

SENIOR SECTION

The annual Knight Life senior edition is here! Take a look at the year in review as we say goodbye to the class of 2017.

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SPORTS



The Loy Norrix track team is back and ready to take on the the spring season ahead of them.

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FEATURE



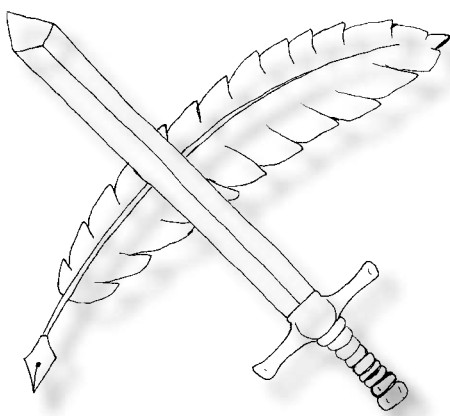
More highlights from the dance floor of the Enchanted Knight, Loy Norrix prom 2017.

SEE **PROM** PAGE 8

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LOY
NORRIX



KNIGHT
LIFE

SINCE 1960

Senior Shanice Gilbert taking prom by storm in a dress she designed herself.



PROM STYLE KNIGHTS EDITION

DENNASIA DIXON OPINION EDITOR

You’re in class and can hardly sit still with the thought of wearing your \$400 dress, a dress you spent months saving up for. You stress about how you’re going to wear your hair or if your date will be ready in time. You get a thrill knowing that you’ll be able to get out of the sweats and into the glitz and glam. Everything has to be perfect; after all, you only get to do your senior prom once. One day every year the students of Loy Norrix High School put on their finest attire and dress to impress at prom. After you spend hours in the mirror getting all dressed and ready, you become very impatient and frustrated hearing the constant nagging of your family trying to fix your hair or make you smile for tons of pictures. Before prom, students meet up at Crane Park to show off and take pictures with their friends and family. Here are some photos commemorating the annual tradition.



Junior Kennedy Rabb and freshmen Agustin Lara stop at Crane park before heading to prom. “Prom was one of my most memorable and fun moments,” said Lara.

Senior Da’Jon Hughes

Sophomore O’shinay Mayes



Senior Atira Jones and former knight Antonio Scott stand together ready for prom. Excitement spread across their faces in anticipation for the night before them.

THE PEOPLE’S CHOICE AWARDS HIGHLIGHTS OUTSTANDING STUDENTS



PHOTO CREDIT / RICHARD LABADIE

Loy Norrix physics teacher Trevor Stefanick honors senior Olivia Mears at the Peoples Choice Awards.

RACHEL ZOOK
LAYOUT EDITOR

Every year, the Loy Norrix People’s Choice Awards happen and every year many students who aren’t a part of it find themselves unsure of what the event entails. This year on Monday, May 8th, the People’s Choice Awards took place at Loy Norrix, with nominees, teachers, staff and parents alike attending. Loy Norrix’s athletic director Andrew Laboe has been coordinating the People’s Choice Awards for the past 8 years, and this year’s event was coordinated by Kelly Hinga. “The whole point of the People’s Choice Awards is to recognize students in a special way that may not get recognition elsewhere. They could still but it’s a way for a staff member to say ‘Hey you do a really nice job in my class,’ and the students don’t know

who nominated them when they show up, it’s a surprise type of thing. It’s my favorite event of the year,” said Laboe. Trevor Stefanick is one of the many staff who nominated a student for a People’s Choice Award (PCA), and he took the time to explain in his own words how the award ceremony works. “The People’s Choice Awards is something [where] they send out an email and every teacher can nominate one student for anything, every staff member including officers and security guards and you write a three line thing about why you’re nominating a student,” said Stefanick. He also explained that there is no official set of standards that a student has to meet to be nominated for a PCA. Rather, who gets nominated for an award is left to the nominator’s discretion. “So all of my nominees have taken physics and usually also astronomy and I’ve also worked with them in the theater department. I’m trying to recognize those who are putting in a lot of academic credit and who I know first hand who put in extracurricular credit. There is no mandated criteria, it’s up to the nominator,” said Stefanick, describing his idea of what a student who is worthy of nomination looks like. Stefanick nominated Olivia Mears, a senior who has taken his physics and astronomy classes and has worked with him over the years while acting in school musicals and plays. “In addition to my usual criteria we have a lot of personality and attitude in common, even from her sophomore year. Olivia in particular we’ve gotten along really well, I think we will be friends for a really long time,” said Stefanick when asked why he nominated Mears for a PCA.

SEE **PEOPLE’S CHOICE** PAGE 6

KPS TRIMESTER CHANGES HOPES TO BOOST STUDENT ACHIEVEMENT



NORA HILGART-GRIFF
PRINT EDITOR-IN-CHIEF

On December 16, 2016, Assistant Superintendent of Teaching and Learning Services Cindy Green presented several recommendations to the School Board for changes in the current Kalamazoo Public Schools (KPS) curriculum. The most dramatic change that would affect KPS high schoolers is the transition of current two-trimester courses to full-year classes. This change will include Algebra I and most third-year language courses: French, Spanish, and Latin. The aim is that extension of foreign language courses will more completely and thoroughly address the subjects and move students further towards literacy in that language, as well as preparing them for Advanced Placement (AP) language courses. When it comes to Algebra I, one-third of students in the district take that class in eighth grade, over the entire year, so it only made sense to give those taking it in high school an equivalent learning experience. Loy Norrix foreign language teachers across the board are excited for the change. “It’s excellent,” said Spanish teacher Ryan King, “the more time to learn, the better.” The AP Board strongly recommends that the AP level in any language be the student’s fifth year. That is, the AP Board suggests that the student study a language for four years before taking it at the AP level. “In KPS, that only works with Spanish—it’s first offered in eighth grade, and then you would need to take it freshman, sophomore, and junior year to meet the AP’s suggestions. Even then, it’s not four full years, since each ‘year’ is only two trimesters each,” continued

Latin teacher Barbara Felkel. “We can use that third tri for AP prep. Will it be as good as a fourth year? No, but it’s better than nothing.” French teacher Rachel Larnar agrees. “I think in a perfect world maybe all classes, but especially language and math, would be full year, because those two, more than others, require background knowledge and are cumulative. If you can’t have a full year in all levels, it makes sense to have it in three. The learning is less sporadic that way,” said Larnar. While AP Language scores have not been bad in recent years (the AP Spanish average is about 65% passing with a score of 3 or above each year, according to Spanish teacher Christina Holmes), language teachers see definite room for improvement. They hope the new class length will help them achieve this. AP language classes tend to focus less on the mechanics of a language (grammar, vocabulary, verb conjugation) and more on functioning in the actual language; cultural knowledge, literature, etc. Larnar describes it as “an English class, but in another language.” “This will be a great opportunity for kids to feel confident coming into AP, which is more about literature and culture than learning expressive language on various topics. With one more trimester of Spanish III, we can focus on grammar and beef up their vocab skills,” said Spanish teacher Christina Holmes. While many of the language teachers wish students started their foreign language career in middle school, many Algebra students get to do just that. Kalamazoo Public Schools requires Algebra I, II and Geometry for graduation, with an additional math classes to fulfill credit requirements.

SEE **CURRICULUM** PAGE 6



PEACE, POWER, AND PEOPLE

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

OPEN ROADS MAKING BIKING POSSIBLE FOR EVERYONE

HENRY SNAPP NEWS EDITOR

As a kid, Ethan Alexander relied solely on his bicycle to take him everywhere, even in the harsh Michigan winters. His bike played a major role in his life because of the freedom it allowed him. It became a symbol for independence.

As he grew older, Alexander started his collection. He made a major hobby out of fixing old bicycles and decided that he wanted to spend his life helping young people discover the freedom a bike can give them. Eight years ago Ethan Alexander formed Open Roads. Now, he inspires hundreds of kids and adults to ride their bikes each year.

Open Roads is a non-profit organization that has its sights set on getting kids, ages 8-18, riding their bikes. Through several programs, Open Roads gives Kalamazoo youth the opportunity to earn a donated bike or help fix an old one.

“We want to empower youth to take charge of their future,” said Erin Sloan

Last year, through their “Earn-A-Bike” program, Open Roads donated a total of 450 bicycles to kids all over Kalamazoo. This program doesn’t just donate bikes but teaches kids how to build and repair bikes that need to be fixed.

At the beginning of the program each kid is given a disassembled bike. To earn their bike, they have to reassemble it and repair/replace old parts. At the end of the program, participants get to keep the bike they have built, but they will learn more than just how to repair a bike.

Through the process of building their bicycle, kids will learn invaluable social skills. Participants in the program learn to work as a team, to maintain social relationships, and not to give up when they fail.

“We want to empower youth to take charge of their future,” said Erin Sloan, the program manager at Open Roads.

After kids earn their bike, they can return and help repair other people’s bicycles at public events, like the Fixapalooza. The Fixapalooza is an event open to the public where Open Roads staff and volunteers teach participants how to repair



PHOTO CREDIT/ HENRY SNAPP

Erin Sloan and Erin Denay pose together at Open Roads. Sloan is the program manager and Denay is the executive director.

bicycles. Sloan recalls one girl that did just that.

During her Earn-A-Bike experience, Shenea was quiet and reserved. She had to stop several times while fixing her flat tire because she wasn’t strong enough. She was slow to finish her repairs, but the extra work was worth it. Six months later, Sloan saw her again, this time at Fixapalooza. She was “a leader amongst children,” said Sloan. She was running around helping people much older than herself repair their bikes. Open Roads gave her the confidence she needed to be outgoing and meet new people. This is just one account of success that Open Roads had in a kid’s life.

Open Roads wants to meet kids on their level. The workers and volunteers understand that some kids have troubles in their lives, so they give as many chances as it takes for every kid to earn their bike. Any kid willing to earn a bicycle will be given the opportunity.

“[We] want to give kids that need extra patience the opportunity at Open Roads to learn how to navigate social situations positively,” said Erin Denay, executive director of Open Roads.

To make sure that the programs are improving every season, the Youth Advisory Board meets once a month to discuss how the programs could be improved. The Board is made up of 10 active members ages 14-17 in the Kalamazoo area. It’s important to have youth input because it’s youth that Open Roads serves.

“We think we know kids, but they [the Youth Advisory Board] will know better,” said Sloan.

These members also help out at big



PHOTO CREDIT/ HENRY SNAPP

Photos of kids with their fixed bikes are hung along the wall at Open Roads. The photos also show fun moments like Open Roads’ Fixapalooza.

events such as the Fixapaloozas and community rides. Safety is their biggest concern. Shawn Behrens, a member of the Youth Advisory Board and a junior at LN, is a dedicated safety trainer.

“I make sure they’re wearing helmets and can be seen at night. All bikes are checked for rust in case they [the riders] get cut,” said Behrens.

Behrens describes being a part of the board as, “It’s more fun than work. I like it because it’s open spirited and fun if you make it fun.”

The Youth Advisory Board also has personal benefits for members; it gives experience in mechanical repairs, working with kids, and functioning in a non-profit environment.

“[The Youth Advisory Board] is a

stepping stone for a career in the mechanical field,” said Denay.

Members of the Youth Advisory Board usually start with Open Roads at a young age; they earn their bike or go to the Fixapaloozas, but it’s never too late to start. Teens looking to be a part of the advisory board can find more information on the Open Roads website.

Open Roads gets all of its revenue through grants from local foundations and individual donations of rideable bicycles. Open Roads will accept bikes for kids of all ages if they are free of rust and in rideable condition.

Consider donating to Open Roads if you have a used bike that you want to go towards a good cause in Kalamazoo.

CORRECTION:

The article “A Girl Giving Hope for Cures and Caring” stated that student Ophelia Smith is directly related to Brenda Hahn, who had passed away. This is untrue, it was also incorrectly reported that Hahn died from breast cancer. Knight Life would like to apologize for the mistakes published and we offer our condolences to Ms. Hahn’s family at this time.

GOING TO SLEEP EARLY COULD BENEFIT STUDENTS

SYDNEE ARRASMITH STAFF WRITER

Waking up early might seem like a crazy idea when all you want to do is wrap yourself up in a blanket and sleep like the dead until you absolutely have to wake up. Your alarm clock keeps ringing, but you just can’t seem to keep your eyes open. If students went to bed earlier they would have an easier time waking up early the next day, eliminating this problem.

“Getting more sleep is important, things are still fresh in your brain. You’re able to do better,” said Conner.

Think of all the times when a teacher told you to go to sleep early the night before a test or an exam. The reason they say this is that when you sleep, your brain is able to process the day’s information, according to “Sleep Deprivation and Memory Loss,” on WebMD.

It’s like your brain is filing your day’s notes while you’re sleeping. Sleep is an important aspect of learning.

Junior Kanejia Conner feels she does better on tests and exams when she goes to bed early.

“Getting more sleep is important, things are still fresh in your brain. You’re able to do better,” said Conner.

“The Good Habit and Benefit of Going to Bed and Waking Up Early,” an article on sleep, says it is possible for a person to develop the habit of waking up early by going to sleep early.

When students wake up earlier they have more time to get things accomplished, such as eating breakfast. When students get used to going to sleep and waking up early, they start feeling happier and more energized. Students will have a better quality of sleep as a result of waking up earlier, after getting

used to it.

Sophomore Julianne Alphonse agreed waking up early would help her.

“Waking up early would give me more time to myself to do stuff in the morning,” said Alphonse.

If students have more time to themselves in the morning then they would have more time to get their things organized for school and look over homework if needed. Students will also have enough time to plan their day efficiently.

Alphonse expressed a benefit to waking up early.

“You’ll be more active for your classes,” said Alphonse

Students are able to focus better when they’re not tired. Falling asleep in class usually happens when students go to bed really late. If students went to bed early, they would feel more refreshed and mentally prepared for the school day.

According to “Falling asleep in class? Blame biology,” on CNN, “teens go to sleep later and wake up later than adults, clashing with early morning class schedules, causing them to be tired in class.”

“If I don’t get enough sleep, I tend to fall asleep in class, especially during my second hour. That’s when I feel tired the most,” said Conner.

No teen wants to pop out of bed at five a.m. which is understandable, so many are in dire need of getting every second of sleep they can. Activities such as work, sports, clubs, homework, studying and chores stand in the way of getting a good night’s sleep, so teens stay up late to fulfill them.

Students could break up their schedules so that they aren’t doing so many things in one day. Keeping an organized planner of daily tasks will help cut down on having so much to do. Organizing priorities by their due dates will also help to cut down on trying to



PHOTO CREDIT HENRY SNAPP

Junior Esmeralda Lopez seems to have gotten a good night’s sleep. In addition to good sleep, what she does to get good grades is, “put education first by doing what I have to get done, put phone away, follow the teacher around, listen.”

cram them all in one day.

“I love my sleep too much, so I make time for it. If I’m tired, I’m rude, so I have to make time for it,” said junior Ariana Bailey.

Though some students do not have the luxury of being able to complete two or three tasks a day, some may have a packed schedule because they need to earn a living or because they need to help their parents. Parents, sports, raising money and graduating high school are some possible factors as to why some students have a long to do list.

Nonetheless, it is important that students get enough sleep to feel more energized and awake. Teens need at least eight to ten hours of sleep a night, according

to the National Sleep Foundation.

“For me, getting enough sleep is important because I need to be energized and prepared for senior year,” said senior Destiny Staggs.

Though it can be hard, it is better for students to go to bed early. Staying up late makes students want to sleep longer, then they rush getting ready for school, forgetting books and papers. No one wants to sit at a desk that has a drool puddle from someone who couldn’t stay awake.



PHOTO CREDIT / SARITA NIEMINEN
Isabela Seixas, 18 year old exchange student from Brazil, proudly uses her flag to warm her up in her host town of Saint Joseph, Michigan. Seixas has enjoyed her year in U.S., but her love and value for her home country has also grown.

SARITA NIEMINEN STAFF WRITER

You’re in the airplane. You can still feel your dad’s strong hug and your mom’s tear drops on your skin. In your ears, you’re hearing your siblings laugh. Fun memories made with your friends come to your mind and suddenly you wonder: what are you doing? But then, you feel the butterflies in your stomach and the adrenaline wipes away your fears.

You’re going to a new country. You’re going to live with total strangers. You don’t know the language. You don’t know what will happen when the plane lands. Still, you can only smile and nervously await your new adventure. For the first time in your life you have the chance to do things for yourself, by yourself.

Every year, high school students ages 15-19 from all around the world make the huge decision to change their entire life and go far from home to another country to study for up to a year. Adapting to the new culture is a once-in-a-lifetime experience. Exchange years are known as a time when new experiences educate people about a different way of life. Sometimes there will be difficulties and bad moments, but those are the moments when the students grow the most.

“Exchange isn’t a year in your life; it’s a life in a year,” said Jasmina Einnolf.

Einnolf is a 16 year old girl from Germany. She has been living in Coloma, Michigan this year. Einnolf was encouraged to become an exchange student by her sister, who had been an exchange student the prior year. Einnolf also loves traveling, meeting new people, learning new languages and making new friends. Her year hasn’t been exactly what she expected.

“I thought America would be like in the movies, and it’s totally not like in the movies.” Einnolf continued, “There is lot of different people. Schools are different and, for me, the entire culture was little bit strange.”

Einnolf has changed her host family four times during the year. She has lived with a single mom, an older couple, a widow and is now in a family where she has a brother and sister. Moving from home to home has been a difficult, but has offered rich experience. Einnolf has seen more ways to live in U.S. than many other exchange students ever will. Einnolf has enjoyed her year, but even when you’re having the best time of your life, homesickness hits everybody at some point.

“It hits hard, really hard. I just wanted to cry. I always ate something and talked with

my host family. They hugged me. I went to bed pretty early that day and, normally, the next day I was fine,” said Einnolf.

While studying abroad, it’s important to talk to the people and start bonding with them. Without communicating, meaningful and lifelong relationships can’t be made. While studying abroad, students have to get out of their comfort zone and be independent.

“My dad used to say ‘sadness is just a break between two happinesses, you need to break the shell to let the flower grow,’” said Isabela Seixas, an 18 year old exchange student from Brazil.

Seixas has been living in Saint Joseph, Michigan this year. Her year didn’t start exactly the way she was hoping. The first four months were the hardest in her whole life. Seixas had troubles making friends and she didn’t connect with her host family.

“I had the worst and the best time here. The beginning was horrible, I was alone and no one was open. I didn’t open myself and no one talked to me. I was ready to go home early,” Seixas said.

When the year 2017 started, Seixas changed her family and gave the U.S. one more chance. She changed her host family and attitude. Now she has a great relationship with her host parents, she has a lot of friends and she’s enjoying her time.

“I love all the seasons, watching the change and the change in me. I have learned how to do things for me without my parents and how to change my mood alone,” said Seixas.

Seixas had never experienced winter and snow before. In Brazil, the weather is always hot and humid.

Going for an exchange year is not only one year thing. Everything the students experience will stay with them forever. Is also important to start planning the exchange year early enough. Before you can get to the plane, you need to do lot of paperwork and visit the doctor. Students need to start preparing for their upcoming year months before it happens.

The best way to find information about exchange years is online. Looking for different kinds of organizations and reading other exchange students stories is a good resource. While reading and hearing what has happened to exchange students, it’s important to remember that everyone’s year is going to be different, but exchange year is

always worth doing.

“I searched online for a long time to look for different programs, places and experiences that many exchange students have had,” said Elle Davis.

Davis is a 17 year old American from Delton, Michigan. She will spend her next year in Thailand as an exchange student. After a few phone calls, emails and filling out long applications in the fall, Davis is getting to know her new home country and has been attending a few exchange meetings during the year of 2017.

“I’m beyond excited to become an exchange student. We have had many exchange students at our school.” Davis continued, “I always thought it was super cool how kids my age were already gaining so many new life experiences and I decided to do the same for myself.”

Even though Davis is excited about her upcoming year, she’s been nervously trying to study the new language. She will miss watching football, hanging with her friends and going to dances. She still believes that her year in Thailand will make up for all the things she’s leaving behind.

“Overall I’m just eager to hop on a plane and say hello to a fresh start in a new place,” said Davis.

Everyone’s year is going to be different. Everybody has their own background and students go to live in different countries with families. While being exchange students, supporting each other is more important than comparing the experience. Exchange students grow a lot during their exchange year and they see the world in a new way. They will have difficulties they need to overcome by themselves. They will go back to their home countries more mature and independent.

“You will have bad days, but if you open your mind and heart to people, you will have the best time of your life,” said Seixas.

To find more information:

- Rotary Youth Exchange
- Lions Club Youth Exchange
- AFS Intercultural programs USA
- EF Foreign Exchange
- ISEP-International Students Exchange Programs
- ECA-International Exchange Alumni
- ASSE-International Student Exchange Programs
- CIEE-International programs around the world
- Summer Exchange Programme
- Exchange Year Blog

PAPER CHAINS

THE EMOTIONAL RIDE IN THE

LIFE OF A MILITARY FAMILY

EMMA WHITEHEAD FEATURE EDITOR



PHOTO CREDIT / EMMA WHITEHEAD
This photo was taken when I went to work with my dad at Fort Custer. Fort Custer is an Army National Guard base.

Being in the military takes strength and sacrifice. A willingness to leave everything behind at any given moment. Your friends and family, you have to be willing to leave them, sometimes for long periods of time. You have to be strong enough to miss out on milestones in your family’s life. My name is Emma Whitehead and my dad had to do just that, countless times.

My dad’s first deployment was to Germany and he lived there for 3 years, from 1988 to 1991. Then from Germany he was deployed to the Gulf War. He served there for about 6 months. While he was gone, his grandma, who he was very close to, passed away. He didn’t find out until a week after she passed away and missed her funeral.

That was extremely hard on my dad.

The next place my dad was deployed to was Bosnia for 8 months. That was really hard on my mom. She had to do everything on her own, but she stayed strong through it all. It was also really scary because that’s when 9/11 happened and no one knew what was going on. It was really hard to get ahold of my dad because the military started cutting off out of bound communications for security reasons.

Then, in 2006, my dad was deployed to Korea for a month. In 2007, he was deployed to Korea again for another month. Later that year, in 2007 when I was in third grade, my dad was deployed yet again, except this time it was to Iraq for a year.

That was when things really took a turn. He went through many hardships while he was away. Many soldiers do. They have to see things no one should ever have to see and go through things no one should have to go through. When my dad finally came back, I knew he wasn’t the same. Something had changed in him and I could see that when I first saw him. I saw that light that burned so brightly in his eyes was extinguished and it pained me to see that. He doesn’t talk to me about the things he’s seen there. I guess it’s too painful for him to bring back up.

It isn’t just hard for the soldier. No one really thinks about how this all affects the children. Children are the best judges of character. They have a better ability to tell when something’s wrong through just sensing emotions. The child has to see their loved one in pain and has to grow up without their family member being there for them all the time.

When my dad left for Iraq, my sister and I were at the point in our lives where we really needed a father. I realize that there are some kids out there who are missing a father completely and that’s really hard, but it was difficult for us too because we did have a dad and we expected him to be there for us. It was tough with him not being able to be there. We missed out on having a dad there for special events such as father daughter dances, first days of school, birthdays and holidays. My dad missed my first day of middle school and my sister’s first day of kindergarten.

Once the parent or other family member comes home, the child has to deal with the after effects too. Being in the military can take its toll on marriages as well, which affects the child. Divorce rates go up significantly for spouses in the military. I remember when my dad got back from Iraq, he was dealing with a lot of physical and mental trauma from the war and it was hard on my mom because he wasn’t himself. She could see that, but he didn’t want to talk about anything that happened over there.

My family always tried to make the best of every situation. We would spend time

with my dad on holidays over Skype for a few minutes, and we would make daily voice diaries on tapes and send them to him in the mail. Whenever my dad was home he would always read us books at night, that was our special thing. So before he would leave he would record his voice reading our favorite books. At night we could listen to the recording and follow along in the book.

When my dad was leaving for Iraq, he got my sister and I each a teddy bear with a voice recording of him in it. I also remember whenever my dad would leave, my sister and I would make these paper chains. Each link represented the amount of days he’d be gone for and everyday we would take one link off until he came home. It gave us something to look forward to everyday. Being so young, it gave us an understanding that, yes, our dad is gone, but he is coming home.

My dad is home safe now, but the long lasting effects of war are still there. As we sat there in the living room looking through an old box of my dad’s military memorabilia, I could see how hard it was for him to go through those painful memories, to go back in time and relive them. It pained me to see him have to feel those moments again, but I knew it was good for him. He is the strongest man I know. He’s my hero and I am proud to be his daughter.



GRAPHIC CREDIT / EMMA WHITEHEAD
This was a drawing I made for my dad. It features a soldier and his daughter holding hands and that represented my father and I.

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PERSONAL FINANCE FOR THE FUTURE



PJ SINGH
GUEST WRITER

At some point in your life you'll receive or give away large amount of money. For seniors planning for college after high school, that time may come sooner than later. There will be terms like gross pay, net pay, taxes, and deductions on that sheet of paper. You'll have to know exactly what they mean before taking next steps on that amount.

Managing money is extremely difficult for teenagers and adults today. Whether it is a college student, who deals with loans, tuition cost, and personal expenses, or someone on the brink of retirement, with savings management, investments, or financial inheritance, people are faced with choices they aren't very accustomed to, like choosing just the right kind of insurance.

The probability of a wrong financial decision increases if you are unaware of the consequences. So how can students in my age group, 14-18 year olds, prepare for their upcoming financial tasks? Thankfully, there is an elective course that Loy Norrix offers for all grade levels called Personal Financial Literacy. I believe this course should be required in KPS, considering the number of financial decisions we will make in our near future.

"Personal Finance is a class that introduces students to basic banking operations, credit cards and loans, cost/ process of getting an education and finding a job, the purpose of taxes, and some basic economic factors," said Samantha Maxwell, who currently teaches Personal Finance at Loy Norrix.

Personal Finance pushes students to apply their prior knowledge of mathematics in real life situations to help them make the best decision possible. You pick a career that interests you and begin with the cost of getting education. The cost will include tuition, loans, and personal expenses. The focus then shifts to solutions to pay for those costs through loans, scholarships, or

borrowing with interest rates. Since the goal is to get students thinking about having financial stability, budgeting is introduced.

According to National Foundation for Credit Counseling, 56 percent of adults in the U.S do not have a budget.

"Many people go out on their own and don't know enough about loans, balancing checking accounts, budgeting, and the proper way to deal with taxes. Then they struggle with money and put themselves in financial difficulty," said Bradley Schmidt, a Math teacher who has also taught Personal Finance at Loy Norrix.

Budgeting is an important component in avoiding financial difficulties. It keeps your income and expenses updated to help you have stability. Long term payments like loans are also projected to give you awareness of the process. Loans are very common since 64 percent of students pay their college fees by borrowing money, according to Ohio State University.

Some students already have all this knowledge through their families. By the time they're seniors, financing is basic information for them. These students would like to keep personal finance an elective course.

"Lot of students, especially if they're seniors, have already experienced the things being taught and understand them, so a class about it can be a waste of time, especially when they could be learning about topics more related to the field of work they want to pursue," said senior Lauren Hybels, who is currently taking personal finance.

Many students might prefer to take more rigorous course, like Statistics, to expand their knowledge. Financing may not be a challenge for them. Others may wish to take college level courses like Calculus, but it remains true that 32 percent of college students neglect their studies due to excessive debt. For students preparing for life in college, this is a scary fact. Though the Michigan Department of Education doesn't require this course for graduation, KPS can make efforts to do so.

"The State Board of Education only makes Algebra 1, Geometry, and Algebra 2 mandatory in high school. Our school district can make personal finance mandatory but have chosen not to," said Schmidt.

A change is a necessity here, and KPS can make that change by requiring Personal Finance for high school graduation.

YEAR ROUND SCHOOLING IS A BETTER OPTION



JAELYN ANDERSON
ASSISTANT BUSINESS MANAGER

Only 9.2 percent of Americans (48 million students) go to summer school. The majority of students don't study over the summer and aren't even thinking about going back to school in the fall.

On average, students lose two months of reading skills over the summer and come back to school with significant losses in reading comprehension. According to the online article from the website "Edweek" called "After Summer, Teachers Spend a Month Reteaching Students," teachers say "A month or more is spent at the beginning of the school year reviewing all the things forgotten over the summer."

Year-round schooling would help prevent wasting so much time reviewing what was forgotten and give students more time to learn new material. Although year-round schooling has lots of benefits, many people are against it.

"I don't want to have year-round schooling because I don't want to be in school any longer than I already am," said junior Deangelo Sanders.

Like Sanders, most people think year-round schooling means you have more days of school. That's actually false. The traditional nine month school system that public schools in the U.S. follow has about 180 days. Most year-round school schedules have the same number of days. The difference between the two is that the vacation time for year-round schooling is split up equally throughout the school year instead of having the usual three month summer vacation.

KNIGHTS SPEAK



Adreanna Morris, 9th
"I think it [political opinions] shouldn't be an issue. If you're really friends with that person it shouldn't matter."



Kaneja Conner, 11th
"No because not everyone's gonna have the same point of view about certain things. You should respect their decision even if you don't agree with it."

I GAVE MY WORD



ZELAL ZAMEL
GUEST WRITER

A lot of people talk a good game don't they?

They say they're going to do this and that, But when push comes to shove: They disappear.

When it's game time: They're nowhere to be seen.

They say they are going to be the greatest ever. But their work ethic shows average effort.

They say that they are going to be rich or famous, But they are poor and ordinary.

"TALKING IS NOT ENOUGH." YOU MUST DO!

TALKING IS NOT ENOUGH! YOU MUST PUT IN THE WORK!

You must develop the habit of following through with your word.

When you say you're going to do something YOU DO IT!

It's called INTEGRITY!

When you honor your WORD you build PRIDE for yourself And RESPECT for others!

When you don't... When you talk and talk... And never walk,

You lose PRIDE And you lose RESPECT!

Repeat to yourself everyday: If I say I am going to do something, I do it!

If I give my word: I DO IT. If I talk it: I will WALK IT.

If I say I am going to do something I do it.

When it gets hard, I give my word. If something comes up, I give my world.

I will get it done, and I do not even have to think twice.

I will get it done.

Talkers talk, walkers walk.

Don't tell them what you are going to do, show them what you have done.

Let your results speak for you! Results say more than words ever will.

Keep your word, do the work, get the results, GAME TIME!

THIS IS MY WORD, I'VE SAID IT, NOW...

I WILL DO IT.

Should politics get in the way of friendship?



Konnor Pollins, 9th
"If they can't see through it [politics] then they really shouldn't be friends. They should like each other for who they are not who they represent."

STUDENT DISAGREES WITH 90’S MUSIC ARTICLE

Dear Editor,

I read your article about how “90’s was the last era of good music,” and I want to point out the the entire section is very ignorant to today’s culture and is just dumb. If anything, today’s music has more of a variety, more accepting and is, in fact, a reflection of your era.

Today’s music has far more variety and even artists just coming up can show you. Back then if you weren’t on a Coast, Crip or Blood, alcoholic and didn’t like the sound of Tupac or Biggie, you won’t make it. Most of the 90’s music was based off of drama which was caused by the artists who are considered to be the best, Tupac and Biggie. They were the big influences of gang culture and general violence. Even the “great” Tupac said he had sexual encounters with his wife in a very vulgar way.

Today’s music isn’t much different but it brings more to the table. For example, an artist named XXXTentaction brings a taste of metal to the industry. Love or hate him, you cannot deny the fact that he’s bringing change Now you don’t have to sound the same to be successful.

Today’s music is also more accepting in many ways. Back then you could argue that the music

industry was homophobic and even made some artists outcasts (no pun intended). Now we have gay rappers and singers such as Frank Ocean and white artists like Justin Beiber. We have far more diversity which can provide better content.

No one can deny the fact that we’re a mirror image of the previous generation. When has music not been about sex, money and drugs? 90’s hip hop was especially based off that. You could say 90’s music was more for dancing but you would be dancing to Michael Jackson talking about being a criminal, groupies or about him dodging someone because “The kid is not my son.”

To say there was none of that type of music is being ignorant. To sum it up, today’s music is a large improvement in all areas. But whoever wrote the article I’m against needs to be more open-minded. Stop looking at a few artists and explore. There’s more than just Trap and Hip Hop. Ever heard of Protra, Black Hippies or Frank Ocean?

Donavan Powell, junior

STUDENTS IDEAS FOR IMPROVEMENT

Dear Editor,

I read and looked all around the Loy Norrix newspaper and I noticed that there are a lot of students showing their art and athletic skills.

I just wanted to throw out an idea for next year’s school newspaper.

I was thinking that you should add pictures of students of our EFA dance class. They all have a talent that no one might know about. Another thing is putting something about the small clubs in the newspaper that we have at Loy Norrix, such as the chess club or more about Dissecting Club. I’m sure that some students want to know about stuff like that.

Jenessa Sok, sophomore

STUDENTS RESPOND TO REFUGEE ARTICLE

Dear Editor,

I loved reading your article, “Syrian Students: Facing the Unbearable.” I found it very insightful. Sometimes with the news, it’s hard to understand what it is really like for the citizens there to be living through it, and this did an incredible job of providing the reader with the reality of Syria right now. And having the stances from people in our school was a nice perspective.

I agree, we should be letting in more refugees. Most of our country excuses come from prejudice, which is unacceptable. I think that telling stories like the ones written in the paper will help pave the way to more acceptance.

Lauren Hybels, senior

Dear Editor,

I read the article about the students from Syria. I have seen them around a lot, but never knew where they came from. I liked that you took the time to talk about them and what they have been through. It was a good thing to do especially since it was a good way to let the students get to know them. I just think that their article was a little bit long, I mean they came from a place where their families could have been killed. Other than that the article was amazing.

Inve Williams, freshman

STUDENT RESPONDS TO THOSE WHO FEEL LITTLE HOPE

Dear Editor,

Hi! My name is Christopher Bermudez, I’m sixteen-years-old and I’m a junior. I read your article titled “A Message to Those Who Feel Little Hope,” and I liked it. I’m a person that suffers from depression and I fight it everyday.

What you say in that article is true, there are people there for us, it’s just that we are blind. It really touched me the way you express things. Getting rid of your own life isn’t the option, that means the problems are big enough to let you down. Life is a train and it only comes one time. Every bad choice and every bad story leaves a great story, a story that you would read and then pass the phase. People think that crying

makes you weak, but it’s not, it makes you human.

Everyone has different circumstances and problems, but as you say, there is always someone that loves you, but you have to start loving yourself first. I do not know you, and maybe I won’t, but I wish you the best. Keep following your dreams, think big.

Christopher Bermudez, junior

STUDENT COMMENTS ON RED WINGS ARTICLE


Dear Editor,

I read the article about the Detroit Red Wings hosting high school media day. I’m a big hockey fan and go to local hockey games, like the Kalamazoo K-Wings, the Grand Rapids Griffins and have went to one of the Red Wings games, and watch them all on TV.

When you were talking about the Red Wings and them making the playoffs, I think their streak for making the playoffs was 43 years. Last night I went to a Griffin’s game and they won their series, they are also in the playoffs right now.

Austin Stamm, freshman

FRIENDSHIP AND POLITICS SHOULDN’T MIX



ISAAC RUBIN
OPINION EDITOR

“I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend,” said Thomas Jefferson.

Just because a person disagrees with you politically doesn’t make them a bad person. I see too much of this today, friendships ending because two people disagree on politics.

Those of us on the Knight Life staff get into plenty of political arguments, but I never let it bleed over into how I view that person. People can have a different view than you, that doesn’t mean they are a bad person. I may be as liberal as a vegan Huffington Post writer who lives in San Francisco, but I have conservative friends. I love conservatives! There are plenty of reasons a friendship should end,

but politics should not be one of them.

Now, there are some political views that even the power of friendship can’t surmount. Obviously if he (or she) is, say, a Nazi, I wouldn’t be able to stay friends with them. Racism, sexism or a general desire to kill large numbers of the population is where I draw the line for friendship. We’re talking disagreements about the tax code, not disagreements over what race of people should inhabit the United States. That is more than someone disagreeing with you politically--that person is evil.

In an article from “Forbes” titled “When Your Friends Don’t Share Your Politics,” the author, Stephen Antczak, discusses a speech Bernie Sanders gave to Liberty University. Liberty University was founded by the televangelist Jerry Falwell, so it is very conservative. Sanders starts the speech by acknowledging that everyone in the crowd probably has “very, very different” political views from him. This simple act of acknowledgment puts you at ease. This introduction led to the people in the crowd being more

accepting of his opinion, despite their disagreement.

Use Bernie as an example for how to live your life. People who have differing opinions are not worse than you (unless their opinions fall into the categories previously mentioned). Think about it, if you see someone else as being wrong, they must think you’re wrong as well. You can’t both be right. So who is, you might ask. Neither. Both people in this scenario are wrong. I mean, let’s be honest, everybody on Earth is probably wrong. Don’t let yourself get caught up in an argument. Enjoy the time with that person.

This past election was especially bitter and I get that someone could get angry about it. But don’t, it’s not more important than your friends. Just because you disagree with the person in the White House (or disagree with those who disagree with the president) should not affect your personal life.

But how do you let it go? Politics is very important in certain discussions, just not in everyday life, and the current administration is bent on changing America (be

it for better or for worse) in a way that will affect everyone’s lives. Sure there may be a ton of animosity between parties in the Senate, but you never hear about anger in the state senate. These politicians who hold such high offices are often determined and somewhat crazy, willing to die for their beliefs. Locally elected officials are more real, open to friendship.

The best example of a friendship across the aisle was the strong friendship between Supreme Court justices Ruth Bader Ginsburg and the late Antonio Scalia. Ginsburg, one of the most liberal justices ever on the Supreme Court, and Scalia, one of the most staunch conservatives, may seem like an odd pair. Ginsburg made her career as a lawyer arguing for women’s rights. Scalia was a strict constitutionalist till the end, going so far as to oppose the expansions of any civil rights as he saw no precedent in the constitution.

Their friendship was described in a Washington Post Article from February 2016 titled What Made the Friendship Between Scalia and Ginsburg Work, written by Irin

Carmon. The article was written shortly after Scalia’s death. Carmon describes how Scalia and Ginsburg spent much time together outside of the Supreme Court including shopping and riding an elephant during a trip to India.


When asked how he could be friends with someone so diametrically opposed to his political views Scalia once said, “If you can’t disagree ardently with your colleagues about some issues of law and yet personally still be friends, get another job.”

That is what I’m talking about. This man had it down. All it takes is the ability to forget about politics when it isn’t important.

What matters more is if someone is a good person. Ginsburg thought Scalia was charming, and so she was able to put aside the fact that he fundamentally disagreed with everything she spent her life fighting for. If they can be friends, then you can have a conversation with a Trump supporter.

“I like this article. I think it’s my favorite one all year.” said Bill Bowser, Knight Life’s token conservative.

THE INTERNET HAS CHANGED HOW THE WORLD WORKS



SEBASTIAN RODRIGUEZ
STAFF WRITER

The internet has revolutionized the way the world works. A lot of the things that required labor before, can now be achieved by the push of a button.

Children used to run up and down the aisles of toys at Toys R Us gawking at the seemingly endless array of joy. Now, kids rely on tablets and apps for fun. This new trend is slowly killing off the toy stores that were popular 10 years ago.

According to “The Record” which is a newspaper in New Jersey, Toys R Us plans on

terminating up to 200 corporate jobs as well as closing 100 of its stores nationwide.

The shutting down of corporate jobs and closing of stores would leave hundreds of people without a job. The internet has also given rise to online shopping. With websites like Amazon and Ebay you can buy anything you may need with the push of a button. Amazon is the largest internet-based retailer. Though it started out as an online bookstore, Amazon has quickly expanded to sell other things, such as electronics, apparel, food, toys and jewelry.

Amazon has changed the way the world shops for groceries and other goods too. Amazon recently started to offer a service that is called “PrimePantry.” “PrimePantry” is a service that is only offered to Amazon Prime members. It allows members to add any type of household items

that they need into their shopping carts and then have these items delivered right to their doorstep for a small flat box delivery price of \$5.99.

“The internet is becoming the town square for the global village of tomorrow,” said Bill Gates, the co-founder of Microsoft, the world’s largest PC software company.

An important advantage of the internet is the bridging of the culture gap. By this I mean that people can now get in contact with anyone in the world who has access to the internet. Therefore, different cultures begin merging together, in turn offering a new understanding of the planet’s different cultures.

“The internet has been a boon and a curse for teenagers,” said J.K Rowling, author of the Harry Potter series. By this, Rowling means that while there are many advantages to having the internet, there are

also many disadvantages.

According to the website “Pondered,” some disadvantages to the internet include the potential hacking of personal information, the exposure of children to pornography, and the potential spamming, which is the unsolicited bulk email that some companies send you, of your email.

The hacking of personal information is the largest threat when it comes to the internet as it can potentially damage someone’s life. Some websites may require personal details such as your name, your address, your credit card number, and possibly even your social security number. Entering this type of information into unprotected websites can possibly lead to identity theft or the creation of blank checks with your credit card number.


Another threat due to internet is the exposure of children to pornography. Pornography is one

of the biggest issues concerning the internet today and it is only getting worse. With the expansion of the internet it has become easier for anyone to go to these inappropriate websites.

According to the “New York Times,” there are many ways pornography can be introduced to children through unfamiliar websites and such. Many parents are taking different approaches to this issue but they all agree

According to FOX NEWS, 42% of kids aged 10-17 admitted to watching porn within a 12 month period. In this same survey, 66% of the same kids aged 10-17, claimed to have viewed the images accidentally.

With the endless opportunities presented by the internet, who knows what new technologies will be invented in the future. One thing is for certain though, where there is good, there will always be evil.




Zeke Link, 9th

“They split up friendships. If someone likes Donald Trump and someone likes Hillary then they start fighting. I believe that’s wrong. We all have our own opinions.”




Kiernan Dean-Hall, 11th

“If the political differences are too extreme, then maybe. If they’re [the differences] slight, then it seems petty.”



Noah Vail, 9th

“No, that’s just their opinion. You can’t hate them for what they think. Just because they have a different opinion doesn’t mean they’re a bad person.”



Julia Townley, 12th

“It shouldn’t be but in today’s generation it is. I’ve seen it happen a lot. My grandfather doesn’t talk to my mom cause of this last election.”

SOFTBALL REBUILDS AFTER MAJOR CHANGES



PHOTO CREDIT / BAILEY HANDLEY

Junior Jess Boer pitches during Loy Norrix's double header against Mattawan. They lost both of their games, 20-0 and 11-2.

BAILEY HANDLEY SOCIAL MEDIA TEAM

When a team graduates nine seniors, the opportunity arises to fill positions with players who have a coachable attitude and the will to win. This situation also gives coaches the chance to try players out at different positions to see which one fits them the best. This happens to be the case for head coach James Johnson and the Loy Norrix softball team.

Coach Johnson was an assistant coach for the team last year and is a history teacher at Loy Norrix. He was named the head coach this year and is very excited to finally fill that position.

“I am very proud to be the head coach. I love teaching, but coaching is kind of my passion. It’s been a big honor to have this job,” said Coach Johnson.

There were some uncertainties about the team before the season started, but they managed to work it out.

“We had a lot of girls to replace from last season, so I didn’t know numbers-wise how we were going to stack up this year compared to last and if we were going to have enough girls for a varsity and junior varsity team,” said Coach Johnson.

Hailey Timmerman, senior and co-captain, pitches and plays centerfield for the team. She has been on the varsity team since her junior season and had goals set for the team from the beginning of the season.

“We have been growing as a team since the beginning of the season and have made it a goal to have better communication between the infield and the outfield. We also have been working hard to have a better record this year than we did last year,” said Timmerman.

Julia Townley, senior and co-captain, has been on the varsity team ever since she moved to Loy Norrix her sophomore year. Townley is one of the most experienced players on the team, so she can be helpful for the younger players on the team when they need advice and constructive criticism. She is impressed with the team and the

strides they have taken this season.

“We are getting better as a team every day. There will always be things that we can work on but we have been growing as a team since the beginning of the season,” said Townley.

Townley is also impressed with the team’s attitude towards a new season that consists of a lot of first-time varsity players.

“Our team’s attitude and positivity is so much different this year than it was last year. We have a lot of new girls that were excited for the season to start and have been focused on working hard,” said Townley.

The third co-captain, junior Lauren Johnson, has been on the varsity team since her freshman season. As the team’s catcher, she is a brick wall behind the plate and only lets a small portion of balls past her. Johnson likes the resilience that this year’s team possesses.

“The most impressive thing about this season is our ability to overcome. We’ve had some challenges but we’ve pushed through them as a team,” said Johnson.

“We work through our struggles together, not just as individuals. There’s a lot of support for each other all around.”

Since Johnson is a junior, she still has a whole season of high school softball left. The team is in rebuilding mode, so she’s excited to see what next season brings.

“We’re still a relatively young team, so the experience from this year is really going to help,” said Johnson. “There’s also some talent coming up from the middle schools that I’m really excited about.”

The softball team is currently 10-20 overall and 1-6 in conference play. While it may not be exactly how they wanted the season to go, it shows this team has high hopes for the future. They are only two wins shy of tying last year’s win total, which is very impressive, seeing as they had to fill nine spots on the team. Coach Johnson has only good things to look forward to for his team’s future.

KNIGHTS BASEBALL SWINGS INTO DISTRICTS



PHOTO CREDIT / MICHAELA WHALEN

Senior Noel Cavey congratulates sophomore Yohaness Ademodi at home plate following Ademodi’s two-run homer in the bottom of the 7th inning, to tie up the game. The Knights came out on top against the Kalamazoo Home School Cougars in extra innings for a win on senior night.

MICHAELA WHALEN SOCIAL MEDIA TEAM

Last year, on May 31st, 2016 the Loy Norrix High School baseball team celebrated a big 4-3 win over their first opponent, Gull Lake, in districts.

Reflecting back on this major win, senior catcher Griffin Conley describes the mindset of the team going into the first district game this year.

“Last year we were very close to beating them in the regular season so we knew we were there, but there was uncertainty because they did have a very good pitcher. We were uncertain we could hit the ball off of him, but from earlier in the season we knew we could stay in it by using the fundamentals of the game.” said Conley. “This year I’ve seen the same attitude, we haven’t been out of any games. When we played Niles we lost 17-2 then came back 5-2 for the second game. The same attitude has been there all season and we are ready to play a good Portage Northern team.”

After defeating Gull Lake, the Knights went on to win the district semi-final game over Mattawan 1-0. In the final game, the Knights came up short and lost to Portage Northern 8-11.

The Knights will be facing the Portage Northern Huskies again on Tuesday, May 30th at 4pm on the Portage Central High School field for their first round of districts this year, making it a rematch game of what ended the

Knights 2016 season.

Throughout the past couple of weeks the Knights have had some impressive performances. Junior Adam Dorstewitz pitched 9 innings against Mattawan on May 9th, allowing only two hits. Due to the sheer amount of games in the last two weeks of the season and raw athleticism, sophomore Yohaness Ademodi was recently moved up to the varsity team and has hit three home runs in the last week of the regular season.

The Knights baseball team has many strengths, and according to senior center fielder Tony Dougherty how they use them will be imperative.

“We can play with anyone but we have to want to beat them in order to do it. Without that drive we won’t go anywhere. Each player has a key strength to them. We have a few strong hitters, strong pitchers and strong fielders,” continued Dougherty. “When it comes all together we will win. Solid defense behind a strong pitcher, backed up by hits and runs will win us a game, but like I said before, they need to happen at the same time.”

It was visible to the supporting fans from last years district games, that the Knights baseball team wanted a district title, and they came very close to getting that. The team faces Portage Northern at Portage Central’s field. Portage Central is hosting the district games this year.

FROM PEOPLE’S CHOICE PAGE 1

Some teachers also use the People’s Choice Awards as an opportunity to have a little fun and pull pranks on the students that they nominate.

“Him and Ms. O’Shea set up a whole joke where they told me that it was Ms. O’Shea for a month and convinced me and then she texted me during the ceremony and said, ‘Mom and Dad pranked ya,’” said Mears.

Mears also spoke about her experience at the People’s Choice Awards and how it felt to be nominated by a teacher that she has such a close bond with.

“They put us in groups and they played our videos of who we thought our teacher was who gave us the award and the teachers came up and revealed their students so you got to see if you were right or not,” said Mears, “I was surprised but it was very sweet of him, he said I was someone who reminds him of why he teaches. I’ve known him for all four years of high school and it was a nice end to the year.”

The People’s Choice Awards is one of the many ways that the staff of Loy Norrix goes the extra mile to recognize and commend the students that truly do make the school a better place for everyone that they meet.

“It has a huge impact on the staff who take the time to nominate somebody and anybody **who sees** it and watches the reactions of the students who go up there, especially the ones who are the most surprised, it makes a huge impact,” said Laboe.

FROM CURRICULUM PAGE 1

About one third of district students complete the entirety of Algebra 1 during their eighth grade year. However, the two thirds of students who take the math class their freshman year have a rather different experience; a two-trimester class instead of a full year. Perhaps consequently, Algebra I is one of the district’s most-failed classes, and often leads to struggles meeting graduation requirements because it must be passed before continuing to Geometry and Algebra II. KPS hopes that extending the class to three trimesters will help rectify this issue. However, Algebra I teacher Brad Schmidt isn’t sure this is the ideal solution.

“I see why administration feels it’s necessary to extend the class; more time to understand concepts leads to better passing rates. However, the new way doesn’t allow for as many electives, and imagine if a kid fails: when do they make it up? The next year? That’s very difficult,” said Schmidt.

But how else to offer kids the full year experience? Schmidt has a suggestion. “If students took Algebra 1A for their whole eighth grade year, and then B in two trimesters freshman year, it would solve both problems,” he explained.

Though Schmidt’s idea won’t be coming to pass any time soon, administration will likely review the effectiveness of the trimester switch on student achievement after a few years, and in two years the effects will be evident in the AP scores of students who took a three-trimester third year language.

Either way, the change is a reminder that Kalamazoo Public Schools is constantly seeking to improve their achievement and find solutions—whether they work or not is yet to be seen.

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A mural in the trainer's room depicts human anatomy. The mural was recently painted on the wall.



PHOTO CREDIT / GRIFFIN CONLEY

Athletic trainer Dan Hawley working with Julia Pinkster. Hawley regularly helps students stretch to ease exercising pains. Stretching pulled muscles can quicken the recovery time of the athlete.

GRIFFIN CONLEY CHIEF COPY EDITOR

“True story, I picked it at random my senior year and I just kinda followed through with it,” said Dan Hawley on his decision to become an athletic trainer.

Dan Hawley grew up in Minnesota. At his high school graduation, Dan chose something to study in college to appear like he had a direction. What started as a split second decision at graduation became his permanent career. Dan is in his first year at Loy Norrix High School as the athletic trainer in pursuit of his career.

Dan started his post secondary education at Mankato University in Minnesota and moved to Kalamazoo to attend Western Michigan University for graduate school. To become an athletic trainer, a typical student will spend about six years in college. While at Mankato, Dan had a lot of experience through observation hours at high schools, colleges and emergency rooms.

“The head of my program at the time, we had a sit down talk near the end of my senior

year [at Mankato] and he recommended a few places to go and this [Western] was one of the places that I applied to. I got into here, Northern Iowa and Oregon,” said Dan. “It was a lot of field experience combined with good classroom work.”

The students enrolled in the graduate program at Western are sent to high schools in Kalamazoo County. Each student is assigned to a high school for 2 years. Dan was assigned to Loy Norrix, and since then has worked with athletes from all sports.

“It was a bit of a shock because I never, like, I’ve worked in a high school before, but I was never the [only] person [in charge],” said Dan.

Starting as the athletic trainer at Norrix meant coming in at the beginning of August. Walking into the training room that first day, he was met by the fairly new mural of a baseball player on the wall above his desk.

“I like the room but I still do not like that mural,” said Dan. “It’s not anatomically correct, but whatever. Some people like it.”

Every player that has an injury walks in and sees that mural. From dealing with contusions to concussions, Dan sees many athletes every day and helps them with rehab, taping and diagnosing. He deals with serious issues like sprained ankles but also fields many questions.

“My least favorite thing... dealing with people who think they have an injury when they don’t. They just either want attention or they don’t want to practice,” said Dan.

Non-athletes don’t always understand the necessity of having a good athletic trainer.

“It’s good to have a good athletic trainer because if not and someone gets hurt you won’t know what to do and they could just be hurt and not have help,” said junior softball player Jayden Williams.

The trainer’s room is somewhere where any conversation is fair game. The trainer is more of a peer than anything to these athletes. While he can be serious, he enjoys what he does and has fun with it.

Not many people notice that Dan always wears a towel during games. It is only noticeable when he rushes out to help an athlete that goes down and it flies behind him.

“You never know when you’re gonna need a towel,” said Dan.

Many think it’s a simple quirk, but it’s a useful habit that he has carried ever since he started athletic training.

“The habit came from when I worked my football rotation at Mankato,” said Dan. “So they’d come off and use the towel to wipe their faces off, wipe their hands and wipe the ball down in case it was raining. Versatile tool.”

Dan is looking to next school year and working with Loy Norrix’s athletes with excitement.

“Wholeheartedly. I am super excited. Now I’m comfortable with everything and how it works and know everyone,” said Dan.

RETURN OF THE LOY NORRIX RUNNERS



PHOTO CREDIT / KEON FOSTER

Sophomore Stephan Speikes running in the 200 meter dash. Tents shown in the background to let viewers escape the cold rain.

KEON FOSTER GRAPHIC EDITOR

The season of Coach Duckett’s gathering of the majority of Loy Norrix’s best runners, jumpers, vaulters and throwers has officially come around, and is now at its end.

Each year Duckett hopes for them to be just as good, if not better, than they were the year before. Norrix isn’t known to be the greatest in many sports, but track is one of the few where Norrix dominates.

Last year’s track team involved many of Loy Norrix’s very own superstars. Former Knights Simeon Smith and Aaron Holmes were all a part of the greatness that took place last season. This year, the team acquired some new superstars that plan to outshine last year’s team, and so far they’ve been men and women of their word.

Senior Ryan Ross plans to remain on top of the food chain. Eating up the competition

in every 400 meter race he’s ran this year, Ross doesn’t plan on slowing down anytime soon. So far this season he’s placed first in three races and no lower than third in his first six 400 meter races.

“I think it’s going to go well [the 2017 track season],” said Ross. “A lot of guys from last year have come back and improved.”

Ross is admired by many of his teammates, many of them even see him as something of an idol for his determination. With hopes of inspiring others to work hard, Ross does just that.

Although Ross leads the team in the 400 meter dash, he isn’t the only star on this year’s team. Junior Derrick Smith shines just as bright as senior Ryan Ross.

“Somebody has to lead the underclassmen. I’m going to be that guy,” said Smith.

Planning to be just as good of a leader

as his older brother, Simeon Smith, Derrick takes on the role with a slightly different approach. Smith walks with the weight of the team on his shoulders, but never once showed signs of struggle.

“I don’t feel any pressure,” said Smith.

As if the role of being a leader had been natural for him, Smith brings a confident attitude to the team. Smith’s junior year was unfortunately derailed by a leg injury early in the season, but he plans to come back and compete as soon as possible.

This years men’s team lacks sprinters, high jumpers and long jumpers, but the distance runners, discus throwers and shot putters make up for the downfalls of the three groups.

The women’s team, on the other hand, are predicted to keep thriving and become better than they were last year. Senior Sheridan Britney believes this year’s women’s four by four team will send another relay to states. Last season, Britney led her team to states, unfortunately, they failed to walk away with the first place medal.

This year won’t be any easier than the last. Placing first in every four by four race

they’ve been in so far, this team plans to keep the first place rankings rolling in.

Britney is a senior this year, which means someone has to take her place and lead the girls’ team next year. Junior Nuru Lewis plans to fill her position once she graduates.

“She’s [Nuru Lewis] already better than me,” said Britney. “She just doesn’t know it yet.”

Time is ticking for the young but talented Lewis. In order to become a leader she needs to know her worth to the team.

This year, Norrix has hosted three of their own track meets. On April 25th, the Knights competed against Gull Lake at Norrix for their first home meet. Three days later, Norrix hosted the Don Lukens Invitational, where the men’s team took first and the women took second. The last event the Knights hosted this year was the MHSAA [Michigan High School Athletic Association] Regional meet on May 19th, this meet’s competitors were the best of each school. This was one of the biggest meets Norrix has hosted this year, with plans of winning it all the Knights faced some of the best competitors.



PHOTO CREDIT / KEON FOSTER

Senior Alex Neal leads the 110 meter hurdles as he strides past his competition. Head coach Ted Duckett watches in the background.

ENCHANTED “KNIGHT” TO REMEMBER

BILL BOWSER ASSISTANT BUSINESS MANAGER

Loy Norrix’s 2017 junior/senior prom proved to be a night to remember. Crowds in high heels, elegant dresses and fashionable tuxes packed the Gilmore Theatre complex on the Western Michigan University campus to create a fun and uplifting evening.

The prom was organized by Loy Norrix’s Peace Jam Director Sveri May. The evening opened as a stream of sharply dressed groups, both friends and dates, entered the decorated halls of the Gilmore Theatre Complex. Outside the dance floor students converged around the fountain and food setup, taking pictures and discussing the evening. While inside, the sounds of music and the dance moves of students were displayed. The prom lasted only a few short hours but was a lasting memory for all who attended.



PHOTO CREDIT / ZACH LIDDLE

Seniors PJ Singh and Lauren Hybels enjoy one of the slower dances of the evening. PJ sports a vest that is the same color as his date’s dress. This practice of matching outfits for formal dances is common and was the style at prom. Prom, despite its formal appearance breaks down into a night of fun amongst friends.



Upper left Senior Cameron Wilke-Flowers moves about the dance floor talking with friends and other attendees throughout the evening. Many students enjoyed the fact that this prom had such a wonderful location and DJ.

Upper right Junior Maddy Holmer, sophomore Hannah Newhouse, and former knight Sinclair George, stay in tune with the Cupid Shuffle. Prom was an evening that presented the seldom seen opportunity to break away and meet new people right in your own school.




Right Sophomore Eleanor Nagel-Bennett and Zackary Skinner enjoying their enchanted Knight together at prom.

Lower left Junior Abbie Lindblade shows off her moves on the dance floor in a lovely red dress, with friend and fellow Norrix swimmer Emily Lewman. These two were among the many who enjoyed the fun atmosphere of the evening.

PHOTOS BY ZACH LIDDLE

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PHOTO CREDIT / CHRISTIAN BAKER

A FOND FAREWELL FROM THE CLASS OF 2017

Knight Life Staff Editorial

Dear Student Body,

It's all coming to a close. The high school experience is just about over for the Class of 2017. It's time to say goodbye to your adolescence and what little innocence you have left as you continue your journey past high school. We must leave the shelter of the walls of Loy Norrix and fend for ourselves in the real world.

There are a few different approaches as the year comes to a close. There are those who are scrambling to hold on to what they've built in the last four years, the ones who are cherishing every last moment and then there are those who just can't wait to escape. For us, it just depends on the day.

High school, often fondly referred to as "The Best Four Years of Your Life" by our parents, is definitely a memorable experience. Each individual's story is unique, yet in essence, the same.

There are so many opportunities that you can either take advantage of or look back later and regret that you didn't. There are so many different people that you get to meet in this brief window of your life, many of which will sadly fall to the wayside after graduation. But many of us will maintain a few strong bonds that we've built over the past few years. Bonds that are often stronger than the bonds we share with our own family members.

One of the most important effects high school has on youth is the ways it provides an environment in which we find ourselves and figure out who we are. We try a variety of things and realize what we are interested in and what we can and can't do in life.

We may be in school to learn about things like math, English or how to fill in the right bubble on a scantron, things that heavily impact the rest of our life, but we are also left with an abundance of life lessons taught to us by the tough experiences of adolescence. High school definitely impacted and changed the way we think about things.

"I guess it's changed my views and perspectives of how I look at people. I look at them more as an individual than their class rank or social status," said senior Mark Peterson.

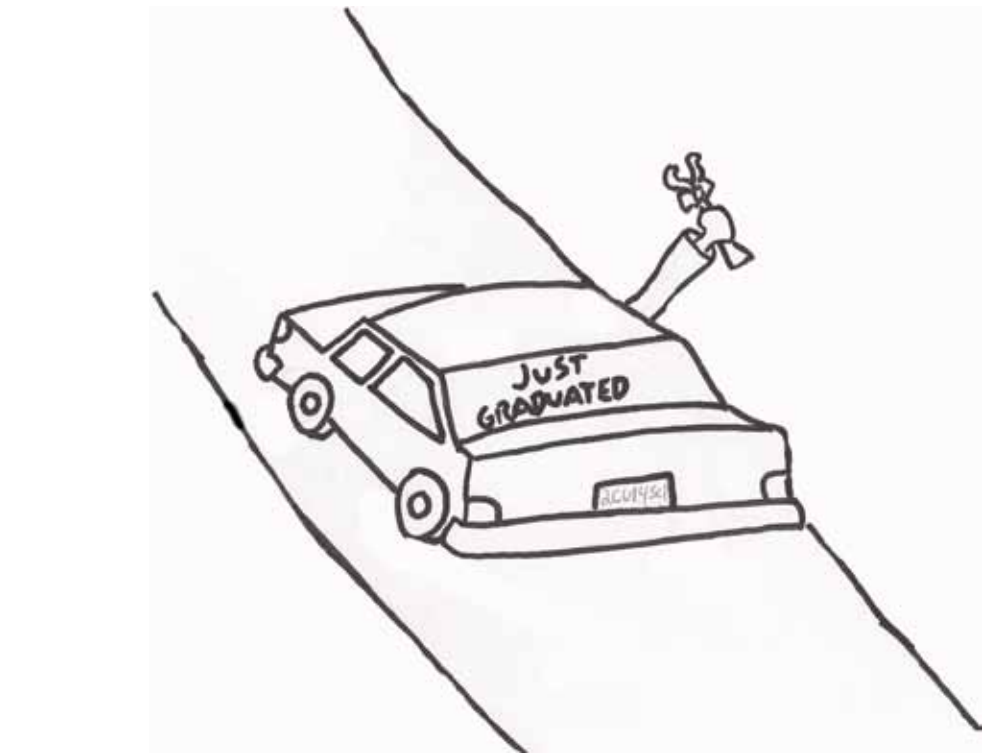
There are lessons and experiences that we've all felt; the loss of a friend through death or just growing apart, the end-of-the-world feeling after a bad break up, or the disappointment of failure in an extracurricular competition. To sum it all up, we learn from our failures, and those lessons are invaluable in life. The reality is that in life, you can't always succeed, there will be roadblocks and trouble.

"Yeah it's been difficult because I've had to put my academics first and it made me grow up more and do things for myself more and not for my friends, and your close friends are the ones who are understanding of that so it weeds out the rest," said senior Reace Hammel.

The transformation that we have all gone through over the past four years is fascinating to say the least and the prioritization of things during that period greatly aided in that. Just take a moment and look back at who you were when you first entered this school just a few short years ago. What kind of music did you like? Who did you hang out with? What did you do in your free time? There's a great chance that those answers are far different now than what they were then. We would be surprised if they weren't. It's quite obvious that we've all grown and matured physically, but the change isn't simply skin deep.

Look at what we have ahead of us, we have had the great fortune that is the Kalamazoo Promise bestowed upon us. Our journey doesn't have to end here, and it shouldn't end here. We just made it through what feels like the toughest stress ridden years of our brief lives. At this point, we are ready to move on to the next chapter.

Not only has the school left an



GRAPHIC CREDIT / ZACH LIDDLE

impression on all of us, but we've left our mark as well. We were often in the shadow of Kalamazoo Central and their recent visit from President Obama in 2010. But now look at us, our test scores and AP proficiency ratings have been trending upwards every single year that we have been here. Loy Norrix is now ranking in the top 50 schools in Michigan according to "US News." Now as seniors, we are setting the tone for the future.

In sports, we've also seen a positive trend in success, with teams doing things that haven't been done here in recent memory. Led by senior stars the swimming team made waves with their first ever conference victory. The past two years, the track team made history with their first ever combined men's and women's titles at the Don Lukens Invitational. In the realm of hockey, the Kalamazoo United team, comprised of Loy Norrix, Kalamazoo Central and Hackett, won their own conference championship under the leadership of Loy

Norrix's own seniors.


All we have to say is thank you Loy Norrix, for helping us become who we are today. This school has impacted us all and, evidently, we have left our mark as well. This time has really meant a lot.

So long,



TRANSFORMATIONS FROM OUR KNIGHT LIFE SENIORS

Going into high school, I was a small kid who took pride in perfect grades, high test scores and thought I was funny. I was an introvert stuck in his shell, just kind of going through the motions, satisfied with being average outside of the classroom.




Now here I am, arriving at the end of my time here and I am very different. I am now a tall, lanky guy who is no longer an introvert. I have a close group of friends that I consider my family. I'm involved in so much around the school and I've made an effort to improve myself both inside and outside of the classroom. I've undergone a transformation for the better over the past four years.

Yes, it was very difficult at times, and there were times that I just wanted to give up, but those times made me stronger. I'm better now having had those experiences. The high school experience molded me into someone who is ready for the next step. I'm ready to take on the real world and leave my mark. We all are. We are all poised to do great things in life.

-Sidney Richardson, News Editor

Going into high school, I was a nervous little kid who didn't talk much. I walked into my first hour, knew no one, and sat down next to a kid with a beard. Looking back that isn't so surprising, but coming from middle school where I was the among the oldest kids at 13, it was a bit of a shock.



As much as we said we wouldn't, it didn't take long for my group of friends and I to go our separate ways. I was thrown into a new environment and had to fend for myself. I was given more responsibility and freedom than I had ever had before. During my first trimester of high school I ate lunch alone in the library. Now, I eat lunch in Knight Life everyday with people I consider close friends. I grew immeasurably on a daily basis.

High school challenged me in ways I never could've imagined. I've learned to find strength within myself in the face of challenges that seem insurmountable, and I've met people who challenge me every day to be a better person. I am leaving Loy Norrix grateful for every single second of the last four years because it is thanks to them that I am the person I am today, and I never saw it coming.

-Maggie Lager, Assistant Web Editor

Going into high school, I was a tiny, shy kid who was coming from a small charter school. I knew only a few people and liked to keep to myself. I was afraid to talk in front of large groups of people.



Now fast forward almost four years and here I am, about to graduate from the place that has helped shape me the last four years.

I haven't grown much since my first day of high school, but I have changed in great ways. I am not afraid to express my opinions and am more comfortable speaking in front of groups of people. I have some of the greatest friends I could've ever wished for and can't thank my family enough for all that they've done for me.

I worked hard in every class I've taken over the past four years and continued to take pride in my grades, even when times got tough. These tough times made me tougher, but I can finally say I am ready to move on from high school to the real world. I can't wait to see what the world has to offer to me.

-Bailey Handley, Arts and Entertainment Editor

10

SENIOR

LIVING TINY IN COLLEGE DORMS

MICHAELA WHALEN SOCIAL MEDIA TEAM

Freedom, schedule flexibility, longer breaks and the opportunity to make many new friends are all pros of attending college, however the size of the dorm rooms is not as exciting to look forward to. The average dorm room tends to be under 14 x 14 feet and many fall under 11 x 12 feet. Transitioning from having items all around the house to sharing a small space with another person can be difficult, that is where prior planning can help to make your year a little more comfortable.

It all starts with choosing your roommate. Whether you decide to live with someone you already know or choose to “go in blind,” it is important that you set guidelines as to what you’re looking for. Some colleges will have preference lists you can fill out before going in blind, where you indicate if you prefer to live with someone who smokes, drinks, is quiet, ect.

If worst comes to worst and you find yourself stuck with a roommate that you simply do not get along with at all, there are sometimes options at universities for students to request a change, however that is not guaranteed and should not be depended on when choosing a roommate.

Once you know who you are living with, the two of you can start planning who will bring what to the dorm on move-in day and maybe certain themes when it comes to decorating the room. The dorm size is important to keep in mind when sorting through your items and deciding what to bring with you to college. More than likely, the dorm will come furnished with two beds and two desks. These items alone take up a big part of the space and do not leave much



Photo Credit / Michigan State University

room for personal items.

Typically, the beds provided in dorm rooms tend to be sized different than normal, in a Twin XL size. There are certain sites, for example Michigan State has msu.ocm.com, which sell complete bedding sets that fit to the dorm. These sites also sell necessities such as chests, carpets, towels, and storage at lower prices than buying each individually. Buying sets is an easy way to put a theme to your room without searching all over for matching items.

Appliances such as microwaves and mini fridges also take up quite a bit of space. Some halls have community kitchens where you can heat up and make food or maybe you also have a dining plan that you can depend on instead of all these appliances.

In most dorms, you will be required to share one closet with your roommate as well. An advantage here is that unless you specify you want to stay in the dorms over break, you are required to go home after the first semester is over. This allows for you to bring clothes for the first half of the year with the opportunity to take them home and switch out your wardrobe for the second half of the year. If you bring a few plain clothes with different jackets, layers, and accessories, you can have many different outfits without filling up your closet with twenty pairs of jeans, twenty different t-shirts, and twenty different sweaters.

There are other things such as hanging shoe storage, which you put behind a door or hang on your bed that have pockets for you to store shoes or different items. Using dressers and different bins to store items allows for you to have more things without feeling clustered in your room.

Freshome.com explains how light colors such as white, green, and blue set allusions to make a room appear larger. Using darker colors such as black will do the opposite and make a room appear smaller. Using bright lighting and a lot of it will also help to make the room seem more open.

The key to being happy in such a small space is to picture what you already use right now and what you don’t. Just like the clothes in our closets that we barely wear but hate to get rid of, sometimes it comes time to put materials in the ‘don’t need’ pile.

TOP 20 GPAs IN THE CLASS OF 2017



Lacy Burke
Hillsdale College

“What I appreciate most about my experience at Loy Norrix is becoming familiar with diversity and other people’s viewpoints, and learning how to work with everyone, being flexible.”
“Dedication to details pays off [in academics].”



Ashley Bynum
U of M- Biomedical Engineering

“To get here I took a lot of AP classes and I did fairly well in those AP classes. Take every challenge that is thrown your way.”



Brittany Day
MSU - Human Biology

“It feels good that I’m part of the top 20 just because it shows that me doing my work paid off towards something. It’s not that hard to get A’s as long as you do your work and study, take things seriously but don’t forget to have fun.”



Maria Egloff
Hope College - Nursing

“I’ve taken a lot of AP classes which has really helped me prepare for college, and taking classes that I’m interested in also helps to do better in them; if you’re interested, you’ll want to do better.”



Makaila Furderer
U of M - Biological Sciences

“Being in the top 20 is really rewarding because I’ve worked my butt off this year, so it feels really good. It took a lot of work to get here and a lot of AP classes boosting my GPA.”



Ian Hawthorne
MSU - Finance

“I’m in KAMSC so that has always given me that mindset of prioritizing academic work first and that really helped push me to stay at the top.”



Nora Hilgart-Griff
U of M

“I love Loy Norrix—I wouldn’t have wanted to spend the last four years anywhere else. The dedicated teachers and truly wonderful people here should get a lot of credit for any successes I’ve had.”



Edward Landon
Hope College

“Take AP classes. It can be easy to not want to do anything, but you have to keep working hard.”



Kevin Mitchell
WMU - Robotics

“My time here has allowed me to interact with so many groups of people with varied and dynamic interests, which is great.”



Sophie Nielsen
MSU - Athletic Training

“It feels like a real accomplishment, and I never thought I would get there in High school. What helped me get there is a good motivational mindset. My parents also helped me a lot to getting to this point.”



Elizabeth Perez-Vazquez
GVSU - Medical Lab Science

“I think high school is a great experience overall, you learn a lot of lessons, not just about education but about life itself. As long as you stay focused on your work, and with a lot of dedication, you’re able to do whatever you want in life.”



Samuel Ratliff
Kalamazoo College - Physics

“I took a lot of AP classes and I’m proud of the effort that I put in.”



Vaughn Taylor
U of M- Engineering

“Being top 20 is a great honor, and it’s awesome to see everyone’s hard work pay off. My teachers have inspired and motivated me to do my best these four years.”



Alexis Terrian
WMU - Chemical Engineering

“If I had some advice for other students it would be to take plenty of AP classes and just keep working hard.”



Hailey Timmerman
WMU - Education

“I had to cut out distractions and prioritizing what I need to do in order to get my work done.”



Hamza Turkistani
U of M - Engineering

“My high school experience has been largely positive; I’ve met lots of awesome people, done plenty of great extracurricular activities, and took many useful classes. I’ve found that effort and self-efficacy are major factors leading to academic success.”



Cassandra Ward
MSU - Chemical Engineering

“I feel like my GPA reflects all of the hard work I put in over these last 4 years. I’m really proud of all of my accomplishments.”



Ava Wood
Columbia - Computer Science

“It’s really funny that I have good grades because I’m actually really unorganized.”



Lachlan Woods
MSU

“I had a great high school experience due to all the opportunities that are provided for students in the Kalamazoo area (ATYP, KAMSC, and dual enrollment). In regards to being in the top 20, I think a lot of that is owed to the dedication and effort of my teachers.”



Victoria Zehner
MSU - Business

“I feel proud of myself, I tried hard in all of my classes and took lots of AP classes to raise my GPA.”

THE JUNK IN SENIORS’ TRUNKS

FRANKIE STEVENS BUSINESS MANAGER



Rachel Thompson

PHOTO CREDIT / ABBY FARRER

Most Interesting item- This walking stick that I used for hiking over spring break.
Favorite Item- The towels from South Carolina and the multiple pairs of shoes.
“My car may always be messy, but if you need something, I have it!”



Sophia Boismier

PHOTO CREDIT / ABBY FARRER

Most used Item- I always keep lotion in my car just in case I need it.
Random Item- The spirit jug that just ended up in my car after homecoming.
“Pretty on the outside, dirty on the inside.”



Jacob Remelius

PHOTO CREDIT / ABBY FARRER

Favorite item- My hockey pucks because I never know when I’m going to go play.
Random Item- My old baseball stuff that I still haven’t taken out.
“It’s trashed.”



Julia Townley

PHOTO CREDIT / ABBY FARRER

Favorite Item- This melted bag of ice from when I sprained my ankle
Memorable Item- Sophomore year my best friend died, so I have a little angel ornament that hangs from my mirror, it’s like my guardian angel.
“Everyone knows where I am because my car is bright yellow.”

Congratulations Loy Norrix Class of 2017!

≈To date we have awarded over **\$38,000,000** in Promise scholarships to nearly **1,900** Loy Norrix alumni!

≈Graduates of 2017, make sure you have turned in ALL of your Kalamazoo Promise paperwork!
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LOY NORRIX ATHLETES SIGN TO COMPETE AT THE NEXT LEVEL

ABBY FARRER SPORTS EDITOR
GRIFFIN CONLEY CHIEF COPY EDITOR

At Loy Norrix, athletes who were moving on to play their sport in college used to have individual signing days which were held in the main hall conference room. This year was different. Signing Day was one big event held after school, with all the athletes that were signing in attendance. The decision to combine all signing events was easy to make this year due to last year’s individual signings taking up so much time because of the large number of athletes.

“Last year there were 22 [athletes that signed] so, we stopped [hosting them individually.] It was too much class interruption for one or two kids,” said Loy Norrix Athletic Director Andrew Laboe.

Many supporters were in attendance and the feedback for switching Signing Day up was positive.

“We got good feedback from it. Kids liked it,” said Laboe. “What we are going to do next year, I haven’t decided yet but it was just feeling it out and trying it.”

Student athletes that participated in Signing Day were: Tony Dougherty, Morgan Kenbeek, Ryan Ross, DJ Hughes, Delano Swift, Tony Dennis, Bruce Allen and Maria Egloff.



PHOTO CREDIT / GRIFFIN CONLEY

Tony Dougherty and Ryan Ross try to figure out how to make a K for K College, the swimmers will continue to swim together on Kalamazoo College’s swim team. “I chose K, one, because I got accepted but, two, because I really felt at home at K. I know it’s still in Kalamazoo but I feel like I can still be on the campus and away from home, but it is still here and that’s nice but I really love the campus and I love all that K has to offer” said Dougherty.



PHOTO CREDIT / GRIFFIN CONLEY

Tony Dennis poses with Principal Rodney Prewitt, Dennis will continue to play soccer at Lake Michigan College. “It’s a community college so its like a small start and I can build up my academics and hopefully transfer somewhere else bigger afterward,” said Dennis



PHOTO CREDIT / GRIFFIN CONLEY

Maria Egloff will continue to play soccer at Hope college. “I just really love soccer and I love playing for your school and having the team atmosphere while going to school,” said Egloff .



PHOTO CREDIT / GRIFFIN CONLEY

Delano Swift is going to play basketball at Monmouth in Illinois. “It was just one of the schools that had a lot of interest in me and they really contacted me. Then I went to visit the campus and it was really nice and I just felt at home there,” said Swift.



PHOTO CREDIT / LESLIE SANDIFER

Ashantai Hale-Sandifer signed in the athletic office with her family and future coach, she will be playing basketball in Muskegon Community college. “Well one my friends plays there and two, it’s a place I’ve never really been before and so like going somewhere new and starting a new chapter in my life,” Said Hale-Sandifer.



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SENIORS SHOW OFF
THEIR TATTOOS

Jasmin Castaneda



“My mom and I got a mother and daughter tattoos, so in memory when she does die, I’m going to put when she was born and when she died. She has 3 hearts, one for me, my brother and my sister.”

Laura Worline



“The meaning of my tattoo is my dad. When he was in the Navy, my grandma used to write him letters and in one of the letters he said he was a man who could move mountains with a single shovel. And then my dad passed away, so this is supposed to be my mountain.”

Mikey VanderRoest



“I got my tattoo because I really like nature. I’m outgoing and I really like going to parks and places with nature.”

Morgan Hawkins



“My best friend/cousin died in September, and this means love yourself for infinity. When she died, I was down and depressed so I got this tattoo to mean to love yourself.”

Julia Townley



“When I was a sophomore, my best friend that I grew up with died, and so I found an old note from her and decided to take part of it to get it tattooed.”

Jaylan Shields



“The reason that I got these tattoos is because a lot of my family lives in Cairo.”

Hana Lee



“I got my tattoo because it reminds me of my dad and the trips we used to take to the ocean, and hopefully will continue to do.”

DJ Hughes



“It’s not finished yet, it’s going to be a sleeve. It’s going to have all the sports, and a microphone on it because I want to be a sports broadcaster.”

B. KEON FOSTER II GRAPHIC EDITOR



ISSA SENIOR CONFESSION ARTICLE



Le'Shaun Bennett II : I snuck into the gym during the Don Luken's Track Meet and pretended to throw shot put.



Myeisha Prewitt : I once snuck out of school during lunch.



Artevia Woodson : Football was really fun but I only joined because my bestfriend wanted me to.




leisha Prewitt : I missed a lot of school the last trimester.

In high school, we all do things we are not proud of, or at the very least some things we probably shouldn't have done. These seniors reflect on the moments in high school when they did exctly that.


SENIOR REGRETS

As graduation approaches, seniors often reflect on the things that they wish they had done differently, though not every regret is about what seniors did or didn't do in the classroom. Whether it be not joining a sport or not giving enough effort in class, here are some senior regrets.


SYDNEE ARRASMITH STAFF WRITER




Leanna Knowlton : "Not trying my hardest in all my classes."



Sacha Williams : "I regret not being myself most of the time. I used to want to be like everyone else to try to fit in, but now that I'm myself, I feel so much better."



Noah Silvey : "Not doing different activities."




Daniya Stovall-Word : "My friends, who I surrounded myself with. They didn't have the same mindset or goals as I did."


2017 SENIOR'S BIGGEST HIGH SCHOOL LESSONS AND ADVICE

ERIKA WAGONER STAFF WRITER & **RACHEL ZOOK** LAYOUT EDITOR


Out of all of the lessons learned throughout high school like put in effort, give 100% all the time, and hard work pays off; seniors reflect on deeper thoughts to reveal hidden lessons learned throughout high school.




Alex Chervenak : "Always keep your ID in your backpack because its way easier to lose your ID than to lose an entire backpack."




Gabe Runyon : "Do sports, they help with my grades and improved my GPA. Also take absences seriously, they start to add up faster than you think."



Jaylan Shields : "Make sure you get all your work done because if you get behind, its very hard to get caught back up."



Duncan Wallis: "Time management. Between school, sports, and other stuff going on including being social and taking care of yourself, it's difficult managing your time. Learning how to do that is the most important lesson I've taken away from high school."



Noel Cavey: "You may not be given something, no matter how hard you work for it."

Anthony Dougherty: "Create good relationships because being involved in a lot of drama creates more unneeded stress, and the less stress you can have makes high school so much easier."

Jonathan Wilson: "No matter how much they [the students] all go down this expectational path, it's up to you to make the time worthwhile and capitalize."

Reace Hammel: "Put yourself first and make yourself happy through your actions and words no matter what."

Nick Loken: "You don't always have to work hard but the extra effort really does go a long way."

Julia Townley: "All the hard work does eventually pay off, even if it doesn't seem like it in the moment."

Madeline Skiles: "Just do you. Do what you need to do to get through. Don't worry about others."

Morgan Kenbeek: "Put schoolwork first and really try hard and kick the bad habits."

Isabelle Whalen: "Not everyone is who they seem to be."

Kamryn Chapman: "There are a lot of fake people. Trust no one."

Josh Hentkowski: "Sparknotes is the key to success."

SENIOR Q+A

JAKIA EDMONSON STAFF PHOTOGRAPHER



Jahmia Bell (Left)

- Q:** What was your most memorable moment of high school?
- A:** My most memorable moment of high school would have to be learning about friends. In high school you learn that people come and go. The same people you were in middle school with will not be your friends when you graduate.
- Q:** How would you describe your personality?
- A:** I’m quiet, but silly and outgoing, only if I know you and sometimes shy.
- Q:** What is one weird thing about you that no one knows?
- A:** As soon as I get out the shower, I put socks on.

Natasha Mahonie (Right)

- Q:** Who are you going to miss the most from high school?
- A:** I’m going to miss my favorite campus safety officer Mr. Snell.
- Q:** Describe yourself in 3 words.
- A:** Intelligent, Outgoing, Goofy.
- Q:** Favorite teacher at Loy Norrix?
- A:** Mr. Labadie.



Tavier Jones (Right)

- Q:** On a scale of 1-10 how funny are you and why?
- A:** 12, because I'm Tavier. L-O-L.
- Q:** What is your most memorable moment of high school?
- A:** Prom was my most memorable moment because I got to get cute and show out.
- Q:** Who are you going to miss the most?
- A:** My doot [Jakia Edmonson], Jas, Shai, my bestfriend and my favorites Tristen and Jenna.



Makayla Larkin (Right)

- Q:** What is your most memorable moment of high school?
- A:** Um, hearing my counselor, Mrs. Benton, tell me I'll be able to graduate on time. I was sitting in this big brown chair in her office, not knowing what was going to fall from her lips. At that point, my heart was in my stomach. Then she took a look over my transcript and slowly said "Makayla, you did it!"
- Q:** How has high school shaped you as a person?
- A:** It has made me into a stronger independent person. It [high school] helped me learn that nobody's going to hold my hand out in the real world.
- Q:** What would you eat for your last meal on Earth?
- A:** A stack of fries from McDonalds and a vanilla ice. But maybe just fries because their ice cream machine is "always" down.



SENIOR VIDEO: WHAT’S BEHIND THE CAMERA



PHOTO CREDIT ISAAC RUBIN
From left to right, starting in the back. Students Jahmia Bell, Destiny Maybon, Christian Baker, Chris Zheng, Ella Cavey, Hailey Timmermon, Maxwell Neeley, and Shanie Gilbert all play a role in creating the senior video. They took a break from their work to pose for a photo on the tower stairs.

CHRISTIAN BAKER CHIEF PHOTO EDITOR

The senior video is one of the most memorable, most anticipated parts of the graduation ceremony. Senior videos are reminiscent and emotional.

When the seniors view moments from the past four years of high school, tears well up in their eyes and laugh till their stomach hurts as memories come flooding into the foreground of their busy, incessantly moving brains. They remember freshman year as they see a group picture during a PeaceJam pumpkin painting party, a picture of them at a candlelight vigil for Chhay Wong during sophomore year or a video of them participating in the Ice Bucket Challenge.

The video is able to bring people to tears because of a talented group of people who have been working on it since freshman year.

The senior video crew is composed of many members with different and specialized jobs, all of whom contribute to the effectiveness of the final video.

First there is the Director of the Cabinet, Destiny Mabon. She organizes all of the events and shoot days that you see and participate in during the school day or even after school. She is the one that is in control of what happens, when it happens and how it will be put into action during a shoot.

“Having this opportunity to put together and be the Cabinet Director for this senior video, from getting meetings together, to scheduling many events to film or cover, has been really emotional. I really want this video to be the best it can possibly be for us seniors. Class of 2017!” said Mabon.

The director has a lot on her plate during the planning and shooting of the video and that is what the Assistant Director (AD) Maxwell Neeley is for. He is truly the jack of all trades. He does not specialize in one thing like cameras or editing. He specializes in everything. He is the go-to guy when something needs to be done.

“The main thing is trying to organize everybody, the camera and the other students, but it has been interesting ... especially with doing the challenges,” said Neeley. “Overall I don’t think that it has been

too difficult of a process, but it has been fun.”

After the director and the AD come up with an idea, they go to the Director of Photography (DP), me. The DP is the person who is in charge of all of the hardware; cameras, lights, reflectors and diffusers. The DP is the one who is in charge of what is in frame for the cameras. Thinking about the angle of the shot, where the camera is placed, placement of the lights are all aspects of the DP’s job. So they talk to me about the logistics for how we are going to get the shot we need.

After we get most of the footage, we send all of it over to the the Chief Editor, Chris Zheng, who is in charge of the post production phase of the video. He oversees the editing of each sequence or piece of the video. His main focus is making sure that each sequence flows, moves and transitions through the piece smoothly and that the idea stays coherent.

“Working on the senior video is both stressful and rewarding. It’s a huge project with a lot of components, but communicating with people is a great experience,” said Zheng.

The crew members include everyone that comes to the meetings and helps to come up with ideas and people that want to be involved in the production process. These people are some of the most important because they give a viewpoint on things that can totally change the dynamic of the video and the way the video works.

The senior video is not just a bunch of footage thrown together last minute. There have been months of planning, even more in shooting and editing. Everything has been carefully thought out and executed by the people who have taken so much time out of their busy senior year schedules to craft this one big piece of footage that sums up our time at Loy Norrix High School.

Thank you to all of the people who have helped out with the senior video. You are all amazing and you have done great work to make this idea into reality.

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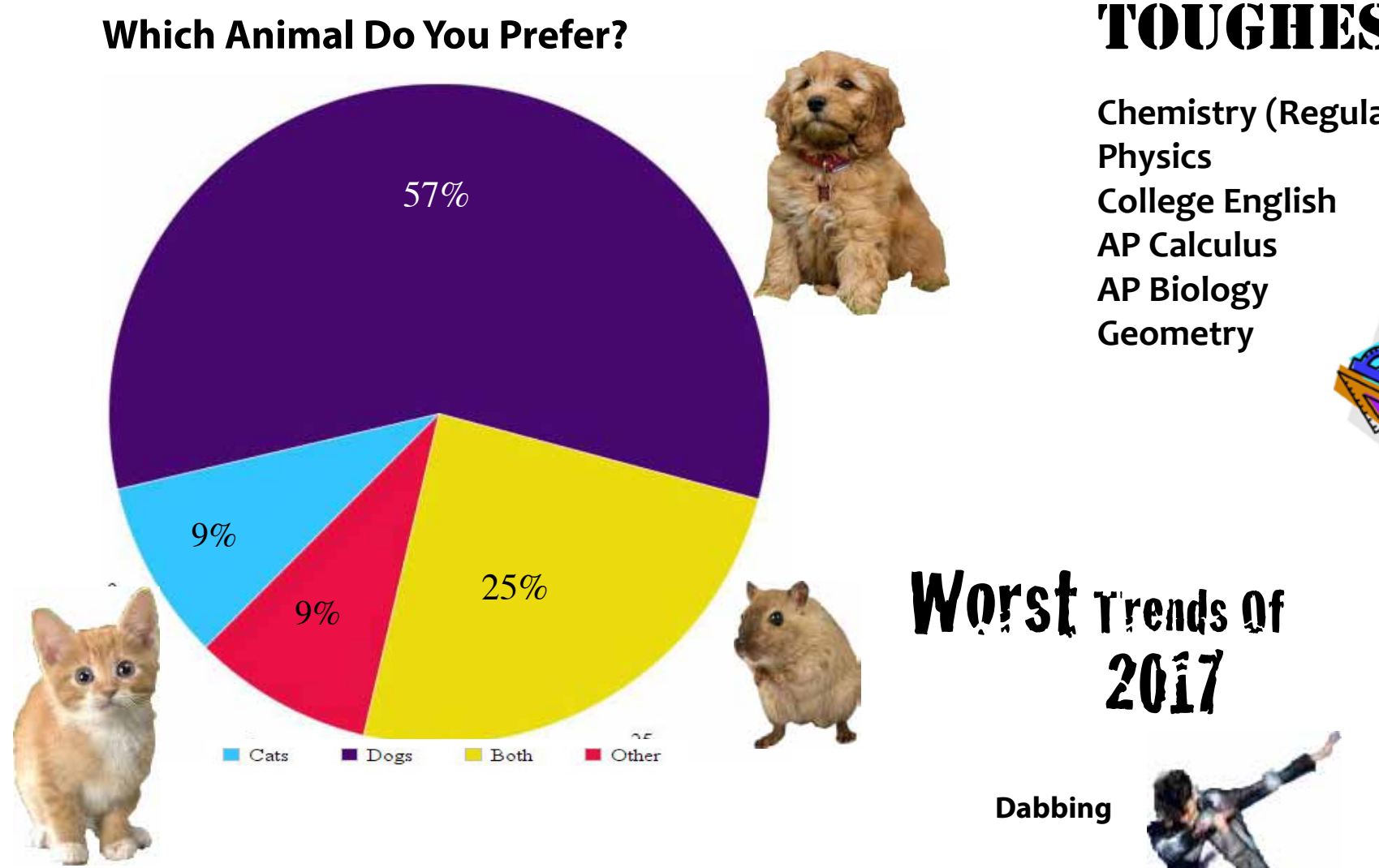
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community college

The Results Are In...

SENIOR SURVEY, CLASS OF 2017

NORA HILGART-GRIFF EDITOR-IN-CHIEF
MORGAN MCCUE COPY EDITOR

*Out of 103 seniors



TOUGHEST CLASSES

Chemistry (Regular, Honors and AP)
Physics
College English
AP Calculus
AP Biology
Geometry

Worst Trends Of 2017

Dabbing

Bottle Flipping

Senior Mixtape:
The Songs You Loved This Year

Bad & Boujee
Migos

Black Beatles
Rae Sremmurd

Bounce Back
Big Sean

Closer
The Chainsmokers

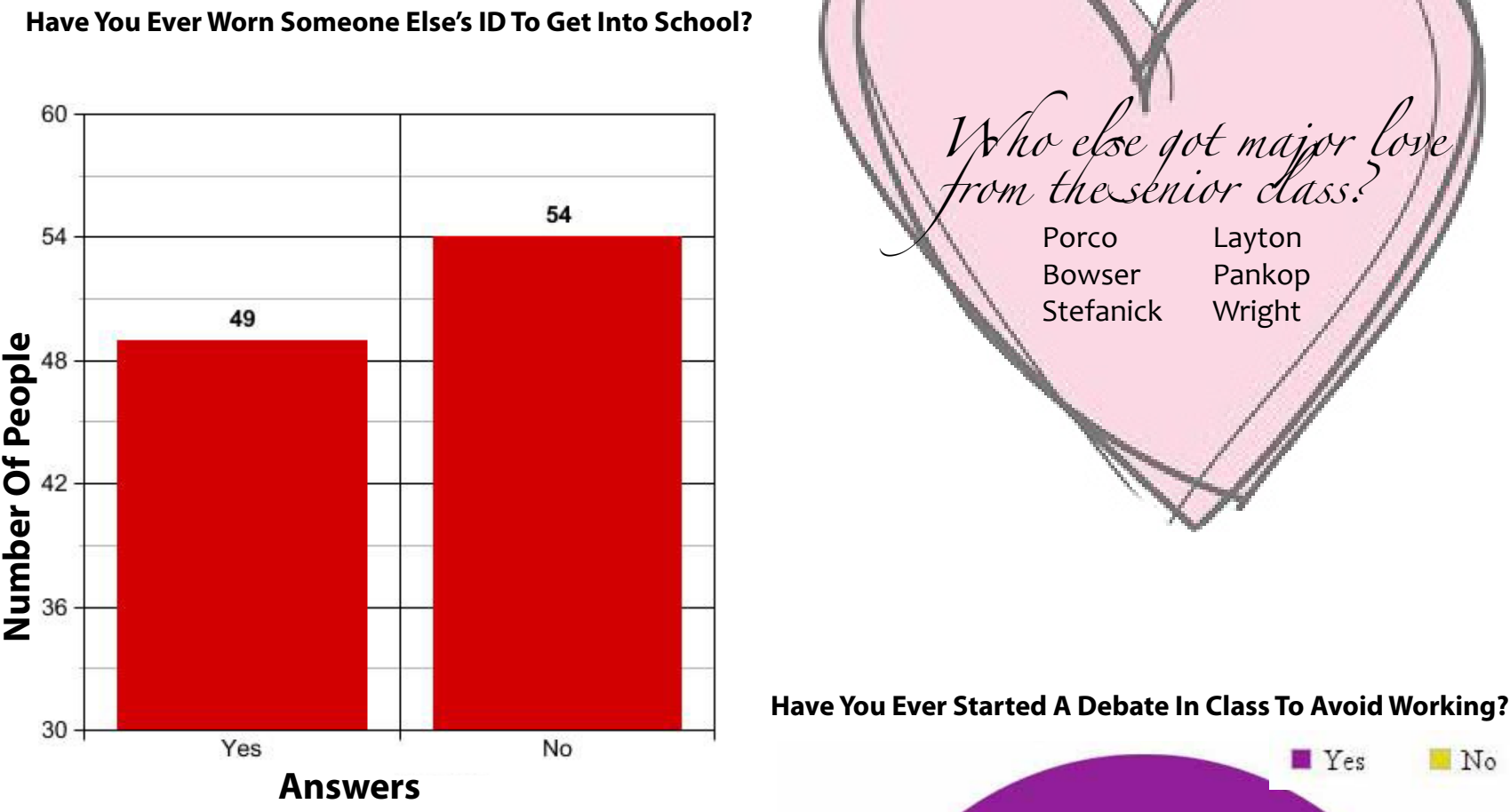
Element
Kendrick Lamar

Top 3 Favorite Teachers

Niambi Pringle
Law / Government
I would tell them [seniors] to stay focused on their goal and not to think that now you're an adult. Realize that you are still young and that this next step is a journey to adulthood.

Rachel Larner
French
"Don't be afraid to live your life 'out of order.' Ask questions. Regardez toujours les étoiles."

Paige O'Shea
Forensics / Drama / Slam Poetry
Seniors--never settle. Regardless of what everyone else does, don't conform. Stay weird, it's a beautiful quality.



Favorite Slang

Dank, iSSA, Lit, yeet, Slay, OG

Mask Off
Future

XO TOUR LIF3
Lil Uzi