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

# The Perspective

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## Inside Teen Minds: Mental Health at the Park

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

"Every kid here is worth it. So, if you are concerned about somebody, come tell us. If it's too much for you to carry - let us carry it let us see what we can do with all the resources we have. We want to make sure that kid has those resources, that they have that outlet that opportunity," said Barbara Lehmann, Canton counselor.

Recently, The Perspective conducted a survey with of the the Park's student body and received 591 responses. Data collected from the survey showed 76 percent of the students described the emotional environment of the Park negatively. They described it with words like: stressed, tiring/exhausting, negative/toxic and depressing/sad. Furthermore, the student body indicated that a huge amount of their stress comes from school (79 percent). On the other hand, 68.8 percent of students surveyed said they did feel supported at the Park.

The 'Millenium Cohort Study' founded in the United Kingdom by the Centre of Longitudinal Study and the National Children's Bureau found 1 in 7 14-year-olds suffer from depression in Sept. of 2017. The study found that 24 percent of 14-year-old girls and 9 percent of 14-year-old boys-suffer from depression. In an article by the National Children's Bureau, Chief Executive of the National Children's Bureau, Anna Feuchtwang, said, "this study of thousands of children gives us the most compelling evidence available about the extent of mental ill-health among children in the UK. With a quarter of

14-year-old girls showing signs of depression, it's now beyond doubt that this problem is reaching crisis point."

However, this phenomenon is not just found in the UK. According to the Center for Disease Control, Americans, from the ages 10 to 24, two-thirds (10 million people) are undiagnosed or untreated for a mental illness. According to the National Alliance on Mental Illness (NAMI) for 1 in every 5 children and teens (13 to 18 years old) have or will have a serious mental illness.

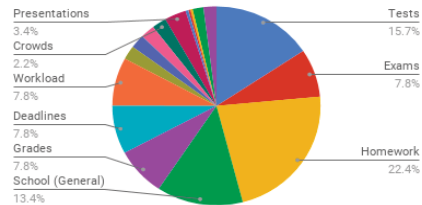
According to the NAMI's findings the Park has roughly 1,222 students who could or will struggle with a mental illness from a student population of 6112.

"There are all varieties [of mental health issues]. There are mentally healthy people here and people that struggle -- I think we have all spectrums of mental health issues here at the Park," said Nan Hansen, Plymouth counselor.

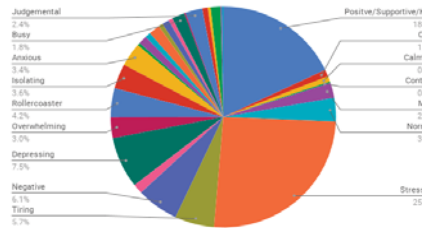
The survey asked students to describe what make them feel stressed, anxious, and worried. These responses ranged from worries about homework to loneliness. School was a major stressor with concerns about workload, homework, testing and overcrowding. In contrast, 21 percent of those stressors were personal or outside of school. These responses were about worry, failure, loneliness and family. However, students said they did feel supported at the Park and responded with feeling the majority of support by counselors.

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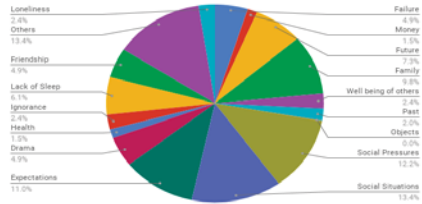
### School Related Stress



### Emotional Environment



### Personal Related Stress



591 students responded to the Perspective survey about mental health. Charts indicate student responses.

## The Challenge of Challenge Day

by **Cora Wallen**  
Editor-in-Chief

"Challenge Day was one of the best high school experiences I've had. It allowed everyone in the whole room to open up, and understand that they are not alone, and never will be. I'll never forget it," said Plymouth senior, Madeline Sternberg.

Challenge Day is an event focused on building social and emotional health and fostering connections between individuals. Prior to the 2018-2019 school year, this workshop took place at P-CEP for the past four years, usually in October or November. Due to various reasons, Challenge Day did not occur this year.

According to administration, one of the reasons is budgetary. The cost of Challenge Day in past years is comprised of factors including the pay for the two facilitators, their travel and lodging, substitute teacher pay for the teachers that participate and other costs. The total ends up at \$18,763.68.

Another reason, according to Plymouth Principal Cheri Steckel, is the emotional toll on teacher coordinators who participate yearly.

"The event is very mentally exhausting for the staff coordinators involved, so we took a year pause to evaluate the effectiveness of Challenge Day," she said, and continued, "We always thought of bringing it [Challenge Day] back, but we needed to

take time to evaluate."

Something else brought up by Plymouth, Canton and Salem counselors was the lack of follow-up after the event.

"It creates a level of emotion that sometimes is difficult to manage in a school automatically because there's emotions and feelings that really need to go to outside support and that's the hard part; that there is a lack of the follow up piece," said Barbara Lehmann, Canton counselor.

In the past years of the event, there was no direct follow-up piece.

An additional factor for the lack of Challenge Day this year, according to administration and counseling is the lack of a "ripple effect" and spreading the message around the school.

"It would be great for clubs like Link Crew to get involved so it can ripple out and other kids can reap the benefits of an amazing program," said Steckel.

Counselors had similar thoughts, and noted on how the momentum of the pow-

erful experience of Challenge Day is hard to maintain.

Despite all of the factors for not having Challenge Day this year, teachers, administration and counselors all agreed that it is a beneficial program that should be brought back in the future. All emphasized on how Challenge Day grows empathy.

Steckel said, "With knowledge comes understanding. If we don't allow learning about other people, we lose the chance to build empathy. Challenge Day creates the opportunity to learn about other people, so you can have the knowledge, gain understanding

and therefore build empathy."

"The human connection with Challenge Day is what is so great about it. It's face to face, let's get real and take down the walls," said Jennifer Dealy, Plymouth counselor.

Some teachers and student-led clubs like the Students for Social Justice club brainstormed potential solutions to the issues that prevented Challenge Day from happening this year.

Jennifer Bennett, Plymouth social studies teacher, uses "daily challenges" with her students to continue the message of Challenge Day.

"The 'daily challenges' are the direct result of my Challenge Day experience," she said.

Proposed solutions by the club and Bennett include providing a follow-up exit slip after the event, regularity rotating participant grades for students and teachers to avoid many repeats, working with the Challenge Day program to find funding, amongst other ideas.

"There are also other plans similar to Challenge Day's message, such as showing the movie 'Angst' to students, teachers and counselors.

A handful of the counselors, administration and teachers believed that the students should be involved in getting it back, while others did not.

"I think this needs to come to the kids I think it is for the student body to say 'we want this 'we need this back'" said Lehmann.

Bennett offered an alternate point, saying, "The purpose of the Students for Social Justice Club's involvement was to use them as a grassroots effort to mobilize students to do things on their own, but it requires more than that."

Only time will tell if Challenge Day returns to P-CEP.



Canton Challenge Day 2015  
Photo courtesy of Becky Kraft

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# Inside Teen Minds: Mental Health at the Park

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"We want to be that go to person for you and doing everything we can to make those connections," said Lehmann.

Students also communicated feeling supported academically by having resources like Math Lab, and the Writing Center. The students who indicated a lack of support from teachers overwhelmingly identified the homework load and lack of understanding of their lives outside of school as primary issues. Students are roughly 8 times more worried about homework than societal pressures, and about 64 times more than self health.

"Our first and foremost priority is

you," said Lehmann. The Counseling department has created or will soon create 'zen rooms' in each one of the buildings for students to go to when stressed or anxious. The Department also manages and creates 'Mental Health Week' to help ease stress for students the week before midterms. These days consist of music, lunch activities, positive messages around the school, yoga and massages, and petting a therapy dog.

Beyond physicalities, the Counseling department also is established as a support system. "We want students to come in and we want for students to talk to us and establish

relationships," said Jennifer Dealy, Plymouth counselor.

Similarly, Erin Demarest, Canton counselor said, "no one does anything alone; no one is successful alone; we need people - you need people in your corner. Talking is one way to get someone in your corner."

When we were discussing Mental Health at the Park Gretchen Sartori, Plymouth counselor had one thing to say to students who are, or may be, struggling. "Know that there is someone here for them that hears them, sees them, and acknowledges that what they are feeling is real and it is hard to deal with."

## Help Information:

If you are feeling overwhelmed or are struggling, please communicate with your counselor, Assistant Principal or another trusted adult. Contact information for counselors and Assistant Principals with their assigned caseload can be found here: <http://www.pccsk12.com/home/showdocument?id=17255>

If you are in crisis call the Suicide Hotline: 1-800-273-TALK (8255)

If you are struggling with depression, text CONNECT to 741741

## 'Spread the Word to End the Word' Campaign

by Emma Bali  
News Editor

Many may know March has been recognized as National

Developmental Disability Awareness Month since 1975. This month is the time used to educate our communities on the needs of individuals with intellectual and developmental disabilities and to reflect on the progress made toward improving quality of life for them.

Spread the Word to End the Word is a national campaign, or a national initiative, in the United States that aims to build awareness for society to stop and think about its use of the "R" word. End the "R" advocates believe the use of the word "retard" in conversational and everyday speech is hurtful and belittling to individuals with special needs. To prevent the use of this language, the campaign also encourages people to pledge respect toward all individuals, making the world a more accepting and more inclusive place for everyone.

The campaign took place during all three lunches on the following days and locations: Tuesday, Mar. 5 at Canton Cafeteria, Wednesday Mar. 6 at Salem Cafeteria, and Thursday Mar. 7 at Plymouth Cafeteria.

In addition to the campaign at all three schools, there were 'dine to donate' opportunities at local restaurants. On Wednesday Mar. 6, there were donation opportunities at Menchie's on Canton Center from 11 a.m. - 10 p.m. On Wednesday Mar. 13, there was a donation opportunity at Buffalo Wild Wings on Ford Road in Canton.

The campaign raised awareness and money for the Unified Sports team at P-CEP and local Special Olympians.



Spread the Word to End the Word Campaign at Canton Photo by Emma Bali



The campaign in the Plymouth cafeteria.

Photo by Jordyn Audi

## Plymouth Congress's Annual Benefit Concert

by Cora Wallen  
Editor-in-Chief

On Feb. 13, 2019, many talented singers and musicians from the Park came together and performed in the Plymouth High Congress Second Annual Coffeehouse Concert. This was a charity event held from 6:00 p.m. to 9:00 p.m. in the Canton Cafeteria. All proceeds went to the National Alliance on Mental Illness (NAMI).

The performers seemed to enjoy the experience. Canton senior, Saanya Advani, who sang at the event, said, "My experience was really great. P-CEP has so many talented students and it was really nice to see their talents get recognized," she explained.

"I'm not a performer, and I actually am terrified of performing in front of people! I've been singing since sixth grade when I joined choir, and I decided to step out of

my comfort zone just a little because I wanted to support the cause."

Izzy Tiplady, Plymouth junior and Congress treasurer, put on the event. She said, "We chose to donate to NAMI because mental health is an issue that affects everyone, especially teenagers, and we wanted to support something that would actually help people at P-CEP."

Raamiz Qureshi, Plymouth senior and MC of the event, added, "It's always been a smaller event but we're always able to raise a lot of money for NAMI. We raised more than last year and the event seems to be continuing to grow. I'm really proud of what we've been able to accomplish."

Overall, the event raised approximately \$500 for NAMI, and the event is planned to continue in the coming years.



Many decorative lights were placed around the cafeteria for the concert. Photo by Cora Wallen

## Effects of Government Shutdown

by Kealani Tapp  
Business Manager

The new year began in the middle of the nation's longest partial government shutdown ever recorded. Lasting 35 days, the shutdown had many negative effects across the country. All non-essential government agencies were forced to suspend work. The Food and Drug Administration had stopped several routine inspections. This meant that average citizens could have been exposed to foodborne illnesses that typically would have been caught by a standard FDA check.

Some agencies could not suspend all operations completely, and had to furlough most of their workers and ask others to remain with no pay. Michigan US Coast Guard workers went without pay during the shutdown. With the extreme weather Michigan has

experienced this winter, the Coast Guard has had a great amount of work to do all without receiving a paycheck. Many of Michigan's correctional officers from federal prison had been furloughed, and the remaining workers did not receive pay. This left the prisons understaffed, and increased risk for workers.

The Transportation Security Administration's workers also did not receive pay during the shutdown. According to an article from CNBC, several TSA workers called in sick as the shutdown went on. This caused for severe back up at airports, including the Detroit Metropolitan Airport.

The shutdown's several billion dollar cost took a toll on the economy. The full severity of the hit is still unknown, but past shutdowns can shed some light on potential losses. With hundreds of thousands of federal

employees without a paycheck, consumer demand was hit. This is bad for small businesses, like those in our own towns. Community Financial Credit Union offered a promotion for those affected by the government shutdown. Federal workers who were furloughed or were working without pay had the opportunity to take out 60 day zero interest loans. The loans allowed these families to pay for things like rent and utilities while they were furloughed. The partial shutdown finally ended Jan. 25. Those who worked without pay during the shutdown received their missed checks. Due to a bill President Trump passed during the shutdown, furloughed workers received back pay. The shutdown was harrowing for many Americans, including several Michiganders.

# P-CEP School Funding

by **Isabelle Fessler**  
Opinion Editor

The average amount of money spent per student in Michigan school districts is \$10,209. PCCS gets about \$9,883 per student; the majority of it being spent on instruction which includes teacher salary. The second largest amount is spent on instructional support which includes counselors and

other types of support staff for students. The rest of the money is spent on administration, maintenance and transportation.

The proposed budget for this year includes revenue of about 168 million. Our proposed spending rounds out to around 169 million. Over half of that is spent on teacher salary and benefits at almost 142 million, which

doesn't include administration or janitor salaries. This leaves about 27 million for maintenance, transportation and anything else we need. The proposed budget shows that costs are generally increasing over the last three years without dramatic variation. It does not appear that revenue has followed the same trend.

# The Future is Female

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

March has been the month to commemorate women's history since the 1970's. Now, the month has turned into a time of empowerment to all women across the country. Each year, there are themes chosen by 'National Women's History Alliance Association', and this year's theme is "Visionary women: Champions of peace and nonviolence." The article published on the 'National Women's History Alliance Association' on this year's theme said, "this year we honor women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence to change society."

Within the past few years a rise in visionary women has grown within our community, especially in the youth. The visionary women in the youth have had a few things to say about women's strength, capability and leadership.

Saanya Advani, co-president of Real Reps, a feminist club at the Park, and Canton senior said, "I am motivated by the desire to see change. I strongly believe in standing up for those who cannot stand up for themselves. We live in a society that values individualism and neglects the power that working together can hold. Staying silent in the face of injustice is no different than being complicit. Martin Luther King once said, 'Our lives begin to end the day we become silent about things that matter.'" Advani was one of the few students who ran the walkout against gun violence back in 2018. Additionally, she has made her voice known through political activism by door-knocking to push the youth to vote.

These young women within our community all have described similar motivations to make a difference.

"I'm really just hoping to make the world a little bit better. I'm only one person, but I kind of see the world like a domino reaction. If I feel passionate about something, I can try my best to get other people excited about the same thing, which might start that domino reaction of change. Who knows, maybe I've said something over the radio that has helped someone smile if they haven't smiled in a month. That's my only goal, honestly. No fame, no glory, just a positive change," said Fiona Hughes, Canton senior and an Editor-in-Chief of The Perspective.

Hughes has also been involved with 88.1 the Park since her freshman year. "I applied for the top student leadership position and was granted the position as Program Director. Being a part of the radio station gave me so much confidence that I was lacking in middle school, and it blows my mind to think that I could connect to our thousands of listeners." Hughes is also involved in the Eco Club and collects recycled bottle-caps and helped prepare and plant a rain garden outside of Canton's cafeteria.

As for women in charge, Olivia Schafer, Plymouth senior, said, "I hope my influence will for one allow me to increase the representation of women in business and encourage others to participate in their community and to pursue things they are passionate about." Schafer, throughout her time here at the Park, has joined National Honors Society, became Captain of the Plymouth girls tennis team, became an Associate

passions. Make a difference and don't be ashamed of it," said Cora Wallen, Plymouth senior, an Editor-in-Chief of The Perspective. Wallen is involved with P-CEP's Rotary Interact Club and has participated in several events like: a Peace Summit, Kids Against Hunger. Wallen has also volunteered at senior citizen homes and in middle school ran, created, and executed a Walk-a-thon for Hereditary Hemorrhagic Telangiectasia. Additionally, she has earned the "Wildcat Award" for both Cross Country and Track and Field for sportsmanship and leadership as she is a co-captain for Cross Country.

"As far as my daily influence, I always hope to bring light into people's day by spreading kindness, support and empathy, as those are all things that are so overlooked in our society in this day and age. For my influence in the long run, I hope to just make positive changes in our society and change it to be more constructive, inclusive and peaceful, even if I don't get fame or recognition. What is more rewarding to me than either of those things is seeing how my actions impact others, big or small," said Wallen.

"You are capable of being strong, even in the most difficult circumstances. Strength is not defined by your ability to succeed- it is your ability to overcome the obstacles that try to stop you from succeeding. Your tenacity, your honesty, and your courage will get you so far in life. I am so proud of you," said Amelia Joss, Salem senior. "Service is a big part of my life. One of my favorite service activities I've done is tutoring fourth graders at Hoben Elementary. The students I work with are so funny and sweet, and it really brings me back to the good old days of elementary school. Another of my favorite service activities is Dressember. Through the month of December, I wore a dress every day in order to raise awareness about human trafficking. It was challenging at times, but it was a simple and effective way to spread the word about a prevalent issue in our area."

"Women are a force to be reckoned with. There's only a glass ceiling if you build one for yourself. If you want to go into construction, go into construction. If you want to be a secretary, be a secretary. If you're not sure what you want to do, try something new! Go out and learn a new skill. The world is a big place: don't label yourself as one specific thing and cut off all of the other opportunities offered to you. Think about all of the women that have impacted your life up until now - teachers, doctors, parents - that could be you," said Hughes.



**Fiona Hughes plans to continue her education in environmental science and biology**

Staff Member at a Rotary Youth Conference, and she is also on the executive board for both Plymouth Student Government and Link Crew.

In the future Schafer plans to graduate the Ross School of Business at the University of Michigan and to take what she has learned to drive a stronger focus on nonprofit work. "I've always just been very driven, and never had to be told to do something. I'd just do it. I always aimed to be successful in what I do for myself, rather than for the approval of others."

"Never underestimate your strength just because society says you have to behave one way or another. You are the future, and no man or societal norms or rules should hold you back from pursuing your dreams or

# West Virginia Teachers on Strike

by **Owen Miller**  
Staff Writer

On Feb. 19 in West Virginia, 55 of the state's 56 counties had schools closed. However, this wasn't because of a snow day. Teachers across the state put on their hats, coats and gloves to stand outside one morning in the February cold. They were going on strike to protest a Republican bill that would have allowed tax dollars to pay for private school tuition and establish West Virginia's first charter schools. The bill would have also given teachers and other education workers a five percent raise.

Organizers of the strike declared that getting a raise

was less important than taking a stand against what they argued was "school privatization." Charter schools are publicly funded through taxes, but privately owned and exempt from many state and local regulations. Educators in public schools had growing concerns about the possibility of charter school expansion, seeing charter schools as a threat to the already struggling public schools that are lacking sufficient funding.

The teachers on strike ended up being successful. Just hours later, the West Virginia House of Delegates voted to indefinitely table the bill. West Virginia educators started the school protest movement a year ago,

when they were on strike for nine days to eventually win a five percent raise.

West Virginia continues to be only one of six states that has not passed laws authorizing charter schools.



## “Comprenez-vous ces mots?”

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

The world is a big place. With Earth being 196.9 million square miles and the United States being 3.797 million square miles, you will never travel the entire world, or even your entire country. There are thousands of languages spoken on this planet, and yet we have students at P-CEP that complain about the low-bar required two years of a foreign language.

We have the opportunity to earn a quality education at P-CEP, and yet here we are, complaining about it. Why do we complain?

You may not use a foreign language in whatever career you go into, but that doesn't mean that learning a new language isn't important. Learning a language gives you communication skills that will follow you throughout your life no matter where you end up. Maybe your three or four years of Spanish

will come in handy when you're in a supermarket looking for bread and the worker doesn't speak English, or maybe your German will come into play when you're caught in an emergency and the only doctor around speaks German. All that aside, you've opened a new door to a world you would have been deaf to.

So, I ask you this: if we use language every single day of our lives to communicate, why are we only requiring our students to learn the complete basics of a foreign one to scrape by in high school?

I hear the excuse “I'm just not good at it,” all the time, which makes me laugh. No offense, but if we can learn how to speak English when we are children with absolutely no knowledge or concept of communication when we are born, I think you can learn how to express yourself in Spanish using plastic apples and kids books. The excuse “I'm no good at it” has the

same meaning as “I'm not willing to put in the effort.” Just like any other subject you learn in school, it takes practice to excel in a foreign language. You won't learn Calculus by playing games on your phone in the back of class, so why assume you could learn Chinese doing the same thing?

Language is all around us. It's a shame if you don't allow yourself to appreciate it.

Students should be required to take at least three years of a foreign language in order to fully grasp the subject and be able to get by if they needed to use it in an emergency. Two years of a language is not enough time to learn enough of the subject to survive if you were dropped off in a country that spoke that language, but you could get by with three years of studying. So I ask you this: *comprenez-vous ces mots?* Or do you need Google Translate?

## What Qualifies a Student to Earn a Varsity Letter

by **Madeline Justice**  
Sports Editor

In TV shows and movies, athletes are always seen wearing their varsity jackets or sweaters. So, it can be assumed that only athletes would qualify for a varsity letter; however, that is not true. At P-CEP you can be a part of a choir class for two years to be given a varsity letter. You could also be a part of the marching band, colorguard, have good grades or be on the student-run radio station long enough to earn a varsity letter. This is not to say the people in these programs don't deserve to be recognized for all the work they put in, but the question still stands as to what exactly should qualify someone to have a varsity letter.

When varsity letters are handed out like candy for anyone that has participated in something

school run, it makes the idea of having one less exciting. If everyone can get a letter, then it's not a symbol of hard work anymore. Everyone at the Park should be recognized for the things they do, but the varsity jacket and letter should be selective to athletes. Varsity letters should only be given out to the students that are a part of varsity sport teams. Those students worked to make it onto their varsity teams and compete at that level and the letters are a symbol of that. Why call it a varsity jacket if people who aren't on varsity teams can be given them?

I believe that everyone at the Park is special and that they are all a part of amazing things, but there needs to be a standard as to what qualifies someone to earn a varsity letter.

## The Newest Form Of Addiction

by **Lauren Martin**  
Staff Writer

Vaping. Such an innocent thing right? How can such a little thing with wonderful flavors cause harm? According to the website, “Market Watch” in an article titled “Millions of teens are Addicted to Vaping, and There's Nothing Anybody Can Do About It,” “Teen vaping is an epidemic that now affects some 3.6 million underage users of Juul and other e-cigarettes.” The article continues to talk about the growing addiction and how children as young as 11 have become addicted to this “harmless” habit. As a senior at Plymouth High School, I have seen and known many people who started vaping as a fun thing to do and now are addicted. Most people I know started vaping to learn tricks

because it looked “cool.”

As Sourins and Juuls became the new rage, so did addiction. Vaping for fun with friends turned into something people had to do in order to avoid side effects like anxiety, irritability, headaches, and more. Teens are drawn to the colourful devices and tasty juices, causing young people who barely even know what nicotine is to become addicted. These devices come in small forms that make it easy to hide from adults. Companies say their products are useful to help people who are trying to quit smoking, however “Market Watch” also says that “there's been little research on them that claim or their long-term health effects, particularly in young people.” This is concerning to adults and parents because teens don't see the long term effects of e-cigarettes as they haven't been around long enough yet. The lack of information about the harm causes teenagers to feel nothing bad

could ever happen to them.

Teens who started vaping may want to quit now that addiction has set in. This could be very hard for many. The article “Why Quitting Is Hard” from the website “Smoke free,” says that “the more you smoke, the more nicotine you need in order to feel normal, making it even harder to quit.” This article helps explain that when teens are vaping for fun, they are making it even harder for themselves to quit later in life. Overall, vaping has made underage teens and even children become addicted to a habit they believe is harmless. The designs of e-cigarettes cause teens to try vaping, and the nicotine keeps them coming back for more.

If you or someone you know is struggling from an addiction to smoking, please call 1-800-QUIT-NOW (1-800-784-8669).

## Acts Of Kindness

by **Jordyn Audi**  
Social Media Manager

Kindness: “The quality of being friendly, generous and considerate”.

According to the British Psychological Society, kindness reduces anxiety. “Socially anxious participants who engaged in acts of kindness for four weeks showed a decrease in social avoidance goals,” says BPS.

P-CEP is a school currently filled with over 6,112 students. With stress from school work, social lives and being around hundreds of students a day, there needs to be a relief.

The goal is to spread more kindness around the Park to make all students and staff are filled with joy and happiness throughout their day. The Perspective Team came up with a few ideas to spread more positivity around our community:

SMILE! It's known that smiling is contagious. If you smile at the people you pass in the hallway, there is a high chance they will pass it on to someone else.

Talk to your teachers! Ask them how their day is going. Staff's feelings are just as important as the students' are.

Hold the door open for others. Multiple people get hit walking in and out of the buildings due to a lack of people

putting their arm out for an extra two seconds.

Phone Detox. During lunch, put the phones DOWN! Listen to your friends and what they have to talk about. Putting down a phone will show you're listening to what they have to say.

Tell a friend or a classmate that you're proud of them. A form of encouragement is well needed in a week of homework and tests or any personal lifestyle.

Notes! Nothing would be more of a surprise than a note of positivity found on a car or locker. Your words could be the highlight of their day (positive words only).

Breathing exercises! When you get stressed, remind yourself and your friends to just breathe. Whether it's a test, or just a sheet of homework, you will be okay. If you're also stressed, you can also talk to your homeschool counselor. They are always there to help you.

Little things like these can help make the Park and our community be a happier and calmer environment. If we help each other as one, we can succeed as one.

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## Jonas Brothers are Back In Town

by **Madeline Justice**  
Sports Editor

In 2013, the devastating news of the Jonas Brothers breaking up broke the hearts of fans across the world. Teens everywhere couldn't believe that their favorite boy band was no longer going to be singing about the year 3000 anymore. Fans remained sad until midnight on Mar. 1, 2019 when the Jonas Brothers announced some exciting news.

The Jonas Brothers took to social media to blast the news of them getting the original band back together with all new music. They released the music video to their new song “Sucker” at the top of the hour along with releasing the song on iTunes, Apple music and Spotify. Within twelve hours the song became a hit. It

quickly jumped to the top of the charts becoming the number one song in the world.

As the brothers take more strides in reuniting the band, everyone should follow along and support their music as they continue to keep burnin' up the charts.

**If you have a Letters to the Editor,  
send them to:**

# Bus-ting the Bank: Driving vs. Busing

## Driving

by Sache Krishnaraj  
Design Editor

Being a junior or senior at P-CEP has its benefits. As upperclassmen, we are given the opportunity to drive ourselves to and from school. While a majority of juniors and seniors take advantage of this privilege, there are some that don't see it as useful and prefer to be driven by a parent, or to take the bus. Some parents also agree taking the bus is safer, more reliable and is easier on their wallet. In my opinion, the pros of driving to school outweigh the cons. For starters, many students have class projects that require they carry a poster board or other large items with them. While it's possible for them to take these items on a school bus, it is a hassle and slows everyone down. Additionally, driving allows for more leniency on start time. Many students are required to board their school buses quite

early in the morning. By driving, students can decide if they want to go early, perhaps to take a test, or hit "snooze" a few extra times to get in those last few minutes of sleep. They can also stay after school and not have to worry about finding a ride home. One of my favorite parts about driving to school is being able to listen to music. To many, music is a way of both relaxing and preparing for the day ahead of them.

## Busing

by Logan Swarhout  
Staff Writer

When I wake up in the morning, the last thing I want to do is drive my half-asleep self to school, only to have to be stuck in awful traffic. While traffic is inevitable, it's much nicer to just be able to relax or to take a quick nap than being constantly stressed about getting into an accident. Also, if you've ever tried to make it out of any of the three student parking lots, you know how chaotic and time consuming it is, all while your car is burning costly fuel. Even if the traffic is inevitable, why would you make it harder on yourself by having to compete to try and get out within the hour that school ends?

While driving to school may give students a sense of independence from the scheduled bus routes, it takes a large amount of time and money to be able to

drive to school. To be allowed to purchase a parking pass, a student must have a valid license and insurance on the car. Both of these have substantial costs of their own. On average, drivers training in Michigan is \$454.99 for basic training, assuming there are no problems or fines attached. Along with basic training, all Michigan drivers are required by law to have no-fault auto insurance and for 18 year old drivers it costs around \$7,387.85 annually. The cherry on top of all of this is the actual parking pass, which costs \$103 for the whole year. That brings the grand total to \$7,945.84 and that's excluding things like oil changes, gas, and other vehicle related expenses. When you look at the numbers, it doesn't make sense. Why would you pay to go to school when you can get there for free?

# AirPods: Don't Cut The Wires

by Jaden Anochiam  
Staff Writer

Lets be honest here, we all know that AirPods are overpriced. Now don't get me wrong, when it comes to bluetooth and name brand headphones and earbuds, I'm all for it. I own a couple of brands of bluetooth headwear, one pair are the Beats Solo 3 headphones.

When it comes to bluetooth earbuds that happen to be priced at over \$150, that's just a little too much for me. I have many friends that own AirPods, and they all have let me borrow them. I have to say that they have a great sound. I just feel that Apple is trying to make money anyway they can. They

did in fact make a one hundred dollar apple pencil. Since they do have good sound, but are overpriced, they should just be retailed for between 50-100 dollars. I have to say, the fact that it costs \$69 just to replace one AirPod if its lost or stolen is just crazy to me.

I know someone who had AirPods for just a week before someone he was arguing with took them out of his ear and threw them in the lake. Gone, just like that. Unfortunately, he didn't have Applecare, so there goes \$169 down the drain. That of course, made me a little biased towards the price. Even if I didn't witness that, my opinion toward the price of AirPods has been the same since they were released. I understand

that it's an Apple product and has great sound quality, but I know for a fact that lots of people are not willing to spend that much cash on a pair of earbuds.

There's an easy solution to this problem: lower the prices. This solution is possible because with the AirPods 2 rumored to release in 2019. According to Business Insider, the prices are expected to rise by even more. I love AirPods, but something has to be done about this price, pronto.



Dreaming of the Paper  
Photo by Jordyn Audi  
Photo of Laurence Yang

# Fashion Everywhere

by Olivia Blackburn  
Staff Writer

High school is a place where many people find their style. Style and fashion in high school is always different; you'll never see two people wearing the same exact outfit. If you do come across two people wearing the same outfit, they probably aren't wearing it the same as you due to our different body types. Fashion is a way to express the way you feel everyday. When I'm feeling good, I'll usually gravitate more towards the brighter colors in my closet, but I'll throw things together to make something new.

Hope DuBose, current junior at Canton, explained what she wants her style to express, "I want my style to show how I am as a person. I'm very willing to take risks, try different things and it really just reflects how I live my life and view the world."

Walking on the paths at the Park, I

love seeing all of the different outfits. When I see people's outfits throughout the day, I think about how I could incorporate something like that in my style or try something new out. As a junior, I can tell you, I don't dress the same as I did freshman year. It was all trial-and-error, trying outfits I might have liked, trying on outfits I didn't like, but wearing what I felt looked good.

Grant Waitz, current Salem freshman explained, "Fashion has changed my whole life. It has totally influenced who my friends are, by meeting them through clothes and fashion."

I feel the same as Waitz; fashion has changed my life. From having the style I have, I tend to follow a lot more people with my style and connect with them. With school it's the same thing- I have many friends with different styles so that maybe I can incorporate something

I wear.

Jen Petro, Canton junior described, "I hope that my style makes it easier for people to express themselves if they are scared or want to hide in today's society. I want to show that its okay to stand out."

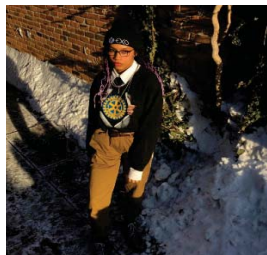
Fashion and music mix together for me. When I'm listening to a more relaxing genre of music like Indie Rock or a Surf Rock Sunshine playlist on Spotify, I dress more Indie with bigger jeans and a shirt tucked into it with a belt. With all types of genres, my style seems to change quite a bit since my music taste changes a lot over the course of a week. Michael Kabodian, a Salem freshman explained his musical fashion inspirations, "My fashion influencers would be Sean Pablo and ASAP Rocky because they are really killing the game at the moment. Pablo wears really cool su-

preme stuff and Rocky wears all of the cool unique patterns and colors."

In consultation with four students at P-CEP, I got to learn some of their latest fashion obsessions for this cold season. Waitz fashion obsessions lately consist of cargo pants/baggy sweatpants or a nice hoodie, or a hat. Petro explained her favorite stores and style for now are Princess Polly, Nasty Gal and going to the thrift store. She has been really into cheetah print and streetwear lately. Kabodian's latest winter obsessions are wearing cut or cropped jeans and Jordan Retro 1's. DuBose described her latest obsessions that consist of platform shoes and anything mesh or sheer.



Michael Kabodian and Grant Waitz both wearing their unique styles  
Photo By: Noah Watson



Hope DuBose modeling her unique outfit  
Photo By: Grace Davison



Jen Petro dresses in her latest obsession, the cheetah print design  
Photo By: Grace Waldo

## Why People Need to be Vaccinated

by **Amanda Mancuso**  
Staff Writer

Vaccines have been around since the late 1770s. Over the previous centuries, vaccines have prevented and eliminated hundreds of life threatening viruses and diseases. Vaccines are necessary and people who have access to them should be vaccinated.

For many people in the United States, vaccinations are accessible. Vaccines can prevent the spread of illnesses that have not yet been cured. For example, there is no cure to influenza. But with the help of a vaccine, catching and spreading influenza

can be limited. People who have easy access to vaccines need to take advantage of this opportunity because if not, it could potentially cost a life.

Immunization is important. Getting vaccinated is important because it contributes to the process of elimination. Specific viruses and disease such as polio and smallpox have already been eliminated due to vaccination. Once an illness is eliminated by vaccinations, this illness is no longer a threat to society. Also, not getting vaccinated can cause diseases that were previously eradicated to come back. In the long run, immunization

can save lives.

Vaccines keep you healthy. According to the National Foundation for Infectious Diseases, a simple vaccine can prevent a number of different illnesses for a lifetime. It is vital to stay healthy in order to live a long life and vaccines can contribute to staying healthy.

Getting vaccinated is safe. The National Foundation for Infectious diseases clearly states that vaccines are one of the safest medical products available. They also state that "The potential risks associated with the diseases that vaccines prevent are much

greater than the potential risks from the vaccines themselves." It is worth being vaccinated as it is safe and the risks of the diseases are much higher than the risks of any vaccine might include.

Vaccines are a necessary to maintaining good health. Being vaccinated is safe, effective, and incredibly important. The benefits of vaccines are far greater than the small chances of risk they could bring.

## Snap Back Into Reality!

by **Jordyn Audi**  
Social Media Editor

Do you ever feel like the day goes by too fast? Too fast to get your school work done or even to be able to get some sleep at night?

How would you feel if you realized the majority of the reason for this is because of an app?

Snapchat was released in September of 2011, but has grown rapidly over the years. According to Omnicore, a Digital Marketing Agency ran by Hafiz Muhammad Ali and Salmon Aslam,

more than 400 million Snapchat stories are created per day. 528,000 snaps are sent every minute, along with more than 20,000 photos being shared every second.

Statista's sources say it, "ranks as the most popular social media site among teenagers and young adults in the United States." This app is often the cause of a student getting in trouble in class. It's also one of the biggest reasons people lack sleep due to constant notifications from their phones.

I had four anonymous students show me their weekly screen times.

Their results ranged from a solid 1-9 hours total a week. The first anonymous student had exactly 1 hour and 16 minutes. The second student had 2 hours and 18 minutes. The third had 9 hours and 18 minutes along with the fourth having 7 hours and 16 minutes. They all admitted they have chosen Snapchat over getting important things in their daily lives done. Keep in mind going to check a snap only takes a couple seconds. Taking more time off this app will allow you to notice more and get things done faster in your day.



## Splitting Up the Mental Health Community

by **Cameron Lindsay**  
Editor in Chief

The "Unbreakable" series is coming out with a new movie called "Glass" which got me thinking about the movies as a whole. The movies are based on someone who has 24 different personalities called Dissociative Personality Disorder, also known as Multiple Personality Disorder.

This disorder is among the rarest psychological disorders and typically originates from trauma to escape reality. The disorder is not dangerous except to the person themselves.

In the "Unbreakable" series, the main character is shown as

a dangerous individual whose mission is to harm, which is not typical for this disorder. Additionally, the man is shown controlling and communicating with his personalities which is also not realistic being that most cases are completely unaware of their other personality.

The movie portrayal of the disorder is sickening as it isn't realistic to the reality of the disorder. The movie exploits the disorder for entertainment when real people suffer from it everyday. The movie takes the image of this real traumatic disorder and turns it into an evil character and shows it to the public as fact when their portrayal is false.

The disorder is born from a place of severe emotional, or physical trauma and the disorder is a safety mechanism for the mind to escape that trauma. Yet now the people who are suffering will have to fight the public's fake perception. The "Unbreakable" series is a psychological horror to those who are suffering and for those who are ignorant. It is truly an abomination to see the havoc this movie causes for being wrong about something so harrowing.

## Can You Really Multitask?

by **Diya Banerjee, Lilli Keehn, & Amanda Mancuso**  
Features Editor and Staff Writer

The art of multitasking is a concept that most people believe they are masters at. Well, this is usually not the case. Sorry to bash your ego, but someone cannot possibly do one task and complete another efficiently.

For me, studying for school requires a lot of time and energy. I cannot have my focus on anything but my notes when I am studying; I cannot go over the information as effectively with distractions. For example, the other day I was simultaneously eating a popsicle and studying for my macroeconomics test. I quickly learned that this was a waste of my time because all my attention went to preventing my popsicle from dripping on my keyboard. Later that evening, I joined a group Facetime call with my friends and attempted to complete my math homework. No surprise, my work took me twice as long as it usually would take. Chances are, you are not

much different from me.

While you may think you are being efficient by doing several tasks at once, this has actually been shown to reduce productivity. Research conducted at Stanford University not only found a reduction in productivity while multitasking, but even more surprising results. Stanford researchers found that those who multitask more (and thought they were good at it) were actually the least efficient. The Forbes article, "Multitasking Damages Your Brain And Career, New Studies Suggest," expands on this. It says, "When you try to do two things at once, your brain lacks the capacity to perform both tasks successfully." My days of scrolling Instagram while doing math homework will have to come to an end.

As stated before, research has shown that "multitaskers" are less likely to be productive. The catch to this though, is that they feel more emotionally satisfied with their work which then creates the illusion of productivity. I know I can understand that completely. There will be times where I am

trying to work on homework and also texting my friends at the same time. Because my schoolwork is out in front of me, I feel confident that I will be able to finish it quickly, but texting while doing so is a major setback. I end up spending more time texting than I do doing my homework, which eventually leads to spending way more time working than I should have to. Looking back on it though, I feel like I was productive and accomplished a lot because I did eventually finish my work, it just took me way more time than what it really needed to.

Overall, you can tell that we think multitasking is a bad idea, rather than that, it isn't even really possible. Our brains are not wired to be able to focus on more than one task at a time and that's okay. We may think it seems like a good idea to try to do several things at once, but in the grand scheme of things, it's not and it's only hurting ourselves. A great way to overcome multitasking is by having good time management skills, but that is a whole different article.

## Students Take a Stand

by **Madeline Justice**  
Sports Editor

In recent years, a new generation has been able to voice their opinions. They have been able to figure out what they believe and decide if and how they want to take action based on those beliefs. One way students have taken action at P-CEP has been by not standing for the Pledge of Allegiance. This is an action that should not be scrutinized, but celebrated because this country has many faults that need mending and this one of the few ways teens can contribute.

The pledge is announced after the last bell rings signaling the start of first hour over all three schools' speakers. In the past, it was custom for teachers to ask for everyone to stand, face the flag, place their hand over their heart and repeat the pledge along with the speaker. However, within the last two school years, most teachers have stopped re-

questing for students to do this and have left it up to the students to decide if they want to, thus allowing more freedom of choice to the students.

Alysha Chavis, Plymouth senior, says that she doesn't stand for the pledge because it's something she can control. "I can't control many things that happen to the African American community due to injustice, but I can control something," Chavis says.

Since last year's school shootings it has been more and more common for students to sit during the Pledge of Allegiance. Some do it because they don't want to stand and state their allegiance to a country that has yet to resolve the issues of school shootings or mass shootings in general. This problem has directly affected students, and not standing for the pledge is a small but meaningful gesture. Other reasons for not standing could be attributed to religion.

In 2017, there was a mass shooting in an

Orlando nightclub that killed 49 people.

After the shooting, the student who announced the pledge in the morning over the Plymouth speakers made a comment that upset some faculty members. He started by asking for a moment of silence for the people affected by the shooting then recited a quote from former President Ronald Reagan and ended by saying, "may God bless the United States and may God bless you all."

This created an uproar among certain teachers. They believed that the comment was too religious and possibly insensitive to students who weren't religious or followed a different religion altogether. Although they had a point, they skipped over the fact that the Pledge of Allegiance itself implies belief to one religion as well. The pledge says "one nation, under God," which was added in the 50s and 60s during the Cold War. This implies that as you might be pledging your allegiance to America, you are also pledging

under a religion. Some students do not believe in any religion or believe in a religion under a different god, so they sit during the pledge purely for this reason. They feel as though they can't stand up and say they are loyal to America along with God.

Kealani Tapp, Plymouth junior, says, "I don't stand for the pledge because it mentions God. I feel as though this excludes people."

There are many more reasons as to why students might decide to sit rather than stand for the Pledge of Allegiance. High school students are exercising their freedom of speech in a non-harmful way but that sends a message. Things in this country are in need for a change and this is clear sign.





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