



PHOTO

Take a look at interesting facts and a few secret rooms to learn 10 things you didn't know about North.

PAGE 8

NO SCHOOL

Monday, Jan. 21 is Martin Luther King, Jr. Day.

MID TERM EXAMS

Tuesday, Jan. 21 through Friday Jan. 24
8 a.m. - 11:15 a.m.
Tuesday periods 1 & 2
Wednesday periods 4 & 5
Thursday periods 6 & 7
Friday period 3 (ends at 9:30 a.m.)

NO SCHOOL

Monday, Jan. 28

BOYS HOCKEY

Tonight vs. South, 7:45 p.m. at University Liggett

GIRLS BASKETBALL

Thursday, Jan. 24 vs. Romeo, 7 p.m. at home

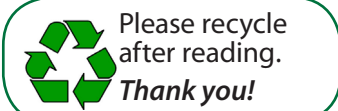
BOYS BASKETBALL

Friday, Jan. 25 vs. L'anse Creuse, 7 p.m. at home

IDEAS

“**LIBATION WAS ENJOYED, AND THE DISCUSSIONS AROUND ME BECAME STEADILY HARDER TO UNDERSTAND.**”

PAGE 7



Armed America

Students debate role of video games and rap in a pervasively violent media culture.

By Andrea Scapini
ASSISTANT EDITOR

“Busting caps” and “popping glocks” aren't uncommon terms accompanied by trigger noises and a symphony of rounds being fired in video games or today's rap music, a genre gaining enough ground to have a course dedicated to its history offered at Yale University.

But rap means a little more to junior Jonathan Bevier, who overlooks the violent descriptions and sounds because of creativity.

“Personally, from the experiences of writing raps, I think that it's the best way to express what's really going on in one's mind,” Bevier said. “It makes you feel like you can relate to someone even if you don't actually know the person.”

Not all teens see rap in Bevier's light, romanticizing the violent subculture.

“(Students are) always hearing things that retain maintaining going into a violence mode, and your brain has to be picking that up,” counselor Joyce Lyjak said. “Especially when students or children are hearing that at a very early age. Where do they learn that it's not okay? ... They've been exposed to it their whole life.”

For a student who has a rough home, social or school life, the music can be misconstrued.

“Some kids may have some anger problems, and then they listen to more aggressive music, and then they feel more aggressive, and then they act more aggressively towards things,” school psychologist Christine Kuhl said. “It kind of just depends on what you're looking for when you're seeking that release of music.”

While this culture is merely an outlet for some, for others it may instigate real-life violence. A reporter for the Washington Post, Todd Lindeman, gathered data from a private study based on cases between 1999 and 2007 showing that gun homicides became the leading cause of death for people ages 15 to 24.

“My kids had BB guns, but they learned to shoot at a target; now people are shooting at each other. There's a proper way to do it, but I think they need supervision,” Lyjak said.

Former member of the National Rifle Association (NRA) and social studies teacher Barry Mulso agrees that guns, if handled with correct precautions, are not the problem, but the person holding the gun is.

“I grew up in a gun family,” Mulso said. “You don't see me going around shooting up school yards or hurting anything with them. ... There's a rule in my family ‘Don't shoot it unless you're going to eat it.’”

“Shooting a gun” is now virtually possible for anyone who picks up the controller to a violent video game.

“With some people that are more susceptible to suggestion, it can make them more preoccupied

with violence. They can get so involved in the fantasy of it that they have a hard time getting out of it,” Kuhl said. “That's a parent's job because children aren't going to monitor themselves. The parents need to guide them. A lot of people don't know this recommendation, but the American Academy of Pediatrics recommends no more than two hours of screen time per day total for children.”

The prevalence of violence in the media has been called both a reflection and result of our culture.

“I don't believe that (the games) cause people to be violent, but at the same time, I think violent people might take inspiration from them. I'm not going to go out and say that a videogame or a rap song makes somebody go out and kill somebody,” Mulso said. “I do think that the violence of images and things like that desensitizes us to it.”

Like listeners use rap music, gamers use the violent video games as a release.

“The majority of people know right from wrong, and I think some violent video games can be used as more of an outlet for people with anger so they can take it out on a virtual person instead of a physical person,” sophomore Michael Caruso said. “If people think for a second, they can see that they can do it in video games with no repercussions, but in real life, they'll go to jail.”

Even those who don't have aggressive behavior see the threat these violent resources could hold.

“If you're a young kid who's eight years old, and you're listening to basically any rapper you can think of, and you want to be like them while they're talking about shooting guns and selling drugs and all that type of stuff ... then that's what you are going to do,” Bevier said. “If you're only listening to rap, and you're not doing anything else, then that's the only thing you know.”

Autumn Bently, said. “From there, the schools will calculate the information, and once they've done (that), they will come up with a financial aid package and send a letter to the student letting them know what they're going to offer them.”

FAFSA manages the student financial assistance programs for colleges, allowing them to communicate directly with you in accordance with the university. Students can apply for the program, verify their information and receive their results all in one place.

“All of my college applications were online so it was nice that this application was online, too. It was easier to check over your information and submit the application early. Any kind of financial aid is going to be helpful,” senior Laura O'Brien said. “The cost to go to college is really high, so the money I receive from FAFSA will definitely help a lot.”

In addition to student loans and grants, FAFSA offers work aids, which is a guaranteed job on or off campus where earnings go straight to paying for tuition.

“Federal work studies provide part-time jobs for students with financial needs, allowing them to earn money helping them with education expenses,” Bently said. “It encourages community service and work related to the student's course of study. They can earn at least the current federal minimum wage. However, the student may

Working it out: How some teens stay in shape

By Rachel Cullen
STAFF REPORTER

As the clock struck midnight on Dec. 31, teenage Twitter users everywhere took to their phones to wish their followers a happy New Year – and to tweet their New Year's resolutions. While their goals ranged from academic to romantic and everything in between, one goal in particular reigned supreme: getting and staying in shape.

Local gyms like Pointe Fitness and Next Level Health & Fitness aid teens with reaching their resolutions. But what about the plethora of teenagers that had gym memberships and fitness regimens in place long before they rang in the New Year?

Take sophomore Emily Aziz. She joined Next Level last June and has been a regular since. Although she works out to be healthy, Aziz finds it fun and, in her own words, “addicting.” Her favorite class is the ever-popular Zumba, a Colombian dance fitness program that incorporates several different genres of dance with aerobic elements. Aziz attended her first Zumba class after several of her friends raved about it, and she can't help but agree with them.

“The dances are so much fun, and everyone is really energetic, and it's just a great atmosphere,” Aziz said.

Aziz is far from being the only student who sticks to a fitness regimen. After 3:05, on any given school day, North's own upper gym is filled with students lifting weights, running on treadmills and riding stationary bikes.

Senior Paige Micks is one such upper-gym devotee. She tries to work out at least twice a week, and mostly prefers cardio.

“I've played sports my whole life,” Micks said. “It's really just second nature, and I like to work out.”

Senior Evan Pilot spends time doing power cleans, pull ups and dips in the upper gym because to him, exercising is a powerful form of stress relief.

“Working out helps me release stress by pushing myself,” Pilot said. “It helps me unwind from a long day of school.”

Sophomore football players Michael Creagh and Jeremiah Skinner frequent the gym during the off-season to maintain their strength and prepare for the fall season. Besides having similar workout preferences, they both tend to stick to curling, lifting and bench pressing as well as parents that encourage them to work out.

“My dad works out, and my mom tries to eat healthy, and watching my dad get stronger makes me believe I can get that way,” Skinner said.

Like Skinner and Creagh, many athletes see working out as a crucial supplement to their sport. Senior Mandy Caruso has figure skated since she was 3 years old, and she has maintained a strict fitness regimen in order to meet the demands of the competitive sport.

CONTINUED ON **PAGE 2**

earn more depending on the type of work they do and the skills required for the position.”

Counselor Jill Davenport says FAFSA is the best way to access student loans because they are often deferred until after college graduation.

“In most cases, it is able to cover all of, or almost all of, your school expenses, so it makes it less stressful worrying about finding ways to pay for college. Usually with a loan, you are expected to pay that back,” Bently said.

By using FAFSA, one's application for financial aid is guaranteed to follow all federal laws and regulations. Once the application is filled out, FAFSA will send a confirmation, ensuring students that their information has been received, processed and is about to be reviewed.

“If you have what you need, it's simple,” senior Logan Hart said.

FAFSA is only one type of application for financial aid. If an application is submitted through another program, the student will not be allowed to fill out the FAFSA form.

The deadline for federal student aid varies on a state-to-state basis. For Michigan, the deadline is March 1. After applying, the FAFSA needs to be refreshed each year a student plans on attending college.

SEE INFOGRAPHIC ON **PAGE 2**

FIVE MINUTES WITH
Math teacher Laura Distlerath

By Melina Glusac & Brigitte Smith
STAFF REPORTERS

When people need time to think, they may crawl onto the couch or surf the Internet. Math teacher Laura Distelrath runs.

“I really like to run, either in the evenings or the weekends just to spend time outside or process through everything that has happened throughout the day,” Distelrath said.

After graduating high school, sans any hard-core running experience at all, the college student was persuaded by her friend to take up the sport.

“It was something that I never really thought I could do. When I was in middle school and high school, I wasn’t very athletic,” Distelrath said. “And then after college, I had a friend, and she had run a half-marathon. I was like, ‘Oh I could never do that,’ and she said, ‘Yes, you could. If you trained for it, you would totally be able to.’”

On a whim, Distelrath enrolled in the Free Press Half-Marathon, a whopping 13 miles. Despite her anxiety and inability to complete a single mile at first, she trained and accomplished her goal.

“It’s really cool being in that atmosphere with all of the people running,” Distelrath said. “I realized that even though I have the attitude of ‘Oh I don’t want to run today,’ once I’m out and running, for the most part, I really enjoy it. I just find it as a great way to escape from everything else.”

In addition to teaching classes at North and South High School, she is also the activities director at the latter. She considers herself both blue- and green-blooded.

“I get really excited for both teams,” she said. “I know ... you guys want me to pick a side, but all my interactions with kids from both schools have been great.”



COURTESY OF LAURA DISTLERATH

Math teacher Laura Distlerath began running in college. Since then, she has participated in several marathons.

What type of music do you like to run to?
Definitely something upbeat. My roommate will run to slow music, and I don’t know how she does that. I really just like to mix it up, so a lot of what’s on the radio now. So kind of a collection of everything.

Is there anything you eat before or after you run?
Usually Cliff bars and Gatorade. Depending on how long my run is, like if I’m training for a marathon, I’ll stop at like CVS or Walgreens and pick up a Gatorade while I’m running. I don’t like to eat a lot before I run.

Is there a particular brand of shoe you wear?
I’ve had Asics or Saucony.

What is the coolest thing about teaching?
When kids will use math or math-related concepts in instances that aren’t related. Like in Geometry, when we’re looking at congruency or writing proofs, when they are just joking around either before, during, or after class, and they’ll be like “These two people are congruent,” or “Ms. D., we shouldn’t have homework. Let’s write a proof about it.” That really shows that they get what we’re talking about, and it’s becoming a part of the way they think, even if they don’t do it intentionally or don’t like to think that they like math.

Band-O-Rama
showcases students,
young and old

By Erica Lizza
INTERN

Band-O-Rama, led by North band director David Cleveland, took place on Jan. 15. The concert showcases the instrumental talent of students in fifth through twelfth grades in the district.

“All the other concerts are pretty much just high school concerts that we do. This one has everybody in it, from beginners to the best players at the high school level,” Cleveland said.

Junior Pearce Reickert has played in Band-O-Rama since fifth grade. Reickert sees Band-O-Rama as different from any other concert because of the grade and skill ranges of students.

“You really get to see the progression of students from a very early stage to a very experienced high level, almost collegiate stage,” Reickert said.

He enjoys and appreciates Band-O-Rama now more when he was younger.

“I think in fifth grade, it was kind of just like any other concert. We sat in a big rectangle, and we all played the same 16 notes, and everyone clapped for us, and we felt good,” Reickert said.

While Ferry Elementary School fifth grader Darshana Subramaniam preferred the holiday concert over Band-O-Rama because it was shorter, it sparked her interest in North’s pep band. She plans to continue in band through high school.

“I want to be in pep band and regular band (in high school) so I can play things like they did,” Subramaniam said.

The concert ended with North’s symphony band playing the musical piece “The Chronicles of Narnia: The Lion, the Witch and the Wardrobe.”

Senior Evelynne Smith enjoyed the finale most of all.

“My favorite piece was probably Narnia ... because it was so exciting at the end. I think it was better than we ever played it in class,” Smith said.

Contributing: Anu Subramaniam & Jennifer Kusch

Students keep
in shape

CONTINUED FROM PAGE 1

“Monday, Wednesday and Saturday, I do resistance training, so a trainer comes in and works us, then Tuesday and Thursday is ballet,” Caruso said. “And Friday, I take a Zumba class. That’s all at the rink, so then we have a session before working out, then after. I also do cardio during the week like running and doing the elliptical.”

In 2011, CNN and the Center for Disease Control reported that just 51% of all students worked out regularly. That means that almost half of all high school students don’t adhere to a fitness regime, though many students say they already participate in sports that fulfill their exercise requirements.

Junior AJ Owens says he doesn’t work out partly because, as he jokes, he is “lazy,” and partly because being a member of the swim team already keeps him in good shape.

Junior Uribi Beaumont skates for the

Darlings of Destruction, a roller derby team in Rochester Hills. Beaumont, like Owens, says she gets enough of a workout from the weekly conditioning her team provides.

While the rigor and regularity of their exercise schedules certainly vary, North students are all in agreement about one thing: staying active provides plenty of benefits.

For Caruso, the biggest benefit of working out is seeing all of her hard work translate into her skating.

“Skating a clean program is the best feeling,” Caruso said. “And when I do all the extra stuff, I know that I’m doing everything in my power to be the best skater I can be.”

Beaumont focuses less on the physical benefits of staying active and instead praises the positive effect it can have on her state of mind.

“The biggest benefit for me is that I can break away from technology and really be present; you only worry about the moment when you’re active. I like that.”

Contributing: Chris Elliot, Erica Lizza, Sean O’Melia & Anu Subramaniam

STUDENT AID

In the 2011-2012 school year, graduate and undergraduate students recieved \$236.7 billion in financial aid, from the federal and state governments, schools and other sources. This equates to \$13,218 per the equivalent of a full-time student. Below, these sources and how much aid they account for are broken down.

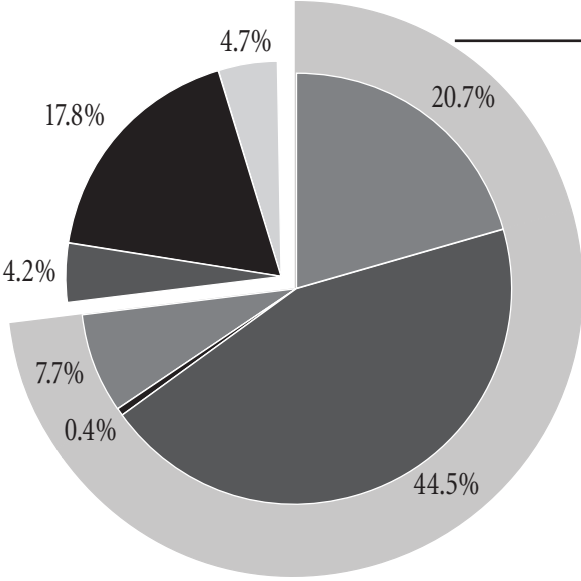
By Jordan Radke
& Audrey Kam
EDITOR & STAFF REPORTER

Types of aid:

- 4.2% – State Grants:** Grant aid is just free money that pays for your education, as long as you continue to meet eligibility requirements.
- 17.8% – Institutional Grants:** This is more free money, but from your college or university. Qualifications and rules will differ, but most colleges offer them.
- 4.7% – Private & Employer Grants:** These are grants may be awarded by your employer or another private party based on your future occupation, heritage, athletics, etc.
- 7.7% – Education Tax Benefits and Deductions:** If a you pursue a college education, the federal government offers whomever pays for your education tax credits and deductions. Like grants, these are direct subsidies that don’t need to be repaid.
- 20.8% – Federal Grants:** These grants are often need-based, but you may also have to meet other criteria to qualify.
- 44.5% – Federal Loans:** This aid must be paid back with interest, like any other loan. Interest rates are fixed and often lower than private student loans, though. Federal loan terms will also be more flexible than private loans. Since the government lowers the cost of education by paying interest on Stafford Loans and Perkins Loans while students attend school, these loans count as a form of student aid.
- 0.4% – Federal Work Study:** These programs afford students the opportunity to earn money through part-time work to fund their education. About 3,400 institutions participate nationwide.

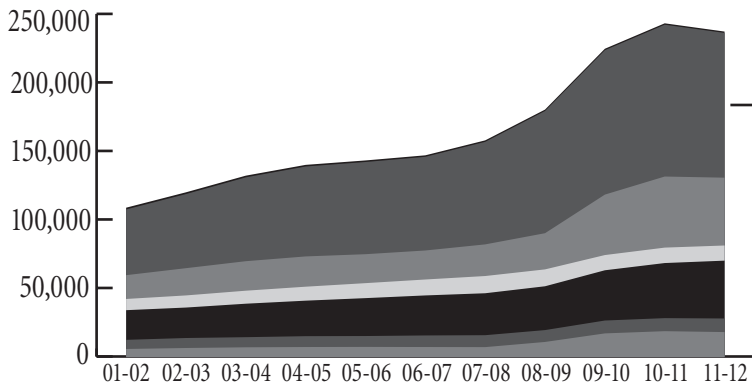
You must complete the FAFSA to be eligible for these forms of aid.

Student aid in the 2011-2012 year
Includes federal, state, institutional, private & employer sources



The federal government provided for 73% of the total aid allotted in the 2011-2012 school year.

Student aid over time



Grant aid has increased substantially in the past several years because of increased enrollment, policy changes and economic conditions.

How to receive this aid:

1 Apply online.



The Free Application for Federal Student Aid (FAFSA) will require you to provide personal and tax information.

2 Recieve an SAR.



Your Student Aid Report (SAR) summarizes the information in your FAFSA, which helps your college determine the aid you’re eligible for.

3 Recieve an award letter.



Your award letter explains the federal aid package a college has decided to offer you.

H2O CLEANERS

Clean, Soft and Bright

Professional Wet Cleaning Service

Hours
Mon. - Fri.: 7 am - 7 pm
Saturday: 8 am - 6 pm
Closed on Sunday

1925 Vernier Road
Grosse Pointe Woods
Michigan 48236
(313) 640-4426
www.theH2OCleaners.com

Driver’s Road Skills Test

\$5.00 COUPON

MICHIGAN DRIVERS
LICENSE TESTING
Automobile Tests: \$45.00
Rental Available: \$20.00

GROSSE POINTE MOVING CO.
11850 East Jefferson, Detroit
CALL TO MAKE AN APPOINTMENT
313-822-4400