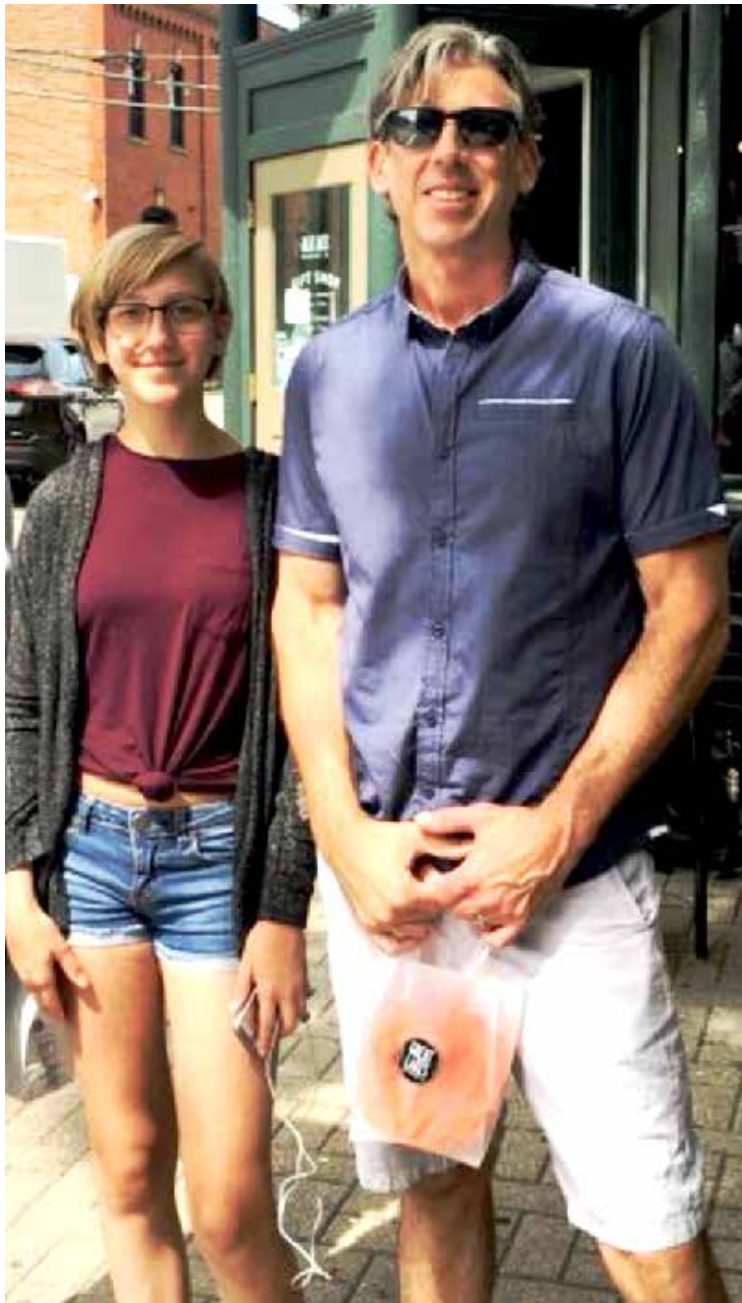






# BATTLING CANCER AS A FAMILY: STUDENT STRUGGLES WITH A PARENT’S ILLNESS



STACEY THOMAS, GUEST PHOTOGRAPHER

Ella Thomas and her dad, Dave, enjoying a day out together. Both are happy that they can spend time out and life is back to normal.

BRANDI-ROSE PHIRI  
ASST. BUSINESS MANAGER

Ella was forlorn as she came into the room, but put on a smile as she walked up to her dad and told him to drink the glass of water she had set down. She looked at him and all she could think was “has he really lost hope?” The glass sat full of water getting warmer as the day got darker.

Sadly, this was one of the worst days for freshman Ella Thomas, who was only eleven when her dad, Dave Thomas, was diagnosed with stage IV tonsil cancer. Ella had to realize that her life would never be the same while her dad fought for his.

“We were sitting in the living room, my family and I, and my dad told us he had something to tell us and that it was serious,” Ella said, reciting the painful memory. “He told us he was diagnosed with cancer and that he was going to fight it. We all burst out crying.”

Fight is exactly what he did. The Thomas family stuck together though his radiation, chemotherapy,

surgery and all the trials and tribulations between. Together Ella’s sisters and their mom learned how to survive even in the darkest days when things seemed hopeless.

Ella’s dad had 6 sessions of chemo and 36 radiation treatments at Bronson Methodist Hospital. UPMC Hillman Cancer Center explains that radiation is when doctors use high energy waves to destroy or damage the cancer cells, while chemotherapy is a series of drugs they use to treat the cancer.

**Ella had to realize that her life would never be the same while her dad fought for his.**

Both of these methods are hard on the body mentally and physically. Some possible effects are hair loss, fatigue, nausea and skin and nail changes.

According to the Cancer Treatment Center of America, cancer also takes its toll psychologically and can cause depression, anxiety and feelings of isolation, helplessness, vulnerability, and grief

Through all of this Ella continued to go to school. She and her sisters had to help out at home, as her mom was working twelve hour shifts just to get by. People sent them good thoughts and provided meals while her mom was at work.

“He was just too weak to do anything because of the radiation and chemotherapy. I just couldn’t focus on school,” Ella said. “My main concern was if my dad would be okay. I didn’t want to come home and him be passed out.”

Although it was hard, she went to school and as the days passed her dad slowly got better. She witnessed the lively, humorous man that raised her return to health.

“He’s back at work, he’s a lot better, and he seems a

lot happier now,” Ella said with a smile.

Ella’s dad had about a 45 percent chance that he would survive, but he exceeded his doctors’ anticipations. Ella’s dad is now in remission and working at Bronson. Ella is an eager and happy freshman in high school, and spends every day learning and hanging out with her friends. Each night at the dinner table, she is with her family.

Ella said, “I had to learn to have hope and faith, that my family would be ok.”

- **The overall survival rate in 2012 to 2017 for people with oral or oropharyngeal cancer is 65%.**
- **Radiation therapy uses beams of intense energy to kill cancer cells**
- **Chemo therapy is a treatment that uses chemical substances to treat a disease**



ELLA BOYEA, GUEST PHOTOGRAPHER

Junior Anthony Marrero enters Loy Norrix in the morning with coffee in hand. He is making his way up the stairs toward the security desk to get a tardy pass.

## Junior Suffers From Sleep Paralysis

ELLA BOYEA  
GUEST WRITER

If balancing your schedule throughout the week is important to you, imagine not getting any sleep at night while going to school full time, barely able to stay awake in class.

Sleep paralysis is a temporary inability to move or speak while falling asleep or waking up, according to Mayo Clinic. It lasts for a couple of minutes but keeps you up the rest of the night.

“It feels like time stops, like you are just laying there for the whole night,” 16 year old Anthony Marrero explained.

Marrero, a junior at Loy Norrix High School, is one of 8% of people who suffer from sleep paralysis.

Marrero was diagnosed with sleep paralysis when he was only eight years old and has not been able to sleep well since. Marrero also suffers from Old Hag syndrome which is a part of sleep paralysis.

Old Hag syndrome is the sighting of a creature by various people. People feel a presence of a supernatural evilness sitting on their chest.

**“It feels like time stops, like you are just laying there for the whole night.”**

Anthony Marrero

On top of all the homework, studying and personal activities, Marrero gets barely any sleep.

“Monday, Tuesday, Wednesday I get no sleep at night,” Marrero continued, “I might close my eyes for 20 minutes but then go into sleep paralysis. By Thursday, and Friday I have used all my energy so I am really tired but can’t get sleep. Saturday is the only day I get actual sleep and I sleep the whole day,” said

Marrero.

Marrero says that chamomile tea helps him fall asleep sometimes. When he would go into sleep paralysis and freak out, his mom would make him tea and biscuits to help him feel better. His mom would also read him short stories to calm him down.

“Waking up from something like that always left me so afraid,” said Marrero. “So to calm me down and to put my heart and mind at ease my mom would sit me down and make me a fresh pot of tea. As a child my mom knew I loved biscuits, allowing me to take however many I wanted, then read me many short stories.”

Not only does Marrero’s lack of sleep affect his personal life, it affects his school life too. Every day he has to go to school, having had no sleep and still has to do all of his work and tests. His teachers are not aware of this problem so they treat him like a regular student.

## “Action!” Students Direct One Act Plays

JUSTIN TIMMERMAN  
SPORTS EDITOR

The one-act play fest was a set of three plays that the Loy Norrix Theatre Department performed in front of a live audience in the Kasdorf Auditorium on Thursday, February 7th. All three plays were directed by students. The three student directors were seniors, Abigail Hauke, Rebecca Thompson and Jaylah Lewis. These shows displayed the genres comedy and drama.

The first production that was put on was a Shakespeare adaptation. Sophomore Keegan Cameron spoke on how he enjoyed the fact that the act was an adoption of Shakesphere.

“I really enjoy the acting aspect of everything and being part of a Shakespeare cast just grew with more development because everyone needs a little bit of Shakespeare in their blood,” said Cameron.

The second play was directed by senior Abigail Hauke. This play was about a small business owner whose daughter-in-law put the business up for sale. The lady who owned the business refused to let it be sold off. Drama then occurred between the owner, her son, and her step-daughter as well as the salespeople.

The third show had a slightly more weird sense of humor than the other two plays. This one-act was about a very awkward and unusual dinner party between two married couples. The play ended with it being revealed that the

more abnormal couple were actually aliens looking for a fit couple to raise their alien child live amongst humans. Senior Chris Aranda spoke on the weird humor used within this act.

“Being allowed to be weird with the show that we did really allowed us to break out of what we normally would have done as actors,” said Aranda

Senior director Rebecca Thompson shared how it felt to be a director of a play.

“I really wanted to see what directing was like, and it turned out to be a really good time.” Thompson continued, “My cast was really easy to work with. We kind of had the same vision for everything, and they’re funny people so it works because it was a comedy.”

Freshman Haulice Masterson enjoyed being directed by another student and had fun acting a role.

“I really like how it was student directed. It gives the students a chance to get that feel for being a director and the stuff that they go through, and it’s great being part of a really fun cast,” said Masterson.

Paige Carrow, the head of the Loy Norrix Theatre department, commends her student directors on the outstanding job they did.

Carrow said, “My favorite part of the one-acts were watching the student directors take charge and ownership when they were directing and watching their creativity blossom on stage.”



JUSTIN TIMMERMAN, SPORTS EDITOR

Loy Norrix students act out the second play in the one-act shows. In this scene the mother played by Breyon Richardson, is protecting her restaurant.



# Relationships Strain? or *Delight?*

BRANDI-ROSE PHIRI  
ASST. BUSINESS MANAGER

Love makes the world go round. Yes, this is the phrase everyone with love goggles on swears by, but perhaps high schoolers shouldn't shout it out. Many people enjoy having a boyfriend or girlfriend. They believe it keeps their life interesting. However, when it comes to high school relationships, people tend to get caught in their own head, and don't take the time to realize the potential cons. According to "The Huffington Post," only two percent of marriages in North America come from high school sweethearts. In addition, most people start a high school relationship in order to help their self-development, rather than actually wanting intimacy, as reported by "The British Psychologist Society."

Rebecca Layton, the psychology and sociology teacher here at Loy Norrix, thinks that having a high school relationship can be fun, and thinks it's pleasing to have someone to grow and share your life with. On the other hand, she believes that relationships should not be controlling or distracting and that it should be a bonus to your

life, but not the main focus. "You don't date to make yourself whole, you date to add a positive to your day," said Layton. "It is good to have a relationship where you feel appreciated and cared for, and where you get to care for someone else. It's fun to feel like you are have a 'partner' as you go through your life."

Relationships in general aren't unhealthy, but in high school, they could be distracting and exhausting. Students often blame not sleeping, missing schoolwork, or all around struggles in life on teachers, parents, and the school environment. They don't blame or take a look at their relationship. They don't look at how long they were on the phone with their partner, when they skipped out on doing school work to hang out with them, or if their relationship is causing them stress or drama.

Being able to date in high school means you'll have training for actual adult relationships. It can also give you someone to bond with.

Junior Matt Vestal agrees, Vestal and his girlfriend have been together for 3 years now. He believes that the best

part of his relationship is having a friend just as much as a girlfriend. He thinks that his relationship is strong and that people don't and shouldn't interfere with it.

"We keep to ourselves, but we also have a lot of confidence in our relationship," said Vestal.

Although high school can cause stress, depression, anxiety and other things, having someone can help. Even if the odds aren't in favor of having a long-lasting relationship, it can happen. If two people can really make the relationship work and somehow continue finding things to talk about, then it's really pointless to keep telling them that they won't last. Relationships make teens jubilant. If two people decide to put in time to a relationship, they will try to make it work if they really want to.

There are many different ways you can spin high school relationships, good or bad, but teens will do what they wish. The odds don't account for every situation and the satisfaction of the relationship can outweigh all the obstacles.



LOGAN NEELEY, SOCIAL MEDIA TEAM

Juniors **Matthew Vestal** and **Emily Bosak** curl up next to each other in the library. They believe spending time together strengthens their relationship and brings them closer together.

# Being Single Doesn't Mean You Have to Mingle



MIRANDA COLE, FEATURE EDITOR

Friends junior **Alexis Weeden** and junior **Miranda Goodison** laugh and hug one another at lunch. Weeden was excited when Goodison entered the room and ran to hug her. Goodison believes her friendships can be as emotionally supportive as a romantic relationship.

MIRANDA COLE  
FEATURE EDITOR

As high school students, relationships are a part of our life. From seeing these romantic relationships in movies and in the hallways at school, there is no way to avoid them. In a society where romantic relationships are seen as normal, we also need to learn to enjoy life single.

Start by taking yourself out for some well deserved "me time." For example, you can go to the mall for retail therapy and go to the gym to release endorphins. According to Healthline, exercise can help relieve symptoms of depression in several ways. Among other benefits, it helps stimulate the release of feel-good chemicals in your brain, or endorphins.

According to the Huffington Post, "A high school environment is not a healthy place for an intense romantic affair, what with the drama involved in adolescence and the fact that a relationship takes away from the things that are truly important at such a fruitful age"

When you are single, you learn how to be alone and being single can become easier once you learn to be okay with it.

"I enjoy myself by dedicating more time

to myself and taking more time for self-care," explained junior Miranda Goodison.

Friends are also a great way to distract you from romantic relationships. When you have high school friendships they can give you better self-esteem, a higher functioning immune system as well as an optimistic outlook on life according to Newport Academy.

"[Friends] bring my personality out more so than a boyfriend can," said Goodison.

You can also go out and have fun with your peers without the expectation of having a romantic interaction.

"It makes me feel more independent and more able to do things on my own instead of depending on someone else to care for me," said junior Rondea Dotson.

When we are in relationships, we tend to want to rely on our significant others for attention as well as support. According to Brandon Gaille, "At most, 2% of marriages today are from a high school relationship, 25% of women say that they married their first love."

"It's not good [to

rely on your significant other]," said junior Thomas Cloutier. "You should rely on yourself, always, and you have to be okay with being by yourself in order to be okay with being with someone else."

You can counteract relying on your significant other when you are single by supporting yourself and organizing your goals and plans. This could mean setting out your goals for college or if you are a senior, deciding where you are going to attend college. Thinking of bigger and better things can also help you overcome the thought of being upset about your ex-partner.

Cloutier says that being single, "puts more focus on yourself and lets you focus more on what you have to do throughout the day."

Overall being single should not impact you in a negative way. Junior Sydni Seady said, "It makes me a better person."

Once you can understand what you enjoy when you are alone, it will become easier on you. Romantic relationships are not the only thing we have going for us, once we can focus on the other aspects of our lives, relationships will become much easier on you and future partners.

# Teenagers Face Love Trouble on Valentines Day

PAULA MONTORO  
COPY EDITOR

February 14th is the best day of the year for lovers to express their affection with gifts and greetings. However, we all know that it is also the best day to freak out about how to celebrate it with our partner or can turn out to be a reason to feel ashamed if we don't have someone with whom we can share the day.

Although Valentine's Day is meant to be a day for couples to celebrate their unconditional love, many studies like "The Beauty of Data Visualization" by David McCandless, have shown that couples are more likely to break up in the weeks before and after February 14.

According to Dr. Jonathan Fader, a licensed clinical and performance psychologist, this is mainly because of three different things: expectations, comparisons and magnification.

First comes the issue of expectations. As Valentine's Day is one of those holidays when everyone has high expectations for

an extraordinary night, this can often lead to disappointment. Teenagers can feel let down because we expect the most heartfelt love letter, but instead don't even get a "Happy Valentine's Day" text.

It becomes very difficult to avoid comparison, leaving us feeling disappointed with how we've spent our evening. Not to mention, that when a relationship is not working or is already having issues, Valentine's Day doesn't help. The high expectations for the 14th can make problems in relationships seem worse than they actually are.

Moreover, due to high society expectations, teens in relationships often feel pressured to make the best gifts or prepare the best date for their partners and they spend crazy amounts of time and money to make that possible.

In 2016, Americans spent a total of \$19.7 billion dollars on the holiday, \$4.5 billion in jewelry. Experts claim this is completely unnecessary, and they like to reiterate the importance

of paying attention to our partners daily and not just on certain days.

Even so, Valentine's Day is not just hard for teens who are in a relationship. People often find it difficult to enjoy the holiday when they are on their own. Valentine's Day often highlights the feeling of loneliness while we are happy for our friends who are in relationships, it can be hard to be surrounded by seemingly perfect relationships, especially on Valentine's Day when we also feel the need to pretend we're happy being single even if we're not.

It's necessary to highlight the dangers of feeling fear of being single since it

can make us choose the wrong person to date, thinking that we don't deserve any better. It's also important to point out the benefits of being single, like the ability to experience more autonomy

and personal growth, and also the many different ways in which you can enjoy the holiday on your own.

"First of all, dude, February 15th chocolate is like 75 percent off. GET IN ON THAT," said Loy Norrix sociology and psychology teacher Rebecca Layton. "There is a social expectation of having a partner and that if you don't there is something wrong with you. That's a lot of foolishness. You're at an age where you want to be accepted and dating is like a stamp of approval that you are socially accepted. Go back to letting yourself have fun. Remember that you have a small group of people here to choose from and a lifetime of skills, talents and adventures to have that are way more important than dating some high school kid."

It is clear that we live in a society that in the last few years has been changing extremely fast and the meaning of the word love has changed as well. We have seen how gender identity and sexual orientation has increasingly diversified, drawing away from heterosexual

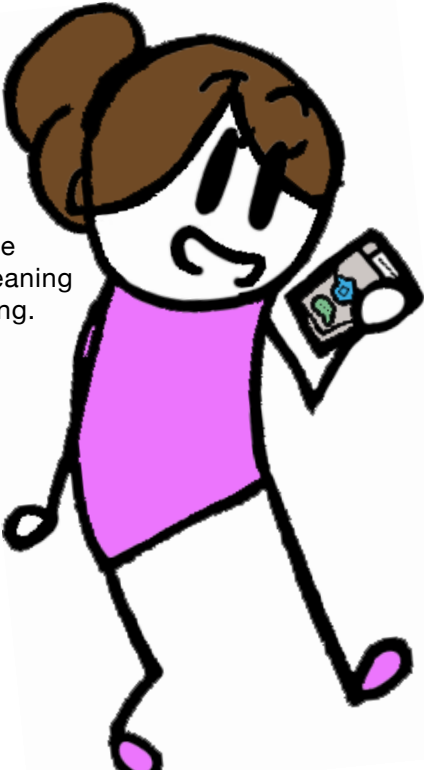
normativity and old intolerant standards of love.

Teenagers have been a part of the fight for the acceptance of all forms of love, but at the same time we have seen that interpersonal relationships in our society are based upon fragile connecting links so, consequently, relationships are progressively weaker. We are used to living in an emotionally unstable environment and we don't care anymore about finding ourselves, adapting to change or becoming self-sufficient. We try too hard to fill the void when we feel empty, and we forget the true meaning of caring and loving.

The pressure

from our culture and the expectations of society have made us feel dependent on romantic relationships and society has placed romantic love over other kinds of love, including self-love.

This Valentine's Day should be about celebrating ourselves first, and then enjoying it with everyone we love.





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forms are required before we pay out any tuition!

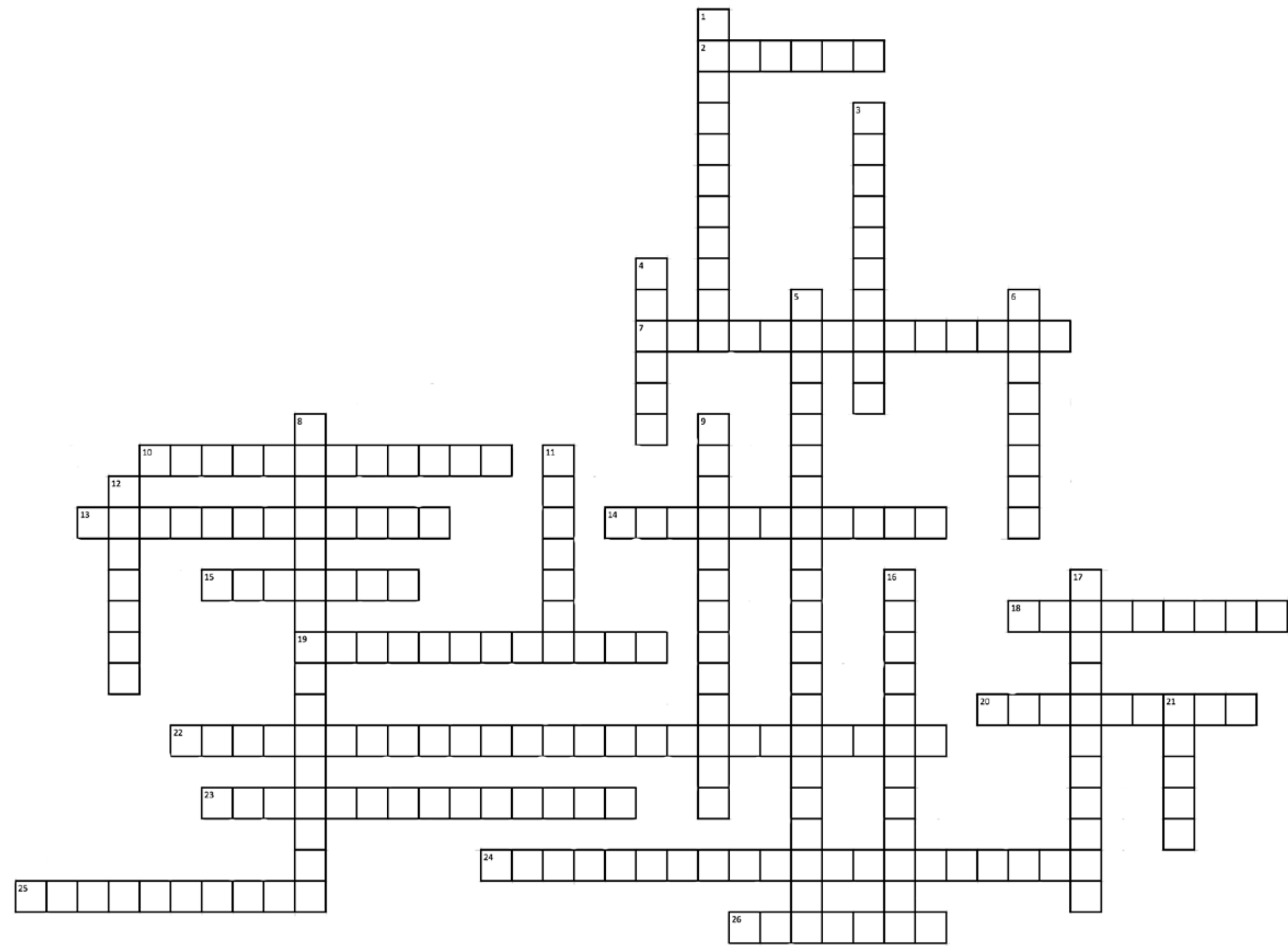


Contact Bob Jorth with questions at (269) 337-0037 or [bjorth@kalamazoopromise.com](mailto:bjorth@kalamazoopromise.com)





Memorable Childhood TV Shows



ACROSS

2. Webshow
7. “You and me will always be tight, family every day and night”
10. “Hug me brotha”
13. Visions of the future
14. Bunny and duck duo
15. Pacific Coast Academy
18. Meddling kids
19. Half man, half ghost
20. “I’m ready, I’m ready, I’m ready”
22. Their sensei is a rat
23. “Sugar, spice and everything nice”
24. Their base is in a treehouse.
25. They live in a ‘T’
26. Talking babies

DOWN

1. “Call me, beep me if you wanna reach me”
3. Jawbreaker; Plank
4. Yellow sweater and a balled up fist
5. “You stupid dog”
6. He lives in a whale’s mouth
8. Pink and green fairies
9. She lives the best of both worlds
11. “Gotta catch them all”
12. Rada rada rada
16. Big yellow bird
17. Cat and mouse
21. Omnitrix

Iconic Vines Wordsearch

K X Z A O H C V Q S F F O X G A M E S M O D E X R  
I S O H P M P N I P H O K C F I B V N Q I B K I U  
I K S W W I K A P F Z K T F E T V G M V Y T T S H  
O H C J H S Q S K B Y F W N J T M X W I X E C M B  
E V O B I S G T Z T I L E D U F R E G V E M E F K  
H D Y H T K E I E U C A J W A Q E N T Y U R C X E  
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S S A K E E L F N O S W O R B E Y E A X R O L S F  
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G N Z J W G A M A H C R O I S S A N T D O L A K Y  
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B E T Z A X E X I M I K R K A D Y B I H H H F Y I  
A N O Q R C N M V R P F Z V P T U Y E D V T B V D  
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G N Y U O B B M M B U Z M J D M N G K G K W S J U  
X E C I S Q U R Y B U A G A P I P J D F Y N H I P  
E N I V E H T R O F T I O D G Y S W B K S G U T H

YEET  
FRESHAVACADO  
TWENTYONE  
ITISWEDNESDAY  
EYEBROWSONFLEEK  
XGAMESMODE  
DOITFORTHEVINE  
WHITEVANS  
ROADWORKAHEAD  
WHATARETHOSE  
YOUGOTEGGZMA  
MISSKEISHA  
ISTHISALLOWED  
ADAM  
MAHCROISSANT  
ANAVACADO



# Loy Norrix Twins Describe What It’s Like Being Identical



**Zoë (left) and Eva (right) Bugnaski** stand in front of Maple Street Middle School. This is where Zoe and Eva attended all three years of middle school.

JEANIE GOULD-MCELHONE  
GUEST WRITER

“Wait, which one are you again?” This is a question that twin sisters, Eva and Zoë Bugnaski get quite often. Why? They look exactly alike.

Eva and Zoë have been living together and eating together their entire lives. They even shared the same womb and have been expected to share everything since then. This can be frustrating for any teen who wants to form their own identity.

“People not knowing my identity, it always goes back to ‘Are you Eva or Zoë?’ Even after a full conversation. Specifically with teachers that know both of us,” said Eva, explaining one of the negatives about being a twin.

Since twins are so rare, people are interested in the twin lifestyle. According to Insider, only about three percent of the

population are born as twins. Even if twins look the same, they are still their own person. Despite having the same gene set they have different fingerprints and different personalities.

“The worst part of being a twin is having close to no independence in my daily life—being hard to identify, though it’s regular, can be very demeaning sometimes; it feels like I’m not my own person a lot of the time because people see no differences between us,” said Zoë giving her take on the down sides of being a twin.

Most people know that twins have a special connection, that only other sets of twins can understand since it’s so different than other sibling bonds. It’s believed that twins have a telepathic connection. This is where the term, “Twin Telepathy” comes from.

“Twin telepathy is definitely not real,” Zoë said, “but

sometimes Eva and I have mixed memories from things in the past that both of us believe that we alone experienced. Also, we remember having the same dreams sometimes.”

“We’ve had the same dream before and situations where we were convinced we’ve had the same memory,” Eva agreed.

While there are negatives and annoying things twins have to deal with, it does have a lot of perks. It’s like being assigned a best friend at birth and having a best friend with that type of connection is uncommon. It’s hard for non-twins to understand.

“I think it’s really hard for anyone who isn’t a twin to understand what it’s like, which is a super weird part about having one,” Zoë said. “Talking to other identical twins is really interesting, but even that isn’t the exact same thing one has with their own twin.”



**MARK BUGNASKI, GUEST PHOTOGRAPHER**  
**Eva (left) and Zoë (right) Bugnaski**, enjoy cake around the age of three.



**MARK BUGNASKI, GUEST PHOTOGRAPHER**  
**Eva (left) and Zoë (right) Bugnaski’s** mother, Sabine Lenzner holds her three month old twins.



**ALEXIS WEEDEN, STAFF WRITER**  
**Zoë (left) and Eva (right) Bugnaski** in French III. This is the only class that they share.

# Loy Norrix Campus Safety Officer and Local Musician Boards “The Morning Train”



**ELLIOT RUSSELL, ASST. WEB EDITOR**  
Officer **Marlon Corner** wears his trademark hat while working in the B-wing. He is typically stationed outside of the cafeteria or in the B-wing.

ELLIOT RUSSELL  
ASST. WEB EDITOR

As officer Marlon Corner patrols the halls of Loy Norrix, the rhythm of his footsteps echo through the barren hallway, always keeping his mind on his music. As he enters the B-wing, a passing student asks, “When is the new song dropping?”

Many students will inquire with Loy Norrix campus safety officer and musician Marlon Corner about his upcoming work.

Having grown up with musical influences including his father and other musicians like Elvis Presley and Jerry Lee Lewis, Corner has always lived a musical life.

“I grew up in a home where country music was played, rock and roll and things like that and I attended a Pentecostal church,” said Corner. “So one

day, I see this guy on TV shakin’ and singin,’ a guy named Elvis Presley, he was singing ‘Jailhouse Rock,’ and that day I fell in love with rock and roll.”

Corner records his music in his home. He pairs his soulful vocals and his jazzy piano skills to create original country music with a sound like none else. He expresses his love for America through his songwriting, but he also isn’t afraid to be critical of it.

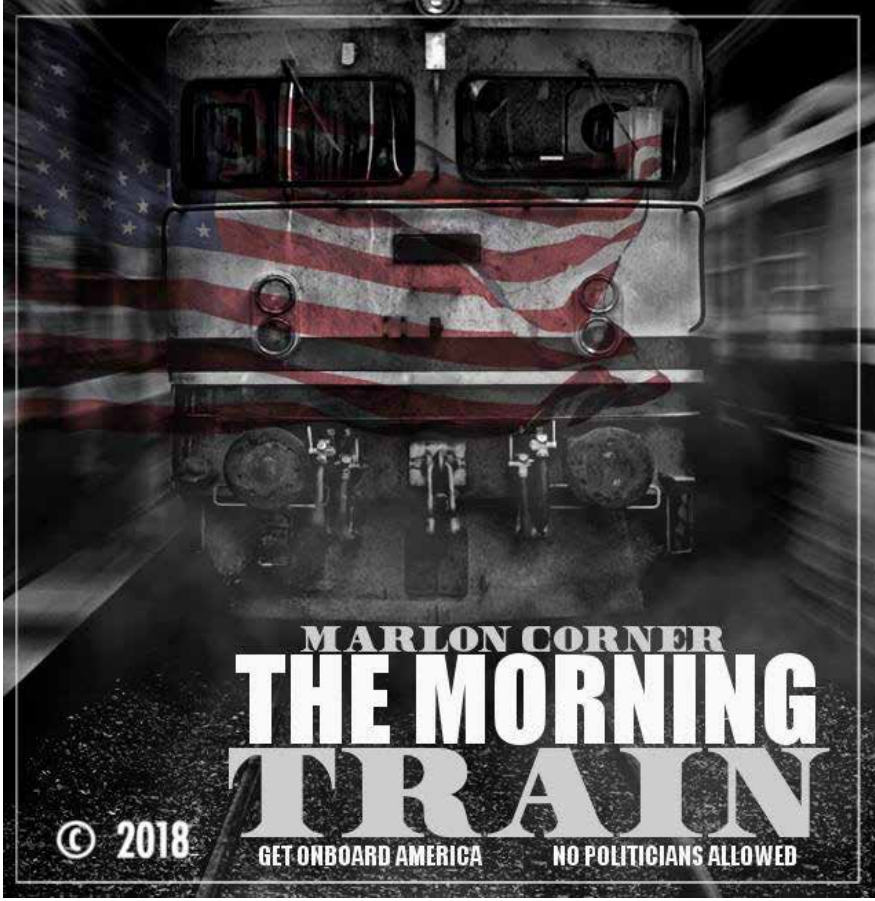
“The older I got and seeing the change in the tone of the world and the way politics have been going and things around the world, it has caused me to take things more serious,” said Corner. “I’m a voice that wants to portray bringing America together, like the people, the black, the white, the hispanic, I mean everything, the common sense.”

Corner’s new single, “The Morning Train,” takes politicians head-on. He sings about the

current political climate and that it’s time for the people to take control rather than politicians.

Before the song was even released, he was already receiving positive feedback from co-workers, and believe it or not, politicians.

“I was contacted by a guy who was running for the United States Senate and first when he contacted me, I put a snippet of this song on Facebook and he heard it, and so he calls me, he says ‘I wanna use this song.’ He owns this big radio station up north and he wants to use it for the theme song, and I told him ‘I’m not endorsing any sides, I’m an artist.’” Corner continued, “He’s a Republican candidate and he actually asked me to quit my job and join his campaign for hire, and I told him no, and so he’s figuring out how to get me on board with him and get this song to basically support



the Republican party is what it sounds like.”

Having picked up so much traction right from the start, Corner is hoping his new single will launch him into a successful music career. He hopes that this new music will give him an opportunity to do more outside of his comfort zone like performing live.

“I’m sure that if the song is liked, which is what I’m hoping, it’s probably going to prompt me to have to step more out front and do some things,” said Corner.

In the meantime, “The Morning Train” is available on all major music streaming platforms and you can keep up-to-date on Corner’s work via his Facebook page.



**MARLON CORNER, GUEST PHOTOGRAPHER**  
Officer **Marlon Corner** works on music in his home. He records all vocals and instrumentals himself.



# Confusing Parents and Dissing Dictionaries: Slang Across the Decades

MAYA CRAWFORD  
ARTS & ENTERTAINMENT EDITOR

Teens of Loy Norrix have developed their own way of speaking, whether it was a conscious choice or not. Adults try to relate to students, asking “Did I use ‘lit’ right?” or “What does ‘yeet’ mean?” We laugh and correct them, but back when they went to school, they had their own slang just like we do. According to The Linguistics Department and the University of Pennsylvania, the true meaning of these words that we’ve adapted into modern slang have been known for centuries, but the words themselves have changed and evolved through generations of human interaction.



Cindy Van Lieu, Art Teacher

Slang	Meaning
Mod	Modern (relating to fashion)
Groovy	Awesome
Twiggy	Good-looking
Hip	Popular



Sveri May, Team Teacher

Slang	Meaning
Boogie	Dancing
Right on	I agree
Sweet	Really cool
That's sick	That's unusual



Brian Neel, Social Studies Teacher

Slang	Meaning
Radical	Amazing
As if	Yeah right (sarcasm)
Gag me with a spoon	Disgusting
Psych	Just kidding



Jeffrey Pickell, English Teacher

Slang	Meaning
Boss	Popular
Phat	Excellent
Skrillr	Money
Bogus	Fake



Sarah Lieneke, Math Teacher

Slang	Meaning
Gnarly	Really cool
Sick	Admirable
Bomb	The best
My bad	Apology

Slang	Meaning
Slappin'	Super cool
Slat	Bro
What's the move?	What's the plan?
Mood	I relate



Nashaar Leake, Senior







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MAEVE HODGE-MCNUTT  
COPY EDITOR

It’s early in the morning. You and your first grade classmates are standing by your desks, or perhaps in circle formation around an American flag. Hats are removed for respect, and sticky fingers may still secretly grip crayons as you lay them over your heart. Your teacher leads, and little voices follow her. “I pledge allegiance, to the flag…”

If you went to an American elementary school, you probably remember blindly reciting those words every day. But you probably didn’t stop to think about what you were saying.

Although it was ruled unconstitutional to force or pressure students into saying the Pledge over a decade ago, public schools all over the U.S. still begin their day this way.

Take Michigan for example, Michigan Legislature, Section

380.1347a says, “Beginning with the 2013-2014 school year, the board of a school district or intermediate school district or board of directors of a public school academy shall ensure that an opportunity to recite the Pledge of Allegiance to the flag of the United States is offered each school day to all public school pupils in each public school it operates.”

Here’s the problem with this law. First, with the large number of immigrants that come to the U.S. everyday, it hammers into their brains from a young age that they must hold the utmost respect for a country that they may not feel at home in at all. Forcing patriotism on young students to mandate them into loving their country was actually the original intent of the Pledge, written in 1891 by former pastor Francis Bellamy.

According to “The Ugly Truth of the Pledge of Allegiance - and Why It Matters” written by Christopher Petrella for the “Washington Post,” Bellamy desired a way to keep immigrants, who he believed to be less intelligent and worthy, from ruining America. In response, he created the Pledge of Allegiance to promote nativism in schools.

“Democracy like ours cannot afford to throw itself open to the world where every man is a lawmaker, every dull-witted or fanatical immigrant admitted to our citizenship is a bane to the commonwealth,” stated Francis Bellamy, in an editorial for the “Illustrated American,” a magazine published weekly from 1890 to 1900.

As a country that strives to be diverse and accepting, why are we still allowing a speech written in hate to begin our days of learning? Which brings us to the next problem with the pledge, “under God.” The first amendment reads “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof.” Yet we pledge allegiance to one nation, under God? This discriminates against anyone who believes in anything other than the Christian God, or who isn’t religious at all.

In 2014, according to CNN, the Supreme Court of Massachusetts ruled that the Pledge does not discriminate against atheists, but how can this be when the Pledge you are supposed to say is towards a god you don’t believe in?

The Pledge is also a problem because even if it can’t be

enforced for students to say it themselves, there is unspoken pressure to join in when other students are saying it, and possible alienation by your peers if you don’t.

People may argue that the Pledge is historical and patriotic, and that it would be downright un-American to remove it.

However there are many historical and patriotic practices that still exist which don’t come from such xenophobic roots, such as singing The National Anthem and celebrating the Fourth of July.

It’s not enough to just not technically force students to say it, mandating teachers to offer the Pledge of Allegiance needs to be abolished in schools all together. In a modern world, where change and tolerance are encouraged, we shouldn’t stick to our harmful old ways in the name of history. Sometimes the best way to appreciate history is to see how much we’ve grown since then.

In the spirit of better judgement, we must leave some things behind, and the Pledge is one of them.

## Mainstream Media Has Become Too Politically Extreme



BRANDON SCHNURR  
WEB EDITOR

The media, often referred to as the “watchdog of democracy,” is a major part of citizens’ lives, responsible for informing the masses and protecting our rights through free speech and freedom of the press. Even if you don’t stay up-to-date on the news, politics, or the many other topics of media coverage, it will still influence your world greatly. The media can do anything from informing a town on a humorous failed crime to affecting public opinion and swaying votes for politicians.

However, in recent years, new aspects of mainstream media are affecting citizens. Lately, mainstream media has become heavily politicized and, as a result, sensitive. The political climate of America and other parts of the world influences the media greatly. Mainstream media

often follows trends closely in order to better understand, report on, and relate current events to readers and viewers. In terms of politics, mainstream media can easily twist stories into half truths to support a bias in order to pander to the ideals of certain groups.

For example, one of the largest issues we’ve come to face now is political correctness. To paraphrase the Britannica definition, political correctness is using the least offensive language possible when discussing people and issues relating to external markers like race, gender, culture, etc. At its best, it’s simply common courtesy, and at its worst, it can be near censorship of certain ideas and terminology. Unfortunately, mainstream media often takes political correctness to the extreme.

A good example of this was the media criticizing the Supreme Court decision in the Masterpiece Cakeshop v. Colorado Civil Rights Commission Supreme Court case, in which a Christian baker refused to make a wedding cake for a gay couple, citing religious freedom as a defense. The mainstream media and citizens were offended by the baker’s denial to bake a cake

for a gay marriage, attacking his beliefs and criticizing both him and the Supreme Court’s choice to allow Phillips to deny service.

“I’m nervous of even sending a plate back. What are they gonna do to my food?” said Sara Haines of “The View,” entertaining the idea that religious restaurant owners who don’t support LGBTQ are untrustworthy and even dangerous.

This kind of unfounded hatred for people that lead their lives by different morals and ideals is causing a deep division amongst groups of people, political parties, and other affiliations. It becomes even more dangerous when it is pushed by influential and mainstream media outlets.

According to Mascha Mounk of “The Atlantic,” this issue of political correctness is being blown far out of proportion, with 80 percent of the American population believing political correctness is a problem in our country. Despite mainstream media’s persistent following of politically correct issues, these issues often interest a small minority of politically polarized people.

Many media outlets have also been deeply affected by the polarization of politics, leading

to each side being sensitive to opposing viewpoints. Whether it’s Huffington Post or Fox News, there are opposing viewpoints everywhere.

With these differing opinions, a gateway has opened that has created an intolerant, angry political climate of the likes we’ve rarely seen.

Pew Research Center has found that only about 20 percent of the overall public are deeply polarized to the left and right of the political spectrum. Despite being such a small minority, mainstream media seems to always make it a goal to cater to the politically polarized and attempts to polarize the general public by getting them to pick sides on a variety of topics.

Politics have long been a weapon to help divide the people and alienate opposing sides. The media knows this as well as anyone, and it’s time for them to divert from these tactics and stop dividing the American people. Creating more hate will only fan the flames of hate amongst the American people.

## KNIGHTS SPEAK

Should Michigan public schools be required to offer students the opportunity to say the pledge? why or why not?



MICHAEL MODUGNO  
11TH GRADE

Yes, because the pledge is like the national anthem. It is offered before sporting events, both should be offered as a choice.



BAKHTY HIGGINS  
11TH GRADE

Yes, because freedom of speech.



KAMARIA TILLEY  
11TH GRADE

Yes, because not everybody believes in what the pledge truly stands for.



KOBE SAKETT  
9TH GRADE

I think that they should give the opportunity to say the pledge to honor their country.



ROWAN PIPE  
10TH GRADE

Yes, to offer it to them because some of them are strong believers in America.



# Time Wasted? Seniors Must Choose Classes Carefully



GAVIN RUTHERFORD  
LAYOUT EDITOR

By the time you reach your senior year, you want nothing more than to be done with school. The mental fortitude it takes to get out of bed at six in the morning is a Herculean task on its own.

I have almost all of the credits I need to graduate, except for a few senior core classes. Then to fill the empty gaps in my schedule, I have been put into classes that are not necessary to graduate and that I have no interest in. It's really no wonder seniors are known for skipping classes so often. Why should I be forced to get up early and attend a class that has no worth to me? If I could, I wouldn't do any of the class work, but that would lower my GPA, and possibly cause issues for my college plans.

Right now, my first hour is

Music Today, and, as it stands, it's not a class that is benefiting me academically. Now, I have nothing against the class nor the teacher, but when my goal is to major in forensic biochemistry, I don't want to spend my time in a class that isn't driving me forward towards that goal.

Rather than getting up for a class that isn't helping me graduate or something relating to my future, I should be able to leave my schedule blank. I have also been scheduled to take aquatics fifth hour, both second and third trimester. As a swimmer of 11 years, the most I'm getting out of aquatics is a deeper understanding of water safety, which isn't something I need to go over twice. Wouldn't it make sense for me to be able to take first and fifth hour off?

I'm pretty sure that this is the way that any senior with easy classes feels, but after I talked to Sheryl Scott, one of the guidance counselors here at Loy Norrix, I started to see the other side of the argument.

"By allowing the requirements to be reduced or allowing free time, really it does an injustice to the students at the end of the

day," said Scott.

People need something to keep them busy, otherwise they fall into a lack of productivity. What Scott is trying to say is that the more we allow ourselves to kick back and relax, it just makes it harder to get back into the swing of things. But is it any better for me to pay minimal attention in a class than for me to not attend?

In my case, I had no option but to fall into easy classes. For senior year, both a senior English and senior math credit is required. To fill those spaces, I am taking AP calculus for math and advanced journalism for English. I had also hoped to have a chance to take AP chemistry and/or AP statistics but, as it turns out, all four of these classes fall in the 3rd and 4th hours, so I could only take two of them. How am I supposed to challenge myself further when the harder classes aren't available?

I'm stuck in easy classes and there's nothing I can do about it. I continue to attend classes where I don't have the drive to give anything other than minimal effort. Us students could try to appeal to the school board, but

would they change anything? For now, I suggest that you try to challenge yourself, if you can. For those who can fit it into their schedule, there are options like dual enrollment or Education For Employment/Arts (EFE/EFA). Otherwise, bear through it and try to take classes that interest you.

Credit Requirements to Graduate	
State of Michigan Minimum	KPS
- 4 Math	- 4 Math
- 4 English	- 4 English
- 3 Social Studies	- 4 Social Studies
- 3 Science	- 3 Science
- 1 Health/Phys ED	- 1 Health/Phys ED
- 1 Art	- 1 Art
	- .5 College Readiness
	- .5 Computer Apps
	- 2 World language
	- 6-10 Electives
Total: 16 Credits	Total: 26-30 Credits

GAVIN RUTHERFORD, LAYOUT EDITOR

## PROPS & STOPS

We give PROPS to the school for what we love, and STOPS for all the things we would like to see changed.

### PROPS

- To all the security guards who get to know students and build relationships with them: some of these kids are very lonely without you.
- To all the acceptance: diversity is a major theme in our school enviornment and acceptance makes this a good community.
- To the caring environment that the staff creates: special shoutout to Mrs. Dantes the office secretary, she's always a friendly face to see throughout the day.
- To the pep assemblies that gather us as a student body: school spirit can be very powerful when we join together as one absolute unit.

### STOPS

- To the students that abuse bathroom privileges and ruin them for the rest of us: sometimes we have to pee, but can't because you broke the rules and ruined the policy for the rest of us.
- To not joining an extracurricular: no matter the mental barriers you create, extracurriculars are an intensely beneficial opportunity that only lasts for a moment. Time is fleeting, one day you won't be able to join the chess club.
- To the inconsistent temperatures throughout the school: why can't the internal heat be consistent? Sometimes even neighboring rooms can be like the Sahara and the Arctic clashing together, making everyone miserable.
- To the bathrooms that are always understocked with soap and paper towel: we need those to stay clean.

# When the Law is Blind, so are You

## Eyeglass Company Luxottica Prevents Innovation and Hurts the Economy



NOAH BOND  
PHOTO EDITOR

There are more than 300 million people in the U.S., as of 2012, a total of 500 million people worldwide were wearing Luxottica produced glasses, almost twice the American population. Such a hefty consumer base, but what exactly is Luxottica?

In simple terms, Luxottica is an Italian-based company that owns eyewear retail locations, brand names and insurance companies. They sell glasses all around the world, and their wholesale distribution network covers over 150 countries across five continents and has approximately 50 commercial subsidiaries.

All of that just means that Luxottica is powerful. They not only own the manufacturing, distribution and sale of glasses, but also the insurance that goes along with it.

To put their power into perspective, around the late 1970's, Ray-Bans was a prominent player in the world of eyewear and a pair of their glasses sold for about \$50 to \$60. Luxottica attempted to purchase Ray-Bans, but they were refused. Luxottica ceased any sale of Ray-Bans in their stores.

Even though Ray-Bans already had a brand name built, celebrity endorsement, and a

solid consumer relationship, their sales plummeted. Without being able to sell in Luxottica stores, Ray-Bans couldn't sustain income, and their stock crashed. Soon thereafter, Luxottica purchased Ray-Bans, and, as if nothing had changed, started selling the same exact glasses in their stores for up to \$200 a pair.

Owning multiple stages, let alone every stage, disables other companies ability to create competition. One player shouldn't be able to control the success of their competitors.

While Antitrust Legislation exists to prevent monopolies all over the world, Luxottica exists in a gray area. While the international laws are present, sometimes when the industry doesn't affect domestic economic growth, the government with jurisdiction will not take further action.

While all this is relatively straightforward, Luxottica is only a piece of puzzle. Luxottica is a subsidiary of Delfin, which is an SARL, the French equivalent of an LLC (Limited Liability Company). LLC corporations are run by board members who make financial decisions based on stock prices and shareholding.

That means Luxottica's CEO works for a board. Every member of this board was anonymously invited by the other members, creating an exclusive shareholding table. It is possible for these board members to have connections or alliances to other corporations as well.

This isn't an uncommon set-up. There are handfuls of companies run by LLC's around the world. The problem stems from the fact that the board members may remain unidentified. While other members of the board know who their peers are, the public can't hold them responsible for their actions.

those members could potentially take bribes by those who weren't invited, and a step past personal bribes comes possibility for a complete financial ownership. Board members could be bought out by other people. Those same people could be representatives of other companies, and it could possibly lead up to entire corporations influencing board members.

Luxottica owns most brand name glasses and retail locations, and people who wear glasses must buy them from Luxottica stores, made by Luxottica, and could possibly also be insured by Luxottica. People who wear glasses are forced to buy their eyewear for inflated prices. A 400 percent increase in price means that people are being abused for something they need to function.

Delfin's Luxottica isn't the only monopoly in the world, in fact many industries, such as Disney, Pepsico, cable companies, even casket making, are monopolies that are present in our daily lives.

Monopolies not only raise prices, but they slow innovation to a halt. Many products that are produced in a monopoly are similar, if not identical, to how they were years ago. Cable boxes use excessive energy, produce intense heat, and don't run any better than they once did.

While I personally believe in capitalism, monopolies and oligopolies ruin entire industries and hurt consumers. As individuals we can't really stand up to these companies, but you can always send letters to government officials and spread the word as much as possible. This problem can't be ignored, and it's only getting worse.



As simply as it can be put, LLC's are dispositioned to be low risk and have less responsibility as they are based on profit and not loss. Adding anonymity just makes the company owners invulnerable. If an LLC company were to plummet, the board members could just sell their stock and dip.

Shares can be sold to anyone in low quantities, but owning large portions is an exclusive benefit. While the members themselves must be invited,



AVERY STRAND  
10TH GRADE

I feel like the oppourtunity should be offered to the students but I don't think it should be required to say it. In my first hour we are not given the oppourtunity to say the pledge.



RONDEA DOTSON  
11TH GRADE

I do think it should be offered but I think that it's unnecessary to make everyone say it.



MATTHEW VESTAL  
11TH GRADE

I think students should be allowed to say the pledge if they would like because its not going to essentially going to harm anyone, its not saying anything racist, its just someone showing pride in their country.



KRISTEN HOOGERHEIDE  
9TH GRADE

Yes, it shouldn't be forced on them, becuae you should just have the right to do that, its your opinion.

## PUBLICATION POLICY

Interested in submitting an article, graphic, photo, political cartoon, comic, letter-to-the-editor, or other work as a guest contributor?

**Submit work to:**  
Loy Norrix Knight Life  
606 E Kilgore  
Kalamazoo, MI, 49001

**OR:**  
Ms. Pankop in Room K6 at Loy Norrix High School

**OR:**  
pankoptl@kalamazoopublicschools.net

**Your submission MUST include:**

- The full name of the contributor, first and last

**If a *student* at Loy Norrix:**

- Your third hour teacher and classroom number
- A valid email address if your third hour is off campus

**If *not* a student:**

- A valid phone number or email with which to contact the author

Knight Life reserves the right to withhold any submitted work.

Knight Life will exercise this right if the submission contains libel, defamation, obscenities, disrupts the school environment, or invades the privacy of others.

Approved submissions may be published on the Knight Life website, **KnightLifeNews.com**.

Submissions will be placed in the print edition when space is available.

**Note:** all edited photos must be labeled as photo illustrations.

Knight Life will publish a formal correction of any factual errors printed in the following print edition.



# Letters To The Editor

## Students Share Views on Coach Duckett

Dear Editor,

I read “P.E. Teacher Celebrates his 50th year at Norrix.” I thought this was a great article about Coach Duckett because Duckett has taught me some amazing life lessons about keeping track on what you eat and pushes us to a new high. He inspires you to be better, and I never really pushed myself to max, but in his class I did to become someone better and I have. Plus Duckett has taught me to never give up on your dreams and become something someday. I liked this article about Coach Duckett because he deserves a lot of credit for being here for 50 years and his stories are really funny. He is one teacher I really admire a lot and he literally is a cool teacher to be around. I think this article is great because he talks about students from the past talk about the same stuff I said about today.

Devin McMartin,  
senior

Dear Editor,

I read “P.E Teacher Celebrates his 50th Year at Norrix.” I thought that this was a good article because I did not know that it was Duckett’s 50th year at Loy Norrix. I liked that it told that he likes to teach students responsibility because I have had him as a teacher multiple times, and I know that responsibility is a big thing for him. I thought that adding the students’ perspective on Duckett was good because it shows that he is making an impact with the students that he has.

Trenton Spinney,  
senior

Dear Editor,

I thoroughly enjoyed reading Lexi’s article about Coach Duckett’s 50 year accomplishment here at Norrix. As an aspiring teacher, I respect Duckett’s passion for teaching and the advancement of young [people] as expressed in the article. This article, in my opinion, brings awareness to the more one-on-one relationship between the teacher and the student and how it can positively impact the student’s life. I think that articles like this help Norrix as a school community appreciate and promote respect for teachers here at Norrix. It’s a very well written article, and I hope to see more articles like this in the future.

Breyana Wilson,  
junior

## Eli Verne Article Touches Student

Dear Editor,

I read the article about Eli Verne. I thought it was a really touching article that really showed the side of Eli that not many were able to see. I knew him slightly through my brother who was on the swim team with him, and he was always giggling and trying to make others laugh, while being serious about his craft. I remember seeing him do a butterfly stroke with a safety cone on his head before practice. I think he was such a sweet kid who deserved so much more acknowledgement.

Jada Roberts,  
sophomore

## Students Respond to Bullying and Peer Pressure

Dear Editor,

I read “It’s Time to Alter How We Teach about Bullying and Peer Pressure.” I thought that it is honest and true because it is saying things that happen regularly. I liked how it is trying to stop bullying because it is saying how you can end bullying and not watch it, bullying, happen. I also liked how it is saying times that they have saw bullying for themselves and helped the people out that were being bullied. I think that they are trying to stop bullying because it is happening a lot, and they are trying to make the school better and more friendly for the people that are being bullied.

Brandon Commisaris,  
freshman

Dear Editor,

I read “It’s Time to Alter How We Teach about Bullying and Peer Pressure.” I thought that this article was very well written with some great points. Maybe we wouldn’t have to have all these anti-bullying lessons shoved down our throats if we were taught to not be the bully yourself and how to know if we are actually bullying someone. Still, it is good to know about anti-bullying.

Ismael Enriquez,  
senior

Dear Editor,

I read the article “It’s Time to Alter How we Teach about Bullying and Peer Pressure” in Knight Life and I liked how the writer included personal anecdotes along with statistics, it made her seem more reliable. I think it’s good that someone is acknowledging the problem we have with bullying and the fact that the way we currently deal with bullying is obviously not working.

Alexandria Harback,  
senior

Dear Editor,

I read the newspaper “Knight Life” and in the article “It’s Time to Alter How We Teach Kids about Bullying and Peer Pressure.” I think that this article was very persuasive and very good to write because there are kids all over who need to understand that they’re not the only ones who been bullied by fellow students and that they’re not the only ones who been through this millions of times before. We should teach kids to treat each other the way that they want to be treated. Another thing that I liked about the article is that the editor put the amount of people who made a report about the bullying and the percentage amount of people who admitted to bullying a fellow classmate before in their own time. I like all the details that they put in this article. It shows certain examples of what bullying and peer pressure looks like, and it shows ways on how we can prevent it from happening to other children in different schools.

Dejanelle Carter,  
senior

## Welcoming a New(er) Kalamazoo Promise Student

Dear Editor,

I read about “New Freshman Makes a (Kalamazoo) Promising Change.” I thought there wasn’t a such thing as a Dungeons and Dragons club because I’ve never heard of it in school. I liked the energy and excitement Elliot Russell was having about Loy Norrix High School because when Elliot first came to Loy Norrix High School which was in the ninth grade. He had to overcome all his fears. His thoughts about

everything was overwhelming, Elliot then joined the eSports team and everyone thought he was an outstanding guy. I think Elliot made the right choice about switching schools from private to public, he gets half of the Kalamazoo Promise now.

Martavion Mabon,  
sophomore

Dear Editor,

I read “New Freshman makes a (Kalamazoo) Promising Change.” I thought it was a great article that really brought insight to the fact that not all students come from previous public school experience, and that the sheer amount of kids as well as the way things are taught is a real difference to some. I like how you brought insight into one person’s life and how they are doing in terms of classes and finding clubs where they belong. It was also quite cool to see an article about someone I know and to see a small insight into his life.

Sagan Barber,  
freshman

## Love For “Knight Life”

Dear Editor,

I thought the politics page was an phenomenal addition to the newspaper because it shows what side of the spectrum (politics) they believe in. I liked the movie review page because it is something that I actually like to see in a paper about things students like to do. I think you should add a gaming section for all the gamers out there in the school because everyone likes to play games.

Dakota Lambert,  
senior

## Relating to Zodiac Signs

Dear Editor,

I read “Zodiac Personalities.” I thought that the Aries zodiac sign is true because I’m an Aries myself. In my own description I am honest about everything that comes to my mind, I’m very passionate, have a very low patience, and I’m always in a mood for no reason. Last but not

least, I’m always trying to making sure I try everything before I just give up. I liked how I can connect to the sign because it’s about Aries and I like how everyone else had a good description of them. I think this could be a little more explained but other than that I think it was really good. Why I say it should be explained more is so people can have a better idea of how the zodiac sign personalities really are

Natasha Dykes,  
junior

## Other Responses

Dear Editor,

I read “Theories Assemble” and I thought that it would be one large group of theories from students on the upcoming movie “Avengers Endgame” but it ended up being different student’s talking about the theories that they have heard and what they believe will happen in Endgame. I liked how the article was formatted and some of the theories the students had come up with and how our school newspaper is talking about something like Marvel Movies and it’s interesting to see how popular superhero movies have become. I think that it’s interesting to get the theories and opinions of students on things like Marvel Movies and how mainstream it is to enjoy superhero movies, and it is so mainstream, in fact, that we have talked about it in our school newspaper and I enjoyed some of the theories that were presented by the students.

Sidney Davis,  
sophomore

Dear Editor,

In sincere regards, I read the “Proposal 1” article in which you give students and staff a voice in the school media about the recent proposal of the legalization of marijuana. The thing that drew my eye the most was the interviews. I especially like how you included staff members along with students. The duality of which shows the comfortability of staff and student relations in Loy Norrix. Although equal representation of grade level interviews needs work. Good article keep it up! :)

Claudio Vivanco,  
freshman

Dear Editor,

I read the article “A Fresh Perspective: Loy Norrix Welcomes New Principal.” I thought that it was extremely well written because it kept the reader involved and focused on the story, it also presented information on the principal that was not common knowledge, to help us understand him more, like how he has a multitude of years of teaching experience and was also a former dean of students. I liked how I was able to see some of his likes and dislikes, so I feel as though I know him well. Although I am a little surprised, how could he not like cheese but nonetheless, it helps me understand what he does and why a little better. I think, after reading this, I will show him more respect than I already do.

Allen DeRyke,  
junior

Dear Editor,

I enjoyed the article written by Alexis Weeden concerning child labor. I think this is a big problem also, and it seems like it goes under the radar and doesn’t get much attention in the news from what I have seen. In having a teacher all the way back in 6th grade who was very passionate about child labor and its consequences, I have known about this topic for a while. Although, since then I have not heard much about it. I think that this article did a good job compiling information, and the graph below was very revealing, showing how many children, especially in Africa, are victims to child labor and very low pay. It also did a good job of explaining the problem very clearly and offering ways that the everyday person can help with this issue.

Flinn Brent,  
junior

Dear Editor,

I thought that the article honoring Eli was a really kind way to talk about the person he was and how much everyone misses him. I liked how it talked about things he liked to do and people he had influenced during his life. I definitely think his friends and family will appreciate it.

Valerie Humiston,  
freshman

# Calculus’ Relevance to Modern Education



NOAH BOND  
PHOTO EDITOR

Calculus, while generally an easy class to complain about, it is also one of the most useful classes later in life. In what situation will the typical high school student need to know the fourth derivative of any given equation at a specific point? The short answer is that they won’t. However that isn’t the point--math is applicable.

Samantha Maxwell, who teaches algebra, personal finance, and pre-calculus, said, “You need [math] skills to be successful later in life,” but when asked about the math itself and its usefulness and application she said it would only help those who are, “math minded with a future in math in mind.”

Maxwell also stated that she would enjoy seeing some new math-related alternatives added for students.

Other teachers, such as Randy Rowe, who teaches geometry, statistics and AP Stats said, “We use [math] everyday, we just refuse to see it.”

Rowe agrees that exposure is very important in a high school environment.

However, “Inside Higher Ed” disagrees with the usefulness of math taught in schools and

claims that over half of the students who initially decided to go into math as their chosen major when starting college eventually switched to something else.

The name “Inside Higher Ed” might not mean anything to you, but with almost three million total views and based in Washington, they compete with other medium-sized news outlets. Above all of that, it’s also just a website which will tell you how unnecessary mathematics are in your education. They aren’t the only ones, all you have to do is listen and you will hear people complain about how irrelevant their math homework is, or how nothing they do in class matters.

Since elementary school, we have had calculators placed in our pockets that give us access to an entire universe of information and every possible formula math could ever have, so then why do we learn math in school?

While the math aspect of the lesson itself isn’t always applicable in our daily lives, there is something behind the scenes working its way into our brain: a purely useful lesson. This is a lesson which allows you to do your taxes without digital accountants or find the area of your lawn. Sometimes, even if you do find a calculator that can set up all the equations for you, it’s still possible to mess up unless you have the one real tool math gives you.

You can order on Amazon for \$9.99, “The World’s Smallest Tool Kit,” which comes equipped with a measuring tape, a flathead and a Philips, but outside of Amazon lies an even smaller tool kit, one with only one tool: reasoning.

“Inside Higher Ed” is quite popular, but not nearly as popular as some of the teachers we have at Loy Norrix. Adam Hosler, who teaches algebra and both pre-calculus and AP Calculus, also teaches his students how to reason.

“Math allows us to reason logically and think things through,” Hosler continued, “the higher the level you can succeed at is important for exposure.”

This adds another aspect to the teaching of math in schools: exposure. Many students aren’t sure if they have any idea as to what they want to be, and exposure to different subjects allows them to try new fields before any decision is made.

We learn math not just to give a proper tip to the waiter or find out how much time it will take us to get to school if we stop for a doughnut, but so that we can reason with what makes sense and explain events to the people around us and to ourselves. Math isn’t about what 2+2 is, but why it is.



# Diving into a Healthy Lifestyle: The Benefits of Swim



Loy Norrix and Portage Central Swimmers prepare themselves for the final heat of the 100 Backstroke against Portage Central. Portage Central won this meet.

JUSTIN TIMMERMAN  
SPORTS EDITOR

Swim team members work unbelievably hard with daily morning practices from six to seven a.m, and then again, after school from 2:45 to 5:15. Then over winter break, men swimmers have three hour practices with two hours in the pool and one hour in the weight room, and women swimmers have this same routine in their practices leading up to the school year in late August. There are many benefits to being a swimmer or diver that some might not know or expect. The most prominent benefits relate to physical strength and body improvement. In order to improve your body, calorie

burning exercises and strength building workouts are necessary. Swim offers its participants a variety of workouts for vast body improvement. Swimmers are able to burn lots of calories by swimming long distances for extended periods of time. According to the website “SwimSwam,” “The average person will burn between 400 and 600 calories per hour while swimming.” Swimmers also gain muscle by performing exercises such as: planks, bench press, bench press incline, pull-ups, squats, and sit ups while hanging off the pool deck. According to the website “ActiveSG,” “Swimming is one of the few sports that gives you

a full body workout as it engages nearly all of your muscle groups.” Loy Norrix swimmers can back the research up. Every swimmer interviewed said that their body has vastly improved from joining the swim team. Junior Drew Dougherty joined the swim team his freshman year. “My freshman year, I had some skinny ol’ arms, no upper body strength, nothing. Then after freshman year I had these triceps that came out of nowhere, I was looking good,” said Dougherty. Junior Eric Ponce can back that statement up, he said, “Physically, I’ve lost a lot of weight since like freshman year, and I’ve gained a lot of muscle mass.” So, if you’re looking

to improve your body, then swim might suit your tastes. Loy Norrix swimmers haven’t only improved physically, but also this sport has also helped the swimmers mental stability. In a sport that pushes you to the peak of your physical abilities, mental fortitude is essential. According to the website, “SwimSwam,” “Swimming for just half an hour three times a week can lower stress levels, raise mood, lower incidences of depression and anxiety and improve sleep patterns.” Junior Joe Mitchell said, “[swimming] has taught me to never give up because if I’m doing bad on a dive then I just keep going over it and eventually I’ll get it down.” Ponce added, “Mentally it’s actually prepared me to get through obstacles.” Mental fortitude is great but other aspects of life have improved for swimmers ever since they joined. Sophomore Haven Besser claims that swim has strengthened her in the classroom. “I’ve become stronger grade-wise, like in middle school I struggled with my grades, but since doing sports requires you to have above a certain GPA, I’ve been passing my classes,” said Besser. Oliver Taylor claims that swim has helped him move outside of his comfort zone. “I’ve become a lot stronger physically and more willing to get up and do things, More willing to get out there and go get it,” said Taylor. If you’re looking for a good challenge then

swim is able to give you something new to take on as well, something that may not be a breeze. “Practices are pretty hard, especially swimmers because everything there is physically hard, but when I do diving, that’s mental, so you got to overcome the fear of hitting a board or smacking,” said Ponce. When senior Isaiah Hobson was asked how hard he thought practices were, he said, “During most of the season, about an 8/10. And then we go into something called Hell Week, where practices get kicked up into about a 10, and coach makes it really hard on us and pushes us to do our best.” However, Hobson claims he enjoys how difficult practices can get, saying, “It pushes me to not only become a better swimmer but also work harder in other aspects of my life and build persistence.” Elaina Gross can cosign with the fact that practices are difficult. She enjoys the challenge that comes with difficult practices. Gross said, “I like being pushed so that feels really nice and it’s rewarding to like at the end of when we do a set, it feels really good to finish.” Sophomore Ellie Lepley says that swim has helped her with her overall endurance because she is a distance swimmer so all the miles she’s swam have helped her stamina to grow. Lepley said, “Swimming, ya know, it just helps you be more positive.” It may be hard to try something new, but the Loy Norrix swimmers definitely would recommend joining the swim team and would

tell you that joining is worth it. Taylor, Hobson, Mitchell, Ponce, Besser and Lepley say that their favorite part of swim is the family aspect and how everyone supports each other. If you’re looking to make some new friends, swim might be an option worth looking into. Dougherty argues that seeing all your hard work pay off at the end of the season is the most satisfying part of being on the team. Freshman Hailey Yoder emphasizes that the fact that the environment on the swim team is very family-like and friendly. Yoder says this is the reason she first joined the team, “I was trying to decide between swim and volleyball, and I heard that swim is a really good environment and it sounded like something that I wanted to be a part of,” said Yoder. She continued on to explain that she believes that she made the correct choice and that the swim environment is just as good as she heard. “After putting in as much work as you possibly can during the entire season, and at the very end, the conference meet, you really show your times after taper and you just look at how much you improved and it’s amazing,” said Dougherty. Whether you’re looking to become stronger, find a challenge, improve your body, develop mental toughness, make friends, or just improve overall as a person, it’s highly likely that swim is the sport for you.

# More Than Just Looking Good: People Should Exercise



OLIVIA ELY  
OPINION EDITOR

With the new year upon us, many people like to make unrealistic goals pertaining to fitness. This could be losing 30 pounds in a month or working out every single day. I have somewhat held myself up to these harsh and far-fetched goals. Having done this before, I can tell you that it’s not healthy to work out every single day or to beat yourself up over not being able to achieve these types of goals. However, it is beneficial to exercise regularly, about four to five days a week, to stay healthy and live a long and fulfilled life. According to the Center for Disease Control, regular exercise can prevent conditions like obesity, high blood pressure, and poor cholesterol levels, which can all lead to heart attack and stroke. Exercising regularly can also provide plenty of benefits, ranging from weight loss to improved mental health and increased energy levels. Examples of exercise include yoga, weightlifting, running, dancing, and pilates. Many students at Loy Norrix like to exercise regularly for a variety of reasons including preparing for sports, stress relief and alter their physique. “I exercise because one, it will probably make

me a better athlete, and two, I think that it’s healthy for people to work out because it’s healthy for your body, and you will probably have less risk of body problems as you get older,” said senior Haile Andrews. Andrews works out four times a week and his training consists of strength training, dividing his workouts into upper and lower body, as well as core work. Running is also a crucial part of Andrew’s routine. Doing sprints is his favorite in order to maintain his stamina and keep him in shape for future soccer seasons. According to “Ace Fitness,” it is important to vary your workouts to help get through a weight loss plateau, continue exercising regularly, and most importantly have fun and maintain motivation. Some ways that people can try to switch up their normal routines are to accelerate the intensity of their workout, consider cross training which is utilizing two forms of exercise at the same time, and incorporating new exercises. “Exercising keeps me healthy and I love exercising,” said junior Zeke Link. Link likes to incorporate different types of exercises to have fun and build muscle in creative ways. Link likes to rock climb three times a week at Climb Kalamazoo with his brother. He enjoys rock climbing because it’s fun and strengthens his forearms. Link also runs two miles a day to stay in shape and healthy year-round. Powerlifting is another

very popular form of exercise that consists of progressively lifting heavier weight through squats, bench press, and deadlift. Powerlifters reap many benefits such as increased strength, mental clarity, and boosted confidence levels. According to “Psychology Today,” powerlifting can even help to suppress symptoms of depression and is an outlet to relieve pent-up stress and anxiety. “Powerlifting is my favorite because it challenges me, makes my day better, and makes me confident in myself,” said freshman Neida James. James exercises five times a week by practicing volleyball, running, and powerlifting. James’s favorite form of exercising is powerlifting and she believes that exercise is beneficial for people because it is good for one’s physical and mental health, and it pays off in the long run to live a long and healthy life. In addition to the

physical and overall health benefits of exercise, there are a multitude of mental health benefits that can come from exercising. According to Better Health Channel, these benefits include regulated moods, increased self-esteem, stress relief, and an overall improved outlook on life due to the release of endorphins, which makes a person happier overall. “I started exercising because I was overweight, and wasn’t happy with myself and how I looked. It’s turned out to be a good outlet to get rid of daily

stress and anger,” said senior Chase Wagner. Wagner likes to exercise by lifting weights and doing cardio six days a week. Wagner would recommend exercising to everyone because it’s good not just to stay healthy because everyone should want to look and feel their best at all times. “Exercising and lifting have bettered my life in a lot of ways. It’s helped me lose weight, gain muscle, and also build bonds with people I probably would’ve never met before,” said Wagner. In my experience,

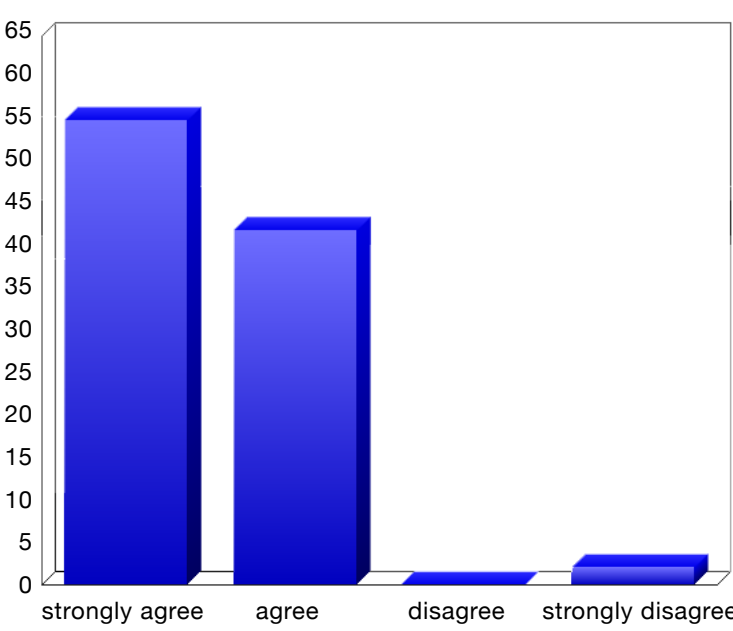
exercising has become an outlet for me to clear my mind from daily stressors and exert my energy into something that I’m very passionate about. Switching up my routine, trying new things, and taking proper rest when needed helps me to stay motivated and enjoy my workouts, which in turn keeps my moods elevated and I always find myself in a good mood. I would recommend exercise to anyone who wants to better themselves in various ways and try something new.

WHAT TYPE OF EXERCISE DO YOU PARTICIPATE IN?

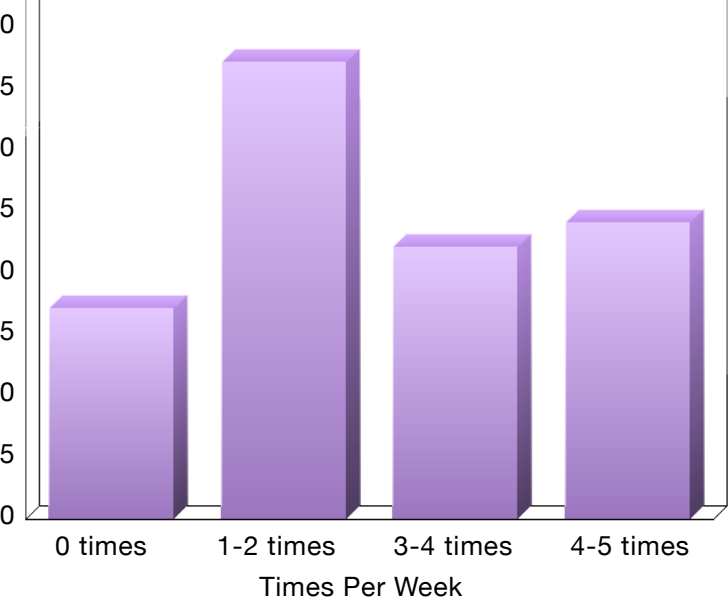


GRAPHICS BY OLIVIA ELY, OPINION EDITOR  
Data for these graphs was recorded from a survey of 100 Loy Norrix students.

IT'S IMPORTANT TO EXERCISE TO STAY HEALTHY



HOW OFTEN DO YOU EXERCISE?



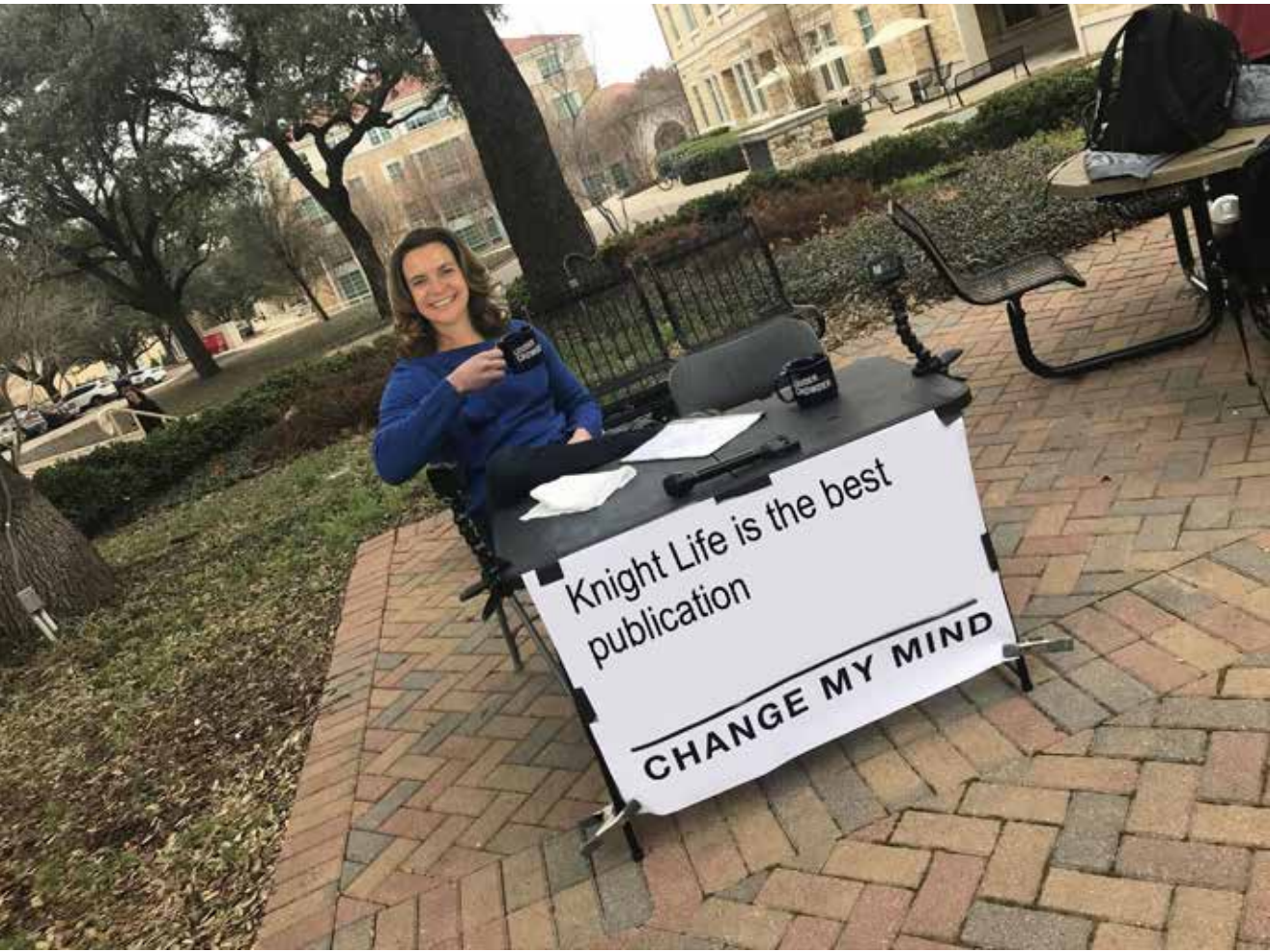


# Loy Norrix in 2018 Memes

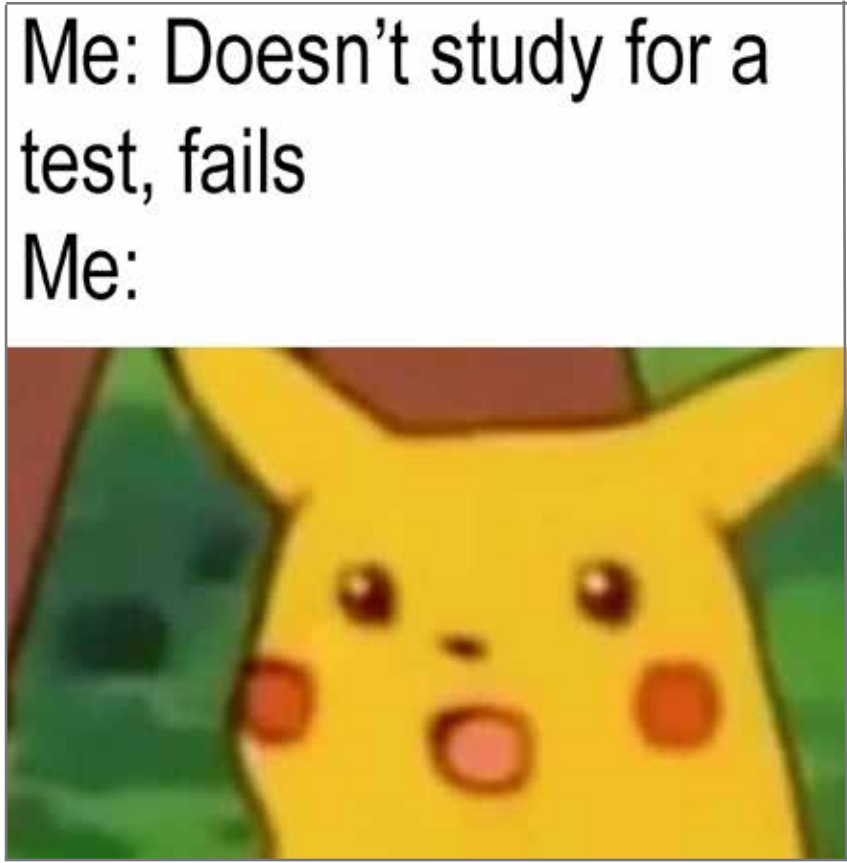
CLAUDIA LIGMAN  
COPY EDITOR

Disclaimer: These are by far, not the only memes that were popular in 2018. This is just a selection from the vast collection of memes that happened last year. Also, no shade was thrown with these memes. Well, maybe a little.

LILLY MACINNIS  
SECTION EDITOR



On February 16th, podcaster Steven Crowder posted a picture of himself outside a college with a booth saying “Male privilege is a myth, change my mind” for his podcast, “Louder with the Crowder,” in which he tries to get people with opposing views come and argue with him. The image was almost immediately photoshopped with different messages on Reddit and Twitter and became a meme template.



The “Surprised Pikachu” meme appeared in the Pokémon anime show in season 1, episode 10, titled “Bulbasaur and the Hidden Village.” The meme comes from a screenshot at 3:05 into the episode. According to “Know Your Meme,” it was first used on September 26th in 2018 on Tumblr but quickly spread to other websites as a popular reaction photo.



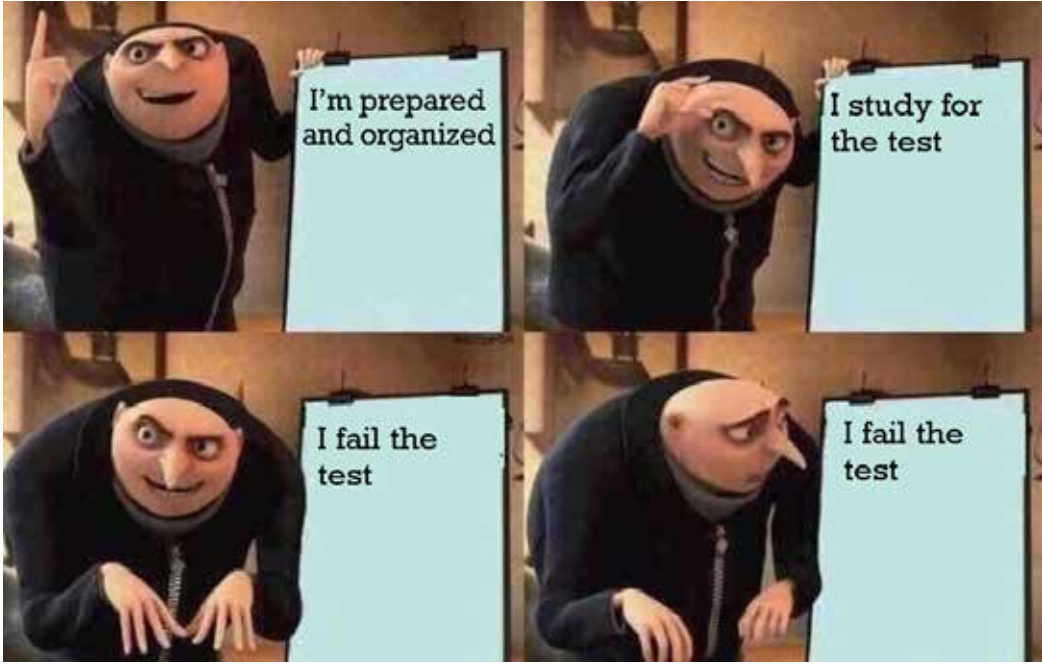
Popping up in 2009 the “It’s Free Real Estate” gained popularity through the years and hit its peak in 2018, according to “Know your Meme.” The picture above is from a sketch called “Free house for you, Jim” in the episode “Presidents” from the show “Tim & Eric.” The meme is aften used to show a reaction to different situations.



Gaining popularity in January of 2018, “Left Exit 12 Off Ramp” meme comes from a Youtube video uploaded in July of 2013. It is used to express preferred decisions, often with a negative connotation.



The “Krusty Krab vs. Chum Bucket” meme first appeared in 2016 with a picture of Donald Trump next to a picture of the Krusty Krab, the beloved restaurant in the popular cartoon SpongeBob Squarepants and Hillary Clinton next to a picture of the rival restaurant, the Chum Bucket, according to “Know Your Meme.” But in early March of 2018, this meme made a big comeback on Twitter with many different variations.



Originally from the 2010 movie “Despicable Me,” the “Gru’s Plan” meme was first posted to Reddit on March 9th, according to “Know Your Meme.” Over the next few days, several variations of Gru’s Plan were seen on Reddit first, and then took to Twitter.