



PORCO APPROVED

ANNA KUSHNER CHIEF COPY EDITOR

Located in Loy Norrix's former teacher smoking lounge from the 70s, now known as the only D wing classroom in that hallway, you will find history teacher Matthew Porco. Porco has taught at Loy Norrix for nineteen years, and is known for his love of history and the 90's.

Enrolment in his classes has rapidly been increasing over the past couple years. There are almost one hundred students

taking his AP US History class this school year because he is so well regarded by his former students. Senior Alli Mitchell took AP US History with Porco her sophomore year and is now taking his AP European History class.

"Mr. Porco is very understanding and cares a lot about what he does. He's a great teacher and wants everyone to be successful. He's also quite humorous and breaks up the stress of AP classes with his humor and vibrant personality," said Mitchell.

These are some of the funniest things Mr. Porco has said in his AP European History class this year:

"In response to the upcoming daylight savings time Porco said, 'In my day we went around, changed the VCR clocks and went on.'" - 11/2

"I'm anti juice! Juice is a scam!" 11/10

"The kids love Kahoot!"- 10/11

"We liked to jump in the 90's! There was a lot of jumping." - 10/19

"I'll give you one Kahoot from the streets." - 10/11

"I gotta say my skin looks fabulous in those photos." - 11/2

"I took a picture of my allergy sheet so I wouldn't be stupid." -10/12

"I remember using the internet for the first time. It was dial up. It cost money.We were confused!" - 9/15

"My sleep game is strong this year." - 11/2

When a student mistook the lead actor in the movie Martin Luther to be Oscar nominated actor Ryan Gosling, Porco responded, "He is nowhere as near as dreamy [as Ryan Gosling]! Bite your tongue!" - 9/29

When talking about horseback riding on vacation, "I think the horse I rode was almost dead." - 9/21

"Stop trying to distract me with your bad music!" - 11/2

When talking about the lost art of classical music Porco said, "It's not like you're sitting around with your bros and are like, 'lemme play some Bach real quick.'" -10/2

"You know what they called selfies in my day? A potential waste of film!" - 12/8

In response to why he would never bring his new puppy, Baxter to school Porco said, "I come to work to get away from him" - 11/10

In response to a student speeding in the parking lot Porco said, "She was whipping too close to my ride." - 10/19

NEW INTERIM PRINCIPAL SHOWS ENDURANCE

BRANDON SCHNURR NEWS EDITOR
ALEXA DAVIS COPY EDITOR



PHOTO CREDIT / DEVON GROSS

Interin principal Jonny Edwards stands with a student during B lunch. He believes that connecting with students makes for a better school environment.

Johnny Edwards is like most people; he's a Spartans fan who enjoys watching college basketball, documentaries and listening to Gospel and R & B. He hates science-fiction books and is always one to keep a timely and well-maintained schedule, which gives him a natural distaste for late work.

Edwards works as the Director of Secondary Education for Kalamazoo Public Schools, and he is also the new interim principal of Loy Norrix.

However, this isn't Edwards's first time around Loy Norrix. He used to be the principal of Loy Norrix for five years, between 2008 and 2013.

While reflecting on his time at Loy Norrix almost five years ago, he reminisced about a few of his favorite memories.

"I started alumni day [the day graduates of Norrix stop in and give insight to students] in 2008," Edwards continued, "and now have alumni day at both Loy Norrix and Kalamazoo Central."

Edwards also has seen a consistent, five year increase in student writing scores, helped to host former Vice President Joe Biden at Loy Norrix, helped to raise the graduation rates, and several of his former administrators are now principals within the district.

He has also noticed a few changes since his last time here, but is happy to be

back and working much more closely with students.

"Enrollment is larger than what it was when I was principal," said Edwards. "When I started in 2008, we had about twelve hundred and fifty students, and by the time I left in 2013 we were at the fifteen hundred student mark. Now Norrix enrollment has been upwards fifteen hundred, sixteen hundred per year. It's a huge change."

There have also been numerous staff and technological changes since the last time Edwards walked these halls as an official administrator of Loy Norrix.

"There's been turnover in staff due to retirements, promotions and resignations, but one of the biggest changes I've noticed is that student tech has evolved over the last five years." Edwards continued, "There's a higher percentage of students with a personal cell phone since 2013."

When asked how long Edwards would be staying with the Loy Norrix family, Edwards answered that he would be here for the time being and that he can't give an estimate of his stay. He is unsure what will happen if his time here becomes extended over the next several months. Currently, he feels there are not enough qualified people available at this stage of the year to fill the position of principal that was recently posted for hire.

"I'm prepared to be here as long as I need to or as long as it takes," Edwards said confidently.

He also feels that retaking the responsibility of being a building administrator is an invaluable experience to have as a secondary director. Edwards is able to see the positive progress that's being made and also what changes may be needed. For example, the district declared that freshmen algebra will be a year long course, and now being in the building, Edwards is able to see the progress this change is creating. One of the biggest experiences that Edwards is excited to gain again is that essential communication with the student body and staff.

"With the staff we now have a Google calendar, so all the staff can see what's going on in the school," said Edwards. "For parents we have a weekly bulletin."

Edwards is also on the morning announcements daily and interacts with students in the hallway too. By embracing the importance of communication, Edwards is using his experience to further educate

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"WE ARE LOY NORRIX": STUDENT BRINGS POSITIVITY TO LOY NORRIX

JORDAN COX SPORTS EDITOR

Throughout the past month, Loy Norrix has experienced multiple hardships involving student violence and legal accusations against the principal. In an effort to shed light upon the positive aspects of Loy Norrix that recently may have been overlooked, senior Mariah Sarelis started the "We Are Loy Norrix" project. This is a project that allows students to share things that they've experienced in a positive way in the school.

Sarelis was granted permission from the administration to present this project idea at a staff meeting on October 30th, 2017, and then implement her idea in the school.

She cut out 40 slips of papers, wrote directions and placed them in bags for teachers to pass out to their classes. Sarelis also placed multiple questions on the cards in attempts to get students to share their positive experiences. Some of these questions were "What is something positive you have experienced at Loy Norrix?" or "What is something positive you would like the community to know about Loy Norrix?"

Bags were given to teachers with papers, and then passed out to students so they'd write down their positive experiences with the school. Then, Sarelis displayed all of the students responses in the main hallway display case in front of the cafeteria.

The display is covered with blue sticky notes as a background and white sticky notes that spells out "We Are Loy Norrix."

Here are some examples of these writings:

"I love the support I've received and the family I've made."

"I love [Loy] Norrix because it's so diverse and interesting."

"I like the openness from our teachers."

"I love LN sports."



PHOTO CREDIT / JORDAN COX

Senior Mariah Sarelis poses in front of her finished product. Sarelis started the "We Are Loy Norrix" project in an attempt to bring positivity into the school.

"Loy Norrix is a well diverse group of students who I think genuinely care about other people. Norrix students have a lot to be proud of."

"I love how amazing Loy Norrix teachers are and how much school spirit we possess."

"That we have Peace Jam and we help the school and their kids in school and out of school."

Sarelis said, "I would say I started this project solo, and executed the final piece solo, but this has been a whole

school effort. We are each a part of this school that contributes to the success of Norrix. Teachers and peers helped me showcase the positive things and continued into the project by writing something or contributing."

Sarelis said that her motivation for doing the project was to bring light to Loy Norrix.

"After the unfortunate events that happened two weeks ago and over the course of my four years here," Sarelis continued, "Loy Norrix had this negative

energy going around the community and our school. I heard students focusing on negative aspects of our schools and community members only knowing what has been said in the media. I wanted to start this project to show the staggering amount of good and positive things our school has to offer."

Sarelis is on the right path in igniting the fire that will start the change of the way our school is viewed by the current students and people in the community.

CULTURE SHOCK: LIFE AS AN EFE STUDENT AT PORTAGE NORTHERN



PHOTO ILLUSTRATION CREDIT / GLENNALDAG

The energetic wood shop during the 6th and 7th period Engineering in Wood Technology EFE class taught by Matthew Kamm at Portage Northern High School.

GLENNALDAG GRAPHICS EDITOR
Of all the communities I have belonged to, never would have expected to find myself in the wood shop of Portage Northern High School.

First of all, I don’t even attend Portage Northern, I go to Loy Norrix. Second, I have never really been the kind of student you would think be in a wood shop for any reason. Yet, there I was, on the first day of my Education for Employment class, feeling entirely out of my depth. There’s nothing like the smell of sawdust and masculinity to make a girl feel like she doesn't belong.

I signed up for this class to get wood-working experience so I could take full advantage of the woodshops I would have access to in a college Art School, but I was not fully prepared for what I was walking into.

When I first walked through the front doors of Portage Northern, I experienced a huge culture shock. It was the whitest crowd I had ever seen in my life. While admittedly I’m not exactly the poster child for “cultural diversity,” my school definitely is.

Since the first grade I have attended Kalamazoo Public Schools, often seen as “urban.” In other words, I’ve sat next to students from almost every background imaginable, from Syrian refugees, to hispanic kids who crossed the Mexican border when

they were six. So for me, the fact that there exists a place as caucasian-centric as Portage Public Schools is bizarre.

But what really freaked me out was the occupants of the class itself, who can be categorized into two groups.

A) The demography of the class was entirely white males. May I just say that nothing makes gender inequality more obvious than the entire class turning your way at the slightest reference to the female gender. The teacher even acknowledged that there will be an easily identifiable difference in how I would be treated compared to my classmates due to the fact that I am ‘a lady.’

B) The kind of students that make up the class. Let’s just say that the majority of guys in this class are not those whom I would normally find in my “advanced” academic circles. It has been, point blank, stated by both students and the teacher, that there are individuals that are in that class solely because they do not do well in a standard academic environment.

I am surrounded by self-identified “dumb jocks.” That in addition to the political opinions thrown around in that class made my hair stand on end. Let’s just say I’m one very liberal fish in a sea of republicans over there.

The antics of a male-dominated class

have overall been something I still need to adjust to. My teacher’s booming voice makes me jump every time, my classmates do irrational testosterone driven things, and I’m still trying to really find my way into the social structure of the class.

I’ve seen a kid get reamed for accidentally burning the palm of their hand with a propane blowtorch. I’ve watched students monumentally mess things up because they refuse to admit that they’re wrong. I’ve heard stories of injuries sustained in that class that are enough to make make a weaker person flinch at the distant sound of a power drill for the rest of their life.

I have had to school my peers on on the how offensive their assumptions about my school district are. I’ve listened to my classmates’ ridiculous arguments about who would win in a fight (apparently I have been deemed to be able to wipe the floor with everyone).

Yet I have begun to feel like this is a place that I could truly belong. I somehow managed to garner major respect in the eyes of my fellow students. It might be due to the fact that I organized and labeled the entire finishing room, the room where we paint and stain everything, or because I have made it clear that I will not accept any flack from anybody. Perhaps it’s just

because they all think I could wipe the floor with them. Whatever it is, I have started to get past all of the things that initially made me uncomfortable with this class and have started to develop a community within this wood shop.

Yet I wonder if the reasons why my EFE is so lacking in diversity is because others were unable to get past the things that initially made me uncomfortable when I first started.

While I admit the thought of a homogeneous population can be daunting to many, one should not let that fear stand in their way. Diversity can only be achieved if you force yourself into the population. These classes and the industries they represent are always in desperate need of new viewpoints, whether it comes from from women or people of color. There is no reason why you can’t be that viewpoint.

While it may be hard to adjust to this kind of demographic, honestly, you will end up opening yourself and your peers up to new experiences and ideas that will do nothing but help you. I’m gaining skills and friends that I would otherwise never encounter. I’ve grown as a person. I’ve come out of my shell. I’ve developed a “vibrant personality.” While I can’t guarantee that your experience will be the same as mine, honestly you won’t know until you try.

LACK OF FOCUS IN SCHOOL: HOLIDAY EDITION



PHOTO CREDIT / AUDREANNA DUNTON

Omarion Morgan, tired Loy Norrix sophomore, taking a nap during Earth Science. More and more students are losing focus in school due to distractions like a lack of sleep.

AUDREANA DUNTON ASSISTANT BUSINESS MANAGER

As the seasons change, mindsets change too. Summer has officially passed, and the chilly winter days are here. However, even though some people may not be looking forward to this drastic weather change, they still manage to muster up some holiday spirit, and are ready to celebrate and spend time with loved ones. Time usually seems to go by a bit slower than usual. Many students simply can’t wait for school dismissal, especially for holidays such as Christmas and New Years.

Just as seniors in high school anxiously

await graduation in the spring, the majority of students simply can’t wait for winter break. As the weather gets colder and the snow begins to fall, students start to become restless in the classroom. Students catch themselves staring aimlessly at the clock, cherishing every hour that passes by. A couple weeks of fun festivities are quickly approaching, and for students, this time couldn’t pass by any sooner. The majority of students tend to “checkout” right around the time after Halloween ends.

“Yes, I find myself getting very anxious

before break, especially now that exams are after break. Most of the time it is my peers who distract me,” said sophomore Ella Schnell.

As for the remaining time before the first break begins, students find it increasingly hard to continue to work diligently during school hours and to keep up with their extracurricular activities and homework commitments.

Students become less focused on taking notes, and preparing for their upcoming tests and finals and more focused on gazing out the window and watching the snow fall.

However, even though the majority of students find it harder to take school seriously right before the holidays, some students find it even easier because they start getting more motivated and are ready to give it their all right before a well deserved break.

“I would say it is a lot easier to concentrate and work in school right before a break because I am looking forward to not being in school and have a goal in mind to get all my work done,” said senior Evie Bartley.

Even though students are getting absorbed by distractions easier than ever around the holidays, they still have to manage their self-control in order to maintain their grades and to pass their final exams. Students can do this by staying organized, studying in study groups and listening to music to help with concentration.

Some students find the upcoming breaks as motivational, while on the other hand, some students find the wait until the first break as a marathon. However, the schedule this year had students leaving school for Thanksgiving Break for a week, then coming straight back to taking final exams, which a challenge for some students.

“I feel like kids aren’t going to be motivated after break to get something done as serious as finals,” said junior Isaiah Hobson.

As we creep closer and closer to some time off of school, students should keep in mind that the decisions made before departing for break will still impact them once the normal school schedule resumes.

Students seem to get so distracted for a variety of reasons. Students mainly get distracted by the thought of upcoming relaxation, vacation and being reunited with friends and family.

“I get distracted anytime even if it isn’t before a break. But probably just knowing I won’t be in school so I have less of a motive,” stated junior Joseph Domanick.

Students need to try their best to not fall into the pit of distraction because it leads to a lot of extra stress that could have been prevented or at least reduced.

“I act as if they are normal days and thinking about the breaks as rewards for all of my hard work during school,” stated sophomore Jorelle Weaver.

Students may find themselves getting distracted, however, it is very important for students to try and remain as focused as possible as the holidays approach. While students complete assignments and stay determined during school hours, they will be less stressed out over break for they won’t have assignments looming over them.



Rawya Rageh giving her opening statement about her experiences with fake news. From left to right: Elissa Kedziorek, Rawya Rageh, Ben Lando and Gordon Evans.

HENRY SNAPP WEB EDITOR

In an increasingly complicated age of mass media, it has become of paramount importance to separate real news from fake news. ‘Fake news’ is biased or untrue information presented as facts. The trend of labeling some news sources as ‘fake news’ has destroyed the credibility of perfectly honest news stations and threatens to destabilize the entirety of the free press. Placing these labels starts us down the slippery slope of censorship, eventually ending with a completely state-run media. President Trump labeling CNN as ‘fake news,’ and refusing to answer question from them show us that this process has already begun. The concerns over ‘fake news’ is what brought four experts together to answer questions from the Kalamazoo community. The Q&A met in the Bernhard Center on Nov. 11, 2017, quickly gave opening statements, then opened

the panel to questions. The experts, Rawya Rageh, Ben Lando, Sue Ellen Christian and Elissa Kedziorek, are all journalists or teachers of journalism. Rawya Rageh, the featured speaker, is a Senior Crisis Adviser for Amnesty International. She previously worked as a journalist in the Middle East and Africa, covering events like the Iraq war and Egyptian Revolution. Rawya Rageh began the night by stating, “There’s nothing new about fake news... these debates go back to the Romans and Pharaohs. It’s a problem in the US because of the impact it may or may not have had on the [2016] election,” referring to the allegations of the Russian government colluding with Trump to win the election. “The number one thing we need to do is to differentiate between what fake news is and what sloppy news is,” said Rageh. Ben Lando, founder, publisher and editor of the Iraq Oil Report and former Knight Life reporter, further explained, “The media makes mistakes, but they make corrections or retractions and they’re able to move on. Then you have intentionally sloppy journalism, using misleading quotes to push their agenda.” Journalists often struggle with reporting the truth because of implicit bias, the different views and opinions they have that effects their coverage on a topic. “It takes a lot of awareness and training to realize that we all look at the world in a certain way,” said Sue Ellen Christian, Professor of Communication at Western Michigan University and Loy Norrix alumni.

“It takes a lot of awareness and training to realize that we all look at the world in a certain way,” said Sue Ellen Christian, Professor of Communication at Western Michigan University and Loy Norrix alumni.

media based on the the mistakes a few sloppy journalists cannot be accepted. It’s not just America that’s affected by ‘fake news.’ The US allowing this misuse of media could begin a domino effect would change how the whole world sees media. “Even though I’m not [born an] American, I know that we [news outside of the US] hold America to a higher standard. If they see that America lets this happen, they’re going to think it’s ok for them too,” Rageh said. Rageh was born in Cairo, Egypt, and began her journalism career as an intern for the Associated Press. But all hope is not lost. Anyone can join the fight on fake news by taking these simple steps before reading an article: check the date, check the source, check for spelling and grammatical errors, check that the URL doesn’t end with .com. co, check for inflammatory wording and check for clickbait headlines. If the article shows these signs of ‘fake news,’ the information could be biased or untrue, so don’t share it with anyone.

The importance of this distinction cannot be overstated. Censoring all

NORRIX POSITIVELY AFFECTS THE LIVES OF STUDENTS

JAELYN ANDERSON BUSINESS MANAGER



Princess Mboup playing the flute in her symphonic band class

Freshman Princess Mboup said, “As a current freshman in Loy Norrix, this school has opened me up to a variety of diverse backgrounds and exposed me to many new and pleasant experiences, [like] the dances, sports events and afterschool activities here.”



Skylar Clay working on her classwork in geometry

Sophomore Skylar Clay said, “As a freshman I played football and this year; I was the football manager. Being on and around the football team for Norrix really helped me build relationships with such unique people that I never thought I would have. The teachers are really understanding by trying to help and much as they can and bond with the students well. It’s such a well-rounded school.”



J’viohn Sirrine talking to another student during lunch

Sophomore J’viohn Sirrine said, “I started at Loy Norrix last year, and since I’ve joined I’ve had really great expressive opportunities. Choir has always been a safe haven for me, and I’ve always felt comfortable there. I have also met a few great teachers, like Ms. Pellegrino, and they really care.”

Loy Norrix High School is a second home to hundreds of students who are greatly affected by all the events and people here. Even though there have been negative things that happen at Norrix, there are a lot more positive things that nobody hears about. Here are some students explaining how much Norrix has affected them in a positive way.



Tristen Morales standing by Aaron Fox while listening to another student speak

Junior Tristen Morales said, “I’ve grown so much as a person. I had to find what I was interested in and joined everything from choir to sports. I enjoyed the many available extra curricular activities that I did. Joining the football team taught me about hard work, adversity, family and teamwork. Choir and drama taught me about how to break out my shell and take risks to expand my options for the future. My language class taught me about breaking the barrier between people and being able to accept diversity and just people being different in general. Although Norrix may not have the best reputation when it comes to the public eye, we at Loy Norrix are a family. Our programs are not just programs, they are classes in which you learn valuable life lessons in new and exciting ways. Regardless of the media coverage, I am proud to be a Knight. I have become more mature, and I definitely feel not only prepared for college but for real life. We are exposed to so many things, not all are positive, but all nonetheless are real and they prepare us for the real world where we will need to be able to accept and adapt to whatever life throws at us.”



Amaya Al-Daeen working in class.

Sophomore Amaya Al-Daeen said, “A good experience I’ve had at Norrix is when I couldn’t get through school because of all the stuff I was going through, but the teachers had come together and helped me out, gave me a pep talk, and helped me get my grades up before the tri was over.”



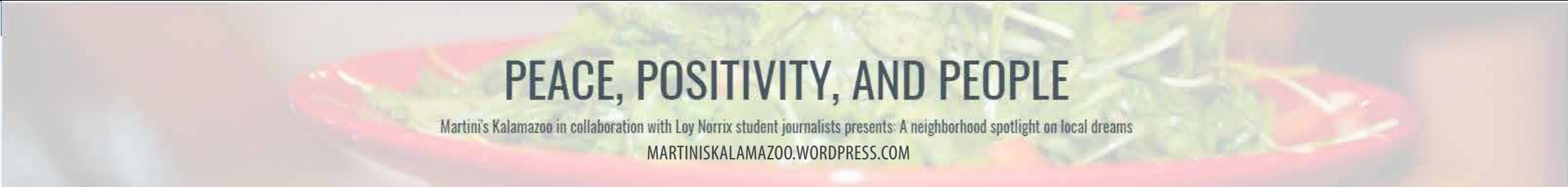
Paula Zuniga writing an article in yearbook.

Junior Paula Zuniga said, “Norrix has really raised me. My freshman and sophomore year I did choir and dance at Norrix. This really helped me to meet new people and get over the fear of being on stage. Norrix is so diverse and I really appreciate that because I’ve learned so many different things and seen life a different way because everyone is so different.”



Fati Diallo at lunch posing for a photo

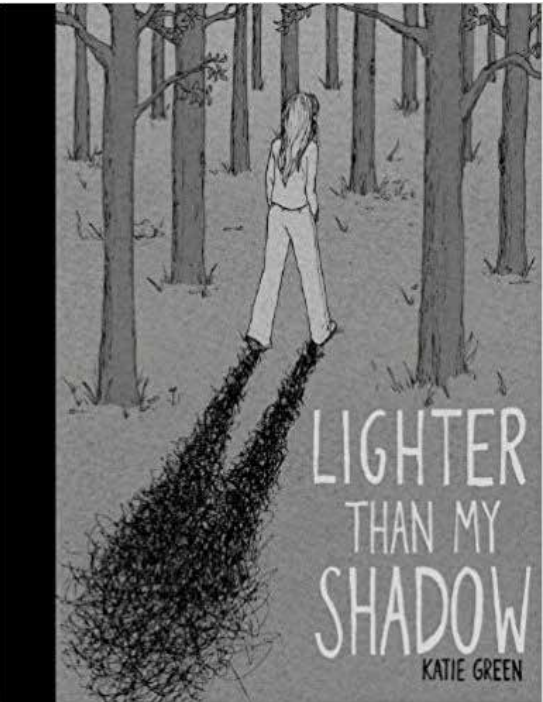
Senior Fati Diallo said, “I am in the Loy Norrix Drumline and I play the bass drum. I love it so much because it makes me really happy. I love the people and I’m really close to them, they are like my family.”



BOOKBUG EXPANDS TO SATISFY ALL AGES

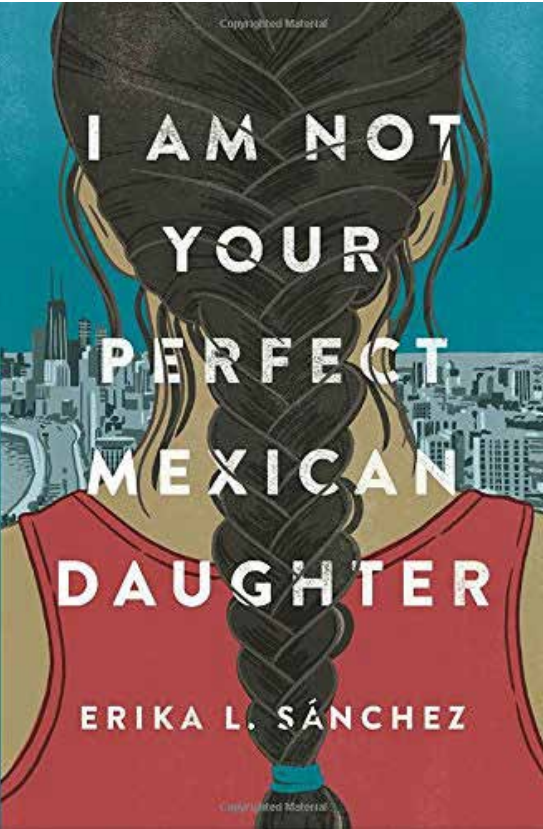
SEBASTIAN RODRIGUEZ ASSISTANT WEB EDITOR

Lighter than my Shadow by Katie Green



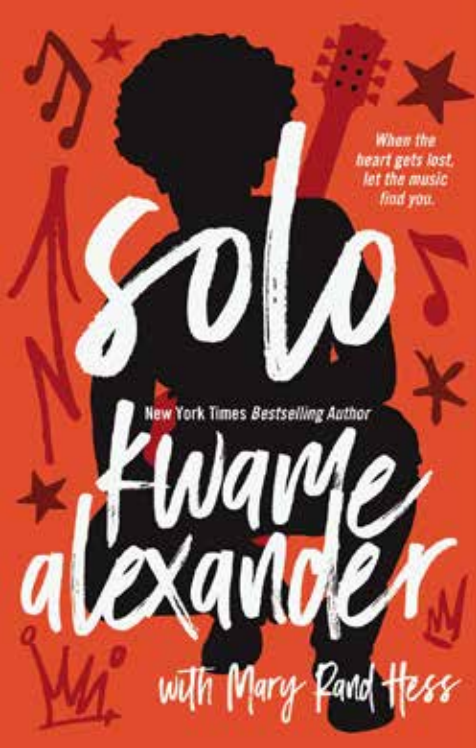
Katie Green wrote and illustrated this amazing graphic memoir about disordered eating. This is a powerful and poignant story about how the pressure to be perfect can be just as destructive as not caring at all.

I am not your Perfect Mexican Daughter by Erika L. Sanchez



Julia’s clear from the get-go that she’s purposely unaffected by her parents’ strict expectations, sister’s “good girl” life--untimely death, and the seemingly senseless paralysis of her family thereafter (though as far as she’s concerned they’ve always been this way). It takes the hubris of being fifteen as a first-generation Chicagoean, and the ability to choose a very few, functional peers and one remarkable teacher to trust--for Julia to survive her high school years. Only then can she lean on her emotionally generous (even if geographically distant) Mexican relatives who piece together a much fuller story of her family and allow her to embrace her obligation to her history, her family and most importantly HERSELF.

Solo by Kwame Alexander



Having grown up in the shadow of his rock legend father and the relentless stories surrounding his dad’s struggle with addiction and mother’s death, seventeen-year-old Blade Morrison isn’t content with the rhythms and beat of his life. He takes comfort in the rebellion of a forbidden relationship with his girlfriend and a cross-world tour that reveals a hidden family secret and his own coming-of-age into musical talent. This entire tale is told in verse that reads like a fantastic rock ‘n roll song.



PHOTO CREDIT / OLIVIA ELY

Derek and Joanna Parzakonis sit on a couch in their new bookstore, This is a Bookstore. They have been running Bookbug since 2008.

Bookbug is a book store that has expanded from a small store focused on children, to a larger book store that accommodates literary interests for all ages. Bookbug was founded in 2008 by Joanna and Derek Parzakonis. Bookbug is located at 3019 Oakland Drive, with the new store, This is a Book Store, located right next door. “We opened as a kid’s only book store. So we were serving kids through ages 0 to what we claimed to be 24. Our teen section was definitely vibrant at that time, but we were half the size of our current Bookbug,” said Joanna Parzakonis. Bookbug hosts a variety of events like book fairs, writing workshops, poetry slams, book discussions and book signings. Some of the most famous authors they have hosted include Amy Goodman, who wrote “Democracy Now!: Twenty Years Covering the Movements Changing America,” and Lindy West, who wrote “Shrill: Notes from a Loud Woman.” This is a Q&A with Joanna Parzakonis about the opening of This is a Bookstore [their new book store] as well as the essence of Bookbug as an independent company that serves the Kalamazoo community.

WHAT PROMPTED THE CREATION OF THE NEW STORE?

In 2011, we expanded Bookbug’s space, to accommodate the fact that we had a growing customer base and we had a growing event calendar. We needed to accommodate to the ability to host crowds in our store, mostly crowds of children. But at that time the physical expansion of our store also came with a bigger desire to serve the community in other ways. We did begin building our general interest inventory in a more intentional way. Derek and I especially are avid readers and always have been and always dreamed of expanding the store into serving adults as well, and to feature non fiction books that we love. The expansion took place over the next four years and in the last two years especially our events calendar and our customers and our service to the community has really been across the age span of 0-100 that we now serve. Some of the events that we are hosting are events that are targeted towards children and adults, and other non-author events too. We are independently owned, Derek and I own the family business and Bookbug as an entity. This is a bookstore where everybody is welcome. All of our general inventory is now housed in our new location. We now have the capacity to fulfill the orders for schools in a far better physical way than we ever had. It has been really important to us to build our relationship with all of the school districts and other organizations that are interested in our store/books. We now have the ability to host crowds of 100-150 people who would come out to see someone like Lindy West or someone like Amy Goodman, who was here having a conversation about a new book and was drawing those kinds of crowds that we now have the space for. This new space allows us to serve people in a more complete way by including the cafe along with other things.

WHAT ADVICE DO YOU HAVE FOR SOMEONE WHO WANTS TO START THEIR OWN BUSINESS ONE DAY?

Follow your passion. You can’t start a small business without having a very real passion about making it work. Care deeply about whatever is it your selling or providing through that business. You’re going to work your tail off and that’s okay and that’s wonderful, but it’s only wonderful and okay if it’s something you care a lot about. Derek and I care like crazy about books and storytelling about nurturing voice in our community, and that’s what this business is. We couldn’t work our tail off every day if we didn’t care about it, so build a business plan around your passion, not the other way around. Make your passion fuel what that business plan is, and I promise you that the other pieces will fall into place. There’s obviously a lot of other pieces with a business plan, but everything will fall into place if you deeply care about what you’re doing.

Bookbug is a unique place to check out for book lovers of all kinds. The staff of Bookbug has taken time to pick out and summarize six book titles that they think will engage the Loy Norrix community.



PHOTO CREDIT / OLIVIA ELY

This is a custom wall built by Derek in which old books make up the wall. This wall took over 100 books to build and it is featured at their new store, This is a Bookstore.

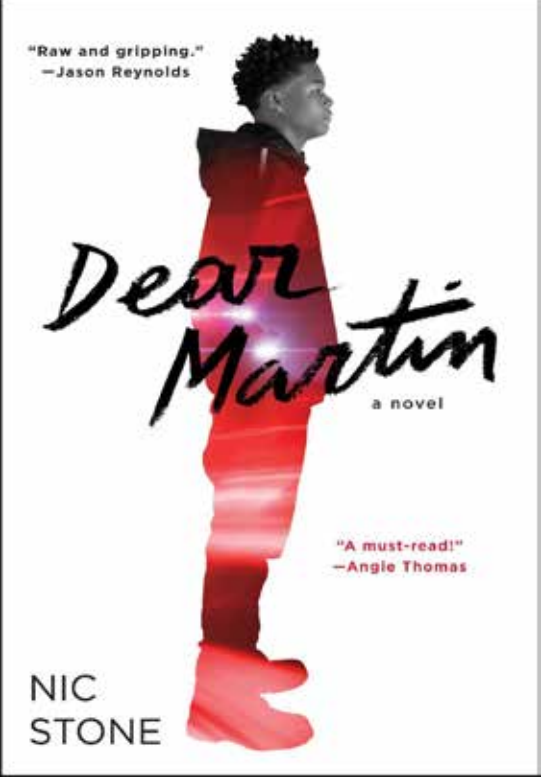
The Hate U Give by Angie Thomas



ANGIE THOMAS

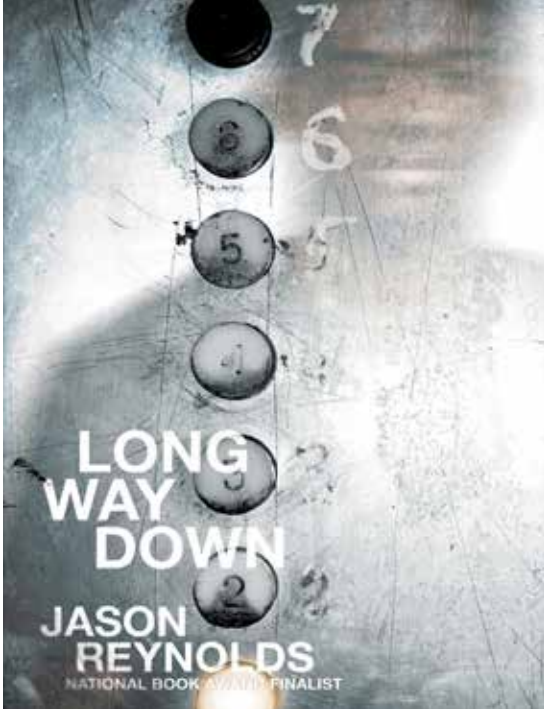
This teen read-of-the-year is the best kind of required read: told in a voice every teen will recognize and exposing a truth well-known. Sixteen-year-old Starr Carter is the only witness to her friend Khalil’s fatal shooting by a police officer. She is overwhelmed by her responsibility to testify about this incident and speak out in his memory. Having to do so means that the boundary will crumble between her majority white-privileged school life and her identity there as the, “cool black girl,” and home life in which her father, a former gang-member wants to make their tough neighborhood a better place. Starr’s place at the apex of justice, age, race, gender, class, and her ultimate decision in homage to her friend and to her place in the world--make her a voice, and this a story, everyone should hear.

Dear Martin by Nic Stone

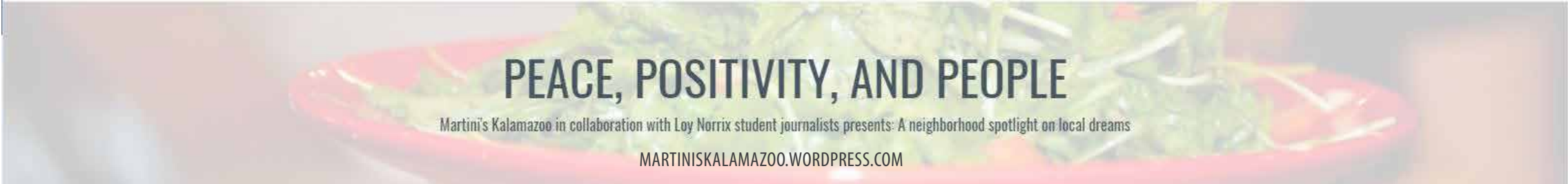


The best way to recommend this book is in this message we wrote to its author: Dear Nic Stone, Thank you for writing this story, knowing this teen of 2017, understanding this reality, and imagining in the clear-headed, searching, beautiful letters he writes to Martin Luther King Jr., how the civil rights leader’s work and dream for humanity is not yet achieved and still very much alive today.

Long Way Down by Jason Reynolds



This riveting story, told in urgent, precise verse takes place in just 60 seconds down an elevator. This is the time in which Will slowly, quickly, and by way of those who enter or exit at each floor-- understands what he must do in response to his brother Shawn’s recent murder. A gripping and powerful story for anyone who likes words that get straight to the point.



DOWN DOG YOGA CENTER: CONNECTING YOGA AND THE PEOPLE

DEVON GROSS FEATURE EDITOR

To most people, downward dog is a yoga position that bends the human body into a strange form to help people relax. However, in Kalamazoo, Down Dog is a yoga studio which serves as a home to a unique community of people. Owner, Kristin Fiore, first opened the doors to the Down Dog Yoga Center on April 1st, 2014. After years of teaching and working at other yoga studios, Fiore made the decision to open her own studio in Kalamazoo.

“I wanted to open a studio that would create a home base for yoga and community in the Kalamazoo area,” said Fiore.

With many connections in the downtown area, the Down Dog Yoga Center was welcomed into the community with open arms by members of the community actually helping to prepare the studio to open and take off running.

“Before the studio actually opened, we had to

prepare and work on the space, all the walls here were hand painted by people who volunteered and helped us,” said Fiore.

Over the past decade, the number of people who have participated in yoga, has skyrocketed. According to Yoga Alliance, from 2012 to 2016, American yoga participants increased up to 90 percent for a grand total of approximately 36 million Americans who participate in yoga as a whole.

Yoga is essentially a mental and physical connection to put a person in a state of relaxation. Over 5 thousand years ago, Indian people of the Rig Veda tribe started doing yoga to connect their minds and spirits to reach an overall state of relaxation.

In America, yoga has evolved from the teachings of the Veda people which was initially supposed to be a process that rejuvenates the body and the soul, to become more of a routine for physical fitness and

stress relief. Due to this modern evolution, yoga is commonly misconceived to be an activity for people who are only vegan or hippies, when in reality, anyone can participate in and enjoy yoga.

“When you pick up a yoga magazine, it primarily pictures young, light, skinny, bodies and that’s not the only community we are trying to create,” said Fiore.

The Down Dog yoga Center has many programs that reach out to people of all ages. For instance, they offer a ‘campus flow’ class specifically designed to be both physically and financially beneficial to college and high school students.

“It’s hard to navigate a teen life, and yoga can help young people become more aware of themselves and their surroundings,” said Fiore.

The Down Dog Yoga Center also offers walk-in classes which require no appointment and massage

therapy as another option to help people relieve stress. “Community is a big part of what we do as a studio, and we love being able to be a part of the connections people make in their lives,” said Fiore.



PHOTO CREDIT / EMILY LEWMAN

Kristin Fiore guides the class before they start their activities. Stretching helps loosen their muscles before they jump into new yoga positions.



PHOTO CREDIT / EMILY LEWMAN

People stretch before their Yin Yang Yoga Class. The Friday afternoon class is mixed level class that is offered at the beginning and end of the week to relax ease people in and out of the stressful work week.

TNT, A TOUCH OF SOUL: FAMILY OWNED AND PHENOMENAL

ALEX VONHOF SOCIAL MEDIA TEAM

“I have to embrace every last crumb, that’s how good it is,” said Loy Norrix senior TJ Powell about TnT, A Touch of Soul, a local barbecue place in Kalamazoo located at 112 East Cork Street.

TnT was started by Katisha and Terrance Burton, who met at a cooking class at the Van Buren Technology Center in Lawrence, Michigan. During the school year of 1993-94 they started dating. Terrance was a senior and Katisha was a junior in high school.

For her 31st birthday, Terrance threw Katisha, otherwise known as Ms. Tish, a party at her sister’s apartment complex. Having moved from Covert, Michigan to Kalamazoo in 2006, they didn’t really know too many people at the time, so Terrance invited the entire apartment complex to the party.

They cooked a variety of different kinds of barbecue, which turned out to be a big hit. The residents of the apartment complex started coming up to them and telling them that they were crazy to not sell their barbecue hits. This idea took root, and eventually they



PHOTO CREDIT / ALEX VONHOF

Ms. Tish talks to a customer in Tnt, A Touch of Soul. The customer chose to remain unnamed.



PHOTO CREDIT / ALEX VONHOF

Pictures of owners Katisha and Terrance Burton located in TnT, A Touch of Soul. These two still are working side-by-side to make the delicious barbecue at their restaurant.

opened the restaurant in October of 2006.

Even when the restaurant opened, Ms. Tish faced challenges getting it going.

“Five years ago I was homeless selling the barbecue out of my car,” said Ms. Tish, “and people in the Hilltop apartments started telling the owner [of the apartment complex], who sold barbecue but it wasn’t good, that we should

get together and unite like a transformer.”

After those three united, they were truly unstoppable and have made excellent barbecue since.

Ms. Tish and Terrance have made barbecue since the restaurant started, and it’s always been a family business.

“My sister, daughter, husband and niece work here,” said Ms. Tish. “I’m a mother, wife and business

owner with no experience. We’re just living and loving each other. One family.”

Ms. Tish’s family is from Brownsville, Tennessee, so the food is a Memphis style barbecue. Memphis style barbecue means that the meat is slow roasted, and can be described as either “dry” or “wet,” describing whether there is a rub, for dry, or a sauce, for wet, on it.

“It taste so good, make you want to smack your

mama,” said TJ Powell.

The menu includes pulled pork sandwiches, racks of ribs, fried chicken and nacho fries, along with many other barbecue combinations.

Ms. Tish said that there was a really important lesson that she took away from her journey starting the restaurant: “It’s important to never give up, no matter the obstacles in your life.”

Ms. Tish and Terrance are currently getting ready

to open a new sit-down restaurant. Her plan is to open it in December, 2017, on Riverview Drive, although she doesn’t know the exact address. The theme of the restaurant is still barbecue, but Ms. Tish wants to do a lot with potatoes and putting things such as crab legs or shrimp on top of the potatoes.

NOVA VR BRINGS EASY ACCESS TO THE GAMES OF THE FUTURE

ZACHARY LIDDLE PHOTO EDITOR

When you hear arcade, you probably imagine cabinet games like Galaga or Mortal Kombat, lines with no end, and waiting to pay tons of quarters for minutes of fun depending on how you play.

Nova has come to change that. Nova VR, at 806 S. Westnedge Ave. in Kalamazoo, is a virtual reality (VR) business allowing customers to rent a room and use the HTC Vive VR headset.

Virtual Reality is the form of media that is able to put you in the middle of the event and interact to the fullest extent, as long as the technology allows it. Headsets typically cost around \$800. Nova allows easy access to test out the world of virtual reality without destroying your bank account.

Partners Ryan Edgar and Bill Brieger started designing Nova early last summer and opened the last week of December 2016. They have brought the future of gaming to Kalamazoo in the form of a financially efficient and easy way of entertainment. The partners started by building and designing the inside of the arcade, including the VR rooms and lobby.

“This place was just studs, and we built it from the ground up,” said partner Ryan Edgar.

Nova runs with separate rooms all being

accessed on their own desktop towers, built for maximum gaming pleasure. All units were personally built by the owners and employees using EVGA supercharge 1080 graphic cards.

Brieger and Edgar created this establishment with the idea of an inexpensive use of the rooms to encourage repeated customers and begin a relationship.

Nova allows the customer to rent a room for \$20 an hour and play most VR games on the Steam video game store. The games are interactive and immersive while visually beautiful and unique, depending on the developer of the game.

“It was really fun, the staff was super nice and really helpful when we had questions,” said Loy Norrix senior Drew Strand. “They didn’t want us moving around the room so we wouldn’t hit the walls, but that was impossible because you were immersed in whatever game you’re playing, whether you’re a space pirate or in a bar fight.”

Reserving a room at Nova can either be done over the phone or online at novavr.net and soon you’ll be enjoying Virtual Reality.

Some popular games they have available are:



PHOTO CREDIT / ZACH LIDDLE

Employee, Ian Jeffrey, shows his skill playing Arizona sunshine. He quickly fights off hords of zombies.

Virtual Rickality
A story in the world of the TV show, “Rick and Morty”.

Rec Room
Play online games like Ping Pong and Paint Ball while talking to other players across the world.

Space Pirate
Test your aim as you fight hords of robots with lasers.

Batman VR – Prove your detective expertise as you solve the murder of your old partner named Night Wing.

Arizona Sunshine
Survive a zombie apocalypse while traveling the scorching desert.

Gorn
Fight as a gladiator in an arena with an array of weapons.

MICHAELA MARTIN GUEST WRITER

Instagram is a place where you prove that dreams do come true and your style is on trend. Many people on Instagram have amazing color schemes, and others couldn’t care less about them. Instagram can show a lot about people, it can show us the way they dress, their favorite food, their favorite colors and what they do on their holiday breaks.

Walking through the halls of Loy Norrix High School, you will never see what people did for Christmas or even how they spent their summer break. However, when you are at home snuggling up and taking a break from watching “Stranger Things” season 2, you will see people’s favorite activities to do and what their favorite book is. Social media gives us the ability to see people’s lives through their perspectives.

What do the students at Loy Norrix think about their Instagram, and how does it reflects their personalities?



FRESHMAN CHRIS MAY

Spartan everywhere, this is what you will see when you scroll on freshman Chris May’s Instagram. Not only will you see the green Michigan State University mascot on his Instagram, you will see it on his clothes and his brother Nick’s clothes. Often you will see Chris in the stands watching Nick wrestle at Michigan State. Following in his brother’s footsteps, he also wrestles. His love for wrestling is shown in his Instagram bio, “All I do is wrestle.”

“Amazing, cool and unique”, is how Chris describes his Instagram and also how he views Sparty.



JUNIOR ABBY HAUKE

“Oh my god, I love this photo this tells a lot about me,” said Hauke, “I look really good in it. I took it at The Civic [a local theatre house] when I went and saw ‘Young Frankenstein’ when it was there. There was this divot on the wall, and I told my brother to take a photo of me cuz I thought I could be cool and artsy.”

Abby Hauke is a talented actress who is heavily involved in theatre and her Instagram shows it.

“Theatre means a lot to me because I’ve been in it since 6th grade,” Hauke said, “I’ve met so many of my friends there, it’s really changed to who I am as a person today.”

When scrolling down Hauke’s page you will see pictures of her with cast member and family members who are also involved in theatre.

Abby’s Instagram tells a story of friendship and theater with a few selfies here and there. Abby’s personality shines brightly through her selfies and group photos.



SOPHOMORE ELLA LEDBETTER-NEWTON

Ella describes her Instagram in three words: “nerdtastic, musical and friends.” She’s a huge Harry Potter fan even in the picture above you see her at the door of Sirius Black at Harry Potter world in Florida.

She perfectly captions the picture with the quote, “‘You’d be hard put to find a safer house anywhere,’” a quote from Sirius Black himself.

You will often see Ella competing in Forensics competition or in plays or musical at Loy Norrix, as well as local theatre houses. If Ella’s not in a play or musical, you will most likely see her at one, because that’s how into theatre she is.

Finally her last word is “friends” because Ella often posts pictures of her friends, showing the memories they have shared.

FROM INTERIM PRINCIPAL PAGE 1

other principals and staff about its value. Students and staff are now up to date about upcoming events, incidents and rules being enforced.

“The expectations of this school have been clearly communicated. Before he got here, things had started to slip a little bit, but it seems he saw that when he started spending time here everyday and got right to work,” said Matthew Porco, a social studies teacher here at Norrix since 1999.

On top of taking on the responsibility of being the interim principal of Loy Norrix, Edwards has remained the Director of Secondary Education, a position which he has held since 2013. This means that he supervises and leads secondary education principals and administrators. He also meets with the principals of eight other high schools and middle schools in the Kalamazoo area to discuss various issues, attends staff meetings and meets with the KPS Board of Education to talk over problems within the high schools and middle schools. Students and staff are also aware of the new interim principal of Loy Norrix and the important role he is now playing in leading the school.

Some students are skeptical of his ideas and whether he is a good principal. Several have critiqued his work, but over all think he is doing his job well.

“He has taken an active leadership role since the first day he has been here.”

“I feel he’s qualified, he’s got experience with the position,” said junior Oscar Bogan.

Students aren’t the only one’s impressed by the work and ability of Edwards. Teachers, are also quite impressed by how fast he has adjusted to his position and taken charge.

“It’s clear that in the first days that he’s been back that he knows this building and sees things we need to improve upon for our building climate,” said Porco. “He has taken an active leadership role since the first day he has been here.”

So let us continue to warmly welcome Edwards. Stop in and say ‘hi,’ say ‘thank you for being here’ or acknowledge him if you see him in the hallway. He’s just a regular, friendly, down to earth guy looking out for Norrix students.

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TIMBER RIDGE



THE LADY KNIGHTS MAKE WAVES WITH HISTORIC WINS

ZACH SKINNER STAFF WRITER

The Lady Knights swim and dive team has had many great accomplishments this year, including a record of 7-3 and several great invitationals. One of their biggest is their victory over Battle Creek Lakeview, beating them with a score of 110-76 and putting a mark in the history books.

This is the Lady Knight’s first time beating Lakeview since the women’s swim program started in the early 1970’s. Lakeview is always a force to be reckoned with, having countless conference championship banners hanging on their pool deck.

Coach Paul Mahar has been working to build up the men’s and women’s swim programs over his past 14 years coaching. He’s accomplished this by helping to build youth ‘learn to swim’ and competitive swim programs with Communities in Schools for the Kalamazoo/Portage areas.

Now, after having helped create a club program for ‘off season’ and youth training along with a middle school competitive co-op team for the Kalamazoo Public Schools district, he’s finally seeing the results. After spending years building a base for his athletes, coach Mahar has been able to reach new heights with his teams.

With a strong group of freshmen that swam before entering high school and good swimmers training year round throughout every class, the future of the Lady Knight’s swim team looks promising.

“The girls are looking very strong this year,” said senior manager Reilly Malpass.

“The teams going to get really good in the next few years,” said senior manager Mitchell Mansfield. Having placed 7th, 3rd and 1st in the conference over the past 3 years, with the men’s team seeing similar progress, both managers see a bright future for the women’s team.

Mahar has strengthened the swim program



PHOTO CREDIT / ZACH SKINNER

Swimmers prepare to start the 50 freestyle. The start of this race is very important because the finish often comes down to hundredths of a second.

all round by getting kids to commit. With morning practices 3 days a week, a 2 hour practice everyday after school and 2 hour practice every Saturday morning, it’s no small feat to do what these ladies do.

Most sports teams practice for 1-3 hours after school

Monday through Friday, while these ladies put in around 27 hours every week in the pool on top of all their school work and their social life.

SEE SWIM PAGE 14

DEDICATED FALL SPORTS PLAYERS FACE INJURIES

OLIVIA ELY OPINION EDITOR

Three Loy Norrix High School students have faced and overcome minor injuries that have affected their fall sports seasons. Although the injuries were detrimental to their playing for a period of time, the student’s recovered from their injuries with minor long-lasting effects.



PHOTO CREDIT / KRISTI JOHNSON

Senior Hunter Stoken remains calm on the sideline as he watches his team push themselves for the win. He’s on the sideline due to his strained calf, but continues to support his team no matter what.

STOKEN STRAINED IN GAME

Senior Hunter Stoken plays wide receiver on the Loy Norrix Varsity football team. He has dealt with a strained calf muscle in his left leg for several months due to multiple falls.

The calves are made up of two long muscles on the back of the shin bones.

According to Football Rescue, strained calves are very common in football due to the extreme force put on the calf muscles, which stretches them beyond their capabilities.

When a calf is strained, the small muscle fibers that make up the calf tear, then blood fills the wound and create pain. Scar tissues then fill the new injury/hole in the muscle, and in a sense, pulls the healthy fibers together.

Stoken’s strain began in the summer of 2017 when Hunter jumped a fence and landed on his leg wrong, but he didn’t give his calf too much attention.

The following sprain happened two weeks into the football season when Stoken got picked up and dropped, landed on his leg wrong once again, and the injury worsened.

“As soon as I hit the ground I felt a sharp pain in my [left] calf and I couldn’t get up,” Hunter said.

As a result of Hunter’s sprain, he was unable to practice or play for three weeks.

“I don’t have the ability to perform basic movements such as running, sprinting, and jumping,” Hunter said.

This strain has had a huge impact on Hunter’s varsity football season, which prevented him from playing for three weeks.

SIERRA’S SWING SUFFERS

Junior Sierra Knight plays on the women’s varsity volleyball team as an outside hitter. She suffers from a tight rotator cuff due to excessive hitting without proper stretching.

“I went to the athletic trainer everyday to prevent it from getting worse, and I’m just happy that I didn’t have to limit my playing because of it,” said Sierra.

According to Healthy Living, the rotator cuff is a network of muscles and tendons that join the shoulder joint together.

The repetitive movements of swinging your arm to serve, spike and set can irritate both the nerves and soft tissues around the shoulder leading to pain, tenderness, and limited range of motion.

Sierra’s injury started affecting her hitting on August 30, 2017 while at a quad at East Kentwood High School.

In the middle of her third game against East Kentwood, Sierra started to feel a sharp pinch in her right shoulder. This soon developed to an inability to fully swing her arm while hitting. Sierra was taken out of the game to sit the bench for the rest of the night.

“I was feeling helpless because I wanted to play and be a part of the team but couldn’t. Then I realized that I didn’t have to be playing to be a part of the game,” said Sierra.

To treat and prevent Sierra’s tight rotator cuff she heats her shoulder for five to seven minutes before practice and ices her shoulder after practice



PHOTO CREDIT / PAUL GUIMOND

Junior Sierra Knight is pictured tipping the ball over the net earlier than anticipated. The Knights spent their season focusing on their offense, specifically at the net.

for fifteen minutes every day.

“When playing sports it’s very important to properly stretch before games so there aren’t any injuries during or after a game,” said Sierra.



PHOTO CREDIT / VIVIAN SEGOVIA

Sophomore Carlos Santos picks the ball out of the net and is determined to not let any ball pass him. Carlos takes being goalie very seriously and has continuously pushed through the season despite past and recent injuries for the sake of the team.

CARLOS STRAINS THE GAME

Sophomore Carlos Santos is the goalie on the men’s varsity soccer team. Carlos tore his right ACL when he was in sixth grade and four years later experienced a similar feeling while playing Battle Creek Lakeview on October 3, 2017.

“I felt scared but I also felt selfish and didn’t want to come out of the game, so I kept playing until my coach pulled me out. Once I got pulled out, my knee was in a lot of pain and I thought that I might of fractured something, but thankfully, it wasn’t major,” said Carlos.

The Anterior Cruciate Ligament (ACL) is one of the four main ligaments within the knee that connect the thigh bone to the shin bone. The ACL’s purpose is to prevent the shin bone from sliding out in front of the thigh

bone, and can be injured by a sudden deceleration or landing maneuver with the leg in a vulnerable position.

According to MedicinePlus, ACL injuries are one of the most common knee injuries among athletes. ACL injuries are very common because the ACL is in a vulnerable place within the body, as well as lots of strain is put on the ACL.

“If the calf muscles are not absorbing the force, and if the knee is not in the proper position, the knee buckles, and tears the ACL,” said Dr. Boden from MedicinePlus.

While Carlos was playing Battle Creek Lakeview, he was kicked in his right knee and was taken out of the game. His whole leg was very swollen and became badly bruised since then. Carlos was out for a week and missed

one game.

Although Carlos only has a bruised knee, his parents are concerned that due to his history of injuries, this could spark problems with his right ACL.

“My mom was scared because I’ve already torn my ACL, and she doesn’t want anything else to happen to me,” said Carlos.

When Carlos originally tore his right ACL, he was out for nine months. He had to walk with crutches and couldn’t play any sports. He had to go to physical therapy twice a week to re-learn how to walk.

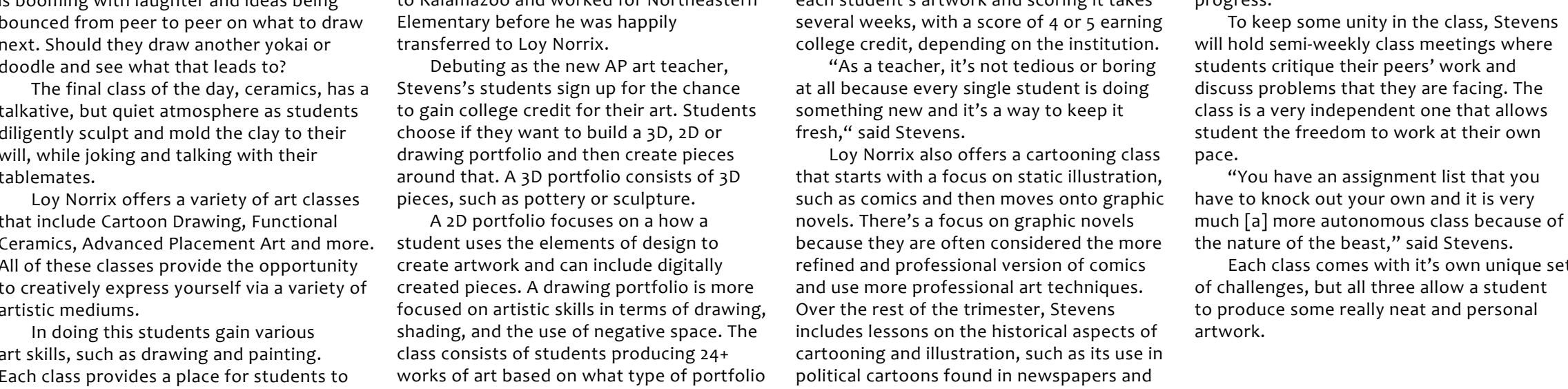
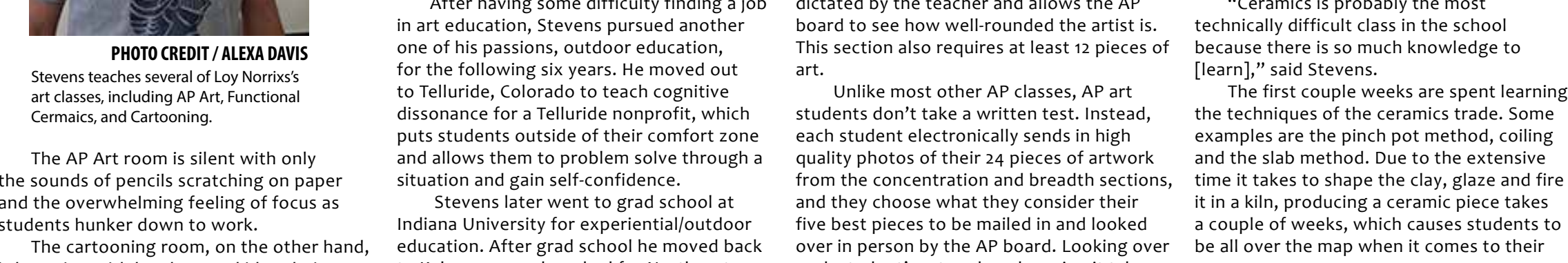
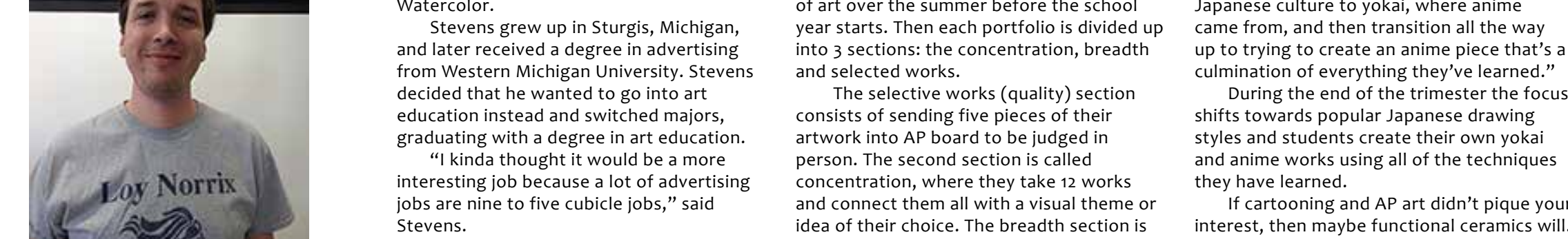
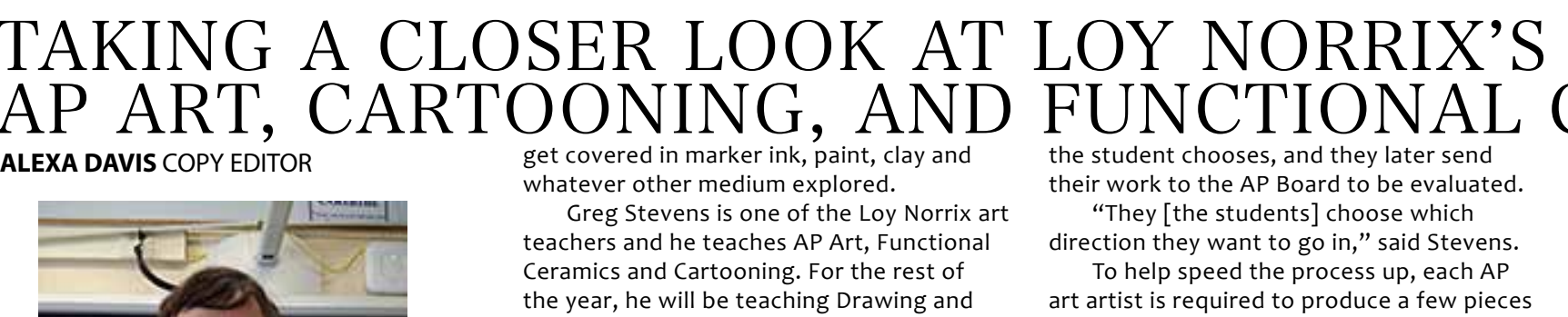
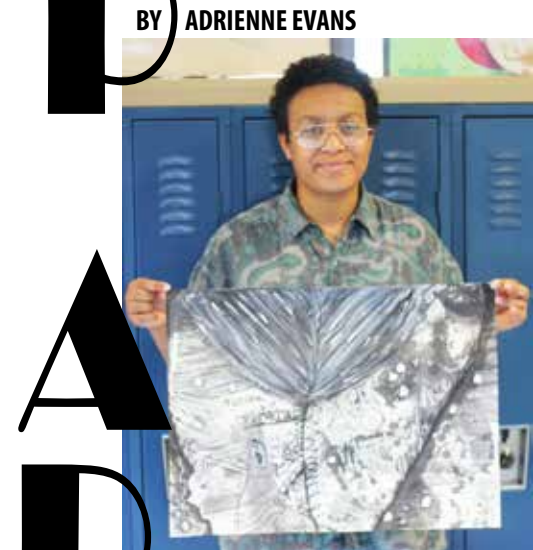
“It [was] like learning to walk all over again. I had to slowly start moving, at first I had to use a cane and crutches, and slowly I began to be able to walk again,” said Carlos.

As a result of Carlos’ torn ACL, he sometimes experiences a tingling feeling in his knee, and it’s painful for him to land on his leg after jumping in the air to block a ball from entering the goal. He now has less flexibility and pain occurs when he tries to fully extend his leg.

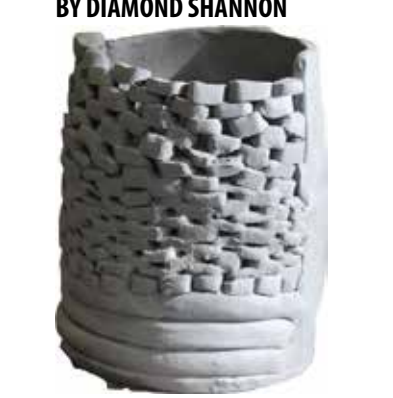
To prevent any further injury, Carlos takes a pain reliever and goes to the athletic trainer every day to get stretched out and ice his knee. Carlos also takes ice baths after practice and goes to physical therapy twice a week.

Although these students have mostly overcome their injury physically, they still deal with some challenges to their playing ability as a result of the injury. Professional and student athletes live in fear of an injury, as it can mean the end of their sporting career.

“I didn’t think that I would recover and be able to play soccer like I used to. I’ve seen professional players not come back from injuries like mine, and I was scared that would be my story,” said Carlos.



CERAMICS



TAKING A CLOSER LOOK AT LOY NORRIX'S ART CLASSES: AP ART, CARTOONING, AND FUNCTIONAL CERAMICS



PHOTO CREDIT / ALEXA DAVIS
Stevens teaches several of Loy Norrix's art classes, including AP Art, Functional Ceramics, and Cartooning.

The AP Art room is silent with only the sounds of pencils scratching on paper and the overwhelming feeling of focus as students hunker down to work.

The cartooning room, on the other hand, is booming with laughter and ideas being bounced from peer to peer on what to draw next. Should they draw another yokai or doodle and see what that leads to?

The final class of the day, ceramics, has a talkative, but quiet atmosphere as students diligently sculpt and mold the clay to their will, while joking and talking with their tablemates.

Loy Norrix offers a variety of art classes that include Cartoon Drawing, Functional Ceramics, Advanced Placement Art and more. All of these classes provide the opportunity to creatively express yourself via a variety of artistic mediums.

In doing this students gain various art skills, such as drawing and painting. Each class provides a place for students to

get covered in marker ink, paint, clay and whatever other medium explored.

Greg Stevens is one of the Loy Norrix art teachers and he teaches AP Art, Functional Ceramics and Cartooning. For the rest of the year, he will be teaching Drawing and Watercolor.

Stevens grew up in Sturgis, Michigan, and later received a degree in advertising from Western Michigan University. Stevens decided that he wanted to go into art education instead and switched majors, graduating with a degree in art education.

"I kinda thought it would be a more interesting job because a lot of advertising jobs are nine to five cubicle jobs," said Stevens.

After having some difficulty finding a job in art education, Stevens pursued another one of his passions, outdoor education, for the following six years. He moved out to Telluride, Colorado to teach cognitive dissonance for a Telluride nonprofit, which puts students outside of their comfort zone and allows them to problem solve through a situation and gain self-confidence.

Stevens later went to grad school at Indiana University for experiential/outdoor education. After grad school he moved back to Kalamazoo and worked for Northeastern Elementary before he was happily transferred to Loy Norrix.

Debuting as the new AP art teacher, Stevens's students sign up for the chance to gain college credit for their art. Students choose if they want to build a 3D, 2D or drawing portfolio and then create pieces around that. A 3D portfolio consists of 3D pieces, such as pottery or sculpture.

A 2D portfolio focuses on a how a student uses the elements of design to create artwork and can include digitally created pieces. A drawing portfolio is more focused on artistic skills in terms of drawing, shading, and the use of negative space. The class consists of students producing 24+ works of art based on what type of portfolio

the student chooses, and they later send their work to the AP Board to be evaluated.

"They [the students] choose which direction they want to go in," said Stevens.

To help speed the process up, each AP art artist is required to produce a few pieces of art over the summer before the school year starts. Then each portfolio is divided up into 3 sections: the concentration, breadth and selected works.

The selective works (quality) section consists of sending five pieces of their artwork into AP board to be judged in person. The second section is called concentration, where they take 12 works and connect them all with a visual theme or idea of their choice. The breadth section is dictated by the teacher and allows the AP board to see how well-rounded the artist is. This section also requires at least 12 pieces of art.

Unlike most other AP classes, AP art students don't take a written test. Instead, each student electronically sends in high quality photos of their 24 pieces of artwork from the concentration and breadth sections, and they choose what they consider their five best pieces to be mailed in and looked over in person by the AP board. Looking over each student's artwork and scoring it takes several weeks, with a score of 4 or 5 earning college credit, depending on the institution.

"As a teacher, it's not tedious or boring at all because every single student is doing something new and it's a way to keep it fresh," said Stevens.

Loy Norrix also offers a cartooning class that starts with a focus on static illustration, such as comics and then moves onto graphic novels. There's a focus on graphic novels because they are often considered the more refined and professional version of comics and use more professional art techniques. Over the rest of the trimester, Stevens includes lessons on the historical aspects of cartooning and illustration, such as its use in political cartoons found in newspapers and

other publications.

"We cover everything from the historical aspects of [cartooning] and how it's been used in newspapers and publications," said Stevens. "We go all the way through things like anime and how it's deeply rooted in Japanese culture to yokai, where anime came from, and then transition all the way up to trying to create an anime piece that's a culmination of everything they've learned."

During the end of the trimester the focus shifts towards popular Japanese drawing styles and students create their own yokai and anime works using all of the techniques they have learned.

If cartooning and AP art didn't pique your interest, then maybe functional ceramics will.

"Ceramics is probably the most technically difficult class in the school because there is so much knowledge to [learn]," said Stevens.

The first couple weeks are spent learning the techniques of the ceramics trade. Some examples are the pinch pot method, coiling and the slab method. Due to the extensive time it takes to shape the clay, glaze and fire it in a kiln, producing a ceramic piece takes a couple of weeks, which causes students to be all over the map when it comes to their progress.

To keep some unity in the class, Stevens will hold semi-weekly class meetings where students critique their peers' work and discuss problems that they are facing. The class is a very independent one that allows student the freedom to work at their own pace.

"You have an assignment list that you have to knock out your own and it is very much [a] more autonomous class because of the nature of the beast," said Stevens.

Each class comes with it's own unique set of challenges, but all three allow a student to produce some really neat and personal artwork.

BATTLE OF THE BRANDS

LOY NORRIX STUDENTS SHOW ENTREPRENEUR SKILLS

EMILY LEWMAN ARTS & ENTERTAINMENT EDITOR

High school is a time to grow and find out what you would like to do after graduation: some people go to college or take a year off, and others are starting their future careers while still in high school. Kalamazoo is filled with young and aspiring entrepreneurs that are starting businesses while still in school. Norrix has seen many clothing brands produced by students and are made to be sold to the public, in hopes that their brand grows.

THE FLOAT COLLECTIVE

The Float Collective was created by LN alumni Andrew Dehaan, Jonathan Wilson, and Grand Valley State University student Colin Cady to give people in the Kalamazoo Community a fashionable and comfortable style. They offer a hat, T-shirt, and hoodie currently, but they release products as limited edition.

“It’s not just about supporting my friend, it’s about the style of the clothing. It’s more art than just clothes.”
-Jim Youngs



MODELED BY JIM YOUNGS

33% OF STUDENTS PREFER FLOAT
*out of 100 students

BALANCE CO.

Balance is an online clothing market created by Seniors Adam Hassan and Cody Wilkins in 2017. Their goal is to give people a sense of creativity and be able to customize any piece of clothing they desire. They offer a variety of sweatshirts, T-shirts, long sleeves, and tank tops.

“You can customize whatever you want and lets you have a sense of individualism. They have such a wide range of styles, there’s something for everyone.”
-Ellie Nagel-Bennett



MODELED BY ELLIE NAGEL-BENNETT

30% OF STUDENTS PREFER BALANCE

EXOTIC TRENDSS

Exotic Trendss is an online store created by Joe Mosely in 2016. Their goal is to be unique out of all of the brands and create something comfortable and allow the owner of the clothing to be a part of community rather than a corporation. They offer hats, hoodies, and T-shirts on their website.

“I think it’s a lot different than the rest of the designs. The rest of the them are a little similar.”
-Emma Knutson



MODELED BY EMMA KNUTSON

23% OF STUDENTS PREFER EXOTIC

CLEAN SKATE CO.

Clean Skate Co. was created by Kalamazoo Central alumni George Hammond to give a comfortable and sleek wear for the skate community in Kalamazoo. Today the brand has expanded to Grand Rapids community offering windbreakers, sweatshirts, pants, and more on the website.

“I knew George when he first started the company and the clothes are just really comfortable and cool to wear. I get compliments every time I wear anything by Clean.”
-Hailey Boiser



MODELED BY HAILEY BOISER

8% OF STUDENTS PREFER CLEAN SKATE
*6% of students prefer other brands

A SPOILER-FREE REVIEW OF STAR WARS, “THE LAST JEDI”

SEBASTIAN RODRIGUEZ ASSISTANT WEB EDITOR

Star Wars is undoubtedly one of the biggest movie franchises ever created. The first Star Wars movie released was originally called “Star Wars.” It was released in 1977 and was directed by George Lucas. Eventually, it was retitled “Star Wars: Episode IV A New Hope.” Since 1977, there have been 8 Star Wars movies released. One special thing about the Star Wars franchise is that the movies were not released in chronological order. The release order of the movies are as follows:

- Star Wars: Episode IV - A New Hope
- Star Wars: Episode V - The Empire Strikes Back
- Star Wars: Episode VI - Return of the Jedi
- Star Wars Episode I - The Phantom Menace
- Star Wars Episode II - Attack of the Clones
- Star Wars Episode III - Revenge of the Sith
- Star Wars Episode VII - The Force Awakens
- Rogue One: A Star Wars story

As the list shows, Lucasfilms actually released the final three Star Wars movies before they released the first three installments. I know it sounds confusing, but that’s the path that George Lucas, the creator of Star Wars, decided to take. The latest installment in the Star Wars franchise is “Star Wars Episode VIII - The Last Jedi.” This movie is the sequel to the 2015 film, “The Force Awakens.” This film premiered in the United States on December 15th, 2017. The Last Jedi picks up exactly where the “Force Awakens” left off. Rey, one of the main characters, the main protagonist from films IV-VI, and she seeks his help in order to defeat Kylo Ren and the First Order. “The Last Jedi” achieved something that none of the previous Star Wars films has done before. It was able to unite the original Star Wars fans with the new age fans. This was done through the appearances of old characters from the first Star Wars movies as well as the introduction of new characters. The old characters, such as Luke and Leia Skywalker, helped fans of the original trilogy relate to newer Star Wars fans. Characters



such as Kylo Ren also shadowed Darth Vader to an extent which gives kids of this generation a villain to dislike in the same way that Darth Vader gave kids of the 70s and 80s a villain to hate. I didn’t watch the Star Wars movies until this past summer. The first movie I watched was the “Force Awakens.” Seeing characters I really liked from the previous film reprise their roles in the Last Jedi was awesome. Since the summer I have taken the time to each every single movie in both chronological order and release order to further my understanding when it comes to Star Wars. Characters from the previous installment who reprised their roles include Gwendoline Christie, who portrayed Captain Phasma; Daisy Ridley, who portrayed Rey; Adam Driver, who portrayed the villainous Kylo Ren; Oscar Isaac who portrayed Poe Dameron; and Jon Boyega, who portrayed Finn. “The Last Jedi” also opened up my eyes to Kylo Ren. In “The Force Awakens” Kylo seemed like a child with parental issues. In “The Last Jedi” we realize that it wasn’t hatred towards his parents that pushed him to the dark side, but rather he was persuaded to turn to the dark side by Supreme Leader Snoke. This is very similar to the way his grandfather, Anakin Skywalker, turned to the dark side with the persuasion of Emperor Palpatine. For the majority if this film, Kylo seems a lot more composed. We didn’t get to see Kylo in action much in “The Force Awakens” but in this movie Kylo is involved in numerous fight scenes. These fights that Kylo is involved in showcase the tremendous fighting ability that Kylo Ren possesses. He did train in the fighting ways of the Jedi for the majority of his life after all. “The Last Jedi” also introduces new characters who quickly became fan favorites such as a Kellie Marie Tran, who portrays Rose Tico and Laura Dern, who plays Vice Admiral Amilyn Tico. “The Last Jedi” will be followed by “Star Wars: Episode IX,” which is scheduled for release in 2019.



PHOTO CREDIT / ALEX VONHOF

The Improv team plays games and practices for the upcoming show on January 11th, 2018 in the choir room. They practice every Monday in drama teacher Paige Carrow’s room.

IMPROV TEAM’S OPENING NIGHT ROCKS

MAX LINK LAYOUT EDITOR

Improv is a form of theater, or improv, has been around since time could tell and it pre-dates the invention of writing. There are many styles of improv, Commedia dell’ Arte is the most direct ancestor of modern improv. Commedia dell’ Arte is a form of improv that uses dialogue and a cast of colorful stock characters that came from northern Italy. Loy Norrix Improv Team consists of ten people total, nine seniors and one junior. They practice once every week and perform three times a year, or once a trimester. They have seven returning members and three new members. The returning students are Bonnie Bremer, Victor Moss, Sebastian Rodriguez, Lydia Achenbach, JT Mitchell, Abbie Hauke and Joey Welch. The three new members are Alex Smith, Nick Srodes and Kiernan Dean-Hall. On the night of November 8th, the improv team performed for the first time this year in front of a crowd of about 40-50 people. For the whole performance they had the crowd laughing and at the edge of their seat waiting to hear what was to be said next. Senior Abigail Lindblade has been to most of the improv shows and said, “I think they did really well. It was pretty funny, but I miss the old team because they weren’t afraid of saying anything wrong and just putting themselves out there, but I still think this year’s team did a really great job.”

Being a new member to the improv team brings many challenges. Some of these challenges include becoming comfortable with your teammates and performing in front of a large crowd, being able to master the skill of off the top of the head jokes that are related to a specific topic, and learning all of the different types of activities and games that they perform. “I was a little nervous at first, but the more fun I had with everyone on the team, the easier it was to do everything. The chemistry on the team is pretty good for the most part. We all kinda build off each other’s energy and get along really well,” said senior Nick Srodes who is a first year member on the improv team. Paige Carrow has been teaching at Norrix for three years and took over the improv team half way through her first year from Caroline Carmack. Carrow is really committed to the improv team and really cares for her students that she chose this year. “I think the new team did well for the first show. There are some obvious things they can work on, but with more conditioning and practice they’ll be fine. It’s kinda cool seeing everyone’s different personalities and natural talents,” said Carrow about the new team. The improv team’s next show is on January 11th at 5:00 P.M. If you are looking for a good tickle in the tummy, you should be there or be square...

LIL PEEP: A MUSICIAN’S LIFE LOST TO DEPRESSION AND ADDICTION

IZZIE FAHL SOCIAL MEDIA TEAM

Lil Peep was a new-wave rapper that lost his life to an overdose of Xanax at only 21-years-old. Peep’s appeal to his fans was based on his truthful take on depression and suicidal thoughts that he expressed through his music. This sparked a conversation between Peep’s fans and people across the nation about mental illness and the epidemic of addiction to opioids and other lethal drugs that appear to occur more and more in this day and age.

Peep was born on November 1, 1996, in Pennsylvania and grew up in Long Island, New York. His parents divorced when Peep was still a child and he struggled with the idea of the situation. Peep continued to live with his mom, his number one support system, and at 18 Peep began his music career on SoundCloud. His first album

“Hellboy” was released in September of 2016 and fans sought out his music and were able to relate to his heavy lyrics with stories of his suicidal thoughts.

Peep, who was currently on tour, was found unresponsive on his tour bus on November 15th, 2017. Police found that Peep likely overdosed on Xanax, but it was later found out that the Xanax was laced with Fentanyl, a drug that can become lethal with the consumption of a mere 2 milligrams. Peep took the Xanax oblivious to the fact that it contained Fentanyl. However, Peep’s struggles were beyond this incident.

Peep had a history of letting his fans know that death was near to him. He had repeatedly posted videos on Instagram of him popping pills mentioning, “I don’t let people help me but I need help but not when

“HE WAS HIGHLY INTELLIGENT, HUGELY CREATIVE, MASSIVELY CHARISMATIC, GENTLE AND CHARMING. HE HAD HUGE AMBITION AND HIS CAREER WAS FLOURISHING. I HAVE SPOKEN TO HIS MOTHER AND SHE ASKED ME TO CONVEY THAT SHE IS VERY, VERY PROUD OF HIM AND EVERYTHING HE WAS ABLE TO ACHIEVE IN HIS SHORT LIFE. SHE IS TRULY GRATEFUL TO THE FANS AND THE PEOPLE WHO HAVE SUPPORTED AND LOVED HIM.”

— SARAH STENNETT, THE CEO OF FIRST ACCESS ENTERTAINMENT



LIL PEEP 1996-2017



PHOTO CREDIT / BILLBOARD

I have my pills but that’s temporary and one day maybe I won’t die young and be happy?” Peep continued, “What is happy? I always have happiness for like 10 seconds and then it’s gone. I’m getting so tired of this.”

You may ask why Peep couldn’t find happiness when he had so much going for him but when struggling with on-going depression you can’t see the world as it is. It’s a never-ending battle of trying to find yourself, but never knowing you’re capable.

A student at Loy Norrix with depression, who prefers to remain anonymous said, “If a bus was coming towards me, and I was standing in the way, I probably wouldn’t do anything to stop it. That’s how having depression feels. It’s overwhelmingly consuming.”

Many people are questioning Peep and

his use of drugs. The real concern that we can focus on at this point is addiction and the fact that it correlates heavily with mental illness. According to the National Institute of Drug Abuse, many users will experience symptoms of another mental illnesses. If the user already experiences these symptoms, they can become more dependent on the good effects the drugs may have at the time they are used. Peep only wanted to feel happy, and in desperate measures, the drugs he used would temporarily fix the problem.

All in all, Lil Peep had a heavy influence through his music on his fans. Peep, unlike many rappers, told the personal stories of his life with depression and will help many others to live on and know they are not alone. Peep will be missed.

FINE TUNING THE FINE ARTS: BLUE LAKE CHALLENGES ARTISTIC STUDENTS



PHOTO CREDIT / BRANDON SCHNURR

Music teacher Julie Pellegrino practices a new song with her class. Those who have attended Blue Lake help lead the class and set a higher standard for other choir members.

BRANDON SCHNUR NEWS EDITOR

Every summer, kids get to relax and take some time off from all the stress and hard work that they’ve been doing since the beginning of September. Some kids stay home all summer, others go to the beach often and some go to vacation spots across the country. Then there are those who go to summer camps like Blue Lake Fine Arts Camp.

Blue Lake Fine Arts Camp is a summer school/camp that serves 54 hundred students gifted in the fine arts such as drama, music, art and dance annually, all in a time period of only twelve days.

Located in Michigan’s Manistee National Forest, Blue Lake Fine Arts Camp was founded in 1966 and has served 300 thousand students since then. Since its founding, the camp has also added 2 public radio stations and hosts the renowned International Exchange Program, which sends students around the globe to perform for crowds of people and explore historic fine art locations.

Some of the lucky students who get to attend Blue Lake are enrolled here at Loy Norrix High School. Norrix has always served those passionate in the arts in many ways, and some of the students take it one step further to tap into their skills.

“It was definitely time well spent,” explained sophomore Brooklyn Moore, a newer student to Blue Lake Fine Arts Camp. “I one hundred percent think people should look into Blue Lake.”

Blue Lake hosts a multitude of options in fine art classes, such as dance, painting, choir, theatre and more. The wide range of skills draws in a large number of students that practice them, even allowing students to take on a minor, much like a college minor where you take on a secondary class.

Moore is new to the Blue Lake experience. She attended last summer for

musical theatre classes.

“Every morning we had four forty minute classes and a two hour class in the afternoon,” said Moore. “My skills really improved from going there.”

Though, Moore is not the only one seeing improvement in her skills. Julia Pelligrino, the choir director here at Loy Norrix has also noticed considerable change in her students who have attended Blue Lake.

“The students who have attended Blue Lake tend to be leaders in my ensembles,” Pelligrino said with a hint of admiration. “They have a lot of music skills and performing skills, all increased by going through that [Blue Lake Classes].”

Besides teaching students how to tap into their fine art abilities, Blue Lake is also a huge social experience for many kids. With the camp drawing in students from around Michigan, hundreds of people come each year to have the experience not only themselves, but alongside each other.

“You’re there in a cabin of twelve kids, and I still text all my cabin mates, and I still text the people I had classes with,” Moore described. “You bond really fast and you bond strong.”

Junior Hannah Newhouse was also a Blue Lake attendee who went to Blue Lake for orchestral skills, specifically to learn skills in playing the cello.

“You really learn how important friendship is,” Newhouse explained. “Communication and social skills in general were pretty important.”

Sophomore Zoe Shanahan has also attended Blue Lake Fine Arts Camp. Shanahan took on choir classes and is a close friend of Moore and has attended Blue Lake longer than her by a year.

“We had tech rehearsals in the morning

then another tech class with a random teacher from camp,” said Shanahan. “Those classes helped with skills in singing, like breath support and other things like that. Then a.m. and p.m. rehearsals with the whole class.”

“It’s challenging but not to the point where it’s difficult,” said Shanahan, “because you are constantly walking [for and between class] or you’re constantly working, so there’s not much downtime.”

The camp encourages students to make the most of their skills by giving them plenty of classes and little time to themselves when not practicing. Despite sounding horrible, it isn’t as bad as it may seem.

“The classes were very interesting,” Newhouse said admirably. “There was never a boring moment. There was always something to dive into.”

The many ways of learning at the camp provide unique experiences for everyone. These unique experiences are just what Pelligrino wants her students to have while at Blue Lake Fine Arts Camp.

“I want them to learn a different approach to singing,” said Pelligrino. “It’s very valuable to sing with different [choir] directors and to get immersed in it [the singing].”

The camp also hosts several special programs and events, such as live performances for anyone wanting to attend or listen in via radio. The most renowned program at Blue Lake is one that sends students around the world to study the fine arts.

The Blue Lake International Program is a program that sends students around the world to attend concert halls, perform for audiences and see the world in a way few get to see it. To attend the trip, it requires the recommendation of a camp counselor and

\$6,100. Shanahan was one of the lucky ones to get a chance to go on this trip.

“We’re gonna spend from November onward learning certain music,” Shanahan explained, “and then we’re going to Germany, Belgium and Italy to go to historical concert halls and perform for the people that live there.”

Programs and opportunities like these are what give students with fine art skills the push they may need to express themselves. It pushes them to do their best and give it their all.

“It’s constant work. They [the staff] are really nice about it, so you don’t feel pressured, but still do your best,” Moore explained with a smile. “It’s a very friendly environment there.”

This progress is also due to the hard work put in by the counselors and instructors helping the students there.

“The teachers there have been teaching for a very long time and are teaching at very high levels, so they know what they’re doing,” Shanahan explained while deep in thought. “They do everything they can to improve on you so that you’re better then when you left in the span of a week and a half.”

Shanahan and Moore left off on an amusing and serious note to all those looking to attend Blue Lake this coming summer.

“First, bring a lot of blankets, it gets really cold,” Shanahan said laughingly, “but in seriousness, if you don’t want to be exhausted, don’t take a minor.”

“If you like what you’re doing, go for sure, but don’t go to just try it out because it’s rigorous training,” Moore warned with a concerned face. “If you go for trumpet, but you find you don’t like trumpet, good luck.”



PHOTO CREDIT / BRANDON SCHNURR

Left to Right: sophomore Zoe Shanahan, sophomore Brooklyn Moore, junior Hannah Newhouse and junior Chris Aranda. All four friends have attended Blue Lake together and learned the skills they now value and practice every day.

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LOY NORRIX CONSERVATIVES ARE A DYING BREED

ZACH LIDDLE
PHOTO EDITOR

Do you remember the society where a conservative’s opinion was allowed and not written off as racist or sexist? Neither do I.

We have now become a society of sheeple, or blind followers, who choose to believe stories that fit our narratives are more important than actual facts. We tell the part of the stories that help further our agenda, leaving the true character of a person in the hands of the chopping block we call social media.

This article is meant to remind liberals and conservatives that all opinions are valid as long as they are based on facts.

An ideal society allows all people to express their beliefs as long as others aren’t stripped of the right to express their own beliefs. At Loy Norrix High School, a huge majority of students are heavily liberal and this, unfortunately, isn’t the case.

“The ratio of liberals to conservatives [in Loy Norrix] is unprecedented,” said junior Will Carrier.

Carrier identifies himself as politically independent, leaning more towards conservatism.

“Last year when I expressed my views [on the presidential election] I received multiple anonymous threats,” said Carrier.

A school specifically

should be a place for students to express their ideas without fear of physical harm, but with certain peoples’ misguided ideas on topics like racism, bigotry and misogyny, that has become nearly impossible.

This in no way is meant to stereotype the liberal group and their ideas. However, a portion of the liberal group can be considered a sort of radical liberals that insult others using words like “bigot” and “racist.” They do this without truly understanding the meaning and scenarios those phrases are meant for.

During my sophomore year, in Kelly Stetton’s Honors English 10, we had an assignment to write on any topic we felt was important. I decided to write a paper about how sensitive people can be. I brought up the topic of racism and misogyny. I made the the point that some people use those phrases on every little altercation even if it is incorrectly used. Later that day, a friend outside of the class asked why I was on a bunch of people’s Snapchat stories being called racist and a bigot.

Granted, these issues can’t be fixed in a few days, maybe even years, but we could change Loy Norrix into a place where all beliefs are welcomed. Teachers can agree to keeping politics out of the classrooms besides social studies classes, and teachers can keep their own personal biases out of lessons. Students can state their views and accept the fact that others have differing views and leave them to their own devices.

Finally, when a political “utopia” is reached, students can express their beliefs without the fearing harm.

SOCIAL MEDIA DISTORTS REAL LIFE ISSUES

JORDYN CARLTON
STAFF WRITER

Loy Norrix has recently taken the title as the weakest link in the Kalamazoo Public School district for many reasons. Students on social media have ignored real life issues of the school and have taken small problems and blown them out of proportion. Another problem with social media users is they flip a serious situation on its head to make it comical.

The events that have presented themselves in these past weeks from fights and riots to allegations against our principal are not what Loy Norrix stands for, nor are they what the student body centers themselves around.

Some students at this school have made it clear that this is not the school we know and love. Loy Norrix senior Mariah Sarelis recently started a project for the school, “We are Loy Norrix“ that is shown inside the display case in the main hallway. The project reflects on all of the positive memories the student body has had while attending the school. Students wrote on a sticky note to add a positive experience about the school.

When asked about what she would like students to take from her project, Sarelis stated she would like students to “switch their mindset and think about positive things instead of negative, considering the stigma of the school.”

Social media at Loy Norrix has always found a way to take an issue and add information that may or may not be one hundred percent factual. Somewhat like wikipedia, these “facts” are taken from their sources and distributed from the public which normally does not reflect positively towards the school.

Apps such as Snapchat and other social media apps have made it very easy for students to make a mockery of these problems simply by allowing individuals to cut and crop whatever they’d like and place it on any picture they find suitable. These are serious issues being made fun of and should be treated as such.

Apps such as Snapchat and other social media apps have made it very easy for students to make a mockery of these problems.

When questioned if students are typically misinformed about incidents that occur at the school, senior Cody Wilkins said, “It happens a lot, but it helps to calm people down when the situation could be sensitive amongst most people”,

While that may hold true, social media still could lead people to perceive the wrong idea, and that’s how the community makes their judgement about our school, which gives us such a bad reputation.

While everyone is busy focusing on the negative aspects, there are positive

things occurring within and outside of the school. Loy Norrix PeaceJam members and volunteers recently took part in the Kalamazoo Holiday Parade, collecting non-perishable goods and donations. They also accept and receive these donations at the school as well as clothing items for the winter wear drive. PeaceJam members along with volunteers have began wrapping gifts for children during the winter season in efforts to ensure every child opens a holiday gift this year.

New clubs have started at Loy Norrix including the Film Society where students get together and watch movies that most students wouldn’t normally watch as a way to widen their cinematic appreciation for various types of movies all across the board.

There are new members who have been inducted into the National Honor Society and National English Honor Society. Students in both of these organizations participate in community service projects.

The issues at the school aren’t what the majority of the students want to represent, it just takes a positive type of exposure to show that Norrix is truly a quality school to attend.

Before you go and wonder why people think so negatively about our school, sit and think about what is put out there to make the public perceive what they do. If all we post are things about the school that people can criticize, all we’re going to receive is what we put out. When deciding to post about the school think, re-read and reconsider.

We are Loy Norrix.

COMPARING GENERATION Z TWO HALVES OF A DIVIDED GENERATION USE TECHNOLOGY DIFFERENTLY

MIA MAY
ASSISTANT PHOTO EDITOR

As I’m seating a married couple and their 2 year old at a restaurant I work at, I ask “Would your son like a coloring sheet?”

The mom replies, “Yes please.”

When they are seated, they set their 2 year old son up in his high chair, and I put his coloring sheet in front of him and some menus and silverware on the table. I tell them, “Your waiter will be right with you.”

The married couple smile politely and say “Okay.”

As I walk past the family a few minutes later, the coloring sheet is across the table and the two year old is watching cartoons on a phone. This is starting to happen more and more, kids choosing technology over imagination. When their food is served, the parents practically have to pry the the phone out of their son’s hands. This is what is happening to Generation Z.

There’s the Baby Boomers, the Millennials, the Lost Generation, then there’s Generation Z.

Generation Z are those born between 1995-2014. However, it sometimes feels like there is a divide within this group. The older individuals of the generation have experienced their childhoods living outside and communicating face-to-face, before the infusion of technology with everyday life, while the younger part of Generation Z has grown up too fast, in front of a screen. The younger kids that are a part of Generation Z are clueless as how to live their lives without of a screen and just be kids.

Most would agree that the younger group of Generation Z is quite different from the older group of the generation. What happened to running around the yard during the summer or always having a play date?

Today’s ten year olds are learning to complete full faces of makeup on youtube before they learn how to love and appreciate themselves. The kids within Generation Z are growing up thinking that they have to cover their imperfections, and they won’t ever learn that having imperfections is okay.

In reality, these kids need

to learn to go outside and get some dirt on their face before they learn to cover it up with makeup. The older individuals of Generation Z may have used makeup, but those kids did the fun makeup, and they most likely have made a mess on their face with the makeup.

Still, it feels unfair that as a whole, Generation Z is being judged for their use of technology by older generations. Yes, Generation Z may focus heavily on technology, but then again just taking a peek at your phone will result in a snotty comment waiting for you from someone older.

As technology is growing it is starting to affect everyone, even those who are young. Generation Z has made technology into a bad thing instead of a helping tool.

“So do 69% of 11-14 year olds and 31% of kids aged 8-10,” according to WebMD. The younger individuals of Generation Z are getting phones at younger and younger ages and this may be disrupting their childhood.

Phones can be a distraction everywhere. We can’t have conversations without a phone interrupting, and we can’t get an education without a phone disrupting.

“In the classroom

phones can be effective tool, but students can’t draw the line between helping and social media,” said Loy Norrix Economics and government teacher Ryan Allen.

Some of Generation Z don’t care that much for their phones and are still judged because of what the rest of their generation does. Unfortunately, the younger half of Generation Z are starting to get addicted to their phone at the age of 7 or 8, which can exacerbate the negative effects of this technology and worsen Generation Z’s reputation.

The older individuals of Generation Z probably didn’t have a lot of technology to grow up on. Technology can help people learn, but there is a line between helping and losing brain cells. Generation Z kids don’t know what imaginary friends are anymore, but they know how to chat online with random people.

Today’s kids are also learning how to get what they want. Whenever it is time to put away technology, kids throw tantrums to get what they want and usually do.

“Tantrums may happen when kids are tired, hungry, or uncomfortable; or because they can’t get something to do what they want,” according to Kids

health.

“Our children have formed a strong digital dependence because their brains undergo neurobiological changes when they use technology,” said Kristy Goodwin from The Modern Parent. These kids usually end up getting what they want in the end, otherwise, it will be a very long night. Their parents don’t discipline them enough or even at all sometimes. The child usually turns snotty and rude due to lack of discipline. As for the older group of Generation Z, at least some of them grew up with discipline. As the years pass, discipline has possibly become a ‘bad’ thing to people.

The younger part of Generation Z doesn’t, and most likely will not, know what it is like to be an actual child living life outside of a screen. The older individuals of Generation Z have experienced their childhood without the overwhelming influence of technology, while the younger part is attached to their technology, and the only toys they have are makeup brushes instead of dolls.

These kids will probably never know what discipline is, the smell of dirt and possibly the stress of what their favorite toy is that day.

KNIGHTS

Do you believe a bill allowing open carry of guns in schools should become a law in Michigan?

Lillia Bistrek, 11th

No, it's ok because a gun is a lot of power and not everyone should be capable of having one.

Madison Doonan, 12th

The gun rule is stupid because I don't really get the point of guns. The only reason they should be used is to hunt, and we don't really do that anymore.

Emma Fergusson, 12th

It's very hard to state an opinion on because people don't see the other side, and they feel like they need guns to feel protected. But people don't feel very safe when others have guns.

Carlos Santos, 10th

I kind of agree because if you look back at the shooting in Texas, the person who stopped the shooter had a gun, and if it wasn't for him, he [the shooter] would have gotten away.



ANDREW ARMENTA
COPY EDITOR

In 2014, in Wisconsin, two twelve year old girls, Anissa Weier and Morgan Geyser stabbed their friend, twelve year old Payton Leutner. The girls were operating under the delusion that they were killing their friend to please the fictional, online, demonic creature, Slenderman. Both girls were charged as adults.

Charging minors with the same severity as adults will teach them to be more accountable for their actions. Juveniles should be tried as adults, but given the chance to set themselves on a better path after having the experience of being in prison.

Some crimes that juveniles may commit can’t go through the juvenile court because it needs to be more looked at by a court who handle crimes like murder, robbery and rape. Sometimes the crimes of minors are so extreme they result in

the minors being tried and charged as adults. The courts usually can’t charge them until they are at a certain age, varies around 15 or 16.

For example, 15 year old Andrew Lorek was charged with murder as an adult for shooting another person to prove his allegiance to his gang. Many people believe

that juveniles should be tried as adults in cases of rape, murder, drug possession and even robbery.

Putting juveniles in a prison system where they have their security taken away from them, like a warm home-cooked meal, somewhere to go and feel safe, and a place to call home

can lead to depression and a disconnect from reality.

“I heard jail is a scary place and it honestly could mess with people’s mind, but I think that should change, because jail should not do that to you, but it would. Honestly it will help them be more accountable in the future,” said senior Princess

Cross.

Cross believes that if you do the crime, you should do the time, and that what you do should affect you and teach you accountability to do the right thing.

There should always be a price to every sort of punishment and with that comes the consequences

and plus the responsibility that you must come to face with. You can have time in prison to look back on what you did and learn from the consequences of your actions.

Some juveniles are lucky enough to be separated in adult prison and tucked away, but for the rest they may not be so lucky. They may be faced with adult activity, like gang violence within the prison and being pushed around doing cleaning and giving up their own food to other inmates.

“Kids need to be separated but treated the same as adults prisoners,” said senior Trinity Austin.

Austin believes that if you commit a serious crime as a juvenile, you should be tried as an adult, but given the chance to be separated, since kids don’t have the same mindset as adults.

“I feel like they will be more accountable because jail/prison is a place you will learn about yourself, that. You learn how to incorporate and learn how to do things better,” said Cross.

Adult punishment should be for juveniles whose actions cannot go through the juvenile court and let them learn from their actions.



PHOTO CREDIT/ ANDREW ARMENTA
Downtown Kalamazoo county building courthouse in Kalamazoo, Michigan. People wait for their court hearing during a hot sunny day in September.

A CHANGE IN MODERN DAY FEMINISM



IZZE FAHL
SOCIAL NETWORK TEAM

Feminism is a movement that originally was formed for the advocacy of women’s rights which could be political, social, and economic equality to men.

The Suffragettes led a movement that involved these rights in earlier times which were more focused on women. Leading feminists like Gloria Steinem have tried to steer the movement into more modern terms.

Modern day feminism, however, advocates for a larger range of rights, not only for women, but for ethnic groups, genders, sexualalities, and many more issues relevant to our society. People in our generation, and more specifically at our school, believe feminism includes aggressive behaviors towards problems that most people who define themselves as “feminists” won’t ever personally experience.

Feminism has divided our school in some ways. Many students don’t want to identify themselves as a feminist because of the way it’s portrayed by other students. Then there are the students who are in the middle. They want to stand for the things that feminism is supposedly standing for, but they fear the backlash from students who have only seen the negative effects from the movement.

Senior Lydia Achembach believes that the encounters with peers that call themselves feminists have been mainly negative. Although Achembach still identifies as a feminist, she wouldn’t rely on a label because of what she’s experienced.

“The feminists at Norrix that I’ve had conversation with have harassed, bullied, and talked about people behind their backs on many accounts,” said Achembach.

“Feminism along with any movement is only as good as its leader,” Art teacher Greg Stevens, a self-proclaimed feminist, said, “You have to have someone who will not only help the movement grow but also make it so the movement is portrayed in a positive way.”

Social media adds another factor to the movement. Sites like Instagram and Twitter make it easy for anyone to share opinions, but sometimes the thread of opinions can become inappropriate and put others in harms way by mentally breaking them down.

Art teacher Cindy Vanlieu, who has stood for the movement since she was in her twenties, now into her seventies, believes that feminism has been taken out of proportion, especially with social media as a factor.

“When feminism started there was no social media. It was mostly word-to-word by women by having rallies and protests.” said Vanlieu,

“Now a lot of the movement is based on the sexualization of women and supporting of sexual identities. Although that’s extremely on the basic rights women should be guaranteed first. Women are still paid a percentage of what a man is paid and the group who controls the right to have an abortion are old, white men.”

We can change this by realizing that society cannot change overnight. We have to focus on improving ourselves before we can improve the world. You can only better yourself because others aren’t going to change, especially if they’re being persuaded by harsh words over social media.

Start locally and get to know your politicians. It’s important as a community to come together and support everyone in the community rather than a majority. Opinions will clash, guaranteed, but feminism has the potential to bring everyone together, no matter the difficulties.

LIVING WITH DEPRESSION: HOW IT FEELS AND HOW TO HELP



MAYA CRAWFORD
SOCIAL MEDIA TEAM

Depression. I’d like to say not a lot of people suffer from it, but that’s not the case. Three hundred fifty million people have depression, and that’s only those that are diagnosed. There are probably countless others that just haven’t said anything.

Depression can manifest in many different ways, from constantly feeling sad and lethargic, to being suicidal. That’s terrifying, there’s no other word for it. There are people feeling hollow and hopeless to the point of ending their own life. The worst part is some of these people are my friends.

The friends that I get up everyday to see, struggle to find why they should live out the day. The ones that I have the happiest memories with and would gladly spend all the time in the world with, don’t want to be alive. This is something I don’t understand at all. Why wouldn’t you want to be here when the whole world is at your door?

I don’t see the whole picture though. They could’ve had past experiences that influenced their depression, or made them feel unwanted and unimportant. Some of my friends don’t want to live because they think they have no reason to be alive.

“[You feel] empty, numb, feeling emotion but also not

at the same time. You don’t know what’s going on with your head so you shut down emotionally,” said Ash Velasco-Stout, a fellow student that has this disorder.

People that suffer from depression have a chemical imbalance in their brain that’s also affected by physical or emotional stress, according to MayoClinic. Mass amounts of cortisol, a stress hormone, is released when people are stressed. And if that isn’t combated by enough serotonin, which balances out the stress hormone, it can lead to depression.

Depression not only affects the ones suffering from it, it also affects others around them who care for the person’s well-being the way my friends and I do. Seeing a friend sad, self-deprecating and feeling alone is hard to bear because I can’t help. Depression is their battle to fight and I can’t win it for them, no matter how much I want to. It’s an illness of the mind, and all the love and support you throw at them rarely is received through the sadness.

As Allie Brosh, the author of “Hyperbole and a Half” wrote, “I’d try to explain that it’s not really sadness anymore, it’s more just this detached, meaningless fog where you can’t feel anything. You’re horribly bored and lonely, but since you’ve lost your ability to connect with any of the things that would normally make you feel less bored and lonely, you’re stuck in the meaningless void,” Brosh said.

Seeing depression and not being able to do anything about it makes me feel helpless. Not being able to assist my friend leaves me lost sometimes. I want to help the person, but it’s one of those rare instances where you can’t take on the problem yourself. Knowing I can’t help leaves me feeling like I’m not needed. Ironically it’s almost a ripple effect. You want to help with all your heart, but the ability to do that is just out of your reach, making you feel hopeless to help the hopeless. You can’t fight for them, but...what if you stand

with them?

I remember an incident with one of the closest friends I have. They were so close that I thought of them as family. She also had depression and used the internet as her outlet. She was saying things online that made me scared for her, and I didn’t want to lose her, especially to depression. So I teamed up with another close friend and we took action.

My friend and I talked to her, persuading and giving her reasons to not kill herself. She saw that taking her own life wasn’t a way out. It wasn’t a way to deal with it, it never is. She made the choice to stay. Now she’s safe and well, still struggling with depression, but not letting it control.

You can’t take on other people’s depression, but stay by your friend’s side and let them know you’re there no matter what happens. Show that even through the worst and the best of times, you’ll keep supporting them the whole way. There will always be ups and downs, and it’ll be hard for both of you to go through it, but if you stay by your friend, determined, it can make a huge difference. Show that you’re truly someone that cares about them by being there when they need you most.

If the depression gets to the point of suicide, tell an adult in their life. That will save your friend, and that is the best gift you can give. Sometimes, that small act of support can save someone’s life.



Leonardo Galasso, 9th
“What if I don’t care? I don’t know cause I feel like some people should have them but others just shouldn’t”



Kody Ivy, 9th
“No cause it was like 11 fights here and that’s bad. I don’t think it’s bad because self-defense and hunting, and if someone tries to rape you, you can shoot them.”



Brieynna Wilson, 10th
“I think it’s kind of ridiculous because especially in school who needs to carry a gun in school? So your saying shooting is wrong by giving people guns? Retaliating, with more gun violence.”



Rebecca Layton, teacher
No, there are too many kids here and this is a place where there isn’t a threat. We had a student have someone shot in their home last year, and I don’t like the idea of that. Mostly I just feel we need a place that needs to be safe.

THE RIGHT IS NOT RIGHT IF NOT TAUGHT STUDENTS DESERVE TO KNOW ABOUT ALL OF THEIR CHOICES



JULIA PERRY
SOCIAL MEDIA TEAM

One in every five women are sexually assaulted according to The Center Of Disease Control statistics about sexual violence. However, only 12 percent of assaults are reported to the authorities.

Women are solidified in this society as weak and vulnerable, and now people forget who women are and how hard they've worked to be respected and accepted into this society. A woman's right to understand her reproductive rights is the most important thing.

The Michigan Administrative Board gives you the choice in school in whether or not you take a reproductive health class, but even then the teachers teach you the bare minimum of what you need to know

about pregnancy. They simply describe a woman's anatomy, what can happen to her body, and what a male and female can do, but never state the woman's right of abortion.

One in every five women are sexually assaulted according to The Center Of Disease Controls statistics about sexual violence.

The Board also prohibited the teaching of abortion from any health class in the 1976, Act 451. The Michigan School Administrative Board also says that they give parents the choice for their kids to take reproductive health classes or not.

I believe that abortion and sexual violence should be taught in public school health classes as an informational topic for not only the young woman, but to open the eyes of all students.

A mother of 3 kids

who has asked to remain anonymous, has had two abortions. When asked when she found out what an abortion was she said, "Not until I was pregnant in the doctor's office, and I told her I couldn't do it. She said there's other options and that option happened to be abortion."

When asked if she learned about abortions in high school she said, "No I never heard about it from a teacher, but I knew from other peers that had ways around it like birth control."

There are different agencies such as Gryphon Place, Planned Parenthood and YWCA that all give information on abortion, sexual violence, and even visit high schools to talk about it.

It's not the teacher's choice, it's the Michigan Administrative Board who decides what should be taught. This state restriction needs to be changed, not to encourage abortion, but rather inform women regarding the options that are available.

LET YOUR KID PLAY THE INSTRUMENT OF THEIR CHOICE AS A YOUNG MUSICIAN



LILLY MACINNIS
STAFF WRITER

Music. By definition, it is sounds combined in such a way as to produce beauty of form, harmony, and expression of emotion. It's creativity, a freeform vision of how we express ourselves. So why do parents try to control their kids' passions for music by choosing their kids choice of instrument for them?

Sure, kids don't always make the right decisions, who does? But just because they're young, doesn't mean parents should tell kids their what to be interested in, especially regarding music.

Music is supposed to be something you feel passionate about, something that comes from your heart, and helps you express emotion. But how are kids supposed to feel passionate about something they don't like? If a kid wants to play hard rock, jamming out on their electric guitar, don't

force them to play classical piano. Let them express themselves, and they will do better in the future.

My parents followed this advice. They let me switch from playing acoustic guitar to electric while other parents criticized them, saying I would never advance. Fellow parents said that since I was playing electric, I wouldn't learn the basics needed to be a strong musician. But now, nearly nine years later, my parents get compliments at nearly every gig I perform with my band.

Kids don't always make the best decisions, that's for sure. They might not know what they want to do when they grow up or what path they're going to take in life.

Music has affected me in so many good ways. Its given me an outlet I couldn't find in other things. When I play it's only me and the sounds surrounding me. I can't get that feeling from anything

STUDENTS SHOULD CONSIDER THE BENEFITS OF SCHOOL UNIFORMS



EMMA FURGESON
GUEST WRITER

Stiff khaki pants and a navy blue polo stamped with a Loy Norrix High School insignia. Or perhaps a button-up shirt and a nifty neck tie paired with a stuffy blazer and slacks. To many Norrix students, and perhaps students all over the country, this is not an appealing image.

The debate over school uniforms seems to consistently provoke people on both sides of the argument. While many students are willing to defend their freedom of expression, few are willing to consider the benefits a required school uniform could bring to Norrix.

The ability for students to express themselves is an integral part of our school's

culture, and certainly should not be sacrificed. Adopting uniforms would not mean giving up our identities as individuals, but rather creating an environment in which we, as a student body, are more united and more capable of connecting with each other.

It is no secret that the dress code at Loy Norrix is frequently challenged, altered and ignored. While there is no way to completely prevent dress code violations, aside from possibly hypnotizing or lobotomizing the entire student population into submission, uniforms could make infractions much less likely. Students would be unable to disregard the current policy by wearing T-shirts bearing offensive imagery or profanity or dress in almost any way the administration deems as inappropriate.

"I feel like just walking around the hallways and seeing what people [are] wearing sometimes [makes] me feel uncomfortable," said junior Hannah Newhouse.

"I also want to be able to wear something that I

know someone can't get mad at me for wearing so I don't have the issue of getting in trouble. I won't be in constant fear of that."

While some may object that losing the freedom to wear what they want altogether is not a proper solution to the problem of adhering to a dress code, it is also important to consider how much of a relief it could be to stop worrying about the vagueness of the current Norrix dress policy, and focus more on learning and developing strong, lasting

PBS reported that Long Beach had seen a 50 percent decrease in fights, and a 74 percent drop in sexual offenses within a year of adopting the uniform.

relationships with peers.

In 1994, the Long Beach California School District saw impressive results after requiring their students to wear uniforms. This prompted public schools around the country to do the same. PBS reported that Long Beach had seen a 50 percent decrease in fights, and a 74 percent drop in sexual offenses within a year

of adopting the uniform. Of course, results are not so impressive in every case, and therefore, much of the data on the correlation between school uniforms and behavior is contradictory.

However, the uniform provides another safety benefit that can hardly be ignored. While student IDs are effective enough at keeping the building free of intruders in the morning, identifying a potentially harmful person who is not supposed to be in the school is much easier to do if their

clothing does not conform to that of the rest of the student body. Additionally, a simple uniform could have the power to alter a school's reputation, improving public opinion by making students look and feel more organized as they go about their daily schoolwork.

"Uniforms just have a really nice professional look to them," said Newhouse.

When Loy Norrix receives

unwanted attention from the community, it certainly cannot hurt for the public eye to fall upon a clean-cut army of blue and white rather than a mob of pajama pants and baggy T-shirts. Now that the building itself is undergoing a makeover with construction currently underway, maybe Norrix students should follow suit in order to better match the more updated appearance of the school.

"I feel like it [uniforms] would just make our school seem a lot nicer just because everyone would look unified," Newhouse said, "though there is the issue of taking away the individualism."

The fear of losing the ability of personal expression by enforcing school uniforms is the major argument in this battle. While it is a completely reasonable fear, it is not entirely justified. Although many students, and people in general, use clothing as a significant way of expressing their personalities, it is by no means the only way. Loy Norrix is full of opportunities for self

expression.

With strong art and music programs, dozens of sports and a diverse spread of elective courses and after school clubs and organizations, there are plenty of ways for students to exercise personal expression, develop strong and complex personalities and show others who they are. With uniforms, students may be slower to judge each other and quicker to connect with one another.

A study on middle school students published in the "Journal of School Violence" reported that students wearing uniforms experienced an increased ease when attending school, and increased self-esteem and confidence. So, while a complete overhaul of the Kalamazoo Public Schools dress code in favor of a uniform policy is unlikely to occur any time soon, consider for a moment whether it would be such a terrible thing.

ANXIETY FOR TEENS IS AN INVISIBLE STRUGGLE



SOFIE NEHLSSEN
STAFF WRITER

When I broke my arm in third grade, everyone wanted to know what happened to me. I proudly presented the white cast and told the story of how I fell over a vacuum. All of my friends wanted to sign it, and I felt like the queen of the world. When seven years later, I started shaking and couldn't breathe because I was so overwhelmed with stress, my friends weren't as interested.

No one asked me what happened and no one wanted to sign my shaking hands. I was surrounded by friends, but I had never felt so lonely. I was ashamed. Where I had once told every

soul about my broken arm, I now did everything to hide my broken brain. Why couldn't I just function like a normal person? Was I doing this to myself? So when people asked me if I was okay, I just smiled and nodded. This is what twenty five percent of teenagers do everyday.

No one asked me what happened and no one wanted to sign my shaking hands. I was surrounded by friends, but I had never felt so lonely.

Anxiety is the most common mental illness worldwide and most teenagers experience some variation of it. No one told me this when I was rushing to the safety of a bathroom stall at a party to avoid the big crowd and an anxiety attack.

I was so frustrated. I had control over everything else in my life. My grades,

my appearance, my time, but no matter how hard I tried, I just couldn't control this overwhelming feeling of being suffocated.

Next, I consulted the internet to find a scapegoat. I needed something to blame. I found lots of articles written by fifty five year old women with titles like

"7 Reasons Why Teenagers Experience Anxiety" but I didn't relate to any of the reasons. I wasn't really depressed, I didn't have any childhood trauma and I didn't have any domestic problems.

But then I found a blog written by a seventeen year old girl who had struggled with anxiety for three years. She felt just like I did. She

didn't have a specific reason for it. It was just all too much. School, homework, social life, family time, working and working out, and so much more.

I finally understood why I was getting anxiety attacks. I wasn't taking care of myself like I should. I was pressuring myself into doing way more than I was capable of. And now that I knew why I was feeling this way, I could start dealing with it.

Now, almost a years later, I'm starting to learn what helps when I have an anxiety attack and how other people can help me. Things that really helps me to cope are allowing myself to just mindlessly watch TV without feeling bad, and cancelling plans to just do nothing. What helped the most, though, was telling my friends about what I was going through.

Instead of having to act like I was fine all the time, I could now tell them that I actually didn't feel so good.

I remember one time I was having a really bad day, and I told my best friend Rebecca. Ten minutes later she was at my door with chocolate and a movie. I'm so lucky to have a great support system that I can talk to now.

But if you don't have anyone to talk to then try the internet. There are millions of people like you on chat rooms and social media that also need people to talk to. If you take nothing else from this article then I hope you at least know that you are not alone.

FROM **SWIM** PAGE 8

There are approximately 35 hours a week of school, not including homework, and it is recommended that teenagers get 8 to 9 hours of sleep a night which totals up to 56-63 hours. There are 168 hours in a week, and these ladies spend approximately 122 hours sleeping, swimming and going to school, this is not including transportation, eating or homework. That takes dedication, and that's why his program is strong.

"Our team has made great strides within the past year. We hope to go into conference strong and come out happy with our results," said junior Ellie Nagel-Bennett.

Letters To The Editor

STUDENTS WANT MORE COVERAGE

Dear Editor,

I read “Renovations leave Loy Norrix with a fresher and cleaner look.” It was pretty interesting learning about how the new windows/blinds were helpful to learning environment. I didn’t read all of the other articles, but the other ones I did read were very nicely put into action. One of my favorites was the one about classical music and asking students how they feel about it. One thing I didn’t like about the October Edition is now there was nothing involving the swim team and how well they’re doing this year. Like it’s 7-3 win-loss, and we’ve broken a few records for Loy Norrix swimming/diving.

Maya Mielke, freshman

Dear Editor,

I really enjoyed this copy of Knight Life, and I thought it was really well put together. I thought Anna Kushner’s article about teacher contract negotiations was really well written and I really enjoyed Henry Snapp’s piece about Arabic speaking students at Loy Norrix.

I especially enjoyed the article about J-Bird vintage because I thought it was really cute. I think it would’ve been really cool to hear more about why they choose to wear the clothes they do and how students choose to use their clothing to express themselves and what’s unique or interesting about vintage clothing.

Anonymous Student

Dear Editor,

I read the article “Students Go Back to School with J-Bird vintage.” I like how Izze Fahl wrote about the students outfits and how much they cost. I think that the article would be better if instead of excluding hip/ present day apparel they did all. Like J-Bird Vintage, present day clothes, classics, and maybe designer clothing brands like Gucci, supreme etc. I would much rather read about present/urban clothing.

Jorelle W., sophomore

STUDENTS CONECT MENTAL HEALTH AND MUSIC

Dear Editor,

I enjoyed the article “Music and How it affects People While Studying.” I feel that music is an excellent study tool. I also feel blaming violent music for violence is ridiculous as blaming cereal. Correlation doesn’t mean causation.

Will Briggs, senior

Dear Editor,

I like how in the article “Rap Music Would Help Us Better Understand Mental Health” talks about the lyrics behind the artist. They never talk about the artists that are truly trying to say something within their music. In the article you tell us in this article that even famous artists struggle with depression and their music can help them relieve the pain. This article to me is very fulfilling.

Jessica Boer, senior

Dear Editor,

I found the article “Music and How it Affects People While Studying” to be very provoking. I listen to what in this article is categorized as violent and degrading music, and I do not consider myself to be an aggressive person or even an aggressive thinker. I don’t see how this study connects to studying. In the study the participants are watching music videos and the article is supposed to be about what you listen to. I think this study would have been more beneficial to the article if they only listened to the music. I also would like examples of how it made them react in a violent manner. This article lacks ethos that could have strengthened it.

Tristen Buchino, senior

Dear Editor,

I read “Rap Music Could Help Us Better Understand Mental Health” by Emily Lewman and I thought it was sort of good but as a music fan, I think that music is all about feelings. The writing is good. The thing that I like about the article is that it has information. The thing that I don’t like about the article is that rap music and any kind of music is not about facts. In my opinion, it is all about feelings like love and hate. A piece of music needs the audience to know about how the artist is feeling inside and connect with the artist. It is a good article but it needs more feelings instead of information.

Carly Saul, junior

DIVERSE LETTERS TO THE EDITOR

Dear Editor,

I liked the little segment on how teens annoy their parents because I enjoyed reading the variety of responses on how the teens do so, but a small problem is the lack of diversity between grades. You mostly asked juniors and seniors, when there is plenty of sophomores and freshmen to choose from too because everyone’s perception is different. So more of a variety means more funny stories in the future.

Natalie Olinger, freshman

Dear Editor,

On the “Teacher Contract Negotiations put a strain on Kalamazoo Public Schools and it’s Teachers” section of the newspaper article, I think that it’s necessary for teachers to be paid more for the hard work and effort that they put in for their students, because they deserve it with enrollment and test scores frequently going up, they should be earning the paychecks that they worked hard for.

Ben Rumph, junior

Dear Editor,

The opinion that Hollywood struggles to create new material is a very good opinion about the latest streaming movies. We the audience should have our input about the movie because we are the ones watching. I really liked how you quoted other people’s opinions. Overall, I agree with your point of view because moviemakers have not created any well created and scary movies.

Moviemakers have run out of ideas and they advertise to catch the audience’s eye. Movie industries should use their creativity to make new and interesting movies, and not just [use] previously made movies with more action. Overall, some people don’t go to the movies because they are not interesting or they are a repeat.

Angelique Garcia, freshman

Dear Editor,

To the writer behind the article titled “Schools Need To Be More Realistic Regarding Advanced Placement Classes,” I find the subject of the article presented very well, with heavy appeals to the emotions and reasoning of the audience. The presentation of AP courses here undoubtedly does lead me to agree with the statement that the “current handling of them needs to be reevaluated.”

Mayamiko Kadaluku, senior

Dear Editor,

I read the article “Don’t be a Bystander, Stand Up and Help” by Julia Perry. I really love this article because it is about how you should speak up when you see people in need of help. I think that everyone should intervene when someone needs help, because you would want someone to help if you needed it.

Amariah Talley, senior

COACH FARMER BRINGS JOY TO STUDENTS

Dear Sports Editor,

I like the article about the football team. The talk about Coach Farmer and how he brought guidance to the football team. The football team has improved so much this year, and the part about how Farmer brought something the team lacked for years I think is true. The team not only got better, I think people came closer and the team’s attitudes have changed in a good way.

Jordan Miller, sophomore

Dear Sports Editor,

On page 7, I noticed that Coach Farmer was on this page. I’m not a football player, but Farmer is a friend of mine. Even though he’s my conditioning teacher, Coach Farmer is a great motivating man, he also made our whole entire conditioning class more stronger mentally and physically. It is also nice to know he knows a little much of Louisiana as much as I do because he was born and raised there.

Elijah Davis

Dear Editor,

I read the article “A Man With a Plan: Loy Norrix Hires New Football Coach.” and I liked it because many kids Coach Farmer is sort of a mystery. This article lets students get a view of Coach Farmer and what his aim is at the school, and why he wants to help out our struggling football team.

Tristan Wheeler, junior

Dear Editor,

The part of the newspaper that I like is the “A Man With A Plan” section. What I liked about the section was the picture and the story. I’ve met Coach Farmer before and he is a really good guy. I see him on the field and he pushes his players and motivates them to be better.

What I really liked about the section was how Coach Farmer said if he goes to a big named school who wins all the time, the team will always think they’re going to win. But if he comes to Norrix he can build and construct the player to be able to get those wins up. On the other hand, I would like to see more pictures for this section.

Jordan Mabon-Cooks, sophomore

Dear Editor,

I read about the new football coach, Terry Farmer. This coach has many feedback and awards for being able to turn around teams for the better. It seems to me that he wants the best for his team not only physically, but emotionally. He understands that these players love the game, and for so gives them the key and hopes to be better each time.

Senior Xavier Gillon is a close friend of mine and he loves football, it’s part of him. We had a conversation about Terry Farmer. He told me that thanks to him the team was getting better. He also mentioned that practice was longer, the coach was making them put there all during practice so that game day would be perfect.

Jacquelyn Castillo, junior

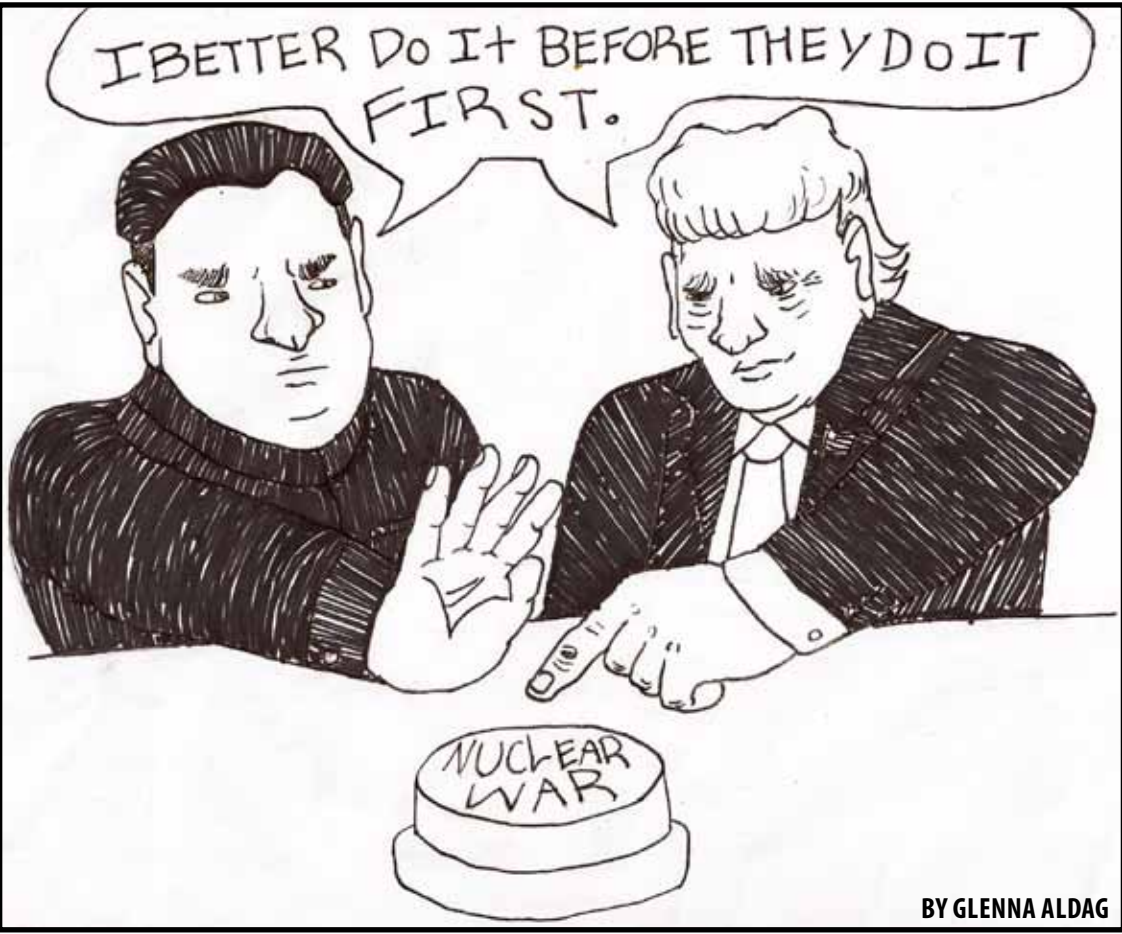
TRUMP VISITING PUERTO RICO IN EFFORTS TO HELP CLEAN UP “THEIR MESS” AFTER THEIR HURRICANE.

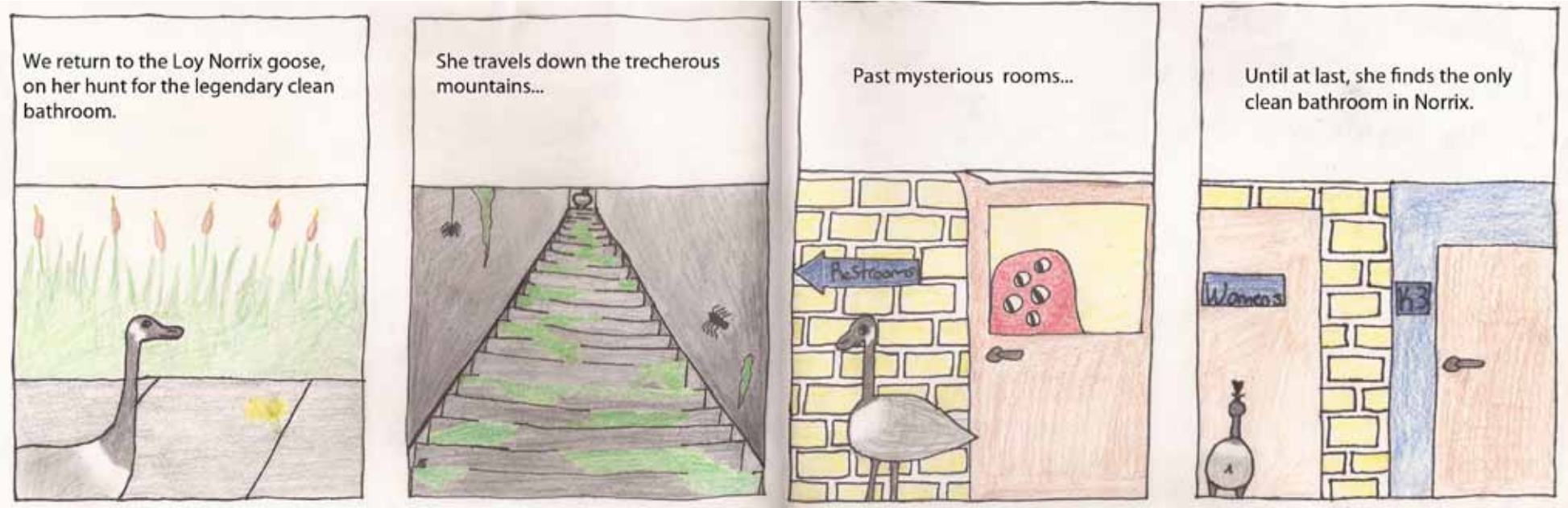


MEMBERS OF CONGRESS MOURNING THE LOSS OF AMERICAN CIVILIANS THAT DIED IN “DOMESTIC ACTS OF VIOLENCE”



THE UNITED STATES AND NORTH KOREA PLAY THE SAME GAME





LOY
NORRIX
GOOSE

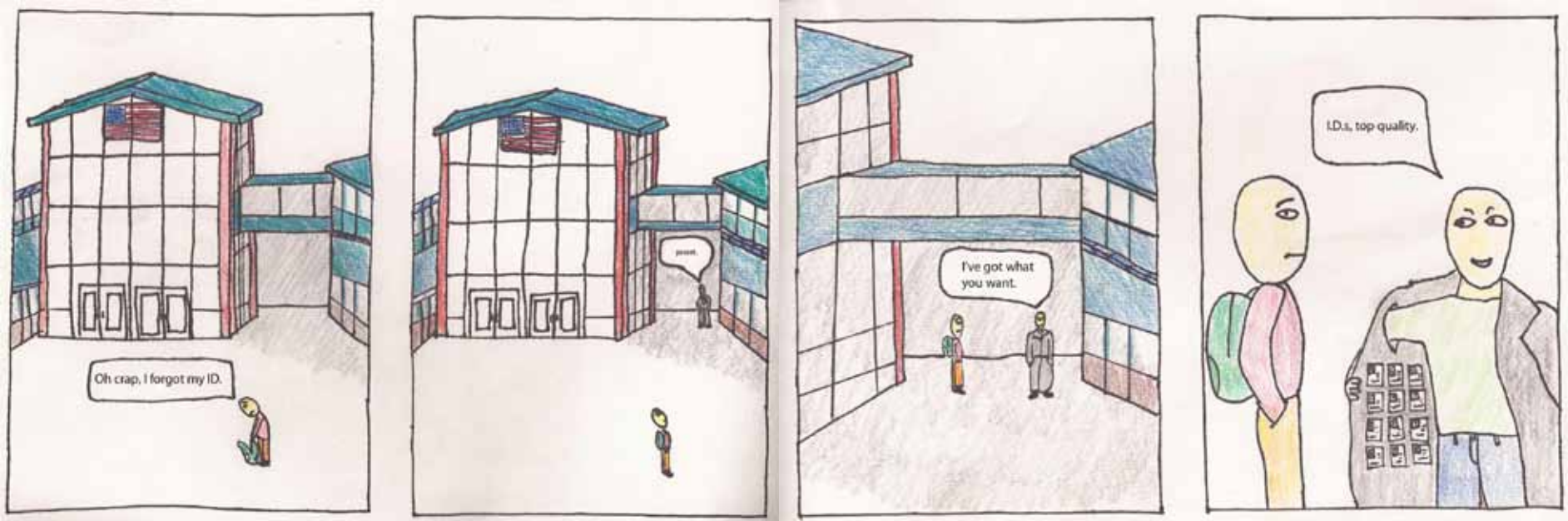


GUEST ARTIST
**ELIZABETH
ELLIOT-REDLIN**

FORGOTTEN ID



GUEST ARTIST
GRIFFIN ABBOT



DELAYED
HOMEWORK



GUEST ARTIST
CAMILLE BISTREK

CLASS OF 2018 HAS SENIOR PHOTOS TAKEN INDEPENDENTLY

ANNA KUSHNER CHIEF COPY EDITOR

With the beginning of the second trimester underway, the senior class of Loy Norrix is almost halfway through their final year. While the school does take photos for the entire student body for the yearbook, many seniors choose to get professional pictures of themselves taken. These are four of those students.



PHOTO CREDIT / ANDY KREIGER

Senior Alli Mitchell is seen walking across a bridge on her grandparent's farm, which served as the backdrop for her senior photos.

Senior Alli Mitchell had her senior pictures taken by Andy Kreiger, a professional photographer she found on the website Thumbtack. She took her photos at her grandparent's farm in Plainwell. Getting to take her photos there was very important to Mitchell.

"I spent a lot of time there as a child and it's a very special place for me," she said.

Her biggest advice to future seniors taking professional photos is to not get overwhelmed.

"If you relax you'll look more natural," she said.



PHOTO CREDIT / KIMBERLY MOSS

Senior Mitchell Mansfield is pictured standing against a brick wall in downtown Kalamazoo for his senior photos.

Senior Mitch Mansfield had his senior pictures taken by family friend Kimberly Moss in downtown Kalamazoo, at Asylum Nature Preserve and the Loy Norrix pool deck. He said he really enjoyed the whole process and that it was a really fun experience. When asked why he wanted to take senior photos, Mansfield simply answered "because it's tradition."



PHOTO CREDIT / ANNA KUSHNER

Senior Tihnae Bennett is pictured in Gull Meadow Farms Corn maze posing for her senior photos.

Senior Tihnae Bennett had her senior pictures taken this October by one of her friends at Gull Meadow Farms. She believes senior pictures are important because "It captures a moment in time right before you're whole life changes," said Bennett.

Her favorite photos turned out to be the candid pictures because they have the best memories behind them.

"I brought my friends and we just had fun!" Bennett said.



PHOTO CREDIT / JESSIE FALES

Senior Henry Muscara is pictured smiling for his senior photos on Kalamazoo College's campus.

Senior Henry Muscara took his senior photos in the green spaces on Kalamazoo College's campus. His pictures were taken by Jessie Fales, a professional photographer who also happens to be the sister of one of Muscara's best friends.

"Since I was with a good friend of mine, it made the experience more enjoyable and made my smile more genuine," said Muscara.

Muscara decided to take senior photos to look back on how much he has changed from his freshman year and share who he has become with his relatives. His word of advice to anyone planning to take senior photos in the future is to not stress about them because they are really just for you.