

LEFT: Participants in the dodgeball tournament compete for the trophy.



ISABELLA DESANDY

# NORTH POINTE

GROSSE POINTE NORTH HIGH SCHOOL

TUESDAY, NOV. 24, 2015

SINCE 1968

## New mission statement for GPPSS promotes unity

By Allison Lackner  
ASSISTANT EDITOR

At their Nov. 3 meeting, the district's Strategic Planning Committee drafted a new vision and mission statement. The committee is made up of 42 community members including parents, teachers, administrators and students. There were six core members who made up a separate committee, the Steering Committee, that finalized the drafts.

"The initial Strategic Planning Committee drafts the mission and vision statements. The Strategic Planning Core Team (six members—consultant, two co-chairs, superintendent and two administrators) have the opportunity to refine and bring back a final version for consensus approval," superintendent Dr. Gary Niehaus said via email.

After a month of developing a focus and drafting the vision and mission statement, the committee came up with a vision statement which was finalized to be "Grosse Pointe is One, and everyone learns every day." The vision statement is what the committee wants to change in the district. The mission statement is how the vision statement will be executed. The drafted mission statement was "Embrace community, maximize potential and promote innovation" and is still in the process of being revised.

The Board of Education has not officially adopted this new Strategic Plan. The Plan will be presented to the Board of Education on Dec. 14, during their meeting.

Senior Nicholetta Valenzano was chosen to be a part of the Strategic Planning Com-

mittee because Niehaus wanted the board to include a student's perspective. There was a total of four students on the board, including the Student Association presidents and Editor-in-Chiefs from both North and South. The students played a key role in the meetings, as they represented the entire student body.

"Dr. Niehaus, the superintendent for the Grosse Pointe schools, was looking for students that are really involved in school," Valenzano said. "We had four meetings so far, and at every meeting we have talked about things that need to improve in the district, things that are good about the district and how to fix them."

The meetings led to the new drafts of vision and mission statements which English teacher Geoffrey Young finds reflective of what the district embodies.

"I think that oneness and unity among parts of the district is really important. I think it's in line with the superintendent's goal. He uses the phrase of having arrows,

like different initiatives, pointing in the same direction," Young said. "So the mission statement speaks to that. And then obviously for us to be innovative and for us to grow and develop, that is part of what learning is and they should have it for everybody not just some students."

Young thinks that if the statement meets the district's need, then it can really enhance everyone and how they do things. He believes that the mission statements are something visible that can help guide students, teachers, and even parents by showing them exactly what they can expect to get out of their school experience.

As the President of the GPN Parents Club and a South alumna, Mary Beth Nicholson thinks the statements brought students together and helped other people collaborate.

"The end result is still being formed, with much emphasis on the supporting whole student through collaboration, compassion, innovation, diversity, and perseverance," Nicholson said via email. "My un-

derstanding is that the mission and vision statements will be used to guide learning practices in each building, rather than an outward statement that would be used to define our district. But, I must emphasize that is my opinion and perception, as a parent and community leader."

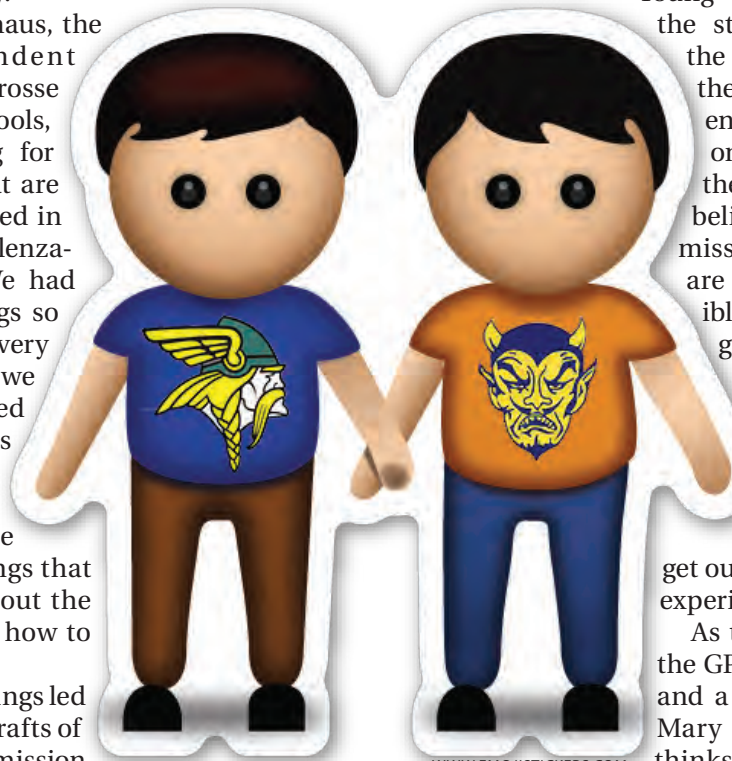
Throughout the process of writing and forming the mission statements, many collaborators.

"Because the process involved many different stakeholders with different perspectives, it was beneficial to hear many opinions, ideas and perceptions about the Grosse Pointe Public School System. In that sense, it did bring these groups together in a unique setting to work for a common cause, and build awareness across the community. There was a great deal of cross learning and sharing," Nicholson said. "While the focus was on the mission statement for the GPPSS, the byproduct of the discussion looked deeper into Grosse Pointe as a whole community and what impact that had in the Metro Detroit/State of Michigan area."

Throughout the process, everyone had to work on the wording, and that played into listening to everyone ideas.

"I think the biggest discussion's always the wording of things because what words matter, Young said. "Everyone's so invested in making sure we have everything right that we tend to have ... discussions around how things are worded," Young said.

Contributing: Katelynn Mulder



WWW.EMOJISTICKERS.COM

## Stores sacrifice holiday sales to give employees family time

By Olivia Robinson & Guiseppe Parison  
INTERNS

This year, there will be fewer opportunities to participate in Thanksgiving and Black Friday sales. Retailers including Costco, Gamestop, Nordstrom and Barnes & Nobles are vowing to remain closed this year. Outdoor recreation store REI will also be closing their doors on Black Friday.

Black Friday marks the start of the holiday shopping season and is the biggest shopping day of the year. According to [www.statisticbrain.com](http://www.statisticbrain.com), Americans spent \$50.9 billion on in-store purchases and \$1.5 billion in online sales on this day. That works out to an average of \$380.95 per person.

However, according to a poll conducted by [www.today.yougov.com](http://www.today.yougov.com), 62 percent of Americans believe that retailers should close on Thanksgiving Day mainly because it takes employees away from their families.

This is a reality for students with retail jobs, including senior Giovanni Terry.

"I'll be missing out on so many holiday activities with my family," Terry said.

Terry will be working an eight-hour shift at Kroger on Thanksgiving. He feels that the store is very crowded

and hectic throughout the holiday but does believe that a grocery store should stay open for holiday shoppers. Currently, the U.S. Department of Labor has no laws restricting teens from working on holidays.

Senior Emma Monroe plans on taking advantage of Black Friday sales for her future dorm room. Monroe hopes the sales will help her and other seniors avoid being "broke college students" next fall.

Science teacher Jaime Hainer supports the idea of stores closing for holidays.

"In the past, I have not gone out on Black Friday," Hainer said. "I think that it's a great idea that (the stores) are closing because I think that's really time to be spent with ... your family and friends."

Despite the inconvenience this may pose for thrifty shoppers, there are many benefits for retailers who close on Thanksgiving and other holidays.

Economics teacher Dan Quinn sees it as a cost-cutting strategy that stores use for holiday hours. While the store may claim that they value their employees, it is ultimately a financially based decision that stores believe will net them greater profits in the long term.

"They're looking at the value of spending family time as opposed to shopping time, so it's a pushback against the marketing trend

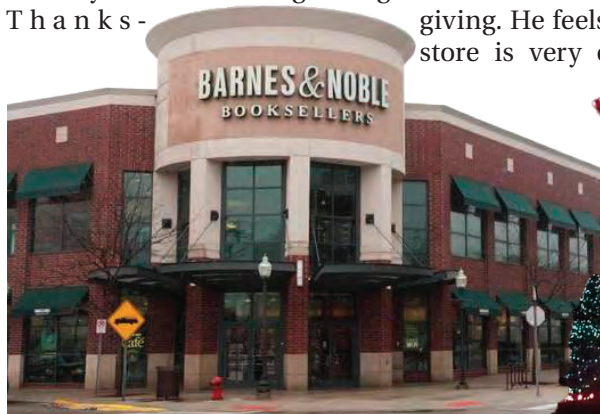
over the last few years," Quinn said. "I believe that some of these stores are looking at this as a marketing technique of their own. By closing down, they're raising awareness to their store, which potentially could bring in more customers over a long period as opposed to a one-day period."

Costco reaped the benefits of this strategy in 2014. According to [www.thinkprogress.org](http://www.thinkprogress.org), after its pledge to close its doors on Thanksgiving to allow its employees more time with their families, Costco's November 2014 sales increased by 7 percent. This increase is over 3 percent higher than their November 2013 sales.

Many stores carry over their discounts to their websites, and the stores that will close will still have their websites operational and ready to take requests if someone is willing to wait for anticipated items to arrive in the mail. If customers are unable to shop on Black Friday, Monroe believes Cyber Monday sales are a good option for those who want to avoid people who "trample (employees) and do bad things" during the Black Friday mayhem.

For stores that are still open on holidays, Monroe insists that customers buy their products early so that retailers can offer their families more time off on Christmas and Thanksgiving.

"I think (customers) should do (their) shopping beforehand at Kroger," Monroe said. "You don't need Chicken Shack"



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WWW.WALLPAPERBASE.ORG



WWW.ANNARBOR.COM

IDEAS - PAGE 7

"It seems that today vacations are about the pictures and likes more than the memories that follow."



COURTESY OF ANNA CASALI

SPORTS - PAGE 10

Casali Dancers will perform at the Detroit Zoo's Wild Lights on Sunday, Nov. 29.

LIFE - PAGE 6

"Certain meats contain the same deadly carcinogens as tobacco and alcohol."





**THANKSGIVING VACATION**

No school  
Wednesday, Nov. 25 through Friday, Nov. 27

**BOOSTER MEETING**

For Band and Orchestra Tuesday, Dec. 1 at 7 p.m. in room C-101

**NO SCHOOL**

Wednesday, Dec. 2

**HOLIDAY TEA**

Wednesday, Dec. 2 at 1 p.m. in the PAC

**NHS INDUCTION CEREMONY**

Thursday, Dec. 3 at 7 p.m. in the PAC

**SAT TESTING**

Saturday, Dec. 5 at 8 a.m.

**BLOOD DRIVE**

Monday, Nov. 7 from 8 a.m. to 2 p.m. in the PAC

**CHOIR HOLIDAY CONCERT**

Thursday, Dec. 10 and Friday, Dec. 11 at 7 p.m. at First English Lutheran Church

# Helmet laws at the head of controversy

By Ritika Sanikammu & Montana Paton  
EDITOR & STAFF REPORTER

Bike helmet laws might not be as effective as once thought. A recent study conducted by the University of Toronto and the University of British Columbia has found no link between bike helmet legislations and hospitalization rates for head injuries.

The study revealed that failure to wear bike helmets is not the root cause of injuries. Rather, it's a lack of beneficial infrastructure such as bike lanes on busier streets.

"Cyclists are supposed to have a right to the road," science teacher Andrew Pola said. "I don't know that all motorists acknowledge and respect that right. It would be nice if there were more bike lanes and better areas, or maybe a better awareness by drivers to share the road with cyclists."

Pola, an avid recreational cyclist, doesn't believe that having bike lanes lessens the importance of wearing a bike helmet, even if one is out of a car's way.

"Accidents still do happen, like you can get a flat tire, there are mechanical failures," Pola said.

In senior Ryann Dunkeson's previous neighborhood, the city offered a bike lane, and she observed that few to no injuries occurred. Pola thinks a designated bike lane would help decrease injuries.

According to a 1989 study in the New England Journal of Medicine, riders with helmets had an 85 percent reduction in their risk of a head injury. More recent, a 2006 French study revealed

pedestrians are 1.4 times more likely to receive a traumatic brain injury than unhelmeted cyclists.

Dunkeson regards helmets as an inconvenience since they never come in the right size and are uncomfortable to wear.

"They only cover one portion of your head, and not even enough to make an impact, and they're not super durable," Dunkeson said. "I think it's just like wearing a pillow on your head."

Sophomore Mia Holmes is indifferent towards the issue and sees the location as a deciding factor for wearing helmets.

"I feel like they're kind of in between. (It) depends," Holmes said. "If you're a biker, and you go on biking trips, and you're near mountains, you're going to have to wear a helmet because it's dangerous, but in a community, no, because you're just riding your bike."

Pola advocates that riders make wearing helmets a priority and not toss them to the wayside in lieu of an unexpected or severe injury, despite the results of the study. Since helmets don't help as much as he would like them to, he recommends riders pay more attention to their surroundings to avoid injuries.

"Wearing headphones if you're riding on the road is probably not a good idea because you can't hear cars coming up beside you," Pola said.

"Choose a safe path. Some roads are better than others. It's better to ride in areas you're familiar with so if you encounter something unexpected, you know there's a big shoulder, or you know you can get off the road on the sidewalks. Pay attention to the things going on around you.

Watch other drivers, ride in a group maybe so if something does happen, you have someone to help you."

Although Pola has not had any major accidents himself, he often encounters people who have been struck in surprise accidents and were not wearing helmets.

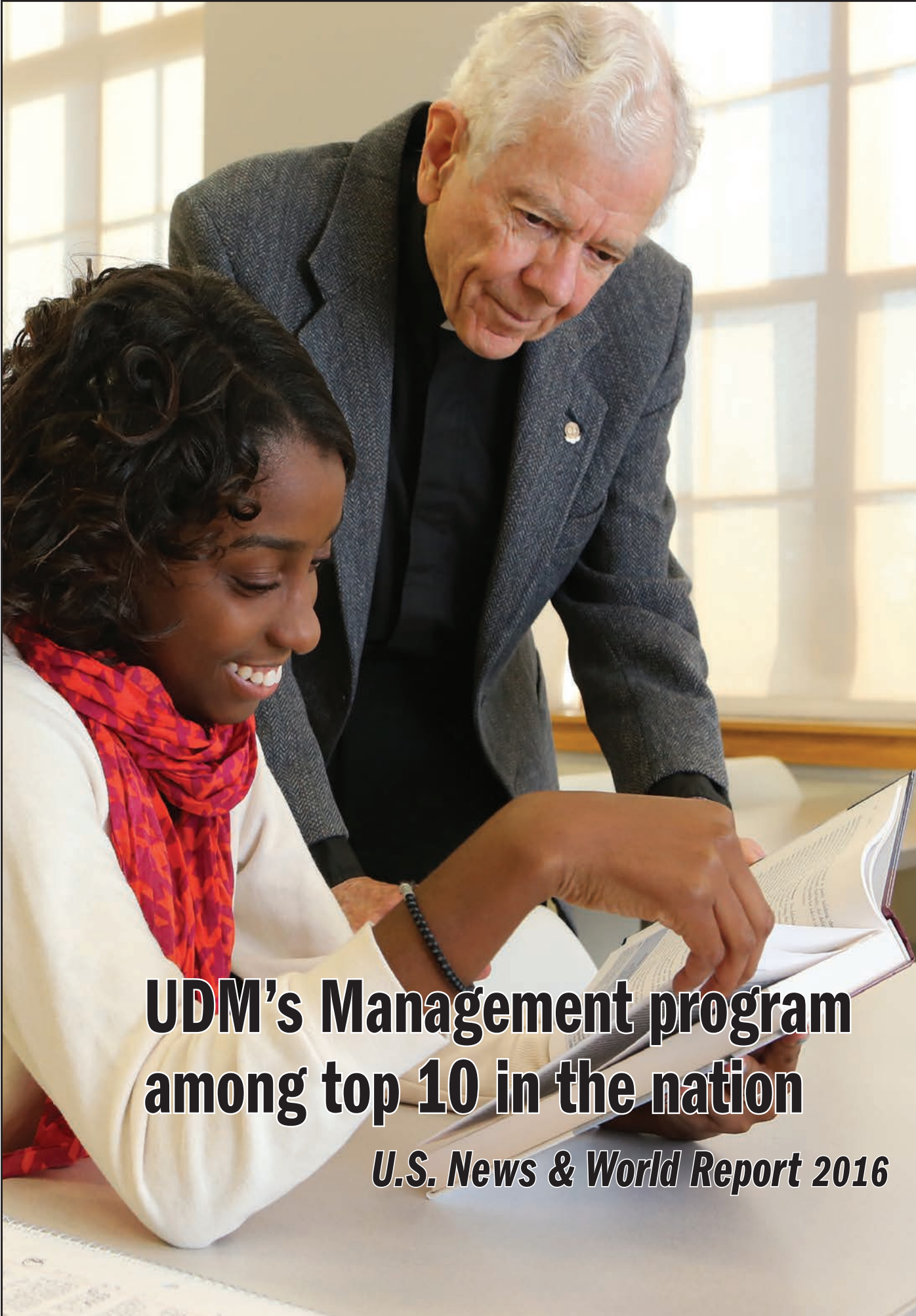
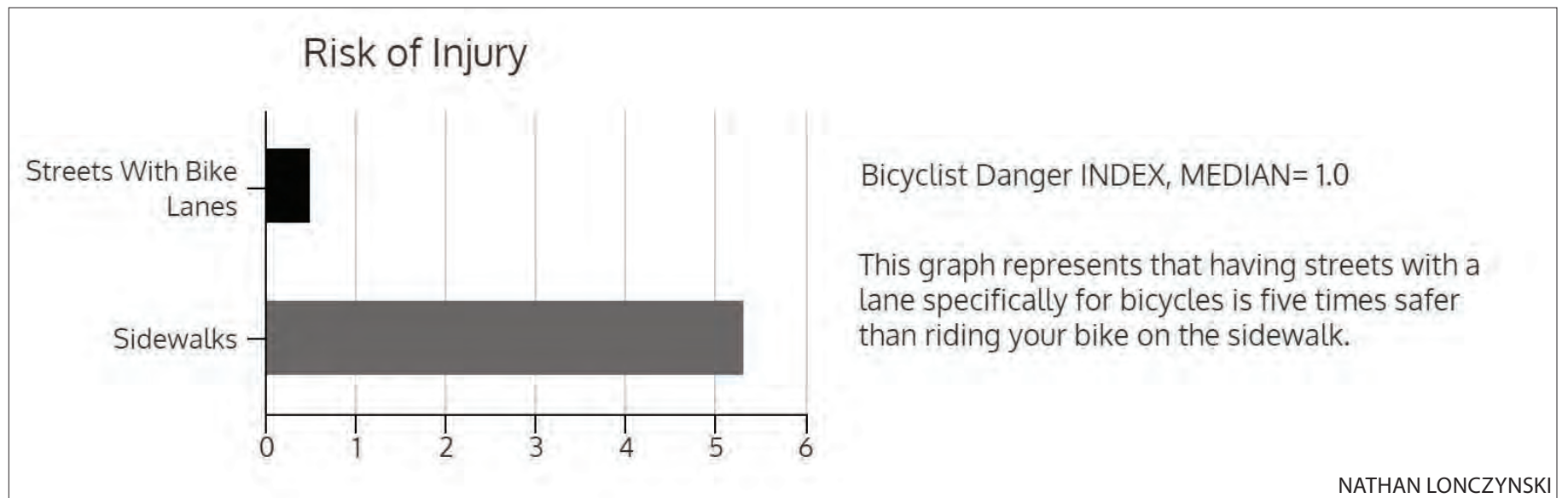
"At the bike shop, there are people who have been hit by cars, things that are out of their control," Pola said. "I understand if people don't want to wear their helmet because they think that they're not going to fall down—they know how to ride a bike—but especially if they ride on the road, there are some things you can't control like being run off the road or a car doesn't see you."

Dunkeson, however, doesn't think that helmets are necessary for every bike ride but recognizes that they are a liability for each rider.

"I think it matters if you're a professional rider riding on the streets, but I go on side streets and stay on the sidewalk, so I don't think that matters as much," Dunkeson said. "But if you're going on Vernier, and you're riding on the street, then you need a helmet, but otherwise if you're going casually, it's fine."

Pola believes that safety is a priority and that drivers on the road are not always attentive to their surroundings, including people riding their bikes. He still regards helmets as safety assurance and advises riders to continue to wear them.

"Things happen that are out of your control. Safety is the most important thing."



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# New religious freedom bill puts limits on gay adoption

By Radiance Cooper & Montana Paton  
ASSISTANT EDITOR & STAFF REPORTER

With a changing society, traditional family structures are becoming increasingly diverse including everything from unmarried couples to same-sex unions. With new laws being passed, certain structures are not always able to keep up with the changing societal norms.

A law affecting same-sex couples right to adoption has stirred great debate between those who believe it is protecting freedom of religion and those who believe it to be discriminatory. The law states that faith-based adoption organizations have the right to deny an application submitted by couples who do not go along with their beliefs, which includes same-sex couples.

Senior Gabrielle Wren Sledge believes it is a major step back for LGBT rights in the wake of the supreme court ruling on same sex marriage in June.

"They need to respect the foundation of marriage because they wouldn't do this if a straight couple wanted to adopt a kid," Wren Sledge said. "It just goes back to the law. People really need to pay attention because they're denying same-sex partners in relationships (the right) to adopt kids. It's the same thing as interracial couples not being able to adopt kids. So

giving permission to discriminate against one group, it's giving permission to discriminate against all, so of course I think it's horrible."

Christian adoption agencies account for more than half of these organizations, which can cause problems for same-sex couples looking to adopt a child if agencies are denying them access to the adoption process. Adoption is a limited part of the life skills course. Foods teacher Stacy Krzyminski, explains that since there is a lot of material in the curriculum teachers aren't able to go cover the entire topic.

"We focused mainly on child development, so we focused on the development of the child," Kryminski said. "Child and families is only a small portion of it."

The lack of coverage on adoption has encouraged Kryminski to be more lenient with the inner workings of her own classroom. Knowledgeable of the fact that not every student comes from a traditional family structure with both a mother and father, she does not require both signatures on forms.

She believes that with a changing soci-

ety, having signatures from both parents just doesn't work anymore. When she needs forms signed she tell her students that whomever the guardian is needs to sign the paper, not necessarily a mom or a dad.

"So it's not excluding anybody, instead of just saying mom, dad. It's your guardian. You wanna make sure you're including everyone in it," Kryminski said. "I know that's hard for some people because mom dad rolls off the top of the tongue, but it's mom, dad, grandma, grandpa, aunt, uncle, guardian, whomever."

Kryminski explains that a curriculum that broadens its subject material to cater to the ever changing student body of north could prove to be more helpful for many students however, limitations in criteria do not always allow for this to occur.

"I think we would benefit greatly from a family class a family living class and then you're able to talk more about society's changing customs," Krzyminski said. "You're able to talk about more hot topics that fit into that style of curriculum and we don't offer that class so that's hard to

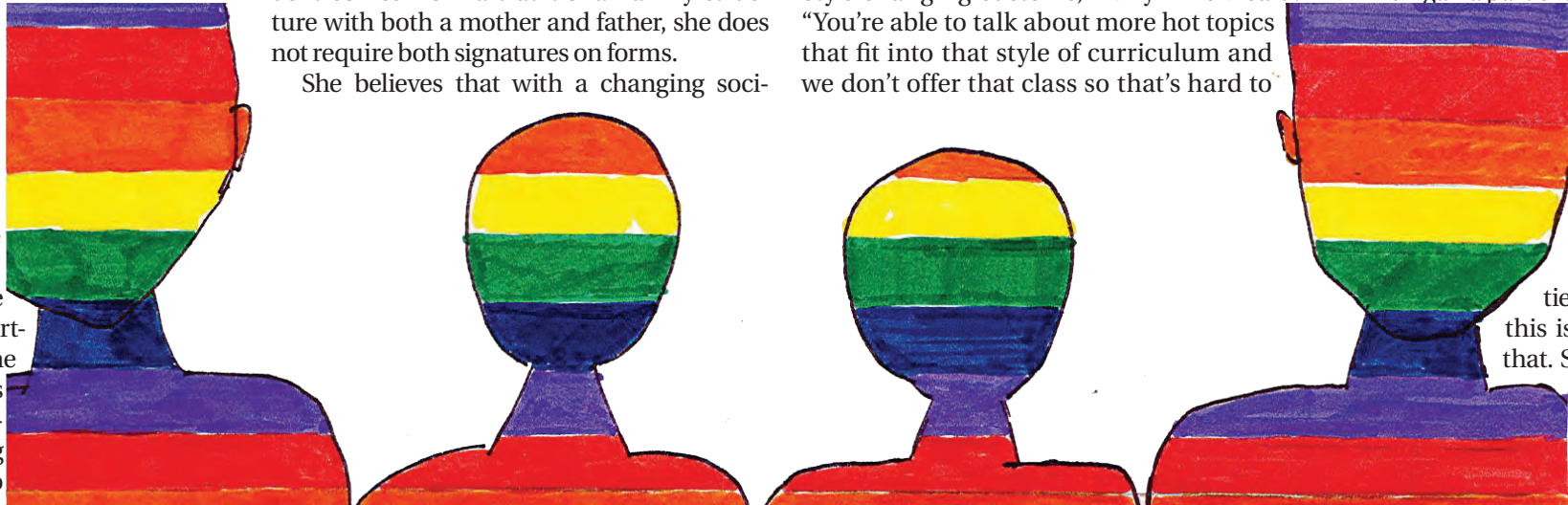
adjust when it's not offered here."

A course that addressed those topics might also be able to cover the details most students don't know about that adoptions involve, such as the expense and challenges involved. This includes gay adoption and how the process has become harder with the law that was passed.

"It's very time consuming. It's very expensive—and the more obstacles that are put in your way, I just think it makes it more difficult to do that." Social Studies teacher Dan Gilleran said.

Wren Sledge believes the limitations brought on by the existence of this law will slow the development of Michigan as a growing, diverse population. She is determined to do what she can to work towards opening more eyes, to achieve more growth in that area.

"I'm gonna do my part and as an individual in michigan a part of the LGBT community to show my pride and my dissatisfaction with the fact that this law was passed so if there are meetings I will go to them," Wren Sledge said. "If there are rally's I will go to them and if there are opportunities for me to speak out on this issue I definitely will do that. So I'll definitely be looking into it a lot, I'll definitely be active in this situation."



## Physiology works with Digital seminar to improve projects

Digital Seminar has begun a collaborative project with second hour Physiology. Their goal is to create a product that will help Physiology students better capture photos through a microscope.

Each year, the Physiology classes conduct a month-long research project on histology, which is the study of tissues, and this task requires the students to classify and photograph 21 types of body tissues through a microscope.

Smart phones have arranged the way science teacher Elizabeth Michaels teaches histology. They allow students to take the photos of the tissue samples on their cell phones which they can upload to websites that other students can study from.

However, the increase in technology comes with complications. Taking pictures with cell phones is a more effective way of classifying tissues, but it's not easy.

"Being able to capture an image through a microscope is really powerful, and cell phones have really changed the way that I can teach," said Michaels. "But, it's really hard to hold the phone steady enough to get those pictures."

Digital Seminar students hope to design and 3D print a gadget that will hold the phone stable, so Physiology students can take clearer pictures faster.

To do this, the classes spent a period together gathering information. Digital Seminar students interviewed Physiology students and took measurements to determine what would best suit their needs.

"We asked them what kind of phone they use, how close it has to be to the microscope, how hard it is to take the picture and how long it takes to actually take the picture," Katie Sauget, a sophomore in Digital Seminar, said.

Next, Digital Seminar will use the 3D printers to produce a prototype. According to Sauget, some of the most challenging parts of Digital Seminar's task is to make sure the angle measurements are accurate. If they are not precise, the picture will not turn out well.

Because of these obstacles, Sauget is unsure of the outcomes of the project.

"Some people have really unique ideas," Sauget said. "For others, I don't know if it will work out very well."

## Student council attends leadership training institute

Every year, 30 students from across the state are elected onto the Michigan Association of Student Councils (MASC) and Honor Societies Board of Delegates. Senior Olivia Bloomhuff was elected earlier this year and helped run the Leadership Training Institute (LTI) that student council members attended at the Oakland Schools Conference Center on Nov. 23.

The LTI is a day-long event that mentors students on how to be better leaders within their school.

"Students attend these events to gain leadership skills through presentations and activities, in addition to (networking) with other student leaders. These Leadership Training Institutes are unique because all of the information and curriculum is presented and written by members of the Board of Delegates," Bloomhuff said.

Bloomhuff will be hosting the training session with fellow Board of Delegates member including South senior Hannah Connors.

"The Leadership Training Institutes are meant to teach valuable leadership lessons and skills to high school students. These skills can be applied to different areas, but they are especially beneficial for students involved in student council or honor societies," Connors said.

Each delegate is required to teach their skills to other student council members through a presentation given at least twice during their term as a delegate. Bloomhuff and Connor's presentations took place on Nov. 10 and Nov. 12, and their final presentation was on Nov. 23. They presented to an audience of over 900 students.

"I was nervous to present, it is hard to put yourself out there. But after spending countless hours writing my curriculum I couldn't have been prouder to present it," Bloomhuff said.



JILL BERNDTSON



JILL BERNDTSON



JILL BERNDTSON

ABOVE: A Nike employee educates students about marketing and sponsoring techniques. UPPER RIGHT: Students gather for a photo. LEFT: Students in front of Soldier Field.

## DECA, business students visit Chicago to learn from real trades

Business students and DECA members expanded their academic horizons on a trip to the windy city on Nov. 13. Chicago has many corporations and marketers that taught the students the behind-the-scenes secrets of real-world business.

The students went to a Nike store, Soldier Field Stadium, the Federal Reserve Bank and Comedy Sportz Theatre. At each destination, marketers educated the students about how they incorporate business into their professions.

Business teacher and DECA adviser Michelle Davis went on the trip, and has found many benefits in going to Chicago.

"We take the trip to Chicago every year because there's a lot of educational things we can do that fit into the business curriculum," Davis said.

Business student and DECA member Garrett Clark took a lot away from the trip, especially

after visiting the Nike store.

"I definitely learned a lot from Nike, anywhere from being in the business, how you start low and work your way up," Clark said. "The (Nike marketers) taught me how to manage a company."

After attending the trip, business student and DECA member junior Jackie Veneri has obtained even more information about business, she believes this experience has paved her path for the future.

"I think (the trip) it will help me in the future so I have some background knowledge of what (business) is all about," Veneri said. "When I go to college and decide to pick a career I can kind of have some knowledge on what it's all about."

Davis believes that all the trips they take let students dip their feet into the corporate world.

"I think when we take trips like this they (the students) understand the marketing concepts in class," Davis said. "When we take them somewhere and they actually see how much detail is put into it and how much the job actually entails, it's an eye-opener for them."



# Students gear up for annual Link Crew dodgeball tournament

By Bella Desandy & Sydney Benson  
PHOTO EDITORS



**ABOVE:** Senior Tristan Richardson enjoys his team's victory. "It was really well put together. I like how playoffs were (run). Everyone was on the same court, so it was very equal," Richardson said. "There was no argument about someone having a disadvantage and an advantage."

**LEFT:** Junior Augie Sonaglia talks about the dogeball tournament. "I think it was pretty much the same. I didn't see much difference," Sonaglia said. "There were fewer teams this year... I think they changed the rule about getting hit in the face."

**BELOW:** Freshman Chris Mourad picks up a dodgeball during one of the games.



**BELOW LEFT:** Junior Jared Jordan gets ready during the match. "I liked it (the tournament) a lot. The only thing I didn't like was the single elimination at the playoffs because it kind of sucked when we lost," Jordan said. "I mean we went undefeated in our division, then we got to the playoffs, and then we lost. Other than that, I liked it a lot."

**BELOW RIGHT:** Junior Ben Swilinski refs one of the matches. "Being a ref was kind of what I expected. It was really fun but at the same time, you are always pleasing someone or displeasing someone," Swilinski said. "I think I especially want to be a ref again more so next year since I have the experience from this year."



## FACES IN THE CROWD

### Samantha Lopiccolo

Most people buy their animals from stores or adopt them from adoption centers, but for sophomore Samantha Lopiccolo, her experience was different from the norm.



One day while exploring the area around her cottage in Port Huron, Lopiccolo and her cousin came across a pond where Lopiccolo met her new pet turtle.

"Its name is Stanley," Lopiccolo said. "I don't know if it's a boy or girl though."

Getting Stanley home wasn't easy. After convincing her parents to let Stanley come home with them, then came the next problem, whether Stanley was to live inside in their backyard pond or inside with Lopiccolo. Lopiccolo and her family chose for him to live inside.

"I wanted a turtle, and I wanted to be able to see it because it's really cute," Lopiccolo said.

### Charlotte Nicholson

In 1962, President John F. Kennedy announced a complete economic embargo on Cuba, which restricted all Americans from traveling to the country. That act was still in place when freshman Charlotte Nicholson and her family decided they wanted to travel to Cuba.



Although it was difficult, Nicholson and her family made it there in December 2013.

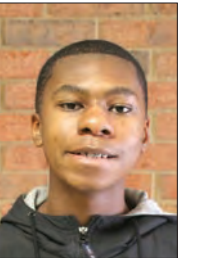
"(We) had to get a bunch of visas, and at the time, it was before the half embargo was lifted," Nicholson said. "Then people could only get there through a learning group, so it was basically, classes in a way."

Nicholson learned that Detroit and Cuba are alike but have one big difference.

"You know how in Detroit there are many abandoned homes where no one lives? In Cuba, there are abandoned homes but everyone is packed into them," Nicholson said. "They're not abandoned. They're just really run down."

### Steven Dean

Just about everyone either plays or has played a video game before, but for junior Steven Dean, the world of gaming is more than just a hobby.



"First I started playing racing games, then I started playing games with my sister, and we'd play anime games like Dragon Ball Z and Naruto, games like that," Dean said. "Right now, I am starting to get into other video games, like some rated M games."

Dean has been playing since he was 6. Over that time, he realized that he wanted to pursue a career as a video game developer.

"I want to create levels, and I want to create characters of my own," Dean said. "I've already made five scripts for video games already made. They aren't full scripts, but they are just summaries."

By Trevor Mieczkowski

### Do you have any favorite sports teams?

Well it's not the Detroit Lions, I'll tell you that for sure. But I do like New England Patriots ... and of course, I've always liked Duke and North Carolina at college basketball.

### What's the best book you've ever read? Why?

Best book I've ever read was *There Truly is a Heaven*. It tells about stories of people with encounters of actually dying and going to heaven, which it's actual fact that this has been done with 30-40 people, and they all have the same type of story: how heaven looked, how the angels and everything else looked so I thought it was really—it brought my faith back even stronger than it already was.

### Do you have any pets?

No. I used to have dogs, but no I don't have any more right now.

### Where are you from?

I was born in Detroit, Michigan, but I live in St. Clair Shores.

### What was your first car?

A 1973 (American Motors Corporation) Gremlin.

### What do you like to do in your free time?

My free time, play with my grandson. He's about 6-and-a-half years old. He's been living with us since he's been born, and that's the best time. I love it. It's just a great time.

## FIVE MINUTES WITH Security guard Gilbert McHenry

By Billy Moin  
EDITOR

When he isn't busy watching over the school parking lot during the week, security guard Gil McHenry can often be found at his job as a personal trainer.

"I (train) a lot of people either early in the morning or late at night," McHenry said. "I heard they needed somebody over here, so I took this job for right now, for the time being, but I still train people at night and during the day."

As a trainer, it's McHenry's job to design and help individuals or groups with fitness programs.

McHenry received his certification from the American Council on Exercise in 1992. He trains people independently though his business, Gilmac Fitness Training, L.L.C. and previously worked at North for 12 years as the weight room manager.

"Athletes or students that were just trying to get in better shape or better conditioning would come up to the weight room, and (I would) put them on a program, and they'd train from there," McHenry said.

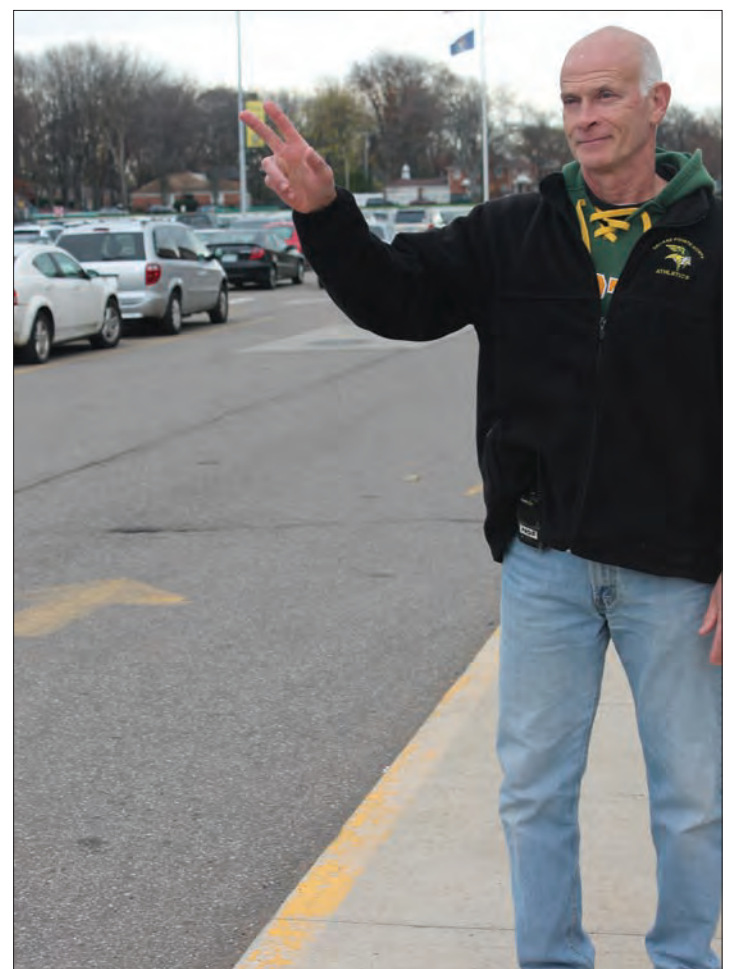
Through his business, McHenry has worked with individuals ranging in age from 16 months to senior citizens. With toddlers, he focused on teaching awareness and for adults, he taught a class where they practiced an assortment of different exercises and even boxed.

"We do a lot of applied metric exercises along with the strength building," McHenry said.

McHenry said he originally became interested in fitness training when he was 11 years old and began to work out to stay in shape for his basketball, football and baseball teams. He loved the energy exercise gave him.

However, the reason he became a personal trainer was not for his own health—it was everyone else's.

"I love it. I just love it. It's great to see the people put the effort in and hard work," McHenry said. "It's the people that really deserve the credit. It's just my method, but it's their hard work that they reach their goals and go on to where they want to, whether it's college sports or just to get in better condition."



**ABOVE:** Security guard Gil McHenry waves to a student in the parking lot. In addition to his job at North, McHenry is a personal trainer. "I (train) a lot of people either early in the morning or late at night," McHenry said. "I've done (trained) groups of up to 20 people: hockey teams, basketball teams and so on, and also I do individual clients."

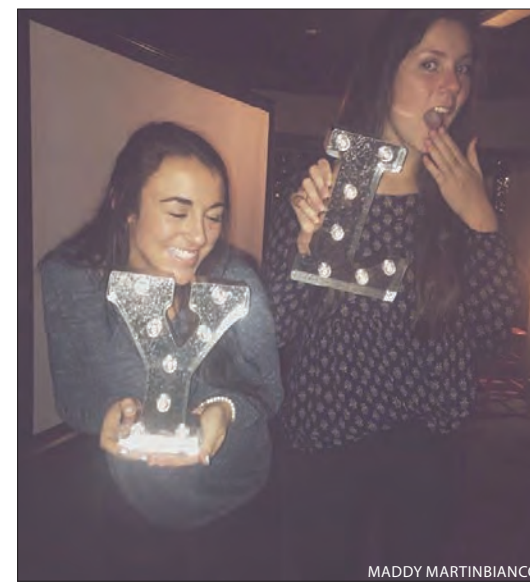




ABOVE: Sophomore Maddy Martinbianco water tubes with friends at YoungLife camp.



ABOVE: Sophomores Catie Archambeau, Maddy Martinbianco, ElleAnna Casterline, Ashley Kowalski and Emma Tompkins leave for Castaway camp in Minnesota.



ABOVE: Sophomore Maddy Martinbianco and Emma Tompkins pose with YoungLife letters.

## Lapses and leaps of faith

While the millennial generation steers away from organized religion, Grosse Pointers buck the trend.

By Anu Subramaniam & Ritika Sanikommu  
EDITOR-IN-CHIEF & EDITOR

Religions were traditionally observed by the masses and prominent enough to take claims to the days of the week. However, a recent study conducted by the Pew Research Center suggests that this is no longer the case for millennials.

While 59 percent of the baby boomer generation felt religion played a very important role in their lives, only 39 percent of millennials feel the same way. Overall religious affiliation has gone down six percent from 2007.

Junior Sarah Corbet was a practicing Catholic when she was younger but decided to separate herself from religion.

“As I got older, I was exposed to more of the world, and I realized how awful it was,” Corbet said. “There’s children with bone cancer, and then un-bombers, all these serial killers, and all this horrible stuff that happens, and it kind of made me wonder.”

Religious affiliation has become less common in the younger population as the percentage of adults who identify with a religion has continued to stand at 77 percent over the past nine years.

Despite this national trend, many youth in Grosse Pointe are involved in religious organizations like YoungLife or Grace Community Church.

Junior Lolly Duus attends Grace and said that the organization’s motto and youth programs help get many people involved. She also believes that the existing diversity allows people to feel more included.

“We have this saying, ‘We are a mosaic striving to live like Jesus,’ so even though there are a lot of different people at our church, (and) it’s very culturally different, we are all just trying to come together and know what we believe and spread that word throughout our community and the world if we can,” Duus said. “People notice that at Grace, and they see that there’s something different about us.”

By participating in YoungLife, sophomore Maddy Martinbianco has also diverged from the national trend. YoungLife, a nation-wide religious organization, has a local chapter in Grosse Pointe Farms. Many students from both North and South partake in the events that are hosted on Sundays and the camps during the summer.

Martinbianco said that since joining YoungLife, her faith has grown stronger.

“I know before I wasn’t that deep into faith, but now that I (am),” Martinbianco said. “I know how to just love people in general and the world in a new way.”

Seeing family dynamics shift over the last few years, counselor Brian

White feels that changing backgrounds is a factor that has caused the millennial generation to disassociate themselves with religion. He also sees that kids are becoming more accepting of not being religiously affiliated.

“As many parents are not as church-going. It doesn’t mean that they are not spiritual. It doesn’t mean that they don’t have values, but maybe the two-income household is depleted of time to go to regular mosque, church or synagogue,” White said. “I actually think that kids nowadays are much, much more accepting, open-minded, and I don’t mean in a negative way, but I think they see the positives and any religion that can be is valuable.”

Duus also felt that due to the fast-paced nature of today’s life, religion has slipped through the cracks. She feels, however, that if it is a priority, one should make time for it.

The study showed that those who are religiously affiliated have not had a decrease in religious behaviors. They pray and attend church at the same pace as they did in 2007.

Class of 2013 alumna Cameron Day works at YoungLife as a mentor and has seen YoungLife help kids from all different backgrounds. She feels religion is not necessary for people to have a moral code, but it can help kids find out who they are and deal with many different situations, as it has helped her.

“Kids that come to YoungLife, whether they be first-timers or regulars, come from all different faith backgrounds and are all different stages of life in general,” Day said via email. “Some grew up with some kind of faith or religion influence from their families, some have never explored the idea of faith before they came their first YL club and some may not for a long time or ever. That’s what makes it so special though; YoungLife is all about ‘come as you are.’”

Corbet feels separating from a religion did not change her principles, as she continues to strive to lead an ethical life. However, she recognizes that for some, religion is a moral guide.

“I still try to do what’s right. I’m still a vegetarian, I pick up trash if I see it. For some people, it’s really valuable because they need to have a moral compass, or they’re only kind because they think they’ll go to a better place because of it,” Corbet said. “And I think it’s better that people are kind to each other because it’s the right thing to do, not because they’re going to get something out of it.”

## NORTH STUDENTS PERFORM ON STAGE FOR MEET ME IN ST. LOUIS

By Emma Puglia  
WEB-EDITOR-IN-CHIEF



LINDA KUSCH



LINDA KUSCH



LINDA KUSCH

ABOVE: Junior Nadya Herfi dances with castmates. “This year we have a really good amount of new cast members actually, and it was super fun Herfi said, “and I love the show and my character, so it was fun,” Herfi said.

LEFT: junior Sarah Corbet acts in a scene alongside other actors.

FAR LEFT: Herfi performing with Liggett sophomore Jackson Wujek.

From old-timers to newcomers, the musical *Meet Me in St. Louis* featured a variety of North students who performed Nov. 13-15 at the First English Lutheran Church.

Laughter and Inspiration at First English (L.I.F.E.) Players, the theatre company, performs musicals annually. Some members such as sophomore Colleen Corbet, have been working with the L.I.F.E. Players since they were children.

“You kind of get a feel for everyone because if you don’t like who you’re working with, it’s not going to be any fun,” Corbet said. “Even if you have a small role, it doesn’t matter because you become close with everyone, you all hang out.”

*Meet Me in St. Louis*, which takes place in 1904, shares the wit-filled story of an American family of eight and their anticipation leading up to the World’s Fair. The nosy relationships among the members of the family and outside love interests move the plot.

Junior Andrew Kane, one of the new members of L.I.F.E. Players, chose to audition for the musical when a few of his friends said the company needed male actors.

“There’s a lot of humor in it, which was really surprising because I didn’t think at first it’d be a funny musical, but it was really enjoyable,” Kane said. “I had a pretty exciting role. I was one of the main sister’s boyfriend. It was really back and forth of ‘I love you, she’s upset with me, I’m upset with her,’ and then there’s the proposal at the end, so that was fun.”

Based on the 1944 movie starring Judy Garland, the period piece features classical musical theatre songs including “The Trolley Song” and “The Boy Next Door.” Director Michael Maurice worked with the cast to

give them a sense of Victorian manners the show required.

“Because this is not a professional production, my ‘vision’ included several concerns. At the top, I wanted the cast to have fun while working on the show. Learning all the songs and dialogue takes a lot of work, and I wanted to set an atmosphere of having fun while learning,” Maurice said via email. “Secondly, I wanted the story to be told clearly. Acting is not memorizing lines—it is presenting a story using the words in the script ... this is expressed with body language, attitude and vocal expressions.”

After auditions in August, rehearsals took place on Sunday and Monday nights for three hours each, normally focusing on blocking scene-by-scene and group music practices. However, during tech week, the group rehearsed daily in preparation for the performances.

“I liked when in the dress rehearsals—there’s always a few kinks in every show and the ones that we had were hilarious,” Corbet said. “Someone would forget a line, and someone else would say it for them, and it was just such fun.”

The energy throughout the cast grew during tech week, leading to the highly anticipated opening and closing nights. Junior Nadya Herfi, who has been performing with L.I.F.E. Players since she was seven, portrayed Esther Smith, the second-eldest daughter of the family.

“Opening night, I was prepared. I was excited just to go out and do what I love to do and be able to put all of my work into something bigger (in) the performance,” Herfi said. “Sunday night, I was sad because I knew I could never be Esther again after I walked off, but it was super fun. The bows of your closing night are always the absolute best.”



# The fault in our food

## THE TRUTH BEHIND WHAT WE EAT

### MEAT MADE MONSTEROUS

By Abbey Cadieux, Katelynn Mulder & Trevor Mieczkowski  
ASSISTANT EDITOR & STAFF REPORTERS

The World Health Organization has recently published a study that could cause some Americans to reconsider ordering their daily Meat Lover's Special. It now ranks consuming processed meats like bacon and ham one of the leading cause of cancer, next to smoking and drinking.

According to the study, certain meats contain the same deadly carcinogens (any substances that have the potential to cause cancer) as tobacco and alcohol. This was a contributing factor to senior Stephanie Godoshian becoming a vegetarian her freshman year.

"You can't expect to put these different hormones and chemicals into the animals and have there not be any consequences," Godoshian said.

Processed meats are staples of the American diet, especially in foods like ham, bacon, beef, salami, sausages and hotdogs. Almost all meat consumed in America can be considered processed.

"Processed meat is (meat) that (has something) done or added to the product to enhance its shelf-life or flavor. Regular meat has obviously nothing done to it," health teacher Ann Starinsky said. "When we think of processed meat, we typically think of lunch meat and things that are very high in fat, calories and sodium, things like that."

Enjoying a hot dog at the ballpark every once in a while will not cause cancer, but when processed meats are consumed daily, they could potentially be harmful to the consumer. According to foods teacher Stacy Kryzminski, the risk for developing colon cancer increases by 18 percent when a person consumes 50 grams of processed meat a day. This amount is less than two slices of bacon.

"The reasons are not clear however it stated the chemicals involved in processing could be the cause along with Carcinogenic chemicals that result from high temp cooking like on a BBQ," Kryzminski said.

According to Philly.com, the risk to contract colorectal cancer is 5 percent in non-meat eaters and 6 percent for regular bacon eaters. The 1 percent increase may seem insignificant, but it holds the ability to affect many people who eat a large amount of processed meat. Even if the chance to be truly harmed by the carcinogens is only slightly greater than a person who rarely eats processed meats, it is healthier to cut back on the daily servings of ham or other meat products.

An estimated 34,000 deaths from cancer each year could be due to a high-processed meat diet. Compared to the one million cancer deaths each year caused by smoking, having sausage with your breakfast is not a major issue when done in moderation, but still poses a threat.

Many meat companies add a carcinogenic ingredient called sodium nitrite to dye their meat red. This is done to meat to look fresher. Sodium nitrite is known to cause cancer, and in a 2005 study done by the University of Hawaii, it was shown to increase the risk of pancreatic cancer by 65 percent.



Foods containing sodium nitrite include frozen pizzas with meat, bacon, hot dogs and many others. In fact, nearly all red meat consumed at schools, restaurants and hospitals contain this chemical and another called monosodium glutamate (MSG) which is added to the products for flavor. It has been known to cause nausea, chest pain, numbness, and weakness (www.authoritynutrition.com).

Many people have given up meat altogether by becoming vegans or vegetarians. These diets lack many of the chemicals fed to animals so are generally healthier than eating processed meat.

"All the things (companies) are doing, abusing the animals, they're all so unnecessary," Godoshian said. "Giving them growth hormones and all these different chemicals. It was just sickening to me that not only was this happening to innocent animals, but that we were putting it in our bodies."



## Bottom Line:

### What's good:

<p><b>Organically produced meats</b></p>  <p>Focus on meats that do not contain any animal byproducts and come from animals that do not receive antibiotics or growth hormones.</p>	<p><b>Natural sugars</b></p>  <p>Stick to getting your sugar from foods that contain natural sugars, like fruits, vegetables and dairy.</p>
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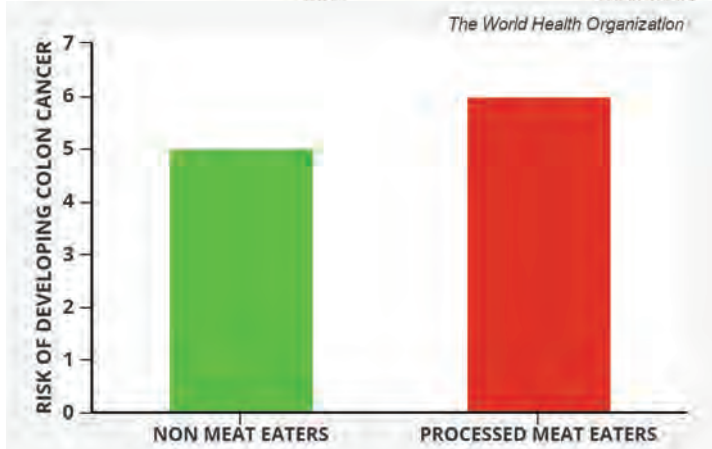
WIKIPEDIA

### What's not:

<p><b>Processed meats</b></p>  <p>Avoid meat that has been modified to either extend its shelf life or change the taste and the main methods are smoking, curing, or adding salt or preservatives.</p>	<p><b>Processed/Added Sugars</b></p>  <p>Cut out sugar that is added to food and beverages during production.</p>
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BBC

WIKIPEDIA



## FAST FOOD FLAWS

With over 50,000 fast-food restaurants in the U.S. alone, escaping cravings for a greasy hamburger or a sugar-loaded dessert can be a difficult task. However, before giving into those cravings one should know what they are actually eating.

There recently was an E. coli outbreak in several Chipotle restaurants which made 48 people sick in both Washington and Oregon. The source for the outbreak has yet to be identified, but it has been thought that the food was not washed thoroughly, leaving traces of bacteria. Even the tastiest and most well known fast-food chains are still, in fact, fast-food chains.

In the U.S. alone there are 48 million cases of food-borne illness that result in about 2,000 deaths a year (www.sltrib.com). There was another multi-state outbreak of E. coli in 2006 when 71 people got sick from food at the popular fast-food chain Taco Bell. E. coli outbreaks are the most common outbreaks that cause food diseases. Some of the unpleasant symptoms caused by the disease are vomiting and a high fever.

While steps to prevent these huge epidemics are taken, the fact is, fast-food is accessible to many people because of its low price. The fast-food industry has turned into a source of instant service for most American people. So when an outbreak does occur, more people are likely to visit and carry the disease with them.

"Fast-food is convenient, so people go to fast food as a means to satisfy their hunger," health teacher Ann Starinsky said. "They are not thinking about eating healthy."

Besides outbreaks of deadly diseases, obesity is another problem. A new study shows that the type of fast-food and other junk foods is not the cause obesity. It is the amount of the food that is causing health-

related issues (www.yahoo.com).

"Obesity is a major health risk that eating fast-food regularly contributes to. Eating fast-food regularly can cause high cholesterol and high blood pressure," foods teacher Stacy Kryzminski said via e-mail.

"A regular Coca-Cola that you order at a fast-food restaurant has 10 tablespoons worth of sugar in it. People don't realize how much sugar and how much fat are in these things," Starinsky said. "Unless you check out the websites of these fast-food restaurants, you really don't know what you are putting into your body."

The beloved McDonald's Double Quarter Pounder with Cheese weighs in at 42 grams of fat, including 19 grams of saturated fat and 1,300 grams of sodium, making the burger rank as one of the top unhealthiest foods on fast-food menus. By consuming this, a person is eating 95 percent of the daily recommended saturated fat intake for the day, and 56 percent of the recommended sodium value.

Unfortunately, fast-food chains are loading up their foods with saturated fat and sodium now more than ever. Consuming too much saturated fat and sodium is detrimental to one's health, increasing chances of Type 2 diabetes and strokes. Researchers have found that those who eat fast-food once a day are 80 percent more likely to get Type 2 diabetes or other heart diseases (www.ibtimes.com).

To kick the unhealthy habit of eating fast-food, Starinsky suggests starting slow.

"Baby steps, try and eliminate, if you're going to a fast-food restaurant four days a week, try and eliminate one day and see how you do, or try and add a vegetable or a fruit, in lieu of one of your high sugar snacks," Starinsky said. "But take it slow because it is hard to do because your body gets used to all these kinds of things."

## SCRAPPING SUGAR

America's cavity may finally be getting filled. After numerous studies and the occasional finger-wagging from health-conscious parents, the Food and Drug Administration (FDA) is recommending its first daily cap on sugar.

The FDA's proposed goal is to limit the average person's intake of added sugar to no higher than 10 percent of their daily calorie consumption.

The consequences of a high sugar diet may come as no surprise. Overconsumption yields many problems that are damaging to one's health, such as diabetes, high blood sugar, obesity and heart disease—just to name a few.

Many recent studies have exposed the true dangers of the foods Americans indulge on, sugar being one of the main culprits.

A study done by Dr. Robert Lustig and his team at the University of California San Francisco has shown that cutting children's sugar intake for just 10 days reaps shocking benefits.

Throughout those 10 days, the scientists reduced the dietary sugar intake of 43 children from 28 percent to 10 percent. They noted a significant drop of five points in the children's cholesterol levels and lowered blood pressure. Blood sugar and insulin levels normalized, drastically decreasing the risk of diabetes.

Something as simple as cutting out processed sugars holds massive perks. The challenge remains of how one can truly avoid added sugars. In America today, the answer is not quite simple.

Many products do not include separate parts on nutri-

tion labels to distinguish added sugars from natural sugars. Foods that seem "healthy" are hiding large amounts of sugar that the consumer may not pick up on.

The task of eliminating sugar from one's diet is difficult, but not impossible. For sophomore Kylee Banaszewski, the pros outweighed the cons during her month of no-processed-sugar diet.

"It was really hard at first," Banaszewski said. "It started to get easier as time went by and I started building up will power. (One thing that helped me was) my dad did it with me. It made me feel like I wasn't suffering alone."

Having a partner made her feel more accountable for not "cheating" and eating sugary foods.

Banaszewski notes that watching others devour junk food did not make the sugar-free month any easier.

"Seeing people around me having sugar all the time and knowing that I couldn't have it made it look even better," Banaszewski said. "I just reminded myself that if I did have sugar, I would be really mad at myself and I'd feel better when the month was over than I would if I had sugar and cheated."

Ditching sugar was not an easy feat. Along with feeling healthier Banaszewski felt better about her ability to complete the month without caving.

"It helped me not only to be better and healthier physically," Banaszewski said. "It changed my mindset on what I can and can't do. At first I thought it would feel impossible and that I would hate it, but I had a better attitude about it and now I know that if I want to improve myself then I can."

## Looking at the facts

The vials below provide a look at how much sugar and fat is in the foods Americans eat often. Displaying the amount contained in one serves as an eye-opener for what truly is unhealthy.

### Fat



### Sugar



REY KAM



# SOUNDS FAMILIAR

Although *Spectre* is a new movie, this is not the first time we have heard of the organization that the movie is named after. Spectre stands for the Special Executive Council for Terrorism, Revenge, and Extortion and is an international criminal organization. The first reference to Spectre was made in the first Bond film, *Dr. No* (1962) and in the novel *Thunderball*.

Ian Fleming, the author of the Bond series, wrote the novels during the Cold War. He did not want his novels to be dated if the Cold War ended before the production of the movies, so he created a politically neutral organization as a villain instead.

The next reference to Spectre was in *The Spy Who Loved Me* (1977) when Bond mentions what he was investigating in Toronto before the actual story begins. In the earlier novels and films, Spectre acted as a third party to the Cold War, but sought world domination beginning in *You Only Live Twice* (1971) and Spectre was working on another organization's behalf. In the movie *Thunderball*, Spectre can be seen helping both parties of the Cold War, a common strategy for the organization.

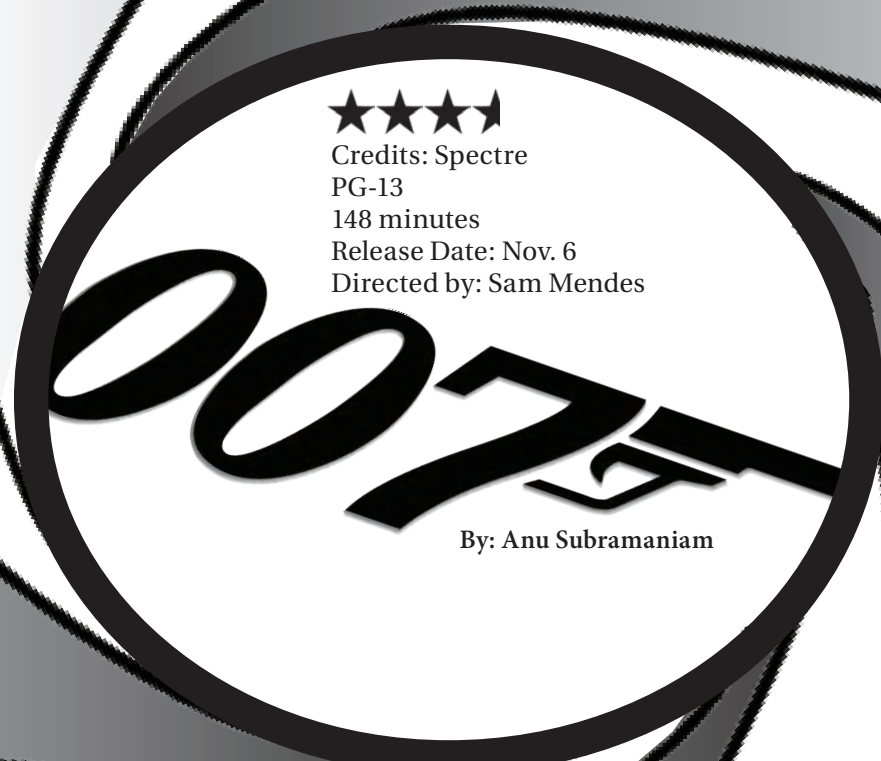
In previous novels and films, Spectre is headed by Ernst Stavro Blofeld, but is headed by Frank Oberhauser in this movie. Spectre is very prominent in the Daniel Craig-era of Bond movies. A subsidiary organization of Spectre, Quantum, appears in both *Casino Royale* and *Quantum of Solace*. Raol Silva from the movie *Skyfall* was said to be an agent of this organization as well. Spectre features the organization the most out of any other novel or film, but focuses more on the head of the organization itself.

## BEST RANKING SONGS

- (1) Duran Duran, "A View to Kill" (*A View to Kill*)
- (2) Carly Simon, "Nobody Does it Better" (*The Spy Who Loved Me*)
- (3) Paul McCartney & Wings, "Live and Let Die" (*Live and Let Die*)
- (4) Sheena Easton, "For Your Eyes Only" (*For Your Eyes Only*)
- (5) Adele, "Skyfall" (*Skyfall*)
- Won Grammy Award for Best Song Written for Visual Media
- (6) Madonna, "Die Another Day" (*Die Another Day*)
- (7) Shirley Bassey, "Goldfinger" (*Goldfinger*)
- (8) Tom Jones, "Thunderball" (*Thunderball*)
- (9) Rita Coolidge, "All Time High" (*Octopussy*)
- (10) Nancy Sinatra, "You Only Live Twice" (*You Only Live Twice*)
- (11) Shirley Bassey, "Diamonds are Forever" (*Diamonds are Forever*)
- (12) Sam Smith, "Writing's On The Wall" (*Spectre*)
- (13) Chris Cornell, "You Know My Name" (*Casino Royale*)
- (14) Jack White & Alicia Keys, "Another Way to Die" (*Quantum of Solace*)

WWW.BILLBOARD.COM

## THEME SONGS



Credits: Spectre  
PG-13  
148 minutes  
Release Date: Nov. 6  
Directed by: Sam Mendes

By: Anu Subramaniam

For each movie's title sequence song, the James Bond series has given freedom to a specific artist to produce a song. Though it is one of the few franchises that has done this, their methods have yielded positive results. There have been a total of 14 songs that have made it onto the Billboard top 100 songs, and one song that has even won a Grammy. This method was put into place for the second movie, *From Russia With Love*. In addition to the title song, there is the classic theme song which is credited to Monty Norman and was performed by John Barry and his orchestra in 1962.

Ian Fleming was a British author who created the fictional character of James Bond. Bond is a Royal Naval Reserve Commander and an intelligence officer in the Secret Intelligence Service (MI16). Bond was based on real individuals that Fleming met during World War II. Fleming's spy was named James Bond because Fleming originally intended Bond to be a dull, ordinary character who just happened upon adventure. Bond was written to resemble both Fleming and American singer Hoagy Carmichael.

Fleming started writing his first novel on Feb. 17, 1952 while he was at his home in Jamaica. Every year he would write during January and February while he was at his vacation home. His first novel was titled *Casino Royale* and was followed by 12 other novels and two short stories before Fleming's death in 1964.

## THE IMAGE

- (Left to right from photo below)
1. The Original: Sean Connery (1962-1971)
  2. The One-Hit Wonder: George Lazenby (1969)
  3. The New Kid on the Bond: Daniel Craig (2006-2015)
  4. 12 Years a James Bond: Roger Moore (1973-1985)
  5. Double the Trouble: Timothy Dalton (1987-1989)
  6. The Turn-of-Millennial Bond: Pierce Brosnan (1995-2002)

## BOND...

## ...HIS GIRLS

- 3 Italian
- 5 Swedish
- 10 French
- 15 American
- 21 British

- 1 Nuclear Physicist
- 2 Older than Bond
- 3 Were Killed By Bond

80% of those who didn't have relations with Bond lived 72% have had relations with Bond

32% Die in the movie

5% are in more than one movie

75 Bond Girls

WWW.GEEKTYRANT.COM



Black gloves. Pressed suit. Straight tie. Daniel Craig was dressed to impress as James Bond in the newly released *Spectre* and did not disappoint.

*Spectre*, the 24th installment of the James Bond collection, hit movie theatres on Nov. 6 and upheld the Bond legacy. This was the fourth movie with Craig cast as the British spy and was a culmination of his career as it prominently featured past characters and plot lines. If you haven't seen Craig's previous performances as the licensed-to-kill spy, the movie might not make sense for a few moments, but don't let it discourage you. Stick with it.

Following an order from the now-deceased M, Bond started his adventure in Mexico City during the Day of the Dead parade. The movie took almost 30 minutes to reach a captivating pace, as there was a lot of background that led up to Bond's infiltration of the organization Spectre. The thickening plot was enhanced by Craig's best performance as 007 yet. He seemed calmer, cooler and more collected than any of his past movies, really capturing the Bond persona. His charismatic performance carried him through several escapes, notably the car chase that followed his being recognized by Spectre's leader, Franz Oberhauser (Christopher Waltz) after he snuck into their meeting in Rome.

Bond's rendezvous in Rome and Mexico led him to Austria, where a deal with an assassin resulted in him being bound to protect the Oxford-educated Miss Madeline Swann (Lea Seydoux). Swann was the movie's leading Bond girl but could not compare to the seasoned Craig. His female counterparts in previous movies were strong, and Swann fell short of expectations with a more wholesome, innocent performance that went against the typical



sultry casting. Her constant analysis of Bond and why he remains Britain's number one assassin gets old after the first go round and is frustrating to those die-hard Bond fans who don't want to see the spy lock up his bullet-proof car and turn in his guns. The attraction between the two actors felt forced and did not equal the realistic special effects this movie had.

From the bevy of explosions to Bond racing down the streets of Rome, the action felt real. It was enough to keep the audience at the edge of their seats, but not enough to scare them, since Bond always makes it out okay.

Swann's redeeming quality was her ability to keep up with all the action in the film. The pair traversed from snow-capped Austrian mountains to the humid deserts of Morocco, with Swann proving she is able to handle herself, just not her wine. They weathered explosions, hand-to-hand-to-door combat and Oberhauser's plan in a cohesive manner.

Craig's last performance was truly his best, but despite it all, the ending did not live up to the rest of the movie's enthralling nature. It seemed like a Band-Aid for all the wounds Bond has gathered over the past few decades—it was too final.

This installment in the 24-movie franchise kept the same general plot lines as the others, though was not as interesting as *Skyfall*. However, the characters were more multi-dimensional and were more able to elicit an emotional response from the audience. The action was more entertaining, the special effects at their most advanced, and Craig was at his peak. The theme song didn't live up to Adele's Grammy-winning "Skyfall," but it was enough to draw you into another great addition to the 50-year legacy.

WWW.CINEMABLEND.COM



# ON

The top 10 things this week that we can't live without

# POINTE

By Lindsey Ramsdell  
ASSISTANT-EDITOR



WWW.KIDSFIRSTINITIATIVE.COM

4

News  
HAMTRAMCK CITY COUNCIL

All eyes are on Hamtramck as it became the first city council in the nation to have a Muslim majority on Tuesday, Nov. 3. The switch in racial majority in the traditionally Polish-dominated Hamtramck area has created some tensions.

3

ALBUM  
WAKE UP

After their first album ranked highly on the UK and Irish top charts, The Vamps' second album will release Nov. 27. The British boy band's music sports a One Direction-esque sound and is predicted to match their success.



WWW.TWITTER.COM

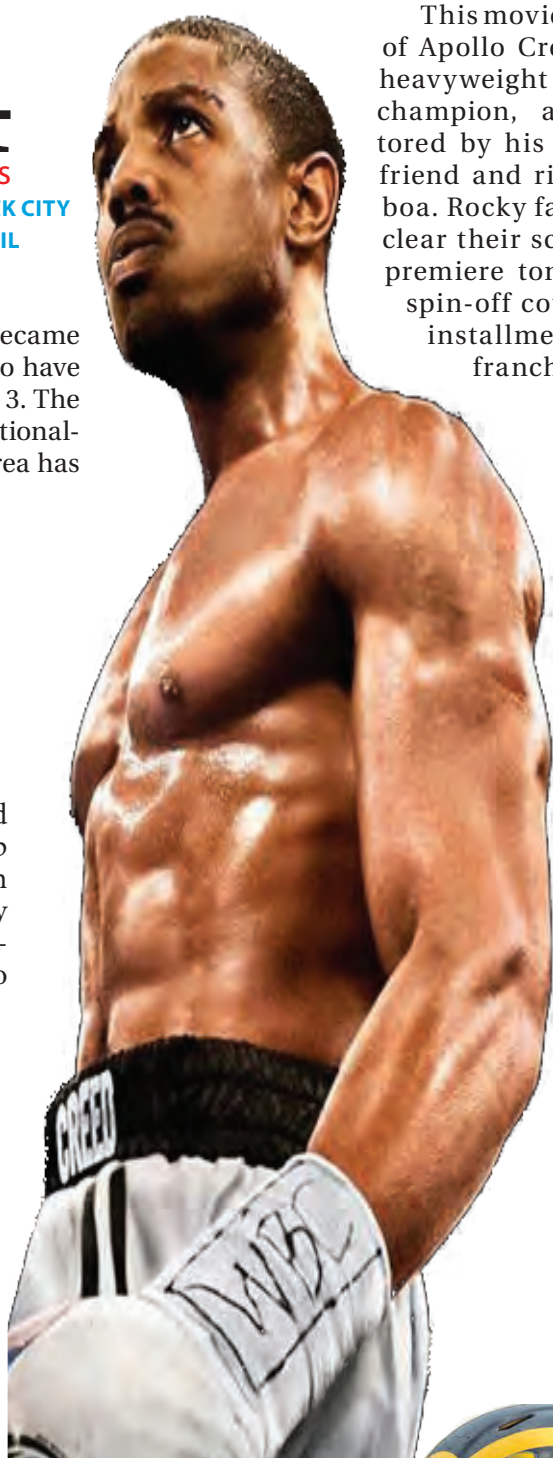
2

TV Show  
SCREAM QUEENS



WWW.FOX.COM

Tune into Fox today at 9 p.m. to watch the horror-comedy show's dramatic season finale. The killer that has been terrorizing the show's sorority sisters will finally be identified.



WWW.FACEBOOK.COM

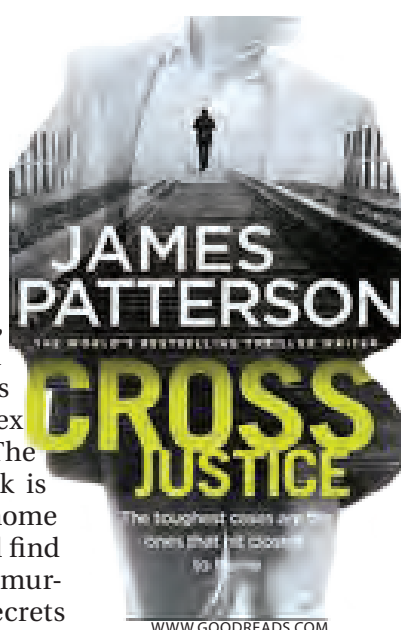
1  
Movie  
CREED

This movie follows the son of Apollo Creed, the former heavyweight boxing world champion, as he is mentored by his father's closest friend and rival, Rocky Balboa. Rocky fans may want to clear their schedules for the premiere tomorrow, as this spin-off could be the final installment in the *Rocky* franchise.

7

BOOK  
CROSS JUSTICE

Yesterday, James Patterson published his twenty-third Alex Cross thriller. The most recent book is set in Cross's home town, where he'll find himself chasing murderers and the secrets of his family's past.



WWW.GOODREADS.COM

8

TV SHOW

JESSICA JONES



WWW.IMBD.COM

The latest Marvel series explores former superhero Jessica Jones' life as a detective. It is now available on Netflix (binge watchers beware).

10

Event

UNIVERSITY OF MICHIGAN VS OHIO STATE



WWW.TWITTER.COM

The University of Michigan football team finishes its regular season with a game against rival Ohio State this Saturday. In case you weren't able to get tickets to the Big House, the game will be available on the Big Ten Network.

9

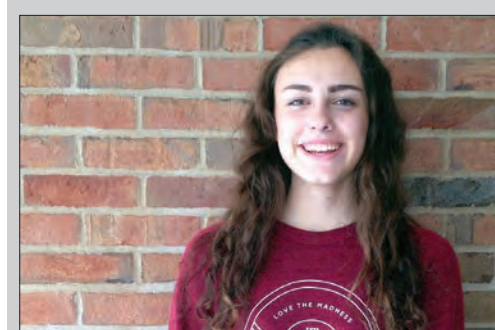
Event

THANKSGIVING DAY PARADE

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## Social awareness for self-benefit

By Mora Downs  
ASSISTANT EDITOR

Around the holidays, food kitchens are overflowing with turkeys and hams, and churches are overstocked with perfectly-wrapped presents for those who can't afford them. It's the holiday season, and perhaps we feel bad for those in need because it's a time for love and family that can often be too expensive. Or maybe we just feel pressure from those around us.

Social media doesn't only allow people to flaunt what they have, but also brag about their high moral character.

The truth is, people tend to help others when it is beneficial to themselves.

A perfect example for this charitable phenomenon is the ALS Ice Bucket Challenge craze of the summer of 2014. High-profile celebrities did it, so we did it. But if we hadn't been nominated by one of our friends to film a video pouring ice water on ourselves and post it on Instagram, would we have donated? Probably not. Amyotrophic lateral sclerosis, for those of you who didn't bother to learn what ALS stands for, is a disease in which the motor neurons degenerate, which ceases voluntary movements. This disease is usually fatal. ALS is not the same thing as a North Face parka or pair of new Uggs. It isn't something that's in or out. But, since it's not the "hot" thing anymore, we don't pay much attention to it.

On Nov. 13, Paris fell victim to devastating terrorist attacks and the world stopped to mourn them. People all over the world put a red, white and blue filter over their Facebook

profile pictures and posted Snapchat stories with the "Pray for Paris" geofilter to publically display their respect for the victims. However, back in April, 147 college students were killed at Kenya's Garissa University College by Islamic extremists. This is the largest number of people killed in Kenya since 1998. But, the topic only began to trend this week—seven months later—when the atrocity's lack of coverage was compared to that of Paris' overwhelming support.

ISIS, responsible for the shooting in Paris, also targeted Beirut a day prior. The suicide bombings that occurred killed 44 and wounded over 200 more. Beirut's tragedy, like the shooting in Kenya, has amassed significantly less media buzz with just as dire consequences. The world is lacking in cedar tree geofilters and black, green, white and red filters for our profile pictures. Since the Paris attacks have coveted most of the media and celebrity attention, it has captivated most of ours as well.

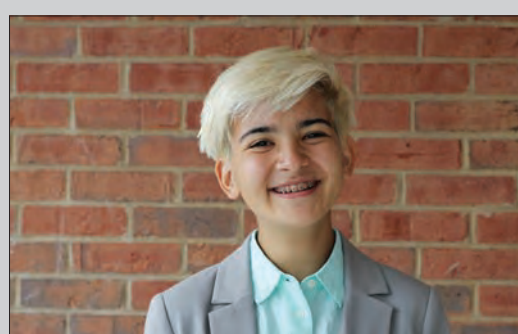
Although our only connections to these events is what we post on social media, our delve into the world of good deeds can go further through volunteer work. But effects of their works benefit more than their intended recipients. Many teenagers only volunteer because it looks good on paper. It's no secret that colleges love to see charity work, and service hours are required to maintain an NHS membership.

Maybe I'm part of the problem too. Like most of the kids my age, I doused myself in ice water and I know that volunteering is essential for me to be accepted to a great university. I was a part of a seemingly selfless pack of people, and we basked in our charity work together.

But I don't need recognition for what I do. None of us do.

As the holidays are approaching and you feel the sudden urge to go out and do something nice, remember that if someone is starving on Thanksgiving, chances are they're hungry the other 364 days of the year as well. There's nothing wrong with wanting to help others around this time of year, but people need help year-round. Trying to make a difference in the world shouldn't be treated as a fad. No one horror is more deserving of our time, respect and attention than another.

The point of volunteering is to help others, not your image.



By Rey Kam  
EDITOR-AT-LARGE

## Afraid of love

Listen children, and I will tell you a tale. A tale full of mysterious rituals and fictitious consequences.

It all begins with two young boys, two best friends. They were inseparable, never seen apart except in the comfort of their own homes, and sometimes not even then. From the moment they met at the tender age of five to their adolescence they were carefree as the peas in a pod they were so often likened to.

But even peas in pods have fears.

It was fabled that young boys would lose their friends to a mystical being known as "Homo" if they didn't repeat a charmed phrase at specific times when they were together. And so the boys repeated the magical words every time.

"No Homo," they would say. "No homo, man."

And their friendship existed like this for many years. The two friends wouldn't admit it, but they began to feel uncomfortable even doing anything that might require them to say the charm, lest they forget it and lose each other forever. Unfortunately though, teenage boys are not exactly the best at remembering things, and as you might have guessed, something went wrong.

The first boy had been anxiously pacing, trying frantically to fix his hair before attempting to woo a girl he liked, when the second had reassured him.

"Chill out, dude," he said. "You look great, ok? There's no way she'll..."

He was snatched mid-sentence and locked in a closet for 10 years. When he returned, nobody would speak to him, and his best friend pretended not to know him. That's the price of not saying "no homo" when you compliment your bro.

Man, it is really hard to fool you guys these days. You're right, I made it up.

I mean, really? There is no monster that threatens boys who are affectionate with their friends, and barring some kind of bizarre kidnapping situation, there never will be.

So why in the name of all things athletic do young people across the country feel the need to say "no homo" after expressing love for their friends? It's not that I don't see the weird, homophobic logic behind it, but I'm not a fan.

Basically, it reduces all kinds of complicated emotional responses and types of affection and attraction to stereotypes and extremes. By this logic, anything that could even be loosely considered gay has to be avoided, explained away, or be followed by the versatile "no homo," lest it be mistaken for a romantic advance.

The only way I can even wrap my head around people thinking this way is that there's been a miscommunication about love.

There is more than one kind of love. There are degrees of love, and not everything is about romantic or sexual attraction.

To put it another way, wanting to hug your friend because you're happy to see him is not crossing any sort of line into a nonexistent Homo Zone®. Telling a friend he looks good today is not a breach of the Platonic Relationship® you've developed. It's a compliment. You're straight—not blind.

Or maybe you aren't straight, but that's your business. Your relationships are your own. If you're really worried about outsiders misinterpreting whatever you just did, don't. You should feel at home with your friends, otherwise there's no point in having them.



NORTH POINTE

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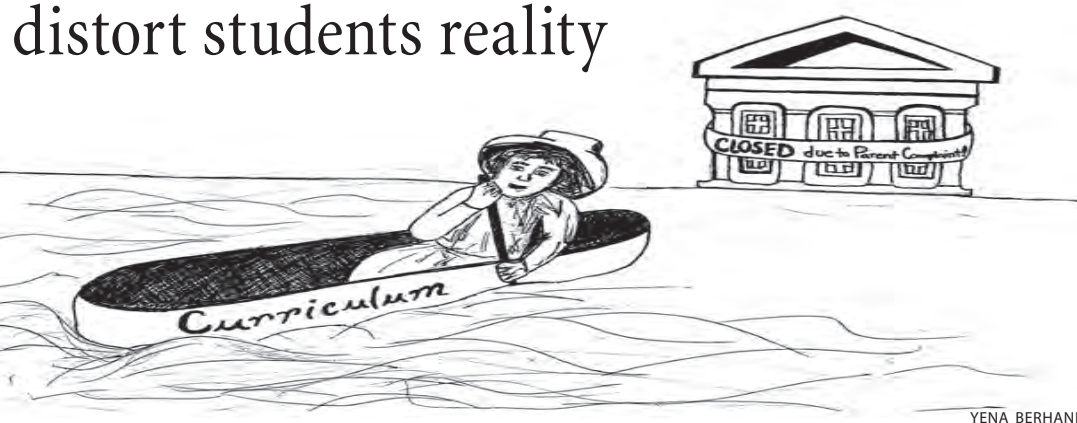
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# Opposition to curriculum could distort students reality



The saying goes, “Those who don’t learn from history are doomed to repeat it.” On Oct. 26, the English Department chairs had a meeting at South to address a parental complaint about *Huckleberry Finn* being in English curriculum. The novel is required reading for Honors American Literature, a sophomore course. A South parent felt that reading the novel in a classroom setting was more problematic than beneficial. This was the furthest a parent complaint concerning this work has gone in many years. The individuals at the meeting discussed the issue and decided to keep *Huckleberry Finn* in the 2015-2016 curriculum, and will revisit the issue during the standard English curriculum review next year.

If *Huckleberry Finn* is removed from the curriculum, a whole grade would miss out on reading a piece of classic literature. However, the main concern is not that next year’s sophomores won’t be reading one of Mark Twain’s great American novels. The concern highlighted in this conflict is that a single parent complaint could potentially change the district’s whole curriculum. Yes, *Huckleberry Finn* is a controversial novel. It has been banned in many districts and is infamous for its explicit and derogatory language. But, before reading the novel, teachers address the situation and ask students to tell them if they are uncomfortable. We are briefed on what we, as students, can expect and are told how this novel is a crucial part of classic American literature. There are seldom other novels that use historical language in a satirical manner to discuss racial issues.

Should students miss out on a crucial part of classic American literature because a single person had concerns? This also has been a longstanding debate, so we won’t beat the dead horse any longer. The real issue is trying to amend our curriculum because it covers something shameful or abominable from the past. Students don’t learn from pretty pictures and a perfect storyline. We are taught from a young age that we should learn from our mistakes. Getting rid of history’s mistakes hinders our learning. We aren’t getting a real-world education if we aren’t learning about the real world. It’s pretty likely you’ll hear a sample of the explicit language used in the novel at least once in the hallways. And if we can get rid of *Huckleberry Finn*, there is not much to stop the whole curriculum from unraveling. *To Kill a Mockingbird* could be next, or even *Catcher in the Rye*.

Getting rid of books in our curriculum is not a

mature way to handle problems we see. Problems don’t just disappear, and we shouldn’t force them to, either. We have to learn to discuss the issues and be able to move on from them. This district has some students who are legally adults. If they want to emotionally be adults as well, they should not be taught that complaining is the way to fix all the situations they have issues with in life.

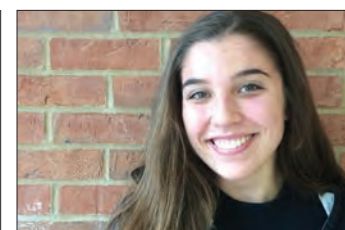
It’s even happening at the college level. A “white girls only” Halloween party at Yale raised some eyebrows, especially when a housemaster’s wife, Erika Christakis, responded to the situation with an email saying that monitoring people’s Halloween costumes is not her job. She went on to add that adults have the freedom to dress as they want, it is their job to figure out what is appropriate, and they should find a way other than throwing a tantrum or making a big fuss, to handle others not doing so.

There was even a childish response to the University of Missouri’s president’s slip-up. A graduate student went on a hunger strike, and that was followed by the football team making their playing in the university’s next game contingent on the president’s resignation. It sounds almost like a two-year-old telling his mom he won’t eat his broccoli unless there is dessert at the other end.

History, classic literature and controversy are all based on real events that are still happening today. We have to face these real-world issues, and there will be a time when we have to form our own opinions about them. School should be training for us so we learn to cope with controversial situations and respond appropriately—like adults.

We aren’t saying that student comfort is to be ignored, but we are saying that in today’s competitive world, comfort takes a back seat to knowledge. We compete with kids from dozens of other nations, and having them know more about our culture would not get us anywhere. Many of these issues that seem outdated are actually still prevalent. Glossing over them in history or literature class makes us unaware and unable to participate. If you were told that you didn’t need to know about #BlackLivesMatter or the terrorist attacks in Paris this past weekend, you would most likely disagree. This standard should be applied to all of our nation’s history and our curriculum.

Mark Twain said, “I never let my schooling interfere with my education.” Slavery, violence and discrimination are all a part of this nation’s history. They don’t define the nation, and they shouldn’t define our education.



## Enjoy the moment

By Anna Post  
ASSISTANT EDITOR

Picture this: you visit some place tropical for a family getaway. As you walk along the beach, your mom can’t help but ask you to stop and smile for the camera. You’re annoyed, but as you look around, you notice that everyone at the beach is doing the same thing. Your mom goes to the greatest extent to capture the perfect picture making sure to get every angle so that the memory will be remembered just as it was captured.

Admit it, nothing is better than an action shot of yourself at a tropical destination. But, it seems that today vacations are about the pictures more than the memories that follow.

With the holiday season afoot, I am reminded of the continuous posts all throughout the social media-sphere of friends visiting tropical destinations that make me wonder if people are actually creating memories other than through a camera lens.

Every place you go to, people are focused on taking a perfect picture more than the time spent enjoying what’s right in front of them.

During my trip to Quebec a year ago, I found it almost impossible to put my camera down. I took pictures—maybe too many—and personally regretted many of the photos taken simply because I can’t remember why I even took them in the first place. Although cameras are a must-have while traveling, they shouldn’t be used to take pictures of everything in sight, they should be used to capture the moments that mean more than just a waste of film.

People have this constant need to take pictures of every place they go simply because they want to remember it. However, one doesn’t need multiple pictures of themselves at their vacation destination to remember that exact feeling they had.

According to a new study published in *Psychological Science*, taking a picture of something actually makes it more difficult to remember the event. One participant for example, took a picture of one thing as a whole and instead of remembering everything else around that one object, the participant remembered less than they were to if the picture wasn’t taken.

We all are “snap-happy” when it comes to certain things, but when it comes to vacations with friends or family, you’re guaranteed to cherish the memory more than you would have behind your camera.

Whether it is taking pictures of yourself and friends or your mom trying to capture the perfect family photo for your Christmas card, taking pictures isn’t forbidden, but it’s just something that should be done in moderation. Your vacation is your vacation, meaning you get to spend your time anyway you want. Whether you would prefer to experience Keep in mind that creating memories and living in the moment is better than capturing an “Instagram-worthy” image for your profile picture.



“I think it’s a good idea to cancel Black Friday because I know a lot of people died last year.”

Warren Galloway  
FRESHMAN



“I don’t go Black Friday shopping, but I think stores should be open cause they make a lot of money.”

Lauren Oshee  
SOPHOMORE



“That’s ridiculous. We need to get everything on Black Friday. That’s the day stuff is on sale. They need to be open so we can come and buy stuff from them.”

Kelvin Lavarette  
JUNIOR

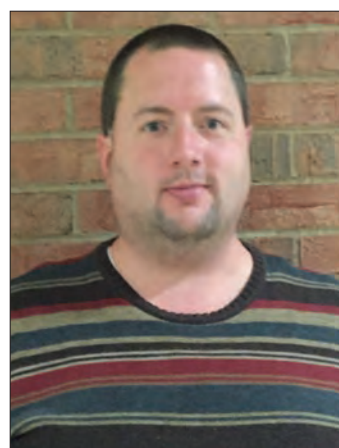
## YOUR TURN: How do you feel about stores being closed on Black Friday?

By Darcy Graham  
INTERN



“Well, I don’t go Black Friday shopping, but it might make sense for stores because people get pretty crazy, and they don’t want to deal with that.”

Emily Brown-Baker  
SENIOR



“It’s both ways, I like going to get the deals but I think it’s time that you should be spending with your family.”

Jason Wolfesen  
WEBMASTER



“I’m not really a big shopper so stores can do whatever they want.”

Debbie Figurski  
SECRETARY

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# Volleyball momentum spikes at state tournament

Yena Berhane  
EDITOR-AT-LARGE

For the second time in North's history, the girls varsity volleyball team advanced to the state tournament. After winning at regionals, the team moved on to the 2015 MHSAA Volleyball Tournament, but lost to Novi in the quarterfinals on Tuesday, Nov. 17.

Slowly picking up throughout the season, the girls made their way into playoffs after winning in three games against each of the three teams. The achievement took junior Stephanie Roy by shock.

"We made it to districts, and we realized we could make it further," Roy said. "We scouted the other teams, we found out their weaknesses and strengths, and we used that in practice, and it paid off."

A change in the district's structure this year meant that for the first time, the girls did not see high-end teams like Grosse Pointe South in their division. Instead, they faced schools in the lower MAC division, making it less difficult than usual.

Their win against Lakeshore in the district final, and Bloomfield Hills in all four sets in the semifinals, sent them to the regional finals against Stevenson.

"We played Stevenson earlier this year, but that was probably the worst game we played all season. We weren't functioning as a team at all, and we actually lost," senior Lauren Lesha said. "But we can definitely beat this team if we play at the level we've been playing at recently."

The team appreciated the opportunity to play in the final game, and their positive energy carried them through the tournament.

"This is the farthest we've made it in so long, and everyone just wants to keep going, and obviously beating Bloomfield Hills High School, they were rumored to possibly win the whole entire tournament, so beating them was huge, and we're all really excited about how the tournament's been going," Lesha said.

With the rest of the season at stake, the team crushed Stevenson, winning three

out of five games. They lost the first game 16 - 25, but were able to rally and win the next two games. Stevenson won the fourth game, raising the match's intensity, but North made a comeback in the final game and were named regional champions.

"Lucy sets it up to me for a 31, which is a type of hit," captain Erin Armbruster said about the final point. "Then I hit it, and it's a kill, and we win. It was crazy because Lucy is my best friend, and we've been playing for so long that it was just cool to have that teamwork and friendship there, always on the court, which really means a lot to me and makes it so much fun."

Throughout the season, head coach Chelsea Brozo enforced accountability for one another, leading the girls to develop their own capabilities while improving the team as a whole.

"These girls have worked hard, have a lot of heart and love the game they are playing. They don't let each other fall in practice. They pick each other up and push harder than the day before," Brozo said. "Bad habits have been broken, re-learned, emphasized and executed."

Placing within the top eight in the state and preparing to play number-one ranked Novi, the girls focused on putting all their effort into their first game of the tournament.

"By this point of the season, our talent and our teamwork is just going to shine through. I don't think there's much more preparation that you can do, besides scouting the other team, that can get you prepared," Dodge said. "It's more on our team, just going out there and playing how we play, and that's what we do."

Although unsuccessful against Novi in the quarterfinals, the team made history, advancing to state for only the second time ever. The first was in 2008.

"It was very intimidating being there, but it was a really great experience, especially because we haven't been to states," sophomore Abby Kanakry said. "I feel like as we've played, and as we've progressed, we could definitely do it again, and it'll be fun to see how we do next year."



TOP: The team celebrates its victory by cheering around the Regional Championship trophy.

LEFT: Junior Stephanie Roy stands in a ready position during the girls regional championship match.

BOTTOM LEFT: Senior Lucy Dodge sets up to serve the ball.

BOTTOM RIGHT: Senior Erin Armbruster spikes the ball to Stevenson.



## TURF'S TOUCH

Studies now warn that artificial turf used for athletic events may cause harmful side effects, including links to cancer

By Josie Bennett  
STAFF REPORTER

Artificial turf was introduced to the sporting world in the 1970s as a new alternative to grass. But recent studies have caused speculation that perhaps it's not so great.

A *USA Today* High School Sports story covered a coach's quest to find people who have been affected by cancer after playing soccer on synthetic surfaces. University of Washington associate women's soccer coach Amy Griffin discovered 63 former soccer players who played on artificial turf and were diagnosed with cancer.

Griffin's research raises the possibility that artificial turf might actually be toxic. With its widespread use, this conclusion carries several implications.

Artificial turf is made from recycled tires. According to the Environmental Protection Agency, tires contain mercury, lead, benzene, polycyclic aromatic hydrocarbons, arsenic and other chemicals.

"Mercury is definitely a toxic carcinogen," chemistry teacher Kristen Lee said. "Lead ... is toxic, arsenic we know is poisonous. These are all carcinogens."

Carcinogens are any substances capable of causing cancer. The levels of these chemicals in tires is low, so low that they aren't even considered to be detrimental to athletes overall health.

Turf also contains volatile organic compounds, which are usually man-made chemi-

cals that can secrete gases. Studies have shown, though, that the gases produced by turf aren't in high enough volume to be harmful.

Other studies have stated that turf has harmful properties, but the data was always too undefined to make firm conclusions. So as of now, there is no solid study with evidence proving the danger of turf—just data speculation.

Athletic trainer Sarah Florida said she isn't worried about turf and negative effects on athletes' long-term health. She has come across the common issue of turf burn, but this is nothing more than an abrasion of the skin due to force and friction.

While she doesn't see turf as a deadly material now, Florida does make a point that student athletes should be careful to not ingest turf particles and should clean all cuts and abrasions thoroughly.

"Out of precaution ingesting turf particles should be avoided, due to the chemical exposure," Florida said via email. "Further research is needed to define what turf can actually do to a body, but in the meantime, it's better to be safe than sorry."

Math teacher and soccer coach Eric Vanston believes these findings might be of concern, but he's hesitant to make a quick assumption and believes more research should be conducted.

"One most important thing in all sports is the boys being healthy and keeping them safe," Vanston said. "When I saw the study, I wouldn't say that it scared me. The num-

bers showed a correlation, but they weren't so large that I thought ... right away we need to stop this, but it caught my attention."

Current research is ongoing and risks aren't proven, so for now, turf has more benefits than drawbacks. In addition to making the field look more professional, turf provides a reliable surface for sports. It doesn't become ruined in rainy weather and can withstand the constant use from multiple different styled sports. It also increases speed and makes it easier for players to utilize the field.

Student athletes junior Jackie Veneri and sophomore River Kirklan see their fair share of artificial turf, and they have never thought of it as dangerous.

"It's kind of rough, but it's also better than the grass because it gives you more traction and it doesn't wear down," Kirklan, who plays football, said.

Veneri plays field hockey and also shares this view on turf efficiency. She believes turf provides easy mobility with her field hockey equipment and makes her playing more accurate.

So, until there is a solid study proving turf is harmful, athletes, trainers and coaches alike are less likely to take the recent concerns to heart.

"At this point, I professionally feel turf has more pros than cons," Florida said. "With this being said, continuing research is certainly warranted to ensure safety of those in contact with turf regularly."





ABOVE: The Casali dance team performs a kickline at a holiday show last year. "We have started our rehearsals. There were a couple full-day five-hour rehearsals in August and September to learn the dances," junior Maggie McEnroe said. "Also, throughout the week, if we need it, like before big shows, we usually end up having rehearsals."



ABOVE: "Over the years, I've spent so much time at Casali that I consider it my extended family," Casali dance teacher Melissa Hillmer said. "I may not have children of my own, but I call my students my kids because they become such a huge part of my life."

## Casali dancers kick off holiday season

By Bella Lawson  
STAFF REPORTER

Animals won't be the only thing entertaining children and their families at the Detroit Zoo Nov. 29. The Casali School of Dance's Holiday Dancers will be performing for the first time at the zoo's Wild Lights event. Dance teacher Anna Casali said she's excited for the team to perform.

"We love spreading holiday cheer through our dancing. The dancers are excited because more of their friends and families can attend," Casali said. "They will also be able to dance for all ages that will attend the event."

The zoo called the dancers a few weeks ago and opened up a new opportunity for them by inviting them to perform.

Junior Maggie McEnroe, a dancer for Casali's Holiday Dancers, believes this is an accomplishment for the whole team.

"The team that we are on is basically a nonprofit for just dancing at different nursing homes and bringing a lot of cheer to their holidays because a lot of people don't have anyone that comes to see them

at all," McEnroe said. "It's just kind of a big deal that we have our entire team being invited to perform at the zoo."

The holiday team is accustomed to performing at nursing homes, visiting and cheering up those without family on holidays. They began the annual tradition in 1997.

"Seeing people's reactions to it and being happy that we're here dancing for them—it's just really nice to feel that way," junior Beth Montagne said.

Casali dance teacher Melissa Hillmer is proud to be dancing at the Detroit Zoo.

"I believe every performance is an achievement, and I feel so honored that the Detroit Zoo has asked us to perform there. This is one of the biggest achievements in my entire dance career," Hillmer said. "I can only think of two other events that were more important: in 2000, we were asked to perform a competition dance at the Galaxy Theater in Disney World, and in 2014, we danced for Rita Moreno at a West Side Story anniversary special at the Redford Theatre."

Practicing for their holiday shows since September, the team had an intense three-day workshop and then rehearsed three hours weekly in preparation for

this event. McEnroe considers working with these girls and teachers as a reward.

"It's not an audition team, but it's more of a 'when our teacher thinks that we understand the importance of being on this team and understanding how great it is to be able to go to these nursing homes and dance at Toys for Tots and at Redford Theatre.' So, you have to be at a maturity level where she asks you to be on the team," McEnroe said. "You can't just 'be' on the team one year. She has to ask you to join."

This opportunity reflects what dance means to Hillmer.

"Dance means the world to me ... I may not be the best dancer, but I love it with every fiber of my being. Dance is in my heart and my soul—it is my passion, and I'd be lost without it. Dance is everything. Dance has taught me discipline, respect and open-mindedness," Hillmer said. "It helped mold me into a strong, independent woman with a professional, determined work ethic."

Contributing Tommy Teftsis & Caitlin Bush



JEFFREY GIRBACH



JEFFREY GIRBACH

## Senior gymnast swings back following injury

By Billy Moin & Sonny Mulpuri  
EDITOR & INTERN

As the beginning of competition season approaches, senior Ethan Campion is gearing up for another year of gymnastics.

Campion proved to gain some success over the years. He qualified for junior Olympics, which are run by USA Men's Gymnastics, for four years in a row. After missing the end of his last season because of a shoulder injury, Campion's goal is to make the competition cut one more time before he graduates.

Campion started gymnastics when he was 3 years old and is now in his eleventh competitive season. His mother, Elizabeth Campion, was the one who originally encouraged Ethan to become involved in the sport.

"When he was little, he was always climbing on things, and he started doing flips on my bed," Elizabeth said. "I was worried about him being safe ... so I took him to a gym to start doing classes."

For male gymnasts, there are six different events to compete in, including floor exercise, pommel horse, still rings, vault, parallel bars and horizontal bar. Competitors perform their routines and are given points based on the difficulty and how well they execute it. Whoever scores the most points wins.

Through gymnastics, Ethan has gained the ability to focus on things outside of the sport.

"It's really made him the person he is ... when he was younger, it was hard for him to focus (in school), and it was hard for him to sit still," Elizabeth said. "Gymnastics has always been a thing he has been able to focus on."

Over time, Ethan grew to enjoy the sport and has stuck with it since then. However, despite having 10 years of experience competing, Ethan still gets nervous before an event.

"It's kind of nerve wracking, and there a lot of emotions," Ethan said. "It's pretty scary, but it's still fun."

Ethan says the sport has made him stronger, helped him learn how to deal with other people and provided opportunities to travel. However, gymnastics became time-consuming.

It doesn't help that his practices are 45 minutes away. Ethan competes for the Olympia Gymnastics Academy, located in Shelby Township. While there are closer gyms he could go to, Ethan goes to Olympia for the coach.

According to Elizabeth, Ethan used to be on All World Gymnastics, but when the coach, Brandan Ulewicz, moved to Olympia, Ethan followed.

"The coach pushes him to succeed without being mean like some coaches out there," Elizabeth said. "His coach isn't like that. He really encourages the kids, but he can be a lot of fun, too."

However, just because Ulewicz uses a more positive coaching style doesn't mean Ethan takes gymnastics lightly.

Ulewicz says that Ethan is extremely serious, focuses on what needs to be done and doesn't back down from challenges. Ulewicz believes this is what has allowed Ethan to succeed in a sport where being timid and losing focus will hold people back.

Ethan's attitude has helped shape the team. Sal Izzi, a senior at L'Anse Creuse High School, says that Ethan pushes everyone to improve and has made the team better.

According to Ethan, the team motivates him just as much. "My biggest inspiration would have to be the guys I hang out with because we all strive to make each other better," Ethan said. "We challenge each other, and we have a good time with it."



JEFFREY GIRBACH

TOP LEFT: Senior Ethan Campion holds himself up on still rings.  
TOP RIGHT: Campion performs traditional double leg work on a pommel horse.  
ABOVE: Campion does a handstand on the parallel bars.



# POPPING THE BUBBLE: Baby it's cold outside

Each issue, we bring you some fresh activities and places to try during the cold weather outside of the G.P. community

## Garden Bowl

Asia Simmons  
INTERN

Glow bowling offers a modern twist on a classic game. Bowling in a dark atmosphere with a great choice of music and a hint of colorful neon lights emitted from the bowling lanes, carpets, pins and balls is a very interesting experience, but it isn't mind-blowing or life-changing.

Also known as cosmic bowling, glow bowling is typically classified as a tough sport, but has no professional leagues. However, there were several teams playing against each other at Majestic Cafe, a local multiplex located in Midtown with a bowling alley called the Garden Bowl 100.

While glow bowling can relieve boredom during a cold winter day, its expensive price of \$25 per game is a drawback. This price doesn't include the additional \$6 for bowling shoes or any food or drinks being bought at the alley. Bowling at the Gar-

**Bowling with a twist: Garden Bowl offers a fun glow-in-the-dark experience for everyone**

den Bowl would be more suited for larger groups to divvy up the price, but for hanging out with a few friends, a classic game of bowling would provide just as much entertainment for a cheaper price. At the end of the night, the bill ran about \$75 for just two people.

The games usually last between 30 minutes and an hour, depending on how many games you would like to play or how much money you would like to spend.

Bowling in the dark is an interesting variation, since reduced visibility means players are unsure if they bowled a gutter ball or a strike. It also creates some competition with the unknown competitors in the next lane. Glow bowling also offers the advantage of getting an experience on a different side of the bowling world. The glow-in-the-dark effects enhance the fun of the recreational sport.

There isn't a significant difference between regular bowling and glow bowling except for the price range and the different color lights. However, for those who like to get out on a Friday or Saturday night to bowl with family and friends, glow bowling offers a fresh and different experience for those who are tired of the classic version.



By Emma Puglia  
WEB EDITOR-IN-CHIEF

Stepping into this eclectic arcade, viewers are automatically overwhelmed with possibilities. Marvin's Marvelous Mechanical Museum, located in Farmington Hills, is a one-of-a-kind mish mash of antique games, interesting animatronic dummies and a unique ambience.

The locale's owner, Marvin Yagoda has collected vintage coin-operated machines since 1960, and wished to display his assortment of gadgets to the public. He opened his location in 1990, and it is now listed in the World Almanac's 100 most unusual museums in the United States.

Marvin's offers a range of games from ancient to modern, including pinball machines from the 1960s, a flat-screen sized version of Fruit Ninja, classic skeeball and various fortune-telling robots.

It's easy to find hidden gems around each corner, such

**Marvin's Marvelous Mechanical Museum displays everything imaginable under one roof. It's weird, but a good weird**

as performances from miniature figurines for only a penny, or a statue of the world's tallest man, Robert Pershing Wadlow, at almost nine feet.

Not only is there entertainment in the form of striking sights, but visitors can win tickets from more contemporary games and exchange them for a selection of prizes. Marvin's offers typical arcade gifts, ranging from candy to stuffed animals to 2008-style digital cameras.

However, the highlight is the mechanical band of instruments that strike up a tune for only one dollar. Although occasionally out-of-tune, the self-playing pianos, xylophones, horns and drums are part of an eye-catching invention that brings joy through songs like "Hakuna Matata" and "Rainbow Connection."

Those who are claustrophobic may find themselves discomforted by the overpowering amount of things crammed into the building, but Marvin's makes it easy to take a breather with a small eating area in the center of the building.

The museum is centrally located in a consumer-friendly area, surrounded by department stores and restaurants such as Coney Island and California Pizza Kitchen. Farmington Hills offers plenty of options for food and fun after your time in Marvin's is over.

Even though the building may feel small enough to move through quickly, it's easy to spend a great amount of money, a children's form of gambling. Each game costs at least 25 cents, a number that can add up in an attempt to win the jackpot.

The owner himself, Marvin Yagoda, is known to wander through the building and make sure the customers are enjoying themselves. The kind, humorous man sometimes will stop a person, offer \$20, then give them a gag shredded \$20 bill. And as the sign on the front door boasts: "This place is highly recommended by the owner."



Caitlin Bush  
ASSISTANT EDITOR

Zap Zone's Glo Golf provides an exciting twist on the original 18-hole miniature game. Their version incorporates black lights, neon colors and a glow-in-the-dark attraction to make the putt putt experience more memorable.

Zap Zone has eight locations around Michigan, including Utica, Farmington and Taylor. None are that close to the Grosse Pointe area, but the entertainment factor makes the drive worth it. Each location offers a different themed Glo course and activities. This is a commendable feature, considering if you are disappointed with what the specific Zap Zone had to offer, the company can redeem itself with a variety of other locations.

Placed within a separate room in the Zap Zone building, Glo Golf displays a bright, fun atmosphere inside the course. There is always something new to look at, whether it is the enticing motifs or decor.

**Mini golf like you've never imagined. Zap Zone has endless courses full of fun**

The Glo course emulates lively themes and offers a globe-trotting adventure that will take you to places such as the streets of New York City, festive carnivals, worldly wonders such as the pyramids of Egypt, along with exotic locations such as underwater retreats, tropical rainforests and prehistoric lands. Each theme has props appropriately placed on the courses blocking the holes, doubling as decorations and obstacles. Murals painted on the walls make each theme more elaborate and visually appealing. The overt hard work put into the course pays off, allowing the course to be as creative and realistic to the decoration as possible.

This family-friendly experience is a great place to hang out with friends, especially because the cost of an \$8 game won't put a damper on one's wallet.

The 18-hole course itself is feasible for all ages. A hole-in-one is rare, but you don't have to be a pro to achieve par. Navigating through each hole can prove difficult because of the way they're set up, but each hole is labeled to make the task simpler.

However, the Glo Golf room isn't dark enough for the full glow-in-the-dark effect to be achieved, a definite downside to the game. This makes the experience fall flat on its name and entertainment value.

Zap Zone has many more thrilling activities to offer, such as laser tag, miniature bowling and bumper carts, but you must hit the Glo course first. In comparison, every other attraction makes the Glo Golf experience seem inadequate.

If you're looking for a unique version of a classic activity, try Glo Golf during the offered hours: Monday-Thursday 4 - 10 p.m., Friday 1 p.m. - Midnight, Saturday 10 a.m. - Midnight and Sunday, 11 a.m. - 10 p.m.