.

SEE **MULTIPLE TEAM** PAGE 7

LOY NORRIX HELPS THEIR OWN THROUGH THE WINTER MONTHS



PHOTO CREDIT / EMMA WHITEHEAD

Junior Caeleigh Nooney dedicates over 20 hours of her time helping with the food drive. She alone brought in 356 cans

EMMA WHITEHEAD FEATURE EDITOR

When you enter Loy Norrix and go through your day, you never realize how many students actually come to school hungry. Many students here at Loy Norrix go home and aren’t able to eat. For many, the lunches and breakfasts served by the school may be their only meal of the day, so when these students go home for the weekend, there’s no telling what they’ll eat.

That is why Loy Norrix is so blessed to be able to have our very own food drive. During the month of December, food is collected from classrooms and then sorted into care baskets to be given to people in need. In 2016, Loy Norrix collected almost five thousand items to benefit Loy Norrix families.

“I think it’s amazing that the food goes to Norrix students. I believe that the food going to Norrix students from Norrix students shows how much we care about our school and community and each other,” said senior Arika Hawkins.

The Loy Norrix food drive wasn’t always run by Peacejam, an international organization that works towards improving the community, which was established at Norrix in 2003.

First, the Kalamazoo Area Food Drive was run by the Black Police Officers Organization. Then Loy Norrix staff member, Sveri May, helped collect food for this drive with her government class. Then May started a Peacejam club at Norrix, so they took over helping May with the drive. Now Peacejam has their own food drive to continue the good work done in the past.

In addition to the food drive, Sveri May is also the head Peacejam Advisor. She works hard to improve our school and our community. She is one of the many teachers here that does so much for all of Loy Norrix. She cares deeply about her students and works hard to see all students succeed.

“My government class and I always did the food drive until Peacejam came into existence. We would study poverty and the government’s way of dealing with it. We took school field trips during the day to Loaves and Fishes, The Gospel Mission and Ministry with Community, and we’d do service projects at each one,” said May. “Then we would work on the food drive. We would gather close to and some years over 7 thousand food items with 7,776 being the most.”

SEE **FOOD DRIVE** PAGE 15

ONCE TRENDY TEAL BECOMES BRILLIANT BLUE:

LOY NORRIX ENTERS THIS CENTURY WITH EXTERIOR UPDATES



GRIFFIN CONLEY COPY EDITOR

Dubbed the “Glass Castle” in 1960 when it opened, Loy Norrix High School was new and exciting for its time. Since then the school has kept its original colors, only making repairs and additions to the outside of the building. Now in 2017, Norrix is updating the exterior. Many students and alumni have anticipated the school getting some external work, and the time has come for anticipation to become reality. This outward transformation is scheduled to start this spring.

The two year project between Kalamazoo Public Schools and design firm TowerPinkster was funded by the 2013 bond issue. Norrix will be replacing windows and exterior doors and changing the appearance of many outer walls. The construction work will be split between the summers of 2017 and 2018.

The colored panels on the building will be changed from the current teal to a darker blue. The main entrance known to most as “The Tower” is also being updated. The glass



will be replaced with a blue tinted glass to complement the other color changes. The vertical steel beams between the windows will be replaced with an invisible seal lock between the glass panes.

This year’s juniors and seniors will not see the finished product before they graduate. The current sophomores, however, will get a great before-and-after perspective.

Sophomore Grant Emenheiser doesn’t know much about the improvements but will be here to see the end product.

“It’s cool that they’re [KPS district and TowerPinkster] trying to make a positive change to the look and feel of our school,” said Emenheiser.

TowerPinkster architect Shawn Parshall lead by project manager Jim Ross did the redesign and both are working with the Skillman Corporation construction manager to choose materials and set up the contractor bids for this project.

TowerPinkster was recently voted the



PHOTO/GRAPHIC / TOWERPINKSTER



number one architecture firm in the nation and has worked with Kalamazoo Public Schools (KPS) for 15 years. TowerPinkster has worked on other projects in the district: remodeling the doors and bathrooms at Phoenix High School, a similar exterior project at Milwood Magnet Middle School, the completely new Washington Writers’ Academy, the new gym at Milwood Elementary School and the new technology and doors at Woods Lake Elementary School.

“[We have] worked continuously with KPS since 2001, and it’s been an incredible experience to work with schools,” said Jim Ross.

SEE **EXTERIOR UPDATES** PAGE 6

EMMA WHITEHEAD
FEATURE EDITOR

On the evening of January 20th, Loy Norrix High School students suffered a major loss. Friday afternoon at the Loy Norrix vs. Kalamazoo Central basketball game, students began receiving phone calls and texts saying that their beloved friend, Alejandro Sanchez, who went by Alex, had just committed suicide.

Alex was a fun-loving Loy Norrix student. He brought smiles and laughs to all, and his aim in life was to bring people joy. He was an amazing artist and was so full of energy. He loved dancing and rapping. Just by looking at his Facebook page, it's clear that his family and friends were very important to him.

“My favorite memory of Alex is every day we would meet up and hug. That was our thing, we would just hug. We would always talk about ‘Dragon Ball Z’ because we both love that show. He was really cool,” said junior Diego Sandoval.

“I met Alex in seventh grade, my friend introduced me to him and we just became close, we kinda became this trio. We were best friends. My favorite memory with him was when we were in middle school. Alex was having a really hard day and didn’t feel like going to school so we took the day and went to the mall. I had fun and I don’t regret it, especially now,” said freshman Cain Sandoval.

Not only did he make an impact on his fellow school mates, he made an impact on his teachers as well.

Teacher Samantha Maxwell was Alex’s Algebra teacher. She described him as hilarious and very smart.

“He always got his work done and did it correctly. He kept trying to get the best grade he could. He was very disruptive at times but it always made me laugh. Whenever I would yell at the class, he would just yell out and just say stuff and I would always have to try and keep a straight face when he did that,

which was hard,” said Maxwell.

Maxwell’s Algebra class took Alex’s sudden death really hard, with five to ten kids requesting to get grief counseling in the library, but they found a unique way to mourn the loss of their friend.

“Second hour on the Monday after was kinda rough for us. When one kid came back from grief counseling, he asked for a sharpie and wrote on a random hoodie that had been sitting in the classroom for a couple months ‘Long Live King Alex’,” Maxwell continued, “[He] put it right on Alex’s desk. Then they taped paper to the desk to have anyone write letters to Alex or his family because I told them I could deliver any notes they had to Alex’s family. I didn’t want to take the stuff down, so instead, moved the desk up to the front of the room and it can stay there for a couple days.”

Over one hundred people gathered at Milham Park to honor and remember Alex late Tuesday evening. People cried together,

laughed together and shouted in the name of Alex. Everyone leaned on each other for support and many went up and shared favorite memories or favorite things about their friend. There were candles lit and sent floating down the river and floating lanterns released. It was a beautiful memorial, one that most will always cherish.

Alex’s parents hope to turn this tragedy into something that will help others. They want this to be a learning experience for students. There is help out there and nobody is alone. The recommendation is that teens should start speaking up and seeking help if they hear or suspect that someone is contemplating suicide.

“I feel like people that are going through such a hard time, they should talk to people more. Just because you’re going through a hard time doesn’t mean that you’re not loved, just try to reach out to people because you’re not alone,” said freshman Cain Sandoval.



Alejandro was well known for sending a beam of joyfulness whenever he smiled. With his amazing grin could easily make someone’s day in a matter of seconds.



Many people gathered to pay homage to the young and great Alejandro Sanchez, just days after his death. Look around at the gathering, would give you a promise to see someone mooring the lost of their loved one, he’d been a great friend anf family member to all.

PHOTO CREDIT / MICHELLE ALEXANDER

A MESSAGE TO THOSE WHO FEEL LITTLE HOPE

SIDNEY RICHARDSON NEWS EDITOR

Depression and feelings of loneliness and hopelessness are issues that plague many of today’s youth. Tragically, too often these feelings extinguish students’ hopes for the future and drive them to end their lives prematurely. Life is a precious thing that can be hard to handle at times, that much is clear, but in the moments when you are at your lowest, you can have hope in the light of the future.

To take your own life is to prevent your life from playing out to its fullest potential. Growing up, my father always told me, “Pressure makes diamonds.” I have always taken these words to heart whenever I’ve felt hopeless. Your feelings are very valid, but there are better ways to handle the situation than simply putting

an end to your life. It means that the struggles you go through will only make you better in the future. Don’t forget that you have value as a person and that you have made a positive impact on a variety of people. Even if you feel that you are worthless, you aren’t in any way, shape or form.

Whether you believe it or not, there are people who care very much for you. That is evident in the wave of past deaths and the overwhelming support of peers and the community. Large groups of people rally together in grief in the event of a loss. It is something that shakes the foundation of a community and leaves a solemn cloud of sadness and pain over friends and family.

For all those who feel

hopeless, lonely or are having thoughts of suicide, just know that there are people who care, people who love you. Don’t solve a temporary issue with a very permanent solution. As the great author Elie Wiesel said in the preface to his piece, “Dawn,” that “Death nullifies all answers. There is nothing sacred, nothing uplifting in hatred or in death.”

This means that in choosing to end your life, you are forgoing all possibilities of remediation.

Think of your family and friends, the people who you make an impact on. You are a part of so many lives and have left your mark on so many people just by simply listening and supporting them. You matter to so many people. Never forget that.

Think of the holes left in other’s lives, the parents left without their child, the teachers with one less student, the friends with one less confidant, the siblings who lose their lifelong best friend. The pain that your absence can cause is much more widespread than you think. If you are ever feeling down, there are people you can talk to like close friends, trusted teachers, your parents and guidance counselors.

Everyone wants their lives to be happy, but the reality is that life has its fair share of bumps in the road. However, it’s important to support and remind those around you that they have the strength to persevere in order to find the light in their darkest times.

Sometimes, talking to someone

about the way you feel and your problems can be the difference that you need. And remember to take other people’s talk of suicide seriously—even if you are not sure, you never want to be wrong and ignore a cry for help, be sure to let an adult like their parent, a teacher, a counselor or an administrator. If you have thoughts of suicide or self-harm:

- Dial 2-1-1 to get in touch with Gryphon Place
- Use a website like “7 Cups of Tea.”
- Have an adult call Kalamazoo’s Mobile Crisis Response Center at (269)373-6000 to have responders to your location in 15 minutes

SEE *TEACHER’S ADVICE* PAGE 4

NEHS INDUCTS STUDENTS TO START OFF THE NEW YEAR



All 30 of the National English Honors Society students pose with white carnations, for their club picture.

PHOTO CREDIT / OLIVIA MEARS

MAX LINK SPORTS EDITOR

On the night of January 10, 2017, the National English Honors Society (NEHS) inducted 21 students into the program. NEHS is a national society that does community projects. It’s a big responsibility and difficult to get accepted into the program. Evie Bartley is one of the many students that were inducted. She is a junior at Loy Norrix who enjoys English very much.

“You’re a part of a national society and you have to uphold the expectations of the standards of the society. I joined because my sister was in it as well as I really enjoy English and I believe that I am good at it,” said Bartley.

Brianna English is the co-

advisor of NEHS along with Jameeka Johnson and Lauren Kinnamon. English is an English teacher that also runs the yearbook class at Loy Norrix. She has been a leader for the NEHS since it started 4 years ago in the spring of 2013.

“My favorite part about NEHS is having the three major projects which are the poetry slam, the literary magazine and readings at Winchell and giving kids the opportunity to be involved in that,” said English. “But also getting the rest of the school involved in it because the poetry slam is poets from Norrix and the literary magazine is anyone who wants to submit work.”

The poetry slam is held at

Barnes and Noble in March and more than 20 students attend each year that it has ran. Students submit their work in February, then the committee reads the poems and selects 5-6 students to read their poems in March. After the students are selected, they practice two times before the actual event. Maria Egloff has run the poetry slam for 2 years and she organizes it all along with Johnson.

“It’s good. Last year was really my first time running it. It made me learn a lot from calling businesses and ask if they would hold the poetry slam. It gave me a lot more of communication skills and it was great,” said Egloff.

The literary magazine is

hi-highs poems, songs, pictures, short stories and different pieces of art. It’s a student driven publication and anyone can insert their piece in the magazine. It’s to give kids the opportunity to express themselves and show their creativity.

To apply to NEHS you have to fill out an application that asks

The students that were inducted include:		
Jasmine Adams	Lauren Johnson	Elizabeth Pere-Vasquez
Evelyn Bartley	Katherine Kay	Hannah Pittman
Sophia Boismier	Sigourney Koprek	Amanda Reimer
Lacey Burke	Anna Kushner	Shante’ya Scott
Madisyn Caldwell	Emily Lewman	Michaela Whalen
Karis Clark	Ferren Olmsted-Meade	Victoria Zehner
Emma Fergusson	Abigail Guimond	Kristina Hubbell

TAKE A LOOK AT A FEW OF THE GROUPS OF LOY NORRIX

SIDNEY RICHARDSON NEWS EDITOR

Loy Norrix High School is a diverse place with a variety of looks and personalities. We collectively enjoy a rivalry with Kalamazoo Central, but the things students like, however, differ greatly. Often times, groups of teenagers develop similar interests. In a

school where those interests are diverse, so are the groups. The school has many cliques and niches that students fall into. There really isn't any one set "in-crowd." That's the true beauty of Loy Norrix High School. We are all so different yet we

come together to form the community that is this school. There are so many clubs, like each grade's executive board or the theater, or sports like soccer or cross country for example. Participation in the community creates lasting friendships that, in turn,

create these friend groups. Having a group to fall back on is such a comforting thing. Friendship is important, since you have each other's back through anything. That's critical in high school.



PHOTO CREDIT / SIDNEY RICHARDSON

"My friend group is very diverse, we joke around and play soccer a lot," said Keller.
Left to Right: Freshman Addy Alexopoulos, sophomores Karis Clark, Will Keller and Joel Nicolow.



PHOTO CREDIT / SIDNEY RICHARDSON

"We're not friends, we're like family," said Mabon.
Left to Right: Seniors Cameron Wilke-Flowers, Destinee Mabon, Morgan Hawkins and Tavier Jones.



PHOTO CREDIT / SIDNEY RICHARDSON

"We're silly but serious. We make fun of each other and we're always there for each other," said Nagel Bennett.
Left to Right: Sophomores Ellie Nagel-Bennet, Izzy Best, Dustin Keltsch, Marliegh Vandenbusch, Nick Thompson and Tristan Wheeler.



PHOTO CREDIT / SIDNEY RICHARDSON

"We're very creative, we like making stuff. We bounce energy off each other and have a good time," said Rinehart.
Left to Right: Senior Noel Cavey, sophomores Jackson Rinehart, Chase Wagner, seniors James Rinehart, Tajh Smith, Gabe Runyon, juniors TJ Powell, sophomore Jordan Larkin and junior Alex Johnson.

A NEW SMALL BUSINESS TAKES FLIGHT: J-BIRD VINTAGE



PHOTO CREDIT / SIDNEY RICHARDSON

The Storefront of J-Bird Vintage. The store is quaintly situated in the Vine Neighborhood near Chenery Auditorium.

SIDNEY RICHARDSON NEWS EDITOR

You walk into J-Bird Vintage and immediately you're floored by the array of colors and shapes. Decorated mannequins, flowery clothing, obscure jewelry fills the walls, shelves, and counters of the little Vine neighborhood shop. There's a homey and down-to-earth feeling that you just don't get from a chain retailer. Often times, the owner is readily there to answer any of your questions about the products they offer, you can't get that from a large corporation. Many small businesses offer a variety of unique items that cannot be found anywhere else. Jane Gulliver is the owner of J-Bird Vintage, a local clothing boutique. Gulliver grew up a part of this community in the Westnedge Hill neighborhood. Now, she wants to do her part to give back. With the opening of her one-of-a-kind business nearly two years ago, she's combined her love of vintage items with her desire to help the community and be a part of the Vine neighborhood. "My goal is to have a successful vintage store where people know they can get quality vintage items for an affordable price and also to contribute to the Vine neighborhood and it's growth," said Gulliver. Her store offers a unique selection of various vintage

"I think the fact that it is local and I know the owner personally, and also that I know where the money is going. That contributes to why I go there, in addition to my love of vintage clothing," said Loy Norrix junior Madison Preussel.

items including quality clothing and jewelry. Customers walk into J-Bird Vintage and are met with a multitude of colors and patterns that fill the store and intrigue Gulliver's customers. Her customer base is a diverse group that includes high school and college students and adults of all ages. "I think the fact that it is local and I know the owner personally, and also that I know where the money is going. That contributes to why I go there, in addition to my love of vintage clothing," said Loy Norrix junior Madison Preussel. Even more impressive, Gulliver is completing this feat with little to no marketing. Her customers find her business through word of mouth, her various Art Hop fashion shows and other little spotlight events. She utilizes the opportunities that she gets to the fullest and is expertly growing her business. She put a dream of hers into action, taking something that she loves and turning it into a profitable business. Owning a small business can be very difficult. Chains and bigger businesses take a large amount of business from local shops and stores. Kalamazoo has a great mix and balance of small business and big chains that provides its' citizens with an even choice of where to spend their money.

"It's a small town business, that's something I love, and I love vintage items. They sell things that aren't available anywhere else," said Loy Norrix senior Emma Whitehead. Small businesses are very important to the communities and families that surround them. In bigger cities like say Chicago or New York City, a small business would find it harder to thrive, considering they would be surrounded by big businesses and corporations. Each community has its own identity and receptivity of small businesses. Some cities are all for big businesses and corporations and offer little support for small businesses. Fortunately for Gulliver, the Kalamazoo community is very open to the growth and nurturing of small businesses like J-Bird Vintage. For example, the community takes part in Small Business Saturday, the day after Black Friday that serves as a day that stimulates the growth of local businesses. "I think that we are very lucky in Kalamazoo to have the support of the community, there are a lot of businesses in the community who work together to support each other. I find it to be very positive," said Gulliver. There are a lot of challenges that come with owning a small business, and with all of those experiences, come many joys for Gulliver. She is a fan of the people, who are utterly absorbed in her business and it's potential. "[The hardest part is] that you are always thinking about your business, you always want to improve and do more so it's hard to take a break. It has a way of taking over your life, which isn't all bad," said Gulliver. "My favorite part of having a store here is the people who come in. I think that I have the best customers around, hearing the things they do and say is just inspiring."

Jane Gulliver is the owner of J-Bird Vintage. She opened her store nearly a year and a half ago.



PHOTO CREDIT / SIDNEY RICHARDSON

TONY DENNIS GUEST WRITER

Yeqiu Zheng, or Chris, as he’s better known, felt many different emotions on the plane ride to the Chicago airport. Upon arrival, Zheng would be making his way to his new home and life in Kalamazoo, Michigan.

Zheng, a senior at Loy Norrix High School, talks about how he had to take in the new feelings and atmosphere of Kalamazoo. He found many things to be different from what he was used to back in his home province of Chongqing, China. The first thing that he remembers finding different is the diversity in Kalamazoo.

“China is not as diverse as the United States,” said Zheng.

In the United States there are many different types of people of all different shapes, sizes and backgrounds.

The Chinese do not pay much attention to other races because it is not as widely diverse as the United States. The Chinese mostly keep track of their country’s different ethnic groups and their percentages.



PHOTO CREDIT / ZHENG FAMILY

A young Zheng is pictured holding up a peace sign, a symbol both China and the U.S. have in common.

Another thing that Zheng found different is the food. If someone was asked “what’s American food?” they would probably list off some fast food items such as burgers, chicken and apple pies. However, in reality there is no specific American food because food in the U.S. comes from all around the world, from South America to Asia.

“The food in the United States is more like fast food. The food in China is more prepared and has more effort and time put into it,” said Chris.

One of his favorite dishes from Chongqing is called “Hot Pot.” It is a dish that can be split into different parts and can contain almost anything the person who is making it wants, such as fish, chicken, beef, onions or peppers.

Being in Kalamazoo for only a few hours, Chris saw many cars. The cars were familiar to him because there are also many cars in China. However, he found that Americans do not use trains as much as the Chinese. To

get around from province to province in China, Chris would take a bullet train.

“The food in the United States is more like fast food. The food in China is more prepared and has more effort and time put into it,” Chris said.

Bullet trains are trains that travel much faster than the traditional rail traffic,



PHOTO CREDIT / ZHENG FAMILY

A closer look at the picture Zheng holds in the photo illustration to the right. Zheng poses for the camera.

reaching speeds of 250 km.

“The high speed trains are very helpful for fast, easy and safe travel,” Chris said.

Chris has now lived in the U.S. for 5 years and has learned many different things about the states and how things are done. He still misses China and hopes to go visit his old friends and some of his family in the near future.



PHOTO CREDIT / ZHENG FAMILY

Zheng, dressed for cold weather, smiles, revealing his missing front teeth.



PHOTO ILLUSTRATION / CHRISTIAN BAKER

Zheng is being photographed holding a childhood picture of himself during his time in China.

INTROVERTS SHARE THEIR FEARS



PHOTO CREDIT / JOSH WILD

Sophomore Halona Hall is working in class. She is one of the many introverts of Loy Norrix High School.

VANESSA RODRIGUEZ STAFF WRITER

The thought of a group project or an invitation to a party can trigger a painful feeling in the gut. For some, it’ll last only a moment before they’re tranquil and bubbling with excitement. For others, the feeling will morph into a giant blanket of dread and alarm. They hurriedly think up excuses to get themselves out of said social gathering. In other words, some people are extroverts and others are introverts.

Sophomore Halona Hall is a introvert. Halona is simply not feeling the need to be socially interactive and preferring to spend time alone than with others. So group projects, parties or simple get togethers are a hassle if it’s not with friends or people she already knows. Unless she absolutely has to, Hall would rather avoid talking to classmates or people in general.

“I don’t like people,” Hall said, with a shake of her head and a soft laugh, “I really don’t.”

People often confuse introversion with shyness since both have something to do with avoiding social interactions. However, as explained by Louis A.

Schmidt, director of the Child Emotion Laboratory at McMaster University, in the article “Introversion vs. Shy,” by Sophia Dembling, shyness and introversion “ . . . in popular media [are] often viewed as the same, we know in the scientific community that, conceptually or empirically, they’re unrelated.”

Hall simply enjoys her own company more than others and likes the idea of having only a handful of friends.

“I prefer less friends,” Hall said, “There’s less drama.”

For introverts, the need to make friends isn’t as urgent as it is for extroverts who crave social interaction. Extroverts love to be surrounded by people, to engage the environment around them and to dive head first into oncoming challenges in life. Extroverts love the outside world while introverts live in their own world.

English teacher Lisa Jensen is another introvert. Jensen doesn’t feel it’s necessary to have the “social butterfly” attribute to be a teacher. Jensen can stand in front of a class of thirty students and give a lecture

with ease. However, when it comes to party invites or staff meetings, Jensen would much rather spend time alone, binge watching Netflix Originals.

“I need my alone time,” Jensen said.

While introverts do enjoy having and keeping to their own personal bubble, they still have the need to make connections with others.

As opposed to extroverts, who love to have many conversations with multiple groups of people, introverts love to have one-on-one interactions. In other words, introverts need friends too, but they need emotional connections and a push in order to achieve them.

“Thinking about it now,” Jensen said thoughtfully, “I was kind of forced into making friends.”

For some, making a new friend isn’t something that just happens. Introverts need time to adjust to the idea of being someone’s friend and that they now have someone they need to let in. Jensen gained her current friends mainly because her job made it a requirement to be interactive. It wasn’t as much of a choice as it was a push. Jensen’s significant other didn’t become significant because he wooed her into his embrace; it took a small dorm room and time.

Introverts aren’t misanthropes that hate all of mankind, nor are they hermits who live alone in the wilderness. Introverts are people that live in a world all their own, perfectly content with their own thoughts.

MESSAGES OF HOPE FROM LOY NORRIX FACULTY

SIDNEY RICHARDSON NEWS EDITOR

At Loy Norrix, faculty members are there for you and care for your safety. They want you to know that in a time of crisis, you can turn to them.

Dear Students,

What I have to say isn’t just about suicide but about depression, anxiety and all of those other emotional disorders that prevent you from enjoying your life. You deserve a good life, and if you feel like you don’t, it is because your brain can be evil and lie to you. If you are hurt, you don’t just sit around being hurt and hoping that the bone sticking out of your arm will fix itself. You get help.

Same with a friend, you don’t let them be physically hurt, so don’t let them be emotionally hurt either. And, just as with a physical injury, it is NOT your job to fix it but to take them to someone trained to do so. Go to guidance, speak with the teachers and adults around you, come see me if you need someone. There is nothing shameful or embarrassing about any of it, in fact, it is good self care to get help when you need it.

Rebecca Layton, Psychology Teacher.

Dear Students,

It might seem hard to believe now, but the way you’re feeling will eventually change and things will get better. Please don’t feel alone and talk about how you’re feeling with people who you trust. If you need to talk to someone but don’t know who to go to, call 269-381-HELP (269-381-4357) or 1-800-273-8255 any time to speak with someone who can help you. It’s OK to ask for help!

Kara Milton, Loy Norrix Psychologist.

Dear Students,

One thing I always do when I am having an unhappy moment or a bad day that doesn’t seem to ever end is help someone else or show a random act of kindness. Yes, there is disrespect, cruelty and sadness around us, but there also is the ability to care for and love each other. I have always been re-energized when I show compassion for someone. Their smile or appreciation days later can get me through my tough day.

Another thing I do is surround myself with laughter. So surround yourself with positive people, be a blessing to someone else and make someone else’s day a special one in any way you can!

Jennifer Ko, Team Teacher.

Dear Students,

Just know that you matter. You matter to your teachers, your friends, your family, your pet, your team. Even if there are times when it feels like you don’t matter or that everything is maffix and terrible, there are always people out there that care about you. Just talk, or write a letter, or send an e-mail, or whatever you need to do to let someone know that something is not okay so we can get you the help to make it okay. There is hope, and it’s okay to reach out to others to help find that hope.

Lauren Kinnamon, English Teacher.

Dear Students,

I cannot say ‘I know how you feel’ because you are a unique individual with a unique experience. I cannot make decisions for you. I do know that, in your darkest moments, you truly believe that the way you are feeling,

the way things are right now, is going to last forever. That is not true. The way you are feeling will not last forever. You can outsmart your brain. Remember a time when you did not feel the way you do right now, a time when you didn’t fall asleep every night feeling the way you do. You can do it. Sometimes you cannot do it alone, so call someone. Call a friend, call your grandmother, your neighbor, your teacher, your religious leader. Call anyone. Do not worry about the time of day. No matter who you call, they would rather talk to you at three o’clock in the morning than face the prospect of never talking to you again.

Keep fighting, even though it is not easy. You are valuable. You are loved. You are important. Please give yourself the opportunity to reach your full potential. You may not feel better today, you may not feel better tomorrow, or the next day or next week or next month or next year, but you are strong and you and your support team will pull yourself out. Let yourself become the person you were meant to be.

Sarah Leineke, Math Teacher.

Dear Students,

Life is full of obstacles that allow you to grow and be strong. Loving and respecting yourself will guide you and provide all the strength that you need to face those obstacles. Embrace those obstacles as a challenge to prove to yourself that you can handle anything and soon you will see that those obstacles shall pass. The more obstacles you knock down the more beauty in the world you will see and those who truly love you will come into view.

Niambi Pringle, Government Teacher.



PHOTO CREDIT / SYDNEE ARRASMITH
Junior Rebekah Spires enjoying a nice conversation with her mother, Debbie Spires, while sitting together on the couch. This is what usually happens after Spires gets home from school.

SYDNEE ARRASMITH STAFF WRITER

Losing loved ones is a very hard thing. Many people fear losing those that they’re close to. Whether it is a result of death or the end of a relationship, the pain of losing a person we hold close to our hearts feels like an unending emptiness.

Junior Rebekah Spires understands how this feels.

Spires constantly deals with depression and anxiety. Every day Spires feels upset but she does her best to ignore it by talking to friends. Usually it’s the memories of Spires’ past or her father that trigger her tears. Sometimes she just wants to be invisible. When Spires looks in the mirror, she sees herself as an emotional wreck.

According to the website, “The Mighty” depression is like a sinkhole. One minute you’re standing on the firm ground, and the next minute you’re falling into a pit of darkness. Depression is crying over something simple, like dropping glass on the ground and breaking it, but not crying when something drastic happens, such as a family

member passing away.

“I feel like everyone leaves me. My friends, Sydnee, Kensley, Kait, Jadon and my mom are the only things that hold me together,” said Spires.

Fear of abandonment is usually rooted in childhood loss, the death of a parent or a divorce. These experiences can create fear and anxiety of being left or forgotten by those significant in a person’s adult life, according to “GoodTherapy”, a website dedicated to helping people find therapists or other therapy resources.

After the mental and physical abuse towards Spires and her mother by Spires’ father, they were forced to stay in many domestic violence shelters for 7-8 years. Wanting Spires to have her father in her life, her mother stayed with him, hoping that he would change.

After coming back from fighting overseas in Afghanistan, Spires’ father went right back to his old ways.

“He was extremely abusive mentally and verbally, and eventually physically towards me again,” said Debbie Spires, Rebekah’s mother.

Spires’ father moved to Georgia after years of traumatic abuse to his wife and young daughter, and he has not seen Spires in 5 months.

According to an article on “Divorce Statistics”, some long-term emotional problems that children suffer from due to divorce or separated parents are fears of betrayal, abandonment, loss and rejection.

With Spires’ parents being separated and not having much contact with her father, Spires depends on her mother greatly. Spires’ mother is always worrying about her.

“I am close with Bekah, she is the youngest of all my children, she still lives with me,” Spires’ mother said in regards to

her relationship with her daughter.

Spires’ mother said it upsets her very much when her daughter is upset. It is hard to help Spires now that she’s older and she is not willing to let her mother know what bothers her on a daily basis.

It may seem like all your parents do is nag you about your behavior, but they actually feel frustrated because they don’t understand why you feel the way you do and how to help.

“Parents hate to see their kids hurting,” said “HelpGuide”.

Sometimes it’s just small things like dirty looks or rude people that set Spires’ anxieties off. Being around a lot of people, loud noises or fighting really set off Spires as well.

“The Mighty” says, “Anxiety is worrying too much about things we have no control over.”

Anxiety can be seen as a river, it never stops flowing. Sometimes, there comes a time when anxiety is out of your control and you end up feeling too much, but it can also dry out. At that point we feel nothing at all, according to Anna Buckley a writer on “The Mighty”.

Spires says, “it can get hard to get through the days,” but with the support from her friends, boyfriend and her mother, she does the best she can.

“Helpguide” states that it is important to surround yourself with friends who are upbeat and understanding. If you are feeling down and not yourself, it will feel nice to have someone who cares for you and wants to find ways to help make you feel better. Support of close friends and family is good motivation, they get you talking and keep you functioning in daily life activities.

DECA IS ON THE RISE AT NORRIX, AND THEY MEAN SERIOUS BUSINESS



PHOTO CREDIT/ KEON FOSTER
Two DECA award winners, Tori Zehner and Chase Maples . They won their awards at KVCC on January 20, 2017.

KEON FOSTER GRAPHICS EDITOR

“What’s DECA?”

“Oh, that’s just one of those after school groups.”

Not so fast, the Distributive Education Clubs of America, also known as DECA, have prepared emerging high school and college leaders and entrepreneurs for careers in marketing, finance, hospitality and management all around the world for just under 70 years. In all 50 states there are more than 215 thousand members, including Loy Norrix students. At Loy Norrix DECA is run by business management teacher Atiba Ward. DECA originated in Reston, Virginia and has spread to many other countries, including Canada, China, Germany, Guam, Mexico and more.

Loy Norrix’s DECA club is highly recommended to anyone who is interested in any type of business. DECA teaches more than just business, but life lessons too. While competing with other schools, you often meet lots of people who are interested in the same thing as you, but there aren’t many people who join the club.

"Students are reluctant because they don't know what it [DECA] is and it doesn't sound cool," said Atiba Ward, business finance teacher at Loy Norrix.

DECA is connected to many colleges and provides over \$300 thousand in scholarships to high school and college members. Don DeBolt, Journeys, Marriott and many other companies have donated over \$1,000 each year.

This year’s DECA club is primarily seniors; so there will be more than enough room for new people next year. Loy Norrix DECA is a very diverse group of guys and girls, from all grades. Joining DECA can introduce you to people you’ve never met.

Every year the group also has fun meeting new people while on a trip to the Detroit mall. Afterwards, members are taken to a Piston’s game, where they can meet DECA members from other schools.

"Mr. Ward pushed me to meet new people while at the [Pistons] game," said senior Artevion Woodson.

DECA teaches you many things that aren't always taught purposely. Confidence is one that is practically handed to you, as students get used to meeting and talking to new people.

“Meeting new people isn't really my thing," stated senior Aamore Tatum. "But after seeing my friends doing it, I just did it too."

Introducing yourself and holding a conversation becomes a lot easier too, making you wonder why you were even nervous.

At this year’s most recent competition Norrix did a great job, with four students winning a total of 10 medals.

“We stole all the medals,” said Ward.

“Yup, we ran away with them all.”

Five students came back with medals the day of the Winterfest pep rally, three earned more than one. The competition took place at KVCC, with 9 different schools in attendance.

“I wish more of my friends would join,” said first year DECA member Ajana Johnson.

“It helps you later in life with job interviews,” says another first year member, Madisyn Caldwell.

The competitions have mock job interviews, where you dress up and answer questions about the prompt they give you.

DECA looks great on a resume for any business-oriented job, and is a great resource for any questions you have about business. Seeing new things and meeting new people is one of the most helpful learning experience of being in DECA. There's many other ways DECA can change your life for the better, but you'll never get to experience them if you don't join.

STUDENT FINDS PEACE IN DANCING

MORGAN MCCUE COPY EDITOR

A three year old in a baggy diaper and a Minnie Mouse shirt begins to hear a very upbeat noise. She looks around to find the source of the sound, but only sees her mom. Her limbs start moving. She focuses on the music of the 90’s, bouncing up and down to the beat, giggling.

That was how it all began for high school junior Julia Perry. Ever since her mother played music that made her toes tap, Perry was ready to dance.

Perry now dances for the Rootead Dance Company under her instructor, Heather Mitchell.

“She told me that ‘the dance doesn’t make you, you make the dance’,” Perry said.

Perry has had a bumpy road, but now has her sights set on going to college and creating a career out of her love for dancing.

In the beginning, Perry was not always the best behaved. She would disrespect teachers and had a negative attitude towards adults and her peers. Perry would regularly get in trouble at school, which would prevent her from going to college dance performances on her own time, such as those at Western Michigan University (WMU) and Lake Michigan College.

“I was more upset with myself than I was with the situation,” said Perry, as she reflected on the past.



PHOTO CREDIT / TEAM GREEN PHOTOGRAPHY
Julia Perry (center) is practicing a group hip-hop piece. They work it to Missy Elliot’s “Where They From” and Beyonce’s “Flawless.” Perry now dances for the Rootead Dance Company under her instructor, Heather Mitchell.



PHOTO CREDIT / TEAM GREEN PHOTOGRAPHY
Julia Perry (bottom right) dances in the EFA dance class taught by Heather Mitchell. The routine is a Skellwu style African dance.

rhythm to incorporate a message into the movements. This kind of dancing is a major part of Africa’s many cultures. Throughout history this type of dance can signify the worship of a deity, ancestor or celebration within a tribe or group. This art form now incorporates urban traits to create the style it has become today, the style that Perry practices in.

Perry connects most with the Maunganui dance, a style she describes as an African dance that incorporates a story into the movements. One Maunganui story Perry connected to is about a playful little girl who is one of the best dancers in the village. The little girl is looking for another child to pass her skills onto because she knows she can’t be a little kid forever.

“This dance brought me back to when I was a kid, to a place where I was always happy,” Perry said.

Juggling two jobs, school, a social life and two dance classes is tough — especially when you need to remember eight dances at a time. Perry, however, handles all of this with ease. She makes sure there is constantly something to do. When she is on the stage it is easy for her to dance and forget about everything else that might be bothering her.

“I’m very calm. I don’t hear anything else. I don’t see anything else,” Perry said. “I feel like I’m looking in a mirror that is not really there.”

In the future, Perry plans to graduate from college and open her own studio in order to give kids with little opportunity a chance to dance and express themselves.

“I can’t be stopped by anyone or anything,” said Perry.

“There is a story within the dance, and every dance done has a meaning,” said Perry.

This feeling pushed Perry to do better for herself. She began changing the way she acted and participated in both her school and personal life. Perry wanted to be known as a dancer, not a fighter or someone who argues a lot. These thoughts and feelings provoked Perry to start raising her hand more in class, especially when she had a question, to pay more attention to the material taught and to start completing her assignments on time.

According to “Helpguide” a website that gives advice on mental health, dancing is a productive way of relieving anger and frustration.

Being a part of dance has also helped Perry gain confidence and change the way she thinks in any environment she puts herself into.

Perry excels in African dancing, a primary focus in Rootead’s programs.

“There is a story within the dance, and every dance done has a meaning,” said Perry.

The New World Encyclopedia describes African dancing as a dance that follows a

Victoria Zehnir Won 3 medals in human resources
Chase Maples Won 1 medal in principals of business
Andrew DeHann Won 3 medals in apparel and accessories
Lacey Burke Won 1 medal in principals of business

GAMBINO GIVES RAP A WRAP

SIDNEY RICHARDSON
NEWS EDITOR

Childish Gambino, a.k.a Donald Glover, released his new album “Awaken, My Love” on December 2nd. This was his 11th album overall and fifth since he emerged into the music scene with his single “Freaks and Geeks” in 2011.

Early on, it was quite clear that Glover was dedicated to his raps, as shown by his early album “I Am Just A Rapper” and it’s sequel “I Am Just A Rapper 2.” This most recent album was highly anticipated by his large fan base and was led by early releases of singles “Redbone” and “Me and Your Mama.”

“Awaken, My Love” gained praise for the production value and the work put into it, but for some fans like myself, it was disappointing. I’ve loved Childish Gambino both as a person and a rapper, and have grown fond of his style of rapping. But lately, with his newest album as well as its predecessor “Late Night in Kauai,” there has been zero rapping. Gambino took more of a singing approach in Kauai, which, though executed very well, is a letdown.

Senior Gabe Runyon believes that Gambino is trying to take a new angle in his work. He, like me, isn’t too happy with the outcome.

“I always thought that Childish Gambino made his music for himself and



Childish Gambino, a.k.a Donald Glover, at a concert in Austin, Texas. Photo taken from flickr.com

what’s going on with his life. However with this album, I don’t know if he’s trying to be something new or appeal to a more popular audience and do it for the money. Overall, I’m disappointed that Childish Gambino tried to be something different entirely,” said Runyon.

It appears that this time, he may have pushed the envelope too far. I don’t like this identity change that Childish has gone through. I want the older Childish Gambino back, primarily the one we saw in his album “Camp,” which showcased his lyrical artistry with masterpieces like “Bonfire” and “Heartbeat” that were each released in 2011.

His lyrical genius and unique flow that bring an almost quirky nerdiness to rap has been something that I’ve grown very fond of, and its absence in his newest works is disappointing. Glover has a very unique

voice and large vocabulary that he showed off in his earlier works. Like in his 2013 hit “Sweatpants,” he rapped “I got more tail than that Petco, you faker than some Sweet’N Low,” Gambino showcases his cleverness.

His quirkiness and unique persona was put on display in many of his music videos where he often raps while holding a stony faced glare as a variety of crazy things happen around him. Like in his 2013 video for “3005” when he is seen sitting on a Ferris wheel with a large teddy bear and with each revolution the apocalypse surrounding him grew more apparent and the teddy bear began to deteriorate. And all the while, Gambino holds his steady fast paced flow with a poker face that could be matched by few.

That quirkiness seems to be gone in “Awaken, My Love” as the videos

are now mellow and there is an absence of his unique rap style that have become characteristic of his work. There is no showcase of his vocabulary, rapping ability or odd personality.

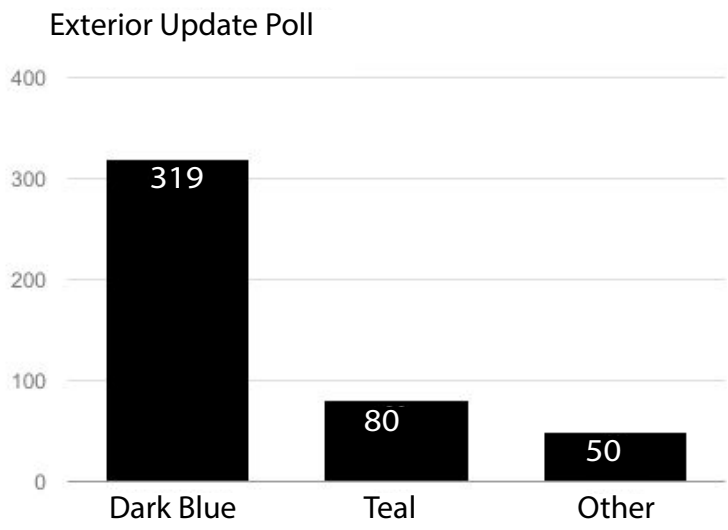
As an isolated album, completely separate from his past works, it’s not terrible. The beats are relaxing. Glover utilizes a variety of unique rhythms and vocal ranges across the entirety of the album. At some points, there is even an absence of vocals which can be off-putting to some. It’s a somewhat new style that comes off as edgy and different. It’s not something you’d party to or jam out with friends in the car. It’s more like something that you would listen to while studying or before bed.

However, I don’t like this album, instead of meeting my expectations, I got something completely different. The album was expected by some to be Gambino’s return to rapping and instead was met with his entry into a whole new genre. Many find it very weird for a rapper to have his two most recent albums contain no rap.

This album isn’t really for those who, like me, are waiting for a return to a time where Childish Gambino was a rapper. I think he’s trying to reach a whole new audience. At this point, perhaps we will never see Childish return to the rap game.

NORRIX GETS NEW LOOK CONTINUED

FROM EXTERIOR UPDATES PAGE 1



A survey was posted online from January 25th to February 12th of 2016. Faculty, students and parents were all invited to participate in the survey that helped to determine the facade changes. Out of the 449 people that took the survey, 319 people (71%) replied that the color should be changed to a darker blue. The other two options on the survey were to keep the teal or a different color. Eighty people (17.9%) selected to keep the teal while 50 (11.1%) said they would like to see another color.

“You need to understand how fortunate you are [to be a part of this community],” said Lee.

With the overwhelming results of the survey, the selections committee helped to decide exactly how dark the blue could go without it looking black on the building. The outcome will be close to a navy blue in color, matching the most common color in Loy Norrix spiritwear, and it will be going in every place that currently is teal.

The replacement of color is not the only thing that will be changing around here. The hallways leading into each wing, which are virtually all glass, will no longer be that way. The bottom half of the hallways will be brick and the current glass will be replaced. The replacement windows will be safety glass that shatters into small, non-jagged pieces. The current windows shatter into large, sharp shards which is much more dangerous.

With the reduction of the number of windows in the hallways, the goal is to still keep as much natural light as possible which is a hallmark feature of the building.

“It [the windows] is something that makes our school so unique,” continued senior Lacey Burke, “I’d like to see money spent on resources that will directly benefit the education of students at Loy Norrix instead.”

“Taking daylight out of spaces has a negative effect on students,” said Alex Lee, executive director of public relations for KPS. A study conducted by the National Renewable Energy Laboratory shows that “Daylighting has been associated with improved

mood, enhanced morale, lower fatigue, and reduced eyestrain.”

With the replacement of the windows in the hallways, the classrooms will be getting new windows too. In each classroom there will be two windows that will open/close. Instead of the casement (open out) windows, they will be sliding windows. Classroom blinds will be placed inside double-paned glass.

Every classroom with windows will be packed and the items moved away from the exterior walls. This is being done so that nothing on the interior is damaged. There is still debate on how the work will be completed, whether it be from wing to wing or front to back.

The 2013 bond issue will make this project possible. The bond issue was passed by voters in 2013 and provided 62 million dollars to KPS for structural improvements to all of the buildings in the district.

“You need to understand how fortunate you are [to be a part of this community],” said Lee.

“Our community really supports our schools through these bonds,” said Ken Greschak, a parent that is a part of Loy Norrix’s parent advisory council (PAC) and a school board trustee.

Of this 62 million dollars, 9.9 million went to Norrix. This project will cost 5.5 million dollars. Kalamazoo voters, by passing the bond, are making these improvements possible.

There is concern that the school will lose some of its previous identity.

“It [the windows] is something that makes our school so unique,” continued senior Lacey Burke, “I’d like to see money spent on resources that will directly benefit the education of students at Loy Norrix instead.”

But in replacing the windows and modifying the look of the school, students get a new sense of pride in their building.

“It’d make the school more presentable and up to date,” said junior Antonio Lopez.

A by-product from this entire project is that the building becomes more energy efficient and will be much better insulated.

The transformation begins this spring and will transform the building into a new point of pride as the attitude and look of Loy Norrix change.

School board member Ken Greschak reflected on the future look of the school, saying, “These improvements will be transformational, beautiful and classic.”

LOY NORRIX KNIGHTS ARE ‘ALL IN THIS TOGETHER’ FOR THE SPRING MUSICAL



PHOTO CREDIT/EMMA WHITEHEAD

Loy Norrix students Giovanni Diaz, Tyler Johnson, William Ritter, and Jeremiah Mithe prepare for their big debut of “High School Musical.”

MICHAELA WHALEN
SOCIAL MEDIA TEAM

The differences between a Knight and a Wildcat will quickly disappear when the theatre students here at Loy Norrix High School hit the stage next month in their performance of “High School Musical.”

February 17th at 7 p.m. will be the opening show where students who have spent hours practicing lines, blocking [movement during the musical], and singing will perform in a production of the hit film musical “High School Musical.”

This year’s musical takes place at modern East High School in Los Angeles. The storyline follows two completely different individuals, Troy Bolton the star basketball player and Gabriella Montez an academically focused student. Their friend groups are forced to merge when Troy and Gabriella land lead roles in the musical production at their school. In 2006 when Disney released

their movie, children and teens everywhere loved it, making it Disney Channel’s most watched film for the year.

Following the casting on November 18th, rehearsals have taken place every day after school in order for the actors to perfect their roles under the guidance of director and drama teacher, Paige O’ Shea and music director Julie Pelligrino. On the first day of practice, all of the students sat together to do a cold read, where the lead actors read through the script and listened to the music that will be used in the production.

Abigail Hauke, who will be playing Sharpay Evans, remembers the excitement she had from that first day.

“I was so ready to make new friends and strengthen friendships with others,” said Hauke.

The musical arts are something that members of Loy Norrix feel proud of for the past years. This musical, in particular, features returning actors, as well as

many newcomers. Giovanni Diaz, a senior at Loy Norrix, is ready to join in on the skilled arts.

“Being that this is my first musical ever, I was honored to get the lead of Chad. Comparing all of the past musicals, there’s no doubt in my mind that this will top all the other musicals that we have done,” said Diaz.

Next month will be the last opportunity to support the seniors at Loy Norrix who will be graduating from the school as well as the arts program in June. These performances will also have roles filled by actors who will be at the school for years to come, growing in their abilities for some time after the seniors leave. Come witness the final product of the journey the arts program has gone through transforming Loy Norrix Knights into East High Wildcats on the stage.

CAST LIST
Tristen Morales - TROY BOLTON
Reibekah Welch - GABRIELLA MONTEZ
Abigail Hauke - SHARPAY EVANS
Victor Moss - RYAN EVANS
Hannah Lee - MARTHA COX
Grace Erway - TAYLOR MCKESSIE
Tyler Johnson - ZEKE BAYLOR
Chris Aranda - COACH JACK BOLTON
Alex Courtney - MRS. DARBUS
Giovani Diaz - CHAD DANFORTH

SHOWTIMES:

Friday and Saturday,
February 17 & 18 - 7 p.m.

Sunday,
February 19 - 3 p.m.

Thursday,
February 23 - 7 p.m.

Friday and Saturday,
February 24 & 25 - 7 p.m.

SIDNEY RICHARDSON NEWS EDITOR

The 2016-2017 Loy Norrix Improvisational Theatre (Improv) Team is loaded with different personalities and people of varying backgrounds. Comprised of senior Jaylan Shields, juniors Lydia Achenbach, Victor Moss, Bonnie Bremer, Sebastian Rodriguez, Joey Welch, JT Mitchell, and sophomore Abby Hauke, the youth and talent of the group is very encouraging.

“I feel old. It’s refreshing and honestly teaches me a lot about what’s relevant to today’s youth. I might let a ‘YOLO’ slip out every now and then,” said Loy Norrix drama teacher and improv coach Paige O’Shea, “and they quickly remind me that I am out of date. The team has a handful of juniors, and while Jaylan is our only senior, everyone treats each other as equals. They are all mature people, so the age/grade difference isn’t ever an issue. If anything, it’s helpful to have all the energy and experience that each teammate brings.”

Improv is a kind of acting where the majority of the show is created at the moment of performance. In improv there is no real set plot line. Often called acting in its purest form, improv isn’t for the faint of heart, as going on stage without knowing exactly what to perform is nerve-wracking.

“Improv has been a part of my life since I was younger. I was the captain on my improv team in high school and I have always enjoyed it,” said O’Shea.

Participating takes a sense of courage and a sense of humor from the actors, not just to entertain the audience but in order to laugh at themselves should they make a mistake. The great thing about improv, however, is that a “mistake” doesn’t have to be a mistake thanks to the lack of structure.

“[The hardest part is] always making sure that you’re on your game and making sure the next thing you say is funny and can lead to another storyline for someone to pick up on, so it’s not a one man show,” said junior Joey Welch.



PHOTO CREDIT / SIDNEY RICHARDSON

The Improv Team poses in pyramid formation. The team will enjoy the benefit of continuity next year, losing only one senior (Jaylan). In order from top to bottom, left to right: Jaylan Shields, Sebastian Rodriguez, Bonnie Bremmer, Paige O’shea, Victor Moss, JT Mitchell, Abby Hauke, Joey Welch, and Lydia Achenbach.

The improv team puts on shows throughout the school year that are open to the public. The group performs loosely structured skits and plays games with the audience. There’s no guarantee about the improv teams performances other than the fact that you’ll laugh and have a good time.

“We range from what is seen on TV, like SNL and Who’s Line is it Anyway? to games that are created by well-respected thespians. We try to stick to true improv meaning no rehearsed lines, no props, character based games versus the more scripted skits. We do usually plan a skit for each of our shows but we don’t have

memorized lines or elaborate stories, we like to stay in the moment and true to the craft,” explained O’Shea. “Some of the games require all of the team, and some only require two or three [members]. We make sure that all of the teammates know how the game goes and all of them are trained in knowing the structure of the game.”

The group’s energy is truly contagious and just being around them is almost a guarantee of laughs. You can tell how they’ve grown together into their own little family by the way they take pictures, weirdly enough. When asked to take a group photo, the group lit up and made

a complete photo shoot out of it, posing in a pyramid, a “prom pose,” and an Addams Family type pose.

“I love that I can have fun and be able to express myself freely,” said senior Jaylan Shields.

At the epicenter of this joyous family is their advisor, O’Shea. O’Shea is a second year teacher here at Loy Norrix and has brought an energy to Loy Norrix that students love.

In addition to teaching and coaching the improv team, O’Shea oversees the Forensics team and works with choir teacher Julie Pellegrino on the school plays and musicals. She brings out the best in her students and helps them out of their shells to try new things. For example she coaxed a talented senior, Giovanni Diaz to try out for the multiple team for forensics. From there, she got him to try out for the musical, “High School Musical,” where he landed a lead role as Chad. Coaching and helping kids is very near and dear to her heart. Being able to make this impact through improv adds to the joy as it has been a staple in her own life for a little while now.

“Improv has been a part of my life since I was younger. I was the captain on my improv team in high school and I have always enjoyed it,” said O’Shea, “when the opportunity opened for me to coach at Loy Norrix, I had to jump on it. Coaching improv is easily one of the highlights of my career. In college, I took a handful of classes and worked with local improv troupes and took a workshop at UCB [Upright Citizens Brigade] in NYC which was awesome.”

Improv attracts a lot of Loy Norrix’s comedians. Being funny is such a big part of being able to thrive and succeed in this area of acting. So naturally, many of the team’s members joined because they thought they had a unique sense of humor.

“I joined improv because I thought that I was kind of witty and people have said that I’m funny so I thought I’d give it a try,” said junior Victor Moss.

A LOOK AT WHAT’S GRINDING THE GEARS OF LOY NORRIX

SIDNEY RICHARDSON News editor

Everyone has little things that make their eye twitch and inspire rage in every fiber of their being. For some, those things are as tiny as a tap of the foot or the clicking of a pen. And for others, it can just be the attitude or body language of an individual. Regardless of the size of the indiscretion, the anger that they create is very real. Here’s a glimpse of the things that grind the gears of Loy Norrix students and faculty.



PHOTO ILLUSTRATION / SIDNEY RICHARDSON

Seniors Olivia Mears and Alex Wallace display their disappointment with the world. They are among the many who find their attitudes flared up after their various buttons are pressed.

FROM MULTIPLE TEAM PAGE 1

“It’s not easy at all, it’s super challenging, there’s so much you need to focus on. With a co-captain, you have to be on the same page. Grace and I balance each other out, I catch her when she falls, and she catches me,” said Bremer.

The team is a solid mix of veterans and newcomers. The only senior of the bunch, Giovanni Diaz, is a newcomer to the theatre and forensics scene. Diaz was finally brought out of his shell by drama teacher, O’Shea. Now he finds himself a part of both the multiple team and playing a lead role in this year’s musical, “High School Musical.”

“I’ve never really done it before. There’s nothing that’s super tough to get used to though, I feel like I’m finally somewhere where I can be myself,” said Diaz.

*“With a co-captain, you have to be on the same page. [We] and I balance each other out, I catch her when she falls, and she catches me.”
Said Bonnie Bremmer*

The veterans of forensics have a love for the event that brings them back time and time again. That’s the case for Erway.

The potential is very high for this group as the program continues to grow over the years. The optimism surrounding their upcoming season is evident.

“This year, I believe we have the potential to raise our overall placing in the State. Last year, we were 10th overall, which was great but we had the potential to do much better,” said O’Shea. “This year, our talent has increased, organization has increased and our overall motivation is much stronger. Even though I am an optimistic person, I feel valid in my belief that we will place very high this season”.

The program has steadily grown and improved as time goes by and the expectations have grown. The group looks to build on their 10th place finish last year and continue their upward momentum.

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Curnica Landwer, Senior

“Every artist is different. Every one of us artists have a different point of view and different way of doing things, but the thing that makes us the same is that we embrace and celebrate that. It’s our creative minds that draw us together and fuel the desire and appreciation for art. Something I’ve always loved about art is that there’s no right or wrong, just an unfamiliar way. I’m not very good at putting my thoughts/feelings into words, but art is sometimes a way for me to do that. I don’t plan to pursue a career in art, unless I’m an art teacher, but I’ll always encourage other people to do so.”



Bella Lager, Freshman

“I think art can be a way to express yourself or get a message through, but it’s also just something that can have no meaning or purpose to you. Unlike some people, I don’t really think my art represents me. I just like to create an aesthetic with it. I do art when I feel inspired or I’m bored. I find inspiration through colors and my moods. I often build my art through one component. One day I would like to go into art, but I haven’t quite figured out how I want to do that.”

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Study Of The Past



Lookin Rough



Kendra Eaton, Junior

“I think art was something important to me since I was very young; although it took me awhile to realize it was something of a therapy or stress reliever. I still depend on it [art] everyday. I’m still not sure what I want to do with art as I grow older, but I do know that I will keep making art for the rest of my life.”



Opera



Drift



Elizabeth



Chris Zheng, Senior

“I see art first and foremost as a way of expression. People who do art or [are] named by others as artists express themselves. The fountainhead of expression is an artist’s inner struggles, emotions and flow of creativity. The latter can be seen as an eagerness to create something that dwells within the artist and exists in an almost primal state. That is an artist’s passion. My drive behind doing art is the passion to create. I especially like the media of computer graphics because it can be so limitless. The borders do not exist. One can blend other mediums of art with computer graphics and it is not refrained by material. I enjoy the freedom of creating art and see myself working in digital illustration or product design in the near future.”



It started small—a retired attorney floated an idea on her personal facebook page: what if a group of women got together and marched in Washington around Inauguration Day? Her friends helped her create an event page, and that night, 40 women had responded that they’d join her. When she woke up, that number had increased—to 10,000. Soon, it was a full blown-phenomenon and was picked up by national organizers and activists. Headed by civil rights advocate Tamika D. Mallory, Executive Director of The Gathering for Justice Carmen Perez, Palestinian-American-Muslim activist Linda Sarsour and CEO of Manufacture New York Bob Bland, the small expression of frustration from a woman in Hawaii became a movement: The Women’s March on Washington.

Organizers expected (and secured a permit for) 200 thousand people to gather and march through Washington, DC, on January 21st, 2017. Five hundred thousand or more showed up for the actual event, which didn’t involve a single arrest. DC was not the only city that got in on the action—marches took place worldwide to advance a platform of gender and racial equity, and remind the 45th President of the United States of the power of the people. Over 2 million people worldwide participated in 673 “sister marches,” in cities such as Chicago, L.A, New York, Boston, Paris, London, Rome, and yes, Kalamazoo, where over 1,000 people attended.

These photos offer a glimpse of the events at three women’s marches: DC, Chicago and Kalamazoo.



WASHINGTON D.C.

PHOTO CREDIT / NORA HILGART-GRIFF

NORA HILGART GRIFF
EDITOR-IN-CHIEF

I left my grandma’s house in Silver Spring, MD, at 7:00 with all the members of my protest party: me, my grandmother, my mom, my sister, my cousin and two family friends. We drove in two cars to the Glenmont DC Metro station.

It was beyond packed, full escalators descending into a wide underground atrium packed almost shoulder-to-shoulder. Pink hats and a variety of cheeky, hopeful, angry, clever, and inspiring signs abounded.

Every state was represented; there was a group of friends who’d taken a bus from California, a woman and her daughter who’d driven from Kentucky, and an old man from Indiana who felt a personal distaste for the new vice-president.

On the train there was hardly room for anyone else, and yet we were only the beginning of the line. Stop to stop, we were met with crowded stations out the window, people slack-jawed at our already-bursting train. Still, two or three squeezed on at every stop before we tumbled out at Union Station and Judiciary Square, several blocks from the event, where the crowd was already huge.

Protesters poured through the streets, attempting to reach Independence Avenue, where the speakers were located, across the National Mall. It quickly became apparent, however, that this wasn’t possible, due to the sheer vastness of the crowd.

It was a striking sight. More people than I’d ever seen in my life, spreading on and onward with the Capitol Building in the background, almost disappearing into the foggy grey sky, looking like whatever it contained could be no match for the fire of the hundreds of thousands of people on its doorstep.

We didn’t know it then, but the organizers had

all but given up trying to corral the half-a-million attendees, 300 thousand more than they’d expected. When 1:15 hit, groups across the area started marching on whatever street was nearest them, disregarding any predetermined route. Occasionally, one march would find itself perpendicular to another, and, like two streams becoming a river, combine. We passed the Department of Agriculture, the Washington Monument, the National Museum of African American History & Culture, and on to the Ellipse, and the White House.

My group switched streets and found ourselves on Pennsylvania Avenue, passing the Trump International Hotel. Protesters had stopped marching and settled there, and though chants had risen through the air all day, these people were shouting the call that moved me most: *we will never go away! Welcome to your first day!*

I don’t know if this march will translate into real,

substantive political activism and change. I hope it does. What I do know is that even as the day ended, the passion lived on. In the DC Metro’s Union Station, joyful crowds in pink hats cheered every train that arrived and every train that left, even if there wasn’t room for them on it. On the drive home, every rest stop was teeming with women still wearing their feminist shirts, their Maya Angelou pins, their pride.

Car after car we passed was painted with **WOMEN’S MARCH BOUND, THE FUTURE IS FEMALE, LET’S GO DC**, or displayed the signs they’d brought in their back windows. Stuck in the enormous traffic at a Pennsylvania toll, women leaned out of their windows and sunroofs, waved their signs, shouted to each other, a chorus of honks and cheers that lasted twenty minutes. There’s no way to say how or when the movement that began on January 21st across Washington DC will end. But I can relate, with certainty, that it had a remarkably auspicious beginning.



Top: crowds leave Judicial Square DC Metro Station. Bottom: woman poses with sign on the National Mall.

PHOTO CREDITS / NORA HILGART-GRIFF



CHICAGO

PHOTO CREDIT / GRACE MARSHALL

GRACE MARSHALL WEB EDITOR-IN-CHIEF

On Friday the 20th, my family and I left for Chicago to stay with some close family friends. The next morning I woke up around 7. I had been very sick, and not just at the prospect of our new world leader, so this was not exactly desirable but we had a march to go to.

We walked a little ways from the parking lot to get to the march. As we neared the stage, we passed groups of people in pink hats, carrying signs. Suddenly we turned a corner, and there, stretching back as far as I could see, were people. People of all genders, sexes, races, ages and walks of life. I saw little old ladies with signs as tall as them, pregnant women sitting in chairs and people with all sorts of disabilities there to march.



PHOTO CREDIT / GRACE MARSHALL

As we walked into the crowd, a band on stage was finishing the last few bars of an upbeat, jazzy song. When the song ended, a woman stepped to the front of the stage and said, “we’ve got one more for you! If you know it, sing along!” The band started playing and the music was slower now, more soulful. I knew the tune but couldn’t place it. The woman began singing in a strong voice:

*“Oh when Chicago,
Comes marching in
Oh when Chicago comes marching in
Oh how I long to be in that number
When Chicago comes marching in”*

A man on stage had started playing a trombone and people slowly started to join the song. Everyone was singing all around me and for a moment I started to tear up. It was so clear in that moment that we were all a part of something bigger than just a march or protest against a president.

The ideals that the United States, and the world, stand for—justice, equality, even love—are so much bigger than one man will ever represent or be able to take away. That’s what we were singing for.

We stayed at the march for several hours more, long enough to be there when they announced that 250 thousand people had come to march and flooded the route—making it so that we couldn’t actually march. Consequently, I have since taken to calling it in my mind, “the march without marching.”



KALAMAZOO

PHOTO CREDIT / HANNAH LANE-DAVIES

Over 1,000 people march in Kalamazoo, Michigan in a “sister protest” to the Women’s March on Washington on January 21st, 2017.

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DEFUNDING PLANNED PARENTHOOD: A MISTAKE THE U.S. CAN'T AFFORD TO MAKE



HANNAH PITTMAN
OPINION EDITOR

Planned Parenthood is a non-profit organization that provides reproductive health services in the United States. Every year they prevent more than two million pregnancies through contraception services. Planned Parenthood (PP) provides contraception, STD/STI testing and treatment, cancer screening and prevention, abortions at select clinics and other services across the US.

Republicans and anti-abortion groups have been set on defunding Planned Parenthood for years, and with Donald Trump as the 45th president of the United States the idea is becoming very likely. On January 5th House Speaker Paul Ryan explained a plan to include the defunding of PP in the repeal of Obamacare.

Planned Parenthood receives about 500 million dollars a year from the federal government, which is roughly 0.0004 percent of the government's discretionary spending. That amount is extremely small, yet many are dead set on the defunding of PP. The reason? Because 3 percent of the services provided by PP are abortions.

People seem to forget the 40 thousand people treated for HPV, which can cause cancer. They also forget the more than a million procedures done to screen for and prevent cancer. Many



A woman protests with a sign supporting Planned Parenthood. She was protesting at the Women's March in D.C. on January 21st.

believe defunding Planned Parenthood is a good decision, but the past has proven them incorrect.

Vice president Mike Pence, a republican and abortion opponent, proved how bad defunding PP can be during his time as governor of Indiana. In 2013 Pence cut Indiana public health spending, which caused the only Planned Parenthood in Scott County, Indiana to close. That PP happened to be the only HIV testing center in Scott County. Since there was no testing center for the 24 thousand residents, and an injection drug problem in the county, the situation soon became very bad.

In 2015 an outbreak occurred, and nearly 200 people became infected with

the life threatening virus HIV, which could have been prevented by access to the services Planned Parenthood provides.

Another example of the consequences of defunding PP is the maternal death rate in Texas. From 2011 to 2014 the maternal mortality doubled, according to a report from "Obstetrics and Gynecology." Texas cut the family planning budget by two-thirds in 2011 in attempt to close PP. It caused more than 53 reproductive-health clinics to close throughout the state, many not affiliated with PP. It resulted in many women without contraception, access to abortion, or prenatal services.

One of the main reasons that many individuals like

Pence want to defund PP is because it provides abortions. They don't believe in abortions, so why should their tax dollars go to providing it? That would be a very valid argument, if it were actually true.

PP receives government funding from two sources: Title X family planning and Medicaid. The money from Title X cannot be used by PP when abortion is the method of family planning, and Medicaid money is restricted by the Hyde Amendment. The Hyde Amendment states an abortion can only be provided by Medicaid in a case of rape, incest, or endangering the mother's life, which most pro-life are okay with. PP receives about 40 percent of their funding from the government,

leaving 60 percent of funding from other organizations and donors, which cover the abortion services provided by PP.

If the government were to defund Planned Parenthood, it would not stop abortions and magically make our society the way many pro-life activists want it to be. Instead, it would cause outbreaks of STDs and leave many women and men with no place to receive contraception, cancer screenings, or other women's health services. It will not stop abortions, just put more strain on women that need them. Defunding Planned Parenthood is a ridiculous idea that will cause many adverse consequences, and no benefits whatsoever.

THE DIFFERENCE BETWEEN FEMINISM AND RADICAL FEMINISTS



VANESSA RODRIGUEZ
STAFF WRITER

In the past, feminism was the gateway for middle and upper-class white women to achieve the right to vote, unlike white men who already had the right. This was known as the first wave of feminism, which was recorded to have begun around the 19th-century. It would soon transform into the demand of equal opportunity in the workforce and a voice in political affairs.

Second wave feminism focused on the abolition of slavery and equality between race and gender. Women of color were able to raise awareness to the unfair treatment that they

faced in their shared society. Women like Sojourner Truth, abolitionist and women's rights advocate, and Sarah Moore Grimke and Angelina Emily Grimke spoke out about the injustice between men and women of color. They were loud about their cause, speaking in front of crowds of people, rallying others to join and demanding the respect of the people. They weren't afraid of controversy.

In 1851, Sojourner Truth gave her "Ain't I A Woman?" speech during a women's right's convention in Ohio. The speech countered the notion that women are automatically the weaker sex and vividly described the mistreatment of slaves.

"I could have ploughed and planted, and gathered into barns, and no man could head me! And ain't I a woman?" said Truth.

This leads into what is now known as the third wave of feminism which holds high the priority of equal rights

among men and women within social, economic and political grounds. Take the ratio of women and men in the United States Congress, as shown in Women In Government on the Catalyst website. In 2015 only 19.3 percent of women made up the House of Representatives. The Senate holds only 20 percent of women. In the Congress, only 33 of 104 women are of a different race.

However, a conflicting ideology of feminism has sprouted from the time between the end of the second and beginning of the third wave. This separate branch is known as radical feminism and it diverts from the goals of true feminists. In other words, radical feminism is an unexpected corner that took its own form of justice that doesn't leave room for righteous equality. Radical feminists deny the inclusion of a particular portion of the LGBTQ community-

transgender women, as reported in "What Is A Woman?" by Michelle Goldberg in "The New Yorker." Radical feminists believe "men posing as women are simply trying to fulfill 'an erotic fixation,'" based upon retired professor Ray Blanchard's theories.

Radical feminists have shown themselves to be contradictory to the ideas established by the past waves. Instead of creating and supporting equality between race and gender, radical feminists want to make our society follow matriarchal ideology, which is similar to the idea of a patriarchal society only with a gender flip.

While it sounds empowering and appealing for some, it'll only create even more problems for the majority. Instead of completely abolishing the unfair treatment, radical feminists want to simply reverse the roles, ultimately keeping the same problems.

Feminism is meant to protect men as well as empower women but not to put one above the other. Feminists need to remind people that they seek equality and safety for everyone, not for a select few or a single gender.

Feminism is not an outlet for women to bond over their hate of men, it isn't an excuse to whine and complain about problems that aren't ours.

Feminism is the unveiling of the problems that still lay ahead. True feminists hold out their hands to men who want to change the way societies dictates. Feminists encourage women to hold themselves with self-respect and teach them that they are not here to be used.

Feminism is a voice, an encouragement, a group of individuals that are tired of the subtle injustice that still plagues today's society.

KNIGHTS SPEAK



Jada Mitchell 12th

"I didn't think it was structured well and it didn't accomplish anything. They can get their point across better and open people's mind to their point and thoughts"



Zach Sims 11th

"I believe that you can march because it's in our constitution but to an extent, it's pointless. He has only been in office for little over a week."



Tori Zenner 12th

"I like how it's peaceful opposed with when he was being inaugurated. They're standing up for their rights just getting their voice out there for anyone who'll take away women's rights."



Alexis Wheeten 9th

"I think the purpose was to make our voices heard and make our new president understand what the mass public wants, and we can gain insight on how the world is going right now."

OPINION

CITIZENS SHOULD TAKE CARE TO
CONSIDER THE LIVES OF STRAYS

DAGNIJA TOMSONS
CHIEF COPY EDITOR

Late one night while my mom hung up the laundry outside, she asked me to help her out. I happened to notice that there was a large ball of fluff coming slowly towards us from between my house and the neighbors. I went over to check out what the form was. I could barely make out what the lump was at first, but as it came closer, it moved into our neighbor’s garage light. I could see what it was, the fluffiest and fattest grey cat I’d ever seen.

This wasn’t the first time a stray has made itself comfortable around my house. Last time it was two golden labs that scared my cats half to death. Before that it was a Beagle who I still see around. Honestly, it seems like we always get the lost pets and the strays. I can barely recall how many times I’ve witnessed a dog sniffing around my yard or a cat having a nasty conversation with one of my own.

I named the new stray Greyson, and she was a great companion, hanging around me almost all the time. There was only one problem. All my cats are male. That wasn’t helpful whatsoever. Most female cats stay away from males, or at least tolerate them up until a certain point. Unless they grow up around each other, it’s ignore zone. However, Greyson (later renamed Gracie) decided to take a different road, attacking the cats we already had.

We wanted to keep Gracie—at least my dad and I did. My mom, however, was skeptical about the whole ordeal, but we softened her up and got her to at least not grumble about that fact that the cat was inside the house.

At first, there wasn’t much of a problem. Gracie was very nice and tried her best to stay away from our other cats, and our cats



PHOTO CREDIT / DAGNIJA TOMSONS

Here’s Gracie, lounging by our back door.

did the same. But nothing lasts forever. She turned into a Garfield, eating practically everything, just like our other fat cat, Biggie. Not to mention she took over Biggie’s chair and table! She bullied our smallest and more playful cat, Pecin, as well as our oldest and skinniest cat, Paris.

By this point, I was ready to throw in the towel and just shove her out the door.

She has her good attributes; she’s really soft and nice. She snores a lot and she loves to sleep on people and other odd things, like newspapers. We have no idea where her original family is, but I once followed her to where she may have come from. She went under the stairs of an old lady’s house on the corner of the street.

As you might expect, it’s hard to reject her from coming into the warmth of our home. Then again, she’s constantly attacked my cats, so it’s hard to decide whether

I’m on her side or not. Nobody is allowed to harm my cats. The same would go for any mother and their child.

So, what happens now? I had a cat that I didn’t want, but the cat had nowhere else to go. I had no idea. I just had a huge problem on my hands. Maybe there was a solution, but I know of no one that has zero cats, male or otherwise, that would want her.

In this huge dilemma, I turned to Facebook and wrote a ‘Hey if you want a fluffy cat...’ post to see if anyone out there wanted her, but there was no response. I didn’t want to shove her to the Society for the Prevention of Cruelty to Animals (SPCA), but if nobody wanted her it would be the only option.

If you find a cat, the best option is to take it in, take good care of it and take it to the vet to check if it has any sort of chip. Also check to see if any family has come

to call for a missing pet that might fit the description of the one you found.

According to the The American Society for the Prevention of Cruelty to Animals (ASPCA), “Of the cats entering shelters, approximately 37% are adopted, 41% are euthanized and less than 5% of cats who came in as strays are returned to their owners.”

If the pet doesn’t have a chip or there haven’t been any calls about it, the next best option is to take it to the SPCA if you aren’t thinking of keeping it. Don’t take too long to make this decision because you might get too attached and not be willing to part with the animal. If the SPCA doesn’t have space for the animal, the last option is to hand them over to the local Animal Shelter or the pound.

I was informed that the Animal Shelter would not be the best option for a pet either waiting for adoption or to be reconnected back with their original owner because of the care and possible short waiting time for it to be euthanized.

The Kalamazoo County Animal Services and Enforcement will keep a pet for a seven to ten day holding period, seven days if there is no ID for the animal and ten days if there is an ID. They claim that if the animal is injured, has a disease or the staff is authorized to perform euthanasia for a specified reason, they will carry out with that option.

According to “Do Something,” “Many strays are lost pets that were not kept properly indoors or provided with identification.”

This would explain why Gracie was left alone, without a home. She had no identification on her. She looked well cared for, with a soft and shiny coat. At first, we thought she had just escaped from her house.

Pretty much everyone knows that you should try your best to find a lost pet, which can include

posting information on social media and around the neighborhood, while also contacting any shelters around your area.

According to Animal Legal and Historical Center, “If your pet ran away from home, there are several things you should do. First of all you should contact local veterinarians, animal shelters and [an] animal control agency. There may be more than one animal shelter in your city and oftentimes there are shelters for the city and shelters for the county. Do a thorough job locating and contacting all possible places. Continue to check up over the next several days as your ownership rights over the animal may be extinguished in as little as two days if you do not find and reclaim it.”

The Animal Legal and Historical Center also has tips for if you do happen to find a stray pet:

If you want to help the pet out, but not adopt it fully, take it in and care for it until you are able to take it back to it’s owners or give it over to a good home.

You could also surrender the pet to animal control but if that is followed, the pet could be euthanized after a period of time depending on if it has tags or a chip.

According to Kalamazoo Animal Rescue, “KAR animals are kept in foster care from intake until adoption. For the majority of our animals that time is spent within one home, where the animal can get accustomed to family life. Animals are only euthanized in cases of severe illness or aggression.”

Some pets will have a collar with the owner’s number or at least the vet’s number, but that sometimes isn’t the case. If you find a friend or family member that wants a pet, that’s even better for your cute little animal friend.

CELLPHONES DO NOT BELONG IN THE CLASSROOM



SYDNEE ARRASMITH
STAFF WRITER

You can walk into any Loy Norrix classroom and see several students on their cell phones while the teacher is talking or during independent work time. Some teachers allow cell phones to a certain extent, for research or to listen to music, but students abuse the rules. Other teachers do not want cell phones out at all, yet students still use them.

Page five of the 2016-2017 Kalamazoo Public Schools’ Student Code of Conduct says electronic devices are not to be used during class period or passing periods, but before school and after school or if given permission by teachers they may be used.

I believe that the cell phone procedure should be enforced. Teachers should start confiscating cell phones that are in use and returning them to students at the end of the day. Teachers should start writing referrals for students who have their cell phones taken. If students refuse to listen, teachers could send the student to the office and call their parents.

“Why Phones Don’t Belong in School,” an article on “The Huffington Post” reported that, “A London School of Economics Study found that schools that have banned cell phones experienced a substantial improvement in test scores.”

Students go to school to get

an education, not to sit on their cell phones. Cell phones take the attention away from learning and cause major frustration for teachers. Teens are very addicted to their cell phones and will often use them during a lesson.

Most students would try to sneak their cell phone whenever possible, but cell phone bans at Lakeview High School, Galesburg-Augusta High School, New York City Schools, Paramount Charter Academy and many private schools have been successful; those schools confiscate phones if students don’t comply with the policy.

According to “Mom Junction,” a web site dedicated to giving mothers advice on children and teenagers, cell phones have seven negative effects on students: teen tendonitis, stress, sleep loss, driving accidents, increased anxiety, risk of brain cancer and cyber bullying.

With the policy enforced the stress and anxiety to constantly check phones should decrease because students will be focused on work.

Junior Jennifer Gonzalez said, “Banning cell phones is not a good policy, parents need to communicate with their child at all times.”

There are office phones that students are able to use to call parents if needed, or parents can call the school to contact their child.

“I can contact the child through the office if there is an emergency during school hours,” said Martha Cutler, a parent of a high schooler at Battle Creek Central.

Pros to having cell phones in class are cell phones enable teachers and students to use

remind 101, which sends reminders to their students about tests or assignments. Phones can also be used if you need a calculator, to look up an answer for a teacher, take pictures of notes on the board, mark an event in your calendar or email your counselor.

Health Research Funding has said instead of rejecting this amazing technology, schools should embrace it, since phones can be used as a tool for teaching as well.

Cons to having cell phones in class are cell phones can create drama and enable cyber bullying.

Students can focus on the teacher and that will help them to understand what is being taught. Students can get a lot of help from their teacher if needed or just look for answers in textbooks.

Not only can cell phones be distractions for individual students, they can also disrupt the entire class with ringing, beeping or buzzing, especially during a test, lecture or study period, said “alot,” a site that has a variety of information about different topics.

With the use of cell phones students are able to look up answers right away, but that is part of the problem teachers are having. Students use cell phones to cheat by looking up answers, texting answers to other students or taking pictures of tests.

“Cell phones have the potential to be a wonderful asset, but students don’t understand how to fully use them in the classroom,”said history and economics teacher Ryan Allen.

English teacher Sally Wagenaar says that cell phones take away from her teaching because

students aren’t paying attention to her, although she allows them to use cell phones for music, reading books and looking up vocabulary when she’s finished with her daily instruction.

Cons to having cell phones in class are cell phones can create drama and enable cyber bullying. Students can focus on the teacher and that will help them to understand what is being taught.

Cell phone usage can have some advantages in school, but there are other ways to gain information without the use of phones such as books dictionaries, computers, taking notes in class or asking a teacher.

Enforcing the cell phone policy will help students focus on learning. With cell phones being banned during school hours, teachers won’t have to stop class to take phones, write referrals, fight with students and call parents. Not being able to use cell phones until the end of school may seem a bit drastic, but it will open student’s minds to the idea of using other sources to get information and it will decrease the risks that cell phones at school cause.

“Banning cell phones would be great, but students would fight for their phones,” English teacher Sally Wagenaar said, “It would be a headache.”

Many student fights are instigated through the use of cell phones. Students will bring up drama that happened on their

cell phones in the classroom and start an argument or fight. Students also use cell phones to take pictures of other students and make fun of them or post stuff about them online while they are in class. It’s hard for teachers to discipline these students without the students making a scene. I have seen some students argue and threaten teachers for their cell phones.

“I think they think it’s cool to and they’re not going to get caught,” said sophomore Kailynne Besser, in regards to students using cell phones for bullying.

Usually when students are fighting over the use of their cell phone, that’s an indicator that they could be addicted to their device. Students have a constant need to check their cell phones even while in class, or they will start to have withdrawals and become very anxious. Cell phone addiction in students is another reason a cell phone ban is a must.

CNN said, “Nearly 80 percent of teens, in a survey, check their phones hourly, 72 percent feel the need to immediately respond to texts and messages.”

Allen said he gives his students a verbal warning if they are caught using their cell phones in his classroom. If it becomes an issues he takes the phone away.

“Students don’t like being limited from their devices, but they comply,” said Allen.



Alexis Kahler 12th
“It’s amazing, I didn’t get to go but I wish I could have. Its giving our country a bigger sense of unity”



Callie Kilduff 9th
“The purpose was to get the idea of women’s rights out there and empower women and unite the population.”



Alex Neal 12th
“[They are] trying to show dissatisfaction of the group from the results of the election. [I think] other marches will not matter as much now”



Jackson Couch 11th grade
“The purpose was many women felt offended by Trumps’ remarks and wanted to make him feel responsible.”



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ILLUSTRATION / DREW DOUGHTERY



ILLUSTRATION / MARLEIGH VANDENBURG

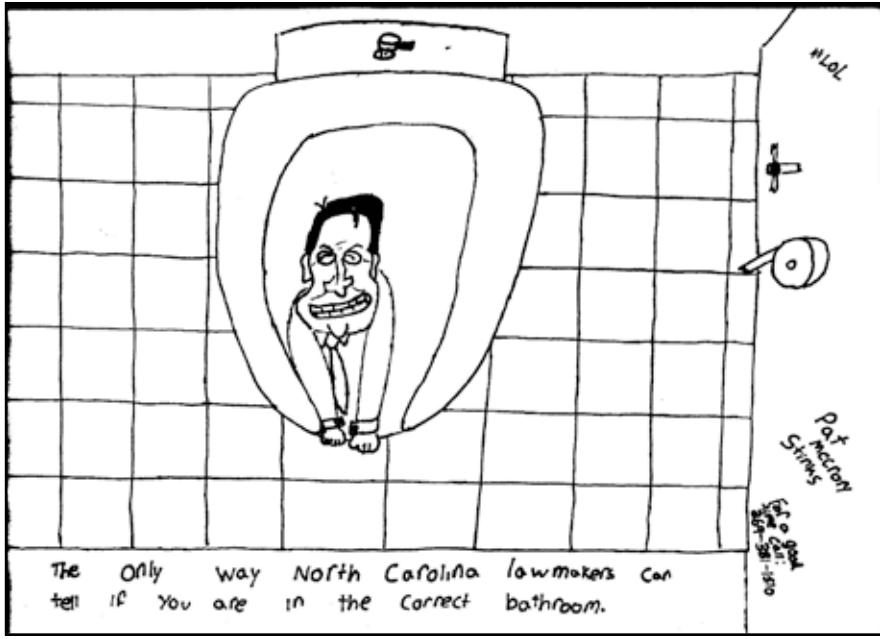


ILLUSTRATION / ZACH LIDDLE

LETTERS TO THE EDITOR

STUDENTS REPLY TO FEATURE

Dear Editor,

I read “Two Different Generations, One Passion for Comic Books.” I think it grabbed my attention more because it featured my friend Liam Dalrymple. Normally when I talk with him, he seems like he doesn’t care much about anything. But I feel that after I read the article, it really opened my eyes and made me realize that he was really interested in comic books and that everyone has something they like, even if it doesn’t seem like it. I would like to see more of what hobbies people have, because I may get to know people a bit more than I do now.

Ethan Semelbauer, freshman

STUDENTS REPLY TO ELECTION RESULTS

Dear Editor,

In your article “Donald Trump Elected 45th President of the United States,” I was excited to hear how other students felt about the election. I liked that you interviewed people from different grades, races and genders. It was interesting that you showed not only people who were displeased with the outcome of the election (like me) but also people who were excited about the new president-elect. Hearing about people with viewpoints similar to the ones I have is a relief, but it also makes me even more mad at the outcome of the election.

Zoe Brown, sophomore

Dear Editor,

I enjoyed the opinions on the presidential election [“Donald Trump Elected 45th President of the United States”]. Although they were very serious opinions, I found myself laughing. I quite honestly am afraid also about the choices Trump may make. Just like the others, I too was surprised Trump was elected. He gives off an immature child-like attitude. But I honestly think we went wrong when we left Trump and Clinton as the last options. But we’ll see how it pans out.

Darius Boyd, sophomore

STUDENTS NEED MORE SLEEP

Dear Editor,

Being someone who suffers from insomnia and is slowly getting over a concussion, I agree with this article [“High School Students Face Physical and Emotional Challenges Due to not Getting Enough Sleep”] fully. According to sleepfoundation.org, they say that sleep is something that helps you eat better and manage the stress of being a teen. I know I myself struggle with staying awake and staying focused, as well as, I myself have problems with an appetite and energy. So, in my opinion a later start time would probably help tremendously.

Kimberly Webber, senior

Dear Editor,

I read “High School Students Face Physical And Emotional Challenges Due To Lack Of Sleep.” I thought the article was very true and well-written. As a high school student, I also felt what it is like to come to school all tired and sleepy. I have a lot of friends who are dealing with this problem. It is true that high school students face many competing stressors that exacerbate sleep loss. Schools that start 7:30 or earlier should respond to this problem by starting school a little later.

Josh Oriz, sophomore

SAVE THE WORLD BY BEING PROACTIVE

Dear Editor,

I read “Counterpoint: We Can Save The World Through Conscious Evolution” and I believe it was brilliantly written. I feel very similarly in that there needs to be a proactive solution to our problem and that people dwell too much on the problem and that itself. Admitting something is wrong is always the first step, but it was cool to see an approach to the issue instead of saying “we’re doomed because of...”

Andrew DeHaan, senior

STUDENT LOVES NEW IPHONE

Dear Editor,

In the article “Comparing and Contrasting: iPhone 6 and iPhone 7,” Erika Wagoner does a good job showing the differences between the phones. However, as I have an iPhone 7 myself, I would disagree with the comments made about its difficulties. No headphone jack doesn’t trouble me at all, the adapter is easy to use and can basically just become a part of your old earbuds. Overall, I love my new phone so I can’t say I would agree with most of the article.

Sophie Nielsen, senior

STUDENTS REPLY TO SPORTS

Dear Editor,

I read “Kalamazoo Celebrates College Gameday.” I think this was good that ESPN College Gameday came to our city because it brings everybody together and it’s also a positive recognition because our city always has something negative coming out of it, but not always. I would like to see PJ Fleck come back home and lead WMU football. RTB!

Federico Martinez, senior

BASKETBALL PLAYERS APPRECIATED

Dear Editor,

Your story about Takary Dreams and William Wright [“New Knights Make a Giant Switch”] was a great article to read. It was very interesting and now I have learned some of their side of the story. I am a freshman basketball player for the Norrix freshman basketball team and I know Will and Takary, and they are real good peers and they are good mentors to me. But with reading this article, now I truly see why they chose to be a Knight.

I also liked seeing other players that play on the varsity

teams perspective of Will and Takary becoming Knights. It seems like everybody is getting to like them and they have become a big asset [to] the school and to the Loy Norrix basketball team.

Quincy Ellis, freshman

Dear Editor,

One of the articles I really like was about the new Knights on the basketball team coming from Central [“New Knights Make a Giant Switch”]. It was nice hearing that they like it more. Playing here really lifts any bad impressions of Loy Norrix. I also think it’s cool because it’s gotta be tough switching schools like that. It’d be really different.

Another article I liked was the one about the election [“Donald Trump Elected 45th President of the United States”]. It’s really cool knowing everyone’s opinion on it and it was different knowing a lot of people thought the same. Like most of them talked about against Trump. Just thought there would be a bigger variety.

Tyler Rivera, sophomore

STUDENTS EXCITED FOR EFE

Dear Editor,

I read the article “Fundamentals of Health Science” by Meghan Lewis. I thought it was quite interesting. In fact it made me want to take the class myself when I’m a junior or senior.

I’ve already planned to work in the medical field as a nurse, and the way it was explained I’d think it would be a good experience for me. Especially when I could potentially earn college credits.

Amiria Wallace, freshman

KNIGHTLIFE SHOULD COVER MORE

Dear Editor,

I really like the paper when I see it and read it, but I’ve always been triggered by a few things in the newspaper. Like when a person’s name is spelled wrong numerous times because you don’t just check how you spell the name. Or also when you interview people, it always seems to be repetitive with the topics, and when you do sports you only focus on the main sports like football, basketball, swim etc. But you’ve never interviewed any sports or any after-school activities that need more attention, such as wrestling, weight lifting, sports conditioning etc. And I feel like if you show extra or at least some attention to activities that aren’t really talked about, we would have more school spirit. It’s just the small things that aren’t noticed.

Sierra Misner, sophomore

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MICHIGAN STATE



PHOTO CREDIT / BILL BOWSER
Loy Norrix men’s swim team gets ready for their meet against Lakeview. They hold the flag as they do their pre-meet chant.

ERIKA WAGONER ASSISTANT LAYOUT EDITOR

Imagine finally laying down in bed for the night. As exhaustion takes over your body and your body finally relaxes, you get to sleep, but as fast as sleep comes, it goes away. The sound of your alarm wakes you from the deep slumber, and you’ve only gotten five hours of sleep. Dreading getting up, you get ready as you know the priority you hold to the team and yourself to go to practice. Nothing is harder than having to wake up and be active with only having a couple hours of rest.

If there is anything that most people can relate to, it is the contentment of being able to get a good eight to nine hours of sleep a night. However, there are a handful of people who give up that happiness in order to play a sport that they love. While most high school sports have after school practices, the hockey and swim/diving team have morning practices as well.

“Morning practices are essential to us to become better swimmers,” said Taylor.

A couple drawbacks of morning practices are lack of sleep and exhaustion. Students also have more stress because they have less time and energy to work on school work or to hang out with friends and family. A few good things about the practices are that they help players improve their skills and get more time to bond with their teammates.

Two sports that hold morning practices are swimming and hockey. Both sports are time consuming with either practices or games at least 6 times out of the week. It’s no wonder the students who participate in these sports are exhausted.

In a study done by “Nationwide Childrens,” a website that researches children’s and teenager’s ways of living, says, “Teenagers need about nine to nine and a half hours of sleep at night.”

The main cause of the lack of sleep in teens is a shift in their sleep schedule, like not going to sleep at a regular time every night or waking up at different times in the morning. Loy Norrix senior Noel Cavey plays for the Kalamazoo



PHOTO CREDIT / ERIKA WAGONER
Senior Noel Cavey checks opposing team player while getting the puck out of Portage Northern’s possession. This is successful as teammate Eric Smith gains control.

United (K.U.) hockey team. He has been playing hockey for 12 years and four of those have been in high school. Cavey says he wakes up at 5 a.m. for his 5:45 a.m. morning practice. Though morning practice for the hockey team is only once a week on Fridays, it is still a struggle for Cavey and the team to wake up early every week.

“The worst part of morning practice is waking up and not getting enough sleep the night before,” Cavey said. Cavey gets about 6 or 7 hours of sleep per night.

Jacob Remelius is a senior at Loy Norrix who also plays on the K.U. hockey team. Remelius shares the same thoughts as Cavey, although Remelius wakes up at 4:40 a.m. on morning practice days and gets only four hours of sleep, so he is more tired than Cavey.

Though morning practices may be tiring to the players, morning practices are also beneficial to the teams, as demonstrated by K.U.’s 2015-2016 hockey season. Cavey had the team’s highest statistics with 15 points through goals and assists. Remelius received eight points with goals and assists before he missed the last half of the season due to injury. Hockey has also improved their overall records since last year. For the first time in years the hockey team is currently undefeated as they are 2-0. Now, during the 2016-2017 season, both Remelius and Cavey currently have the highest statistics on the team in the two games they’ve played in the current season. Both players have helped the team progress with more points, leading to more wins.

Early morning swimming helped the Loy Norrix swimmers improve too.

The men’s swim and diving team put in a lot of work during their last season as well. The team’s overall record now stands at eight wins, one loss and one tie.

The men’s swim and diving team had an overall record last year of 8-1-1 and are currently 1-0-0 as they begin the season. It’s easy to see that both hockey and swim teams are benefitting from the extra morning practices that they have fit into their schedules.

Jim Youngs, junior at Loy Norrix, has been on the swim team for all three years of high school. Youngs wakes up at



PHOTO CREDIT / ERIKA WAGONER
Senior Noel Cavey is getting ready for the game. He and his teammates stretch and warm up to be prepared.



PHOTO CREDIT / ERIKA WAGONER
Senior Jacob Remelius gets ready for the face-off. He is ready to take action as the puck is dropped

5:00 a.m. for his morning practices that begin at 6:00 a.m. The men’s swim team practices four times a week in the morning.

“The worst part of morning practice is waking up for it and [getting in] the cold pool, it’s awful,” explained Youngs. “I get seven hours of sleep if I’m lucky.”

Although most of the players on both teams aren’t excited to have morning practice, there are a few who see the morning practice as a way to improve the team performance.

Loy Norrix senior Vaughn Taylor, like most, isn’t fond of morning practices because of the lack of sleep and how tiring it can be. However, Taylor believes they do help the team improve.

“Morning practices are essential to us to become better swimmers,” explained Taylor. “I try to get as much sleep as I can and I sacrifice other time that I could spend doing fun things so that I can go to morning practice. I think that it helps propel us as a team to our end goals.”

Even though morning practices aren’t a favorite, they are helpful to the teams and allow players to improve. Though the players on both teams may be suffering from lack of sleep and exhaustion due to the practices, the players are getting more goals in hockey and setting personal records in swim with their hard work and dedication.

KALAMAZOO UNITED HOCKEY LOOKS TO SECURE FIRST LEAGUE CHAMPIONSHIP



PHOTO CREDIT / BAILEY HANDLEY
Kalamazoo United hockey team celebrates after Captain Jacob Remelius scores a game winning goal with 0.3 seconds left in overtime. This win extended their win streak to twelve games.

BAILEY HANDLEY SOCIAL MEDIA TEAM

The Kalamazoo United (KU) hockey team is off to a 14-1-1 start this season. They currently sit in second place in the Southwest Michigan High School Hockey League (SWMHSHL).

KU is off to their best start in team history and they have proven to all the doubters that they are one of the teams to beat in the league this year.

Up to this point, the seniors on the team have had to struggle and lose an innumerable number of games. KU finished last in the league during the 2013-2014 and 2014-2015 seasons and wasn’t a threat to win a league championship.

Last season the team finished third in the league, which was major progress compared to previous KU teams. The KU team this year knows they are a threat to the rest of the league and won’t be satisfied until they are one of the final four teams playing for the state

championship at USA Hockey Arena in Plymouth, Michigan.

KU coach Tyler Kindie is having fun coaching the team this season and loves seeing the effort the players are putting in each and every day.

“Even though the biggest challenge to coaching the team is getting everyone on the same page everyday, they have showed that they are able to do so,” Kindie continued. “This team has more experience than any other team I have coached. We have a great group of upperclassmen that have led this team for the past few years, so we haven’t had to start from scratch every year.”

Noel Cavey, assistant captain and senior at Loy Norrix, currently sits in the top ten in the state in points. Cavey is KU’s leading goal scorer and one of the most experienced players on the team. Just like his coach, Cavey knows this year’s team

is something special.

“We bond way better as a team this year, and I feel like that is showing in the way we have played so far. Everyone on the team has a winning attitude and we don’t plan on losing many games.” Cavey went on to say, “We want to win the first league title in team history and make a deep run in the state tournament.”

“I was sitting on the bench in the third period up by three goals, and I was listening to our entire section scream ‘Let’s go K-U!’ That was the greatest game of my life and the game that opened everyone’s eyes and showed them that we were a force to be reckoned with,” said Cerutti.

Quentin Cerutti, assistant captain and senior at Hackett



PHOTO CREDIT / BAILEY HANDLEY
Kalamazoo United players Garrett Warner, Brenden Warner and Dominic Monendo fight for the puck against Hudsonville.

Catholic Prep, knew this team was different than previous KU teams when they defeated Mattawan last season. Mattawan is traditionally a team to beat in the league year in and year out. They lost to Mattawan earlier that season by seven goals. Mattawan went into that game thinking they were going to destroy KU for a second time.

“I was sitting on the bench in the third period up by three goals, and I was listening to our entire section scream ‘Let’s go K-U!’ That was the greatest game of my life and the game that opened everyone’s eyes and showed them that we were a force to be reckoned with,” said Cerutti. “The difference with us and most teams last year was that our core group of players were juniors as opposed to seniors, so we knew this would be our year.”

Cerutti knows that KU would not have came this far if it wasn’t for the parents of the team and the students of the three schools (Loy Norrix, Kalamazoo Central and Hackett Catholic Prep) that KU consists of.

“To the parents of the team, I would like to say thank you so much

for everything you have done for the team. To the students, thank you for your continued growth in support over the last four years. We went from nobody coming to our games, to packing the section in a span of four years. It has been an awesome experience,” said Cerutti.

Jacob Remelius, captain and senior at Loy Norrix, is KU’s leader and the one who keeps the team together. He makes sure to let the team know that they must play with the same intensity and effort every game, regardless of who they are playing.

“It feels great to be accomplishing so much early on this season. After struggling the past few years, it shows all the hard work that we have put in and how committed we are. Two years ago we didn’t win a single league game, and now we are 5-1 in the league. It feels amazing,” said Remelius.

Remelius’ level of play over the past couple of years has paid off for him. Remelius already has future hockey plans, one of them being the opportunity to play college hockey at Adrian College.

“Before I go off to

college next fall, I am going to some junior camps this upcoming summer. I hope to catch the eye of some scouts and hopefully make a junior team before going to college,” said Remelius. “If I don’t make a junior team, I am still playing club hockey at Adrian and hopefully get the chance to make their National Collegiate Athletic Association (NCAA) team in the next couple of years.”

Unlike Cerutti, Cavey and Remelius, Garrett Warner, freshman at Hackett Catholic Prep, doesn’t know what it is like to play on a struggling KU team. As a first year player on the team, the only thing Warner is used to is winning.

“I’m having a lot of fun playing with the guys this year. All of the upperclassmen have taken me in and treated me as if I am an upperclassmen,” said Warner.

However, Warner knows next year’s team is going to have difficulties overcoming the loss of the graduating seniors.

“This year’s team has a lot of playing experience, so with the seniors graduating this year, I don’t believe we will be as good next year. However, we will still have a solid line and a good goaltender, so we will find a way to overcome it,” said Warner.

KU has proved that their season is not a fluke. The team has a group of experienced upperclassmen that will pave the way for the underclassmen to take over the team once they graduate. Even though KU has accomplished great things thus far, they still have a long way to go. The first thing they have their eyes set on is winning the league championship in February.

FIGHTING LIKE A GIRL TAKES ON A WHOLE NEW MEANING



Senior Sheridan Britney is named the winner of a match during a wrestling tournament. Britney is the captain of the wrestling team. She is the only female wrestler in school history to record more than one varsity win.

SIDNEY RICHARDSON NEWS EDITOR

Loy Norrix senior Sheridan Britney, at first glance in the halls, is a seemingly normal teenage girl. But if you catch Britney after school, you’d find her in her element, out lifting her peers in the weight room, talking trash and destroying guys on the wrestling mat to back it up.

Britney is the captain of the Loy Norrix wrestling team going into her senior season and is the true definition of an athlete. Britney played volleyball her freshman and sophomore year, ran track all four years, cross country her junior and senior years, and has wrestled for the past 3 years. Britney was even a state qualifier in the 4×400 meter relay her junior season of track and field.

Britney may be small in stature, but she makes her presence known. In the right setting, Britney blossoms from a quiet, unassuming girl into an outspoken competitor that scraps and fights for everything she’s earned. In a way, Britney wrestles with a chip on her shoulder.

“I definitely always have the fact that I’m a girl in a boy’s sport in the back of my mind. You would be surprised how many looks and stares of disapproval that I get. And when I lose, it makes me feel that much worse,” said Britney.

Her teammates speak highly of her and look up to her as a leader and a motivator.

“She’s competitive and hardworking,

she’s a really good team motivator, she pushes herself and others to do great things,” said junior teammate Ian Burns.

Britney was trained and taught by former Knights and state qualifiers Aaron Holmes, Jalen Pace and two time state runner-up Nick May. Britney watched and grew under the wings of these great wrestlers and now in their absence, she has stepped up to lead the team.

“Nick, Jalen, Cutter [Olmstead] and Aaron were all extremely encouraging and also very funny. They had a lot of jokes for me but when they called me a ‘dog,’ it was definitely a highlight of my day. I am beyond grateful for their support as well as my coaches’,” said Britney.

Wrestling coach Darrick Parker admires Sheridan’s work ethic and willingness to learn.

“[Coaching her is] Pretty easy because she’s a great listener when it comes to the sport of wrestling because it is still so new to her,” said Parker.

While it’s simply ignorant to say that gender doesn’t play at least a small role in one’s ability to compete on the mat, Britney doesn’t allow that to limit her. She works hard to prove the doubters wrong and show that girls can wrestle.

“Gender is definitely a factor. It’s much harder for girls to compete in this sport, and

therefore much less common,” said Britney.

Britney has even inspired another girl to join the team, sophomore teammate Sierra Misner. Britney’s presence on the team shows girls that wrestling isn’t just for the boys. People are starting to see that.

“She is so strong and has a lot of willpower that she uses to motivate the whole team, especially me because she knows what it’s like to be a girl wrestler,” said Misner.

While Britney may be confident and boastful when it comes to her physical abilities, she is very modest about her motivational and inspirational impact on others.

“I don’t see myself as inspiring, but people do come up to me and tell me how great it is to see me wrestle. I’m happy to have gotten more girls to join our team here at [Loy] Norrix,” said Britney.

Britney is an athlete with a competitive fire that affects those around her. The wrestling team is in good hands under Britney’s leadership as she continues to prove the naysayers wrong.

OPINION
PJ FLECK SHOULD HAVE STAYED AT WESTERN



ISAAC RUBIN OPINION EDITOR

The magic is gone. Head coach PJ Fleck of the Western Michigan football team has left to become the head coach at the University of Minnesota after having a wonderful season. They finished the regular season undefeated and ranked 17th in the country, even after the team’s loss to Wisconsin in the Cotton Bowl.

Much of the excitement surrounded head coach Phillip John (PJ) Fleck, who guided the program to its best year ever along with his once mocked, now famous slogan “Row the Boat.” Fleck will now be rowing his boat to the University of Minnesota.

Coach Fleck, should have stayed where he was appreciated, in a city where people liked his flamboyant nature and fully accepted him. At Minnesota, he is going to a larger program with more scrutiny and stiffer expectations. I imagine he wants more money and to coach a bigger program, but. . .

The Big Ten conference is a serious conference. In the Mid-American Conference (MAC), Fleck could have fun and be appreciated, but in the Big Ten, everyone takes football so seriously. There will be less tolerance for humor, and his antics, like running up and down the field and other flamboyant gestures, will probably be laughed at by the football elitists.

Also, Minnesota is not some prize catch

of programs. This is a mediocre Big Ten team, not a major powerhouse. They haven’t won the Big Ten championship in 49 years. Out of all teams that have won, Minnesota is tied for the longest drought.

Fleck left a dominant force in the MAC to be at a middling team in the Big Ten. I watched Western intently this season, and I don’t think Fleck is a strong enough tactician to make his offense work without either really good running backs or a good receiver. Fleck’s offense is not some complicated, high concept offense. It was always about the talent at Western that made Fleck so successful.

PJ Fleck will not be successful at Minnesota. Fleck’s offense was so successful because of the talent he had. Talent like Corey Davis at receiver, who set the NCAA record for receiving yards in his career with 5278 receiving yards in 4 years at Western. Davis was a dominant receiver who was capable of making amazing catches and often drew two defenders on every play, which left space open for others to make plays.

This is most likely what drove Fleck’s offensive team to success, not any brilliant scheme. Minnesota certainly has good players, but none with a talent like Davis. His players were dominant in the MAC, while at Minnesota he will find players who are mediocre for the Big Ten and subpar in stronger conferences like the SEC (the Southeastern Conference).

Fleck will need to elevate his tactics to win, once he begins playing teams like Michigan and Ohio State on a yearly basis. The offense can’t be “run the ball up the middle for no gain twice, then throw it deep to Davis” as it seemed to be at times last season. In the MAC, you don’t see many particularly dominant defenses, certainly

nothing like what you’ll see in the upper echelon of the Big Ten.

The Cotton Bowl was a preview of how Fleck handled these defenses when he coached against Wisconsin. He got his players fired up to and ready to go and they played their hearts out, however, the final score should not have been as close as it was. Western got very lucky when a desperate heave into the endzone by Western Quarterback Zach Terrell was caught miraculously by Corey Davis. This tightened the score, but the game was not really a close one. Western was clearly overmatched by the bigger and stronger Wisconsin players who beat them, 24-16.

Fleck failed to find a scheme that worked, although he did manage to keep Wisconsin under 30 points, which they averaged throughout the year. Fleck should be commended for the job the defense did, but the offense didn’t match in production.

At Minnesota he will have bigger and faster players, but will he have a game breaking talent like Davis, who some analysts are calling the best receiver prospect in the draft? The answer is no.

Fleck looked better at Western and coached better talent compared to the rest of the conference. Fleck could have been king of the MAC, instead he’s just another motivator with not enough football IQ. I wish him the best, but he probably isn’t going to succeed.

FROM **FOOD DRIVE** PAGE 1

The Black Police Officers Organization that helped put the drive together would come and collect the thousands of food items on Thursday instead of Friday like they usually did, since Loy Norrix gathered more than all of the other area high schools combined. They would go get all the food from the other schools on Friday.

After the food was collected from Loy Norrix and all the other schools, it would be brought to the Hazel Gray Building at the Kalamazoo Fairgrounds and sorted. Then Friday evening, at the Hazel Gray Building, State Senators, representatives, mayors, along with Loy Norrix students, would all help sort the food into care baskets and the police officers and volunteers would deliver the food baskets Saturday morning to the families in need.

“Loy Norrix families started out getting only 10 food care baskets from the Kalamazoo Food Drive. I told them if we’re providing that much food then we need more than just ten baskets.” said May “We have students and families here that really need those food baskets. Four years ago we had gotten it up to 44 food baskets,”

Three years ago Loy Norrix and the city of Kalamazoo took a huge hit when The Kalamazoo Area Food Drive abruptly ended.

“They decided that it was too big and too much, so they weren’t going to do it any more. My Peacejam students were devastated.” said May “They came to me asking ‘Mrs. May, what are we gonna do?’ And I said I didn’t know and to just give me a day and we’ll wrap our heads around this. That’s when we came up with the idea to do our very own Loy Norrix food drive.”

The Loy Norrix food drive was created to help the students and families within our school family who would no longer be receiving a care basket. The food is provided by Loy Norrix students and families and then given to Loy Norrix students and families that are in need. When Peacejam took over, they were able to make 100 food baskets for delivery.

“It’s one of our more emotional projects that we do in Peacejam. I can tell you that it is one of the most loving, wonderful things that you can do, is to give food to a family that’s in a really rough spot,” said May. “I just delivered four food baskets yesterday and I had one mom that was just bawling her eyes out. They didn’t have a job, their car had just fallen apart and the food that we brought in that we spent hours getting ready meant so much to her.

“We all know that you need food to live and maybe this gift would help them to have a little bit more money so they can have a present or something for their kids or gas in their tank or heat to make sure they’re warm,” said May. “It just gives a little bit of loving caring back. It is a very time intensive job to do the food drive, but every minute spent means so much more to me now than it did three years ago when we did the Kalamazoo Area Food Drive.”

So many students this year helped collect food. Although it may be Peacejam that initiated it, they are welcoming and open to anybody willing to lend a helping hand. These students spend hours out of their days to go around and help collect the food from all the classes here at Norrix and then help sort the food. These students also give up their fifth hour every Thursday to help with the food drive.

It’s senior Jacob Fenter’s third year in Peacejam, but it’s his first year helping with the food drive.

“Well, the reason I decided to do the food drive is because every day thousands of people go without food, and I decided I would help make a change and do my part to help a family or friend in need. You never know who is struggling until you truly take action and that’s what I decided to do,” said Fenter.

Arika Hawkins helped with the food drive for the first time this year.

“I decided to do the food drive because I wanted to be a part of something that gave to the community in a huge way and helping collect and sort food helped me gain that experience,” said Hawkins.

May has been doing this since 1994 and has really seen the impact it has on students.

“I mean, you really see that kids make a difference and they really do it in a big and wonderful way,” said May.

Loy Norrix couldn’t have done what it did in the food drive without the help of local businesses Meijer, Harding’s and D&W that gave them money to buy all the flour and sugar. Other local businesses got into the act as well including Noodles & Company, Olive Garden, Rey Rey’s and Mark and Tina’s. All of these businesses gave gift cards for the students that brought in the most food.

“Dollar to dollar does it equal? No, but that student didn’t bring in all that food because they may get three Noodles & Company gift cards. It’s just Noodles & Company’s way of saying ‘we want to help too’ so if that helps inspire them then so be it,” said May.

“It’s meant to be in the most loving, wonderful, caring way possible. That’s why we do the food drive, to help our own,” said May.

KALAMAZOO: 2016 IN REVIEW

MICHAELA WHALEN SOCIAL MEDIA TEAM

September

The 2016-2017 Loy Norrix adds a Chinese class added to the curriculum.



PHOTO CREDIT / ERIKA WAGONER

September 30th

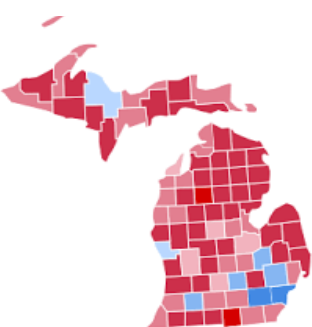
The Homecoming court is one part of the celebration for the annual homecoming football game.



PHOTO CREDIT / SVERI MAY

November 8th

Donald Trump wins the Michigan vote and the election while Kalamazoo was one of the few counties in the State to vote for Hillary Clinton.



WIKIMEDIA

November 19th

College Game Day came to Kalamazoo for a football game against Western Michigan and Buffalo.



PHOTO CREDIT / GRIFFIN CONLEY

December 31st

Downtown Kalamazoo also hosts their 31st annual New Year's Fest full of events, music, lights and a ball drop to kickoff a new year.



PHOTO CREDIT / MICHAELA WHALEN

January 20th

Loy Norrix seniors Brittany Day, Julia Townley, Hana Lee, and Claudia Ely show their school spirit at the pep assembly for the 2017 Winterfest.



PHOTO CREDIT / MICHAELA WHALEN

Month of December

Loy Norrix hosts their annual food drive to help give back to the community and provide food for those who need it.



PHOTO CREDIT / EMMA WHITEHEAD

December 2nd

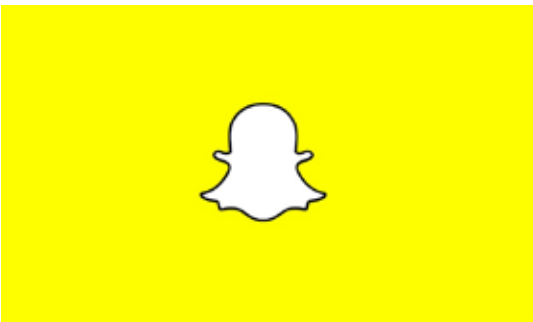
Western Michigan University football defeats the Ohio Bobcats, going 13-0 for the first time in school history.



WOODTV

2016'S MOST POPULAR TRENDS AT LOY NORRIX

ERIKA WAGONER ASSISTANT LAYOUT EDITOR



PIXABAY

Social Media

- 1 Snapchat 58%
- 2 Twitter 30%
- 3 Instagram 12%



WIKIMEDIA

Clothing Brand

- 1 Nike 54%
- 2 Adidas 30%
- 3 Tommy Hilfiger 16%



KEVIN CORTOPASSI

Song

- 1 "Bad and Boujee" by Migos 51%
- 2 "First Day Out" by Tee Grizzley 27%
- 3 "Broccoli" by D.R.A.M 22%



FLICKR

Clothing Item

- 1 Shoes 42%
- 2 Windbreaker 30%
- 3 Sweatshirt 28%



THE MOTLEY FOOL

Restaurant

- 1 Qdoba 38%
- 2 Noodles and Company 32%
- 3 Texas Roadhouse 30%



PEXELS

Sport to Watch

- 1 Hockey 40%
- 2 Football 32%
- 3 Basketball 28%



123RF

Food

- 1 Chicken wings 38%
- 2 Pizza 34%
- 3 Burrito 28%



WIKIMEDIA

Movie

- 1 "Star Wars: Rogue One" 43%
- 2 "Deadpool" 39%
- 3 "Moana" 18%