

KAILASH SATYARTHI



BRANDI-ROSE PHIRI, ASST. BUISNESS MANAGER

First, second, fourth, and fifth graders from Woods Lake Elementary school came out to recite a poem they made for Noble Peace Prize recipient **Kailash Satyarthi**. The poem was about childhood, joy, and appreciation for the life they were given.

BRANDI-ROSE PHIRI
ASST. BUSINESS MANAGER

“Free! Safe! Educated!” are the words every student yelled at this year’s Great Lakes PeaceJam Conference, and the person who started the chant was special guest Kailash Satyarthi.

Satyarthi is a Nobel Peace Prize laureate, who has fought for the rights of children and their education. He has also protested against

child labor and has been successful in saving 80 thousand children from child labor. He began helping children in India and has now turned his focus on the world at large.

Satyarthi wants all children to be free, go to school, and be able to just act like a child. To this day, he continues to spread awareness about the issues of child education. This year Loy Norrix students had the privilege to hear him talk and to discover

more about this issue at
the Great Lakes PeaceJam
Conference.

The Great Lakes PeaceJam Conference is held annually and is hosted by a different school in states surrounding the Great Lakes every year. This year Loy Norrix was given the honor and considerable task of hosting. Many schools from around the Great Lakes came to learn and be inspired. They share a love of helping others and got

to meet an actual Nobel
Peace Prize laureate.

Each year the conference focuses on a specific issue that is happening in today's society that not only affects youth but can also be changed by them.

One senior, Anthony Smith, who went to the conference said, “I really enjoyed the experience, I met a lot of new people that became my friends, and Kailash informed me of child slavery in India. I was glad I went to the event.”

At this year's conference, Kailash Satyarthi made it clear he is also just a regular person who saw that he could do some good in the world and then did. He followed his heart, his mind caught up, and soon so did the whole world. From a young age Satyarthi asked questions about why other children sat outside of school instead of going into it and why they didn't have shoes

Satyarthi saw things
from a different perspective



and educated himself on the materialistic mindset that is ingrained into the minds of youth. He saw materialism as needing to be addressed in children, especially in how they treat others who have less.

“There is a candle burning in all of you,” Kailash said in one of his closing speeches, “We have globalized everything else, why not globalize compassion?”

Freshman Alexandria King, a full-time PeaceJam member said, "Hearing Kailash speak was very insightful and eye-opening, I felt like I learned a lot more than I thought I would."

The conference taught kids that they have a voice and that they are the future. It exposed people to the kids all over the world making a change and proved that there are no isolated examples of kids speaking their truth.

JOSHUA MCKISSIC
STAFF WRITER

Have you ever wanted to make a difference, not only for your community, but around the world? The SeriousFun Children's Network allows you to do just that.

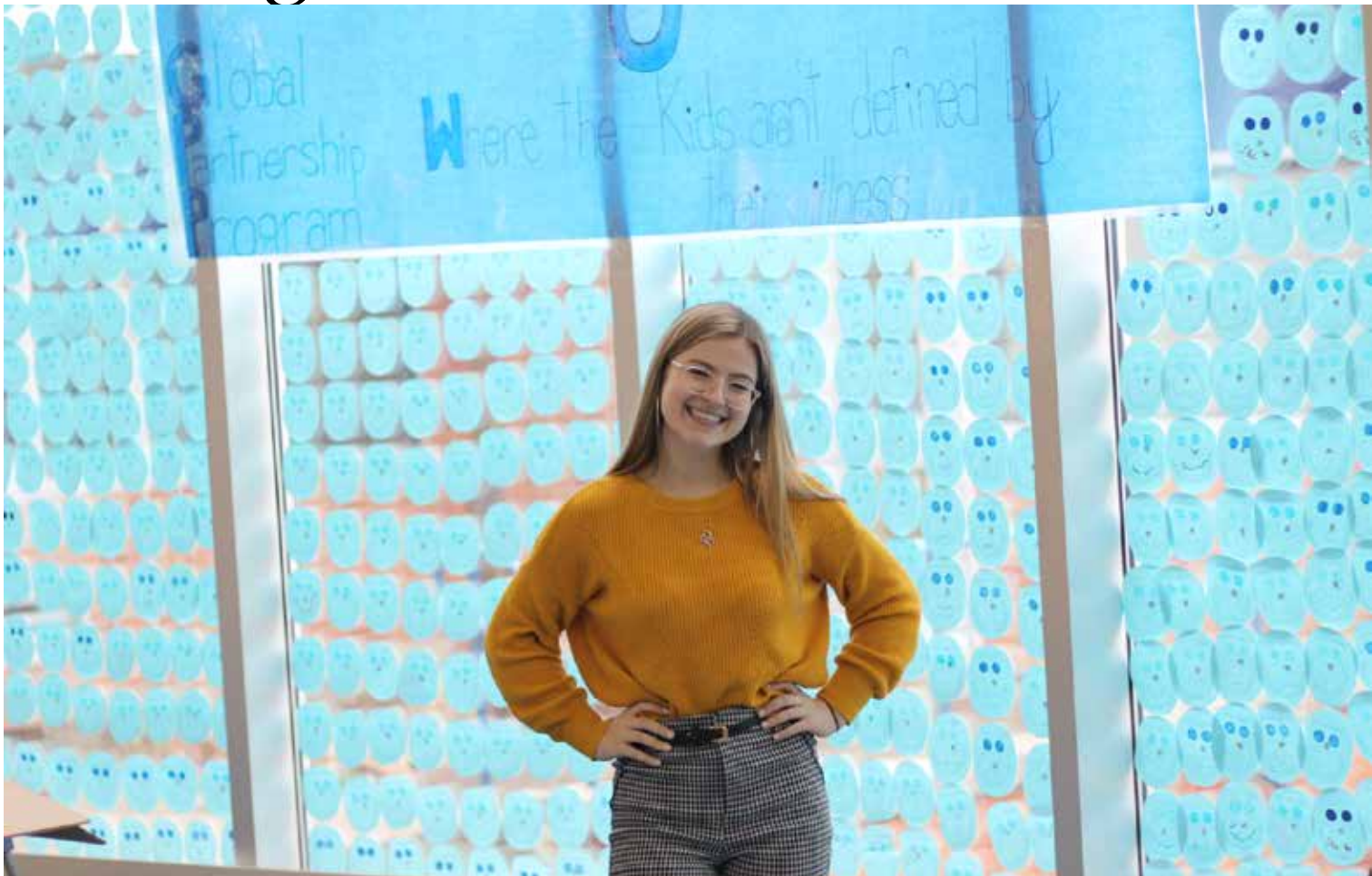
Emma Knutson, a recent recipient of the SeriousFun Award for her social justice work with sick children, has already made an impact on the lives of many kids and will continue to be a positive force in the lives of many still to come.

"I feel like in society, if I could change anything... kids with mental illness, like depression and stuff like that, I feel like schools kinda brush that off, they don't take it seriously," said Knutson when asked about how she would change society and the government.

The SeriousFun Children's Network is a community organization that is "purposefully designed to foster independence, resilience and personal growth, helping children to see beyond the limits of their medical conditions and experience all that life has to offer..." according to the SeriousFun website.

The manifestation of this mission comes in the form of 30 camps and programs spread across the world offering free recreational experiences to children with serious illnesses.

When you donate
money to SeriousFun, you



JOSHUA MCKISSIC, STAFF WRITER

PeaceJam member and SeriousFun Award recipient, **Emma Knutson** poses in front of the SeriousFun Donation Wall. A record number of donations came in from across the Loy Norrix community.

are helping nine camps in Africa, two in the Middle East, six in Asia and one in Haiti. There are also five camps in Europe and nine in the U.S., but Loy Norrix donations go to the camps in developing countries. Currently, the Loy Norrix donation drive is over, but on the SeriousFun website, there are many opportunities to get involved, volunteer, donate, educate yourself or help those who are ill. Donating can be a positive experience for you and the children that your funds support.

Loy Norrix students

and staff are multi-talented and have many skills to offer to children. The world needs more people like Emma Knutson, willing to dedicate their time to helping strangers, helping the sick, helping the youth, and helping our society.

When asked why she stayed in PeaceJam and continued to help SeriousFun, Emma Knutson said, “[I] felt like getting the opportunity to help and kinda get involved with something that had to do with helping people, would be a neat experience. I love Ms. May [PeaceJam advisor] and doing it.”

As a student who is aspiring to have a career in nursing some day, Knutson clearly has a strong passion for helping others.

At Camp Colors of Love, held in the vietnam city Ho Chi Minh, children with serious illnesses have the chance to camp in platform tents, splash on slip n' slides, paddle in canoes and enjoy a festival night. Camp Colors of Love is operated through a partnership between SeriousFun and the Worldwide Orphans Foundation. Knutson plans to volunteer at the Camp Colors of Love.

When asked about her upcoming trip to Vietnam in July, Knutson said, “I expect it to be very eye-opening. I feel like it’s going to be fun at times but very hard at times because Vietnam is very different from America but I’m really excited.”

According to the 2014-2015 Outcomes Evaluations Yale University Child Study Center, 78% of parents reported an increase in their child's confidence after attending a SeriousFun camp, 76% reported an increase in their child's independence, and 79% reported an

increase in openness to try new things after camp.

Beginning in 1988 with a camp named The Hole in the Wall Gang Camp in Ashford, CT, founder Paul Newman used the camp to create a safe environment for children with serious illnesses. By 1994, Newman had expanded the SeriousFun Children's Network to Ireland, with a 500-acre donation from the Irish government. Newman and the SeriousFun Children's Network founded the camp in Barretstown, which was the first camp to be located outside the U.S.

Almost 15 years later, Newman's global vision is coming true. SeriousFun launched a global partnership program after an earlier trip to Africa. This is exciting and empowering for sick children around the world.

For anyone debating on joining PeaceJam or the SeriousFun Children's Network, Emma Knutson said, "Oh my goodness, do it. It's something that a lot of people are like, 'I'd try it or whatever,' but you can control how much you put into it. Ms. May isn't like 'you have to do this' or 'have to do that.' It's literally all in your control, you could do just one thing a year or as much as you want. There are a lot of opportunities that look really good on college applications and just make you feel good because you're doing good, so do it."

Loy Norrix Strives to Increase its Number of AP Students



REGAN DILLON, GUEST WRITER

Spanish teacher **Señora Holmes** teaches her Advanced Placement students during third hour. Holmes converses with her students in Spanish to help them better learn the language.

REGAN DILLON
GUEST WRITER

Enrollment in Advanced Placement (AP) classes has been on the rise in the United States over the last few years, and Loy Norrix seems to be proving this phenomenon.

About two years ago, Loy Norrix Principal Christopher Aguinaga, then Dean of Students, started the AP Scholars program, which highlights AP students and their accomplishments. Aguinaga uses the school-wide morning announcements to share

brief interviews with students on their AP experience as a way to make AP classes more familiar and accessible to Loy Norrix students.

“The general climate and culture on AP has changed over the course of ten years, with a steady increase of students taking AP courses and trying them, and that’s over the whole district,” explained current Dean of Students, Erin Middleton.

Advanced Placement is a program in schools all across the country. It was created by the College Board in order to provide college level material to high

school students. These classes help to expand knowledge and prepare high school students for future college courses. These classes are challenging, but they are most certainly not impossible.

“I decided to take AP Lang because English is my favorite subject in school. I wanted a challenge, and it looks good on college applications,” said junior Willa Kuttner.

AP classes look good on college applications, but it doesn’t stop there. There are numerous benefits to taking AP classes, and LN teachers try their hardest to balance challenging material with a realistic outcome of accomplishment.

“It forces them to get into the habit of independent work, think critically, ask more questions, and to be proactive in their education,” said AP Biology teacher Alison Nelson.

AP classes are expected to give students a head start on college requirements while students are still in high school. These classes are most definitely challenging, so there is a lot to prepare for.

“Students should be prepared to expect the rigor of a college level class. We cover a chapter a week, there is a lot of independent work, and we discuss a lot of branches of biology with labs that complement those topics,” said Nelson.

It is normal for students to feel discouraged and afraid to take an AP course. It’s become a common stigma that AP classes are only meant for “smart” students. This is far from the truth. At Norrix, all students are encouraged and welcome to take AP courses, regardless of their prior knowledge on the specific subject.

A lot of this anxiety for students over AP courses stems from the AP exam that is taken at the end of the course which decides whether or not you will be receiving college credit for the subject. Here’s some advice from a senior Heidi Seaman who took the AP Government exam last year.

“Just take your time but don’t overthink it. If you know it, you know it. If not make your best guess and don’t stress about it too much,” said Seaman.

The College Board offers many resources for students who are preparing to take the exam.

“Take the practice tests online or from a book so you can prepare for the types of questions asked in the exam,” said junior Antoinette Puca, who is a scholar of many AP classes.

Middleton’s advice is to “just try it.”

Taking an AP course is definitely a challenge to try that will most likely benefit you in the long run.

“If you don’t get a 3, 4, or 5

[passing grades] on the AP exam, no harm no foul. You are still getting a [high school] credit for it which is a goal for your high school diploma. So it’s a win-win on both sides,” said Middleton.

Even if you did poorly on your AP exam, AP classes are weighed 1 point higher on your GPA at Loy Norrix, meaning that what would normally be a B is weighted as an A on your transcript and so on. Additionally, colleges like to see that students have tried to challenge themselves during high

Advanced Placement classes available at Loy Norrix:

- **AP English: Language and Composition**
- **AP English: Literature and Composition**
- **AP Calculus**
- **AP Statistics**
- **AP Biology**
- **AP Chemistry**
- **AP Physics I**
- **AP U.S. History**
- **AP U.S. Government and Politics**
- **AP Art History**
- **AP Studio Art Portfolio**
- **AP Psychology**
- **AP World History**
- **AP European History**
- **AP Comparative Government and Politics**
- **AP French Language and Culture**
- **AP Latin**
- **AP Spanish Language and Culture**

President Trump Proposes Cuts to the Education Budget



LUCAS FIGUEROA, STAFF WRITER

The front entrance of **Loy Norrix High School**. Public schools like Loy Norrix could face slashes to their budget and grants based on the new education budget proposal from President Trump.

BRANDON SCHNURR
WEB EDITOR

With each passing year, the fiscal budget for the federal government, or the amount of money the government plans to spend in a year, is adjusted by the president of the United States in order to better balance and distribute the funds of the federal government. While the president creates the budget, it is only a proposition and must be approved by Congress.

Beginning October 1st, 2019 and ending September 30th, 2020, President Trump’s federal budget for the 2020 fiscal budget has proposed cuts to the funding of 13 departments and programs. Budget cuts are common under more conservative leaders like President Trump. As in years past, the budget calls for a cut to the Department of Education. However, this year’s cut amounts to 8.5 billion dollars, a 12% decrease from last year’s proposed budget to be exact.

According to the White House’s “A Budget for a Better America” document outlining the proposed budget, “The Budget eliminates funding for 29 discretionary programs that do not address national needs, duplicate other programs, are ineffective, are poorly targeted, or are more appropriately supported by State, local, or private funds.”

Put simply, the budget is cutting or eliminating funding for education programs that are seen

as too expensive or unimportant, or that the president and his advisors think shouldn’t be supported by the federal government.

These programs include the 21st Century Community Learning Centers, community centers established to help students grow academically during non-school hours, and Federal Supplemental Educational Opportunity Grants, which provide additional funds to undergraduate students in college.

These cuts alone make up \$6.7 billion of the proposed \$8.5 billion of cuts. The elimination of these programs will partially or even totally cut the assistance many students get from the public school system, effectively leaving behind many students who rely on the programs.

A large concern from many people comes from the elimination of Title II funding, which uses \$2.1 billion a year to provide grants for training and professional development of teachers and administrators in order to improve student achievement and the classroom environment as a whole.

While it seems like the education system will only suffer, there are many new funding plans to increase government spending on the Department of Education that will not only affect K-12 education, but also post-education workforce funding.

Just in K-12, at least \$38.2 billion has been proposed for a number

of programs. One such program, Title I grants, offers grants to K-12 schools with a higher percentage of low-income students in order to better assist the students on meeting typically difficult to reach academic goals.

“The Budget invests \$15.9 billion in Title I grants, maintaining a historic level of funding for a program that provides critically-important support to students in high-poverty schools,” was stated in “A Budget for a Better America.”

Another area that the budget looks to improve upon is teacher choice in professional development.

According to Education Dive’s Linda Jacobson, “The administration also wants to extend its emphasis on choice to teachers and is requesting \$300 million for the Education Innovation and Research program.”

This means that despite cutting funding for Title II grants for teacher training and improvement, professional development is still a concern of the national government and will still receive funding if the budget is approved, though to a much smaller degree, meaning teachers will likely be heavily affected by this change and not get the vital training they need.

The world of higher education remains largely unchanged, with most of the emphasis from the budget being on the \$1.8 billion for Federal Student Aid and simplifying the student loan payments.

The Budget also outlines the idea of simplifying student loan payments. Currently, there are a multitude of separate payment plans that allow individuals to pay off student debt directly from their paycheck. The new budget proposes the idea of bundling the payment methods together in order to simplify paying off the loans by eliminating the confusion behind choosing a specific one-method payment plan.

This would create a simple, straightforward process for paying off student loans based on

income, taking 12.5% of an individual’s paycheck, after taxes, until an agreed upon date or the loans are paid in full, whichever comes first.

The post-education workforce is also a concern of the federal government, who plan to invest \$1.5 billion into technical and

science careers, with a large amount of funding going to women and minorities in order to create opportunities in fields they are largely absent in.

Overall, the education budget is a conservative one that attempts to cut costs where the administration sees

fit, but it is not entirely based on cuts. Plenty of opportunities are being created and many systems are being improved in order to improve the education system as well.

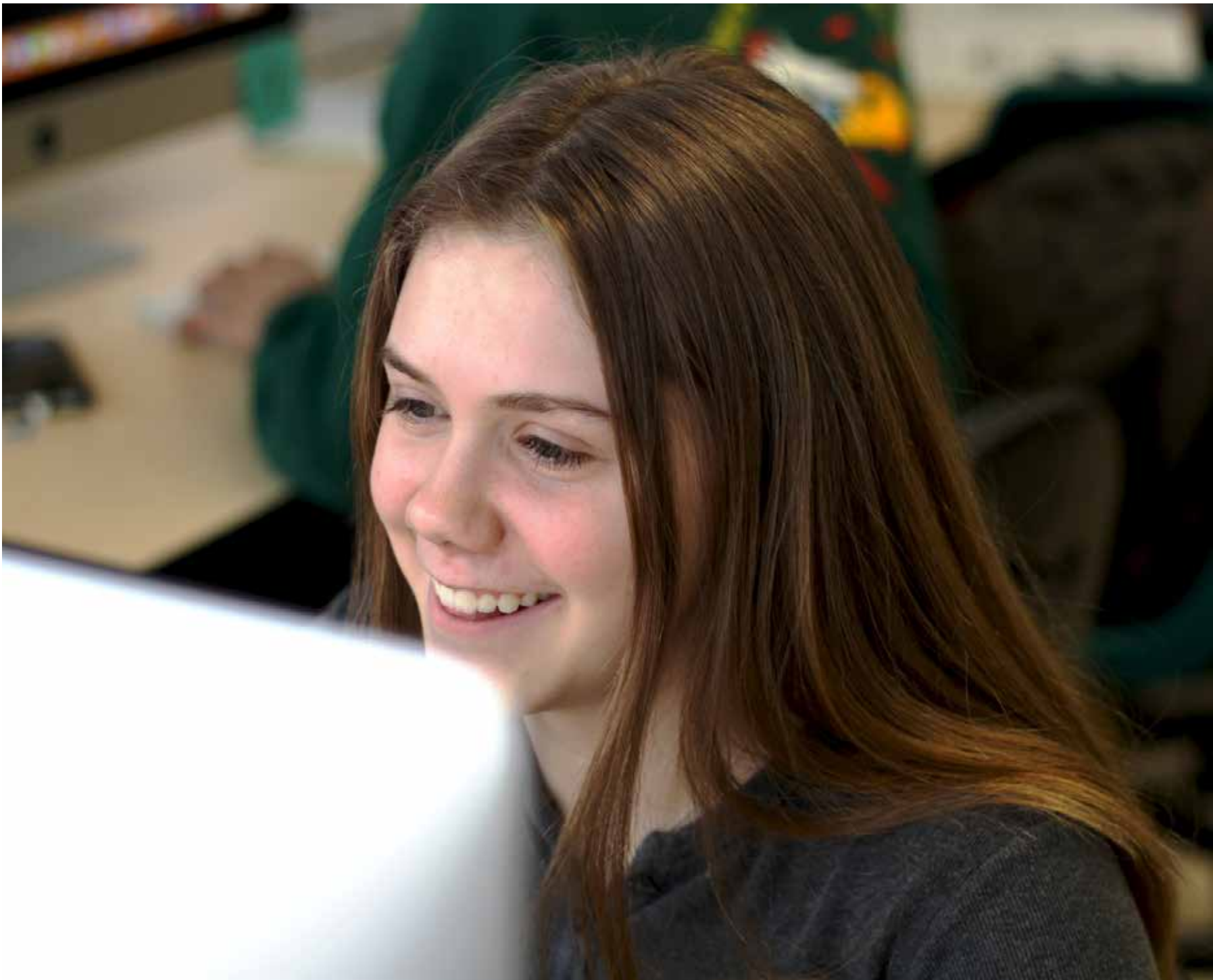
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Freshman Feels She’s Missing Out at LN Because of KAMSC



JULIENNE ALPHONSE, GUEST WRITER

Freshman **Claire Goodwin-Kelly** editing her articles in journalism class. She is planing to join Knight Life the next academic year as one of her extracurricular activities at Loy Norrix.

JULIENNE ALPHONSE
GUEST WRITER

Everyone’s first day at school is chaotic and nerve racking, but imagine putting yourself through that twice in one week at two different schools.

According to the Loy Norrix administrative office, about 471 ninth grade students are enrolled at Loy Norrix this academic year. Freshman Claire Goodwin-Kelly is also part of the 3 percent of freshmen students that attend the Kalamazoo Area Math and Science Center (KAMSC).

As a freshman coming in to a totally new high school environment, balancing regular school with KAMSC’s accelerated program can be nerve racking. “It was more overwhelming and exciting on my first day at Loy Norrix than KAMSC because of the upperclassmen

and it felt more like high school,” said Goodwin-Kelly. On the first day of high school, Goodwin-Kelly came to Norrix and then went to KAMSC the following day. Although she got lost at Loy Norrix a couple times and was overwhelmed at KAMSC, she was excited to be in high school.

Goodwin-Kelly had prepared herself for her new experiences, and had made up her mind that Loy Norrix was where she was going to spend her four years of high school. Goodwin-Kelly liked both of the schools she was attending, especially KAMSC where she was able to make friends easily. “I had a group of 15 best friends at KAMSC,” said Goodwin-Kelly. At KAMSC, Goodwin-Kelly takes three classes (Honors Biology, Geometry and Information Technology). As a freshman, Goodwin-Kelly goes KAMSC in the morning and then comes to Loy Norrix in the afternoon. KAMSC freshmen and sophomores attend classes at Loy Norrix in the morning and upperclassmen attend LN in the afternoon. Now that Goodwin-Kelly has been attending KAMSC and Norrix for more than a trimester, she has begun to notice feeling like she misses out on extracurriculars. “After three months at KAMSC, I did not feel like a student at Loy Norrix. I value and want to be part of extracurriculars,” said Goodwin-Kelly. Even though it is exciting and challenging at KAMSC, Goodwin-Kelly feels that she misses out a lot at Loy Norrix like school games, clubs and small things like morning announcements.

Godwin-Kelly plans to be on the LN soccer team and Knight Life next academic year as part of her extracurriculars at LN. She also feels stressed about the homework and projects that she has to do. Due to all this, Goodwin-Kelly is thinking of not attending KAMSC next academic year. She is thinking of joining that 97 percent of students who attend Loy Norrix full-time.

KAMSC Student Chooses Academics Over Social Time

ABIGAIL HAUKE
GUEST WRITER

“I only recommend KAMSC because some people enjoy and get a lot out of it. However, it’s for those ‘scholarly few’ who can handle it,” said freshman Emma Borden. Borden is a freshman here at Loy Norrix, but for the first three hours of every day, she isn’t in the building. Emma attends the Kalamazoo Area Mathematics and Science Center accelerated education program, known more commonly as KAMSC. KAMSC is located in the building that was once Kalamazoo Central High School on Westnedge Road, the same building that houses Chenery Auditorium. It is an academic program “designed to deliver educational experiences to selected students,” according to KAMSC’s website. KAMSC opened its doors to students from all across Kalamazoo and nearby cities 33 years ago and is still thriving today. Whenever the typical student hears about KAMSC, they usually regurgitate the common narrative: the workload is unbearable, and it takes away almost all of a student’s personal time. For three KAMSC students, one who is still in the program, one who is preparing to leave next year, and one who left her freshman year, this seems to be true. Emma Borden is the

first of those three. She took the required exams in eighth grade and was accepted into the KAMSC program. As a 4.0 GPA student, she believes being in the KAMSC program will look good on college applications. Emma is an extremely bright student but sometimes feels like KAMSC has hindered her in some ways. “Academically, it does teach a lot more,” said Borden about what KAMSC has meant in terms of her high school experience. This experience has included an additional workload. Borden faces in the program, “At first, it wasn’t too bad, but midway through the year it just became a lot.” “It may not be fair, but I can only hope that sacrifices now will make up for the future.” Emma Borden

“I really hate missing out on cool things I could have done [due to KAMSC],” said Borden. She wishes she could participate in PeaceJam or have a lunch period, which KAMSC students sacrifice. As of now, Borden is unsure of her plans on remaining in KAMSC. “I might,” she hesitated, “But

it is a lot of extra work,” Borden said. Claire Goodwin-Kelly is also a freshman here at Loy Norrix. Her experience with KAMSC is similar, but she is adamant on leaving the program next year. “As the workload in KAMSC has gone up, I’m starting to realize that there isn’t always time for me to hang out with any of my friends, from KAMSC or Norrix, which is really unfortunate,” said Goodwin-Kelly. “I feel like if I was just at Norrix I would feel closer with the school and have a better time adapting to high school.” Senior Rebecca Thompson was in the KAMSC program as a freshman but left after the first year. She has participated in a multitude of different activities since her departure, including starring in the winter musical and competing in Forensics. “The majority of KAMSC students are often very stressed. For a select few, it requires minimal effort, and for others, it seems impossible,” said Thompson. For the student that might not participate in too many extracurriculars or wish to spend time outside of school with friends, KAMSC might seem like a good deal. But for others, it can make or break a freshman’s first year of high school. “It may not be fair, but I can only hope that sacrifices now will make up for the future,” said Borden.



ABIGAIL HAUKE, GUEST WRITER

Freshman **Emma Borden** arrives to her first class at KAMSC early in order to work on a science project involving growing radish plants. She often makes sacrifices of personal and social time for a higher grade.

Old vs. New

Two Generations Show How Music Makes Them One in the Same

CIERA MCCLENTON
ASST. WEB EDITOR

Music has always been emotion evoking. It can help you get through seemingly any situation or mood, either through expressing your emotions or coping. Everyone has go-to songs that they listen to during good or bad times.

Musical taste has evolved, for better or for worse. Loy Norrix biology teacher Valerie Long and senior Imani Berry were asked to reflect on the music they listened to throughout their teenage years. Newer music has become more “vulgar and explicit” according to Long.

“The biggest shift in music is taboo is no longer taboo,” Long said, referring to newer songs’ use of sexuality explicit language and anger toward the world.

Berry said, “Older music was like storytelling, now it’s more just talking,” agreeing with the popular criticism of modern music being nonsense and unmeaningful.

Long represents the teenage generation of the 80’s. During that decade she describes her music as roller skating solid gold, electric boogaloo and pop-locking music. During her teenage years music was loving, fun, and about enjoying life.

“In general the attitude of our [graduating] class was getting along, like a big happy family,” said Long

According to “Top 40 Weekly” the top artists from that time were Michael Jackson, Madonna, Prince, and U2, the top song being “Physical” by Olivia Newton-John, one of Long’s favorite songs. Long lists more of her favorites as: “Black and White” by Michael Jackson “I Don’t Care About Anything But Being With You” by Smokey Robinson



CIERA MCCLENTON, ASST. WEB EDITOR

Senior **Imani Berry** listening to music in the library. Berry, like many students, enjoys listening to music and can be seen sporting headphones during lunch and in the halls.

“Endless Love” by Lionel Richie and Diana Ross

“Summer Summer Time” by Will Smith

Berry represents the current high school generation, the 2000’s babies. She describes modern music with four words: love, drugs, money, and sex.

One thing that remains the same with music is its ability to draw in listeners with lyrics they can relate to. Berry said, “Most people believe it’s [lyrics] true, and take what they hear to heart. A lot of people try to do what they [the artists] say.”

Overall she believes modern music is “hype” or “turnt,” while she did note that there are certain artists that cater to a different mood. She mentioned the artist Juicewrld, saying, “It’s a lot of sad stuff, depressing or about heartbreak” when asked about the emergence of “Emo Rap.”

Emo rap or sad rap is is a genre that mixes hip-hop beats with lyricism typically found in emo music and includes artist like Lil Uzi Vert, XXXTentacion, and Trippie Redd.

According to Billboard 100, the top artists recently in 2019

are: Khalid, Billie Eilish, Lil Nas X and Ariana Grande. The top song is “Old Town Road” by Lil Nas X featuring Billy Ray Cyrus.

Berry listed a few of her own favorite songs as well.

“India pt.2” by Lil Durk

“Wine Pan You” by Doja Cat

“Mixed Personalities” by YMN Nelly and Kanye West

Music has changed, just as things do over time. The 80’s were a time where young people lived for the disco and flare-out pants were a must. The 2000’s are now a time where having headphones and a fire playlist have been added to the survival list.

Even here at Norrix, just looking down the hall it’s hard to find a kid without headphones in. These two generations show that no matter how much music changes it will always be around and spreading its influence over us, affecting how we feel listening to our favorite songs.

So turn up your airpods, brush the dust off your boombox and keep listening.

Seniors Celebrate Graduation

Grad Bash 2019 Is Not One To Miss

MAEVE HODGE-MCNUTT
GUEST WRITER

Every year in May, the senior class of Loy Norrix can be found buzzing with adrenaline and relief, as they put on their cap and gown and cross the stage at Wings Event Center, ending their high school journey.

After the emotional moments and congratulations from teary parents and relatives, there’s only one thing in students’ minds, “I’m DONE, let’s celebrate!” But where might this celebration take place? That’s where Loy Norrix has you covered.

Welcome to Grad Bash, an all-night, school-sponsored last hurrah with all of your friends. According to Cheryl Knight, secretary to the principal and Grad Bash organizer, the location changes every year and is kept secret due to security concerns until the graduates arrive.

The cost is around \$40 for those who sign up in advance and \$50 at the door. The students meet at Loy Norrix after graduation to check in and then school buses drive them to the location. Typically they arrive by 9 or 10, stay out all night, and then ride back to LN in the morning around 5:30 a.m.

“As a parent, it’s a safe place for kids to go after graduation, for them to hang out with their friends one last time, to talk about the times they’ve had the last four years,” said Knight.

For last year’s graduate, Tiana Boyd, going to Grad Bash was definitely worth it. “We went to Craig’s Cruisers, and we were able to have access to all the attractions there, including trampolines, mini ninja warrior course, roller coaster, etc...” Boyd continued, “We had a card so we could play most of the

games. We even had a buffet for a while and there were snacks the whole night. Overall, I had a really fun time and it was definitely worth it!”

Griffin Conley of the 2017 graduating class agreed.

“It was fun, a very long night but well worth going. I would say that it was the perfect way to end the year and see people one last time before college,” said Conley.

Conley also said he would recommend it for this year’s seniors.

“I would say that the parents did a great job planning it, and the fact that again, this might be the last time you see most of these people is going to be at this event. Grad Bash is also just a fun event to end four strenuous years of high school,” said Conley.

Boyd would also recommend it for similar reasons, and said, “This year’s seniors should definitely go. It’s fun and it’s like your last high school memory with everyone from the past four years and it’d be dumb to miss out. Plus, the places they chose usually go over well for everyone.”

According to Knight, there are many different activities to do at Grad Bash. Over the past few years there have been nail stations, tarot card readers, magic shows, caricature artists, massage therapists, DJs and karaoke. There are also simple things like places to sit and chat or watch a movie, and every year there are raffles and prizes.

As for the planning of Grad Bash, it usually takes all year and many fundraisers. Parents and volunteers work concessions to come up with most of the money, and some parents donate as well.

To donate to Grad Bash or ask questions email Lngradbash@yahoo.com.







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FAITH INGRAHAM, GUEST PHOTOGRAPHER

Proud cheer parent Faith Ingraham tells the cheerleaders to smile while taking their picture. It's the final meet and the students on the team are extremely excited. Back Row: freshman Ari'el Abbott, sophomore Jaellyn Newby, senior Tyanna Heffernan, Alysia Smith, Kiara Weatherall. Middle row: junior Citlali Soto, senior Hayley Ingraham, Front row: senior Shaun Moton.

Competitive cheer consist of three rounds:

- **Round 1 focuses on skills like splits jumps and single person skills.**
- **Round 2 focuses on team unity. Cheerleaders are judged on unified jumps splits, rolls and other skills.**
- **Round 3 is a very free round. Cheerleaders mainly stunt and do advanced tumbling in this round. They are judged based on how advanced their stunts and tumbling are.**

Michael Jordan is the Greatest Basketball Player of All Time



REED CROCKER
GUEST WRITER

He was six for six in the National Basketball Association finals, six time Finals' Most Valuable Player, with ten scoring titles, and scored the most points in a playoff game: 63. Michael Jordan, also referred to as "His Airness," is regarded as one of the best, if not the best, basketball player to ever live.

This topic of who is the "Greatest of All-Time" (G.O.A.T.) is heavily debated in every sport, but it seems to be a constant conversation in basketball due to the large number of fantastic players throughout the National Basketball Association (NBA)'s lifespan and all the different variables that fans take into account.

To me, Michael Jordan is the G.O.A.T. due to his accolades, influence on the game and the numbers he averaged throughout his career.

When asked for his opinion of who the G.O.A.T. for basketball is, senior Carter Eisenbach, who has always been a huge fan of basketball, gave a very clear-cut answer.

"MJ [Jordan] is the most talented player to ever play, and he has the numbers to back it up," said Eisenbach.

Jordan certainly has the stats to back up people's claims. During his NBA career, Jordan was able to average 30.1 points per game, 6.2 rebounds per game, 5.3 assists per game, 83.5% from the free-throw line and made an incredible 49.7% of his shots. Additionally, he reached fourth in all-time NBA scoring with 32,292 total points.

Another firm believer in Jordan being the G.O.A.T. is Loy Norrix JV basketball

player and follower of the NBA, Amari Jackson.

"He was who he was. Since his first game of his career in the NBA, he was always double-teamed because everyone recognized his abilities," said Jackson.

Recently another player, LeBron James, has been brought up in the G.O.A.T. debate due to his consistent stats and physical longevity. When asked who he believed to be the GOAT, Loy Norrix's senior basketball player Elijah Anderson answered with current player, LeBron James.

"[It's] LeBron James. LeBron is the most dominant player in an era of way better talent than what Jordan played," stated Anderson.

Comparing different eras of the NBA, such as the 70's, 90's and 2000's, has become a common theme in recent years. Some fans believe that the modern NBA, while not as physical due to recent rule changes to benefit more offensively based games, is much more skill-oriented and contains better athletes all-around.

Junior Jack Cruz supports his opinion of who the basketball greatest of all-time is through statistics. "It has got to be Wilt. Wilt Chamberlain was a beast. Stats don't lie," Cruz continued confidently, "100 points in one game. C'mon now."

When focusing on pure statistics, Hall-of-Famer Wilt Chamberlain, who played in the NBA from 1959-1973, gets brought up due to the 68 almost unbreakable records he set during his career including averaging 22.9 rebounds in a season.

There is always going to be a debate on who the the greatest of all time is, however, the consensus among many basketball fans and players, including Charles Barkley, Larry Bird, who called him "God in disguise," and Earvin "Magic" Johnson, is that Michael Jordan is the G.O.A.T. and won't be dethroned in the perceivable future.

JAELYN ANDERSON
BUSINESS MANAGER

"L-N-H-S! LET'S GO! L-N-H-S!" yells the Loy Norrix cheer team at Kalamazoo Central High School while preparing to take the mat for round one of the cheer Southwest Michigan Athletic Conference tournament.

It's their first tournament of the season, and the new competitive cheer team finally gets to show off what they've been practicing. After finishing the round, the team runs off the mat to their new coach, Chelsey Carpenter.

Over the past few years, Coach Sheree Lillard has been coaching both sideline cheer, which involves cheering for basketball games, and competitive cheer which is when cheer teams come together and compete against each other. This year she decided to only coach sideline and let a new coach take over for the competitive season.

Chelsey Carpenter, originally born in Muskegon, MI, grew up in Grand Rapids and cheered for 4 years at Grand Rapids Christian High School. After graduating, she did two years of collegiate cheer at Ferris State University. She began working in Kalamazoo at Western Michigan University in April 2017 as the assistant director of the MI GEAR UP Program which is a grant-funded program designed to target local high schools and provide tools and resources for first-generation and low-income students to go to college.

At the time she was still living in Grand Rapids and commuted roughly 50 miles for the first 4 to 5 months. Carpenter moved to Kalamazoo by August 2017.

"I'm always looking for opportunities to impact my community. I decided that Kalamazoo is where I'm going to be for a few years, so I looked around for some ways to get more involved in the community. The position [of cheer coach at Loy Norrix] was posted on the KPS website," said Carpenter. "I decided to be a cheer coach because I have a lot of mentorship to offer. My motto with everything I do is, 'Be the person you needed when you were younger.' I can

relate to the everyday struggles of being a teenage girl on top of the demands of being a scholar and an athlete."

When asked what Carpenter's goal for the team was she replied, "My goal for the team is for us to build character skills first and cheer skills second." Carpenter continued, "I want the girls to be able to transfer everything learned during the season into their real life after graduation. My goal for the team is to win their internal and personal battles before a cheer competition. Discipline, integrity, and humility are the pillars to becoming a productive young woman in society."

She wants to be able to be a mentor to the cheerleaders and connect with them on a level that her own coaches never did.

"I like her," said senior Kiara Weatherall. "She is really supportive and she is dedicated to helping us. We are a lot better and even though our team is smaller than usual, she is really putting effort into getting us where we need to be."

Carpenter's favorite part of the season is attending the cheer competitions. When she's not coaching or working at Western she spends her time time relaxing with her fiancé, watching Netflix movies and finishing puzzles or coloring books.

Carpenter acknowledges that in the past seasons the cheer team didn't make it to districts but wants to end the season "feeling like winners" and hopefully go to districts.

"I'm proud of the team for remaining committed to our dream. It's extremely difficult to group strangers together to reach a common goal. I'm amazed at how helpful and encouraging they have become towards each other. They have worked hard to begin changing the reputation of the program to get the respect from school peers and administration that they deserve," said Carpenter. "I feel that cheer is the perfect sport to learn the power of your mind over your body. It's just as much physical as it is emotional. The sport itself teaches you have to have confident and because in tune with who you really are."

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Women in Sports Ask for Equality



ANNA PUCA, GUEST PHOTOGRAPHER

Senior **Hannah Sherman** gets ready for her soccer game. She has been part of the Loy Norrix team through all four years of high school and is currently playing the position of goalie.

PAULA MONTORO-ARAGON
COPY EDITOR

Because of the rain, the soccer field feels different. It smells like wet soil, and water drops are still falling from the sky. After almost three days, the first rays of sunshine reflect on the grass. The temperatures are still low, but not even the weather could stop the women’s soccer team from training. The team trains at least twice a week and always works hard to win every game. However, most of the time they don’t receive the recognition they deserve.

“The Sport Journal” claims that women in sports challenge gender stereotypes. They are an inspiration for many girls and display men and women as equals. Women are a part of sports more than they have ever been before.

During the Olympics of 1900 in Paris, only 2 percent of the athletes were

women while in 2016, over 100 years later, women were 45 percent of the total and represented their countries in every sport.

However, the Women’s Sport Foundation explains that sports are still far from equal. Women all around the world receive fewer opportunities, less training, smaller investments, less acknowledgement and reliability when playing sports.

Regardless of the limitations women often face, it’s becoming more and more common for women to play sports. Junior Riley Dominianni, who has been playing soccer since she was three, puts into words her experience playing.

“It wasn’t necessarily difficult for me to start playing soccer, but I’ve definitely heard my fair share of ‘don’t run like a girl’ comments from male

coaches,” said Dominianni.

According to the article “Playing too Womanly and the Problem of Masculinity in Sports,” discrimination in these activities begins among children. This same article claims that girls are frequently excluded from sports and tend to receive less early instruction. The lack of popular female athletes comes from women having to endure a number of challenges such as facing judgement or constantly hearing derogatory comments like “throw like a girl” or “run like a girl,” which can make girls feel like they are lacking ability for sports.

Lindsey Hill, the coach of the lacrosse female team, explains how sports are impacted by social assumptions about gender.

“Women’s lacrosse in general has different rules than men. For example women’s lacrosse is a no

contact sport while young men playing lacrosse are able to push, hit each other with their lacrosse sticks, and ‘lay out’ another player by a defender if the offender holds the ball,” Hill said. “I do not agree that that is fair for men and women’s lacrosse to have different rules especially based on this size and skill level assumption. I do feel discriminated against in this sport because I am a female and not receiving the same rules and regulations.”

“The Sport Journal” wrote that there’s an unconscious social conviction that sports are just a masculine activity, and often the only way in which society accepts a competent female athlete is by making assumptions about her sexuality. Besides the social stigma, the Women’s Sports Foundation found that

young girls have 1.3 million fewer opportunities to play high school sports than boys have, and because of this, girls are dropping from sports at two times the rate of boys by the age of 14.

“I think that there is an assumption that since males are biologically stronger and naturally have more muscle mass, they’re more competitive in sports,” said Dominianni. “However, I feel like women are just as competitive and take sports as seriously as men do.”

Even if a woman makes it through high school and continues to play sports professionally, this does not mean that things are going to be any easier for her. In the opinion of Susan K. Cahn, a professor at the University of Buffalo who specializes in the history of women in sports, media sexualization of female athletes is more common than what we might think. Media and advertisements are failing to recognize women’s accomplishments and tend to set the focus on their bodies instead.

“I think the media emphasizes on sexualizing national women athletes,” said senior Hannah Sherman, who began playing soccer the age of seven and has been part of numerous teams since then. “We often see women in magazines posing provocatively with their fit bodies as a main focus. However, I think that will change with time.”

Jo Ann Buysse, the Director of Sport Studies at the University of Minnesota, and Melissa Embser-Herbert, a researcher on gender and sexuality, analyzed media cover photographs of women’s sports over the years and they found that primarily women were portrayed as performance athletes, focusing on their beauty and sex appeal over their athletic skills. They say that this “further distances the image of women athletes from athletic competence.”

Moreover, a study examining “ESPN’s SportsCenter” discovered that only 1.4 percent of SportsCenter’s coverage and 1.6 percent of the local networks’ coverage were of women’s sports. This contributes to the reason why female athletes have to embrace the media’s objectification to gain publicity and money.

The lack of promotion leads to a significantly lower attendance to actual games and events than in men’s sports, so there’s a serious pay gap between men and women in sports. According to the American Bar Association, the maximum salary for Women’s National Basketball Association (WNBA) players is \$111,500 while the minimum salary for National Basketball Association (NBA) players is \$525,093.

This means is that if you combine the salaries of the four most popular players of the WNBA, together they make less than the most unknown player on any NBA team. This is also true for soccer, in fact the women’s national team has sued U.S. Soccer for gender discrimination in federal court.

A report conducted by “Women in Sports,” reveal that 40 percent of women experience gender discrimination in the sports industry. This same report shows the lack of women in sports gives rise to the image of women as naturally inferior than men and contribute to social and institutional discrimination.

“I definitely think it’s important that women play sports,” said Sherman. “I feel like sports should be for everyone. It doesn’t really matter who you are.”

Sierra Knight Switches From Softball to Soccer

JUSTIN TIMMERMAN
SPORTS EDITOR

Tryouts for the 2019 Loy Norrix women’s varsity soccer team were held on March 11th and 12th. These were on the same day as the women’s varsity softball tryouts.

Senior Sierra Knight who has been playing softball during her entire high school career decided this time to try out for the varsity soccer team instead.

In middle school, Sierra played travel softball and soccer. Since these sports play during the same season, this was a very busy time for Sierra and her mother. Once her 7th grade middle school season was over, Sierra’s mother told her that she had to pick one sport to stick with.

After thinking about it long and hard, Sierra and her mother chose softball and Sierra continued with it for years.

Despite playing softball for her first three years of high school, Sierra claims that she has always wanted to play soccer for Loy Norrix but was heavily influenced by her mother to play softball instead. Sierra says she had great memories playing soccer



JUSTIN TIMMERMAN, SPORTS EDITOR

Senior **Sierra Knight** attempts to pass the ball to her team mate while being defended by the opposing team. The Lady Knights to a 5-1 victory over Lakeshore High School in this match.

and desperately wanted to pick the sport back up.

“I’ve had experience in it, and I really enjoyed playing with the team I was on, and I really missed it,” said Sierra.

Sierra believed her mother, Cheryl Knight, administrative assistant to the Loy Norrix principal, would prefer her to play softball because her mother, grew up playing the sport and wanted to

see her daughter thrive in the same sport. However, the evening after the first day of softball tryouts, Sierra said her mother approached her and asked if she would like to go to the tryouts for soccer. Sierra was presented with what she describes as a “very tough choice” but in the end decided to try something new and try out for soccer.

Sierra broke the news

to her good friend Khyra on the softball team. After this she went to James Johnson, the varsity softball coach to inform him of her decision.

Then, on March 12, she attended the second and final day of soccer tryouts with absolutely no formal practice on the soccer field since she was twelve. Even with the odds stacked against her, Sierra was able to secure a spot for herself

on the varsity team.

Sierra’s decision to switch sports is not without cost. She claims that she will miss her former teammates immensely but is also ready for her new journey on the soccer team.

“I knew I was doing the right thing for myself, and not what other people wanted [me] to do,” said Sierra.

In middle school, Sierra’s mom, Cheryl, had been the one to request that Sierra pick one sport because trying to play for two travel teams at the same time was overwhelming for both mother and daughter. When Sierra reached high school, she discussed the possibility with her mother of returning to soccer. These conversations made Sierra feel as though her mom was pushing her hard towards softball almost to the point that she didn’t have a choice.

“I think partly she felt I was pushing her more in that direction because of her having more opportunities in that area, and she also knew it was my thing in my day, that [softball] was more my love. So, I don’t think it was ever verbally per-say. It was more of our discussions and the feeling she got,”

said Cheryl.

However, after the first day of tryouts, Cheryl could tell that her daughter’s dedication towards softball was fading which is when she told her that she could make the choice of what sport she wanted to play for herself under one condition, to go with her gut.

“Promise me you’re not going to overthink it,” said Cheryl. “You just have to decide ‘I’m doing this, and go do it.’”

After a long night and day of thinking about what to do, Sierra finally made up her mind at school and went straight to the soccer tryouts after school.

Sierra didn’t have much experience on the field since seventh grade, but she fully intended to make the team. A natural athlete, she ended up making a varsity-cut sports team without practice since middle school and only pure athleticism to carry her through the exercises.

Sierra is delving back into a world that it seemed she had left behind. Sierra has her head held high and she said she is looking forward to “just enjoying my last season as a senior.”

One Night as a Princess: Sophomore Celebrates Her Quinceanera



Yasmin Montoya and her cousin, Maggie Montoya, pose for a picture to commemorate the night. The band playing was the final “Hooray” for the day’s events.

TY OVERHISER
GUEST WRITER

Many kids dream of the perfect birthday party; whether it’s hours of go-kart racing or limitless arcade games, the possibilities are endless. Birthday traditions vary in every culture. In the United States teenage girls often look forward to their “Sweet Sixteen,” a chance to celebrate coming of age. In Hispanic and Latino cultures girls celebrate their Quinceanera or fifteenth birthday. Some kids have family parties, other have a party with friends, then there are those parties with all of your family. Nearly two months ago, sophomore Yasmin Mosqueda celebrated her Quinceanera, in the town of La Esmerelda in Guanajuato, Mexico, with over 50 family members. Although her birthday isn’t until January 20th, her annual trip to Mexico for the entirety of December called for an early celebration. The day of the Quinceanera was a hectic one. Yasmin woke early, she got her hair done at nine in the morning and then slid on her dress for the special occasion which was studded with diamonds along the sides. Then she headed for the church with her parents. “[That morning was] Stressful, everybody was everywhere, I didn’t know if everything was going to get done on time,” said Yasmin. Adding to the overall stress of pulling off a perfect Quinceanera, a ceremony traditionally involving a Catholic mass and presentation of jewelry, the priest overseeing the ceremony at the church was late. “[I was] Nervous, I thought he was going to ask me to

speak and I didn’t have anything prepared.” Yasmin said laughing. Following the ceremony, all of the guests are served food such as rice and carnitas while Yasmin has a chance to go home and relax in some comfier clothes. “The dress was comfortable enough but had diamonds on the side that made it scratchy on my arms,” said Yasmin, “it felt heavy but it looked pretty. My mom and dad helped me pick it out.” After a short spell of relaxation, she donned her dress again and then headed to the party where she would spend the remainder of her night partaking in the festivities. One important tradition for the party is the father-daughter dance. “I tried not to cry while we were dancing,” said Yasmin smiling, “It was nice. I don’t really dance like that a lot.” The party was an all night affair with over 50 people. “That’s how every party in Mexico is. Everyone’s there, it’s an open invite.” Yasmin continued, “I was so nervous that I was gonna forget my steps, there were so many people I didn’t know.” One of the quintessential parts of any party is the entertainment. That evening, the entertainment was a live musical performance. “My favorite part of the party was at night, performers got on stage and performed for four hours until the end of the night,” said Yasmin, reminiscing. After a full day and an eventful night, Yasmin went home and ate for the first time that day, having been too busy thanks to the exciting but chaotic celebration. After that, she crashed on her bed, happy as ever.



From left to right, Emily, Xitlali, and Lupita Gutierrez, and Loy Norrix’s Vanessa Alvarado stand in a line after an Easter service held at their church in Arizona. While eager to get home and play, they are stopped by their parents to take a picture.



This photo remake pays tribute to the original several years later. The girls stand in the same order; friendship rekindled after reuniting. From left to right, freshmen Emily and Xitlali, sophomore Lupita, and senior Vanessa.

High School Senior Reflects on The Struggles of Moving While Growing Up

KAYLA ADAMS
GUEST WRITER

The engine rumbles to life as you watch the house you grew up in shrinking in the back window of the car. Low mumbles from the radio register in the background, but you can’t think about anything else except all of the friends you’re leaving behind. The smell you associate with your house is fading away. Your only comfort is the baby blanket you found while packing up your room. It was still as soft as the day you got it in the hospital when you were born. Senior Vanessa Alvarado experienced great sadness when she was forced to move from Arizona to Kalamazoo, leaving all of her friends and family behind, right when she started high school. One day she sat down for dinner with her family and “out of the blue my father announced they would be moving to Kalamazoo, Michigan due to a job opportunity,” Alvarado said. “Right when the news broke it immediately went silent. I felt anger and sadness all at the same time,” said Alvarado. She understood her father’s words but couldn’t process the information, still too shocked. According to the article “Moving is Tough for Kids” written by Nancy Darling, when kids are forced to move during childhood, as they are growing up it at least doubles how much stress they experience later in life.

It took Alvarado a very long time to adapt to living in Kalamazoo. In some ways she is still adapting to the environment. Vanessa has gotten used to some things that happen here, but has never exactly gotten used to the snow. “Before I moved to Michigan, I had never seen snow before in my entire life,” Alvarado exclaimed. For people from Kalamazoo, it would be like moving somewhere sunny and scorchingly hot every single day of the year. Adapting to Kalamazoo has

“Right when the news broke it immediately went silent. I felt anger and sadness all at the same time.”

Vanessa Alvarado

been very hard for the entire Alvarado family. “My whole family is in Arizona,” said Martha Alvarado, Vanessa’s mom. When parents are extra stressed about moving it makes it even harder on the kids. According to the article “Moving as a Child Can Change Who You Are as an Adult,” written by Christopher Ingraham. No matter how much support your family gives you while you move,

you will change as a person in your early teenage years by making different decisions in your everyday life. Some kids experience more mental health issues than they ever would have if they didn’t move. When Vanessa moved here she was too old to form friendships by “growing up” with the kids she was going to school with. It wasn’t the same for her sisters though, they were still in elementary school when they moved and were able to quickly make friends and share many formative experiences, creating lasting bonds. Vanessa is still very connected to her friends and family back home and she plans to move right back to Arizona as soon as she can to pick up where her friendships left off. The specific part of her family she misses most are her cousins, “because I really got along with them and don’t see them as much unless I go visit.” Alvarado continued, “I miss my cousin Lupita the most because she was my best friend, someone who I could trust to talk to about anything and she would listen and give me good advice, which is something I don’t really have here.” Because of Vanessa’s plans to move back to Arizona, she is not as dedicated to making new friends in Kalamazoo. Alvarado is really looking forward to picking back up with her old friends when she can finally move back home.



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STAFF EDITORIAL

Syrian Citizan Hoda Muthana Should not be Allowed Re-entry Into the U.S. After Leaving to Marry Terrorist

Former United States resident Hoda Muthana left the United States to marry an Islamic fighter for ISIS, a terrorist group that targets the U.S. Recently she has attempted to gain re-entry to the country.

On Monday, March 4, a federal judge declared that Muthana will not be allowed back into the United States. However Muthana has made the argument that, as she was born in the U.S., she is a United States citizen and therefore cannot be barred from the country.

She’s trying to reenter the U.S. to escape the harsh conditions of Syria and any potential danger. U.S. District judge Reggie B.and the Trump Administration have declared Muthana is not a citizen and cited that she is a possible threat to citizens all over the United States as their reason for denying entry.

Muthana is currently at a refugee camp in Syria, and her two options are to have her case fast-tracked to be looked into and take any punishments that the U.S. government gives her, or to stay out of the country and take care of her situation in Syria

on her own.

Hoda Muthana should not be allowed to return to the United States from Syria. Given her ties to the terrorist group, ISIS, it is unclear what her intentions are after re-entering the country. There is a possibility that Muthana is covering up for ISIS and could be a threat to national security, as well as put a large number of innocent lives at risk.

Four months before Muthana’s birth, her father lost diplomatic immunity that he previously had in the U.S. because the United Nations never notified the American authorities that her father was no longer a diplomat until after her birth. Therefore Hoda Muthana has never technically been an official U.S. citizen. According to the Immigration and Nationality Act, a person who was born in the U.S. to a foreign diplomat is not subject to U.S laws and is also not automatically a U.S. citizen at birth.

Given Muthama's lack of citizenship, the United States government is well within its rights to deny her access to the country, especially given that

while she was in Syria she made threats and wished the death of Americans on her Twitter account. Muthana has claimed that she was brainwashed and did not mean anything that she said or did while she was away. Muthana has also requested to have a trial in the United States and stated her willingness to accept any repercussions that she may have for her actions, such as an extended period of time in jail.

Without citizenship, Muthana is not guaranteed the right to a trial in the U.S.; however, many people make a fair point that keeping Muthana out of the U.S. endangers her 18-month-old son who is innocent and deserves to be protected and live a healthy and happy life away from danger.

Despite this, allowing Muthana to reenter the U.S would also set an unhealthy precedent for the government to follow in future cases regarding citizenship. Citizens of the U.S would then think that they can move to another country and commit crimes against the U.S. then come back as they please with the consequences of jail

time. If they serve in jail, they would be using taxpayer dollars and that isn’t fair.

Muthana’s lawyer claimed that she made this decision as a young and impressionable woman and cannot be held totally accountable. While this is potentially true, Muthana married two additional men who belong to ISIS, showing that she was consciously making decisions to continue her involvement in the organization. Muthana claims that her wrongs were committed against her will when she was ‘brainwashed.’ If Muthana hadn’t gone to Syria, she wouldn’t have been brainwashed or sent to refugee camps and therefore wouldn’t need to come back to the U.S.

Although keeping Muthana out of the U.S. could potentially put her and her son in danger, she should not be allowed to come back into the U.S. because of the wrongful acts that she's committed and the fact that she simply cannot be trusted. It is not in the best interest of the U.S to allow a dangerous person into the country who will be a threat to national security.

How Loy Norrix Can Help Immigrant and Refugee Students Succeed in High School



JULIENNE ALPHONSE
GUEST WRITER

Loy Norrix is one of the most diverse high schools in the Kalamazoo area, it consists of students from a variety of different communities, cultures, and countries.

As a refugee, I am part of this diversity. I came to the U.S. two years ago as a refugee student from Malawi, Africa. Adjusting to the U.S. education system was hard for me because of the cultural and environmental change. English is my third language, and even though I am fluent, it has been hard for me to understand and follow some of the rules here at Loy Norrix.

Most of the immigrant and refugee students that attend LN have come from countries with different backgrounds and education systems. Some come from countries where they could not find any education opportunities due to war.

Often when students get into the U.S. the education system is a different world for them. They face a lot of challenges like a language barrier, course schedules, getting to classes and understanding school rules.

Loy Norrix as a school can

help immigrant and refugee students reduce all these obstacles through effective communication.

Most of the immigrant and refugee students are easily confused or unsure about how to do what are normally considered basic tasks like how to get lunch, how to get to their next class, and how to get on the school bus. Many of these problems can be resolved by a quick tour around the school with a staff member or a fellow student.

“From a teacher’s perspective it would be resourceful if we had easy access to interpreters or translators to help them navigate and learn the new environment,” said English as a Second Language (ESL) teacher Josephine Sepanski.

The school could have an organization made up of students or staff that could volunteer to help immigrant and refugee students that are just enrolling at Loy Norrix, similar to Link Crew, which helps with freshman orientation. This could help the immigrant and refugee students get an overview of the school.

Classes and standardized testing are some of the other obstacles immigrant and refugee students face. A large number of immigrant and refugee students don’t even know what standardized tests are.

“I think that it is great that Norrix requires College Readiness as a class in order to graduate, but I do think that there is confusion about what is necessary to graduate and

what the next steps are [after graduation],” said ESL teacher Emily Gibbons.

College Readiness is one of the classes that prepares students for SAT testing and college. I myself am taking the class this trimester. Most of the information that I am learning in this class focuses on college and preparation for graduation which is kind of too late for me because I am already a senior. I regret taking this class this late, but then again, I never knew about the class or that I was required to take it.

Most U.S. students go to high school knowing what the SAT is and how it affects college decisions. This is different for immigrant and refugee students. Not enough information is given to us on what the SAT is and the type of classes that can help in improving our SAT scores. Some of my fellow immigrant and refugee students retake easy classes like gym without knowing that there are other classes that can help with the SAT and college preparation.

Involvement in extracurricular activities is an opportunity that immigrant and refugee students don’t often partake in.

“Very few immigrant students are involved in school organizations and clubs. Most of them are not aware of them,” said Sepanski.

It’s not that we don’t want to get involved in after-school activities, it’s just that not enough information is given to us about it. Most of the organizations and

clubs at Norrix are announced in the morning announcements, but they are all in English, which is a barrier to the immigrant and refugee students with low-level English skills.

According to the article “The Advantages of Extracurricular Activities” from The Good Schools Guide, “extracurricular activities are great for developing general academic and soft skills.

Being part of a group or team provides a sense of belonging.” Being involved in extracurricular activities could help immigrant and refugee students feel more accepted at Loy Norrix.

“If I could improve anything, I would improve the culture communication between students, staff and administration,” said Sepanki.

According to the article “Lesson From Public Schools Succeeding In Helping Immigrant Students Become Americans,” by Anne Wicks of “The 74,” “Schools must provide more than English language skills to help immigrant students achieve academic success and self-sufficiency in their new country.”

If the mission in Kalamazoo Public Schools is to “Nurture the dreams of all students and empower all students to contribute to a better world,” according to the district website, then it should improve its communication with immigrant and refugee students in order for them to succeed in high school.

KNIGHTS SPEAK

Have photoshopped advertisements compelled you to edit your own photos before you post them online?



ISAC ROJO
9TH GRADE

Yes, because I want to see if I can do that [photoshop], and it's very interesting.



MALIN NORDMOE
10TH GRADE

No, because I don't use social media that much and I don't care about what people think of me.



BEN SIERRA-TORRES
10TH GRADE

I only use photoshop for fun things and artistic purposes, not to hide my “belly fat,” and I think that’s how it should be used.



VIRGINIA ABBOT
10TH GRADE

No, because I don't like how it can make you look fake and unnatural.



CAILA CHAPMAN
11TH GRADE

Yes, because it [the ads] made me feel bad about myself and like I'm not enough and I need to compete.

Photoshop Has Ruined Our Concept of Beauty



ABIGAIL HAUKE
GUEST WRITER

I'll admit it--I photoshop myself. I have apps on my phone that I open every time I want to post a new selfie on Instagram, apps that arm me with tools to reshape, resize, and revise any part of my body or face that I don't find to be acceptable. I find no shame in doing this because the people in charge of beauty corporations seem to do the same to every single model seen in magazines, advertisements and social media posts.

It's been a long time coming, but only recently have companies such as Modcloth, CVS, Seventeen magazine, and Aerie vowed to never photoshop models to be thinner, without facial or bodily flaws, or other cosmetic alterations such as tanning, addition of makeup, and relighting of photos.

Surprisingly, photoshopping isn't a gendered issue. We often think only women are affected by body image issues, however, according to a poll published by "The Guardian," 22 percent of boys of age 10 say their number one concern is their body image. Nearly half of boys and girls in grades three to six want to be thinner, according to a study published by "U.S. News."

The root of this problem can be traced back to advertisements and commercials that have

idolized models of unsafe weights, unreal proportions and unnatural features.

We are taught as soon as we turn on the television, check social media, or walk outside to the nearest billboard or in-store advertisement that slimmer is better, that intense dieting is the way to go, and that we should never be satisfied with the way we are because we can always make ourselves better with the hot new product available for \$19.99.

Photoshop has ruined our concept of beauty because we refuse to see so-called "flaws" as beautiful. Half of society praises models who starve themselves for work, and the other half develops poor self-esteem from comparing themselves to these models who promote risky behaviors.

Jean Kilbourne, an activist, speaker and author, dedicates her time to researching ways to solve the issue behind the spread of false imagery in advertisements.

"It's not just that we see these images once, or twice, or even a hundred times. They stay with us and we process them mostly subconsciously... The advertisements create an environment that surround us with unhealthy images and that constantly sacrifices our health and our sense of well-being for the sake of profit," said Kilbourne.

Aerie, an intimates and swimsuit line produced by American Eagle, seeks to stop photoshopped models once and for all. Their new campaign, "#AerieREAL" brings eight "Role Models" to the campaign, ranging from actresses, to athletes, to activists, to YouTubers. The campaign includes Brenna

Huckaby, a Paralympic medalist in Snowboarding, Jameela Jamil, activist and actress known for NBC's "The Good Place," and Molly Burke, a YouTuber and motivational speaker known for speaking out about her life as a blind person, among others. None of these models have been photoshopped in any of their #AerieREAL photoshoots.

Like Aerie, Kilbourne believes in power of showcasing models with flaws, "Is it empowering and self-esteem building to see 'real' people with all their 'imperfections' embraced out in the open? Absolutely."

Photoshop has ruined our concept of beauty because we refuse to see so-called "flaws" as beautiful.

Personally, I still have the photoshopping apps on my phone, and I don't plan on deleting them. I cannot stand posting a selfie with easily fixable acne, red eye or a waistline that could be that little bit smaller.

Amanda Fortini of "New York Magazine" believes the photoshopping industry doesn't have to be entirely corrupt. In her article, "In Defense of Photoshop: Why Retouching Isn't As Evil As Everyone Thinks," she refutes that altering images isn't immoral, it is simply a process in making an image as aesthetically pleasing as possible.

"Our interest in altered

images is not purely moral; it's also aesthetic ... A picture should convey, 'objectively', without undue intervention, what the lens originally captured," said Fortini.

In the face of every ad and commercial presented to consumers by corporations that convince us we're unattractive because of our flaws, we must become more critical of what we see on the screen.

"The problem isn't altered photographs; it's our failure to alter our expectations of them." said Fortini.

In October of 2015, actress Zendaya spoke out about her disgust for photo manipulation when Modeliste Magazine edited and published heavily photoshopped images of the actress in their latest issue. "I found my 19 year old hips and torso quite manipulated," Zendaya wrote in an Instagram caption. "These are the things that make women self-conscious, that create the unrealistic ideals of beauty that we have."

Continuing to follow the same unspoken code of beauty fueled by false images will only cause us to raise our standards higher and higher, degrading what we think is beautiful in the process. Empowerment should be advertised to us in the form of what is attractive and also real, not through perpetuated lies.

Our concept of beauty should be defined by us, the common population, not by those with the power to alter, distort, and rework the human body until it is deemed beautiful enough.

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 the teachers who make their classrooms a peaceful place away from the chaos of the cafeteria during lunch.
 - To the wonderful track team this year. We haven't lost a meet yet!
 - To Link Crew for giving middle school students a tour to help them feel more comfortable coming to a new school.
 - To the teachers who show some leniency to students who travel a long way through crowded halls and sometimes show up a few seconds late.

STOPS

- To regular and unexplained closing of the library. Students need that setting to study when they don't have a class to go to.
- To requiring special passes at lunch time. Students will still find a way to leave without a pass if they really want to.
- To stopping in the middle of the hallway to have a conversation. It clogs up the flow of traffic, so please step to the side.
- To only allowing freshman through the left entrance in the tower. It is very inconvenient for all other students who have classes on the left side of the building.

Michigan Should Invest in Substitutes to Improve Education



KYLAZIA DYE
SOCIAL MEDIA TEAM

Before the beginning of a lecture, you notice there is something different about the class that you attend daily: the teacher is gone. As you walk into the class, a substitute teacher is either sitting at the teacher's desk, standing in the front, greeting you and other students as they enter, or standing outside of the door acknowledging the students coming in and watching the rowdy crowd of kids in the hallway.

Most times a sub is there to cover for the teacher, but in recent years, due to a lack of available subs, it has been another teacher from a different class on their plan period.

Substitutes should be a support for education and teachers in modern education, but because of the salaries and qualifications required of substitutes, the numbers of working guest teachers has dropped substantially statewide, making the demand for subs high.

We all have been in a situation

where the teachers leave a lesson plan for subs. Most times, you are given a worksheet based on what you learned in the past, and most times you can't ask the substitute for help because they have no clue as to what is going on. Nowadays, substitute teachers aren't even qualified in the classroom they are teaching in, which creates setbacks for the students. How are students supposed to learn if they can't ask questions when they are in need of help?

"Some of them do know what they're doing, and they interact with the kids and help them," junior Quinyanna Woodruff said. "But also there's the ones that just sit on their phones all hour and do not have a care in the world."

Schools should hire substitutes by their qualifications. If schools need a sub in mathematics, they should hire a substitute who specializes in that specific category.

According to the "Holland Sentinel," in Michigan alone, the number of substitutes was 11,287 in the school year of 2013-14, that number dropped to only 7,868 in 2015-16. The Sentinel went on to say that, "On average, a sub makes \$60-75 each day they work, leading up to the annual (yearly) total of \$15,000 which is considered the poverty level of an average family."

The low rate of pay is likely one of the many causes of the

shortage of substitute teachers over the years.

Low pay for substitute teachers is a result of the real financial struggle school districts are facing. "The Detroit News" said, "Michigan ranks "dead last" among all of the states in revenue growth for K-12."

The question then arises about whether or not schools even have the financial ability to increase guest teacher salaries. School funds go to materials like gear for athletic teams and other school-related activities. Schools provide all of the supplies for classrooms including computers and printers and spends a major portion of the budget on staff salaries.

"Michigan ranks "dead last" among all of the states in revenue growth for K-12" The Detroit News."

The Detroit News

The solution to this money craze is fairly simple, if a substitute has worked in the same district for more than 30 to 40 days, they should be allowed a \$10 increase. Long-term committed subs should be allowed up to \$150 a day. Increasing the pay will hopefully bring more substitutes in, which

would improve the quality of education.

The substitute shortage seems to be an ongoing problem. Governor Witmer in her State of the State address on Tuesday, February 12 called for more K-12 funding. Until Michigan decides to invest more money into the public school system, it will be difficult to create different steps and paths school districts can take to reduce the negative effects of the sub shortage. If the Governor's plan to improve funding in K-12 schools then, it will improve the quality of education.

Facts About Substitute Teachers in Michigan:

AVERAGE PAY FOR A SUB IN MICHIGAN IS \$80-100 A DAY, TOTALING AN ANNUAL SALARY OF \$15,000

MICHIGAN SCHOOLS HAD THE FILL RATE OF 85% IN 2016, MEANING THAT IF 100 TEACHERS CALLED IN SICK ON A GIVEN DAY ONLY 85 CLASSES HAD COVERAGE

SUBSTITUTES MUST HAVE EARNED 60 OR MORE COLLEGE CREDITS AND HAVE A MINIMUM 2.0 GPA

SUBS MUST HAVE A BACHELOR'S DEGREE IN ANY ACADEMIC DISCIPLINE FROM AN ACCREDITED COLLEGE

MICHIGAN OFFERS 4 DIFFERENT LICENSES IN SUBBING: THE DAILY PERMIT, FULL-YEAR BASIC PERMIT, FULL-YEAR SHORTAGE PERMIT, AND THE EXPERT DAILY

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.



SHAMMOND BEAN
11TH GRADE

No, because I feel like it's a waste of my time and I would rather have my pictures look natural.



ANNIE MANSFIELD
10TH GRADE

No, because I don't want them [social media followers] to see a fake version of me.



MARSHAWN BELL
12TH GRADE

I use it [photoshop] for artistic purposes such as memes because I think it's funny. You shouldn't do it to make you look better, you should rely on your natural looks.



MELISSA PRESTON
10TH GRADE

No, because when I post I want to show people what I'm doing.

All About Perspective: Seeing a New Side to the Cyntoia Brown Case



CIERA MCCLENTON
ASST. WEB EDITOR

Cyntoia Brown, as of today a 31 year-old black woman, became a victim of sex trafficking at the age of 16, a nightmare that has followed her for over a decade. When she was only 16, she killed and robbed Johnny Allen, a man she accused of rape.

In October of 2006 Cyntoia was sentenced to spend her life behind bars. The case made a re-emergence in the past few years, the first in 2011 when a documentary was released titled “Me Facing Life: Cyntoia’s Story.”

Again Brown’s case caught media attention in 2017 when celebrities such as Rihanna, Kim Kardashian, Drake and LeBron James took to media platforms like Twitter to bring attention to Brown. The media has presented the case as another

instance of systematic racism, many saying Brown’s situation has once again brought light to the inequalities in our justice and prison systems. Personally, I followed this line of thinking, believing that this case, of black people being failed by our justice system.

I believe there is no reason why a child as young as Brown should’ve been given a life sentence. I remember being taught about her case in my Law I class last year and then seeing it all over the news. It seemed that the only reason why Cyntoia mattered, why people paid attention to her, was because someone on Twitter decided to bring it to light. Reform shouldn’t have to be forced by social media coverage and celebrities. My issue is first that she was convicted of the crime in the first place and secondly that the only reason the case received the attention it did was from Twitter especially.

In the original case the prosecution presented a few facts that contributed to Brown being found guilty. Photos of the crime

scene, which showed Allen naked and laying on his stomach, shot in the back of the head, were brought forth as major pieces of evidence. The fact that he was sleeping when he was shot poked holes in Brown’s claim of self-defense, and the prosecution argued that the real intent in the situation was robbery considering Brown took Allen’s wallet, firearms, and truck.

On January 7, 2019 Cyntoia was granted clemency by Governor Bill Haslam of Tennessee. Clemency is an act of showing forgiveness or mercy on behalf of the state, and in Brown’s case she was granted parole. I also strongly believed the only reason she was granted clemency was because of the push on social media.

I decided to go back and talk to the person who first introduced me to the case, Loy Norrix social studies teacher Niambi Pringle. I knew that talking with Pringle would give me a fresh perspective on the situation, a chance to step back and broaden my understanding.

The Conversation:
Do you believe Cyntoia Brown was failed by the justice system?

Pringle “I believe that the justice system is set up to look at the evidence and look at the facts and I think that the prosecution did what it was supposed to do, and I believe the evidence the prosecution set forth was valid.” However she added, “I think society set her up to be in the system. I think the first person that failed her was her mother.”

Do you believe this case deals with the issue of race?

Pringle “I don’t believe it’s an issue of race. I believe it’s an issue of lifestyle. I think the issue is this was a young girl that was out on the streets... living an adult life...hanging out with adult people, and I think she got caught up. I don’t believe it was ‘Let’s go get this black girl.’”

How do you think the outcome would’ve changed if Cyntoia was white?

At this point I shared with her my own opinion, I believed that if a white girl had killed a man in self-defense, I don’t think she

would’ve gotten the same treatment.

Pringle then responded: Pringle “You can’t use that until you have researched that no white woman her age killed a John and didn’t go to jail. You can’t say that if you have no evidence of the other side. People tend to do that, see a black girl or boy in the media and assume it happened to them because they’re black. I do believe things happen because people are black, I don’t think everything that happens to a black person is because they’re black.”

Finally I asked if she felt protected by our justice system.

Pringle “No, not now. I felt more protected as a juvenile than I do as an adult overall. The type of cops are different: they’re scary. They have no community skills. When doing community policing, you should have a relationship with your community. I asked my dad the same question because he’s a cop. He said police now are trigger-happy and come with deep past issues and become a cop

to make themselves feel better. When I was younger I felt completely protected, because there was a different type of cop.”

What’s to be learned from this case? Was this really a issue of race like it’s being presented as?

This case still represents many issues for me. The issue of how our youth are sometimes shown no mercy and treated like adults when sentenced. This issue of how certain races are targeted and how the media covers it all. Being a young black girl myself, I felt drawn to Brown, as I feel many other people did without fully knowing about the full complexity of the case.

It’s a wake-up call. Before standing behind something, a case, a campaign, or a movement, look into it more and look into the different perspectives and know what you’re talking about.

I still support Brown, and I still believe she deserved the clemency she was granted, but now I feel like I’m supporting her for the right reasons.

The Great Modern Epidemic: Limiting Sugar Intake Is More Important than You Might Think



NOAH BOND
PHOTO EDITOR

There are two very different types of sugar. On one side is the good sugar. This sugar comes from fruit, it’s nice and sweet, it adds flavor to juices and rounds off a balanced diet. On the other side lives the evil chemical compound that calls itself sugar. This sugar has no healthy aspects.

Natural sugar balances blood pressure and keeps you energized; it’s sweet and found in healthy foods, as opposed to refined sugar which is forced down children’s throats, sprinkled into our health foods, and hidden among our favorite dishes.

High fructose corn syrup (HFCS), a manufactured chemical compound, is the most common form of refined sugar used to replace natural flavoring with a cheap fake taste. It seems harmless, just a cheap alternative which lowers prices and increases consumer demand. However, like any cheap alternative, it has it’s cons.

Sucrose, Dextrin, Fructose, Ethyl Maltol, Diastatic Malt, there are dozens of names for refined sugar.

One of the tallest towers in the high fructose corn syrup castle is candy’s brightly colored packaging and silly names that tempt kids into desiring their putrid contents. Candy quickly becomes a fixation for children who usually have not been educated about the dangers of sugar. Parents can be equally unaware, offering their children the cheap sugar knock-off as a treat.

“EurekAlert,” the self-proclaimed “Global Source for Science News,” shows a study that stated in animals, the distinction between sugar addiction and addiction to cocaine is slim to none: they are almost equally addicting.

The addiction starts young and naive, usually out of control of the victim. The “needle” was taken by some huge unnamed corporation, gift-wrapped, covered in sparkles, and given a name written across it in a fun, multi-colored font. The parents hand this hefty syringe to their kids to keep them satisfied, not aware of the impact it can have.

Tooth decay is virtually synonymous with high sugar intake and weight gain rates grow exponentially when HFCS is involved as the human body has trouble digesting any forms of added sugar.

People start eating sugar at a young age. Corn maltodextrin, a chain of simple added sugars, is the primary ingredient in some Gerber baby formulas. From womb to tomb people are offered as much sugar as they can consume.

Sucrose, Dextrin, Fructose, Ethyl Maltol, Diastatic Malt, there are dozens of names for refined sugar, each with a light touch of something new, maybe a dash of flavor or plasticity, texture or color. Every single type sneaking into the arms of children, designed to hook kids for life, forcing them to buy the company’s products until one day it’s given to their own children and the cycle starts again.

The website “Healthline” has shown sugar’s link to depression, cancer, acne, and other general health concerns and risks.

The opinion news outlet, “Earth’s Friends,” talks about how an abundance of High Fructose Corn Syrup makes HFCS based foods incredibly inexpensive to produce.

Completely avoiding evil, bad-boy sugars is

really hard to do. Sugar is everywhere, and a large portion of the population has a “sugartooth.” The trick is to be aware of what you’re eating by watching food labels.

You should know what’s going into your body, and learning a few common forms of sugar is a good way to stay in control of your health.

Ingredients are listed with the top ingredient being the most prevalent, the second being the second and so on. If one of the top three ingredients is some sort of scary sounding equation you never learned in chemistry class, look it up. It might be harmless. A lot of fruits are packed with healthy sugars, so don’t judge it based on it’s name. However, it could also be a pseudonym or variation for HFCS.

You should know what’s going into your body, and learning a few common forms of sugar is a good way to stay in control of your health. Reserving desserts for special occasions, keeping fast food to a minimum, and buying whole foods isn’t difficult and can make a major difference. Not only will you physically feel better, but eating better can improve your mood.

You probably can’t eradicate sugar from your diet entirely, but being aware of how much you’ve eaten and how much is in your favorite foods can change your perspective on daily eating habits. Personal health is important, don’t let your fitness be decided by corporations trying to make money.

Locked Doors, Locked Minds: Restricting School Library Access Shouldn’t Be Allowed



CLAIRE BEOUGHER
GUEST WRITER

The doors of the school library should never be closed to students, no matter what the reason. We’ve all seen the signs hanging on the library doors at Loy Norrix saying, “The library is closed,” or “Only students attending classes allowed.”

The doors are locked every day, but always in different places. Sometimes it’s the main set of doors and sometimes it’s the doors by the cafeteria. This shouldn’t be the world that we live in now, where access to knowledge is restricted, and only specific people are allowed to enter libraries. Restricting access to the school library shouldn’t be allowed, as it is detrimental to the students and decreases their likelihood to succeed academically.

School libraries are extremely instrumental in the welfare and success of the students. According to the article “Why are school libraries essential?” written by “I Love Libraries,” an initiative of the American Library Association, “school library programs staffed by qualified school librarians have a positive impact on student academic achievement.”

Evidenced by the results from over 60 studies conducted on education and library research, the statistics show that by keeping libraries closed, schools are harming the student’s chances of academic success. The objective of schools is to help the student’s succeed and do the best they can. In order to do that, they need to keep the doors of the library open.

“Go away!” isn’t a message we should be

sending to students. Students should be learning that it’s good to seek knowledge and that they need to be going to the library. However, with all the signs and the negative messages, students veer away, and they rarely bother heading to the library at all.

Natacia Branstrom, a sophomore attending Loy Norrix, describes the current state of the school library, “They’re always locked and [they] always yells at you to go around when you don’t want to,” Natacia said referring to how the staff maintains very strict rules about who is allowed inside of the library.

As Natacia’s experiences show, restricting access to the library ruins the experience for the students and will deter them from visiting the library in the future.

When the staff decide to shut down the library entirely and not allow any students in, this creates an issue for these students.

This restriction is extremely problematic for students who have classes in the library, such as students in ATYP, KAMSC, or various dual enrollment courses. The staff is constantly questioning whether they have a pass, when they don’t actually need a pass to go to the library since it’s the location of their class. In addition, when the staff decide to shut down the library entirely and not allow any students in, this creates an issue for these students. They don’t have anywhere else to go, so more often than not they end up heading to the cafeteria or simply roaming the halls, which inevitably gets them into trouble. Classes don’t simply close down, so neither should the library.

Of course, there are downsides to keeping

the library doors open. Students can sometimes take advantage of the library to skip class and shirk their responsibilities. On multiple occasions, I’ve witnessed large groups of students enter the library when they aren’t supposed to be there. These students make noise and bother the students who have permission to be in the library. Altogether, they make the entire experience much less enjoyable.

John Kreider, the Loy Norrix librarian, explained one of the major reasons that the library is typically closed, “The biggest one is when it’s being used for testing, which happens in the spring,” said Kreider.

The librarians don’t want the library to be closed any more than the students do.

“I don’t like the library to be closed either,” Kreider said, a fellow lover of books.

The key is to keep things positive. Students must be able to associate the library with positive messages, but the way things are now causes them to associate it with negative messages.

When asked about possible solutions, Kreider suggested that, “There may be some alternatives that the administration team could look at for where to hold testing in the spring,” Kreider said.

Pam Landis, the library attendant, believes that the best solution would be to “provide supervision for the students so it can stay open,” she said.

It’s essential that the school officials keep the library open as much as possible and in doing so, keep the minds of the students open as well.

Mother Nature Counts Down: Michigan Needs to Fight Harder to Combat The Water Crisis



ALEXIS WEEDEN
COPY EDITOR

Flint’s lead pipes paved the shaky road towards a desperately needed boost in environmental concerns in Michigan. Further down the lead pipe road are perfluoroalkyl and polyfluoroalkyl substances (PFAs), seeping into the water of 31 counties in Michigan, including our very own Kalamazoo County.

“We are home to 21 percent of the world’s fresh water and yet too many families in Flint and across our state don’t have access to clean drinking water,” said Governor Gretchen Whitmer during her State of the State address.

Whitmer’s original executive order for environmental protections and reshuffling of the Department of Environmental Quality (DEQ) was shot down by the Republican controlled senate on February 14. It was voted down because of Whitmer’s attempt to eliminate the panels that had been created last year to oversee environmental rule-making. The panels contain many gas and oil lobbyists, making them the foxes guarding the henhouse.

The problem is that people who benefit from the oil industry and the farming industry, at the cost of the environment, are in positions of power within the federal government. For example, the head of the Environmental Protection Agency, Andrew Wheeler is a former coal lobbyist whom President Trump nominated to head the Environmental Protection Agency.

Michigan, the home to 11 thousand inland lakes, numerous rivers and the Great Lakes boasts 71 water systems

throughout the state with higher levels of lead contamination than the city of Flint which recently received national attention for their contamination crisis. Recently PFAS or “forever chemicals” have been found in the tap water of over 30 different counties in Michigan, including Kalamazoo. PFAS are a family of chemicals that were heavily used the 1950’s in everything from carpeting to firefighting foam, unfortunately they don’t degrade in the body or in our environment, which means they can still cause harm today.

According to the United States Environmental Protection Agency, the negative health effects range from low infant birth rates to thyroid hormone disruption and cancer. That equates to over 1.5 million people drinking contaminated water.

Gretchen Whitmer’s plan consists of cleaning up drinking water, growing the blue economy (a term used to explore the idea of both exploiting the marine environment while also sustaining it), improving outdoor quality of life and water conservation. She proposed a \$120 million dollar general fund aimed towards cleaning up Michigan’s drinking water, a hefty addition to her \$60.2 billion budget plan for 2020. Whitmer has identified clean drinking water as a “fundamental human right.”

“The new Department of Great Lakes and Freshwater – in conjunction with a new State Infrastructure Council and the Department of Environmental Quality – will put people to work cleaning up drinking water contamination and repairing and replacing our pipes, drains, sewers and water infrastructure so that every Michigander has access to clean, safe water,” said Whitmer in her plan, Get It Done: Clean Water for Michigan.

One of the big points in Whitmer’s plan is controlling the amount of water withdrawn from Michigan’s water sources. According to the Department of

Environmental Quality, the number one user is United States Steel, who uses around 146.6 million gallons of water a day, the very same U.S. Steel that paid nearly \$900 thousand to settle a lawsuit after a chromium spill into Lake Michigan in 2017 from their plant near Chicago, Illinois. Unfortunately, that wasn’t the only time that U.S. Steel plant has violated limits.

“A review of state records by law students at the clinic revealed that the Midwest Plant violated chromium limits at least four times since 2013,” stated in the Chicago Tribune.

Whitmer’s plan is ambitious, but I do believe we need to focus on a lot more than just our waterways. Carbon emissions and fossil fuel usage could, and should, be exchanged for clean energy options. An example of this is the transparent solar technology created by a Michigan State University professor in 2014, which can be applied to anything with a clear surface, like a phone screen or over windows, to collect solar power.

“It is called a transparent luminescent solar concentrator and can be used on buildings, cell phones and any other device that has a clear surface,” said Tom Oswald and Richard Lunt of MSU.

However, it’s not just the state government that needs to take action but the federal government, the energy industry and private citizens as well. There is so much that we can do as individuals and communities for our environment.

For PFAS there is admittedly little for us as citizens to do. However, we can remain informed about the issue and continue to spread the word and campaign for the changes we need to see in order to maintain a high water quality. There is a lot you can do about other sources of water pollution though.

As a community the first step is to remain informed. From there it is possible to take steps to protect the environment. Cars burn gas for fuel and

leave trace amounts of oil and grease in our environment. Ride your bike or take a walk when you can instead of driving. Carpool with your coworkers or friends. Check your car for leaks and patch them. This can benefit your wallet as well as the environment as you will be preventing pollution from runoff. Not only will you reduce pollution, but you’ll also save money on gas.

“The U.S. is the #1 trash-producing country in the world at 1,609 pounds per person per year. This means that 5 percent of the world’s people generate 40 percent of the world’s waste,” said a report from the University of Southern Indiana.

When you think about throwing out a single use water bottle, toss it in the recycling bin instead to prevent it from sitting in a landfill or being lost to the sea. Starting a compost bin to toss food waste (minus dairy products and meat) would also be a great idea, as it decomposes it creates a fertilizer that can be put to use in your garden and prevents the contamination of groundwater.

The use of fertilizers and manures can cause water quality degradation due to their ability to boost nutrients in the water. That boost of nutrients (mainly nitrogen and phosphorous) can cause algae blooms. Refraining from using commercial pesticides can also help create a safer, higher quality water source. Pesticides can poison fish and other marine life and remain in the water and ground for years similar to PFAS.

As consumers it is our duty to take care of our environment but it may not feel like you can do a lot as an individual. We can do that by voting in candidates who support a strong environmental policy and advocate for environmental protections.

Either way, if we don’t act there won’t be a world for us to enjoy. The future our predecessors tried so hard to prepare us for won’t matter because the clock started ticking a long time ago on our environment and we’ve already waited too long.

Letters To The Editor

Students Respond to Campus Safety Officer and Local Musician

Dear Editor,
I really enjoyed “Loy Norrix Campus Safety Officer and Local Musician Boards ‘The Morning Train’ by Elliot Russell. I love listening to music, so me seeing and hearing that a campus safety officer is a song artist is amazing. I enjoy listening to his music and I think he’s very good at what he does. He’s a cool campus safety officer. He shows up at all the basketball home games even if he didn’t have to work, and I appreciate that support and what he does.
Kendrell Palmer,
senior

Dear Editor,
I read “Loy Norrix Campus Safety Officer and Local Musician Boards ‘The Morning Train.’” I thought it was a very funny and interesting article for a couple of reasons. For one, I have listened to “Morning Train” before, and I really like the song, so I thought it was interesting how music had always been a big part of his life and how it brought him here. I also found it funny that he was approached by a Republican running for Senate and how there’s an obvious irony in that. I am very happy that more light is coming onto “Morning Train,” and I hope he releases more songs soon.
Sagan Barber,
freshman

Students Respond to 2018 Memes

Dear Editor,
I read the “Loy Norrix in 2018 Memes” and thought overall it was a well written and very interesting section of the newspaper. The reason this part of the newspaper really caught my attention was just the fact that the headline was in comic sans. It also made me laugh inside because everyone can appreciate a good meme. If there would have been one thing to change that would have been the memes selected. I noticed that all them had to relate to Loy Norrix which I understand but variation would have been better in my opinion. But overall this section was really enjoyable and hope to see more relatable sections in the future.
Brendan Brown,
sophomore

Dear Editor,
I love the article “Loy Norrix in 2018 Memes,” one of my favorite memes of all time is in the article. I like the article because it shows student relationships when we are in school. I like the Pokemon meme because it is very hilarious. With that meme, it shows that there are many people in school don’t study. It was comical when they used the meme in that format because that is a popular meme.
Tori Martin,
senior

Students Respond to A Variety of Articles

Dear Editor,
In this Knight Life newspaper they had a word fill-in for 2000’s cartoons and it took me and two of my friends to fill in the whole thing. It was interesting to see what shows we knew and didn’t know, and what shows were on the list and what shows were not on the list but we managed to get them all right.
Sidney Davis,
sophomore

Dear Editor,
I really liked the “Slang Across the Decades” piece. It was really clever and funny. However you spelled ‘Naashar’ wrong along with ‘Slatt.’ But other than that, good job. I thought it was funny and I would like to see content like that in the future.
Emma Scheele,
junior

Dear Editor,
I read “Loy Norrix Twins Describe What It’s Like Being Identical,” by Jeanie Gould-McElhone. What I liked about this article is how real it is. It shows the negatives of being a twin. The article doesn’t sugar-coat anything. What I did not like is how broad it was. It always referred to “all twins” instead of just “Eva and Zoe.” I wish they would get a bit more personal.
Peyton Wescott,
sophomore

Students Respond to Politics

Dear Editor,
Recently I have read Knight Life and stumbled upon the article called “Mainstream Media has Become too Politically Extreme.” When I first started to read the article I thought that the writer had a very good point, the wording was solid and there were clear definitions of words that students may not understand. However, I feel that the writer of this article strayed from his main point, overall this turn in the direction of the article made it a little harder to read.

In the beginning, the young man who wrote this article talks about how people think being too politically correct is the problem with society today. I agree with this strongly, people can take things a little too personally and it causes a lot of problems that probably wouldn’t be present if everyone just loosened up a bit. I enjoyed this being pointed out, but then the article takes an unwarned and jaring turn towards if a baker was wrong for denying to bake a cake for an LGBT wedding and how gay people say they’re scared to send back their plates at religious restaurants.

This turn in the article doesn’t really make any sense. To be blunt, no one cares about these situations when they read his article because they make no sense in his argument. Mainstream media didn’t make that baker refuse the cake, religious views did. Mainstream media doesn’t make gay people worry about what people will secretly do to their food, anxiety stemming from hate crimes and other instances does. It’s a great article, though some parts just don’t make any sense. It would be a little stronger if he replaced these examples with something a little more relevant to his topic.
Nakia Brown,
junior

Dear Editor,
I read the article “We Need to Abolish the Mandate the Say the Pledge in Schools,” I think this article has really good imagery in the beginning. I very deeply agree with this article and all that it stands for. I think that the amount of detail the editor used emphasized the reasons why we should not have the pledge and I think that was written really well.
Julia Labadie,
senior

Dear Editor,
I felt your article (Lily MacInnis) was immensely persuasive, thorough with great diction and factual evidence such as stating “in 2014 midterms only 36.7 percent of eligible voters cast a vote.” This acts as a setup to elaborate on the problem with the knowledge of voting in children. I look forward to reading your work.
Jaden Blakes,
sophomore

Students Respond to Relationships

Dear Editor,
I really enjoyed the article “Being Single Doesn’t Mean You Have to Mingle” by Miranda Cole. I enjoyed this article because one, Miranda is amazing, and she did an amazing job with the flow of the article. The second reason why I enjoyed it was because I felt that it was extremely relatable. I just found the article to be both hysterical and a great take on what it means to be single. The article took real people and their experiences, and used them to inspire the idea that being without a high school partner is perfectly fine with good friends by your side.
Mikayla England,
junior

Dear Editor,
“Relationship Strain? Or Delight,” is the name of the article that I chose to read and I enjoyed it. “Being able to date in high school means you’ll have training for actual adult relationships.” This specific line I found interesting. Only because I’m curious as to what’s the difference between teenage relationships and adult relationships. I feel like people change more than the actual relationships. I would also like to add the part of my opinion whether a relationship is a strain or a delight. You can only answer that based on where you are in life. If you don’t love yourself, you cannot love anybody else.
Shelia Harris,
senior

Loy Norrix School and Tower Modernized and Made More Energy Efficient

KAILYNNE BESSER
SOCIAL MEDIA TEAM

Walking into Loy Norrix in early September, you look around and notice the new updates that have been done all around the school over the summer.

Updating the windows was one of the primary changes that occurred at Loy Norrix. The front entrance or “Tower” was newly updated with a replacement of the exterior glass and entrance doors. About 80 to 90 percent of the Tower was originally single-pane glass, which provided poor insulation and allowed huge amounts of heat and air conditioning to escape, increasing energy bills.

With the old single-pane windows, the Tower used to get unbearably cold throughout the winters and would tend to overheat to the point that it was hotter than the rest of the school in the springtime. The only time during the school year the Tower wouldn’t be too hot or too cold was late fall.

“The Tower is 100 percent warmer,” said campus safety officer Jacqueline Hampton, who is often positioned in the Tower, monitoring security feeds and handing out passes.

You might have noticed that when you come into the school, the door is no longer unlocked. The external doors in the school were replaced and new locks were put on the doors. The doors are locked at all times. You have to wait for someone in the



LUCAS FIGUEROA, STAFF WRITER

The Tower is the first thing visitors, faculty, and student alike see when they enter Loy Norrix. With a new revitalized and professional look, the Tower enhances the entire appearance of the school.

Tower or office to open them to be able to get in to the school. The updates on the doors and locks have been put in place in order to increase the safety of the students and staff.

“The updates are great. They make the school look better, but more importantly, they’re much more energy-efficient,” said Principal Christopher Aguinaga.

“I am glad that they are doing updating to the school, but with the updates they should do more like the heating system,” said

junior Caila Chapman.

Another noticeable change to the exterior of the school is the new color. Formerly teal, all of the colored external panels on the school have been made blue to match the school colors. The new blue exterior modernizes the street appeal of the school.

The changes were done over two summers to minimize distraction to the learning during the school year. The process really started after the last bond proposal was passed, where a

community input process was used to help decide what the replacement was going to be in the terms of the glass and the exterior color of the building.

After getting the input from the parents, different community groups, teachers and students, it was clear that it was going to be way too much to do in one summer just given the square footage of the building.



LOGAN NEELEY, SOCIAL MEDIA TEAM

Students cross the bridge as they leave the J-Wing to go to C Lunch. The bridge is one of the brightest, most well lit areas in the entire school most days.

Below Left: Brenden Groggle, attendance secretary sits at his well lit desk.

LUCAS FIGUEROA, STAFF WRITER

Below: Sheryl Knight, secretary to the principal, talks about how she enjoys the new windows.

NOAH BOND, PHOTO EDITOR



NOAH BOND, PHOTO EDITOR

Sophomore Lucas Figueroa and College Readiness teacher Jim Bellware converse about Loy Norrix’s new windows over a game of chess during lunch. Bellware discusses some positive affects the windows have had as he won the game.



LOGAN NEELEY, SOCIAL MEDIA TEAM

Students on their way to their fourth period class on the other side of the bridge. Classes in the J-Wing include Drama, Gym, Aquatics and more.



KAILYNNE BESSER, SOCIAL MEDIA TEAM

Students leave Loy Norrix at the end of the day. The Tower marks the beginning and the end of each day.

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