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THE PERSPECTIVE

Serving the students and staff at the Plymouth-Canton Educational Park

Park crowns Jack Ngwe Mr. Park

by **Ashley Hegrener** and **Amy O'Brien**
Editor-In-Chief and Staff Writer



Photo by Maren Wisniewski and Lauren Wylie

Salem junior Jack Ngwe was crowned Mr. Park, keeping the title in Salem's hands after Salem alumnus Ty Traylor won last year. Ngwe received two prom tickets for coming in first place, while Salem senior Shreyas Talamakki came in second place, winning one prom ticket, and Canton senior Carson Pakula came in third, winning two passes for the Rock Cafe.

"I'm honestly at a loss for words," Ngwe said about his April 9 win. "Being the only junior I thought the odds were against me."

There were three rounds to determine a winner; round one was a talent competition, round two was a questionnaire segment, and round three was a group dance guided by three pom girls from each school: Plymouth junior Kenzie Jones, Salem junior Olivia Benintende and Canton junior Stacey Partain.

The talent competition showcased each contestant's unique abilities, such as singing, dancing, magic and even cooking. The night's most memorable performances were from Ngwe, who played an acoustic version

of "Billie Jean" by Michael Jackson, which became an a cappella rendition at the end; Pakula, who did a comedy cooking routine in which he made some toast and smoothies for the judges; and Salem senior IB Mourad, who dressed in a penguin suit and played the kazoo to "Hotline Bling" by Drake. Mourad's personal favorite was Talamakki with his magic trick: "Shreyas blew my socks off."

The questionnaire segment consisted of serious and non-serious questions. The serious questions concerned P-CEP, such as how the contestant would improve the walks between the schools or how they would spend a given amount of money on the school. As for the non-serious questions, they were more personal questions about the contestants to get to know them better, including questions about their favorite things.

Salem teacher Mike Guinta said, "It's neat to see kids outside of class doing things they wouldn't normally do." Surprises included a promposal before the intermission from contestant Bryan

Brauchler. Brauchler, a Salem senior, came out on stage and asked the emcees, Canton senior Alex Aresco and Salem senior Michael Falzon, if he could ask a couple questions. Brauchler then turned to the audience and said "Who wants a free TV?" The TV box was then unfolded and said 'PROM?' on the inside. His girlfriend then ran up on stage and said yes.

The audience was brought back into the auditorium after the intermission for the third segment: the group dance. Jones, Benintende and Partain helped lead the contestants in a dance that included songs such as "Watch Me" by Silentó and "Fergalicious" by Fergie. For an encore, there was a dance off with the song "Yeah!" by Usher.

Ngwe's advice to anyone who wants to participate in the Mr. Park Pageant is straight-forward and simple: "All it really takes is hard work and determination."

Photos by Lauren Flynn



Above: Jack Ngwe, Salem junior, celebrates his victory, as third place finisher Carson Pakula, Canton senior, cheers him on. **Right:** IB Mourad, Salem senior, does his solo in the group dance. **Far Right:** Second place finisher Shreyas Talamakki, Salem senior, receives one free ticket to prom.

STATE CHAMPIONS: Three Park teams take top honors



Culinary

by **Miriam Sponsler**
Editor-In-Chief

Andrew Craffey, Tyler Dowdel, Cody Bates and Brynna Samuels learn from experience by preparing food for the Rock Cafe.

The P-CEP Culinary team took first place in the Michigan Prostart Competition on March 20-21 in Lansing. The other competitions hosted by Prostart over the two days included tabletop design, menu design, nutrition, knowledge bowl, and management. The other winning teams in the competitions included the Branch Area Careers Center, Oakland Technical Campus, and the Saginaw Career Complex.

"The team worked so hard and Mrs. Woodward put so much into this and taught us so much that even if we hadn't won, we were proud and I felt that that's something much more important as a goal to achieve" said Salem senior Taarika Singhal.

In preparation for this competition, the team practiced every day. Zachary Wolffis, Canton senior on the culinary team, said "We have 5 hour practices every day. Not always because we want to, but because we have too (sic) in order to perform at this high of a level".

The culinary competition consisted of eight to 11 separate recipes, preparations, and components on three different courses. For their first course, P-CEP made scallop with tarragon beurre blanc and pickled vegetables. They made filet mignon and braised short rib with potato puree and vegetables. Lastly, for the dessert round, they made passion fruit, strawberry, white chocolate, and coconut.

Diana Woodward, Salem culinary teacher and the team's mentor, said, "They practiced every day! I did the math and this totals over 525 hours of training since November! That does not include practicing knife skills at home, writing recipes and cost sheet presentations, and researching the historical reference of every menu component in their 'free-time'."

Woodward also added that as a volunteer, it is difficult for her to take extra time away from her family to help the team practice on a daily basis. "This team makes it worth it every single day. They are so respectful, and so grateful, and make sure every minute of practice is well spent".

The students on the team spend the entire school year preparing for this competition. All of the high level training allows the students to find high paying jobs straight out of high school, and earn large scholarships to universities all around the country.

"Often I hear misconceptions that our program is a 'blowoff' or a waste of valuable transcript space. Yet our students have been accepted to countless universities including University of Michigan, Michigan State, and even Harvard. This is not a cooking program. They travel the country for free and get to meet the most luminary chefs and revolutionary members of the restaurant industry. It really is so special" said Woodward.

Winter Guard

by **Natasha Pietruschka**
Art Director

A highly competitive and elegant sport, Winter Guard achieves a storyline through flag, rifle, saber and dance. The guards' dedication to their art is what has earned them a strong reputation throughout Michigan. According to Madeline Hoke, Plymouth senior, this year's focus was personal accountability. Met with higher expectations, the Guard experimented with a larger weapon usage and more difficult technique.

"Going into states, I think we had a really confident group mindset. I personally feel that we were very prepared and also just focused on having fun as a team, not focused on scores or competing," said Hoke.

Their 2015-2016 show, "Flight of the Monarch," symbolizes the butterfly cycle. Beginning in delicate chrysalises, the guard moves through the cycle and eventually

reveals a brightly colored butterfly unitard. To enhance the storyline, their flags also transform with them, changing from translucent white to lively orange-yellow. The show is performed on a large blue butterfly wing patterned floor.

Through the rifles tosses, flag spins, and dance routines that categorize Winter Guard as such a layered activity, the concept of performing the best show possible is what ultimately unites the group.



Photo by Angie Craven

Winter Drumline

Like Winter Guard, Winter Drumline revolves around storytelling. Visual technique and instrumentation through percussion are central focuses.

Much is expected from the men and women that make up the Plymouth-Canton Winter Drumline. Their foundation is strong, due to the many returning members from the Plymouth-Canton Marching Band.

"Hours and hours of practice and concentration have allowed us to be successful," said Nathan Rodwell, Salem junior. "Going into states, the whole ensemble had the mindset that we were going to throw down and do what we have been doing in rehearsals."

"Heavy Metal" begins with music from 20th-century, Russian composer, Igor Stravinsky. As members move through the show, the music transitions abstractly to the

heavy beat of Metallica. Their uniforms represented different shades of metal and their floor is designed to appear like an orchestral instrument

"We like to think about making our last

show better than the previous, so we're always moving forward and thinking about improving ourselves," said Jess Shoemaker, Plymouth senior.

Photo by Kristen Rodwell



Top: Autum Short, Catherine Christensen and Grace Chinitz spin their flags. **Above:** Nathan Rodwell, Sam Peterson, Joe Diacovo, Colin Hoffman, Westin Fields and Austin Luttermoser perform at a local competition.

2016 SJ5K: Hometown heroes

by **Genevieve St. Jean** and **Natasha Pietruschka**
News Editor and Art Director

Jesse Lindbauer became Super Jess after the first annual SJ5K five years ago in the Plymouth-Canton community. Jesse suffered a devastating brain injury, where a sinus infection leaked into his brain causing a ruptured brain abscess in December 2010. Tommy Halewicz set in motion the first Super Jess 5K in 2011, which was started in Jesse's name and has benefited 14 different families and has raised over \$230,000.

Plymouth senior Charlotte Clark, the 2016 SJ5K coordinator, said, "Our community is one that would give back to people knowing that we are a helpful community and we all care about each other. No matter who you are, you can make a difference."

This can be seen through the 9,500 people who have participated in the 5k to help the families in need. One of the participants for three years, Emma Burek, Plymouth senior, said, "I love doing it because we get to hear from the families we are donating to and I really feel like my participation makes a difference."

The community effort shows in the improvement of Jesse's health over the years. Barbara Lindbauer said, "A few short weeks after the SJ5K, Jesse started to speak again, and with the help of many great therapists both through Mott Hospital and volunteer therapists who came to our house for 'extra' therapy, Jesse gradually regained the ability to eat and weaned off of the g [gastronomy] tube. His very low cognitive level, which was at about a third grader's upon leaving the hospital, climbed enough that Jesse was able to graduate only one year later than he would have if he hadn't injured his brain."

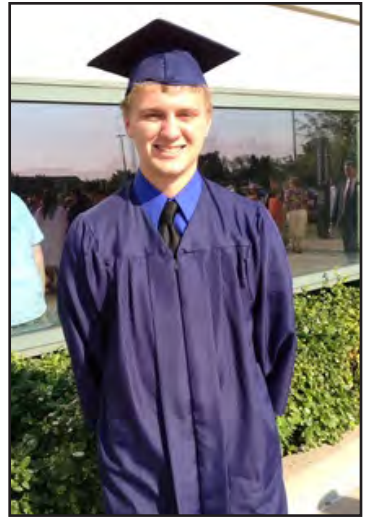
Every year the SJ5K donates some of the money raised to the Lindbauer family to help with ongoing medical bills.

Many other families have felt the community effort made by the SJ5K, including Macaylah Whitlock, an honoree last year who has overcome many obstacles as she was born deaf, with down syndrome, a heart defect and fought against cancer.

Marc Whitlock, Macaylah's father and the band director at Discovery Middle School, said, "We feel very blessed as a family to be a part of the Plymouth-Canton community."



Honorees in the SJ5K include Sharon Laing (upper left), Torrance Johnson (upper right), Terri Saenz pictured with her husband Jeff (lower left), Ann Slomkowski (lower middle) and Chris White (lower right).



2016 honoree bios

Torrance Johnson:

You can't meet Torrance Johnson without feeling the need to smile. Full of joy and happiness, he continues to be a positive force for his family. Torrance attends Erickson Elementary, his siblings also attend schools in the Plymouth-Canton school district, and his mother, Katrina Johnson, is a paraprofessional at Plymouth.

Torrance is fighting Spinal Muscular Atrophy Type II. At age 10, he is wheelchair-bound and has undergone eight surgeries. On top of these adversities, Torrance's father is experiencing kidney failure. Due to his condition, he had to stop working. He is currently going into dialysis three times a week, and is on his way to getting a new kidney.

Torrance's mother said that she admires Torrance's spirit and how he is always happy. She also wanted to thank everyone for their time, patience and kindness towards her family.

Terri Saenz:

Terri Saenz has built her family in the Plymouth-Canton community. Her sons, Braydn and Joshua, graduated from Salem. Saenz was very involved; she acted on the PTO board and served as vice president of the Plymouth-Canton Music Boosters.

In January 2015, Terri and her family discovered a life-changing disease that was to shape their lives and their community. Terri was diagnosed with Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig's disease. ALS is a nervous system disease that causes rapid muscle weakness. Currently, there is no cure for the disease, but Terri continues to fight every day and prepare herself for the many difficult years to come.

Saenz said, "We are used to being the givers and it's humbling to be the recipient. It has allowed us to experience the very best in human kindness."

Ann Slomkowski:

As a teacher in the district for 30 years and the owner of a farm and horse-training business, Ann Slomkowski is a well known and hard working woman in the Plymouth-Canton community. Her son Grant is a Canton alumnus, graduating in 2015.

Ann was diagnosed with breast cancer two years ago, but continued teaching. However, after going into remission for a period of time, she then found out that the cancer had spread to her spine and brain, and she had to take time off from teaching. She continues to fight with the support of her son and the community.

Chris White:

Chris White's life changed his second year at Central Michigan University. Already experiencing headaches and nausea for several years, he started to experience double vision. A CAT scan indicated that he had developed a brain tumor. An initial surgery proved to be a success, but after a final surgery to completely remove the tumor in his cerebellum, Chris lost some of his physical abilities.

Wheelchair-bound, Chris is training six hours a week with a trainer at Barwis Methods to regain his walking strength. He has begun achieving goals of standing up and walking short distances.

His mother, Karen White, says, "Chris is an extremely hard worker who never complains and never gives up." Chris has had great support from his family and friends, who provide comfort and company.

Sharon Laing:

Sharon Laing is a familiar face as she is a math teacher and student counselor adviser at Plymouth. She also plays the violin in the Dearborn Symphony Orchestra. Laing said about violin: "I have played since I was four years old and it has always been very therapeutic for me. I am a very emotional player - playing helps me escape from the real world and really engulf myself in the music and emotion."

Laing was diagnosed with stage two breast cancer and will have to have chemotherapy, surgery and radiation.

She said, "I have truly felt lifted by everyone and their encouragement has given me more reason to fight this and not give up. My sister, in particular, has been an angel. My colleagues have rallied around me and refuse to watch me fail."

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Concert showcases seven P-CEP choirs after festival

by **Claire Heise**
Staff Writer

On March 22, the Plymouth Canton Educational Park Choirs performed at the Gloria Logan Auditorium in Salem, showcasing the seven choirs' performances at the Michigan School Vocal Music Association Festival activities. These choirs are Chamber, Madrigal, Encore!, Park Singers, Parksmen, Allegro and Dulcissima. The scoring at MSVA from worst to best was good, excellent and superior.

The show starred Chamber, the twenty four piece men's choir, scored a 117 (superior) at the competition, and traveled to Italy along with Madrigals over spring break, sang "Hush! Somebody's Callin' My Name" and "The Star of Co. Down," both directed by Neumann and University of Michigan student teacher, Dan Kitzman.

Josh England, a Canton junior and a member of the Chamber choir said, "Our student teacher, Mr.Kitzman, was amazing. We're going to miss him so much and we're so proud of him. We'd like to thank him for working with us."

Madrigals is the top female choir with 25 girls who have been individually chosen based off of their vocal skills and attributions. The choir scored a 117 (superior) at Festival and went along with Chamber over spring

break to Italy. They've scored superior almost every year. They sang "This Little Babe" and "3 Nightsongs."

The concert opened with a performance by Encore!, an advanced group that focuses more on Broadway, jazz and popular music. The ensemble sang "Footloose" from the movie 'Footloose,' and they were accompanied by members of the P-CEP Jazz Band.

Valerie Said, the director of four of the choirs, praised her students after the show, "The choirs all did extremely well. They sang wonderfully tonight; it was wonderful to have jazz band members accompany Encore, our new show choir, they did a fabulous job. Overall, a really great concert. We're really proud of all our choir students."

Park singers, directed by Jennifer Neumann and Said, scored a 91 (good) at MSVMA. They performed "Come to Me My Love" and "A Girl's Garden." Both songs were upbeat and "A Girl's Garden" is originally a poem by Robert Frost.

Parksmen, the 20-member men's choir directed by Neumann, earned a 92 (good) and sang "Think on Me" and "Jonah." Both songs were advanced for the group. "Think on Me" is a beautiful, serene piece originally

written by Victor C. Johnson, and "Jonah" is an upbeat gospel song about Jonah and the whale.

Allegro, the 48-person female choir directed by Valerie Said, performed "A Jubilant Song" and "Three Spanish Ballades: 2.Moon" that earned them a 93 point score (good) at Festival. Allegro is the intermediate choir.

The girls seemed very pleased with their performance; "It was good, I think our hard work payed off and it was better than how we did it at festival" said Amber Mero, a freshman at Salem and a member of Allegro.

Dulcissima, the largest female choir of the eight with 65 girls, which Neumann and Said conduct, scored a 104 (excellent) with their performances of "Wolcum Yole!" and "Dies Irae," which translates to "Day of Wrath" in Latin. Dulcissima in the past has always scored high during competitions.

"Dies Irae" was a very intense song, but the ladies of Dulcissima pulled it off beautifully. Kate Cousino, a member of Dulcissima and a Salem junior, applauded her choir, saying, "I think we did really well. I thought it was our best performance we've ever done, especially 'Dies Irae.'"

Salem Rockettes Variety Show wraps up season

by **Hannah Saad**
News Editor

The Salem varsity and junior varsity pom teams capped off a season filled with competitions and a trip to Nationals at Disney World with the annual Rockette Variety Show on April 8. With the theme "We Are The World," the variety show featured a combination of varsity and JV numbers, while also featuring other singers and dancers from across the Park.

Varsity Rockette and Salem senior Jillian Pertler said, "Show is our favorite event of the year because we're able to show both friends and family the routines we've worked on all year."

Some of the bigger numbers for the Rockettes were the opening number, which combined the varsity and JV teams, and "Production" in the second act, which combined the varsity and JV teams in a Michael Jackson-themed number, with each girl wearing a rhinestone glove and dancing to many of Jackson's hits. "Production is my favorite because we get to work together with JV to put on an amazing routine," said Shaw.

Dancers representing Dance Athletics Competitive Edge (DACE) and Triple

Threat Dance and Theatre Company were also present, with numbers such as "Daylight" by DACE and "Fire Under My Feet" by Triple Threat.

Many Park singers were featured throughout the variety show, including Salem senior Jade Kuzak, who opened the show with the National Anthem, Salem junior Abbey Sexton, Salem senior John Vary, and Canton junior Ryan Demers, who will perform at Electric Forest Festival later this year along with Northville High School junior Carly Bins.

Others with less dance experience also performed numbers at the variety show. Mothers of the Rockettes performed "Dancing Queens" and various P-CEP teachers showed off their dance moves to students. In the second act, the Rockette dads came together to dance to various songs, like "No Sleep Till Brooklyn," and combined with their daughters to perform "Watch Me" by Silento and "Hit the Quan" by iLoveMemphis. Guys from the Park combined with the Varsity Rockettes to perform the Guy/Girl routine. All of these routines attempted to

replicate some of the more popular dance moves performed by the Rockettes, most notably, the kickline.

Salem junior Matt Schaumburger talked about his experience in the Guy/Girl routine: "It was fun, but it was kind of tough. It was actually a lot harder to remember the dance than I thought it would be." Schaumburger added that he was the best male performer on the stage.

The variety show served not only as a culmination of the season, but as a send-

off for the four seniors on the varsity team. "I think we did really well. We all enjoyed performing together for the last time this season," said Salem junior and varsity Rockette Sydney Shaw, "We work just as hard for variety show as we do for Nationals. We are always really excited to showcase our routines for our friends and family to see."

Go to www.the-perspective.tk to read a story about the Plymouth Variety Show.



Photo courtesy of Kristin Pertler

Salem Rockettes Hannah Parent, junior, Maddie Harvarth, senior, Becky DeWater, senior, Jillian Pertler, senior, Sydney Shaw, junior and Olivia Benintende, junior, perform their competition routine "Let's Rock!"

Proposal B rejected: KLAA conferences will not change

by **Emmanuel Jones**
Editor-in-Chief

Over the summer, athletic directors from within the two KLAA conferences came up with a possible solution of realigning the conferences: Proposal B. Proposal B was rejected on March 7, because it did not get the three-fourths majority vote needed by the member schools' principals needed for approval.

The complaints of Proposal B brought up at the KLAA athletic directors meeting in February included the difficulty of rescheduling the regular season and the playoffs of sports such as football. With Proposal B, teams would have to schedule more games within each division because it is more cost effective when the schools are closer, which will cut down the opportunities of facing other teams outside of their divisions. In the other sports under Proposal B, there would be six different division champs crowned instead of four. These new changes to the championship system would cause a prolonged playoff seasons, which could cause many multi-sport athletes to miss conditioning of the following season.

Theoretically, the current plan of the KLAA, according to Plymouth Athletic Director Kyle Meteyer, is that when you are driving to an away game, you should not pass another school in your division; realignment, statistically, would make drive times and mileage between schools in your division be reduced. However, this does not always happen.

Under Proposal B, the KLAA would keep the two conferences intact with 12 schools apiece, but both would be split up into three divisions instead of two which is the current system. Athletic directors believe Proposal B appears to be the best route to maintain a competitive feel among the 24 schools, which range from the largest school, Grand Blanc, which houses 2,727 students, to the smallest school, South Lyon East, with under a thousand students.

According to the proposal, the Kensington South division would keep John Glenn,

Wayne, Churchill and Franklin, while the Central division would feature all three P-CEP teams and Stevenson.

"I love the idea of having all three Park schools in the same division," said Plymouth senior and soccer player Jayden Huxtable. "I would love to play for a Park trophy."

The newly created Midwest Division would feature both Milford and Pinckney joining South Lyon and South Lyon East.

Meanwhile, Northville would be switching conferences to join the Lakes conference's North division, which would include all three Walled Lake schools (Central, Northern and Western). Novi would switch to the Lakes' East Division, with Lakeland, Mott and Kettering. The West Division would keep four of its current six schools: Grand Blanc, Howell, Brighton and Hartland.

Voting strongly for any realignment plan to happen, Proposal B or not, was Milford High School, who has been complaining for the longest because the drives to schools in their division are lengthy.

According to Ethan Dailey, former Co-Editor of the Milford High School newspaper, The Milford Messenger, Milford's coaches made it clear to their athletic director that they want to change divisions to be a part of the KLAA North division, one of the divisions within the Lakes conference because the drive times would be cut down. Milford's current longest drive is to Pinckney High School, which takes approximately 44 minutes. Their longest drive under Proposal B would be to Waterford Mott, which would take approximately 33 minutes.

Teachers' contract passes

by **Benjamin Henderson**
Opinion Editor

A new tentative teachers' agreement was revealed at a Plymouth-Canton Education Association meeting on March 8. The main difference from the old and new contract is the new one reinstates pay steps. P-CCS teachers voted to accept the new contract on March 18 and 21.

Although the contract has only a few minor differences from the one rejected Dec. 7, 2015, teachers at both Canton and Salem voted overwhelmingly to adopt the new agreement. While Plymouth remained hesitant, with many of the Plymouth teachers voting not to accept the agreement, the majority of P-CCS teachers won out.

The main point of contention between the district and the union was over pay increase steps based on seniority. While the contract rejected on Dec. 7 essentially abolished steps, the new contract reinstated minor steps. The concession

came as no surprise to teachers, many of whom remained adamant that what had been done was far too little.

Shelby Bates, an Honors Humanities teacher at Salem High School, told her class that the profession of teaching no longer pays enough to attract high quality teachers, who instead turn to work outside of the education field.

Plymouth social studies teacher Rebecca Kraft is especially concerned that P-CCS employees are not being paid enough to keep up with both a rising cost of living and college loan payments.

Nick Brandon, P-CCS Media Director, said, "We believe this agreement reflects that these relationships are headed in a positive direction and also how incredibly valuable our hard-working and dedicated teaching staff is for our district."

What's going on @ the Park?

Report Cards distributed

When: April 22

Park Players Presents: The Library

When: April 22-23 starting at 7 p.m.

Where: Canton Little Theater

Formal Dress Sale

What: Gently used dresses and shoes are for sale. Prices range from \$1-\$20.

When: April 30 from 9 a.m. to 12 p.m.
Price: \$50 per ticket

SJ5K Run

When: May 1 at 7 a.m.

Where: Canton Varsity Football Field

AP Testing

When: May 2-6, May 9-13

Where: Schoolcraft College

Prom Tickets For Sale

When: May 2-27

What: Prom tickets must be purchased by a P-CEP senior. All guests attending must complete the prom contract.

Lip Sync Battle

Why: Relay for Life donations

Where: Canton Little Theater

When: May 6 from 7 p.m. to 10p.m.

88.1 The Park Annual Auction

When: May 14

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Early school affects student health

by **Benjamin Henderson**
Opinion Editor

The relationship between adolescents and sleep patterns proves to be at every turn complex and nuanced. Nevertheless data from a recent study conducted by the University of Minnesota has proven beyond a shadow of a doubt that high school start times should be moved back later for the benefit of both the students and the surrounding community. On average, teenagers require between eight and ten hours of sleep per night but few students actually achieve this amount of sleep. Due to homework, extracurricular activities and early start times, a healthy sleep schedule is exceedingly rare among the student population.

Many say that changing school schedules is impractical and they have many valid points. A later start time leads to difficulties in coordinating busing, athletics, carpooling and childcare, as well as taking time away from extracurricular activities. Despite all of this, many school districts across America have taken the initiative and changed their schedules to start after 8 a.m., often reporting significant benefits to their students' health. School districts that have opted for later starting times reported improved rates of attendance and enrollment, as well as a student body whose self

reported depression shrank dramatically.

It is easy to say that later start times would simply cause teens to fall asleep later, but science suggests otherwise. Due to fluctuating patterns of melatonin secretion, no matter the time the teenager is required to wake up, they are apt to fall asleep after 11 p.m. This is natural in adolescents, who - as research has proven - fall asleep at around this time regardless of the required time of waking. Moreover, altered sleeping schedules caused by early school start times cause adolescents to pursue abnormal sleeping patterns over the weekend, often to the detriment of sleep quality and overall health along with attentiveness in school.

Schools that have changed their schedules report a reduction in incidents of drowsy driving, violence and impulse control problems, as well as rates of tobacco and alcohol use. Clear consequences have been linked to the irresponsibly early times our students are expected to wake up at. To ignore these consequences would be to continue to sacrifice our students' health in the name of convenience.

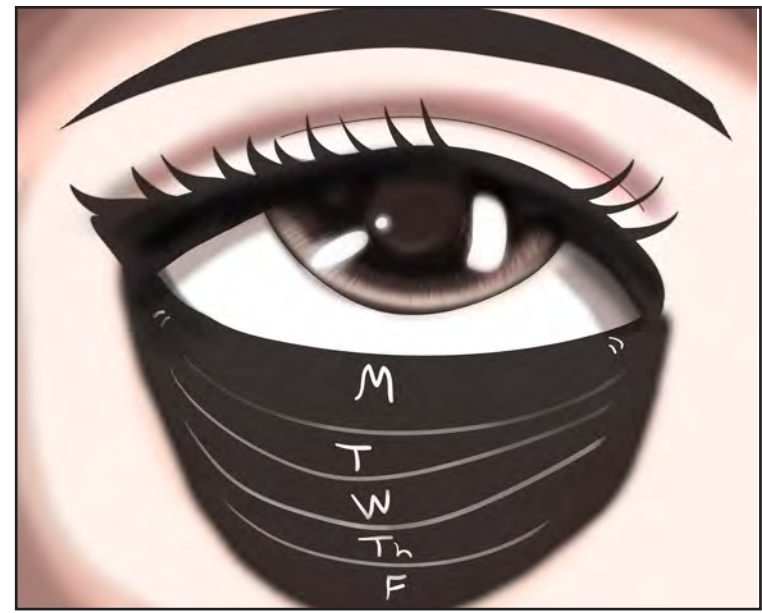


Illustration by Allison Fedak

Rubio should have been GOP nominee

by **Miriam Sponsler**
Editor-in-Chief

Since the day that Marco Rubio announced his campaign for presidency, I knew I liked him. I found him engaging, educated, humble and trustworthy. As months went on and his campaign grew stronger, I began liking him more and more. I started researching his policies, history and the goals of his campaign. The more I read, the more I liked him.

The main goal Rubio wanted to achieve as president was to restore the American dream. His parents moved to the United States from Cuba and struggled to find stable jobs to support their family. The opportunities given to them in our country allowed them to work up to the middle class and provide their kids with a future not possible back in Cuba. A lot of people in America don't see the advantages they have living here and expect the government to solve all of their problems instead of working to fix them. Rubio reminds us all that the American Dream is possible for anyone that is willing to work hard for it.

The most admirable trait I found in Rubio is his faith. He was originally part of the Mormon Church, but then converted to Catholicism. Over and over again he has shared his faith story and how he came to accept Jesus as his savior. He doesn't just appeal to Christians; at one of his campaign rallies, he was asked by an atheist if his Catholic faith would influence the decisions he made in office. He replied by saying his faith is the strongest influence in his life, and people should hope it would affect what he did as president. He said his faith teaches him to love others before himself, to respect everyone and to help others as much as possible. He said he would never push his faith on others and respects the freedom of religion, but he is heavily influenced by his beliefs.

Rubio was the most humble candidate run-

ning for the GOP nomination. He strived to make America the greatest country the world has ever seen, not for his benefit, but because it did such great things for him and his family, and he wanted to give back to the country that made his dreams come true. He also publicly surrendered himself to God, and even as he was withdrawing from the race, he thanked God for the opportunity to run. Rather than complaining and criticizing the voters like some of the other candidates, Rubio thanked them and said it just wasn't part of God's plan for him to win that election. I admire this quality about him and hope that I as well can be like that.

Though he was running as a Republican, Rubio was well-respected and liked by voters from both parties. A lot of Independents and undecided Democrats preferred him over the other candidates and would have voted for him in the general election. Even Hillary Clinton, the leading Democratic candidate, said she feared running against Rubio more than anyone else, and polls conducted by Fox News, CNN and USA Today showed Rubio beating Clinton. He was the only candidate able to unite the parties, which would've been beneficial for the country in the future.

As you can probably tell, I am the biggest Rubio fan in all of America. I agree with all of his policies, and I admire his character. Being a good person is just as important as being a good politician when running for office, and Rubio was both of these. It breaks my heart that he was not well-enough supported by his own party and had to suspend his campaign. With Trump as the likely nominee, I fear the future of our country. Like Rubio, I have to remind myself that it just wasn't meant to be, and trust that we as a nation will be okay. However, I will always believe that Rubio was the best candidate for the 2016 presidential election.



Letters to the Editor

Reader disagrees with abortion opinion

Dear Editor,

In the paper that you released on March 18, 2016, there was an article with the title "Abortion is murder." The writer says that putting a child up for adoption would be more ideal than getting an abortion. According to the Congressional Coalition on Adoption Institute, there are almost 400,000 children living in the U.S. without permanent families. Only about 25 percent of these children are eligible for adoption and about one third of that 25 percent will end up waiting over three years in foster care before they are adopted. The writer states that there are millions of people actively seeking to adopt a child, but this gives the impression that if you give a child up for adoption, they will be immediately placed with a family. Clearly, that is not the case.

The writer also makes references to a video made by the Center for Medical Progress about Planned Parenthood. This video has been proven by the New York Times to be highly edited to misrepresent the intentions of Planned Parenthood in regards to the preservation of fetal tissues. These tissues are only used to study and develop treatments for diseases and requires clear consent of the mother.

The writer has made it very clear that he believes that Planned Parenthood should be defunded but he also states that using birth control, condoms, and other contraception to prevent pregnancy would reduce the amount of abortions. NPR did a fact check on many aspects of Planned Parenthood in regards to federal funding and its relation to the services the agency

performs. According to this report, from 2013 to 2014, abortion services accounted for only 3 percent of all services provided by Planned Parenthood. In this same year contraception accounted for 34 percent of Planned Parenthood services.

Defunding Planned Parenthood will have close to no impact on how many abortions they perform. Federal law states that under the two programs that provide funding for Planned Parenthood, Title X and Medicaid, almost no federal funds go to performing abortions. Title X does not allow any of its funds to be used for abortions and Medicaid only allows government money to be spent on abortions in instances of rape, incest, or when the mother's life is in danger. Therefore, defunding Planned Parenthood would only result in defunding access to STI/STD testing and medication, contraceptives, other women's services, and cancer screenings, which account for the majority of Planned Parenthood's total services in comparison to abortions.

Getting an abortion is a very difficult decision that many women struggle with if they do not feel that they could support their child. Telling impressionable teenagers that "abortion is murder" and only presenting them with one side's perspective is showing blatant bias towards the pro life movement. Insinuating that every woman who gets an abortion is a murderer is a very bold and questionable stance to go in a high school newspaper.

Kayleigh Williams
Salem High School

See online edition for additional letters.

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Corrections: We will make every attempt to publish corrections in the issue following publication of erroneous materials. Corrections will include but are not limited to misidentified individuals in photographs and errors of fact. Please report errors to pccpperspective@pccsc12.com and write "correction" in the subject line.

News for students from your
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Fresh Picks for Spring Reading

Fantasy and Science Fiction Titles



Starflight by Melissa Landers
The Forbidden Wish by Jessica Khoury
Passenger by Alexandra Bracken
The Siren by Kiera Cass

Realistic Fiction Titles



Challenger Deep by Neal Shusterman
This Raging Light by Estelle Laure
We Are the Ants by Shaun David Hutchinson
The Great American Whatever by Tim Federle

Book News

Beginning in 2017, Random House will publish four books about DC comics characters. *Wonder Woman* will be written by Leigh Bardugo, *Catwoman* will be written by Sarah J. Maas, Matt de la Pena will write *Superman*, and Marie Lu will write *Batman*.

The film version of *Nerve* by Jeanne Ryan, starring Emma Roberts and Dave Franco, is set to be released in September.

Point-Counterpoint

Hustle to the House

Donald Trump: Michael Adzima | Sports Editor

Last year when Donald Trump announced he would be making a run for the White House, most of America shrugged their shoulders and gave a little smirk.

Here we are months later looking at the very real possibility of having one of the world's most lucrative billionaires as the leader of the free world. Well America, if we do end up with President Trump, maybe things won't be as bad as they seem they might.

Right now, Donald is leading a tight race for the Republican nomination against fellow GOP candidate Ted Cruz.

Even if Trump does inherit a Republican dominated Congress, his rantings and ravings about whatever policy he will institute to fix whatever "problem" America has may not even

pass a heavily GOP Capitol Hill.

Donald Trump is about as Republican as a Republican can get. This means that with his radical ideas, Americans may not have to fear that things will change too much with the Don in charge. Democrats are likely to say no to pretty much anything he proposes and moderate Republicans might also not follow along with every policy in order to conserve their own political reputations.

Overall, if America does get to witness the reign of President Trump, things might not end up being too bad. America gets at least four years of a president who won't bore the nation to death and may not go through with the promises that the Don so faithfully promises to execute.

John Kasich: Alec Middleton | Staff Writer

The ultimate underdog in the Republican primary race is John Kasich. Outlasting over 15 other Republican nominees and several democratic nominees, Kasich has gained the support of millions as he races towards the primary victory.

Kasich has many perks as a candidate. His stances on the military, healthcare and welfare are all superb in their own right and he is the only Republican candidate left with the most experience. Kasich served in Congress from 1983 to 2001 and has been the Ohio governor since 2011, making him a trusted, knowledgeable and efficient leader.

Neither Ted Cruz nor Donald Trump can compare with the political background of Kasich

and his policies. Kasich was a part of the House Armed Services Committee for nearly 18 years and has witnessed many historical military accomplishments and defeats. He has a no holds barred approach to stop ISIS, which is what America needs to do to defend itself.

Kasich has helped in the enormous comeback of Ohio after the Great Recession in 2008. When Kasich took office, Ohio's unemployment rate was 9.2 percent and has now dropped to 4.2 percent. He has worked hand in hand with balancing budgets throughout his political career and cites that the stimulus package in 2009 was a disaster. If you'd like a candidate who can create jobs and not lower the deficit, then John Kasich is the best option based off experience and initiative.

Students argue for 2016 presidential candidates

Bernie Sanders: Lauren Flynn | Photo Editor

Bernie Sanders - the presidential candidate taking the U.S. by surprise. Many scoffed when they heard that this old socialist was entering the race. Up against Hillary Clinton for the Democratic nomination, his decision to run seemed like a joke to many, as the Clinton family has spent decades building their name and brand and almost nobody had heard of this senator from Vermont.

Sanders' campaign has since blown up and been different from anything politics has seen in recent years. To start, Sanders' campaign is backed by incredible grassroots support. This means that actual people have come together to support him, not just corporations. His average campaign contribution is about \$30, with a record-breaking number of individual campaign donations of over

\$3.5 million.

Sanders has shown that he stays true to his word and has been consistently fighting for the same causes and holding the same stances for his entire political career.

Sanders is right for America because he wants an economy that works for everyone - not just the ultra rich - he is consistent and loyal and he is honest with this country's best interests in mind. Most of the time if someone says "honest politician" everyone rolls their eyes, because some time over the years the standards for a policy maker in this country have dropped so far down that honesty seems like an unrealistic quality, and that's unacceptable.

Hillary Clinton: Gareth Kondrategk | Guest Writer

Over the past few years, there has been a decline in elected Democrats everywhere below the presidential level in America. With the 2016 election, we face the threat of democratic control of the White House being ceded to one of any number of increasingly ridiculous Republican candidates. To be blunt, if you are a Democrat, your only choice is Hillary Clinton.

Bernie Sanders would not stand a chance against a conservative titan like Trump. His radical views almost ensure that the Democrats will lose the moderate vote and his "outsider" ideals would leave him paralyzed by partisanship if he ever reached the Oval Office.

Hillary Clinton is one of the most experienced politicians in America. After serving as first lady,

she launched herself into a New York senate seat in 2001 and her ascension to Secretary of State under the Obama administration came as a surprise to few.

Clinton has spent her career championing the rights of minorities. Although her career has been rocked repeatedly by scandal, she stands as a shining example to the American public as both a politician and as a woman. While she has been harassed, demeaned and talked over on account of her gender, Hillary refuses to be silenced.

Don't throw away your vote in November. Unless you would settle for a Trump presidency, Hillary is your only choice. That is why I am with her.

Letters to the Editor

Arts department deserves more coverage

Dear Editor,
The Perspective this year has done well. But some students, like myself, feel that the arts department deserves more coverage than it receives. While sports and academics are important in the schools' overall look, they are not everything that these schools represent.
The arts do more than just give students time to "relax". It gives them time to make friends, create beautiful art work, express themselves, and excel in what others deem as unimportant.
I feel that our school has the opportunity to cover so many art related events with much more detail.

Events such as the variety show, the annual P-CEP art show, along with concerts for the orchestras, choirs and bands.
If we really want to make our school a more creative place, the arts need to be seen and talked about, not put in a corner where only a few stop by to check it out.
Mikayla Fysh
Salem High School

Editors Note: This letter also appeared in the March issue but the author's name was omitted.

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Salem seeks to name pool after coach by Hamoudy Turfe Staff Writer

There is no question that Charles E. Olson's rich coaching legacy will be carried out for many more years to come. The long term Salem swim coach is retiring from coaching at the end of the school year, and in his honor, Salem athletics wants to name the natatorium after him.

Even though the naming of the pool is not yet official, there have been months of planning, preparing and fundraising in an effort to name the pool after Coach Olson. The fundraising campaign ends on May 24. This 46-day fundraising campaign represents each year that Coach Olson has served in the district. The pool naming ceremony is planned for Saturday, June 18 at the Salem High School Pool. The final decision regarding the naming of the pool will be made at a board meeting on April 26.

Carolyn VanDerRoest, the Canton athletic department secretary, said, "In a short time, I have learned how many people Coach Olson has made an impact on. He has dedi-

cated 46 years to the swimming community. I cannot think of a better way to honor him but by naming the Salem pool in his name."

Olson graduated from Central Michigan University in 1970, where he received his Bachelor of Arts Degree. While at CMU, Olson swam on the freshmen swim team and competed the years on the gymnastics team.

Olson taught physical education at Salem from 1970-2001 and coached boys and girls swim from 1974-2015.

Olson is a three-time Michigan Interscholastic Coaches Association (MISCA) regional coach of the year. He is also a three-time National High School Athletic Coaches Association (NHSACA) coach of the year.

Olson has served as part of the MISCA Executive Board from 1985-present. He has also been an executive board member for the Michigan High School Coaches Association (MHSCA) from 2010-present. Among other positions

that Olson has held was MISCA President (2008-2010).

Brian Samulski, Assistant Principal of Athletics and Activities at Salem, is very appreciative of Olson's work as a coach and an educator. "Salem High School was very lucky to have Coach Olson lead the boys and girls swim programs for 40 plus years. He had a huge impact on thousands of student-athletes lives throughout his career. It was an honor to work with Coach Olson in the Salem Athletic Department," he said.

The P-CCS Alumni Association and the Salem Athletic Department hope to dedicate the Salem Natatorium in his name in June.

Samulski said, "Coach Olson's dedication was shown through his longevity, and his talent as a coach was shown through his wins and championships and his impact on student-athletes is shown through the incredible following and support he has from alumni 40+ years ago through

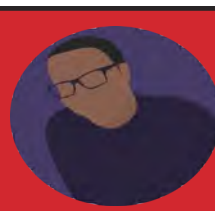
Quick Hits:

Boys Varsity Lacrosse:
Canton: 4/23 5:30 p.m. vs. Walled Lake Northern
Plymouth: 4/23 1 p.m. vs. Rockford High School
Salem: 4/25 8 p.m. @Canton High School

Girls Varsity Lacrosse:
Canton: Tonight 6:30 p.m. @ Tecumseh High
Plymouth: Tonight 8 p.m. vs. West Bloomfield
Salem: 4/25 7 p.m. vs. Canton High School

Boys Varsity Baseball:
Canton: 4/25 4 p.m. vs. Livonia Stevenson
Plymouth: 4/25 4 p.m. vs. Northville High School
Salem: 4/25 4 p.m. @Livonia Churchill

Girls Varsity Softball:
Canton: 4/25 4 p.m. vs. Livonia Stevenson
Plymouth: 4/25 4 p.m. vs. Northville High School
Salem: 4/25 4 p.m. @Livonia Churchill



MY VIEW ON SPORTS

by Emmanuel Jones
 Editor-in-Chief

Investigative report: Part 1 of 2

How realignment of the KLAA can make PAY TO PLAY cheaper

Last year, P-CEP athletic directors said they will do everything in their power to trim budgets without cutting sports programs or depleting their budgets to \$0. However, over the summer, there were major changes to the P-CEP athletic complex and in each individual high school building that appeared to cost a crap ton of district dollars even though P-CCS is in a \$5 million shortfall for 2015-2016 school year.

According to the Board of Education, the state of Michigan made it clear that the district will not be receiving any more additional money. This "putting their foot down" statement made by the state should make high schools, especially P-CEP; look for other ways to raise money for miscellaneous purchases. Because honestly, it's becoming more and more evident every year that high school athletic departments can no longer rely on local taxpayers' funds.

According to P-CCS, middle and high school athletics, in 2014-2015 P-CCS

generated approximately \$1 million in revenue and spent approximately \$2 million in expenses, with 75 percent of revenue going to salaries of administration, secretaries, coaches, referees, game workers, ticket takers and game announcers (like me).

So who is to blame for this debt? That answer isn't so clear cut but my view is that athletic departments could do more to demand that certain expenses are cut back.

Transportation, for example, is a huge money waster for sports and some athletic directors would like to change the divisions so transportation could be cheaper. The only way this could happen is through realigning the KLAA; realignment has worked in other states and could be a solution for the KLAA's problem. But many athletic directors don't believe making travel time shorter would change anything. So they decided to raise money another way like raising pay to play.

But actually, in theory, making travel shorter should drop pay to play.

The Pennsylvania State Athletic Directors Association (PSADA) demanded that their state's athletic association, The Pennsylvania Interscholastic Athletic Association, Inc. (PIAA), realign the conferences so the schools can cut back on transportation costs and to agree to terms that will help the schools cut back on certain expenses. To everyone's surprise, the state actually listened and made things easier for schools and because of the cooperation between the two parties, the schools saved money.

One major school that was affected in a positive way by the change was Bishop McDevitt High School in Pennsylvania. This high school features a 175,000-square-foot high school, a 1,200-seat auditorium, 1,000-seat gym, library, performing arts center and an athletic complex with a football stadium, the entire school costing

a whopping \$45 million. McDevitt athletics charged athletes whopping sums of money for participation, just like P-CEP, but after the changes were put in effect by the PIAA, the school saved so much money that in 2011 the school was able to charge lower pay to play expenses to student athletes.

Just because of changes made by the PIAA, in one year McDevitt was able to drop pay to play to \$75 for the first sport, \$50 for a second sport, and no price to play a third sport, while also making a profit in athletics. The pressure from the athletic directors and principals actually made a difference.

Should athletic directors and principals in the KLAA take a page out of the PSADA's book and try to copy their success? Yes. Will this ever happen here, especially at P-CEP?

Pick up next month's paper for part 2 to know the answer.

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Player Profiles: *A closer look at P-CEP's athletes*

I.B. Mourad:

Salem track and field captain

How long have you been playing this sport?

This is my fifth year.

How did you become interested in your sport?

I started in 8th grade to get in shape and to be ready for football. After my 8th grade season I realized I loved it. Then I joined my freshman year at Salem and have been running ever since

Who's your biggest rival? (School)

Either Plymouth or Canton. Not a big fan of either.

What was your best performance?

My best mile is 6:12 and my best 800m is 2:54. I'm still improving and working hard every day.

How does playing this sport make you feel?

Practice is very hard but the meets are amazing. There's no better feeling than breaking your personal records or beating a friend or rival. Track is probably the most competitive sport, individually and team wise.

Do you like being a member of your team/ how does it make you feel? Is it like a family?

I've never loved being a part of a team more than I love this team right now. From Throwers to Distance to Sprints, we are all one big family. We have a great senior class of leaders and captains also.

Is there anything you do the night before to help you prepare for a meet?

I always stretch at my house the night before while I listen to Kanye or Drake. Stretching is a major key to being ready for a meet. I always drink as much water as I can. Water is another major key.

What goes through your mind when you are at the starting line?

I think about what goals I have for the race. I look at the other kids on the starting line and tell myself, "I'm going to beat him and him," and it helps me keep pace with those kids. And I think about my motto: "The faster you run, the faster you're done."

What kind of training do you do to get in shape?

We rotate through a track workout one day and a long run (4-6 miles) the next day. Specific track workouts help with specific aspects of the race like speed, pace, endurance, etc.



Photo courtesy of I.B. Mourad

What is your goal for this season? My goal is for Salem to go undefeated and win States as a team. My personal goal is to run 5:30 in the 1600 and 2:30 in the 800m.

I.B. Mourad is a senior captain in only his second year on Salem Varsity Track and Field.

Rachel Zerona:

Four years on Plymouth varsity softball

Are you committed to a University/College or are you interested in recruiting?

I signed to play at Oakland University next year.

How long have you been playing this sport?

I have been playing travel softball for nine years.

How did you become interested in your sport?

My family grew up watching baseball a lot so that sparked some interest. Then one day my parents asked if I wanted to play so I said yes and I guess it just stuck. I ended up loving this game and soon it just became a part of my daily routine. I can't thank my parents enough for helping introduce me to the game I love.

What was your best performance?

There's not a specific game that I've had my best performance in because I can be hard on myself at times and there is always room to improve. A good day for me is doing well in center field by making good catches and being able to cover a lot of ground. As for hitting, my goal is to place the ball where I want it to go and get on base; if I can do that at least two times a game I'm happy.

How does playing this sport make you feel?

Playing this sport definitely makes me feel a lot of different emotions. Most of them are good and I am very thankful for that because after a long day, I know all of my teammates and playing the sport itself will cheer me up. Our field is a second home to me and nothing makes me feel better than spending time out there and putting in work. It's somewhere I'm comfortable. My love for this game definitely drags me out to the field every day and helps put me into a better mood.

Do you like being a member of your team/ how does it make you feel? Is it like a family?

I love that I've had the chance to be on so many different teams because I know all of the girls out on the field with me have my back. That's the best part. Each one of the girls out there beside me is like a sister to me and we trust each other. It's nice to have someone there when you need to be picked up and you are able to be there for someone when they need it as well. With all the time we spend together, we do become a family.



Photo courtesy of Rachel Zerona

Practice isn't always easy (and it's not supposed to be) but being around these girls make it so much better.

Do you remember your toughest loss? How did you come back from that?

One of my toughest losses was our last game this past year. It was so tough for everyone on the team because we had made it so far (elite eight) and we weren't ready to be done. Having to come back from that is definitely tough but it made me work so much harder in the off season. There are still high expectations for this year as well but I have confidence in my teammates that we will work hard this year and try to get back where we were last season!

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SPORTS REVIEW: March Madness comes to a dramatic close

by **Jordan Anheuser**
Staff Writer

The upsets, underdogs and unexpected, that's how it goes every March. With number two seeds being defeated in the first round, and 10 seeds heading to the Final Four, everyone's bracket is sure to be busted.

On April 4, Villanova defeated the University of North Carolina with a tremendous buzzer-beating three pointer to win it all 77-74. Plymouth senior Aaron Kosmyna said, "I picked Villanova to win because I liked the way they played in the Big East tournament."

While UNC had players Joel Berry II and Marcus Paige both scoring 20 points or higher, they were not able to defeat Villanova, whose field goal percentage was 16 percent higher than UNC's. While North Carolina out-rebounded 36-23, their

free throw percentage and inability to make field goals (42.9 percent) ultimately led them to a hard loss. Salem senior Ani Varasani said, "Not many people expected Villanova to win the National Championship. High powered offense with Jenkins, Hart, and Arcidiacono, but they (Villanova) were constantly underestimated. Definitely deserving of the title."

Villanova soared through the tournament, defeating each team they played by double digits, with the exception of Kansas where they won by only five points. Plymouth Senior Mamoun Abbas said, "I had North Carolina winning from the start. At every position they have a solid player that was able to score and play solid defense."

Villanova made history by defeating Oklahoma

in the Final Four by the largest margin in NCAA tournament history, 95-51, and kept Sooners' star Buddy Hield, the senior superstar who nearly won the National Player of the Year award, down to only 9 points.

However, not all teams were as fortunate as Villanova. In the first major upset of the tournament, Michigan State, a number two seed, fell to 15 seed Middle Tennessee State, 90-81 in the first round. With both teams having identical field goal percentage (55 percent), MSU's three-point percentage was 12 percent below MTSU. Abbas said, "The biggest upset in my eyes was Michigan State. A lot of people had them (Michigan State) going all the way and losing to a 15 seed ruined everyone's bracket."

With Denzel Valentine doing his best to put the team on his back, MSU was just simply outplayed. MTSU's run was shortly lived, they were defeated 75-50 by Syracuse in the next round.

Syracuse did not stop there. The number ten seed hustled all the way to the Final Four, defeating Dayton, Middle Tennessee, Gonzaga, and upsetting number one seed Virginia before falling to North Carolina in the Final Four. Malachi Richardson, a freshman for Syracuse, helped his team to succeed, scoring double digits in four out of the five games in the tournament, along with senior Trevor Cooney, having a 12.9 points per-game average.

Once again throughout the world there were no perfect brackets. The chances of a perfect bracket are 1 in 9,223,372,036,854,775,808.

Humans of P-CEP: Dorian Thompson

by **Allison Pascalo**
Features Editor

Salem senior Dorian Thompson is living out his dreams in the political world with the added benefit of missing multiple days of school. His goal: take "selfies" with the 2016 presidential candidates.

Unfortunately, Thompson was unable to meet with Republican Ted Cruz due to the short notice that didn't correspond with the teen's schedule, but he has posed with Donald Trump, Hillary Clinton, Marco Rubio and John Kasich.

Instead of behaving in the typical voter manner of watching TV or attending the debates to hear what the candidates have to say, Thompson met with those in the race personally. "TV is mostly cut and edit. I wanted to hear exactly everything they said," said Thompson.

Politics has always been a large part of the teen's life, beginning in his early childhood. Thompson is passionate about this country and says he will take office as president in the year 2048, reshaping America with his Republican views.

"This election is a special one for being able to vote for the first time," Thompson said. "I knew I was never going to vote for Hillary Clinton or Bernie Sanders but it was still an honor to meet them!" Thompson plans to continue his tradition with future elections. "I probably will do this the next few election cycles."

Thompson began his journey by meeting

with candidates from both sides of the political spectrum, keeping his mind open and accepting what their plans are in the future. Just meeting these individuals wasn't enough for the aspiring politician, so he engaged in taking selfies with these public figures to not only keep for his own benefit, but to show his teachers at school to assure them he wasn't of class without a good reason.

Thompson was more than willing to hop into his car and drive for hours just to have the opportunity to indulge in what the speakers were saying and for the chance to meet them face to face. Waking up at crazy hours and putting on the extra miles was a minimal downside to the uplifting sensation of meeting the potential leaders of this country.

"The conversations were the most beneficial part," said Thompson. "All of the candidates were very nice and willing to talk about what I do and what I think about the issues."

Thompson's journey began with meeting Donald Trump in Grand Rapids. He was able to successfully obtain a selfie with the candidate and even met him a second time at a rally located in Warren in which Thompson had to wake up at the painstakingly early hour of 2 a.m. and of course, take another selfie with the politician after listening to him speak.

Next on the list was traveling to the Republican field office in Livonia to meet

with John Kasich. "Kasich was great! I was fortunate enough to ask him a question and he gave me a detailed answer and asked me to be vice president." Thompson was thrilled with this encounter, seeing that it even made the news.

Thompson just so happened to know one of Rubio's campaign workers, which allowed the teen to obtain a choice spot in the front row at the Rubio rally. As expected, Thompson listened to Rubio speak and participated in a conversation afterwards.

Even though this young man is a Republican, meeting candidates from both parties was crucial. Thompson was able to meet with Hillary Clinton as well as Bernie Sanders at a pre-debate reception that was held at the MGM Grand Casino located in Detroit. Personally meeting both of these figures still wasn't enough for Thompson to sway his view points to the Democratic side.

"I plan to print all of the pictures I've taken and place them onto my 'good thing shelf,'" said Thompson.

This high schooler plans to run for office when his time comes, starting locally and working his way to the top.

Meanwhile, his experience with meeting such influential characters is something Thompson will never forget, especially since they had such a welcoming attitude. Dorian says, "They were all very nice, Trump even told me I looked great."



Photos courtesy of Dorian Thompson
Dorian Thompson poses with 2016 presidential candidates Donald Trump, Hillary Clinton, Marco Rubio and John Kasich. He managed to snag selfies following their campaign rallies.

Music Reviews

Zayn goes solo, releases 'Mind of Mine'

by **Claire Heise**
Staff Writer

On March 25, Zayn Malik announced his departure from One Direction, a band that he had been in for five years. Exactly one year later, Malik released his long anticipated album "Mind of Mine."

With his single "PILLOWTALK" becoming the fastest selling single of 2016, having 4.972 million streams in a week, and breaking records previously held by Justin Bieber and One Direction themselves, "Mind of Mine" sold 112,000 album sales and debuted at number one on the Billboard 200 albums.

The 18-song album has tunes ranging from soft rock, dub, pop and smooth R&B. "LIKE I WOULD," Malik's second single off of the album, is the most upbeat song off the record. With a steady beat and contagious lyrics, this song is a great song to dance to at a club.

"BLUE" starts off with a gloomy piano that lives throughout the song with lyrics to match. Malik sings smoothly about wanting someone to love him blue. His vocals are impressive throughout the song itself, with falsettos and lower register notes that really give off the heartbroken feeling.

One of Malik's inspirations for his work is Abel Tesfaye, who is better known as the Weeknd. "TiO," track 14 of the album, sounds like it could be a song off one of the Weeknd's album. The lyrics are risqué and raw, the beat is heavy and it seems like it could be the epilogue to "PILLOWTALK." Both songs carry innuendos, and eventually the three letter title of track 14 makes sense when you listen to the song in full. Other essential songs off of the album are sHe, dRuNk, and fOoL fOR YoU.

Overall, the album is a great start to Malik's solo career. His bad-boy persona that was hidden while in One Direction shines throughout the album, his vocals are cleaner, the songs are well-written and there's a song for every mood. Although many One Direction fans were upset over his sudden departure, many have come out to show support for him and praise for the record. Malik, after receiving news that his album is the first one to be #1 in more than 70 countries, tweeted, "Zquad thank you, dreams coming true right now!"

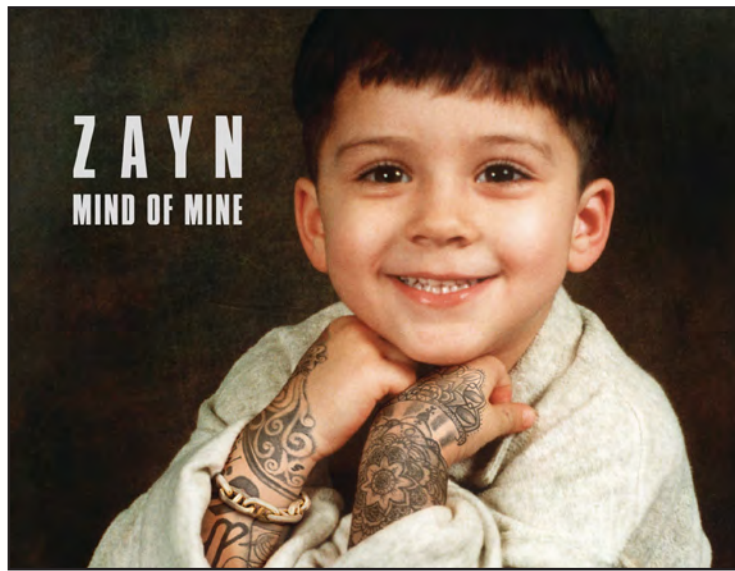


Image courtesy of RCA Records

Ex-One Direction member, Zayn Malik, released "Mind of Mine," on March 25, 2016.

Listen up: Who is Lukas Graham?

by **Ally Schwinke**
Staff Writer



Image courtesy of Future Animals

Danish-band Lukas Graham is gaining popularity in the United States.

Who or what is this Lukas Graham? Is it a singer? A band? A one hit wonder?

Lukas Graham was originally a Danish pop-soul band and now they are taking over America. And the singer and songwriter of the group is Lukas Graham Forchhammer. You may have heard them on the radio from their current hit, "7 years," with its truthful lyrics about growing up. But most of you may not know that he also has a chart topping self-titled album that has just been released.

Lukas Graham is one of the best up and coming singer/songwriter bands that I've listened to for awhile. In each and every song their lyrics tell a story and take you through an emotional roller coaster in Graham's mind; he truly has an incredible gift.

Now their sound isn't necessarily unique, but there is just something about their music that can really speak to you. Personally, I am not a big fan of this genre of music, but Lukas Graham has this unique aspect to them that is so real and personable, it is really hard not to like them.

"Mamma Said" tells the story about Graham growing up and always just scraping by when it comes to money. But it is actually quite uplifting because he praises his mother for her positive attitude. He also talks about being teased because he would always say eventually he'll make it big.

There is a common theme throughout many of Graham's songs,

and that is about his dad passing away. Each song really shows how his dad passing has been troubling him. But he perfectly captures that pain and expresses it in his music.

Two songs that show his feelings about his dad are "Happy Home" and "You're Not There." Both of these songs are about how Graham is starting to make it big but still grieving the loss of his father.

"Happy Home" is about Graham's rise to fame but how he is still going to stay the way he is and not let go or forget the ones that mean the most to him. "You're Not There" is a song specifically about his dad. In the song he described how he thinks it is unfair that his dad won't be able to see him grow up. This song has a somber, soulful vibe to it.

"Drunk In The Morning" is a more fun song. It is very upbeat and the lyrics are not heart-ripping like most of his songs. It shows the happier side of Graham.

"Don't You Worry About Me" is another soulful song. The song is all about self-determination and not letting the haters get to you. It's definitely a song that's perfect for walking on the path alone when you're feeling like you need a confidence boost.

Lukas Graham is an album that I highly recommend to everyone. It has a perfect and simple sound to it. It is not your everyday, run of the mill, pop album or anything like that. I cannot wait to see what is next to come with this band.

Love Your Health: Pre and post workout nutrition



by **Kylie Cardenas**
Staff Writer

We've all grown up hearing the praises of drinking milk. Athletes swear by post-workout chocolate milk, doctors ask you if you get in your three daily glasses of milk at every check-up and students of every age are bombarded by "Got Milk?" ads around their schools and cafeterias. But how much of what we hear about milk is the truth and how much is just false truths fed to us by the dairy industry's dollars?

Recent studies are showing that the negative effects of drinking dairy outweigh the very benefits that entice people to drink it. Various studies have been done on children, teens and adults examining the relationship between milk consumption and bone integrity, risk of fractures and risk of death - and though the idea of milk having any effect on mortality risk, when looking at the scientific facts, it all makes sense.

The number one fact we are told about milk is that its calcium aids in the strengthening of our bones. However, the studies done on children and teens found no increase in bone strength when

increasing milk or dairy intake. A study done on adults also found that women who drink three or more glasses of milk a day had a 60 percent increased risk of hip fractures and a 93 percent increased mortality risk.

You may be wondering how it's possible that milk is failing to strengthen our bones when that's what we have always been told its purpose is. I'll tell you how it works. Dairy not only has calcium, but also protein. Being that this protein is derived from an animal source, it is naturally very acidic. Our bodies work best in a less acidic, alkaline state, and in order to neutralize our blood before it can cause any harm, our body needs calcium, which it takes from our bones. The harm which can befall our bodies if our blood is just a few Ph levels too high or low is dangerous: our blood can have difficulty carrying oxygen around the body which can be potentially fatal. In the end this defeats the purpose of drinking milk. It's easy to meet calcium needs without drinking milk or eating dairy, as many foods

such as chickpeas, almonds, broccoli, various dark greens are high in calcium. Even by eating a variety of foods with a moderate amount of calcium will add up sufficiently.

Dairy is also pretty high in fat. Of course there are lighter options but dairy products still add great amounts of cholesterol and saturated fats to the diet. There have also been links found between consuming dairy and type one diabetes, breast and prostate cancer and heart disease.

It may not seem like much of an issue now and you may be a very healthy person who still enjoys dairy products, but when thinking of your health in the long run, the effects of dairy are definitely something to consider. The topic has gained interest and more studies are sure to come along within our lifetimes. Maybe you won't need all that milk after all.

Meet your essay savior, the Writing Center

by **Genevieve St. Jean**
News Editor

Before the year can end and your dreams of summer can begin, there is that period filled with finals and papers. So, when you have that huge paper worth 20 percent of your grade, or even just the little papers, the Writing Center is a tool available at the Park to help with your writing. One of

the unique things about it is that students are the ones who are the tutors. So, behind the Writing Center is a group of students you may want to get to know better.

Nikki Schroeder, Salem senior, says the people in the Writing Center are "students helping other

students with work. It's a nice resource rather than just going to your teachers for help because that can be intimidating, but with someone you have seen in the hallway before, someone you can feel more comfortable with, it's easier to improve yourself."

The Writing Center is made up of 23 juniors and seniors who have excelled in their English classes. They all have one common interest; to help their client.

Marianne DeBrito, Plymouth senior, said, "The best thing about the Writing Center is when I do get a client that really wants to improve on their essay and then I can really engage with that essay and client and they leave feeling really excited about their paper. I really feel like I helped someone out."

The goal of the Writing Center is to help people reach their maximum potential. Kara Costantino, Salem senior, loves having returning clients because it shows that the people in the Writing Center reached their goal and then can develop relationships with the clients.

Plus, as Matt Kern, Plymouth senior, said, "It's pretty much like a guaranteed A if you come here and get your paper conferenced."

To understand more about these tutors, take a look at their tastes. Many of them said they like to write anything and everything, but enjoy narratives, poetry, creepy stuff or even more of a structure: Costantino said she is a fan of Jane Schaffer.

So, for any paper you need to get done, the Writing Center will have someone who can help you out.

The people in the Writing Center are a lot like everyone in other English classes. They have a very large research paper called an "I-search" over the course of the semester (35 to 50 pages long) on whatever topic they want. So, the tutors' writing skills are not getting rusty as they are tutoring you.

There is a wide range of topics, like what jobs they want to pursue or something that interests them. Genevieve Parkey, Plymouth senior, said, "I'm really stressed as a person so I am doing my I-search on yoga in order to not be stressed."

The people at the Writing Center can help you with brainstorming, editing, organizing your essay, coming up with strong examples/ideas and with grammar. DeBrito can help you with correcting grammar or, as she says, "I am good at thinking of more creative ways to put things."

The Writing Center is open on Mondays and Thursdays during A and B lunch, Tuesdays for B and C and Wednesdays for A and C lunch. The first week of the month is in Salem, the second in Canton, the third in Salem, the fourth week of the month in Plymouth, and the last in Salem.

"It's fun because you are hanging out with people but then you also get to tutor people and it helps them and you. By tutoring them, it helps you better see things in your own writing," said Griffin Skaff, Salem senior.



Photo by Genevieve St. Jean

Canton senior Mikaela Hernandez helps Canton senior Sam McGrath with her paper at the Writing Center.

Reuse, reduce, recycle, rethink: Earth Day needs a change

by **Natasha Pietruschka**
Art Director

Earth Day is failing us. Rather, we are failing Earth Day.

The 20th century-originated holiday established its importance to me in elementary school. April 22 in the mid-2000s brings back memories of discussing the three R's, reading Earth Day books as a class and picking up litter on the playground. However enchanting, there was a point behind the outdoor celebration and charming crafts.

The concept is simple: teach young kids sustainability so they can use it later in life. Kids marvel at nature, but sometime after the tree-climbing and dirt-playing phase grows out, the wonder and innocence is lost. Sustainability becomes a word only heard every April 22.

The first Earth Day tree was planted in 1970. It was a revolutionary act, but trailing behind Wisconsin-born Senator Gaylord Nelson's brainchild, were the events that made the country realize there was a problem in the first place.

It started with Rachel Carson's 1962 "Silent Spring." A once-unknowing public smiled and listened as the DDT pesticide was being sprayed on crops, through neighborhoods and even on humans themselves. Allowing the madness were the government and pesticide companies.

Furthering the alarm was the 1969 Cleveland Cuyahoga River fire. Slick with oil, the river caught fire, causing \$100,000 worth of damage to nearby infrastructure. The '69 fire was not even the first time the river burned.

A wake up call shook the nation; the status-quo of environmental practices was no longer acceptable.

Following was a new wave of activism that the world hadn't seen before. The environmental revolution hit the ground running, and Earth Day started as a movement for the individual. People were encouraged to not litter, conserve energy, educate themselves, and soon the message was sent: personal responsibility was going to save the earth. So, gather up your trash bags and turn off your lights during Earth Hour, because that's going to save the world! Maybe?

Staring up at the accumulation of the EIA's reported 19.4 million barrels of petroleum per day for American consumers and the growing number of heart and lung diseases found in highly polluted areas, the Lone Ranger act can start to feel overwhelming.

You can recycle as many Starbucks coffee cups as you want, but the real difference is going to be made by companies like British Petroleum or Dow Chemical. It's their foothold on the American lifestyle and reluctance to alter their unsustainable ways that is hindering the United State's progress.

America is falling behind in the race to a cleaner, more sustainable world. Germany's energy transition plan, also known as Energiewende, is well on its way. By setting a record in summer 2015 of meeting 78 percent of the day's electricity demand using only renewable sources, and planning to cut emissions to 40 percent from the 1990 level by 2020, according to an article on the Bloomberg View, Germany is leading the environmental revolution.

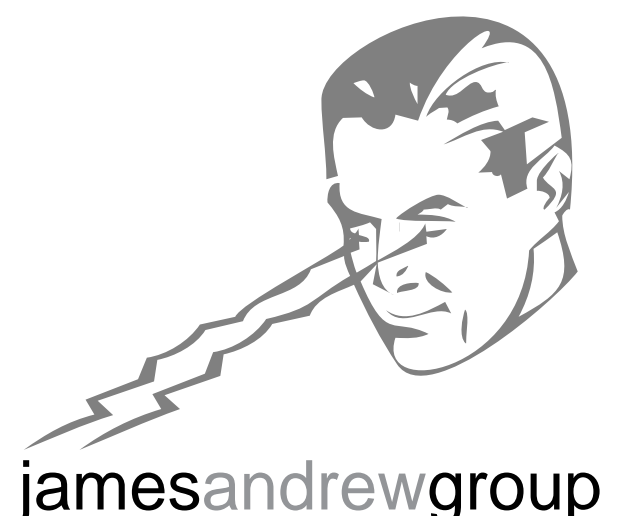
The United States has the brainpower, the money and the opportunity to make real change, but hesitations block the way. While individuals can reduce, reuse and recycle, it's the institutions whose environmental responsibility is proportionally larger that have the biggest control.

Clean air, water and land are natural rights. Any elementary school child can tell you that Earth's resources are important. It's because sustainability isn't something that's just taught, it's experienced. Playing under sunny, clear blue skies and building tree forts are moments that build childhoods. Unfortunately, as children grow into adults, the respect and awe that comes so naturally is buried under money and societal demands.

Taking care of the earth is everyone's responsibility, young and old, individuals and organizations. Earth Day is failing if its message is merely an annual reminder to recycle your cans. Instead, it should serve as a strong mandate of how much more can be done with sustainability when everyone is involved.

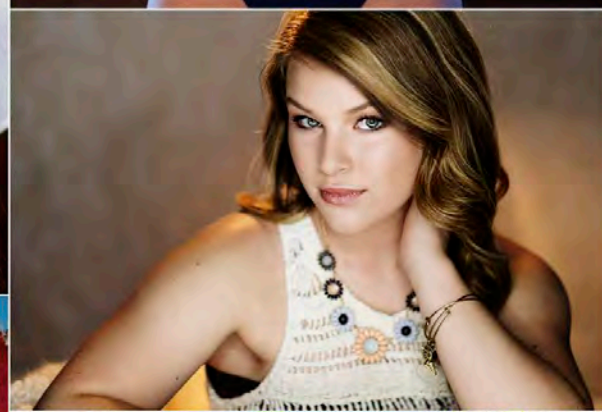


Illustration by Natasha Pietruschka

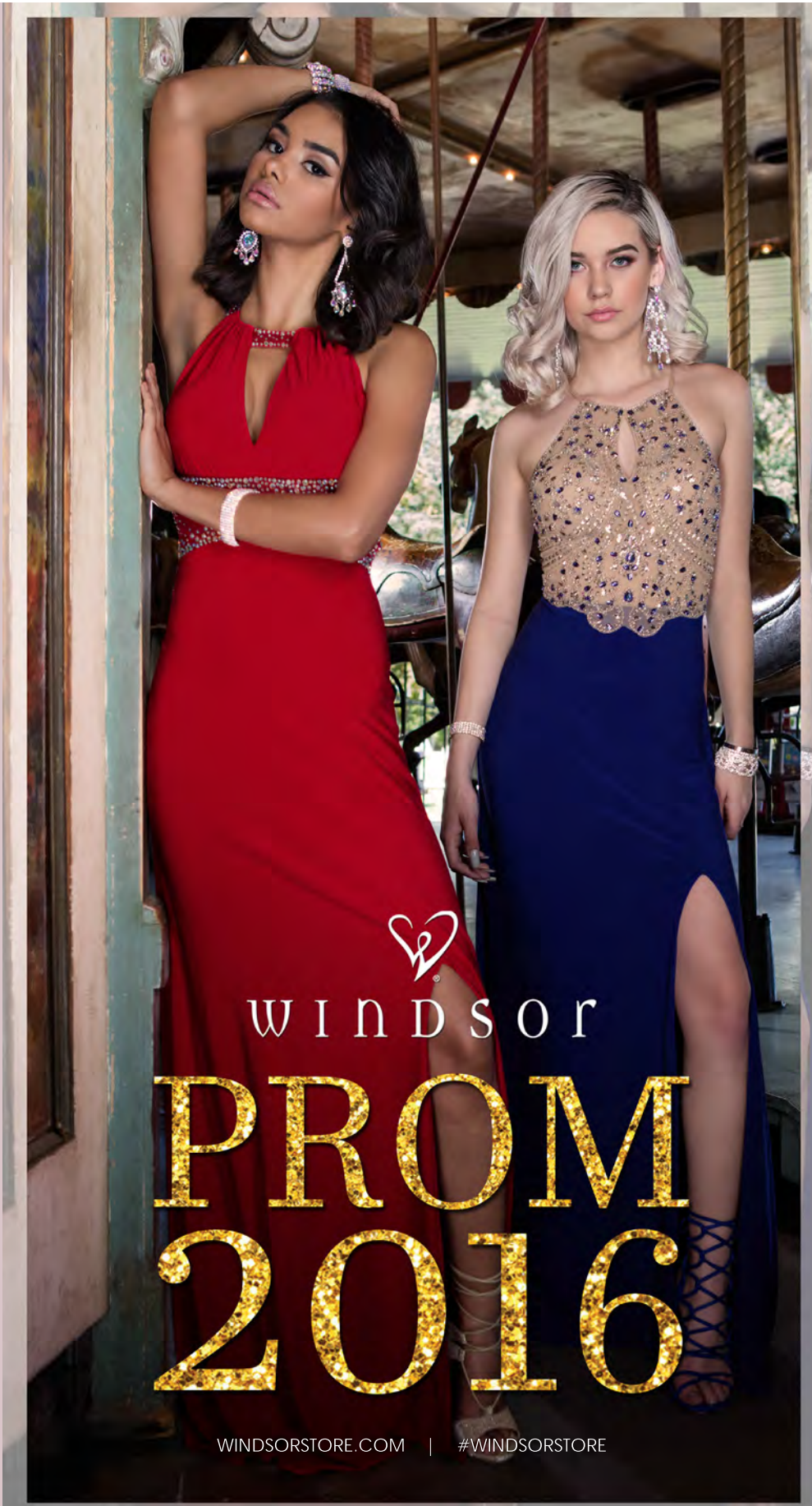


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