



WHEN DREAMS COME TRUE NORRIX STUDENT GOES TO THE GRAMMYS

GLENNALDAG GRAPHICS EDITOR

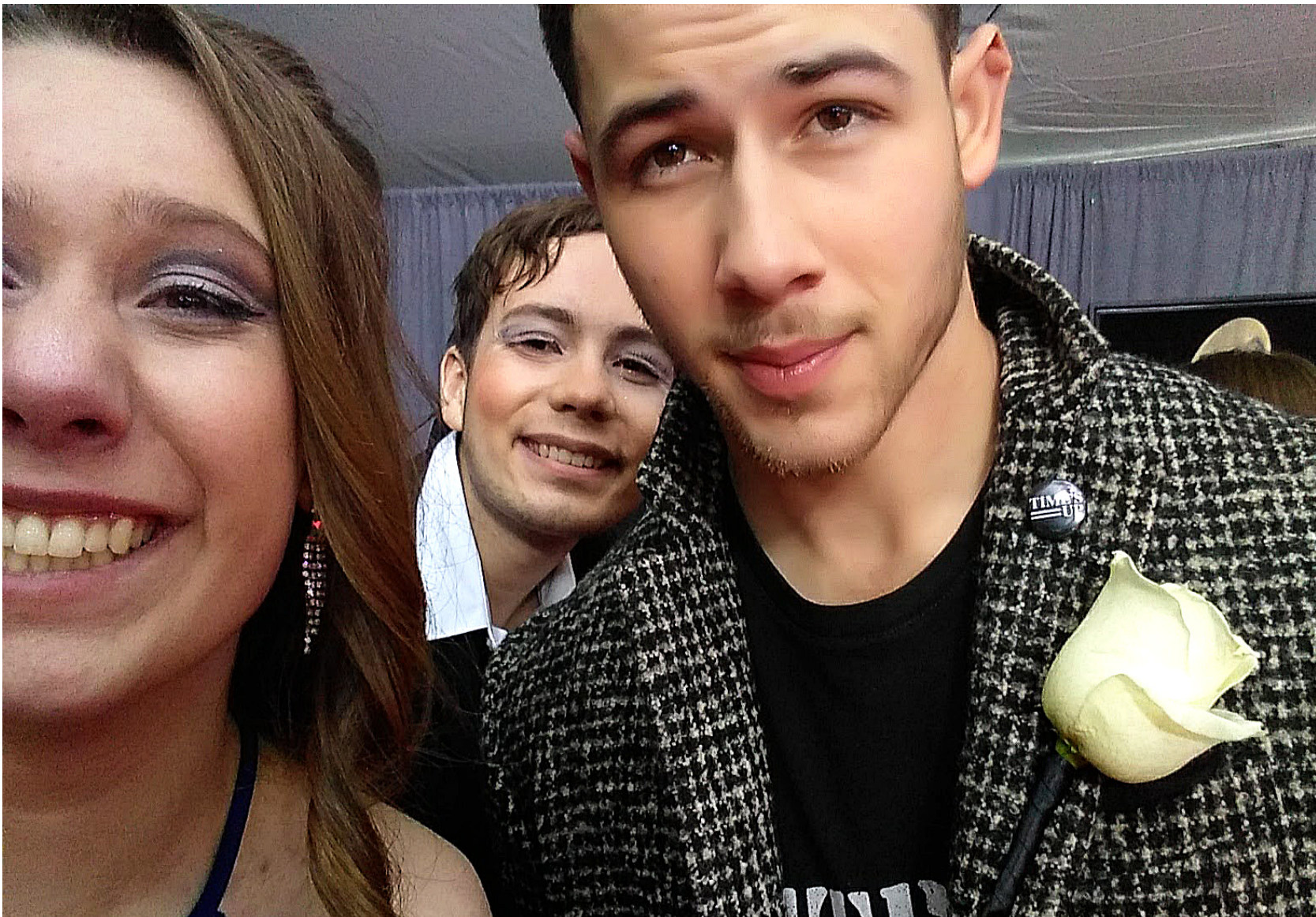
“This experience of being able to go the Grammys is an amazing thing I’m so grateful for. It gives me a chance to stop worrying about what could happen at any second, medical condition-wise, and just focus on the moment,” said junior Heidi Seaman. “And it’s something I’ll be able to look back on when I will be having another heart surgery and could potentially stop worrying about the ‘what if’s’ of everything.”

Heidi is a Loy Norrix student who suffers from Hypoplastic Left Heart Syndrome, a birth defect that causes the left side of the heart to be severely underdeveloped and restricts blood flow through the heart.

“Because of my medical condition my physical activities are limited, so there are certain sports I can’t try out for on fear of being hit in the chest.” Heidi continued, “I can’t take any gym classes (which I’m not gonna complain about), and even just walking to get to my classes on time can cause me to be really out of breath and have chest pains. Then there are the small things like having to take several pills a day to keep my heart going and the constant worrying of what my heart is gonna flip out about that could potentially cause me to go the hospital.”

It is because of the life threatening nature of her condition that Heidi was referred to the Make-A-Wish Foundation.

“My doctor referred me to Make-A-Wish because my condition is life-threatening and there’s a possibility of me having another



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Junior Heidi Seaman (left) poses for a selfie on the Grammy red carpet with American pop artist, Nick Jonas.

PHOTO CREDIT / HEIDI SEAMAN



PHOTO CREDIT / STEPHANIE CHASEZ

President Donald J. Trump, joined by Vice President Mike Pence and senior military leaders, signs H.R. 2810, the National Defense Authorization Act for fiscal year 2018, in the Roosevelt Room at the White House, Dec. 12, 2017. White House photo

REPUBLICANS’ TAX CUTS AND JOBS ACT CAUSES DISTRESS AMONG CITIZENS

ABBIE LINDBLADE SOCIAL NETWORK TEAM

President Trump signed the new divisive Tax Cuts and Jobs Act into law on December 22nd, 2017. This bill is causing concern to many who disagree with outside of the Republican Party’s conservative viewpoint, specifically, those that are categorized as ‘middle and lower class’ citizens, households that earn below \$75,000 a year.

By most Republican and conservative Americans, the bill is viewed as a much needed overhaul while Democrats and liberal citizens see the bill as an oppressive piece of fiscal policy (government policy that regulates currency, taxes, and trade) that could further contribute to the nation’s rising debt. Through this bill, several changes to healthcare and environmental policy, as well as tax benefits through individual and corporate taxation will influence our country’s economy and create massive income tax benefits for the upper class citizens.

Many of the arrangements being made are set to expire after seven years. This means the individual provisions in the Tax Cuts and Jobs Act will

revert back to the current tax law in 2025. However, there are still pieces of this bill that are meant to go on indefinitely, such as the corporate tax changes. This means that the new tax laws on corporations will continue on, in an effort to grow and bring businesses back to the United States.

It’s important to know how this bill will affect your community. Many Loy Norrix students and their parents are taxpayers, business owners, and working class citizens. Loy Norrix Economics teacher Ryan Allen has his own thoughts on how this new policy will affect the economic state of the country and the growth of new business.

“Having seen taxes for a lot of my life, I think it’s maybe a good thing that we cut tax on business, I think an issue economically for us is that we’ve had a lot of companies leave, and they have left because there are other countries out there that have a lesser tax rate for them,” Allen said about potential benefits that could be brought about by this bill.

The United States has some

of the highest corporate tax rates in the world. Businesses have to pay a lot more money in taxes here than they do in other countries. Also, other countries have fewer regulatory rules concerning labor laws on minimum wage, child labor, safety laws and manufacturing.

According to CNN Money, companies will no longer have to pay federal taxes on income made offshore, meaning businesses based in the U.S won’t be taxed on money they make from locations in other countries, and the corporate tax rate has been cut from 35 percent to 21 percent. This means the territorial system of taxation has been abolished, and the corporate tax rate is a lot lower than it was in the past, so businesses don’t have to pay as high of taxes as they did in the Obama-era. This will hopefully decrease unemployment in the U.S. and locally lower Kalamazoo’s 5.8 percent unemployment rate by leading businesses to manufacture in the United

SEE TAX CUTS PAGE 3

MLK DAY BRINGS A SPARK OF AWARENESS TO THE COMMUNITY

JASMINE ALCOCER STAFF WRITER

Martin Luther King Day at Western Michigan University (WMU) is a calm and collected event. The room was full of people of all backgrounds and ages. The environment felt friendly and welcoming, all of these things appropriate for the celebration of this holiday.

Martin Luther King Jr. Day was established in 1983 during the Reagan administration. Martin Luther King Jr. Day was intended to be a day of remembrance of Martin Luther King Jr, the “fallen civil rights leader.” The holiday has evolved over the years and in different communities. WMU hosts a workshop each year commemorating Martin Luther King Jr.

The event hosts several panels throughout the day on a variety of topics. Topics ranged from woman’s right to gun laws. Each panel is jam-packed with information and presented by a given organization or a WMU professor.

Organizations such as El Concilio, an organization fighting and educating on

the right for immigrants, spoke about DACA and county identification cards.

When asked why they feel that it is important to speak at the MLK event a member, Eva Alvarez, of El Concilio said, “I wanted to create awareness in this community and let others know who we are and why we are fighting for immigrants, especially during this current administration.”

Student Nicole Cumming stated, “I think it’s really important to recognize that we have this day off from school and not to just relax, but to recognize everything Martin Luther King Jr. has done for us.”

Nicole Cumming took part in this event as one of the volunteers that helped guide and sign people in. WMU’s MLK Day also had on-site action plans to help community members organize. Organizations hosted booths to help people register to vote, sign petitions and gain information about elected officials. The booths gave information on topics and how to get involved in the

community.

Groups such as Mothers Demand Action shared heartbreaking stories about how violence has directly affected our community. Mothers Demand Action advocate Rick Omilian shared the story of the 1999 murder suicide of his step-daughter Maggie Wardle and the importance of not having guns on campus. Maggie was shot and killed by her boyfriend at Kalamazoo College on October 18, 1999.

KPS Superintendent Dr. Michael Rice, also spoke during the gun violence panel. Dr. Rice commented, “I just don’t feel that kids should mix with guns.” Dr. Rice was referring to bill SB 584-586, which would allow owners of licensed concealed weapons to be carried in schools, daycare centers and churches.

The closing statement of the day relayed the importance of reaching out to the community.

They urged everyone to inform themselves and remember what MLK day is truly about.



PHOTO CREDIT / JASMINE ALCOCER

Organization members speak to citizens in the Kalamazoo community about completing missions. These organizations find it important to help improve the lives of those in the community.



EMILY LEWMAN
ARTS & ENTERTAINMENT EDITOR

On January 2nd, 2018, an argument broke out on Twitter between the current and past students of Kalamazoo Public Schools, Portage Public Schools and other surrounding high schools over a tweet posted by former Loy Norrix student, Nora Hilgart-Griff. Kalamazoo students were getting frustrated with former Portage, Gull Lake and Mattawan high school students claiming to be a part of Kalamazoo now that they are in college.

The other high school students then responded by saying their city is part of Kalamazoo County and that not a lot of people know where their city is, which is understandable since Kalamazoo is better known geographically.

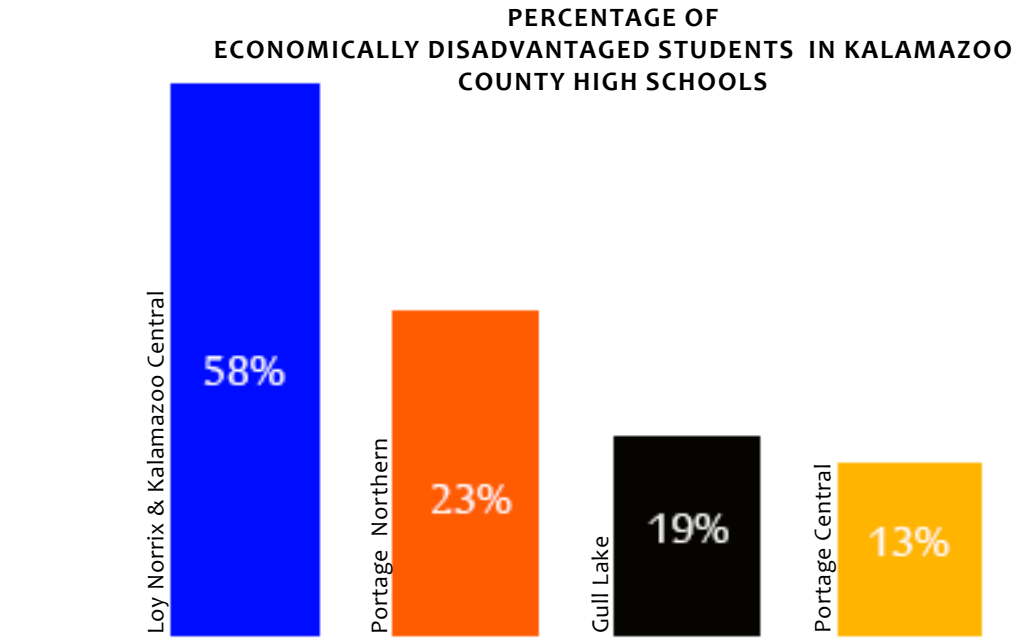
“Lots of the Portage school district is almost PART of Kalamazoo County. Almost all of us were born at either Bronson or Borgess in Kzoo,” said Portage Central student Emma Kite over Twitter, “Kzoo is also a widely known city so when talking to those who live far away it is appropriate to

say when asked our origin.”

KPS students and parents have dealt with judgement for living in Kalamazoo for years, especially because Kalamazoo is often labeled ghetto, violent, or poor by people who live in neighboring districts. To KPS students, those who are trying to claim they come from Kalamazoo infers that they have experienced the same hardships and is a huge insult.

“You can’t disrespect and undermine a city then claim to be a part of it just because you have an inconvenience of telling people where you’re from.”
- Lauren Johnson.

“All of the Portage people who have said ‘wow I feel bad for you’ when they find out I went to Norrix are the exact reason why we get mad when y’all try to claim the zoo,” said Loy Norrix Alumni Maeve Wilson over



Twitter.

KPS students feel strongly about their Kalamazoo identity and have opinions on why people from surrounding cities shouldn’t say they’re from Kalamazoo.

“They put a bad cloud over our name, they say ‘oh you go to Loy Norrix? I hope you don’t get shot,’ It’s just really racist and intolerant things,” senior Reilly Malpass said, “Earlier this year where the opposing team used the N word against our players and I’ve never been more upset at a football game in my life, and I don’t even like football.”

The argument continued by bringing the Kalamazoo Promise into the debate; other high school students were now telling KPS students to “check their privilege” because they have the opportunity to go to college with free tuition.

According to US News, Loy Norrix and Kalamazoo Central have a 58% economically disadvantaged rate compared to Portage Northern with a 23% rate and Portage Central with a 13% rate. The students in the KPS

district don’t have the same advantages as wealthier families that live in other districts.

“Portage is not a city - merely a legal fiction that enables some members of the Kalamazoo community to escape taxes and integrated schools,” said Kalamazoo citizen Art Hilgart, related to Nora Hilgart-Griff. Hilgart wrote this in 1984 when outraged by people who said they were proud to come out of Portage.

“You can’t disrespect and undermine a city then claim to be a part of it just because you have an inconvenience of telling people where you’re from,” said senior Lauren Johnson.

This disagreement has been worn out and dragged on every single school year for the past few years, whether it’s in sports or on social media. KPS students are tired of wealthier communities surrounding Kalama-zoo claiming to be a part of something they criticize.

THE CLASSROOM ON WHEELS EDUCATIONAL SIGNIFICANCE OF BUS DRIVERS IN AND OUT OF THE CLASSROOM

OURANIA ALEXOPOULOS STAFF WRITER

It’s a brisk winter morning. The sun has barely risen. The roads are quiet. Bus drivers from all around Michigan are already awake and preparing to pick up dozens of kids and take them to school.

Bus drivers are some of the most under-recognized contributors of the education system. Although many students don’t acknowledge it, without the transportation to and from school, a proper education is nearly impossible.

There are many important parts that come along with being a public school bus driver. Bus driving isn’t just about driving around in a big yellow vehicle, drivers have to be able to understand children and take part in their daily lives.

“What I like the most about being a bus driver is being able to work with the kids,” said Kalamazoo Public Schools bus driver Sasha Davis. Davis has been a bus driver for four years and shares some of the aspects that come along with this job.

Although Davis loves children, she explains she has run into a handful of students that haven’t made her job as easy as she would have preferred.

“I dislike how uncooperative some of the kids are and the fighting they do. I once had a child bring a butcher knife onto the bus and he was only in kindergarten,” she explained.

According to School Transportation News, poorly behaved kids are a very common and frequent occurrence that bus drivers have to deal with. Being able to tolerate and handle kids as they go through puberty and begin to mature is a big part of being a bus driver, but poorly behaved kids aren’t the only thing bus drivers have to deal with.

Bus drivers also have a very early schedule that only certain people can acclimate to. According to UnhealthyWork, some bus drivers have to rise as early as three or four in the morning, depending on where there live and other obligations they may have before clocking in for work.

“The latest I’ve ever worked was for a field trip called Grad Bash. I finished work at 4 a.m. that day,” Davis said. For most bus drivers, an early morning to late night schedule is fairly common. Although many jobs require waking up early, being alert enough to drive a vehicle full of students

requires a healthy amount of sleep.

According to Optalert, driving fatigued can cause symptoms such as drowsiness, lack of attention span, impaired cognitive abilities and many more dangerous side effects.

Fortunately for Davis, her everyday routine of transporting students to and from school has proven to be actually convenient for her and her schedule. This allows her to have time after hours to spend with her family.

“I start at 5:30 a.m. and end at 5:00 p.m. My kids get out of school around 5 so I just spend time with them after that, so it’s actually perfect,” said Davis.

There are also many enjoyable parts that come with being a bus driver. Davis comes to acknowledge that she’s met a lot of great people because of the job she has and that she drives in the same area that she grew up in.

“I know Kalamazoo and the area very well. I know a lot of the schools and a lot of the teachers. Some of them that still work in the buildings taught me growing up. It’s kind of like reuniting,” Davis said.

Keeping the students all accounted for and safe is one of the most significant and stressful parts of being a public school bus driver. Getting a portion of students to and from school isn’t as relaxing as it looks.

“I always pray before my rounds, I just want to keep everyone safe,” said Davis. Davis believes bus driving is a significant part of providing students with a proper education and acknowledges that many students depend on it. This is why her job is so necessary.

With many kids eager to learn and go to school every day, every part of an education counts, from after school tutoring to catching a ride on a bus. It’s a comforting feeling to know that bus drivers such Sasha Davis and others all around the area are prepared to take students into their own care and help improve their education.

One our Loy Norrix students, Westin Grinwis, who rides the bus acknowledges how important it is to her.

“I’m really glad that we have trustable bus drivers. Without them, I honestly don’t know where my education would be,” Griniwis said.

MEET THE ADMINISTRATIVE ASSISTANTS OF LOY NORRIX

JULIA PERRY STAFF WRITER

When a student walks into Loy Norrix, they pass the tower and go straight to the main office where it’s a quiet and calm setting. The first person to greet them is Jennifer Dantes, and she will direct them to where they need to go or to who can help them.

Without the essential functions of the Loy Norrix office staff, a lot of things would be disorganized. Some of their responsibilities include, organizing important information that needs to go out to parents, keeping attendance, assisting teachers by making sure they are able to teach and making sure the students get the materials needed to be a safe and efficient school.

There are three staff members in the main office, Jennifer Dantes, Zach Rickli and Cheryl Knight, who take on this heavy load. It’s not just a job that pays, it’s a passion for them, it’s the belief that they can make a difference in the KPS community.

Loy Norrix, has been through more than enough this past year. The staff deals with judgement about their job on a regular basis. People ask them, ‘Why do you work here?’ or, ‘Why is your job important to you?’ and not only do they stand for their jobs, but they stand for students.

ZACH RICKLI



Zach Rickli, a former Loy Norrix graduate from 2010, went to Kalamazoo Public Schools schools his entire life. Rickli enjoyed his years at Loy Norrix.

“I really enjoyed going to Norrix. There was so many different people here it showed that we could be diverse and it taught me to accept all people in different cultures and settings. It made me a better person,” Rickli said.

Rickli came back to Norrix during the 2015-2016 school year to coach football. Rickli said, “I like being around kids, helping and doing what I can to make a difference. ” Rickli joined during the Loy Norrix 2017-2018 school year as the Attendance Interventionist, His job is to monitor the attendance. He is the main contact for parents when there is anything attendance related with a student. Rickli stands out as an alumni here at Loy Norrix.

Rickli enjoys his job and cares about the KPS community. Rickli said, “I took the job at Loy Norrix because I wanted to get in the KPS community, be able to help and mentor students in Loy Norrix and be able to tell students advice on things people should have

told me back then.”

The job is difficult at times. He tries to make sure that if parents call in to excuse an absence or their kid is out sick, he can change their attendance to an excused absence. Many parents get upset about their child’s attendance and what possibly changed within that week or month.

Often many staff deal with difficulties at their job and Rickli has a strategy to make sure that he can be as helpful as he can to the parent, students or teachers within the building. Rickli said, “[I] listen to the issue, gather my thoughts and try to be empathetic and be as helpful as I can.”

JENNIFER DANTES



Jennifer Dantes is the front office secretary who greets the parents and visitors when they first come in to the school. She helps parents with any questions and takes care of students’ needs. Dantes has a busy job, and she wants to make sure that students are getting the help they need and that there is clear communication through the P.A. and with the parents.

Dantes has difficulty her position, she tries to avoid problems and faces her challenges by acting the way she would want to be treated.

Dantes said, “I want to treat you how I want to be treated.”

Dantes loves her job and willing to go above and beyond to help the KPS community.

“I love the KPS community, and I’m willing to help kids and parents through any struggles or questions they may have,” said Dantes.

CHERYL KNIGHT



Cheryl Knight, assistant to the principal, makes sure that teachers are in their rooms, that students get all the help they need, obtains school supplies for the teachers and when teachers are absent, she’s the one that assigns a substitute. Knight is organized; she has a checklist for everyday things things.

SEE FRONT OFFICE ON PAGE 3



PHOTO CREDIT / OLIVIA ELY

Sasha Davis sits and waits for students to board the bus in the Loy Norrix parking lot.



PHOTO CREDIT / ZACH LIDDLE

Sophomore Rebecca Sierra-Torres works on a friendship bracelet in her basic design class. Many of the classes at Loy Norrix are also offered at Kalamazoo Central.

BRANDON SCHNURR NEWS EDITOR

There has been a long history of student competition between Loy Norrix High School and Kalamazoo Central High School. Because of this rivalry, deciding on a high school to attend can be a very drawn-out decision and even results in students changing their minds midway through a school year. Students occasionally apply for a transfer during the first trimester of the school year in order to arrive at their new school during the second trimester.

A few of these students wanted to tell their story of why they switched to Loy Norrix and how the people of this school have treated them for the past few weeks.

Everyone has their own reasons for switching schools, but there is one very common one that most teens share: location.

“We moved over by Norrix, so that’s why we’re here now,” said sophomore Rebecca Sierra-Torres.

Both Rebecca and her freshman brother, Ben Sierra-Torres are new students to Norrix. After spending a year at Kalamazoo Central, they transferred to Norrix when they moved closer to Norrix.

Sophomore Ben Sanford is also a new student from Kalamazoo Central, but unlike the Sierra-Torres siblings, Sanford decided to transfer to Norrix because of the friends he has here and the friendly atmosphere.

“Most of my friends go here, so that’s one of the reasons I like it [being at Loy Norrix] better, and the environment is better,” explained Sanford.

Sophomore Thomas Cloutier is here for the same reasons as Sanford. Most of his friends from Maple Street Magnet School for the Arts now attend Norrix. Thomas

decided to switch schools to be closer to his friends.

The new students have also noticed a lot of changes in the environment from Kalamazoo Central, mostly in their classes. All of the students compared classes in the two schools and have varying opinions about them.

“Here the classes are a lot harder,” added Sanford, “and the teachers push you a lot harder and expect more from you.”

“The classes over at KC are okay, but I feel more interactive over here at Loy Norrix,” added Torres, deep in thought. “It feels like a more real environment than over at KC.”

Meanwhile, Cloutier is more impressed by Central’s classes rather than those at Norrix. While he likes to be with his friends here at Norrix, he feels Central has a wider course selection than Norrix.

“I feel like they have more classes to offer at KC [but] I fit in more with the people here,” said Cloutier.

However, classes aren’t the only thing to be impressed with at Loy Norrix. As always, newcomers enjoy many aspects of Loy Norrix, whether it be the people of Norrix or the building itself.

“Everyone knows each other, everyone’s tied in with everyone,” said Sanford admirably, “There’s also not a lot of bullying going on, at least as far as I can tell.”

As for Torres, she was impressed much more by the staff than the classes.

“I feel able to interact with other people,” said Torres with a smile, “and I like that a lot.”

Despite the excitement of switching schools, the process can be very different for everyone.

“I just came here and I went to the office and got



PHOTO CREDIT / BRANDON SCHNURR

Sophomore Ben Sanford takes notes during chemistry. Ben finds many of his classes here at Norrix enjoyable, especially when working with friends.

the registration form. I filled it out and was told I could transfer the next trimester,” explained Sanford, “It was pretty simple.”

Cloutier also had, as he would call it, a smooth experience while transferring schools. He simply had to fill out the registration form and then show up the next week for the first day at his new school.

As for Torres, the process was much more stressful.

“It [the process] was long. We wanted to enroll midway through the first trimester,” explained Torres. “We didn’t get a tour right when we asked for one, but we got one the first day I was here. It was overwhelming, but it was good.”

The feelings associated with switching schools can also be overwhelming. The students that have switched to Norrix have been on a rollercoaster of emotions since their arrival.

“I was skeptical [of Loy Norrix]. I had thought, thanks to the riots and stuff that we heard over at KC, that Loy Norrix sounded like an unsafe school,” said Torres. “But now that I’m here, I’m happy and not as stressed out as I was.”

“I was excited,” said Sanford. “I like this school so far.”

As for other students transferring anywhere, there were a few words of advice given by our new students at Loy Norrix.

“Make some friends if you don’t have any there already, so you can fit in,” explained Sanford. “Since you’ve transferred, you have to pay attention a lot more in class to get back involved and on the same track as everyone else.”

“Just jump into it,” said Cloutier, “You don’t have to be nervous about it. In the end of the day it will all work out.”

“Try to make friends so they can help you around the halls if you get lost,” said Torres jokingly, “Don’t suck up to your teachers, but pay attention. Also, try to communicate with your counselor as much as possible.”

With such a diverse environment already at Loy Norrix, let us welcome these new members to our community with open arms and allow them a place in our home. No matter who they may be, let us show them the great school they have switched to.

MOVING FROM MEXICO TO KALAMAZOO IS A LIFE CHANGING EXPERIENCE

AUDREANNA DUNTON ASSISTANT BUSINESS MANAGER



PHOTO CREDIT/AUDREY DUNTON

Alexa studiously works on her geometry in third hour. She is practicing hard and getting the hang of it.

Imagine moving thousands of miles away from your hometown, the place you grew up, made all of your childhood memories and made strong relationships in. Traveling brings stress to almost everyone. When traveling results in a wide variety of changes for you and your lifestyle, it brings a whole new level of stress.

Recently, students and staff have welcomed freshman, Alexa Barcenas, as an exchange student into our school. Alexa has temporarily moved to Kalamazoo from San Miguel de Allende, Guanajuato, which is in Central Mexico and was voted best city in 2013.

Not only has Alexa been welcomed into the Loy Norrix family, but into the Kalamazoo community as well. As Alexa made her way through her first week at her new place of education, she noticed a lot of differences, especially with

of the school.

“There are 15 hundred people, you need a map of the school on your first day, there are 2 floors, 2 gyms, a pool and different wings,” Alexa said. “In Mexico, there are 20 classrooms for primary, secondary and high school. This includes the lab, computer class, art class and offices.”

Alexa is beyond surprised at how different life is in Kalamazoo than what she is used to in Mexico. It isn’t the easiest thing in the world to make such a huge transition. Her personal life outside of school has really changed too.

“It’s different here because I’m living with people who aren’t my parents, so I’m still getting used to that a little bit. We built our house in Mexico, so it’s not completely tiled floors and everything like that so it’s weird to have a proper house,” stated Alexa.

“Kalamazoo is a public

school, it’s only high school, the common language is English. There are electives and only five classes a day,” Alexa explained.

In Mexico, however, Alexa’s school day differs greatly. There are not as many classes and it is not as big.

Not only does the size and environment change in school, but so does the daily schedule.

“It was still a little boring, with much longer days because there are more classes so it felt longer,” explained Alexa.

Alexa is very surprised about all of the differences between Kalamazoo and Mexico. As Alexa continues to get used to her new lifestyle, she is excited to meet new people, create lasting memories and learn. Alexa will make the journey back to Mexico in June.

FROM TAX CUTS PAGE 1

States and hire workers who live here.

Loy Norrix senior, Naomi Verne, believes these corporate tax cuts won’t be as helpful as Republicans believe.

“I think it [the Tax Cuts and Jobs Act] will hurt the economy in the long run. Slashing the corporate taxes from 35 percent to 20 percent will most likely bring some businesses back, but not at a fast pace.

Businesses need skilled workers, which the U.S does not have a lot of.

The demand for labor that fast would create inflation with the federal reserve, cause high interest rates and offset any benefit the bill offers,” said Verne.

Verne believes this bill will only benefit the upper class and

corporations, fearing that these tax cuts will harm the middle class.

The majority of Loy Norrix’s student population is middle and lower class. These types of households will likely experience a tax hike, according to Forbes magazine.

When asked about how this bill will affect working class families like the ones that Loy Norrix students come from, Allen said,

“Hopefully it gives them more money. I don’t think this bill is really meant to alleviate the middle class tax. I feel like this bill is supposed to stimulate economic growth, but from a capital goods point of view... factories, new assembly lines, new businesses opening up, that’s what I think it’s meant for.”

It’s obvious the Tax Cuts and Jobs Act is meant to cater to

businesses, but many working class citizens fear these corporate tax breaks will hurt their families. Since the money to run the government has to come from somewhere, it’s believed it will now have to come from higher taxes on the poor and middle classes and the dissolving of welfare programs like Medicaid, food stamps, and Meals on Wheels.

Fifty-eight percent of Norrix’s student population is economically disadvantaged, households with income below \$25,000 a year, and many of our families benefit from government assistance such as the federal free lunch program which may end up losing funding due to the changes being made with this bill.

Loy Norrix senior Alli Mitchell feels differently from the conservative point of view, she believes the bill will affect the

lower and middle classes negatively and sees no real benefits.

“I think the Tax Cuts and Jobs Act will hurt the middle and lower classes since the tax cuts are not directed towards these classes. Instead, they will benefit the top percent who should not receive tax cuts since they make the most money. It will only benefit the wealthiest Americans instead of helping the lower classes,” said Mitchell.

This bill is a part of many divisive pieces of policy that President Trump has either passed into law or promised to pass. Hopefully, the benefits of the Tax Cuts and Jobs Act outweighs any negative consequences and creates growth for the American economy without hurting middle class families like those at Loy Norrix, but only time will tell.

FROM FRONT OF OFFICE PAGE 2

She comes in and rocks it out, making sure parents who want to see the principal or have meetings with him have a appointment. Knight believes it is important to stay organized and that it helps you stay intact with everything, something that will help later in life.

“I remind myself to listen because the parents could have a lot of things going on and treat them how I want to be treated,” said Knight.

There are new staff in the front office and they have already taken on a heavy load. It’s not only a job for them, but it’s something that they care about. They want students at Loy Norrix to **commit, succeed** and **graduate**.

#STIGMAFREE: MENTAL ILLNESSES ARE BEING TRIVIALIZED

SOFIE NEHLSSEN STAFF WRITER

It’s difficult not to envy the beautiful pop star Demi Lovato when scrolling through her Instagram pictures. Photos of her luxurious lifestyle and commendable achievements flood the feed of anyone following her. One would never suspect how much she has struggled with her mental health.

On September 24 2017, Lovato announced on Instagram that she had taken on the responsibility of being the new Mental Health Ambassador for Global Citizens, an organization working on making the world a better place for everyone. One of the first things on Lovato’s agenda is to take the “HEART Program” to kids in the Middle East. The program focuses on helping kids deal with mental health issues through art.

Mental health has gotten a lot of public attention in recent years. Celebrities like Demi Lovato and Lady Gaga have publicly stated that they suffer from mental illnesses such as eating disorders and depression. When people with that much influence admit to have mental illnesses, it normalizes mental health issues and lets people suffering in silence know that they are not alone.

Mental illness is an invisible struggle that, according to National



Caitlyn Moon laughing with friends in class. Caitlyn has been struggling with her mental health since 8th grade.

Alliance On Mental Illness (NAMI), one in five American adults will experience in their lifetime. Even though it is so common, many still view it as an excuse or a self-inflicted illness.

Mental health awareness fights the stigma, surrounding this issue and educates people both suffering from mental illnesses and the friends and family of those suffering.

“There is a lot of stigma surrounding borderline personality disorder,” said senior Cat Moon, who struggles with depression,

anxiety and borderline personality disorder. “A lot of it is seen as just really psycho, and people struggling with it are seen as really crazy.”

Cat has been struggling with mental health issues since 8th grade and it affects her a lot in her day-to-day life. She believes that mental health awareness is very important.

“People should know about it [mental illness] because more than likely they are going to interact with someone who has mental health issues,” said

Moon.

America’s biggest mental health awareness group is NAMI. NAMI is a non-profit organization that has been working to improve the lives of those affected by mental illnesses since 1979. Members of this group work with celebrities to inform and educate people on this subject. One of their partners is actress and scientist Mayim Bialik, who plays Amy Fowler in CBS’s “The Big Bang Theory.”

Mayim Bialik is working with NAMI on a campaign called “#StigmaFree.”

The campaign’s goal is to change the negative attitude towards those affected by mental illnesses.

Bringing awareness and educating on mental health is a step in the right direction but there are also cons to this mental health movement. More and more people are self-diagnosing and trivializing having a mental illness. It has almost become “trendy” to have serious mental illnesses like Obsessive Compulsive Disorder.

When kids jokingly say, “Oh my God, I’m just so OCD. I just need everything organized.” It minimizes the severity of the illness. This can harm people actually suffering from OCD because people then won’t take it as seriously as they should.

“I don’t see it as a huge problem with depression and anxiety, just because it is very prevalent and common in teenagers,” said Cat. “But if you think you have those, you should go see a doctor and get help.”

On the other hand Cat thinks that it is very disrespectful to self-diagnose personality disorders and bipolar disorder.

“I think it is really insulting to the people who actually do have it. Especially if they just flaunt it as if it was some kind of accessory,” said Moon.

One of the greatest

dangers of self-diagnosing personality disorders and anxiety, is that you could actually be suffering from another serious illness like a brain tumor or irregular heart beat.

According to NAMI, 60 percent of adults didn’t get treatment for their mental health issues in the previous year. By not seeking a professional opinion on your symptoms, you miss out on getting the help you need.

Self-diagnosing has never been as popular as it is now. It is very dangerous and harmful to people actually struggling with mental illnesses. If the illness is wrongly self-diagnosed it trivialises and lessens the importance of those actually suffering from a mental illness.

As stated by Anxiety and Depression Association of America only 36.9 percent of those suffering from anxiety get help even though it is very treatable.

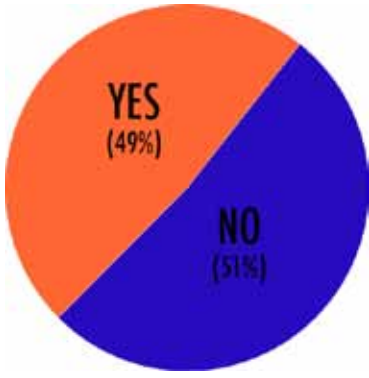
Don’t be afraid to seek help and see a professional if you have concerns about your mental state. Help the world be #StigmaFree. Educate the people around you and spread mental health awareness. You never know who it might help.

BREAKUPS: IS IT A GOOD IDEA TO BE FRIENDS WITH YOUR EX?

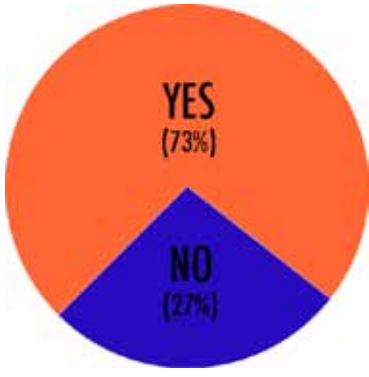
LILLY MACINNIS STAFF WRITER

Results of a poll conducted of 54 Loy Norrix students:

Are you friends with your ex?



Can people be friends after a break up?



GRAPHIC CREDIT/ LILLY MACLNNIS & RAILI NELSON

We all do different things after a breakup. Some of us eat our weight in ice cream, while others stalk their exes on social media, looking to see if they’ve moved on.

While all breakups are different, they almost all always end up with at least one person feeling lost, lonely and shattered. They want to go back to that person and feel the way they felt when it all started, when they were “just friends.” In their mind its the best option, to still be close to that person in some way or form. But is it really a good idea to be friends with your ex? Does it lead to a good, meaningful friendship, or more heartbreak and tears?

“I think it really just depends on the type of person you are honestly,” said Kalamazoo Central freshman, Zoe Flynn. “I’m a jealous person. I’m a bitter person. I’m not the best at forgive and forget, so for people who aren’t really good at that, it’s probably a better option to just let it go.”

Flynn has had her share of breakups, and while they didn’t always end badly, she said that, for herself, being friends only made it worse. She said one breakup in particular stuck out to her.

“I had been bitter at her for a couple weeks after we first broke up, and then I was like, ‘ok, I’m going to be mature about this and I’m going to try to be her friend,’” Flynn explained. “Then, eventually she just got really really annoying. We were both still so hung-up about it that we couldn’t really move past the whole, ‘ok well, we kind of had a horrible relationship that fizzled out.’”

“It depends on how the person acts after the breakup. If they’re a complete jerk afterwards then I’m not going to be friends with them.” - David Harn

Flynn explained that everything just became about their past relationship. They could never really move on and start something different. However, this is just one case, many people befriend their exes after a breakup, and it works out. Everyone’s different and has different ideas and ideals about what to do after a breakup. For example, freshman David Harn explained how staying friends was a good idea.

“We actually became best friends for a while after we broke up,” Harn said. “We only lost touch when she moved schools.”

And while Harn agrees that every relationship is different, he says it depends more on the situation than the people in the relationship should decide whether or not they can stay friends.

“It depends on how the person acts after the breakup. If they’re a complete jerk afterwards then I’m not going to be friends with them. If they’re trying to fix it and you are

too, then you can be friends with them and see how everything works out,” Harn said.

According to a poll done by the Associated Press, 38 percent of people have stayed friends with at least one former love interests. Now, whether or not these were good friendships can’t be interpreted, but it shows that lots of people, everyday, still make the choice to be friends with their “former flame.”

To interpret whether or not to be friends with your ex is ultimately up to both people that were in that relationship. While some people can live better without a person that’s bitter towards them, others are haunted by what could have been. So the best thing to keep in mind when considering whether or not to be friends with your ex, is not if you should be friends, but if it’s the best decision for the both of you.

BALLING ON A BUDGET: FOOD EDITION

TRISTEN BUCHINO STAFF WRITER

Food can have a major impact on your brain, weight and mood. Nutrients tell our body how to function and poor nutrition makes it difficult for our bodies and minds to perform everyday tasks. Eating poorly can make you feel stressed and fatigued, which leads to impaired thought. Starting the day off with a healthy balanced breakfast is starting the day off right.

Kristen Antoniotii Loy Norrix’s Spanish teacher said, “I start every single day with a healthy breakfast. I enjoy oatmeal with raisins and a banana. I eat breakfast so I can be focused and alert throughout my day teaching.”

In American culture today, it’s common for people to have little time to prepare and cook healthy meals, resulting in the consumption of a lot of fast food, a convenient solution to save time, but a poor end result for your health.

We would all be surprised at the foods that appear healthy but contain many calories and preservatives, like salads. So when you order a salad instead of a cheeseburger, you may think you’re making a healthy choice, but in reality, a salad at McDonalds is still chocked full of preservatives and is ultimately not as healthy. This is one of many deceptive choices.

A family of 4 spends an average of \$150 on food weekly, that’s \$600 monthly. Buying whole foods can be expensive, but natural vitamins and supplements can be a good healthy and cheap substitute. Also, buying fruits and vegetables that are in season not only taste better, but also saves money. Taste and cravings are a big part of why people don’t eat healthy, they don’t believe organic foods taste as good.

Aside from Spanish, Antoniotti also studies the field of mindfulness and she has an awareness of the way the food she eats makes her feel.

“If I’m craving some Girl Scout Cookies and I make the conscious choice to eat them, I’m aware of the consequences

resulting [in] the way I feel later on,” said Antoniotti.

Some people may not realize that the reason they don’t feel well is caused by their diet. Antonetti can diagnose this, so she is better at knowing what’s good for her and what’s not.

A steady diet of fast food creates a craving for sodium, which causes a spike in blood pressure. Most dietitians also recommend adding natural seasonings opposed to salt to foods.

Organic foods don’t contain the same addicting chemicals as processed foods. MSG is a flavor enhancer that makes your food addicting and added sugars and salt are just a few ingredients that result in binge eating. Added sugar is one of the worst ingredients your body can ingest and it’s also in about 68 percent of the processed foods in your average grocery store, making it hard to avoid. It’s recommended that reading labels while shopping will help you stay away from additives and other chemicals.

Buying in bulk is also a big money saver; foods like pasta, rice and oats are easy to stockpile. Simply put, nutritionists suggests buying foods that will rot sooner. Typically foods that have a lot of preservatives are the ones that last longer.

Dietitians have counseled families with obesity problems not to consume foods that are a golden brown; for example, honey buns and fries.

Recently, farmers markets have gained popularity in the Kalamazoo area. Not only does this help save money, it supports local growers that supply fresh produce at a reasonable price.

Loy Norrix senior, Sonata Davis said, “I really love how at the farmers market, vendors tell you where their products come from and how they are made. It makes me feel good to know that all the food is GMO free and I’m aware of what goes in my body. I also enjoy supporting small businesses so



PHOTO CREDIT/ TRISTEN BUCHINO
Pictured here is a Hello Fresh meal. The ingredients get delivered right to your door step. This peticular one is cilantro-lime chili.

this is a good opportunity for me.”

Delivered meals are also becoming more popular. Most can be prepared at home in 30 minutes or less and are less expensive than restaurant meals. These services, such as Blue Apron and Hello Fresh, have high quality ingredients and sometimes they even contain locally sourced produce. In addition, local grocery stores are offering door-to-door delivery for a monthly fee. This will save gas and will help you avoid purchasing unnecessary things. In other words, you can stick to your list rather than constantly splurging on a last minute cookie buy.

Many of the suggestions discussed may require lifestyle changes. Avoiding fast food, reading labels, buying fresh and local food and exploring your eating options are just a few ways to improve your diet. However, the end result will have huge benefits on both your budget, planning, mental and physical health.

OLIVIA ELY OPINION EDITOR

It’s 3:56 and you’ve just finished getting dressed for practice that starts at 4:00. You need your shoulder stretched and your hand wrapped. You’re all fixed up and out with your team with one minute to spare. The man to thank? Loy Norrix’s very own athletic trainer, Dan Hawley.

Dan has been the athletic trainer for Loy Norrix since the summer of 2016. Before coming to Loy Norrix, Dan worked under a certified athletic trainer in the athletic training room at Minnesota State Mankato in order to receive his certification to train alone. Dan came into Loy Norrix not having any experience being a head athletic trainer. He’s done a wonderful job so far, according to many student athletes.

“Dan is a great guy. Anytime I’ve had problems or an injury, he’s been great in helping me to recover,” said junior cross-country runner Bill Bowser.

Dan went into athletic training so that he could help people ease their physical pain and be there for people when they need him. Ever since he loved being an athletic trainer at a high school in Minnesota, he decided to continue his career in athletic training.

Dan is currently balancing his job at Loy Norrix and higher education at Western Michigan University where he’s in his second year of school earning a masters degree in athletic training through the Department of Human Performance and Health Education. Dan hopes to either continue training in high schools or move to collegiate level training someday.



Sophomore Maggie Grabemeyer comes to athletic trainer Dan Hawley with worries about her thumb after experiencing pain at soccer practice. He tells her that she strained a muscle in her hand and assures her that she will be okay.

Dan takes classes that fall under the category of injury management. Some examples of his classes are anatomy, physiology, kinesiology and rehabilitation. In order to become a certified athletic trainer, you have to pass your board of certification exam after graduating from an accredited course.

After his work is finished here at Loy Norrix, Dan plans to move back to his hometown in Blaine, Minnesota this summer.

“I’m excited to move back to be closer to my friends and family again,” said Dan.

Dan’s favorite thing about training at Loy Norrix is his ability to meet a variety of students between various sports seasons.

“You never feel better than when you finish dealing with a student’s rehabilitation, or like getting them off to go to the hospital after you’ve dealt with their serious injury, and they’re like ‘Thank you Dan, I appreciate it,’” said Dan.

His all time favorite memory is when the varsity football team beat Kalamazoo Central because he loved seeing everyone so happy.

“So here’s the thing, losing doesn’t hurt or disappoint me at all, like I was fine after going 0-9 last year, but when kids come up to me and say ‘Dan I’m so sick of losing’ with that sad look on their face, that’s what hurts.” Dan continued, “It was so nice to see everyone happy for a change, it gave them hope.”

Overall, Dan has had a positive experience working as an athletic trainer at Loy Norrix.

After a long day of school and practice, Dan will be there to ice your knee and listen to anything that’s on your mind. This is one small reason why many students don’t see Dan as just an athletic trainer but as a person they can trust and talk to about not only sports, but personal matters as well.

Junior cross-country runner Julia Pinkster said, “Dan has helped me figure out anything wrong that is going on in my body at the time to help me continue to work out and improve in sports. Dan always puts his all into students, even when the athletic training room is crowded.”

HORSING AROUND

LOY NORRIX STUDENT TAKES ON A NEW AND UNUSUAL SPORT

DEVON GROSS FEATURE EDITOR



Sophomore Tessa Hertel demonstrates specific signals Rowdy knows and what they mean. Signals are important for both the horse and the rider to communicate when riding.

A horse strides into the arena. Elegance and pride ooze from both the rider and the 16 hundred pound animal that the rider appears to effortlessly control. The duo move in perfect unison and precision around the ring.

This scene describes an equestrian event. Equestrian riding is a sport where a horse and a rider compete in various events together. Equestrian riding has been in the Olympics every year since 1912. There are English and Western riding styles which require different harnesses and equipment for the horse. English is a more traditional riding style seen throughout the world. English riders wear simple clean cut slacks and a button down

jacket where as Western riding is more often referred as ‘ranching style’ and the riders wear glitzy flashy outfits.

Loy Norrix Sophomore Tessa Hertel and Rowdy, her 16 year old American Quarter horse, competed in equestrian events in the Kalamazoo County Fair over the Summer of 2017. They placed 2nd for English riding for the first round then moved to the second round of finals in the grand championships, where the duo placed 8th out of 18 other participants with ages ranging between 13 and 24 years old.

“I got Rowdy about a year ago, but I had been riding other horses all my life before that,” said Hertel. “After previously begging



Sophomore, Tessa Hertel gives a speech about her horse, Rowdy. The two have been riding together for over a year.

for a horse of my own for as long as I can remember, Rowdy is the perfect partner to compete with.”

Most people don’t consider ‘horse riding’ a sport. In a lot of ways, equestrian can actually be considered just as hard if not harder than any of the other sports people generally participate in. From the responsibility it takes to actually maintain a horse to the physical and mental strain the riders face throughout their season, participating in equestrian riding is no piece of cake.

“I’ve definitely gotten stronger core and leg muscles since I’ve been riding with Rowdy. Where I used to complain and have pains in my legs after a bit of riding, I’ve definitely strengthened my legs and haven’t noticed as many pains,” said Tessa.

Like any other sport, horses and people who participate in equestrian have a designated off season in which athletes take the time off and rest their bodies for the upcoming season.

Horses themselves typically grow thicker coats during the off-season, but it’s not all about rest. Every day the horse must be taken out to stretch its legs and keep in shape. Tessa and Rowdy practice at least four times a week during the off season.

“We go out to the stables most every week day to have Rowdy move his legs and to also continue to uphold the bond a rider and horse should share to be able to work together,” said Tessa.

The bond the horse and the rider should share should be primarily based on the trust with one and other. The horse and rider have to be able to work together and be able to compete as a pair.

“It’s all about trust” said Hertel, “If I didn’t know what I was doing, this 16 hundred animal has the potential to crush and kill me. We [she and the horse] have to develop a bond so he knows that I won’t harm him and so we can complete any sort of routine.”

LOY NORRIX VS. KALAMAZOO CENTRAL BASKETBALL GAME

CROSSTOWN RIVALS MEET AT THE WESTERN MICHIGAN UNIVERSITY’S FIELDHOUSE

JORDAN COX SPORTS EDITOR

On December 9th, 2017, Loy Norrix squared off against Kalamazoo Central in their first meeting of the 2017-2018 basketball season at Western Michigan University’s Fieldhouse. This is always an exciting game that both teams have highlighted on their calendars.

Besides the district tournament at the end of the season, the games between Loy Norrix and Kalamazoo Central are the most important of the season for many of the fans in the community. Not only do both teams want to add another mark in the win column, but bragging rights are on the line at least until their second match up midway through February.

The week leading up to the game is always tense. The energy around the locker room is always upbeat, along with the players. Both schools want to come out victorious.

Loy Norrix senior guard, Jordan Larkin said, “The energy made us get up and show out. We had to represent our school in the best way possible.”

The bleachers at Western Michigan University’s Fieldhouse were packed full. Everyone from around the city piled in to

witness the game between the crosstown rivals. Any game between Loy Norrix and Kalamazoo Central will always be hard fought and played until the last whistle blows.

“Not all of the guys on the team are used to playing in front of a crowd of that size,” said junior center DeAndre Worthly. “It’s crazy to see how many people come out to support their teams. Anywhere from alumni from either school to just random people in the community who enjoy a good basketball game.”

Tip off took place at 5:05 p.m. and the game was tight all the way throughout the first two quarters of play. The Knights finished off the half with a one point lead, going into the break with a score of 39-38.

The second half of the game proved to be much like the first half of the game. It was a hard fought game that came down to the wire. After getting into foul trouble early, the Knights just didn’t have enough down the stretch to push past the Giants, losing by a score of 72-63.

Michael Hughes led the way for the Knights in scoring with 21 points. When asked about his standout performance, Hughes said, “Before I came into the game, Coach [Covault] said if you’re open then shoot, and if they fall we’ll keep feeding you.”

This proved to be a good game plan for Hughes as it worked out for the best in the stat sheet, but his hot hand still wasn’t enough in the end to push past the Giants.

On friday 2/16 Loy Norrix lost Kalamazoo Central for a second time this season, the final score was 42-39.



Junior Nmeso Nnebedum dribbles the ball up court in the game against Kalamazoo Central. The Knights wore camouflage in honor of Military Appreciation Night.

LOY NORRIX WRESTLING TEAM TAKES BATTLE CREEK LAKEVIEW TO THE MAT

MIA MAY ASSISTANT PHOTO EDITOR

The Loy Norrix crowd is small but supportive. There’s a small team on one side, warming up for a tough match. There’s a small buzz of excitement about the Loy Norrix wrestling team going around. The team has a record of three wins and seven losses so far this season. The team only has 17 wrestlers, almost every other wrestling team has two times that many, and wrestlers are on and off the bench due to injuries and grades. This may bring the team down on the scoreboard. The wrestling season is three to four months long and requires six dedicated days a week of practice, meets and tournaments. The Norrix wrestling team most recently wrestled against Battle Creek Lakeview.



Junior Chase Thomas is trying to grab the knee of his opponent so he can get points for a take down. A take down is two points and means that the person that is awarded has the upper hand to pin the other wrestler.



Wrestling coach Alex Hill [left] is talking to sophomore Bryce Cooper [right] after his tough match. After every match, all wrestlers must talk to the coaches about what they can do to improve for their next match.



Junior Roy Britney is trying to escape the grip of his opponent from Battle Creek Lakeview. Britney has been in wrestling for almost 3 years and is now team captain.

COME OUT FOR INDOOR TRACK

LOY NORRIX TRACK ATHLETES PREPARE FOR THE OUTDOOR SEASON



ALEXA DAVIS COPY EDITOR

There’s some excitement in the air. It’s a Friday before an indoor track meet and the track and field athletes are nervous about how they will run the next day. It’s their first race of the season, and while it’s a low stress meet, everyone is anxious to see where they stand time and place wise. When they asked for some racing advice, Coach Bradley Schmidt doled out his best advice, “Run fast, and turn left.” Indoor track is the pre-season to outdoor track, which starts in mid March and goes until the end of May. Track and field runners run in a series of events that may include sprint races, relays, distance and mid-distance races. Examples of each of these include the 200 meter dash, the 3200 meter relay, 1600 meter run and 800 meter dash. Indoor track athletes train before the official outdoor track season so they can start the outdoor season with months of training in their back pocket. Track athletes often start running at the end of November and train all the way up to March. Practices

are optional but highly suggested. The earlier runners start training the better they are come outdoor season. “Indoor track is a great way to bond with teammates and to build a base for the outdoor season,” said freshman Keegan “Delaware” Hughes. At the January 13th GVSU meet Hughes raced a 2:28 800 meter run. Practices vary depending on what event(s) an athlete is interested in. Those who throw shot put and discus mostly train in the weight room, along with the pole vaulters. Sprinters will run short distance workouts and mid to long distance athletes run both sprints and long mileage days. Each workout starts with a short warm-up and stretching together as a team. Then the athletes do a series of good form running drills before their workout starts. On Monday, Wednesday and Friday some members will hit the weight room after their run as well. After an athlete finishes their run, they’re allowed to go home, but the tight knit track community often stretches, lifts weight, or hangs out together afterwards. To stay in the racing game, track members will often compete in indoor track meets during the winter. These are often held at colleges around the state such as Grand Valley State University and Aquinas College. Several of the athletes kicked off their indoor season at Grand Valley State University on January 6, and many will continue to travel to the various indoor races. Racing in a meet is also optional, but can have many benefits and be lots of fun. Plus, it’s a great way to see how your opponents are racing early in the season. So far several indoor athletes have posted great start of season times in their



Coach Duckett gives senior Fletcher Robbins some advice before Robbins steps back into the throwing ring. Robbins threw a personal record later that day, throwing 39 feet and 8.5 inches.

events. Senior Abigail Dantes ran a 3:15.38 800 meter at GVSU on January 13th, only a couple seconds off of her 2017 season personal record (PR). Freshman Garrick Hohm raced a 5:26.94 minute 1600 meter so far this season. Zachary Skinner has unofficially broken the school record of 14’4” for pole vault in a practice. During that practice Skinner vaulted 14’5.25”. Junior Myles Baker has so far raced a 5:14.97 minute mile. “Track is the sport I’m loyal to and [indoor track] has helped me to produce results,” said junior track athlete Bill Bowser. Bowser raced a 57.5 second 400 meter run, an excellent early season time, on the 13th. Senior Fletcher Robbins and freshman Jacob Bowser have already set new personal records in the shot put. Robbins threw 39 ft and 8.5 inches, 7.5 inches further than his 2017 PR, and Bowser threw 27 ft. and 2.5 inches at GVSU on the 13th. “[The PR] gives me a good point to jump from as the season starts,” said Robbins. “Showing me that I have the ability to push myself even further as the spring season comes.” You can find the results of any Michigan indoor track meet and the schedule of meets at the Michigan Indoor Track Series (MITS) website. Indoor track meets are often smaller than the outdoor track meets and have fewer events. The events offered depend on what venue is hosting. “The indoor meets are the top calibre of athletes competing,” said Bowser. “The guys you’ll have to worry about when the real track season comes around. By running indoor meets not only do you train, but you also learn the competition.”

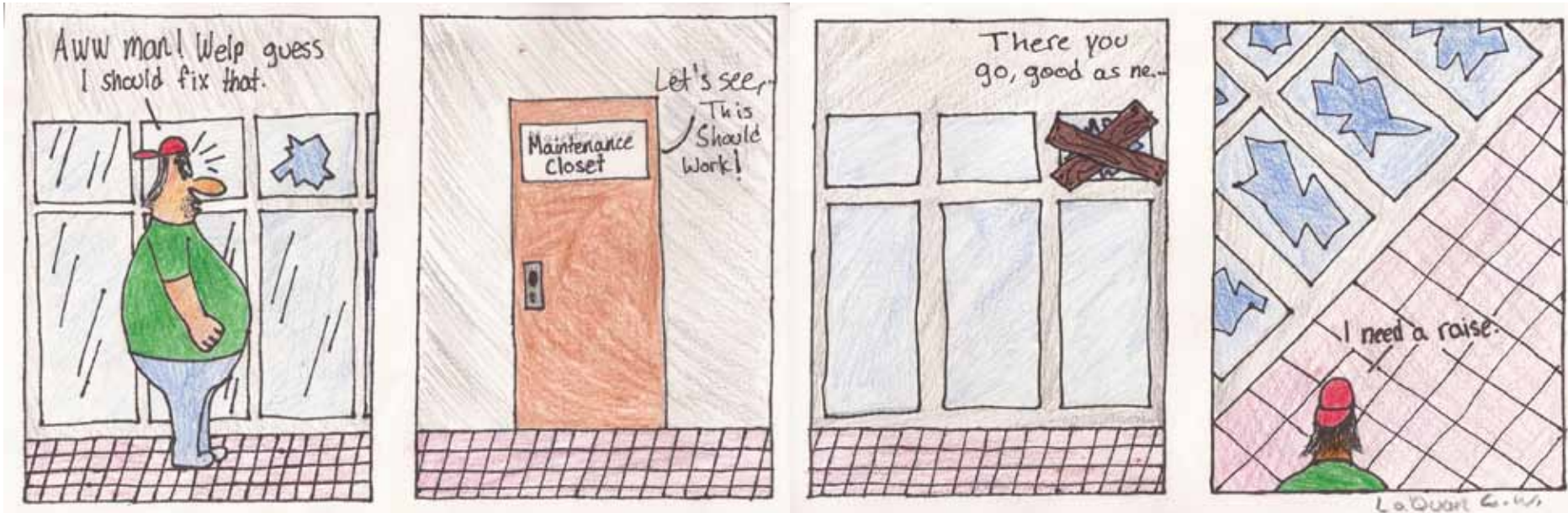
Many colleges will host several meets each indoor season and rotate the events they offer at each meet. Generally each venue offers at least two or three short distance races, hurdles, a long distance race and relays. Field events include shot put, pole vault, long jump, high jump and, for indoor specifically, the weight throw. If you’re thinking about running track in the spring, then come train with the indoor track members. Practices start right after school at 2:30 and will last until roughly 4:30. All the athletes meet up at four Corners after school, by 2:45, to warm-up and stretch together. After pre-run rituals are completed, each group, sprinters, distance, and field events, all split up into their different workouts to either workout in the weight room, run through the halls of Norrix, or head outside on the roads or track. Due to the variety of workout places it’s a good idea to bring clothes that will brave the outside weather and a set of clothes for running indoors. If you aren’t sure what event you’d like to run then spend some time running different workouts to determine what you’d like to race in come spring season. “In indoor track it’s all about you,” said Coach Savicke. “Outdoor track is for all the marbles, teams are scored, medals may be won, [it’s] when you find what you’re made of.” If you have any questions contact Coach Bradley Schmidt, Coach Duckett or Coach Savicke, or friends you may have that are already running. Coach Schmidt can be found in room B17 where he teaches math. Coach Duckett is one of Loy Norrix’s gym teachers and can be found by the gym. Coach Savicke can be contacted at 269-370-2704 or found at four Corners after school.



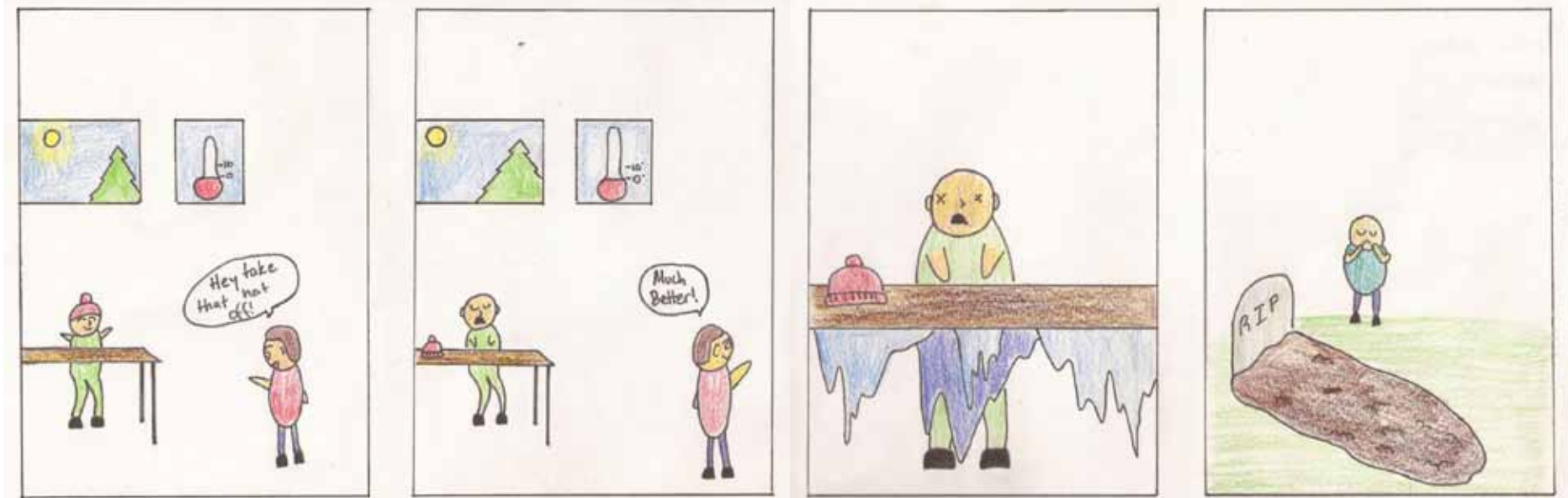
Junior Myles Baker runs an excellent pre-season 1600 meter time of 5:14.97 minutes at GVSU. Baker placed 78th out of 114 runners that day.



LAQUAN COLEMAN
GUEST ARTIST



TRENTIN HOHLER
GUEST ARTIST



THOMAS SELVIDG
GUEST ARTIST



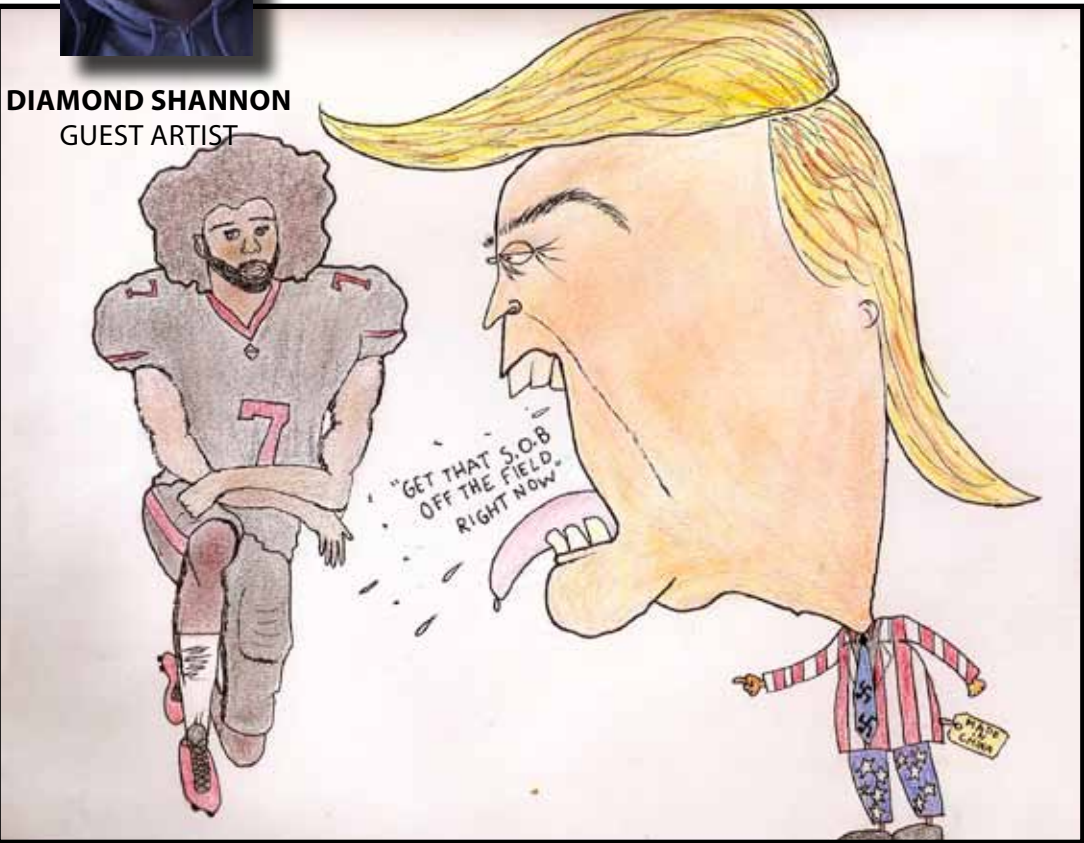
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THE MEN ON CAPITAL HILL ARE BEING PILLS AND TRYING TO TAKE OURS



LEAH DUNAM
STAFF WRITER

Hormonal female birth control pills have been around for nearly 60 years, as the first oral contraceptive pill was approved and put on the market in 1960. Because the pill had questionable safety issues and access was only given to married couples at first, feminists challenged this decision at the Supreme Court and oral contraceptives were soon available to all women, regardless of their marital status.

The pill has improved and adapted in many ways since then and is now widely taken advantage of by millions of American women for its large range of uses. Treating endometriosis, polycystic ovary syndrome (PCOS), reproductive organ infections, mental health issues such as depression and obsessive compulsive disorder (OCD), iron deficiency, acne, painful/irregular menstrual cycles and obviously preventing unwanted pregnancies are some but certainly not all of the benefits that oral contraceptives can provide.

In October 2017, the Trump administration worked towards making a rule that allows employers to deny women birth control coverage through their legally obligated insurance. One of the main concerns presented

was that people would have to disregard their religious beliefs and customs by supplying women with birth control.

Under President Obama's Affordable Care Act (ACA), birth control became a federal requirement to be included in insurance plans since January 2012. This gave more than 55 million women across the nation access to the pill without co-payments, the remaining payment after insurance, and is often categorized as a basic aspect of healthcare that all women should receive.

Many women receive oral contraceptives from Planned Parenthood, a non-profit organization that provides a variety of sexual health services such as STD testing, pregnancy tests, cancer screenings, LGBTQ+ care, patient education and abortion services. This organization is geared toward providing the underserved population with basic healthcare, such as people of color, young men and women without stable benefits or income and the LGBTQ+ community.

Loy Norrix psychology teacher Rebecca Layton, who has been on the pill for over 20 years, received the pill from Planned Parenthood for a period of time with a limited co-pay when she was working a job with minimal insurance.

Layton was diagnosed with polycystic ovary syndrome (PCOS), a hormonal disorder that can cause enlarged ovaries and cysts. Symptoms of this condition include infrequent or prolonged menstrual cycles, excessive male hormone levels and hormonal symptoms such as acne. Layton uses the pill as a part of an overall

treatment plan to decrease the symptoms of her PCOS as well as balance her hormone levels.

"It's not the only thing I take. It's not the only treatment course I go through," said Layton.

As PCOS is extremely underdiagnosed, it has taken over 10 years for her to find a treatment course that successfully manages her symptoms and condition.

Drama teacher and forensics coach Paige Carrow has also experimented with using birth control to treat her condition, endometriosis. Endo- meaning within and -osis meaning abnormal condition, it is the term for

"It doesn't affect Trump. Trump doesn't have a vagina, he shouldn't have a say."

-Paige Carrow

when the endometrium that typically lines the uterus grows on the outside. This often causes extreme pain and discomfort, as well as irregular periods.

Carrow tried using birth control pills as treatment, but for her it didn't relieve the symptoms of her condition, as everyone's body responds differently and there's about a 50/50 chance of it being successful. She also used birth control specifically for her menstrual period regulation and pain management when she was a young adult, where she saw positive results as well as side effects such as bloating and irritability.

Carrow found it overwhelming to go through the process of obtaining birth control in her late high school/early college years, due to the multiple appointments and

of unwanted pregnancies, but take away the primary means of pain management that women use to counteract serious medical conditions. Treatment can be extremely expensive and difficult to obtain otherwise, as the alternative to many of these conditions is surgery.

"It'd be nice that if you needed a solution you could have easy access to it, just like if you need an easy solution for your headache you go take an Advil," Carrow said, "but if they restrict that, then people are going to have to come up with creative and maybe harmful ways to suppress the pain they feel. I think it's sad that there has to be limits on everything, especially when it doesn't affect Trump. Trump doesn't have a vagina, he shouldn't have a say."

It can be extremely beneficial for women

to use hormonal birth control to regulate periods and alleviate pain. It's also reasonable to use it to prevent unwanted pregnancies. When women have greater control of the number of children they have, they have more opportunity to get college degrees, which leads to having more career options, making more money and having a better quality of life.

If you are looking to get involved, Planned Parenthood has multiple different online petitions you can sign to show government officials how much support is behind the movement to counteract the proposed bill. There's also options to donate money to keep Planned Parenthood funding up, where the donation is often matched or tripled.


Birth control should be classified as basic healthcare that anyone who feels that they need it is entitled to receive. Organizations such as Planned Parenthood and community health centers are working to help people get the resources they need to stay safe and healthy, something that should be a bigger concern among our communities and government.

If you are interested or in need of any of the services that Planned Parenthood provides, go to their website plannedparenthood.org or to their location in Kalamazoo at 4201 W. Michigan, or the Community Health Center located on 3299 Gull Road.

There is nothing shameful about taking care of your health and your body, and these organizations work hard to help anyone who may need it. Take advantage of the resources in our community and consider giving back!

THE WONDERS OF AMERICA

DANISH EXCHANGE STUDENT EXPERIENCES THE COMPLEXITIES OF U.S. CULTURE



SOFIE NEHLSON
STAFF WRITER

If you had asked me to describe the United States in 3 words, 6 months ago, I probably would've said Trump, The Kardashians and obesity. Not the best first-hand impression, I know, but nevertheless, that's what I thought.

When I got here I quickly realized that it wasn't that simple and that I had no idea what I was getting myself into. I signed up to be an exchange student two years ago because I thought it would be a great opportunity to get away from home and experience a new culture. I thought "One year in America? Pfff, easy," well, spoiler alert, it's not.

I was born and raised in Denmark, but I have lived here in Kalamazoo since September 24th and

I'm leaving on June 14th. In Denmark we graduate high school after ninth grade and then we have three more years of school before university.

I might have been one of the best in my ninth grade English class, but that did not help me when someone asked me if I wanted to "ride shotgun" in the car or wanted me to "spill the tea." I never learned anything like that in my English class. The English language is so beautifully complex and confusing and I don't think it will ever stop fascinating me how many ways you can say friend: bro, dude, buddy. The possibilities are endless, really.

I learn new phrases every single day, like butt dial and booty call, which are definitely not the same thing, and you do not want to get them mixed up when you're trying to explain to someone why you randomly called them late in the evening.

As much as I try to deny it, I can't run away from the fact that I have an accent. On one of my first days here, someone didn't quite catch the fact that I'm from Denmark and when she heard my accent she came

up to me and asked "Are you deaf? You sound deaf," to which I replied "What?!"

The first thing I did when I got the call that I was going to Loy Norrix High School in Kalamazoo was obviously to do a little research, but nothing could have prepared me for the culture shock I experienced when entering the school. Walking through the doors, into a school where you have to wear ID's, the guards have pepper spray and a riot is really not a big deal, can be overwhelming to say the least. There's more students in this school than people in my hometown and the craziest thing that ever happened at my old school was that someone was supposedly high on school grounds.

Yet, I have never met a more loving and kind student body than the one here at Loy Norrix. People will give you bags of candy and instantly be your best friend even though you've never met them before. Instead of putting each other down, like you see girls do in movies like "Mean Girls," girls stop in the halls, complimenting each other and building each other up.

I have experienced amazing things here in America. I've been to a Fall Out Boy concert, I went to Tennessee, I saw a hockey game, and I have many more experiences like that to come. But the ones that mean the most are the small moments, the moments where I really feel included. The first time someone asked me to sit with them at lunch, the first time someone asked me if I wanted to get coffee with them, these are the moments I'll remember the most.

I might be a little biased, but Denmark is pretty great. We have free health care, we get paid to go to university and, according to the website Denmark.dk, we get more than 40 percent of our electricity from windmills. Even so, we also have to work on our ability to let other people express themselves.

You won't see anyone wearing cat ears or bright red lipstick in high school, simply because they don't want to be judged. Here at Norrix I could wear my pajamas to school and no one would care, which is pretty great.

With a guy like Trump as your president, America really gets a bad reputation in other parts of the world. I came here thinking that this country would be full of hate and discrimination, but while it does certainly have its problems, it is so beautifully diverse and accepting. Just walking down the hallway you see all types of different people, a girl rocking knee-high boots and a ponytail tighter than Dolly Parton's face or a girl with bright green hair and hoops bigger than my head.

It's amazing how you can unapologetically be yourself at Norrix. Here you have the freedom to be you, and I absolutely admire anyone with the courage to completely be themselves. That is something that Denmark could definitely learn from America.

If you were to ask me now to describe America in three words, I honestly wouldn't know what to say. America is too complex and complicated to boil it down to three words, and I'm so incredibly grateful that I get to spend 9 months here and have my eyes opened to the wonders of America.

KNIGHTS


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SPEAK

DACA (Deferred Action for Childhood Arrivals) was a program that protected immigrants who were brought into America by their parents as children. Many of the children who were protected by the DACA program have grown up and started families of their own. The entire DACA program is being scrapped under the Trump administration.

Do you agree with President Trump's decision to cut the DACA program? Why or why not.




Virginia Abbot, 9th

I disagree with the way this is being dealt with. [DACA is] really important for the people who might not have education or live a really good life; otherwise, I think it's sort of inhumane to leave these people out in the open in the world where they might not ever get an education.




Lily Dorstewitz, 10th

No, I don't agree with this decision. I think it's wrong to take someone out of the country they've been with the majority of their lives. I hate that we are doing this and I'd really like to find another solution.



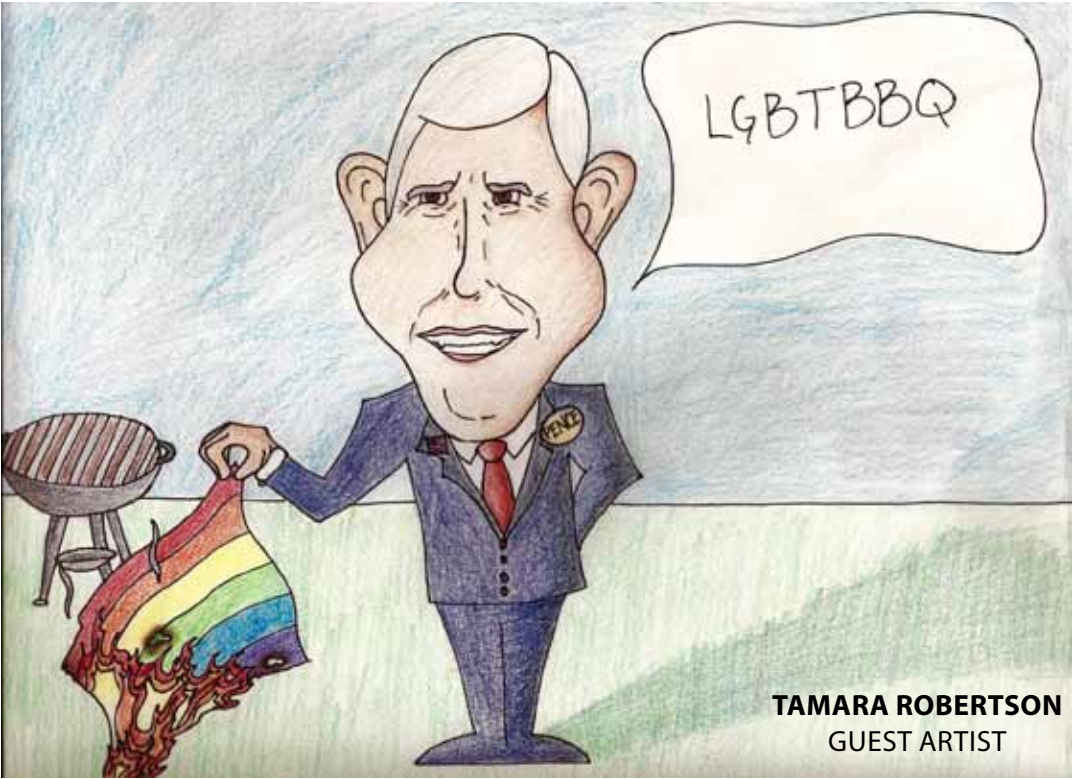
Blaise Boulding, 12th

There are obviously bad immigrants, but a lot of the people have made good lives for themselves so it's pretty unfair to push them out of the good things they've done here when some of the people who have been living here their whole lives, haven't. It's stupid to push out people who are succeeding.

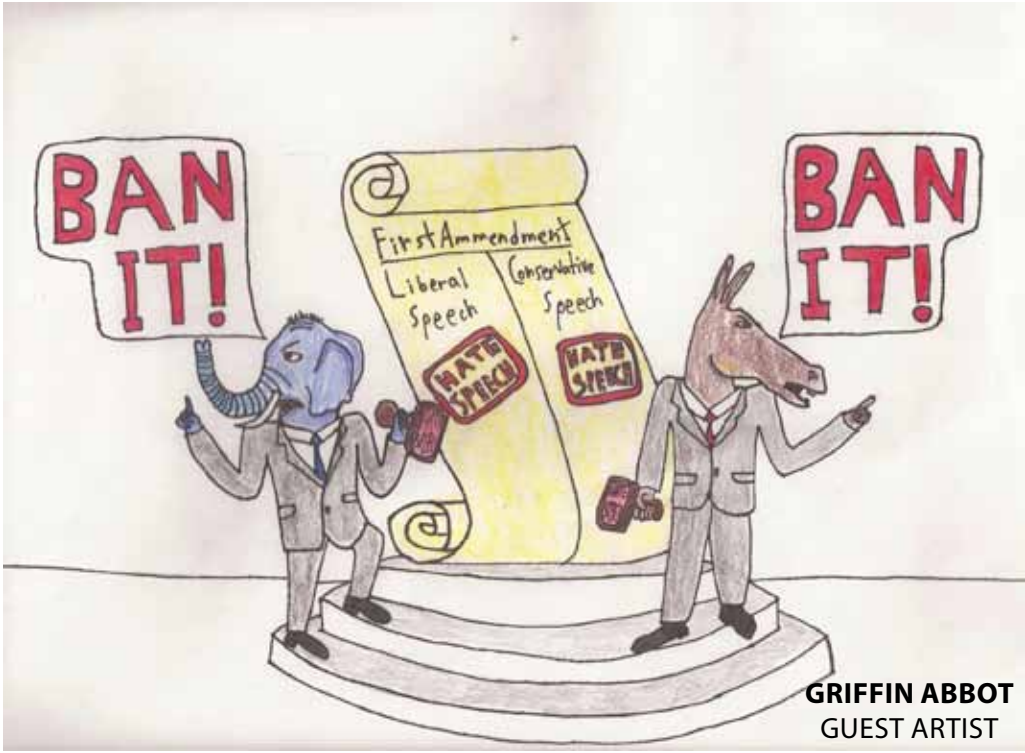


Paul Juriga, 12th

I do not agree with the decision to get rid of the program because it's given people a better chance and they've been brought here for a chance at a better life and now that's being taken away from them. It's not fair to them since it was not their decision to come here.



TAMARA ROBERTSON
GUEST ARTIST



GRIFFIN ABBOTT
GUEST ARTIST

ADD MORE ADDERALL OR REDUCE THE RITALIN



RAILI NELSON
PHOTO EDITOR

The slight buzz of the rectangular fluorescent lights echoed, a soundtrack to the mix of beige and gray colors found throughout the office. I sit on the modest chair waiting for my mother to bring me the medication I forgot to take.

I suffer from ADHD, or attention-deficit/hyperactivity disorder, and have been on medication for half my life. However, I am not alone with this plight. Freshman Bella Ford also suffers from ADHD.

"It's really hard to concentrate and your mind is all over the place" she said as to what it feels like.

Eleven percent of children aged 4-17 in the United States have been diagnosed with ADHD or ADD according to the Center for Disease Control. Of these, 40 percent of diagnosable cases do not receive medical treatment. There are many methods people use to cope with ADHD, but medication is the main form of treatment, with 69 percent of diagnosed children taking medication according to the national resource on ADHD, Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD).

However, the decision to medicate has not been without controversy. The debate over whether to medicate or not rages hotly among doctors, parents and even some educators. Personally, I believe people should do what they believe is best for themselves, but medication does have many benefits.

ADHD feels different to everyone, but for me it feels like I'm buzzing and have an excess of energy which makes it impossible for me to focus. I have three focus-related feelings, feeling like I can't do anything, can do everything, or can only do one thing for a very long period of time, but if someone interrupts me, I can never do it again. Ford experiences many of these same problems, as well as some of her own.

"It has always been a problem in my math class. It [ADHD] keeps me up at night actually, like I'll just be thinking about so many other

random things. But yeah, there will be times when like I'll start talking about one thing and then completely out of the blue start talking about something else and people are like 'Bella, you suck.'" Ford says about her past and current emotions associated with her ADHD.

This inability to focus makes it difficult for me to get tasks, such as homework, done. However, my medication provides a lifeboat in a world full of distractions and helps control my symptoms to improve my overall functioning.

ADHD medications such as Adderall, Vyvanse, Ritalin and Concerta have flooded the markets in recent years and are now highly regulated. These medications act as stimulants, increasing dopamine levels in the brain to increase focus and attentiveness. While these medications have different effects for each person, it is ultimately up to each individual to choose whether or not to medicate.

Many people who argue against medication as a treatment for ADHD state that it's unnatural and doesn't allow the person to develop the necessary skills or self-discipline to remain focused. There are also some possible side effects to the drugs such as sleep problems, mood swings and loss of appetite. ADHD has also been linked with anxiety disorders, with 50 percent of adults with ADHD suffering from an anxiety disorder according to the Anxiety and Depression Association of America.

Those that argue against medication believe in natural methods, such as avoiding food coloring and potential allergens, behavioral therapy exercise, spending time outside and EEG biofeedback, a type of neurotherapy that measures brain waves. While some of these have been proven to alleviate symptoms for some people, they can be ineffective and less reliable for others. For me, personally, my medication handles my ADHD very effectively.

While Ford is not currently on medication, she does state that, "most definitely, medication would be helpful."

However, people continually arguing against medication for something that they do not have, can be incredibly frustrating to those of us that do struggle with ADHD. Some say that ADHD is overdiagnosed and

is turning children into "pill popping zombies." As you can imagine, this sentiment is incredibly hurtful. It is also one that is often repeated by people who have never had to personally contemplate whether or not they should be on ADHD medication.

Medication can help children stay in and be successful in school, as well as stay safe. Twenty-one percent of teens with ADHD skip school repeatedly, 35 percent of teens with ADHD drop out of school, 45 percent have been suspended, and 30 percent have failed or been held back, according to CHADD.

Medication can help manage the symptoms and keep more affected teens in school. While ADHD can be overdiagnosed, that doesn't mean that medication should be even more stringently regulated because there are some that chose to use it and it helps them.

When I was first diagnosed, I decided against medication and instead opted for some more natural options. I exercised, avoided food colorings and spent plenty of time outside just like any other rambunctious seven year old. After awhile, I wasn't really noticing a substantial help and decided to try medication. Medication for me has greatly increased my productivity and ability to accomplish tasks. I have suffered a side effect of a decreased appetite, but I have learned how to manage that. While I still try to supplement my medication with natural methods, it is my primary management of my ADHD.

Overall, people should be less judgemental of others. Those without ADHD don't need to be projecting their decisions onto others over topics that don't affect them. They don't need to judge people for their decision to medicate or not to medicate.

People with ADHD could also be less judgemental of one another and those without ADHD. Rather than attacking one another with how they manage their symptoms or how they believe people should manage their symptoms people should learn to respect others beliefs and let them do what meets their individual needs.

JOIN THE FIGHT LAST CHANCE TO SAVE OUR INTERNET



MAYA CRAWFORD
SOCIAL MEDIA TEAM

You're surfing Instagram, just enjoying pictures or texting your friends, when all of the sudden the screen freezes up. You reload the app and a new message says you now have to pay monthly to use the app any longer. This, unfortunately, might become a reality.

On December 14th, 2017, the Federal Communications Commission (FCC) voted to repeal net neutrality.

As defined by ABC News, net neutrality is a law stating that all internet service providers (ISPs) treat all content of the internet equally. This is done by not blocking or slowing down certain sites. Net Neutrality, most often referred to as Open Internet, basically gives all internet users equal access to the world wide web without having to pay to access certain sites. Net neutrality laws were passed in 2015 under the Obama administration, citing Title II of the Communications Act.

According to "The New York Times" under Title II, ISPs are not allowed to block, throttle or enforce paid prioritization. Blocking is when internet service providers discriminate against any lawful content by blocking websites or apps. Title II meant ISPs were not

allowed to decide what is shown and what's not.

Throttling is where service providers slow the transmission of data based on the nature of the content, which means if the ISPs disagree with or don't care for things shown, they can choose to slow it down. Net neutrality meant that they couldn't buffer sites purely on the basis of content, which would allow the ISPs to make more money for popular sites that needed to be paid for to view.

Paid Prioritization is when service providers create an internet fast lane for companies and consumers who pay premiums, and a slow lane for those who don't. The restriction of this practice under net neutrality laws makes sure ISPs are not being biased on who gets to see what, how fast their service is, based on if they have paid a premium or not. This is why the repeal of net neutrality is such a dire concern.

If these regulations are repealed it will affect the digital world. While most of us here at Loy Norrix usually only use the internet for entertainment, many people have jobs where the majority of their workload is on the internet. Companies will have free reign to fill websites with ads and will have the legal ability to prevent certain sites from being used unless the user pays monthly.

Some people don't have the money to pay for their sites, which means they won't be able to use them.

That's unfair on many levels. Our current society relies so much on technology and the internet, so why should those of a lower socioeconomic standing be denied internet access? Why discriminate against the people who can't afford the premium payments when the internet is supposed to be an open world for everyone? Many job opportunities are also online. This might deny others the right to even get a job.

Now, why is the FCC so intent on taking away net neutrality in the first place? FCC Chairman and former Verizon lawyer Ajit Pai explained his point of view in an interview conducted by "The New York Times." He said the laws were "based on hypothetical harms and hysterical prophecies of doom" and that the laws were an excuse to "achieve their longstanding goal of forcing the Internet under the federal government's control." Pai said net neutrality impedes innovation.

The choice is yours on whether or not to let this be finalized. Technically, the repeal will only go into place sometime in the near future, so there is still time to act.

Contact these sites if you wish to protest. These sites will send your arguments directly to Congress: www.battleforthenet.com www.verizonprotests.com



Mackenzie Tollin-Lee, 11th

I don't agree with the decision to get rid of the program because it opens up a lot of opportunities to people and it's getting taken away from them now and it's not even fair because it's not their fault.



Benjamin Sierra-Torres, 9th

I think I support more if you were born here, then you should stay, so kids that were born here like when their parents snuck in they should stay...but because they were brought here illegally, like I don't know, it's a really hard topic because there are a lot of circumstances.



James Bryant, 9th

I think that Trump is basically crazy, like why would he eliminate a program that helps provide resources for children so it's like he don't even care.



Alex Offerman, 10th

I disagree with the decision to get rid of the program because even if you're the child of an immigrant, the children have grown up here..., so they deserve to stay here mainly because they're used to it and not to the country where they come from.

STUDENTS RESPOND TO INJURED ATHLETES

Dear Editor,

I really liked the story about Sierra Knight in the “Dedicated Fall Sports Players Face Injuries.” I like it because I play volleyball, and she was really inspirational to me when I was playing because she is so nice and such a good player. She is everything I want to be in volleyball. Also, unlike most of the other girls on varsity and my JV team she was actually nice to me. But other girls saw that too, like the girls on the freshman team saw it. I didn’t have one thing about the article I didn’t like. I really enjoyed it. She is a great person and player.

Aaliyah Bledsoe, sophomore

Dear Editor,

I loved your article about Hunter, Carlos, and Sierra. I’m an athlete myself and one of our biggest fears are not being able to play. Playing a game with your team is the best. But, as all athletes know, you’re only one injury away from never playing again. Also, it’s important to know that our athletes are doing well and devoting themselves to the game.

David Wilson, freshman

Dear Editor,

I read the article “Dedicated Fall Sports Players face Injuries.” I like how Olivia supported her opinion with a lot of supporting evidence. This article would have been better if the injured players had more to say about their experience of their injuries

Kayonna White, sophomore

PORCO’S MEMORABLE QUOTES ARE FUN

Dear editor,

I really enjoyed reading the “Porco Approved” article. It truly made me laugh out loud. I personally think Knight Life should include more humorous material like that in the future, it makes news easier and more fun to read. But overall I think this issue of Knight Life did a really good job.

Emma Scheele, Sophomore

Dear Editor,

I found the article “Porco Approved” to be very entertaining. I had Mr. Porco my sophomore year for world history and remember many of his humorous actions. It was a good trip down memory lane.

Will Briggs, senior

Dear Editor,

In regards to “Porco Approved” it was lovely. Keeping track of Porco quotes is a time honored tradition. It was certainly lovely to see them published. It reminded me of how much fun it was to be in a classroom with him. It was stuff like this that made taking such rigorous AP classes worth it. However, I think it would have been nice to see more than one quote from a former Porco student.

Izzy Wikle, senior

ANXIETY PLAGUES STUDENTS

Dear editor,

I read Sofie Nehlsen’s article on “Anxiety for Teens is an Invisible Struggle,” and I completely understand the feeling, but other than that I strongly agree that you are not alone if you are struggling with anxiety, I love the fact that people are starting to take a notice in it because it’s not easy growing up with anxiety. I

know, I have been diagnosed with anxiety and depression, but again I love that people are coming out and sharing their stories. I also like that the quote she used is in the middle. I love the word choice.

Hailey Houser, freshman

Dear Editor,

I read “Anxiety for Teens is an Invisible Struggle” by Sofie Nielson and I thought it was great! The word choice was amazing and made me want to keep reading. Also, anxiety is something so common, yet nobody talks about [it] or even wants to. It’s great that she brought some attention to this subject.

Maddie Downham, senior

STUDENTS RESPOND TO NORRIX POSITIVITY

Dear Editor,

I like the article on how Norrix positively affects the lives of students. It shows a lot of positive things about Norrix and not just the bad stuff that you hear from people or on the news. It shows that it’s students here that actually want to learn and go to be something in life. You don’t hear too many positive things about Norrix, so to have someone write that and interview students was great. I think promoting or doing something for the school, any school is great. People judge this school because of things they’ve heard. But actually, going here, it’s not that bad. I had a good freshman year and my sophomore year is going good. Classes are easy just hard to catch up. The teachers are funny and nice. All the security guards are fun to be around. I get good vibes from this school.

Mariona Bowden, sophomore

Dear Editor,

I read the article “We are Loy Norrix: Student Brings Positivity to Loy Norrix,” and really thought it was a good article. This made me stop and look at the showcase in the main hall and I actually understood the meaning for the showcase. Overall, I think it is a great idea to spread positivity in a school with such a negative name to it.

Baker Conley, junior

Dear Editor,

With all the events that have been going on in and around Norrix this year, I feel this article is a good attempt to shine some light on all the positive things about Loy Norrix (In reference to the article “Norrix Positively Affects the Lives of Students”). While there are problems at this school, just like all other schools, Loy Norrix has many good things to offer, as this article shows.

What I really liked about this article was that it was published alongside the article about the “We Are Loy Norrix” project. This really put emphasis on the great experiences Loy Norrix enables its students to experience.

Eva DeYoung, senior

Dear Editor,

Upon reading “Norrix Positively Affects the Lives of Students,” I realized a couple of things. Loy Norrix is a place that is made out to be violent by other schools around us because of the few circumstances in which students have acted out or just one person made a bad decision. There are going to be people like that everywhere. I think it’s really nice that we are approaching our own culture and way of life here at Norrix with a positive outlook, but I also believe it is important to address our own issues and

be more aware of the people in our school, and what they are capable of. I know from personal experience the type of abusive people that this school has in store: again, you can find them anywhere you look, but I think we should seek these people out and take it more seriously if someone is being harmed. We can’t just cover up the issues by only talking positively about our school, that’s what schools around us are doing and we hate it when they do that. The best way to go is to admit there are issues and actually try to resolve them, let’s not ignore the people being hurt.

Cas Terrian, junior

Dear Editor,

I read the article on “We Are Loy Norrix” by Jordan Cox and I really liked it. I think it’s great a student here can hold so much power in their voice and be heard if they choose to. I think this article does a fantastic job showing an example of what we can accomplish together as a community. I think the only thing I want to change is the process. I wish it had more detail of it, if there was more behind it. But anyways this one has to be one of my favorite from Knight Life. Keep up the great work guys!

Tramae Powell, senior

LIL PEEP IS A RESPECTED ARTIST

Dear Editor,

I thought your article about Lil Peep’s death was very good. It was nice that he was respected after he passed away. My favorite part was the quote about him because it let readers learn what he was like. The only thing I didn’t like about it was it was not longer. Overall this was a great article and I would recommend others to read it.

Joshua Schaefer, freshman

Dear Editor,

In regards to your article “Lil Peep: A Musician’s Life Lost to Depression and Addiction,” I must say that I really appreciate the brutal honesty and factual accuracy regarding his life, and his death. It seems that in today’s society there is too much unnecessary censorship, especially in schools that claim to be tackling issues like addiction and depression. I know that Peep had a very passionate cult following and a large portion of Loy Norrix was among them. This article was a very heart-warming homage to his life.

Aaron Self, junior

ART STUDENTS HONORED

Dear Editor

Alexa Davis, your article on AP Art, cartooning, and functional ceramics was very well written and analyzed. I enjoyed the addition of Steven’s point of view on how things are being run in his classroom. My only complaint is the anime section, which many professors of art admit is not a form of art. “Anime” is not derived from ancient Yokami. I’m well educated in ancient Shinto, Japanese woodblock painting, and Japanese watercolor. Plus anime is too mainstream. I would advise to steer clear of all manga related stories.

Parker Kissel, junior

Dear Editor,

I really enjoyed this Knight Life! I’m usually not that interested, but this time I was even impressed. I really liked the “Arts & Entertainment” section. Several people in this school put a lot of time and effort into their art pieces. It’s wonderful that they’re getting recognition. I loved

the large variety of topics that it covered too!

Maria Chavarria-Jeronimo, senior

BATTLE OF THE BRANDS IS ENGAGING

Dear Editor,

I read the article “Battle of the Brands: Loy Norrix Students Show Entrepreneur Skills” and I really liked how you showed the percentages of who liked each brand. Also I really like how these brands help bring people together and creates a little competition. I think that some competition is good for the students because it allows them to feel like they are a part of a team, to work with others and teach the importance of teamwork and good sportsmanship. Another article I found interesting to read was “The Future of the Diving Program: Freshman Divers are Ushering in a New Era for the Team.” I think it was really cool how the writer of this article incorporated the divers history of being a part of kid’s gym. It shows how even though the divers haven’t been diving for a long time, they had previous experience through doing gymnastics.

Annie Mansfield, freshman

STUDENTS AGREE WITH THE RIGHT TO KNOW ABOUT ABORTION

Dear Editor,

When I read “The Right is not Right if not Taught, Students Deserve to Know About Their Choices,” I found myself agreeing more and more as I continued on. Being a woman in today’s society is anything but easy and when it comes to pregnancy, abortion, and birth control, it’s always a problem for those outside looking in. Times are different as well as situations, so coming from a girl, we need to be more aware of the choices we have.

Drucilla Robinson, senior

Dear Editor,

In the article “The Right is not Right if not Taught, Students Deserve to Know About Their Choices,” I believe Julia did a great job of expressing her views on how abortions should be taught in school. It was very well expressed. I instantly felt as if I agree with her. I also believe it should be taught in schools. Women need to know their own alternatives as well as the effects of pursuing them. Most women do not know a lot about that option. It should be taught young.

Cornez Bell, senior

STUDENTS RESPOND TO INTERIM PRINCIPAL

Dear Editor,

I read the article titled “New Interim Principal Shows Endurance” by Brandon Schnurr. This article was a great way of showing how principal Johnny Edwards is a great man and that is fit for this job. Over the time he has been here I’ve noticed lots of things changing. Students have been more productive and some are starting to limit technology. I think Mr. Edwards is a great principal and he should be the principal of Loy Norrix.

Naviha Johnson, sophomore

COMICS ARE ENTERTAINING

Dear Editor,

I found the Trump comics very amazing. Especially where the one Trump is giving them a roll of paper towel to help clean up. This shows that Trump didn’t care much but at least he wanted to show his support. I also found the other

comics relatively funny but the “Forgotten ID” isn’t really that funny, but it does relate to some students who have forgotten their ID’s. When I look at the article showcasing ceramics and other art classes, it makes me want to take ceramics again. It also makes me want to try other art classes for fun. I would also like to highlight the Porco Approved article to say that the quotes are very funny and I think the best article in this. Mr. Porco I believe is the funniest and best history teacher. The one trimester I’ve had Porco was the best trimester I think I’ve had.

Parker Stoken, junior

Dear Editor,

I read the comic section of the newspaper. I read this section because I personally love the comics in newspapers, they make me giggle. I really like these comics. The artwork is amazing, but I think the comics should be made just a little bit longer to give the reader a stronger idea of what the comic is trying to say. If the comics also had more words to them that would be nice. I also think it would be good to put more than 3 comic strips. This is all the feedback I have for you. Great job on this masterpiece!

Miyah Powell, freshman

A COLLECTION OF VARIED RESPONSES

Dear Editor,

I read the article “Students Should Consider the Benefits of School Uniforms.” I like it a lot because I think it will help the students out along with preventing some bullying. Just cause I mean some people are more/less fortunate and it would make an issue like that go away. Then I think it would help with school spirit maybe. Since everyone is already would be wearing school colors. Then it would maybe help stop some of the arguments about dress code.

Tyler Rivera, senior

Dear Editor,

I found this edition of Knight Life really interesting. I am an exchange student, so I don’t actually know a lot about Loy Norrix: Reading this articles gave me a great point of view: I loved the positivity with which students wrote about it and many projects dedicated to it- like the “We Are Loy Norrix” project of Mariah Sarelis. I also found very interesting the articles about anxiety (written by Sophie Nehlsen) and depression (written by Maya Crawford), actual and real facts which people should know about and try to help and understand. The newspaper deals with almost every kind of amit - from sports to theatre to social media - and I think this is a good thing because everyone can find they’re place on the paper. This was the first Knight Life I’ve seen and I loved it.

Flavia Cocchi, senior

Dear Editor,

My favorite article in our school newspaper is “Lack of Focus in School: Holiday Edition” because I find it relatable. I agree with sophomore Ella Sennell who said “most of the time it’s my peers who distract me.” I feel as if my peers distract me also, by the noise or comments. It makes me anxious because I try not to respond. I also agree with senior Evie Bartley when she says “I would say it’s a lot easier to concentrate and work in school right before break...” because you don’t want to have homework on break. It’s like a relief. It’s a goal you want to have before break. But when coming back from break, I feel less

motivated to get something done. Because my brain has been relaxing. When the author says that we have to get back to our normal schedule when school starts, because our decisions will be impacted.

Keyara Price, freshman

Dear Editor,

I greatly appreciated the article on NOVA downtown. I’ve been a huge fan of virtual reality from the beginning and I love seeing it promoted. There are some things that I think should have been included in the article. The article mentioned that headsets “typically cost around \$800” and I felt that that was misleading. While the HTC Vive headset, the one used by NOVA, can cost \$800 a piece, the main competitor on the market, the Oculus Rift, costs around \$400 a piece. In either case a computer capable of running on will run you about \$1200. Despite my issue, I did greatly appreciate the article. My personal favorite VR game is “Echo Arena,” a competitive team game of zero-gravity ultimate frisbee.

Griffin Abbott, senior

Dear Editor,

I was reading the article “Comparing Generation Z.” There’s a part that stands out to me that happens rarely. “Today’s ten year olds are learning to complete full faces of makeup on youtube before they learn to love and appreciate themselves.” I honestly think that’s completely wrong, just because they wear makeup doesn’t mean they don’t love themselves. Me being a male that wears makeup and agreeing with that would make it seem like I don’t appreciate myself enough to not wear makeup. I know many males and females that wear makeup that give them that extra pop just to feel extra, not because they’re insecure. But apart from that I agree with the division in generation Z. Parents need to discipline their kids correctly and show them when it’s appropriate times.

Anonymous

Dear Editor,

Zach Liddle’s article on conservative viewpoints at Loy Norrix was a much needed breath of fresh air for Knight Life. Having levels of unbiased in this paper is critical, yet every time I get a copy of Knight Life, liberal viewpoints are shoved down my throat. Also, as one of the few conservatives at this school, I can tell you that he’s completely right. We feel ostracized because of a view we hold or candidate we support. This treatment of people that are different than them is the exact opposite message than the one liberals “stand for.” In closing, treat everyone with respect, regardless of their political association. We are all Americans. It’s time we start acting like it.

Anonymous

Dear Editor,

I really liked the “What a Teen’s Instagram Says About Them as a Person” article. It caught my eye when I was going through the newspaper. I think this article was very interesting. Personally I know the three people in the article and I follow them. So as soon as I saw the article, I knew I should read it. Also I liked this article because it made me think what my Instagram says about me and what people think of me when I see it.

Anna Morris, freshman



GLENNALDAG GRAPHICS EDITOR

When I first entered the theater to watch the movie “Lady Bird,” I was super excited. It was a movie written and directed by a woman with great reviews, why wouldn’t I be? Yet part way through the movie, I found myself becoming vaguely disappointed. In modern media there is a trend of highlighting the quirky,

manic, white girl. This archetype is both annoying and disconcerting as it negates the real experience of the modern teenager. The most recent example of this in mainstream media is the critically acclaimed movie “Lady Bird.” A movie that is overall well-written and beautifully composed, yet it has one most obvious fault: its use of the aforementioned archetype, the quirky, manic, pixie, white girl. “Lady Bird” is the story of a free-spirited girl, named Christine McPherson, in her senior year at a Catholic high school and her attempts to defy expectation. The main character, who calls herself “Lady Bird,” is the kind of person who finds herself on the edge of society. She makes reckless decisions regardless of how they will affect anyone else just for the sake of being interesting, such as abandoning her friends in favor of people she thinks are “cooler.” Lady Bird strives to be different from what she sees as the conservative oppression of her hometown of Sacramento. In other words, she appears the exact picture of her archetype. This archetype is present in both the film and novel format, especially within genres geared toward the teenage population. Some titles that come to mind being “Diary of a Teenage Girl,”

“Edge of Seventeen” and “Paper Towns,” just to name a few. These movies all feature girls who hate the mainstream and strive to be the opposite of what they deem to be the typical member of society. They live what appears to be a carefree existence free from the constructs of society. They strive to be the definition of adjectives such as quirky, weird, interesting and manic, yet they turn out to be poser individuals who make decisions that hurt those around them. It’s not hard to see why this archetype is so prevalent in teenage media. This character seems to be the ultimate adult ideal of the teenage state of being, how adults choose to view this time in our lives, and how they expect us to experience it. What once might have been a caricature of the teen experience has somewhat taken over as our society’s view of the quintessential teenage girl. Modern media frequently depicts its white, female teenage characters as either someone who fits into this archetype or is desperately trying to fit into this stereotype. I can see why this type of character is so appealing from a writing perspective. These characters can be used as a way to show a girl defying the odds and being her own person. They can

even be used just to make a work seem more interesting as a whole. Yet this character is an unfair depiction of modern teenagers. Instead of showing girls who are working hard and being practical in order to defy the status quo and make something of themselves, the media frequently shows girls who are flighty and insubstantial, who are often unambitious and unwilling to promote actual positive change. While the movie “Lady Bird” doesn’t exactly fit this last description, it still feels somewhat reminiscent of it. Lady Bird doesn’t exactly work to change her situation but kind of expects things like getting into college, getting a lead in the musical and becoming ‘cooler’ to drop in her lap. Lady Bird is an over-exaggerated representation of a modern teenager’s desires and ambitions.

The writer and director of this movie, Greta Gerwig, intended to fill a hole in modern media with this movie, a female-centered coming of age story. While the movie does in many ways achieve this aim, in other aspects it falls short. The movie lacks the representation that it seems our modern society truly needs: girls who work hard to defy society who are practical, calculating, working for the future and not letting anything stand in their way. While to some that may not seem like a truthful representation of the youthful, carefree teenage state, it would be prudent to ask those same people exactly how much of that carefree state of being exists in modern teenagers. Modern media needs to give us stories that represent our truth more than what we wish our truth would be.

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JUST A POKE TOWARDS THE CHANGING CULTURE OF TATTOOS

GAIA BOGAN COPY EDITOR

Twenty-one years ago it was illegal to get tattooed in New York City, but today most people would hardly blink an eye at a full sleeve. It’s hard to conceptualize how society’s judgements could dissipate in less than a generation.

Undeniably, the internet has had a hand in morphing society’s perceptions and challenging stereotypes. Everyday we are exposed to the variety of ways people express their individuality, including tattoos, and social media only exacerbates this.

For the first half of the 20th century tattoos, although not exactly taboo, were associated almost exclusively with enlisted men. In the 1950s American values began to shift towards those of uniformity, it was during this period that tattoos began to have connotations with a criminal



PHOTO CREDIT/ GAIA BOGAN

Senior, Lili Mead, shows a self done stick and poke on her inner arm of an olive branch.

lifestyle. Stereotypes of tattooed individuals arose during this time and for many years society did not equate any sort of success or professional ability with tattooed individuals. Recently, however, tattoos have are finally reaching a more favorable light. For one of the first times in modern American history, the stigma of tattoos is evaporating.

Millenials have more tattoos, piercings and dyed hair than any previous

generation and the numbers are going up. Twenty-one percent of all American adults have a tattoo, however the number is closer to 40 percent for those aged 18 to 29. Meanwhile the tattoo industry is the sixth fastest growing retail business in America.

More and more young people are getting tattoos every year, many with the blessing of their parents.

“My whole family is covered in tattoos,” explained senior Tremor Evans, who got a tattoo at sixteen.

Evans chose to get a succulent and cacti on the lower leg, a homage to the plants they’ve long collected. Evans is a perfect example of the changing climate. Evans went with their mom to Raven’s Tattoo in Otsego, and getting a tattoo wasn’t huge deal or signal of rebellion.

“Mostly my parents were excited for me,” said Evans. While Evans chose to get

professionally inked, many people, especially those underage, are opting for more DIY methods. The stick n poke method of tattooing was once associated with prison tattoos, but today it is emerging as a fringe community in the world of tattooing.

“It’s more personal of an experience,” said senior Lili Mead when asked about the appeal. This seems to be a common theme. There is no ‘traditional’ way of getting a stick n poke and each seems to have a unique origin story. Also referred to as ‘hand poking,’ these tattoos are done with a singular needle as opposed to a traditional tattoo gun. As a result, the designs are usually small and simple in order to achieve clean lines.

“This is one of my favorites right now,” Mead gestures to the word ‘mother’ on her right ankle. “I got it and a year later a musician I really like got one that’s almost identical.”

Mead is also fond of the word ‘soft’ penned lightly on her foot. By her own estimate she has over ten tattoos and no intention of stopping.

“I’m planning on getting a cartoon dog on my leg,” Mead said.

It should be noted that like any body modifications, these tattoos do have health risks. If the correct safety precautions are not taken, results can be disastrous, such as an infection or just a bad looking tattoo. Using the right ink and a clean needle is imperative for anyone considering this. Contrary to the popular misconception, it is not safe to use pen ink during this process. Instead India ink, or even better, tattoo ink is recommended.

Ultimately the exploding popularity of tattoos is simply an side-effect of a greater cultural change. Our society is becoming a place where being different is not only accepted, but

celebrated. With such varying styles, experiences, and meanings, it can be hard to see any shared trends between these tattoos, but emerging is a unified attitude of open-mindedness towards self-expression.



PHOTO CREDIT/ GAIA BOGAN

Lili Mead is fond of her self done ‘soft’ stick and poke. She has over ten tattoos.



PHOTO CREDIT/ GAIA BOGAN

Senior, Tremor Evans shows their cactus tattoo. It was done at Raven’s Tattoo in Otsego, Michigan.



PHOTO CREDIT/ ABIGAIL LINDBLADE

Senior, Emily Lewman, shows off a mountain scene stick and poke above her waist.




PHOTO CREDIT/ EMILY LEWMAN

Senior, Ferren Olmsted has a self done stick and poke below her ankle. This was her first stick and poke tattoo.

LOY NORRIX STUDENTS CAN’T STOP LISTENING

LYDIA ACHENBACH STAFF WRITER

	Sarah Morrissey, 12	Nick Srodes, 12	DJ Pierce, 12	Regan Dillon, 10	Mitch Mansfield, 12
					
QUESTIONS What is one genre of music you enjoy?	A: Indie pop / Alternative hip hop	A: Blues	A: Rap	A: Indie pop	A: K-pop
What is one artist you like from that genre?	A: Rex orange County	A: Buddy Guy	A: Kodak Black	A: Cherry Glazerr	A: K.A.R.D
What kind of effect does your favorite music have on you?	A: “It always brightens my day, ya know, a lil bop-bitty-bop.”	A: “It relaxes me a lot.”	A: “The music brings me back to when I was young.” Nostalgia	A: “It puts me in a good mood because it’s relatable.”	A: “It’s just really nice to listen to, even though I don’t understand any of it.”
What state of mind are you in while listening to your favorite music?	A: “It puts me in a great mood.”	A: Relaxed and calm	A: “I’m in my zone.”	A: “Really any state of mind. I think this type of music is good for really any mood I’m in.”	A: “When I’m doing school work or need to be focused. It doesn’t distract me.”
What is one artist you’ve recently discovered?	A: Recently discovered Rex Orange County	A: T-Bone Walker	A: Floatwjon	A: Clairo	A: Sunmi

FROM GRAMMYS PAGE 1

surgery in the very near future, and it’s a thing that is something I can look back on when I’m about to go under for a surgery to help calm my nerves a little and to help me not focus so much on what could happen during the surgery,” said Heidi about the importance of her Make-A-Wish referral.

The Make-A-Wish Foundation is a non-profit organization that arranges once in a lifetime experiences called “wishes” for children with life-threatening health conditions. These wishes in the past have been everything from trips to Disney World to meeting favorite celebrities. The foundation is based in the United States and also grants wishes in 45 other countries across the world. They have granted over 285 thousand wishes, and grants a wish about every 38 minutes.

Heidi chose to attend the Grammys as her wish because of her love of music.

“I watch them every year. It’s one of my favorite awards shows,” said Heidi.

On January 28th, the day of the event, Heidi and her mom started their day in their hotel room in New York City where they got up early to get their hair and makeup done by professionals. Then they got to walk the red carpet and meet various celebrities.

“Meeting Nick Jonas [was her favorite]. I got to take a selfie with him, and it [the picture] was posted of me all over national television of me bawling my eyes out over him,” said Heidi.

In addition to that experience, there was the event itself.

“It was like, overwhelming and amazing all at the same time,” said Heidi. “There was a point where I started crying because I was so overwhelmed and excited. It was definitely one of the best experiences [of my life], there are no words

to describe it. It was just amazing.”

After the event Heidi got to go to the after-party.

“It was really crowded in there, I didn’t get to see very much. I kinda just sat there and ate,” Heidi said.

They ended up getting back to their hotel room at 2:00 a.m. Heidi said, “It was a very long day. But the show was amazing, so definitely worth it.” In addition to the Grammys, Heidi also got to tour the MTV studios and sit in on a live recording of the show TRL.

“I had a meet and greet with the Chainsmokers and Julia Michaels, it was awesome!” said Heidi.

Heidi also had a day of shopping where she got to go to Coach, Tiffany, Armani, Exchange, the Adidas New York store, Prada and Gucci.

“I saw Rihanna in disguise at Gucci,” Heidi reported. “I was all like



PHOTO CREDIT/ HEIDI SEAMAN

Heidi (middle) at MTV studios, during her meet and greet with the American DJ/poduction duo The Chainsmokers, made up of Andrew Taggart (left), and Alex Pall (fright).

‘MOM, that’s, that’s Rihanna. That’s the Rihanna In Gucci.’”

It’s those kinds of unexpected moments that make this trip even more

special. This is definitely a story Heidi will be telling for a long time.

Even though the event is long over, and the glitz

and glamour has been wished away, for this Loy Norrix student, the glitter is definitely still in the air.