



FANDOM

Take a glimpse into the lives of those who are obsessed and eternally in love with musicians One Direction, Ed Sheeran and Justin Bieber in this in-depth feature.

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END OF THIRD QUARTER

Friday, April 12.

MINI COLLEGE NIGHT

Tuesday, April 16
at 7:30 p.m. in the cafeteria.

CLASS OF 2013 ICE CREAM SOCIAL

Monday, April 22
at 6 p.m. in the cafeteria and Cooper's Square.

HALF-DAY

Tuesday, April 23,
10:55 a.m. dismissal.

BOYS LACROSSE

Saturday, April 13
at 2 p.m. against Liggett.

GIRLS LACROSSE

Saturday, April 13
at 10:30 a.m. against Regina at home.

BOYS GOLF

Thursday, April 18
at 3 p.m. against South at Lochmoor.

IDEAS

AT THE TIME, I WAS NAIVE AND THOUGHT THAT MENTAL ILLNESS WAS THE EQUIVALENT TO BEING AN ABSOLUTE PSYCHOPATH. HOW COULD I POSSIBLY HAVE A MENTAL ILLNESS?

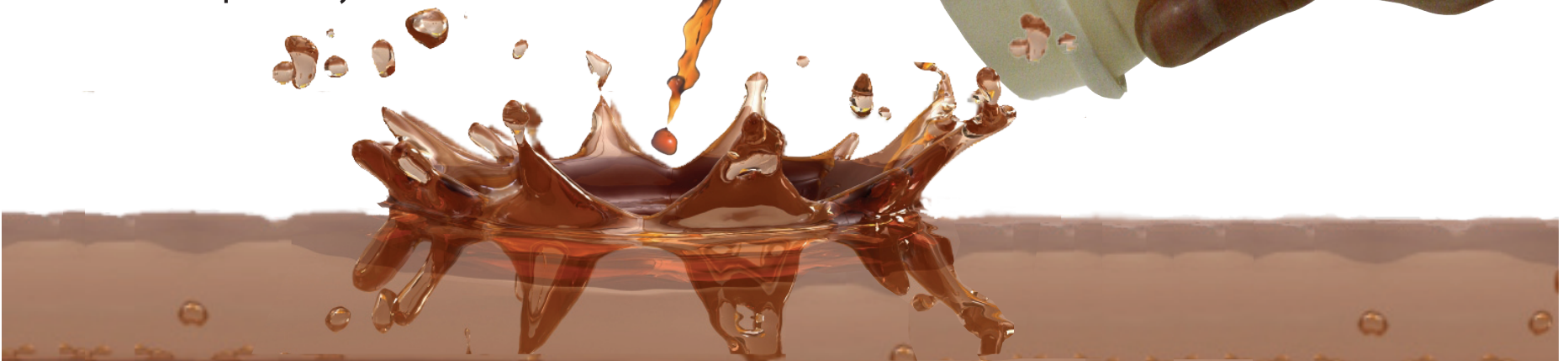
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Please recycle
after reading.
Thank you!

A Caffeinated Existence

Some students use it to get them through the day – but adverse health effects and dependency can result.



By Melissa Healey
STAFF REPORTER

Didlyceride, sodium bicarbonate and soy lecithin – three ingredients in that trendy Starbucks cup. These ingredients, hard to pronounce but easy to miss, are found in the caramel sauce in any Starbucks drink.

For senior Savannah Ransome, her Starbucks coffee gets her through the day.

“My mom can basically drink a whole pot by herself in the morning. I grew up to the smell of coffee each and every day,” Ransome said. “It was only a matter of time before I started drinking it. It became a regular affair over spring break junior year. It was the time I had to start studying for AP tests and needed that extra boost.”

Coffee became an essential part of her life. Without her three to four cups every day, she began to feel the side effects. She noticed it during a school trip.

“Well, we were so busy I didn’t have a chance to drink coffee one morning, and the people in charge wouldn’t let (me) leave the meeting area to go buy coffee. I was literally on edge all day,” Ransome said. “I was even sassier than I usually am and was a complete mess without the caffeine. I was tired and going through the begin-

ning stages of ‘withdrawal.’ I didn’t end up getting my coffee until about 4:30 in the afternoon. It was literal relief for me and for those around me.”

Environmental teacher Chris Skowronski has noticed teenagers often trying to replace sleep with caffeine.

“Too much caffeine can affect sleep. So you get on that cycle that you’re not sleeping properly, so you may need medication to help you sleep,” Skowronski said. “Then you need caffeine to help you stay awake, and that’s just a horrible cycle.”

Skowronski finds that a common problem with highly caffeinated drinks, or energy drinks, is that there are no regulations, which means anybody can buy it.

“I think there should be a certain age where people should be allowed to drink that. Is that 16? Is that 18? I don’t know,” Skowronski said. “I don’t like the idea of middle school kids drinking it. That’s wrong, I think. For them, how did they get that? That goes back to the parents, but if you’re an adult and you’re 18 years old, you have that freedom.”

Like Skowronski, many students have also noticed people’s dependency on caffeine. In science teacher Susan Speirs’ Applied Medical Research classes, students will research this topic a little more.

“In Applied Med, students explore many interesting units and one of them is the pathophysiology of the cardiovascular system,” Speirs said. “As part of each unit, students complete a lab inquiry project. Teams get to decide what kind of question they are interested in exploring related to the topics.”

The students took two different people, one who constantly drinks caffeine and one who hardly drinks any. Then they proceeded to expose each of the students to the same amount of caffeine and examined their reactions.

“The thought is that over time you see that caffeine increases the heart rate, makes it go faster. So a normal average is 70 beats a minute,” Speirs said. “Those who are the ‘users’ actually think their heart rate goes to a new normal. Like if your normal was at 70, your new normal is now 80. You’re used to it over and over again that it increases your heart rate. Stress kind of works that way. Some people never get back to their initial level, it just gets higher and higher.”

Contributing: Taylor White

SEE INFOGRAPHIC PAGE 6

Teachers, District hammer out new contract

By Kim Cusmano & Anna Hopkins
EDITOR & INTERN

After 30 meetings over three months, seven negotiating representatives for the Grosse Pointe Education Association (GPEA) and seven more for the District hammered out a new contract for teachers that took effect on March 25.

“The old contract forced pay cuts across all staffing groups, as school expenses have increased while funding and the student population have decreased,” math teacher Greg Johnson said. “This contract allows for a sharing of both changes to the budget via cuts and continued reduction in compensation to offset deficit spending.”

In spite of the teacher salary cuts and increasing expenses linked to the budget shortfall, the School Board’s biggest concern is to continue improving education.

“(The School Board) did, however, vote 6-0 to approve the contract and many of them spoke of the shared sacrifices needed to maintain the excellent level of education provided to students in Grosse Pointe,” Johnson said. “They also wished that schools weren’t underfunded so they could invest more into the classroom.”

The School Board believes the changes to the contract will help make improvements in education.

“The ... School Board recognizes that changes in compensation for all employees, including teachers, are difficult,” Assistant Superintendent Jon Dean said. “The Board of Education believes that the recent changes to the contract preserve our financial good standing while simultaneously improving learning outcomes for students.”

The teachers in the District, while most were not directly negotiating, had some say. At the end of the process, the contract went to the teachers who voted whether to ratify it or not. They needed a simple majority to ratify. The vote ended with 62% in favor of the new con-

By the numbers

30 meetings over 3 months

March 25

new contract took effect

62% of teachers voted
in favor (305-161)

Board voted 6-0 in favor

7 & 7

GPEA & Board negotiators

tract (according to the Grosse Pointe Patch), which will last through 2017.

“Everyday, teachers are not involved in that bargaining process. They (the representatives) negotiate in good faith for us, and then they bring out the contract that we wrote ‘yes’ or ‘no’ on,” social studies teacher Bridget Cooley said.

Teachers and School Board members on the negotiating team were bargained to remedy the budget deficit.

“Michigan is dealing with a major budget shortfall, and Grosse Pointe is not immune from the realities of budget issues,” Cooley said. “So when it goes to renegotiate the contract, they have to look to savings because we’re not making as much money. This is where some of the contract issues came from.”

The new contract has many changes that will affect both students and teachers. Some of the changes include teacher compensation, staff meeting time, high school conferences, changes in the high school calendar and tutorial duties.

CONTINUED ON PAGE 2

Dartmouth decision spurs debate over AP classes’ value

By Jordan Radke & Anu Subramaniam
EDITOR & STAFF REPORTER

AP tests are rolling around and, if the trends of growth continue, more students at North and nationwide will be taking them than last year. However, these test scores may not get them anywhere, at least not at Dartmouth University, which has ended granting course credit for AP or IB exams, starting with their Class of 2018. The decision has highlighted the contention surrounding AP classes and the role they play in preparing students for college.

“The feedback I’ve gotten from most kids that have taken my AP class is that they are either better or equivalent to students in the college who have taken the equivalent class,” AP Calculus teacher Greg Johnson said. “I believe that the College Board curriculum and the curriculum we teach here in class does prepare kids for the next level, not just the class itself, but the next level beyond that.”

A 2008 study funded by The College Board found AP classes to be a strong indicator of college success, in terms of GPA, credit hours earned and whether or not students graduated within four years. Even after controlling for pre-existing achievement and economic gaps, they found students who took AP courses saw more success in college.

Still, research findings on the topic vary, and the study has been criticized for being paid for by The College Board, which runs the AP program. Even a former student is quick to point out that college success may not be a product of high school AP experience.

“AP courses are a good intro into college classes, but how well you do or how many you take doesn’t reflect how well you do in college,” Brett Slajus, a Class of 2012 alumnus and University of Michigan Spanish and Microbiology major, wrote in an email.

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Lethal Lattes: A look behind the cup of joe, other sources of caffeine and how the body really feels about it

By Lauren Semack
EDITOR

The High

Caffeine causes extreme attentiveness, which correlates to comprehending more.

Caffeine increases dopamine levels and blocks adenosine, which produces happiness and blocks drowsiness.

Caffeine causes a racing heart and an abnormal heartbeat.

Caffeine stimulates the digestive system, making the body have to use the bathroom more than normal.

For every 5 mg per 8.5 pounds, caffeine can increase endurance during exercise, helping burn fat faster than glucose. It has been banned from the Olympic games.

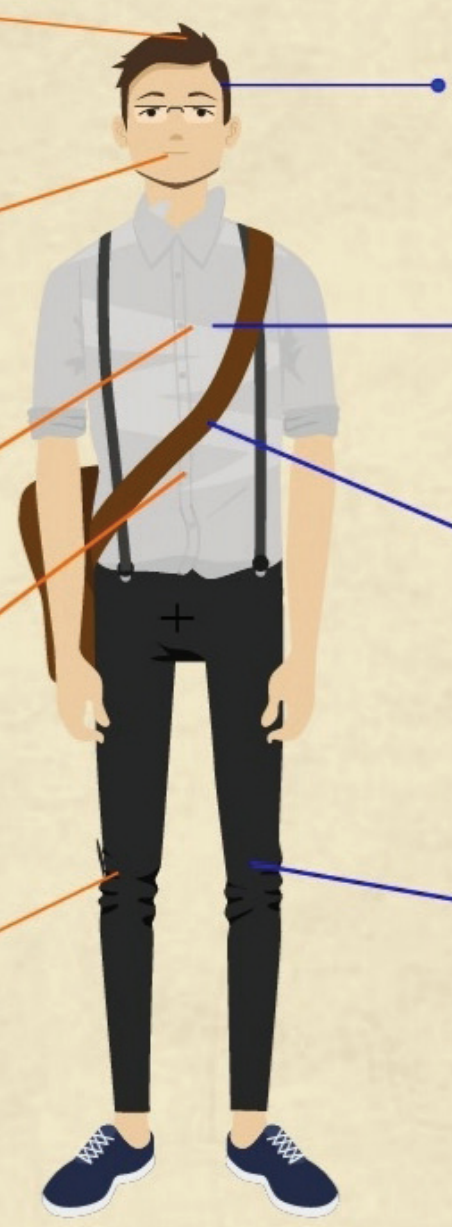
The Crash

Caffeine crash can cause headaches, laziness and a depressed mood, especially during withdrawal.

Caffeine speeds up heart rates and can cause racing hearts even after the drug's awakening effects are over.

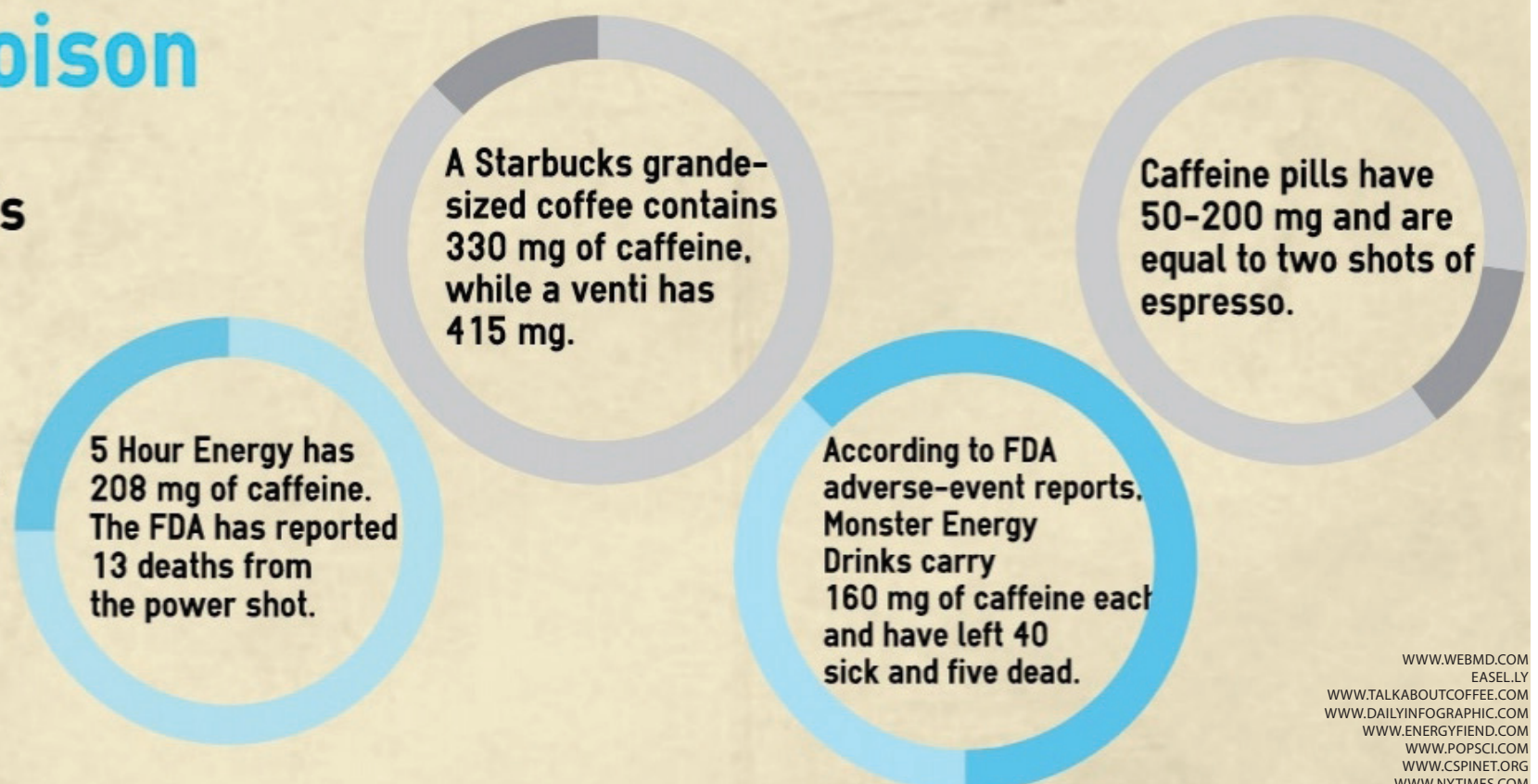
The after effects of caffeine can leave a person nauseated and possibly vomiting.

Caffeine can cause muscle pain and stiffness 12-24 hours after it wears off.

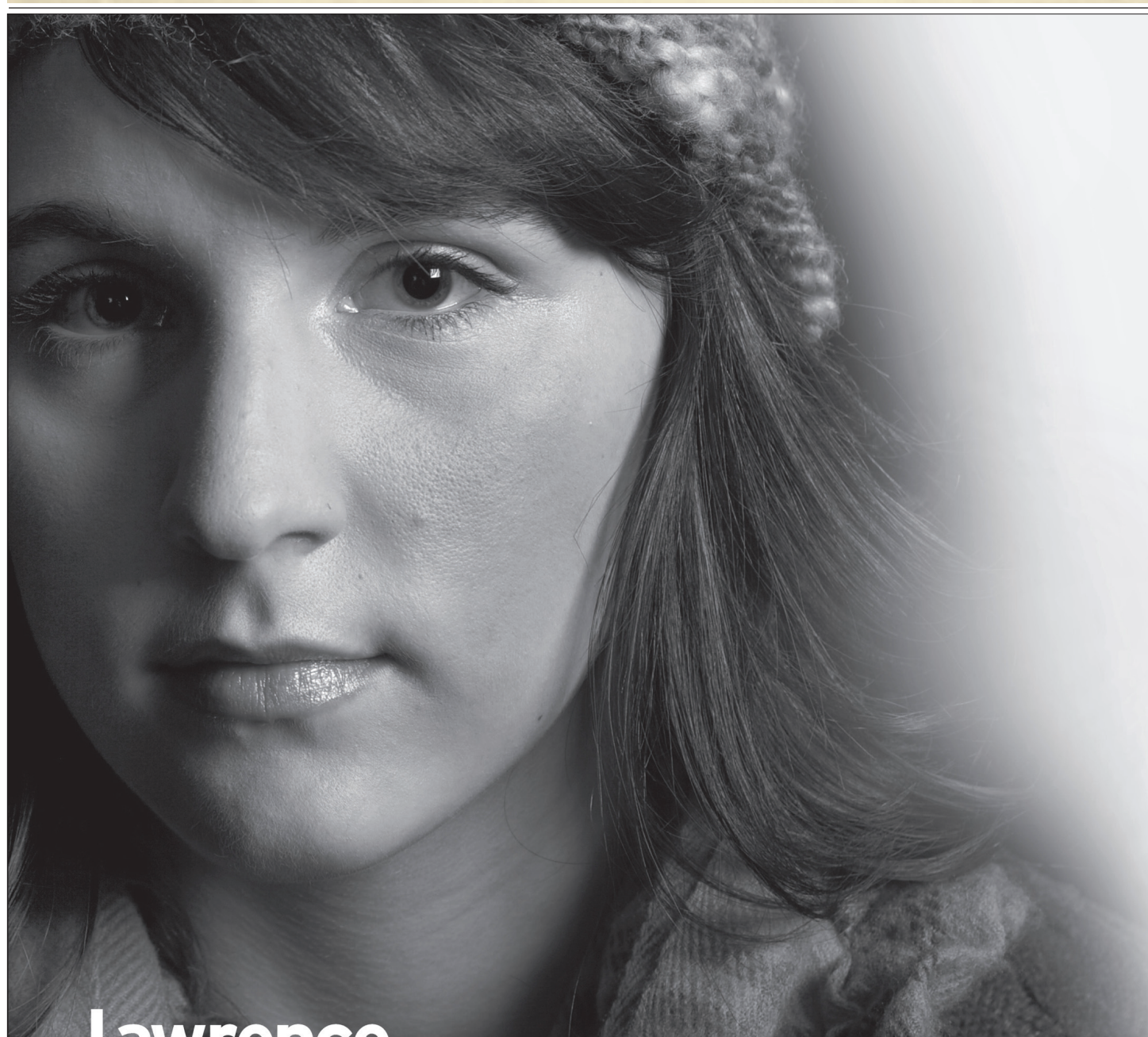


Pick your poison

Experts claim 300 mg of caffeine is technical overdose. Symptoms include anxiety, jitters, sweating, insomnia, vomiting, dizziness and cardiac arrest.



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