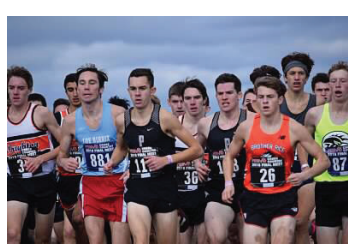




**Teacher of the Month**  
See page B2



**Plymouth XC Makes History**  
See page B1



**88.1 The Park Election Coverage**  
See page A2

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

# The Perspective

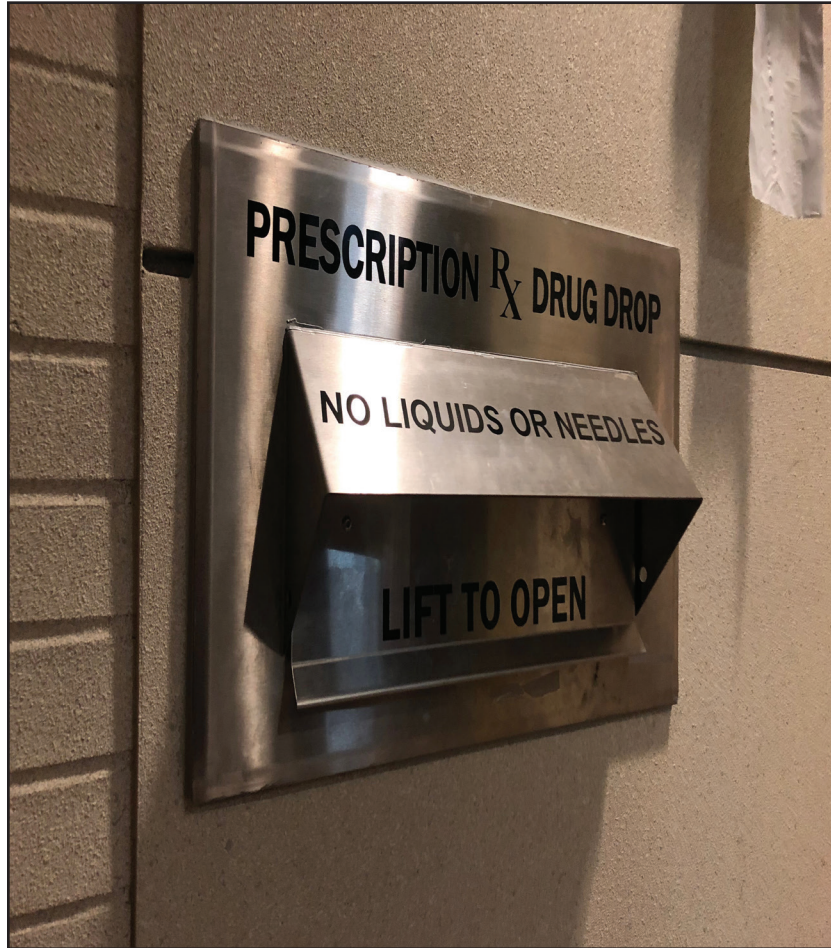
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## BATTLING THE OPIOID CRISIS



Canton's prescription drug drop box.  
Photo by Kealani Tapp

by **Kealani Tapp**  
Staff Writer

The opioid crisis is killing Americans at record levels. According to the National Institute on Drug Abuse, in 2017, the opioid crisis claimed more than 49,000 lives. The Trump Administration announced that the opioid crisis was a national Public Health Emergency in October of 2017.

Michigan has experienced a greater than average number of overdose deaths. According to the Michigan Department of Health and Human Services, "In 2016, 2,356 people died of drug overdoses. That is more deaths than car accidents."

The National Institutes of Health began the Helping to End Addiction Long-term Initiative in April. The HEAL initiative aims to increase the amount known about addiction, in order to find "scientific solutions." As stated on the NIH's website, there are two main focuses of the initiative: to find the best way to treat opioid addiction and to gain a better understanding of pain management.

In early September, Congress introduced the Opioid Crisis Response Act, several proposals meant to combat the crisis from different angles. It was passed through the Senate with a sweeping 99-1 vote. The act is meant to end the illegal flow of opioid supply, support recovering addicts and find answers through research.

The Michigan Department of Health and Human Services provides many resources that aim to educate people on the crisis. These resources can be found on their website. The website also offers the phone number of the Access Management System agency that cor-

responds with each Michigan county, as well as guides people suffering from addiction to find the right treatment.

Locally, the Plymouth Police Department has made a prescription drug collection unit available in City Hall. According to Al Cox, Chief of Police for the Plymouth Police Department, from when the unit was installed in November of 2014 to Oct. 29 of this year, 1040 pounds of various drugs have been collected. "When left in medicine cabinets, it is not uncommon for teenagers to have access to [prescription drugs] and end up in a problem situation," said Cox, "It is also not uncommon for adults to have guests over, and at a later time notice they have missing medication."

Canton also has a prescription drug drop box, which can be found in the Canton Police Department lobby. The drug drop box is available at all times for prescription pills. According to Patty Esselink, Community Relations officer for the Canton Police Department, every police officer and paramedic in Canton has narcan, a drug that reverses the effects of opioids, in their vehicles. The Canton Police Department offers a "Substance Abuse Prevention Guide" on their website. The guide offers local treatment options and help centers among many other things.

The opioid crisis is one of the deadliest epidemics our country has ever faced. All levels of government have played a role in battling this emergency. Several steps have been made to end the crisis; however, there is still plenty of work to be done.

## College Readiness?

by **Cameron Lindsay**  
Editor-in-Chief

A reality many modern day students face is not a matter of if they are going to college but rather where. According to MLive, P-CEP has an average graduation rate of 96 percent.

MLive also reports that on average, 52.6 percent of P-CEP students who graduated between 2009 and 2012 have completed a four-year degree, as of the end of the 2016-2017 school year. Only 27.3 percent of 2013 graduates of the Park had finished a four-year degree within the four year timeline.

The New York Times indicates that in 2014, only 19 percent of students nationally finish a bachelor's degree in four years.

According to US News, 36.9 percent of students at Salem High School are college ready, as are 39.7 percent of Canton students and 43 percent of Plymouth students.

So what is P-CEP doing to prepare their students for college and long term success?

"Our curriculum and level of expectations create a great building block of success for our students. Our campus and the experience also gives students that chance to be prepared," said Barbara Lehmann, Canton Counselor.

From a poll that The Perspective conducted, a few P-CEP alumni responded on how P-CEP has and has not prepared them for college. The majority of those alumni said yes, P-CEP did prepare them for college. These reasons ranged from having useful teachers to a wide variety of classes and challenges -- even walking from building to building. Mostly the social atmosphere of the Park is what they described as what prepared them for the college experience.

"The Park is large enough that it gives students a variety of classes, programs, and events other schools don't have. This gave me the chance to really challenge myself in classes that fit my interest as well," said James Visnaw, class of 2017.

From an administrative standpoint, the schools provide multitude of avenues from which preparedness for college is available. The preparation whether it is provided by meetings with the counselors at the Park or participating in college events at the Park held by the counselors such as Senior Parent Night, FAFSA Night for Financial Aid, and NCAA night for the college athletes.

"The best way to improve is to become more informed. While we have the website, Google Classrooms and specific class web pages, colleges also have the information accessible. The more you know, the more impactful your decisions will be and lead to graduating," said Lehmann.

Additionally, there are opportunities to take advanced, honors, and AP/IB classes. 95.5 percent of the alumni polled said they at one point in their high school careers took an AP/IB, honors or advanced class. To which 59.1 percent said high school on a easy to difficult scale said somewhere-in-between.

"I felt like the main focus in most classes was to complete assignments and fulfill requirements as opposed to learning how to approach and truly understand difficult concepts," said Alec Merlington, 2014 P-CEP alumni.

The majority of those polled agreed to the sentiment. They felt a disparity between the level of rigor and understanding.

"The stifling nature of a high school is vastly different from the freedom permitted in college, and this is a drastic change that is not always adjusted to. Additionally, I believe college exams are significantly more difficult, and my study habits from high school were not proficient for this level of rigor," said Abbey Jansen, class of 2017.

College readiness remains debated here at the Park and at high schools all over Michigan and the nation as future students enter colleges or universities.

## Escherichia Coli Outbreak in Romaine Lettuce

by **Emma Bali**  
News Editor

A multistate outbreak of Shiga toxin-producing Escherichia Coli infections that are linked to romaine lettuce is currently being investigated by many officials. This includes the Centers for Disease Control and Prevention (CDC), public health and regulatory officials from several states, as well as the U.S. Food and Drug Administration (FDA). The romaine lettuce the infections are linked to are from the Central Coastal growing regions in northern and central California.

Forty-three people from 12 states have been infected with the outbreak strain of E. coli. Nearly a third of the cases are in Los Angeles County. The illnesses started on dates ranging from Oct. 8 to Oct. 31. No deaths have been reported, although 16 people have been hospitalized, including one who developed a type of kidney failure. As of Nov. 20, 11 people have been included in the investigation of the E. coli outbreak.

Based on new information, CDC is narrowing its warning to consumers. To determine the source of the new outbreak, health officials have said that romaine lettuce should be removed from all supermarket shelves and restaurant menus. The CDC is advising that U.S. consumers not eat and retailers not serve or sell any romaine lettuce

harvested from the Central Coastal growing regions of California. No common grower, supplier, distributor or brand of romaine lettuce has been identified.

People usually get sick from Shiga toxin-producing E. coli two to eight days after swallowing the germ. E. coli infection is usually diagnosed by testing a stool sample. Antibiotics are not recommended for patients with suspected E. coli infections until diagnostic testing can be performed, and E. coli infection is completely ruled out.

Symptoms of the potentially deadly strain include severe stomach cramps, vomiting and constant fatigue. Some infections are very mild, although some cases can be severe or even life-threatening.

One of the most important things that you can do to protect yourself and your family against E. coli is wash your hands, particularly before you prepare food, after handling raw meat or before preparing bottles or food for infants and toddlers.





# PCMB Qualifies for Semifinals

by Maria Angelosanto and Isabelle Fessler  
Staff Writers

P-CEP's very own marching band qualified for and participated in National Semifinals, a highly competitive marching competition, with their show, "Textured." At the semi-finals they placed 20th overall. They did not advance to the finals round as only the top 12 proceed to finals.

Bands are judged and scored in three categories: visuals, general effect and musical performance. Marching skills and color guard choreography are categorized under "visuals."

"General effect" is the show's content - how the show is presented to the audience and the response elicited,"

Kaleigh Pyko, a Plymouth senior and a captain of six seasons in the color guard, explains. "Music is different aspects of the band's performance - how well they're playing and how well they're achieving."

This year's show, "Textured," was divided into three "movements," or, parts, with three different themes: Linear, Curvilinear and Polkadots.

The Plymouth Canton Marching Band (PCMB) has long been well established in the marching band world. "We've always made it into states for as long as I can remember," said Pyko. "We've won Grand Nationals three times total, and the last time was 1999."

When asked about goals accomplished this season, Pyko said, "This show ["Textured"] has been more difficult for the guard than years in the past. It really pushed

us to work harder than other years." She remarks, "I'm really proud of the connection and bond of the [color] guard we had this year. [...] We're really close. The way we treat each other is really something special."

Now that the regular marching band season is over, their Winter Percussion ensemble and the color guard's Winter Guard season has begun. PCMB's Winter Percussion and Winter Guard are also regular state champions. Hopefully we'll see PCMB attending the Michigan Color Guard Circuit and then the Winter Guard International competition this winter season, as well.

# 88.1 the Park Election Coverage

by Kealani Tapp  
Staff Writer

P-CEP's radio station, 88.1

the Park, provided extensive coverage of this year's national and local elections live on air Nov. 6. Six student journalists covered the election: Brooke Wiggins, Sam Badger, Fiona Hughes, Alivia Wiacek, Anna Brandl and Gio Marterella. John Kreger, Assistant Station Manager for 88.1 the Park, was the lead anchor. The staff was also joined by Nick Brandon, the Executive Director of Communications for Plymouth-Canton Community Schools.

Coverage began at 8 pm with an overview of the ballot and the issues it addressed. This included the many new initiatives for Plymouth township. The station

aimed to educate listeners about concerns affecting Plymouth and Canton specifically. "We wanted to focus the evening on things from a local perspective," said Kreger.

After an hour or so, results started to come in and the station began reporting precinct totals. The station covered the national election using several online sources, diligently watched and refreshed by Hughes and Wiacek. Brandl and Marterella reported the results from the Plymouth city and Plymouth township city halls as they were released. Along with these live updates, the staff also used Canton township, Plymouth township and the City of Plymouth's websites. Brandon was thoroughly impressed with

the staff. "It was a fantastic night working with the students... it was great to watch the students lead the way," he said.

According to Brandon, covering the election with Kreger every other year is "tradition". Local elections make decisions that affect all of our lives. "Local elections are what matter most to this country," said Kreger.

Coverage wrapped up around midnight. The overall feeling from Kreger and Brandon was pride and appreciation for all the hard work the student journalists put into the coverage. Sam Badger, Canton senior and Operations Director for 88.1 the Park, thought the coverage went well. "I was very happy with it," he said.



Photo by Kealani Tapp

# Midterm Elections

by Isabelle Fessler  
Staff Writer

The mid-term elections

in Michigan brought the legalization of marijuana, an independent commission to draw district lines and new voting laws.

The legalization of marijuana will allow adults to consume and grow marijuana in their homes recreationally. According to The Detroit News, it will not actually become legal until 10 days after the election is certified. In addition, the legalization also doesn't mean that employers have to change any drug policies concerning marijuana. Employees can still be fired if they fail drug tests. Adults over 21 will be able to possess 2.5 ounces on their person, 10 ounces at home kept in a locked box and grow up to ten plants. The plants will have to be out of sight and locked up so no one but the owner can gain access to them.

The independent commission is intended to end political gerrymandering, the drawing of district lines to favor a party. The commission will consist of 13 members, four democrats, four republicans, and five independents unaffiliated with a political party.

The new voting laws automatically register people to vote when they get their driver's license and also allow voters to vote via absentee ballot regardless of their reason for wanting to do so. It also allows people to register to vote up to and on election day.

The candidates that were voted into office included Democrat Gretchen Whitmer for governor, Democrat Dana Nessel for Attorney General and Democrat Debbie Stabenow for U.S. Senate. On a more local level, District 11 elected Democrat Haley Stevens to the U.S. House of Representatives.



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# Students Learn the Fundamentals of Broadcasting in Lansing

by **Fiona Hughes**  
Editor-in-Chief

On Friday Nov. 16, students from P-CEP's Fundamentals of Radio class and 88.1 the Park student staff members joined together at Lansing Community College for the annual Broadcaster Career Builder Conference, better known as BCBC. The Michigan Association of Broadcasters (MAB) gathers a large group of professional radio and television broadcasters to offer educational sessions to students in high school or college that are considering a broadcasting career in their future.

Well-known broadcasters such as Mojo from Mojo in the Morning, Jay Kruz, an 88.1 the Park alum and Program Director at WREW-FM in Cincinnati, Sherri Jones, news anchor at WLNS-TV and Tony Travatto, Senior Vice President of Programming for the Detroit region were in attendance.

Many of the P-CEP students sat in on Kruz's session, named "The \$6 Bottle of Water: How to Make Money with your Words." Kruz began the session with three water bottles. The first was a Kroger brand bottle from a 32-pack, costing less than 10 cents. The second was a bottle of Dasani water, costing around 20 cents per bottle when bought in bulk. The third was a bottle of water Kruz bought in Arizona, called Sedona. The single bottle of Sedona water costed six dollars. Kruz used the three examples of water to explain how creative writing could affect how many people would

buy in to your product.

"My favorite speaker was Jay Kruz," said Aimee Choi, junior at Plymouth. "He was so bubbly and he made the audience feel like they were part of the presentation."

Moussa Nasser, Salem junior agreed with Choi. "My favorite part of BCBC was Jay Kruz because he didn't give boring presentations. The best part of his presentations was when he made us do group activities."

88.1 the Park students were given the opportunity to attend a speed networking session, where 20 industry professionals told their personal struggles and accomplishments in the industry and offered advice to the students looking to find a career in broadcasting or media.

Choi said the speed networking was an eye-opening experience. "You really got to meet everyone from the industry and get their unique perspectives on every part of the business. I learned that there are not just jobs in on-air talent, there are jobs behind the scenes in creative media and production."

The day at BCBC was topped off with a panel discussion, including some of iHeartMedia's on-air talent, Mojo and Joey from Mojo in the Morning, Casey Krukowski and industry leaders in the Detroit

region. The panel described their climb in the industry and how much money they made during their first broadcasting job, along with things they wish they had heard when they were first starting out. They offered advice to students looking to find a place in the industry, and some of the hardships they may face.



Moussa Nasser, Brooke Wiggins, Fiona Hughes, Aimee Choi, and Jay Kruz

Photo taken by Lauren Cummings

# The Socktober Results Are In

by **Maria Angelosanto**  
Staff Writer

Did you know that as reported by The Joy of Sox, a nonprofit organization dedicated to collecting and distributing socks to the homeless, socks are the single most requested article of clothing by the homeless? Also according to The Joy of Sox: even though demand is high, socks are still the least donated item of clothing.

This past October, the Leadership: Mentoring and Mediation class at P-CEP aimed to change that.

"The number one thing people forget when donating is

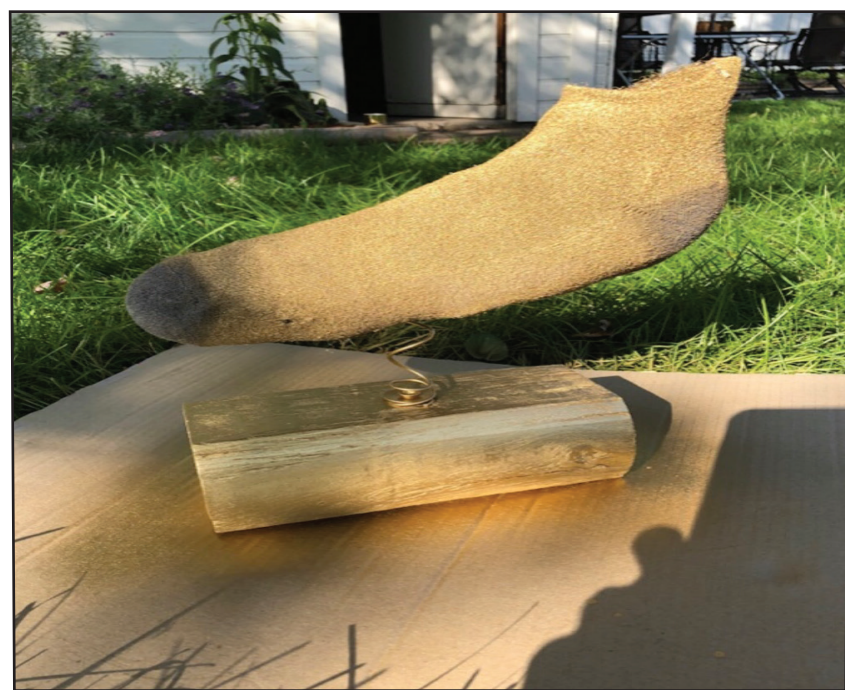
also the most important thing," said Cameron Lindsay, a Salem senior, who came up with and pitched the original idea to her Leadership: Mentoring and Mediation class. "Who doesn't want or need a new pair of socks?" She added.

P-CEP's "Socktober" began Oct. 5 and ended Oct. 31, led by the Leadership: Mentoring and Mediation class. The goal of the event was to collect socks and donate them to PBJ Outreach, inc., a nonprofit organization working to feed and clothe the homeless in the Detroit Metropolitan area.

Baskets were placed in each high schools' cafeteria during each lunch. Whichever school donated the most socks would win "Freddy the Golden Sock," a shiny, golden sock trophy.

The official results of the competition ended with Plymouth raising 106 pairs, Canton with 3 and Salem with a staggering 256.

The biggest contributor of the drive was SOSA, or Student Organization of Student Athletes, who donated 243 pairs. Salem came out victorious and the new keeper of Freddy the Golden Sock.



Freddy the Golden Sock

Photo courtesy of Jacob Steward

# Adenovirus Outbreak In New Jersey Leaves Multiple Ill

by **Emma Bali**  
News Editor

As of Nov. 5, New Jersey's Department of Health announced an adenovirus outbreak; which is spread through person-to-person contact. It has left multiple ill, leading to ten deaths. The confirmed cases of the outbreak became ill between Sept. 26 and Nov. 5. All but one of the confirmed cases involve weakened immune systems of children and other serious or vital medical conditions. Many of the children require assistance to breathe and function.

As said above, adveno viruses are commonly spread through person-to-person contact.

According to the CDC, Centers for Disease Control and Prevention, adveno viruses can cause cold-like symptoms, such as a sore throat, pneumonia and pink eye. You can get infected with the virus at any age, although it is more common for kids to get infected compared to adults.

According to the VDH, Virginia Department of Health, more severe infections, such as a respiratory infection, symptoms usually appear 2-14 days after exposure to the virus. For intestinal tract infections, symptoms usually appear 3-10 days after exposure to the virus. Adenovirus can cause severe and fatal outcomes, despite the fact that

fatal outcomes are very rare.

Health officials are now working on finding safer and more impactful ways to protect immunocompromised children, considering the hundreds of outbreaks at healthcare facilities.

Although there is no specific treatment for people with adenovirus infection, there are multiple ways to prevent and protect yourself and others from the common infection.

According to the CDC, some ways to protect yourself and others from adenoviruses and other respiratory illnesses include avoiding contact with people who are sick, the classic washing hands with soap and water and avoiding touching your nose, mouth, or eyes with unwashed hands.

Based on this information, consider thinking twice the next time you risk contributing to the spread of adveno virus.

# Duncan Hines: Cake Contamination

by **Emily Gilbertson**  
Online Editor

Duncan Hines, a food manufacturing company in the United States, has recently experienced recall. CNN reported that on Nov. 5, the US Food and Drug Administration (FDA), declared that four different types of the cake mix were deemed unsafe. The recall itself was first issued by Conagra brands, who now owns Duncan Hines. The roundup of mixes includes Classic White, Signature Confetti, Classic Butter Golden and Classic Yellow. These mixes may be linked to a recent salmonella outbreak in the states of Maryland, Ohio and Wisconsin.

Duncan Hines, a company named after the "American pioneer of restaurant ratings" himself, first began in 1952, when he first introduced his bread recipe. Throughout the years, more products under the same name have been created, one of which is cake mix.

The outbreak, being investigated by US Centers for Disease Control and Prevention (CDC), began with two individuals reporting their consumption of cake a week before the start of their illness. It was still unclear whether the people had consumed cake or raw cake mix manufactured by Duncan Hines.

The salmonella illness itself usually reveals its symptoms 12 to 72 hours after the consumption of contaminated food and last around four to seven days.

After hearing this, Conagra brands reminded customers not to consume raw cake batter or raw cake mixes because of the risks involved with ingredients like flour

and raw eggs, present in many cake recipes.

The recall was backed by the CDC who took a DNA fingerprint from the sample of Duncan Hines cake mix that was later matched to that of salmonella. Although the investigation has not completely concluded, consumers are still in danger.

But according to Conagra Brands, only specific boxes of each mix have been proven to contain salmonella.

For the white cake mix, look for best if used by dates of March 7, 8, 9, 10, 12 and 13, 2019 and have the UPC code of 644209307500.

For the confetti cake mix, look for best if used by dates of March 9, 10, 12 and 13, 2019 and the UPC code 644209307494.

For the butter golden cake mix, look for best if used by dates of March 7, 8 and 9, 2019 and the UPC code 644209307593.

Lastly, for the yellow cake mix, look for best if used by dates of March 12 and 13, 2019 and the UPC code 644209414550.

The FDA has told consumers to steer clear of baking with these mixes and that they can get a refund from the store that the recalled mix was purchased from. They also reminded them to always wash their hands, utensils and working surfaces when preparing food to avoid bacterial contamination.





## Editorial

# Hot Chocolate: Who does it best?

As we get further into the school year, it's that time of year when snowflakes start falling, roads get slippery and a winter wonderland forms. Even though this time of year can be beautiful, it can be VERY cold, especially in Michigan. One of the best ways to combat the oncoming chilly temperatures is hot chocolate.

As the Perspective team, we went around to try and figure out which hot chocolate is the best for this season: Starbucks', Tim Horton's or Biggby's? We graded on the criteria of consistency, sweetness, strength of chocolate taste and heat when given the hot chocolate.

Our first stop was the Starbucks on Ford Rd. in Kroger. We are greeted with very good customer service, (which you can read more about online in our Grocery Store Editorial) and had high hopes for the chocolate drink. As far as the initial heat, it was just right; we could drink it right away, but it wasn't cold. The chocolate taste was more dark chocolate than milk chocolate, and it had a moderate strength. Due to the dark chocolate taste, it was more bitter than sweet, maybe on the too bitter side, so we had to take off some points there. Another area that was lacking was consistency. It was relatively thin and more foam than drink. Overall, it wasn't our favorite, but definitely was not bad.

However the previous sentence doesn't apply to our next stop: Tim Hortons. None of the members of the Perspective liked this hot chocolate.

The initial heat was far too hot, and it had to sit for several minutes to be consumable. The consistency was again very thin and the fact that it was made with water could be clearly tasted. That comes to the worst parts: sweetness and strength of chocolate. The chocolate absolutely tasted fake, as one Perspective member, Plymouth junior Isabelle Fessler, described it, "like Nesquik, but for hot chocolate." The taste was almost plastic-like. While many are fans of Tim Hortons coffee, their hot chocolate was certainly our least favorite.

This brings us to our final destination: Biggby. When the employees heard we were reviewing the best local hot chocolate, the employee at the register buckled down and got her game face on. Once we were given the cocoa, similar to Starbucks, we could drink it right away and it was the right temperature. The consistency was thicker than the other two, but not too thick. As far as the chocolate taste—it tasted like real chocolate! It was a big relief after the previous hot chocolate from Tim Hortons. There was also whipped cream with chocolate drizzle on top, so that helped too. The sweetness was a little bit on the sweeter side, but it worked with all the other factors. This was definitely our favorite.

Regardless of where you go, or if you just make a Swiss Miss packet at home, adding a bit of warmth to your life during these cold months is always a good idea. Have a good winter!



Biggby Hot Chocolate  
Photo by Cora Wallen

# Columbus Day

by Brett Caldwell  
Entertainment Editor

Every year on the second Monday of October, the United States of America celebrates Columbus Day. Columbus Day is named after Christopher Columbus, who "discovered" the Americas in 1492. It's a national holiday so government workers get the day off, but for the rest of us it's business as usual. It should be business as usual for everyone though because the United States of America having a holiday for Christopher Columbus

is absolutely ridiculous. Moreover, there are people who are much more deserving of their own holiday and have made a bigger impact on America.

We all know the rhyme "In 1492, Columbus sailed the ocean blue..." and this is true. In 1492 Christopher Columbus sailed the ocean blue, but not to the United States of America. In fact, Christopher Columbus never set foot in America.

On Oct. 12, 1492, Christopher Columbus arrived in the modern-day Bahamas. However, after Columbus arrived in the Caribbean, Europeans invaded and colonized the present day United States of America, which lead to an accidental genocide of Native Americans. There is no reason for America

to have Columbus Day. Sure, Christopher Columbus was a great and well-known explorer, but we don't have (Marco) Polo Day, or (Davy) Crockett Day. Both of whom were great explorers. Maybe some countries that Christopher Columbus actually discovered should have Columbus Day, but not the United States of America.

The United States of America is built on liberty or freedom. Columbus didn't bring liberty and freedom, our founding fathers did; so let's consider making a holiday for them first before we make one for an explorer who didn't contribute much, if anything, to our country.

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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 the staff via e-mail at the following address and write "correction" in the subject line: pccperspective@pccsk12.com.

# Criminal Justice System is a Misnomer

by Kealani Tapp  
Staff Writer

To say that the United States criminal justice system is flawed would be quite an understatement. In many ways the main goal of the justice system is not justice, rather reaching a quick end to an expensive trial. The problems of the justice system are numerous. Judges, attorneys and jurors are all guilty of making wrongful assumptions.

Many people assume that all forms of forensic evidence are fool-proof; however, they are not as reliable as they may seem. According to the Innocence Project, "misapplication of forensic science is the second most common contributing factor to wrongful convictions." The Innocence Project fights to exonerate wrongfully convicted Americans. In 2015, the Federal Bureau of Investigation found that hair analysis contained mistakes around 90 percent of the time. Hair analysis is not the only type of evidence that is highly prone to error. According to a research report published by the US Department of Justice, misclassification of bloodstain patterns ranged from 4 to 59 percent depending on certain variables like type of surface. In order for a fair verdict to be reached, it is crucial that forensic evidence be applied correctly and understood by all in the courtroom.

Eyewitness testimony is not always correct, even if we would like to believe so. In many cases witnesses get it wrong, not because they are malicious, but because human memory is flawed. Accord-

ing to the Innocence Project, "mistaken eyewitness identifications contributed to approximately 70 percent of the more than 350 wrongful convictions in the United States overturned by post-conviction DNA evidence." Ronald Cotton sat in jail for 11 years after he was wrongfully convicted for assaulting Jennifer Thompson, who misidentified him as her assailant. Thompson had no reason to lie, she just made an honest mistake. Witnesses are human, and although their testimonies are important, they should not be the only evidence presented against a suspect.

Most cases end in a plea deal, meaning the defendants plead guilty in order to avoid long sentences. Many of us would like to assume that an innocent person would not admit guilt, therefore the real criminal must have been caught. In reality, there are many cases where an innocent defendant accepted a plea bargain, most with the urging of their lawyers, and later evidence was found that proved their innocence.

These are just a few of the several issues with our criminal justice system. There is also the misconception with confessions and long sentences among many others. United States courts are great at convictions, but struggle greatly when faced with an innocent person. Our criminal justice system needs reform immediately.

# Should Schools Ban Expensive Clothes?

by Madeline Justice  
Sports Editor

Within the past month, a British high school has decided to ban Canada Goose and Moncler jackets on their school campus. They believe that this ban will help make the students that come from disadvantaged backgrounds feel equal to their peers. However, this will cause more harm than good as they are now trying to control the type of brand name clothing students can wear.

As a senior about to graduate, I have had to endure the demanding dress code rules put in place in most American schools throughout the entirety of my schooling. However, the dress codes that I have had are strictly based on types of clothing, such as shorts and tank-tops. Never has a specific brand been prohibited from a school I have attended. This ban was made with good intentions but will lead to even more problems in the near future.

The Canada Goose coats can cost between \$850-\$1000 while the Moncler jackets cost between \$1000-\$2000. While these prices are extremely high for winter apparel, schools should not have the ability to prevent students and their parents from purchasing the jacket if they so please. Not only do kids have to be careful about the type of clothing that is deemed appropriate by the school, but now they also have to be conscious of the brand name. This is a ridiculous task to ask of the families from this high school.

Although this process of banning these coats came with good intentions, the decision should be revisited to come to a fair conclusion that all families can agree on.



Cartoon by Tamara Turner

# Letter to the Editor

Stoneman Douglas High School students began the gun reform era that will define Generation Z following the mass shooting on Feb. 14. Though there has been talk of change recently, school shootings still occur in America. The thought of going to school and not coming home or parents never getting to see their child again is horrifying. Children practice procedures for when an active shooter is in their school, but most of them cannot even comprehend what they are practicing for.

Growing up around guns taught me things that a child should never need to know, like if a shooter is nearby, to never play dead because they will come back, or that hiding is less effective than barricading yourself in. When I enter a room, my first

instinct is to always look around for an exit in case something were to happen. Shootings shape American culture and they happen so often that it has affected my ability to go out. I no longer go to sports games and I avoid high concentrations of people. I say goodbye and "I love you" to my mother every morning out of fear that I will not make it on the bus home. When the lights go off, I get jumpy and look to the door to see if it has been closed or not. People parade their parents' guns on social media or threaten to shoot up your school and suddenly it's real and the fear builds up again.

I have been living with high stress and anxiety over the notion of my life ending at someone else's hands and my name being forgotten as the news cycle forgets there was

even a shooting. The fear of being forgotten or leaving unfinished work behind is nothing compared to the grief a mother who has lost a child. The true fear is leaving my mother with one less child.

There's a war within America on school-children, and whether my fear is rooted in a bullet going through me or grieving family members, there are others that feel the same. It's completely valid to be afraid, but no student should need to be afraid of going to class.

Andy Gusway, Plymouth freshman





# Crocs: Dope or Nope?

## Dope

by **Cameron Lindsay**  
Editor-in-Chief

Are crocs making a comeback in mainstream fashion? Since the early 2000's, invention crocs have fluctuated from being fashion taboo to trending. Crocs reached a height of 'cool' roughly around 2007-8 selling an empire of personalizable boating shoes. Now the question remains are crocs becoming 'cool' in 2018-19? The answer is yes. Crocs are a comfortable, personalizable and reliable shoes.

Crocs are optimal for Michiganders. Crocs that have a fuzzy layer on the inside can be worn when it's snowing one day and the next day wear crocs sandals when it's humid and there's a heat advisory. Crocs are Michigan-proof being ideal for all types of weather.

"Crocs are perfect. I love how I can wear them with anything at any time of year. Going to the pool? Wear crocs on the pool deck. It's cold? Fuzzy socks and fuzzy crocs it is. Raining? Crocs without socks,"

said Salem senior Hannah Sheedy.

Beyond being ideal for Michigan weather crocs are also another outlet for self expression. Crocs are sold in a multitude of colors and with an additional purchase of Jibbitz. Jibbitz are little designs, or characters that speaks to your sense of style. For example, my crocs have a flying shoe Jibbitz on them for my love for track, as well as a C for Cameron, and tiger because I am energetic. My crocs are also blue for Salem so they include school spirit. Crocs are customizable to individuals for a enhance self expression from your clothing.

Crocs also go with a multitude of outfits ranging from sweatpants to flannels. With the right attitude crocs could be worn to any event.

Let's not forget that crocs are comfortable. They are a rubber-like consistency which has shock absorption qualities being good for foot and ankle health!

Overall Crocs are great and should not be taboo but trending.



Photo by Shannon Photography  
Courtesy of Cameron Lindsay

## Nope

by **Madeline Justice**  
Sports Editor

Within the past few years Croc shoes have become a popular trend. More and more people have been wearing them and decorate them with little charms to personalize the shoes. Even though the shoes seem to be on an upward trend, I believe that they are not a fashion statement, but an accessory that needs to be left in the past.

As a person who has always lived in Michigan, Crocs are not a practical, durable shoe. We go through long, cold winters and rainy springs, so shoes that purposefully have holes in them would only cause problems, not solutions. Some styles of crocs have fuzzy insides that are supposed to help prevent the cold and rain; however, it does the complete opposite. When the snow or rain gets into the

shoe your feet will become soggy and freezing.

Another thing about Crocs that poses as a negative is the style. The shoes do not look good with any outfit. Instead of being trendy, they are more of a grunge look that makes it seem as if you have just rolled out of bed. Although you could customize your Crocs with "Jibbitz" that express yourself, such as letters or symbols, those do not make them any more stylish. The "Jibbitz" just make it more noticeable that you are voluntarily wearing shoes with holes in them.

In the end Crocs should not be on an upward trend but, put out to pasture.

# Smartphone Addiction: Has It Taken Over?

by **Emma Bali**  
News Editor

Smartphone addiction. It's a thing. Nomophobia is the official name for smartphone addiction - defined as having a fear of not being with your phone. Believe

it or not, the average smartphone user checks their device 47 times a day, which is equivalent to 17,155 times a year. Around 300 million people in the United States are estimated to be smartphone users in 2019. Another way to think of this is in January 2017, roughly three-quarters of Americans (77%) owned a smartphone. This high percentage is expected to steadily rise over time.

In relation to cell phone addiction being on the rise, it holds a crucial impact on mental health, particularly for teens. National surveys have shown that teens today are more anxious than ever, with the inclusion of spiking rates of depression and suicide.

Some may argue that smartphones allow nearly instantaneous communication, and help you navigate the most unfamiliar cities and gives you access to information. However, smartphones also give you access to social media. Nowadays, how we socially act is rapidly changing due to the advancements in technology, with over a couple billion people using social media platforms for approximately two hours a day. With social media playing such an integral part of our social lives, we are sacrificing more than our time, for example our

mental health, to stay connected.

The connection between social media and its influence on mental health is rather based on how social media is used and not the use of technology itself harming individuals. Considering that many social media platforms focus on appearance and the idea of creating what appears to be a 'fulfilling and satisfactory' life, many users are beginning to experience lower levels of self-esteem and reoccurring emotions, such as jealousy. With social media's multiple lighting and filter options, it is altering the way we view not only others, but ourselves.

Furthermore, many can agree that extreme usage of social media has reduced the level of human interaction. The interaction with other people has truly become effortless and people have isolated themselves behind their online identities. Face to face communication and meetings have been reduced and many smartphone users have lost interest in looking up from their devices and being social with those around them.

To add onto the lack of human interaction, the levels of productivity are decreasing as well, which leads to the increase of anxiety and stress levels. Simply having your phone near you decreases your productivity and the impact builds up with the level of the users' addiction. According to [www.bankmycell.com](http://www.bankmycell.com), the

average time spent on smartphones is 171 minutes a day, which is roughly 2 hours and 49 minutes.

An additional way smartphones directly affect you is their link to loss of sleep. In 2017, researchers from the University of Pittsburgh found that there is an association between social media and sleep disruptions. The researchers asked 1,700 18- to 30-year olds about their social media as well as their sleeping habits, and concluded blue light had a role to play. The bright blue light found on our devices plays a vital part, as well as the obsessive need for users to constantly check their social media for new updates. According to the researchers, how often the individuals logged on, rather than time spent on social media sites, was a higher predictor of disturbed sleep. This high prediction suggests an "obsessive checking". The researchers say disturbed sleep could be caused by physiological arousal before sleep, and the bright lights of our devices can delay circadian rhythms.

Recent research from Harvard researchers and their colleagues have found that the bright blue light emitted by a smartphone can inhibit the body's natural production of melatonin, the hormone that helps you sleep.

# Fashion Everywhere

by **Olivia Blackburn**  
Staff Writer

As fashion continues to evolve around the world, positivity and confidence is shown by people all over. Over the years, fashion has changed the world dramatically. In the 1950's, fashion consisted of a blouse with either a skirt or pants. The 60's, was the age of innovation for women. Popular items of clothing consisted of drainpipe jeans or capri pants, which were worn by Audrey Hepburn.

As years flew past, fashion started to become more expensive and more innovated, while also being used in different ways. Prices seem to be increasing as these brands clothing styles are catching teens eyes as they see their favorite artists wearing brands such as: Gucci, Louis Vuitton, Supreme and others.

As teens, in this very culturized society, we seem to gravitate more towards trendy and expensive clothing brands such as, "Supreme." Supreme is a skateboarding shop and clothing brand with limited items. Established in 1994, in New York. Supreme only has ten stores across Europe, America and Japan that open every Thursday. Every season the

clothes they have will vary from what season we're in. From kids to adults, people skip school and fly in from other places to wait in line all day to pick first dibs on the latest hoodies, jackets, hats and many more items selling for very high prices.

Fashion is a very huge part of our world. It sets us apart from others and is a way to express ourselves comfortably. Fashion doesn't pinpoint you as a person. It doesn't tell people who you are or how you act. It simply lets them know that this is the way you choose to express yourself. No matter how much money you spend on your clothes, it's still fashion and you should be happy and confident.

Being a student at such a big school like P-CEP, fashion influences are everywhere, but being yourself is the biggest influence you have. As Drew Kielbaso, Canton sophomore states, "I wear the clothes that I do just for me. I like the feeling and the confidence I get when I'm wearing something that I think is cool. It takes practice to learn how to not care what people think, but once you can, it makes life way better as a whole. As long as you personally really like what you're doing, eventually other people will notice."

Be yourself and not be influenced by others words or actions could be very rewarding to your confidence and self-esteem by dressing how you want. Choose for yourself, don't let others choose for you.

In an interview with current senior James Snapp from Stevenson High School, we got a better understanding of what kids at other schools wear and what they think about fashion themselves. Snapp explained briefly of what fashion means to him, "Fashion to me is really just a way to express yourself."

As the fashion and style culture seems to be changing every day, many kids in high school have trouble finding themselves in what they wear. Snapp calmly implies how he feels on stereotyping at his high school, "I don't feel stereotyped because nobody has anything to stereotype me to because I dress original."

As you progress in life, you learn to be yourself and learn how to try different things and find things you'll be comfortable in. Snapp explains, "There really isn't

anyone that really influences me to wear what I do. I pick out what I think looks good and make it work."

Not everyone will find themselves in high school wearing what they want and feeling comfortable with who they are. Wear what you want and what you feel comfortable in, don't let others stop you from being who you are and stop your happiness.

Drew Kielbaso, current sophomore at Canton High School, gives us a better understanding of what his views on fashion are as a skateboarder. Drew said, "I don't necessarily think it's important to wear fashionable clothes because if you don't care about it why would you? Fashion is like cars, if you know about it, then you like it."

As kids in high school I think that these four years of our lives gives us freedom to try new things, such as a new hairstyle, wearing different clothes, or just trying to have the confidence to lead you into more new things. Being kids in today's age and trying to fit in at our schools is hard, but as long as you do what makes you happy, and you wear what you feel confident in, then life will be a lot easier.



Photo of James Snapp by Olivia Blackburn



Photo of Drew Kielbaso by Hayden Watson





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