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A New Law Put Into Play

Lauren Carbonara

Flash Staff Reporter

Whether or not students are required to say the Pledge of Allegiance in school, most know the oath by heart. Should students, then, be required to say the Pledge during school hours? Just last year, a law was passed requiring all Michigan public schools to say the Pledge sometime each school day.

There are many people who agree with the new law and some who are indifferent to it, but many also cannot say the Pledge for one reason or another. The First Amendment guarantees five freedoms, one of which includes freedom of speech. Some argue that the new law requiring the Pledge to be said in schools violates the First Amendment.

Jehovah's Witnesses, who are best known for preaching door to door, are not allowed to salute the flag or anything else that could be considered an idol, which makes them unable to say the Pledge.

"I stand. I show respect, but I do not give my allegiance to the

Pledge," senior and Jehovah's Witness Andrew Sokolowski said.

In 1943, the West Virginia State Board of Education v. Barnette Supreme Court case decided that because of the Free Speech Clause, students must be protected from being forced to say the Pledge of Allegiance in school.

While schools still do not force every student to participate in the reciting of the flag, one of the advantages of Separation of Church and State is that students do not have another reason to be bullied in school.

"The argument that Democrats will make is that it's just another thing that makes kids different from other kids," government teacher Robert Boyd said.

Besides religion, forced patriotism always comes into

play. Patriotism is an important part of our country, no doubt, but should someone be forced – or feel like they have to since everyone else is – to say the Pledge?

Elementary students might not

even completely understand the pledge, yet they are also required to say it every morning. The Pledge is

"I PLEDGE
ALLIANCE
TO THE
FLAG..."

an oath to the country, and if someone does not understand its full meaning, then saying it has no purpose for them.

Furthermore, is it possible that students

will become desensitized toward saying the Pledge? While most people hope not, the Pledge might become almost meaningless after so long of reciting it day after day.

"One of the roles of being a government teacher is that I'm supposed to teach in a way that makes you proud of why we're doing this and make you want to [say the Pledge]," Boyd said.

While I am not against saying the Pledge of Allegiance, I certainly don't want to see the Pledge lose its meaning in the midst of the new law.

Hoon-Yung Hopgood, the State Senator, voted against the new bill and said, "One of the things I said is that I love my country, not because I say the Pledge, but I say the Pledge because I love my country."

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Agenda Adjustment

Emily Drumm

Flash Staff Reporter

The new paper Agendas.
Photo Credit: Emily Drumm

Fraser High School is known for change, but what happens when something significant changes for the worse?

Agendas have been a part of the program at FHS for years. Students are finding it hard to manage their work, activities, and time. Without that golden book of life organization that is the agenda, the student body reacts to not having one anymore.

“I like to use them to keep track of what I do. Now I can’t. The paper passes crumple up in my bag,” junior Erin Eickhoff said.

The new hall passes stir up some controversy. Many teachers are worried that these new passes will get lost, damaged, or stolen. The old agendas were much thicker and for the most part fool-proof. Students need a reliable place to keep record of the places they go and when. In order to walk the halls lawfully during seminar, students must have a signature in their booklet.

“I hate it. I don’t like the idea of not having agendas. I don’t carry that hall pass booklet around either. I don’t like the fact that it is paper. It should be laminated like our old ones,” soccer player Casey Denys said.

Paper folders barely last a month in high school, so how will the students keep track of smaller, slimmer paper passes?

“I am sure some students will lose their hall passes, but hopefully keeping track of it will be a priority for students who value being able to travel during seminar,” new Spanish teacher Allison Feikema said.

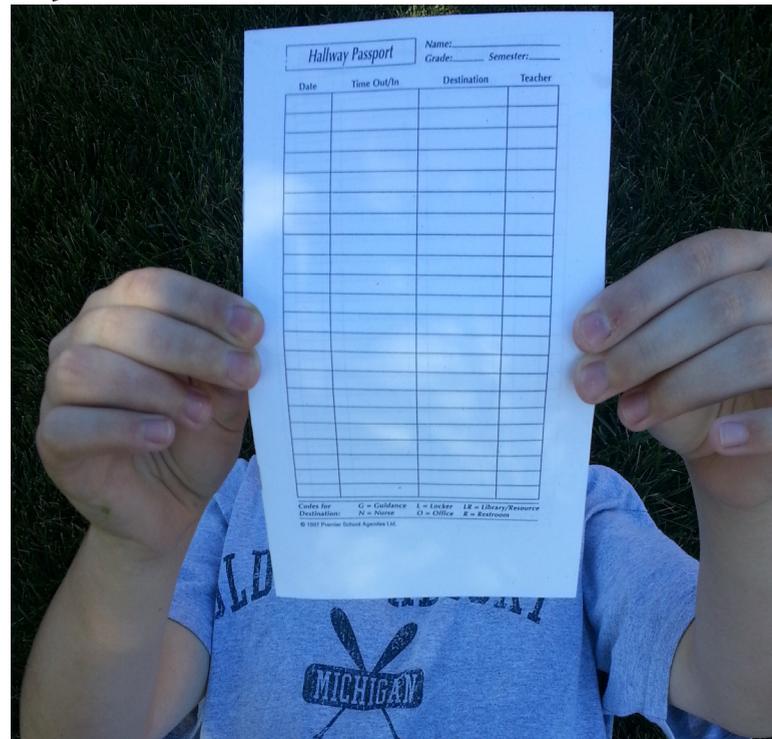
Some students do not have the time or money to buy their own agenda. The school board has digitalized the agenda for the students, but technology is not always reliable, and not all students are in favor of the digital version yet. To be successful in time management and in keeping a record of class discussions and homework, paper agenda books are the logical and preferred choice.

“I am not going to waste my time buying something that I used to get for free. I’d rather not have one at all than pay for it,” Denys said.

When the iPads first rolled around, many people were not in favor of them. Today, some still refuse to utilize apps that eliminate the old fashioned paper and pen. With constant crashes, accidents, and wireless troubles, students find it hard to keep track of their lives.

Many decide to shy away from their know-all machines; on the other hand, some teachers are in favor of the pro-tech establishment.

“There are apps online that the kids can download. The school wants everything to be technological,” long time math teacher Joseph Kaczanowski said.



It is important to adapt to changes in today’s modern world; all the same, kids today do not understand that as well as adults do.

“I think it will take the students some time to get used to using the my homework app instead of a physical planner, but those who benefitted from using the agenda will find a way to make the app work for them in order to avoid becoming disorganized,” Feikema said.

Agendas have a price, and FHS is unquestionably not made of money. Budget cuts in schools are the last place they should occur. School is about the students, but lately it seems as if we are being put last. With seven hour school days, minimum wage jobs, rigorous sports schedules, and extra-curricular activities, many students do not make a lot of money. Many students already have to pay for parking passes, school supplies, art and sport fees, and field trips. Now students have to pay for a planner? The one thing that should be accommodated with school has been cut.

“If you really need an agenda, go buy one from Meijer,” Kaczanowski said.

Some students are double-sided on the topic.

“I’ve never found agendas quite useful. I have always stopped filling them out in a week. They’ve cut agendas for me in eighth grade but allowed us to buy them if we wanted. I bought one because it was recommended but later found out it was a waste of money,” Freshman Nolan Drumm said.

Budget cuts occur in every school system, but cutting a vital method of organization is not the right path to go. A full size calendar condensed into a pocket hand-book allows every student to stay on track of what needs to be done every day. You cannot put a price on regulation.

October 2013, Volume 54, Issue 1



Starria Coppins

Flash Assistant Editor

Sleek and Shine products by Garnier Fructis are amazing. I used the shampoo and conditioner twice a week for two weeks. My hair is naturally thick and usually hard to manage when I self wash it. The first week I used Sleek and Shine there wasn’t a change I could notice. After the next week while I was washing my hair it became more manageable. To enhance the Sleek and Shine shampoo and conditioner I used the Sleek and Shine Leave in Conditioner and Sleek and Shine Moroccan Oil.

The Sleek and Shine products are my favorite because they enhance the way my hair looks and keeps it healthy as well. Sleek and Shine products are made with ultra-smoothing argan oil from morocco and apricot oil. Argan oil is good for dry hair; it helps nourish, moisturize, and hydrate hair and the scalp. Apricot oil helps heal and soothe rough skin. The combination of the two is an enhancer for “frizzy, dry unmanageable hair.”

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New Parking Lot Put into Action

Erica Kloski

FlashStaff Reporter

A new parking lot was built in what was once the field connecting Fraser High School and Richards Middle School. Construction began over the summer and was finished partway into September. Not only did the construction create some traffic trouble coming in and going out from Fraser High School, it created a whole new concern. Where will the shot put and discus members throw?

Lindsey Wojcik, a member of Fraser High School's shot put team, reveals her true feelings about the new parking lot and her initial reaction.

"The first thing I thought of was the throwing circles. [My sister] and I used to practice there everyday after school, even after the season ended," Wojcik said.

Having the throwing field replaced with the new parking lot was a big disturbance.

"It made it really hard for [my sister] and I to practice shot put and discus. The throwing circles were the only place we could practice in a ring with nets and the shot put pit. We have resorted to trying to throw in our backyard because we can't practice at school anymore," Wojcik said.

Daniel Waters, the Director of Operations for Fraser, shed some light on the new parking lot situation.

"This lot is primarily used by the middle school but it does offer additional parking



for the high school. It can be used for large gatherings at either building and even offers opportunities for stadium parking," Waters said.

When asked how the construction affected that area of the school, Waters gave a surprising answer.

"It hasn't at all. Through the proper planning and coordination with the staff, we have been able to construct the lot with no or minor disruptions," Waters said.

Brad Robinson, Fraser

High School's Athletic Director, also gave more insight on what exactly happened with the throwing field.

"We knew all along that the shot put and discus had to be moved. One of the reasons is that the area where the new shot put and discus spot is couldn't hold a parking lot, but it can hold shot put and discus. I actually think this location is better because when you look at where all the pads are, you don't have to go out of your way," Rob-

inson said.

The new location of the shot put and discus was chosen to hopefully make things easier for the team as well as their coach.

"The nice thing about the new location is that, coaching wise, it'll be a lot easier. The fact that it's all pavement makes it very easy to roll whatever they need over there. We didn't lose any number of cages, we didn't lose any pits for shot put, we've got the same number,

View of parking lot from entrance to stadium
Photo credit: Savanna Di Stefano

and the whole process was just an easy transition," Robinson said.

The disturbance of moving the throwing fields was minimal.

"I don't see it as a big deal and Mr. Murray [the throwing coach] doesn't see it as a big deal. We had his opinion on location and everything else as well. Overall, I think it's a win-win," Robinson said.

Caution on Concussions

Josephine Morenski

Flash Assistant Editor

According to WebMD, a concussion is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. From professional athletes to high school athletes, concussions are a known fact in the sports world, with many athletes suffering from minor to severe ones. Here at FHS the athletic teams are taking precautions this year for all.

Over the summer, Fraser fall athletes took a concussion test online. If a student is injured throughout their season, this test is designed to determine whether or not the athlete has a concussion by comparing the test taken in the summer versus the one taken after the injury. Among the many athletes that took the test, Senior Sarah Baur of the varsity dance team was one of the many athletes that took the test.

“The test was a lot different than I thought; kind of like a game. You had to remember things that would show up. There were different sections testing different things,” Baur said.

The concussion test is just one improvement Fraser is taking with concussions, in the midst of the many other improvements are new policies, verifying all coaches

and PE teachers have concussion recognition training, providing training and educational materials to all students and their parents, purchasing the ImPACT Concussion testing system, and developing a standardized return to play program

pen at any time, during any sport. According to the *Athletic Training Journal*, High school athletes prolong an estimated 136 thousand to 300 thousand concussions a year; rates vary by sport, gender, and type of exposure. Football receives the

Fraser is seeing more and more happening.

“That really varies by year and sport. There have been several years where we had very few. Now that more people understand the signs and symptoms, we are seeing more and more. More

sion rate than boys, and represent a greater proportion of injuries in girls. It appears that there is not a gender difference, but a difference in the sport that is being played. According to the winter 2007-2008 *Journal of Athletic Training* they

suggest that girls in sports like soccer and basketball were more at risk to concussions.

A key role in preventing a concussion, is properly knowing what to do when they occur. To have the best and safest results steps to help prevent a concussion should be taken before, during, and after the season. Pre-season: check with the league, district, etc. about policies, create a concussion plan, educate athletes, parents, and coaches, and monitor the health of the athlete. During the season: insist that safety comes first, teach athletes it's not smart to play

with a concussion, prevent long-term problems by letting the injured athlete rest, and work closely with the league and district officials. Postseason: keep track of the concussion, and review the policy.

By taking these simple steps, it can help prevent a concussion from happening or becoming very harmful.



Fraser Rambler's football gear. Photo Credit: Josephine Morenski

that uses the Michigan Neurosport Brain protocol.

“There certainly has been a lot published in the past couple of years that have raised the awareness level of the public and have resulted in new laws regarding the recognition, treatment and return to play guidelines for student-athletes that have suffered concussions,” Former Head Athletic Trainer Marti Van-I said.

A concussion can hap-

pen at any time, during any sport. According to the *Athletic Training Journal*, High school athletes prolong an estimated 136 thousand to 300 thousand concussions a year; rates vary by sport, gender, and type of exposure. Football receives the highest rate for concussions followed by boy's ice hockey. There are approximately 67 thousand football players diagnosed with concussions every day, and at least 50 youth players from around the United States have died or sustained a serious injury to the head. Football players suffer the most brain damaging injury of any sport.

Now that more coaches and students understand concussions and their symptoms,

athletes are coming forward as opposed to hiding their symptoms. I'm going to take a wild guess and say last year there may have been a dozen. I only worked as the head athletic trainer for the fall sports season,” Van-I said.

While Football players are more prone to concussions some studies suggest that girls have a higher concus-

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An Exchange Student's View

Karoline Asdal

Flash Staff Reporter

This year, Fraser High School has welcomed six foreign exchange students from six different countries all over the world. I'm one of them. My name is Karoline, and I'm from Norway, a small country in Northern Europe. I chose to move abroad, thousands of miles away from everything well-known and safe, to get a life experience, and see how people live outside my own small hometown, and to learn English.

As an exchange student I get to learn another culture, another language and another way of going to school. Before I came here I had seen a bunch of American high school movies like *Mean Girls* and *High School Musical*. They have obviously given me some expectations, but how similar are the movies to real life, and in what ways is it different from the Norwegian high school?

First, a significant difference is obviously the language. In Norway, we speak Norwegian (not Norwegian, which some people have suggested) and it is quite unlike English. I've taken lessons in English at school since I was eight, so I usually have no problem understanding what is said, but responding is a bit harder. Well, most of the times, people understand what I'm trying to say, sometimes after I've repeated it a couple of times and sometimes after I've gesticulated for a while. When I get stressed out or excited,

I tend to start talking Norwegian, and people look at me like I've gone crazy. Altogether, I'm doing pretty well with the language part of exchange!

On the first day at Fraser, I stood in the hallway with

at the complete opposite side of the school. For a moment I thought there were two of the cafes, but then I realized I was lost. Again.

The lunch is pretty different in a lot of ways. We have one lunch, not four

when I came here I was suddenly by myself. It was a really weird feeling all alone when I stepped into the cafeteria and even weirder asking total strangers if I could eat lunch with them. They were really nice though. At

activities for hours. Also, every single student in this school seems to own about ten pieces of clothing with "Fraser High School" or "I Love Fraser Ramblers" or something like that written all over it. I think I need to get hold of some of those to properly fit in. Right after I started school, I went to my first American football game ever. I didn't know a single rule; I just applauded and cheered whenever everyone else did. I really enjoyed it though, and that part is definitely like in the movies!

The worst part about American High School? Oh, that's an easy one. The lockers, no doubt. You have no idea how many times I've been standing in front of my locker, turning it around and around like crazy. I'm always so sure I'm doing it perfectly correct, but it just won't open. After trying about ten times I'm usually so afraid someone has seen my desperate attempt to reach my stuff inside the locker that I just walk away and pretend it wasn't even my intention to open it.

There are obviously lots of other things that are different. I've never called a teacher by anything else than their first name, I've never used a hall pass and I've never had dress codes. The language is different and people dress in a different way. Most parts of high school aren't like the Hollywood-movies either, so this was pretty much totally unfamiliar to me when I started. It's a lot to adjust to, but I really like it here at Fraser and I'm looking forward to the rest of my year!



Asdal reading a map of FHS
Photo credit: Josephine Morenski

a map, which confused me more than it did good, and I had absolutely no clue about where to go. Up until then I thought my school back home was big and crowded, but I was wrong. Very wrong. Every single time I feel pretty confident about where to find my classrooms, I seem to get lost. The first week of school I walked down the stairs and I headed towards room thirteen-hundred-and-something. I turned left and was 100 % sure I was on the right way, but suddenly I found myself in the Fra' Cafe

(tells you something about the size) and we absolutely don't have nachos and pizza and chips every day. Back home we're lucky if we get warm food once a week, and the days we don't, we have boring sandwiches and baguettes. The food tends to be a bit healthier, though. The cookies here are my favorite, they're just too good. It may not be exactly good for my health, but it sure tastes delicious.

An important part of school is friends. Back home I knew a lot of people, but

least I didn't eat my lunch at the restroom, which was what I expected after watching *Mean Girls*. I joined the swim team the second week at school, and even though I'm a pretty terrible swimmer, it's a good way to meet people and make friends so I'm really glad I did that.

A big difference from home is the school spirit. In Norway, it's non-existing and everyone disappears from school as soon as the bell rings in the afternoon. Here, people stay to do sports and

A Head Start On College

Starria Coppins

Flash Design Editor

College is a very important step in life that just about everyone is striving to reach. Here at Fraser, students are offered to enroll in an Early College program to prepare them for college and more responsibilities. Senior Maria Addelia is one of those students preparing herself for college. During her junior year she applied to take a Compass test at Macomb College to see if she would be ready to be placed in the college classes. She scored high enough and was let into the program.

“The Early College program is a program that allows eligible high school students to get a head start on their associates’ degree for free. The program is funded by the MISD (Macomb Intermediate School District). They pay for our classes and our required books,” Addelia said.

Getting a head start on college is an opportunity that some schools don’t offer. Along with getting prepared for college there are requirements that really get students in the mindset of being a college student.

“Part of the requirements of the program is that you must keep your grades at a C or higher in both high school and college, you have to complete the yearly required

job shadowing, and you have to attend a mandatory class for the early college kids called, “Seminar” that teaches us leadership skills,” Addelia said.

Gaining a lot of responsibility during high school is useful to prepare students for

Tuesday I have class from 11:30-1:00. On Thursday I have class from 11:30AM-1:00PM and 4:00-6:00PM,” Addelia said.

College isn’t a joke: there’s always something to do. Even some other students in the program

Addelia because it helps give students (including her) a head start on schooling and it’s a big financial help as well.

“My life has gotten a lot busier. I have much less free time and as a result I don’t have much time to be

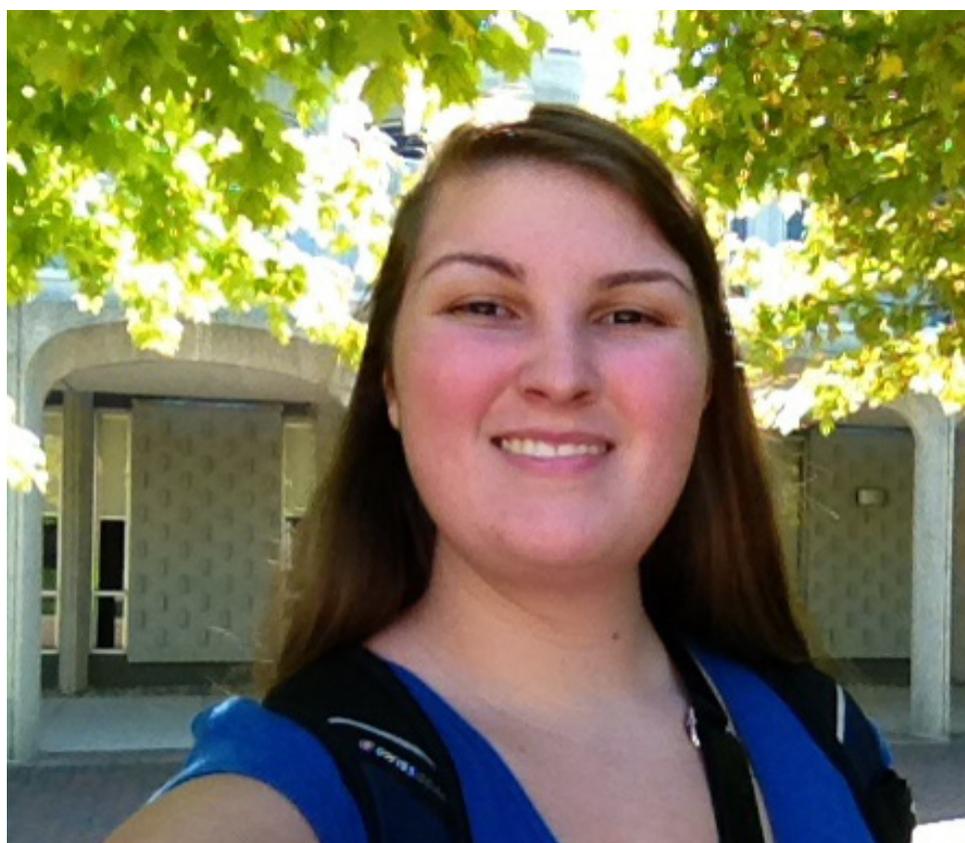
with my friends. I also had to quit the swim team for lack of time; however, my life has changed for the better as well. I’m more driven towards my career path as a pharmacist,” Addelia said.

Life is a journey where people will discover who they are and what they want to do. Addelia has figured out who she wants to be and is working towards her profession.

“My expectation for college is to finish my Associate of Science at Macomb a year after high school.

Then I plan to transfer to a pharmaceutical school and get a degree for pharmacy,” Addelia said.

Maria Addelia is an intelligent young lady who is striving towards her life goals. It doesn’t matter if you’re not on the same level as her, or even if you are, all it matters is that you be patient, hard working, and excited when achieving your goals.



Maria on her way to class.
Photo Credit: Maria Adelia

adulthood. Some students think this is an escape from high school and that they’ll be able to leave school early (for fun). However, this program isn’t designed for too much freedom because there’s still work to be done.

“I have a total of 3 college classes and the seminar class that’s considered a high school elective. On Mondays and Wednesday I have class from 12:30-6:00PM. On

say it’s a lot of work, but it’s worth it.

“This program is allowing me to make better decisions about my time and how I manage it. It’s also allowing me to meet other people with the same goals as me,” senior Charise Johnson said.

Addelia takes chemistry, mythology, and stress management, and gets plenty of homework to keep it fresh in her mind. This program is very useful to



Ashley Pierson,
Grade 12: “College is completely different from high school. It’s not scary and intimidating as everybody makes it seem.”



McKensy Gariepy,
Grade 12: “I wish to become a doctor when I’m older and this program takes off a few years of schooling.”



Charise Johnson,
Grade 12: “This is letting me see the difference between high school and college: I’m making more connections with people.”

A Story About a Cook and

Savanna Di Stefano

Flash Editor

Six year old Katharine Cook looked up to her mother and asked, "What would you do without me?" She wants to be a nurse when she grows up, and she reflected on that as her mother explained what cancer is.

"My kids are young; they're only six and eight," English teacher Anne Cook said, "How do I tell them,

'mommy's hair's going to fall out and she's going to be bald?' So I made sure I was optimistic in front of them. I didn't

think they needed a summer of being afraid or confused."

Cook was diagnosed with stage three breast cancer on June 21st, 2013. She has undergone surgery and continues to receive chemotherapy every three weeks; however, the outgoing teacher still manages to remain in high spirits and continues to be a joy to her family and the students she teaches.

"I try to keep a sense of normalcy. With the hair loss and stuff like that we kind of just take it in stride at our house, and my kids were more interested in the fact that my hair was going to fall out than this disease that is called cancer," Cook said.

Cook's mother was a survivor of breast cancer, as well as her sister who was diagnosed with the same type of breast cancer seven months prior, which caused Cook to feel even more disbelief and shock when hearing the news.

"It was very unexpected when you think about it statistically; I didn't expect after [my sister's] diagnosis to receive the same one as she," Cook said.

Though her family also felt the

same shockwave, they were great supporters.

"Reactions go in stages; It's kind of like grieving. There's disbelief, there's anger, there's sadness, and there's acceptance. My husband was with me when my doctor gave me my diagnosis. From the beginning, he was supportive and positive.

Were there times when I knew he was scared? Absolutely. But, he was 110% there for me. My parents: same

thing. Complete support, but there's sadness; there's fear," Cook said.

Cook is also not afraid to get her children involved

with her fight against the ugly disease. Both of Cook's children helped to cut her hair before it began falling out.

"I got to go with her when she cut her hair because she cut it way short before she lost it, and she made it a point to have her kids with her, too," Mary Thompson, Coordinator of Student Services at Richard's Middle School, said. "It was incredible, watching those kids cut her hair because they helped with it. It was incredible. One of the most amazing things I've ever seen."

The school is also right behind Cook, and every person in the building is more than willing to help in any way possible.

"The school's been phenomenal. Since I surfaced here 13 years ago, I've always heard the phrase, 'Fraser family,' and it's true. There's not one person in this building who has been anything except positive and loving," Cook said.

Over the summer, teacher Nancy Scopas's children decided that they wanted to help support Cook. After running some errands, Scopas walked into her home to find six girls in her kitchen plotting a mission to

raise money for the Scopas family friend "Mrs. Anne." Scopas's two young girls gathered their friends and began planning a bake sale.

"They basically told me that they wanted to do something for Mrs. Anne and they thought that 'Cookies for Cancer' would be a good fundraiser. They wanted to make people aware of the cause as well as support Mrs. Anne," Scopas said.

Six girls between the ages of 10 and 12 all dressed in pink set up their red wagon packed full of cookies and cake pops. The group walked around neighborhoods selling their goodies for two days and made \$230.

"It was exciting; it was emotional;

September 29 in Toledo, Ohio. Over \$1,635 was raised in tribute of Cook.

Thompson found the race and decided that she wanted to run in honor of Cook.

"She is just my very dearest friend in the entire world. I knew she wouldn't want me hovering. She would want me to help her be as normal as possible in the middle of something that is completely abnormal," Thompson said.

Several other teachers ran the 5K as well, excited to help fund research the end of cancer itself. The teachers who participated had their own fundraising pages where others could donate and sponsor them in



Scopas girls and friends getting ready to sell their "Cookies for Cancer."
Photo Credit: Nancy Scopas

it was really cool as a parent," Scopas said.

The money the girls raised was donated to Susan G. Komen Race for the Cure in honor of Cook. Friends and FHS staff members ran in the recent Race for the Cure on

the race.

"What I'm finding is that there's a whole community out there that springs up because of cancer. Cancer does not happen to just one person, it is a wide net that gets caught inside of itself. It's been really

Her Friends



Cook assists a student during Creative Writing
Photo Credit: Savanna Di Stefano

fascinating,” Thompson said.

Even former students are donating to Race for the Cure in honor of Cook.

“[Cook] is a wonderfully witty, beautiful soul that challenged me to always be

articulate, elegant, and confident. She was more than a teacher, she is truly a role model for young women,” former student

Chelsea Strzelecki said.

FHS is more than just a building where teenagers are forced to go and attend classes every day, it is a place where people come together and build relationships. It’s no wonder why so many people jump up to support this English teacher who is overwhelmingly loved.

“She is someone who takes things in seriously and deeply yet she has handled it, as she handles everything, with such grace and humor. For a lot of people, when

things happen, we trip over ourselves, and she doesn’t even allow you a moment of that un comfort,” Scopas said.

Those who know Cook agree in unison that she is supporting her own supporters by keeping cool, calm, and collected.

“Her ability to laugh at cancer is the most healing things for her, and it doesn’t just support her, it supports everyone else who is supporting her it shows us that she’s still the same,” Thompson said.

Cook’s radiating personality has touched her Fraser family. Because of that, the school is excited to support her.

“When you have an experience like this, you realize you’re surrounded by more love and compassion than you could ever have imagined. That’s what Fraser is. From the beginning, they’ve been so kind and so beautifully loving that you can’t help but feel it physically,” Cook said.

“I want to give my students 110 percent of myself. The last thing I want is their education compromised” - Anne Cook

October is Breast Cancer Awareness Month

Facts:

- Breast cancer can be associated with genetics
- Tumors are created by massive cell growth.
- There are two types of tumors: benign (non cancerous) and malignant (cancerous).
- Healthy living decreases risk of being diagnosed with cancer
- About 1% of breast cancer diagnoses in the U.S occur in men
- Stages: stage 0 (carcinoma in situ), Stage I, Stage II, Stage III A, Stage III B, Stage III C, Stage IV
- Stages are determined by size and spread.

For more information, visit: <http://ww5.komen.org>

The Flash Online: www.fhstheflash.com

The New Profesora de Española

Anna Stemmler

Flash Staff Reporter

The last school year Spanish III instructor interviews went on to find Valerie Robbins replacement. Valerie Robbins retirement meant finding Fraser's new Accelerated Spanish III teacher. Throughout the last school year the board interviewed potential replacements and decided on a new Spanish teacher Mrs. Feikema. After talking to some of the staff, Mrs. Feikema sounds to be very pleasant to work with and will do great here as a new member on the FHS staff.

University of Michigan graduate Allison Feikema

was recently hired as a member of the FHS staff. Feikema attended Warren Woods Tower High School and has always had a passion for Spanish and teaching.

"Spanish has always been something that came naturally to me and I wasn't really passionate about anything else", Feikema said.

Growing up her mother was also a teacher. Having a double major in Spanish and also psychology, Feikema enjoys studying and teaching Spanish.

"The iPads are used a lot more here and its very innovative, there's no other schools that are doing this yet", Feikema said as she described how that she loves

that Fraser uses the iPads as a way of learning.

On top of teaching a Spanish III class, Feikema also teaches Spanish I.

Michael Lonze, FHS principal, has had many chances to speak with Fraser's new Spanish teacher. Lonze believes that Feikema is a great addition to the faculty bursting with new ideas and energy.

"Mrs. Feikema quickly rose to the top of people that we wanted and with that being said we had a great pool of candidates to choose from and we are very fortunate that we were able to land Mrs. Feikema here as part of our team," Michael Lonze said.

Spanish teacher, Carrie Danforth is very pleased with the decision of Feikema as a member.

"Mrs. Feikema is really great and it's been a pleasure to work with her", Danforth said.

On top of teaching a Spanish III class, Danforth is also teaching Spanish II. Both women are teaching Spanish III classes this year.



Ms. Feikema smiling for *The Flash*.
Photo Credit: Starria Coppins

Homecoming Proposal

Courtney Winnie

Flash Staff Reporter

The Fraser football games are a perfect opportunity for guys to ask their date to homecoming, which is exactly where Kevin Gault asked girlfriend Rachael Griffith. Kevin changed his name in her phone to "Homecoming???" where her answering was obviously yes!

"I was really surprised because I had no idea he was going to ask me that night; I thought it was a really cute idea. I'm so excited for the dance," Griffith said.

With homecoming right around the corner many girls are praying for their perfect "Cinderella Story" proposals. Fraser High School has

seen many people ask, but nothing beats what we've seen this year. Many of the students are coming up with creative ways to ask their dates to the dance, from balloons to banners, to even putting caution tape and cones out in front of a house with a poster saying "I'm dying to go to homecoming with you."

Students are also getting others involved like teachers and

friends. It is an amazing feeling when your closest friends are there to see it happen. I was also one to get

surprised. Ryan Papiernik got Mr. Tootalian along with a few friends to surprise me during seminar. A few friends were able to get me in the room by telling me they had a problem going on with homecoming, so as I was stressing about the "problem" Mr. Tootalian had asked the class if they wanted to see wedding pictures as a cue to get ready for him to ask. However, it was Papiernik holding a sign asking me to homecoming. I had some sort

of idea that something was going on, but when I walked in and nothing happened, it was more of a surprise when he did ask.

Senior Zach Tosoian had a couple ideas when it came to asking girlfriend Giavanna Accardo to Homecoming. With a fail at the first plan, which was to have her get pulled over by a cop he knew and have the cop give her a ticket that said "Homecoming?," his second nailed it. After filling her car with balloons, Tosoian then surprised her with flowers asking her to the dance.

Homecoming is a time that a majority of the school looks forward to. So many are excited for spirit week, powder-puff, and of course the dance.

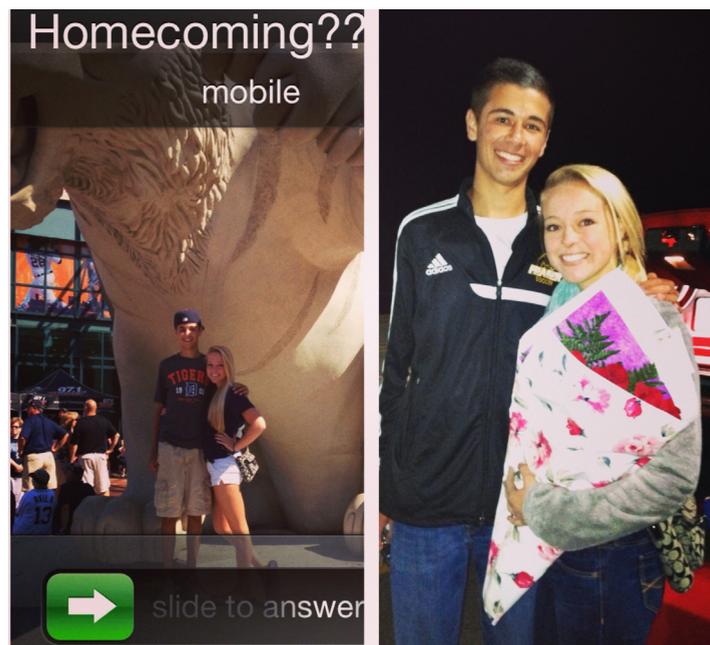


Photo and Screen Shot of Rachel and her homecoming date.
Photo Credit: Rachel Griffith

Good Grades Gone Bad

Erica Kloski

Flash Staff Reporter

Sometimes, soon is never soon enough. Cody Weidner, a Fraser High School senior, wishes he had done things differently.

“I wish I had taken school more seriously. I would have started looking at colleges [freshman year], not waiting until my junior and senior year when the school makes it most important. I would have planned my financial situation, where I’m going to live, where I’m going to school, what I’m going to school for,” Weidner said.

Across the country, high school seniors are preparing for the experience of a lifetime: College. One of the most stressful, nerve-racking, frustrating, and yet rewarding decisions lies ahead, but many of them feel unprepared.

“They weren’t prepared and thought they had three more years to fix everything. They thought they could do whatever they wanted their freshmen year and make it up later. The school told us how important it was, but they didn’t explain exactly why at first, and how much

it would affect college,” Fraser senior Olivia Marquardt said about students’ freshmen year.

As rewarding as high school is, college is the next step into

in the seniors’ final year, it’s clear to see the stress levels rising and the panic beginning to set in.

“We were only told of college in general fresh-

aren’t realizing it until it’s too late. Many juniors and seniors look back at their high school experience, wishing they could turn back the clock. Junior year is

point average, or GPA.

“If I had known how important school really was and how much it affected your life after high school, I would have gotten better grades. A better GPA. I wish they had told me that it could have gotten me more scholarships- more money to go to college,” Weidner said.

A student’s GPA is an averaged number of points based off of the grades received in all classes for each year of high school. GPA is formed from their very first day of freshman year and continues on to their very last day of senior year. For students considering college, something crucial to know is that GPA does matter. In fact, it could potentially be the deciding factor of an acceptance to their dream college, or any college for that matter. It will also determine whether or not they will receive scholarships from the colleges they are applying to, as well as scholarships outside of colleges.

So freshmen be warned: you are in the most important stage of your life. Live it up, but don’t lose your way.

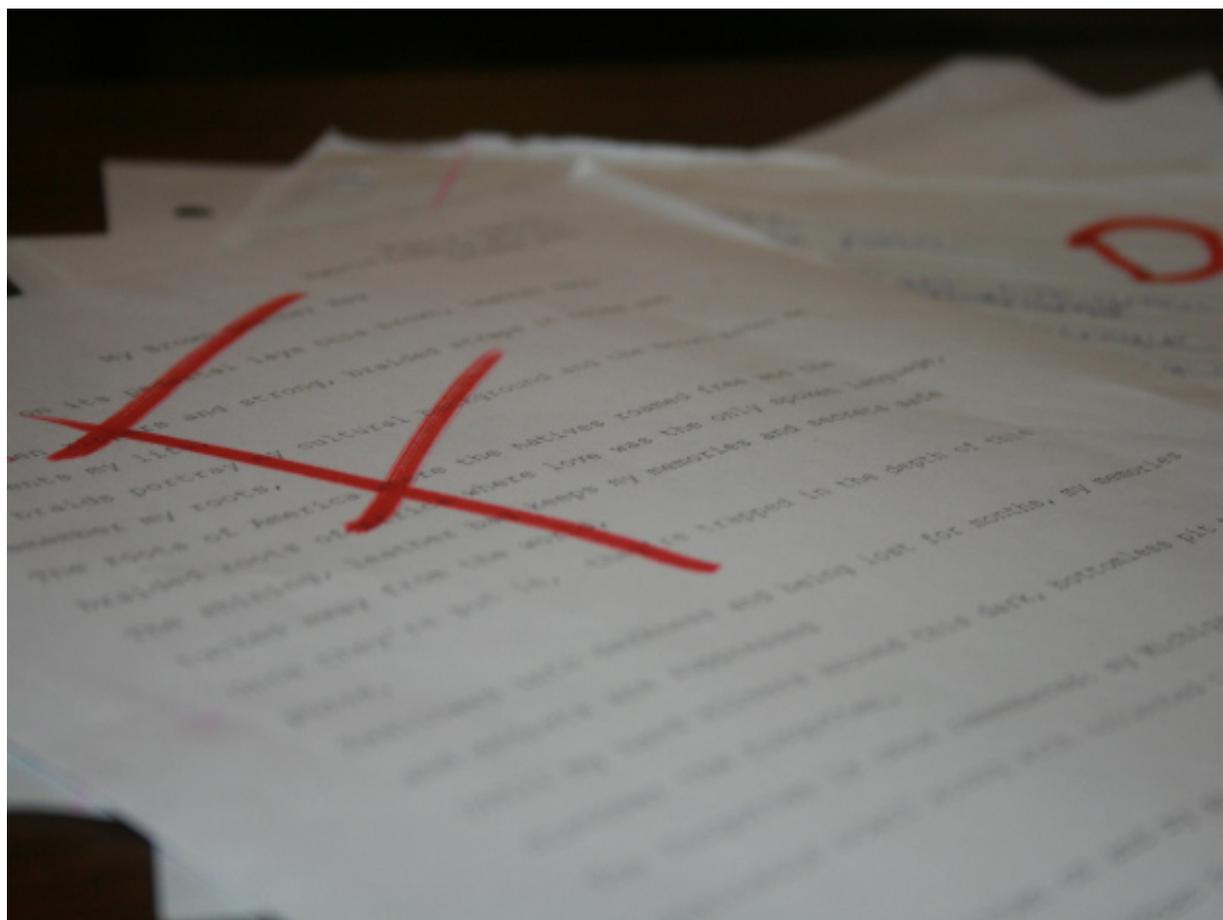


Photo credit: Savanna Di Stefano

adulthood and pursuing the perfect career. Although this is a widely known topic, what many students don’t know is that they can’t start preparing soon enough. As weeks go by

men year,” Weidner said. “I would have done things differently.”

Freshmen year, one of the most crucial years of high school, and yet students

stressed as the most important year of high school by many. However, by the time junior year rolls around, the students are out of luck when it comes to their grade

About 1/4 of high school freshmen don’t graduate on time. Here are some easy steps for success:

Set your goal!

What’s your goal? What do you want to aim for? Write it down and hang it in your locker, on your mirror, or wherever you will see it. Keep that in mind, and work for it

Keep track of your Grades!

Use Powerschool to keep track of your grades. The app is easy to use and convenient to let you know how you are doing in a class. If your grade is slipping, talk with your teacher.

Ask for Help!

The National Honor Society runs tutoring in the media center every Wednesday after school. Focus more on the subject you are struggling in, and ask your teachers and classmates for help.

The Flash Online: www.fhstheflash.com

Miley Cyrus's Wrecking Ball

Josephine Morenski

Flash Assistant Editor

Miley Cyrus is surely shedding her squeaky-clean Disney image with her new music. Off of her album, "Bangerz" Cyrus released her second hit single, "Wrecking Ball" in August 2013. Controversy already began when the former Disney star released her first single, "We Can't Stop", with the interesting video as well as the lyrics.

"Wrecking Ball" is a great way to show Cyrus' true vocal performance, though

the song and video seem as if it was tossed together last minute. It seems as if the song was meant to have a meaning to it but it simply was not reached. Wrecking Ball takes a different approach from Miley's new image, but resembles some of her previous albums. With the music video just released on September 9th, fans are not surprised of Cyrus' attention-grabbing image and is creating more controversy than ever, with her interesting way of showing the emotion of a relationship.

The video is thought to be

very plain and boring, with just one setting the entire video. But, also shows the emotion of the song, and what it really means. Overall, the song and the video are a great way express Cyrus' new image as an adult. With her latest album hitting shelves soon, fans will see that she is no longer Hannah Montana.

"Bangerz" should not disappoint fans of Miley Cyrus from moving away from her Disney-teen pop image, the album is set to drop October 8th.

"Bangerz" album cover.
Photo credit: MileyCyrus.com



Book Review: Matched

Laurel Kraus

Flash Staff Reporter

Ally Condie wanted to be an author since a very young age. After retiring from her English teaching job to stay at home with her first child, she decided to finally become serious about pursuing her dream.

She published her first book, *Yearbook*, in September of 2006. It was soon followed by two more, *First Day* and *Reunion*, which completed the *Yearbook Trilogy*.

She wrote a few more books in-between, but her career really took off when she published *Matched*.

Set in the future, *Matched* takes place in a time where the government has complete control of everything in order to

maintain optimum happiness for its people.

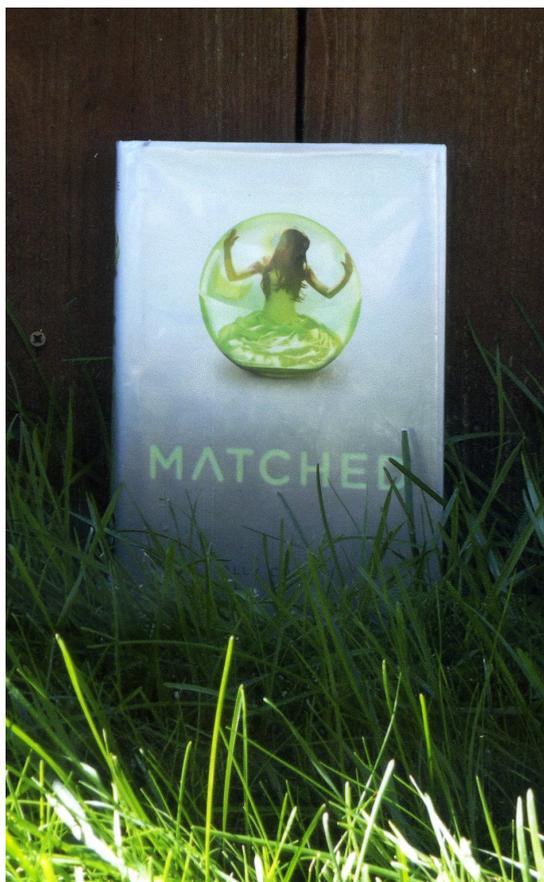
They have created equations to solve every problem and eliminate all stress and negative feelings.

The government uses these equations to determine where people will live, what their career will be, and even who they will marry.

Cassia Reyes is a normal teenager growing up in these times and trusting her society the same as everyone else.

In the evening on Cassia's 17th birthday, she heads off to her very own Match Banquet to find out who she will be spending the rest of her life with.

When her name is



Matched
Photo Credit: Laurel Kraus

called, Cassia is overjoyed to see her best friend, Xander's face appear on the screen before her. That is until Xander suddenly fades out, for a split second showing the handsome features of another boy before the screen goes black.

Suddenly Cassia's life is turned upside down as she is forced to make decisions between love and loyalty and as she pounds the thought that maybe, the government is not as perfect as it seems.

Overall, *Matched*

is a love story, but also contains a major element of self-empowerment and discovery.

It earned a spot as one of YALSA's Teens' Top Ten in 2011 and has even been optioned for film rights by Disney. Condie's work on this piece is brilliant and deserves every bit of the fame it is receiving.

Most of the time when someone reads, they find themselves lost inside the story, practically becoming a part of it. *Matched* is no different, but every so often you should step back and simply look at the words so you can discover the majestic way Condie writes. I found myself blown away by the unique poetic style she uses to add deeper meaning to the overall picture.

A Sweet Treat to try

Amy Weed

Flash Staff Reporter

Potatoes are one of the most consumed vegetables in the United States. With this nutritious vegetable, there are many ways to prepare it. The way I tried was to use the all mighty grill. This yummy dish is called Grilled Sweet Potatoes and can be made right at home.

Summer was ending, but I wasn't sad. I was bored, because I had been running around the whole last two and a half months and all the camps and sports I was in had wrapped up. My last big expedition was going to the grocery store with my

dad on a Tuesday at 10 in the morning.

I was in the fruits and vegetables section and saw that sweet potatoes were on sale. Getting the idea to make dinner; I got permission from my dad to put the prospective adventure into the cart. Getting home, I hopped on the computer and used my best friend Google to find a recipe for sweet potatoes.

One of the first entries was for grilled sweet potatoes. As I had never used a grill, I thought, 'How hard could it be?' The grill I had was a small one meant for hamburgers, so only a few pieces of seasoned slices of goodness got on the grill.



The savory smell of the brown sugar melting wafted through the kitchen, making my stomach whine and my mouth water. So I snacked

a bit. No harm done except to diminish the amount of sweetness to eat later.

Ingredients used to make Sweet Treats.
Photo Credit: Amy Weed

The Grilled Sweet Potato dish serves four and costs approximately \$5.00- 6.00. It's great with steamed carrots and pulled pork, and has a savory taste.

For the average family, this is a great dish that is prepared in 10 minutes and only takes 20 minutes to cook. Making a grand total of a mere 30 min, if one can resist the yummy fragrance that long.

Also, the recipe is versatile in taste as the spicy or sweetness is dependent upon the chef. It can be a favorite of both sweet and spicy people alike.

To make this deliciously, healthy treat, m.allrecipes.com.

Sleeping With Sirens Review

Rachel Moore

Flash Staff Reporter

Stumbling upon this rugged post-hardcore band, Sleeping With Sirens connects to the average angry teenager with the words of love, hate, and family. Kellin Quinn, Justin Hills, Gabe Barham, Jesse Lawson, and Jack Fowler make up the brooding band. Working together, the five band members came together to create bouncy, edgy music that many find enjoyable. The music tends to reach teens with lyrics that cut deep within their emotions. The lyrics from the song "Trophy" says, "Why are you walking away? Was it something I did? Did

I make a mistake?" These lyrics are just one out of the many examples that most teens relate to everyday of their lives. In this day in age, it's not uncommon to find teens coming from broken homes or families. With Quinn's music, they seem to find the strength to overcome the struggles in life and keep moving forward.

"Feel," the newest album by the five edgy revolutionists, consists of many frenzied songs. Some melodies are slow while others are upbeat and creating the desire to bounce and head bang to the beat. Easily relatable to anyone who chooses to listen, the

lyrics again run deep.

Being older, Quinn relates his music to his newly made family with his wife Katelynn, two step sons Rowan and Liam, and his daughter Copeland. With his family in tow, he writes inspiring lyrics that lets all his fans know that life isn't perfect, however he tries to make it the best he can out of his harsh situations.

"Free Now," a song off the new album, speaks of Quinn's family's life growing up. Although harsh and broken, he made it through. He wrote lyrics like, "I wrote this song for my mother. She had to leave me, when I was younger. She said son, seek this life and keep an open mind," to express his fear as

a new father. Now that he has a daughter, he wants to be a better parent than his were to him. Quinn speaks about his fears of relieving the mistakes his parents made with and to him are finally receding and he hopes to be the best father for his daughter Copeland. He wrote, "And we dream of the day, when our kids can play In the streets with no fear of them being taken away Fathers raise their sons with respect and love Handle anger and pain with no need for no guns If we hope to be free it takes you and me to start over here and now 'Cause this world is the way it is; it's how we raise our kids." In these lyrics Quinn talks about the kids in this

day and age are the future of all the good and bad that will happen to the world, and that people, in his opinion, should raise them better, without fear, anger, or pain and with love and care.

Sleeping with Sirens is a band easily relatable to anyone who listens. The passionate band has a song for any problems people can face, and those songs are what keep people listening and wanting more. With five albums altogether, the expressive band has songs that inspire people to listen to their music. Even their acoustic version album of their most popular songs have many fans dying to hear more.

Boy's Varsity Soccer

Starria Coppins

Flash Design Editor

Walking onto the Rambler football field on October 16th was the undefeated, Fraser boy's varsity soccer team. White flooded the stands as fans screamed and cheered on the team, anxious to watch how the game will go.

"Right when we walked in the student section was cheering. It was cool that we all were there to support the team like that," senior Sarah Baur said.

Last year the team versed De La Salle and lost; therefore, competing against them created a pressured game, but they fought their hardest all the way to the end.

"We've been more focused and working a lot harder in practices this year. At the game, I had confidence that every single player on our team was going to fight as hard as they could to win the game," junior player Matthew Lentine said.

Fraser went head to head with DLS as they both fought for a goal; however, no goal was received before half time.

"The atmosphere during the game was unlike any other Fraser event I've been to: our school really came together to cheer for our team and it paid off. We didn't sit down one time during the game," senior Sydney Harris said.

Not only is the student

body proud of our soccer team, but so is our athletic director.

"The team has exceeded my expectations and the coach's. It's amazing that we won last night. To see our kids play on the field and give the effort that they did, makes me so proud of them. It was absolutely amazing to see how many kids

"THE TEAM HAS EXCEEDED MY EXPECTATIONS," - BRAD ROBINSON

came out. I've never heard our stadium any louder, especially on

a Wednesday night for a Soccer game," Athletic Director Brad Robinson said.

Varsity soccer is 17-0-5 and is working towards their goal, which is to be holding up the state championship trophy.

"Practices are a lot different because we can taste a state championship and understand that practices translate into games," senior captain Nathan East said.

After the great defeat of DLS, the team continued on to play Cousino High School on the 17th. Though there was not as much support as the previous game, Fraser came out with a huge victory and the title of district champions. They won the game 6-0. The team will continue to play in the regional championships to finish of an undefeated season.

Congratulations to the boy's varsity soccer team and continue working hard!

Boy's varsity soccer against DLS on October 17th.
Photo Credit: Nicole Malak and Brad Robinson





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Fraser Winter Movie Fest

December 6th 2013

Wreck- It Ralph - January 17th

Despicable Me- Febuary 21st

Cloudy With a Chance of Meatballs- March 7th

Watch for updates and news

FHSTheFlash.com

Doors @ 6:30 pm, Movie @ 7, CONCESSIONS available in the High School Auditorium

Admission: Adults - \$3, age 5-12 - \$1, & under 4 – Free

Powder Puff Football

Anna Stemmler and
Savanna Di Stefano

Flash Staff

Homecoming week started up with the upperclassman spirit of the annual powder puff flag football game on Monday, October 7. After being defeated at last year's game, the class of 2014 have been anxious for their second chance for victory. Students from both the junior and senior class practiced Tuesday and Thursday nights. While the girls planned tactics and through balls, males practiced their cheers and learned their dances for half time.

The powder puff game is a spin to a regular Friday night, high school football game. Supporters packed into the stands, thrilled to see the girls in action on the cool autumn day. When dark began to flood the sky halfway through the game, the senior girls were losing to the juniors by one touch down. The girls schemed their plan for victory during the halftime show, where the male cheer leaders performed on center field.

The second half consisted of class of 2014 fighting to show juniors their place. When the buzzer sounded announcing the end of the game, the class of 2014 cheered in pride with a win of 43 to 21. Better luck next year juniors!



Top : Cheer leaders from each class fight for their team.
Middle: Both teams high five each other after the game
Bottom: Roger Drabant holds trophy as class of 2014 surrounds him

Photo credit: Brianne Berlin

A Look Ahead

Boys Basketball:

Dec. 7th	@Romeo	7:00pm
Dec. 11th	Utica Ford	7:30pm
Dec. 13th	Roseville	7:30pm
Dec. 18th	@Brother Rice	7:30pm
Dec. 20th	Dakota	7:00pm
Jan 8th	@Madison	7:00pm

Girls Basketball:

Dec. 4th	Royal Oak	7:30pm
Dec. 6th	Chippewa Valley	7:30pm
Dec. 14th	@Dakota	5:30pm
Dec. 18th	@Stevenson	7:30pm
Dec. 20th	@Marine City	6:30pm
Jan. 4th	@Lake Shore	6:00pm

Ice Hockey:

Nov. 14th	Stevenson	TBD
Nov. 17th	@Romeo	8:30pm
Dec. 1st	@Utica	4:00pm
Dec. 14th	L'Anse Creuse	7:55pm
Jan. 4th	L'Anse Creuse North	7:55pm
Jan. 9th	@Lakeland	7:20pm

Wrestling:

Dec. 8th	@Birmingham Groves	TBD
Jan. 10th	Quad Meet	5:00pm
Jan. 17th	Quad Meet @Mott	5:00pm
Jan. 19th	@Dakota	9:00am
Jan. 24th	Quad Meet @Fitzgerald	5:00pm
Jan. 31st	@Grosse Pointe North	5:00pm

Gymnastics:

Dec. 14th	Birmingham Groves	7:00pm
Dec. 18th	@Grosse Pointe North	6:30pm
Jan. 12th	TBA	9:00am
Jan. 21st	Dearborn Edsel Ford	6:00pm
Jan. 28th	Grosse Pointe North	7:00pm
Jan. 30th	@Dearborn Edsel Ford	7:00pm



Start off the fall with a hoodie at the Rambler Wearhouse!