

# THE FLASH

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FHS Student Council  
Attends the MASC/MAHS  
State Conference

by Leah Woods

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# FHS Student Council attends the MASC/MAHS State Conference

Leah Woods  
*Flash Staff Reporter*

Fraser High School Student Council had the opportunity to attend the MASC/MAHS State Conference from 2/21-2/23. The three-day conference connects student leaders from around the state to share ideas and build connections.

Before attending States, FHS Student Council attended an LTI— Leadership Training Institute— in the fall. These events take groups of student leaders in the area and hold breakout rooms that focus on different leadership skills.

In early winter, MASC/MAHS holds Regional Conferences. Regionals give small groups of students the chance to present something special their school does to inspire other schools. This could be Charity Week events, a Memorial Event, etc. These are called Student Showcases.

Savannah Miodowski attended the conference for her second year in a row.

“I truly had the best time at States. The keynote speakers were so motivational and inspiring. I learned so much from the other schools and I can’t wait to be back,” Miodowski said.

There is also a competition called Michigan Student Voice, or “MSV.” This is a three minute presentation where the student gives a TedTalk-style speech with rotating slides that demonstrate a certain cause. At the end of these events, the students in attendance vote on the best presentations and MSVs. These presenters then get to move on and present again at the States Conference.

There is a host school each year who plans and executes each part of the State Conference. They facilitate structured activities throughout the weekend, as well as bringing in motivational speakers to inspire the students in attendance.

Each year on Sunday night, MASC/MAHS holds an award ceremony to recognize Michigan’s top student leaders. Fraser High School took home the Award of Excellence, Exceptional Service Project, and Sam Argiri was recognized as an “Unsung Hero.”

Malori Noll also attended States for her second time.

“I had a great time at the State Conference again this year. It was the perfect combination of taking in information to bring back to our school, and having fun with one another,” Noll said. “I’m looking forward to attending again next year.”

After this award ceremony, the event hosted a student celebration. There was a neon theme, a DJ, and lots of enthusiastic students sing-



FHS Student Council poses for a picture during their busy weekend at the State Conference.

ing and dancing together.

The States theme this year was “Mission: Possible,” a spin on Mission Impossible. Over the course of three days, students listened to various MSV presentations, Student Showcases, motivational speakers, and fostered once-in-a-lifetime connections with young leaders from around Michigan. The students even dressed up as spies, aliens, and anything else they deemed to fit “Mission: Possible.”

The Student Council Advisor, Mrs. Megan Schaeff, attended the conference as a chaperone, and even got to attend advisor sessions.

“States is our favorite event of the year. Fraser Student Council reps have the opportunity to network with students from over 100 different schools,” Schaeff said. “They hear and share ideas, participate in activities, and listen to motivational speakers about the importance of leadership, flipping your perspective, and having a positive influence on your community. I love seeing our leaders step out of their comfort zone throughout the weekend.”

Overall, Fraser High School Student Council had an excellent and innovative weekend at the MASC/MAHS State Conference.

# Paving the Way Through Prejudice

Emily Lentine

*Flash Staff Reporter*

“I can do it. Without confrontation, without adversarial nature... I am who I am. Whether I am a woman, whether I am a man... whatever it is that I bring to the table, is value added” Fraser City Council member Amy Baranski said.

Women have been affected by prejudice in the American government since its founding. They have been fighting that prejudice from then on, whether it be at the Seneca Falls Convention with the Declaration of Sentiments or on election days exercising their 19th Amendment rights.

Women have been continuously trying to pave their way through the American government. Just over a hundred years ago, women weren't allowed to vote. Now, there are women running for president and breaking through the glass ceiling that was built so long ago. One of these women is Amy Baranski, a member of Fraser City Council.

Baranski has been interested in government since she was in high school learning about it herself. In addition to serving the city in her role on council, she works as an attorney.

“I am an attorney, and that, historically, was a male-dominated profession when I started. It has fortunately very much changed... but there still is, unfortunately, a prejudice that exists, in my opinion, that we have to overcome as women. We have to show that we are value added to the equation in terms of how to move forward in government,” she said.

Alexa Stanard, Elyssa Slotkin's state director, is another woman paving her way through prejudice and breaking glass ceilings.

Both women acknowledge the benefit that the American democracy has on their jobs.

“The benefit of our country is that you can do whatever you want. There are barriers of course, I'm not naïve to the fact that there are barriers for certain groups of people or certain classes of people, but those barriers can be overcome, at least initially,” Baranski said.

“Democracy is what allows me to have my job,” Stanard said.

America has myriad opportunities for women in government. In this country, women have the ability to make a name for themselves and establish a position in government. However, there are still systemic beliefs that pose an extra challenge for women.

Stanard believes that women are “bathed in cultural messages... about what we're expected to be... It can be exhausting,” she said.

There are certain expectations of women that have existed and expanded for hundreds of years. The idea that a woman has to grow up to get married and have kids is deeply rooted in societal ideals. Because of this idea, women have a harder time in the professional world. It can be difficult for a woman



to perfect a mother/job balance, and with limited access to affordable daycare, the responsibility of parenting typically falls on the mother, creating a barrier into the working world. While there are so many opportunities for women in government, the social and cultural pressure on women makes it difficult to obtain these opportunities.

While the societal pressures have lessened over the years, they are still present. “Progress is not inevitable or linear,” Stanard said. “We are in a backward moving moment.”

Women have to work hard to make change, reverse the narrative, and start moving forward.

“I think that it's important for women in general, young women, and all people to not rule out something just because of where they come from or who they are,” Baranski said. “It takes people willing to step up to get change. If people hadn't run for office, if minorities hadn't run for office, [if] people hadn't put themselves out there, I wouldn't be where I am today. If you want to do something, find allies, find resources, put yourself out there, volunteer, get in front of it, and see what you can do. You never know until you try. I didn't know if I was gonna win city council... I had no idea if my message was going to be received... Nothing is guaranteed in life. Put yourself out there. Look for allies. We are out here,” she said.

Women are continuously trying to pave their paths, and while it may seem impossible or extremely difficult, there has to be a non-stop effort if women are expecting any change.

“It doesn't come without challenges. But without challenges we don't grow, and we don't learn,” Baranski said.

# Exploring Gender Divide in School

Kourtney Cifka  
Flash Staff Editor-in-Chief

Connections and controversy draw a fine line between each other. The idea of cliques in school's have always been around, but people tend to not analyze about the divide between boys and girls when it comes to school settings. A poll was done by NBC that analyzed the difference in goals between Gen Z women and men aged 18 to 29 on their views about political, personal beliefs, and more. They wanted to see the divide between men and women as Gen Z moves into the world.

At Fraser, students are at the end of Gen Z. Students were polled to see if a similar pattern of thinking is found within the school. The questions were changed slightly however to analyze the divide between boys and girls within a school setting as opposed to focusing on politics.

Randomly selected boys and girls were asked a series of questions that evaluate the relationship between the two genders within a school setting. The goal was to see if the two groups of students had polarizing opinions on each other.

10 randomly selected students from both genders were asked to answer the five following questions: -Do you have anxiety for the future?

-To get ahead in the life is it better to be a man or woman?

-In school, do teachers favor boys or girls?

-Do you feel a divide between boys and girls in the school socially?

-What is your biggest goal beyond high school?

Out of the students polled, 100% of the girls stated that they were worried for the future compared to only 10% of the guys. Also, the top three answers between everybody polled, male and female, when asked what their biggest goal beyond high school was college, success, and financial stability. When it came to whether or not students think "In one of my classes, there is a group of boys who



Photo Credits to Kourtney Cifka

Students Samuel Argiri and Kennady Blehm facing away from each other.

are favored by the teacher, and I feel that it disrupts the learning of everyone in the class. She often has conversations with them outside of teaching, and it can be assumed that she has favorites because that specific group are the only people she knows off the top of her head," Mulka said.

The interaction of students and teachers is an important role for understanding divides between genders in school, as most peer interaction happens within a classroom. History teacher, Mr. Socha, teaches a contemporary problems class. The class is based around discussing and debating modern problems. Within the class, they discuss controversial topics, like gun violence. Mr. Socha comments on the social interact that goes on within his class when they discuss topics like this.

"I don't think it is necessarily a social divide between boys

and girls. Parents, peers, political affiliation, religion, etc... have a great influence on student opinions, not to mention social media. The divide is not so much related to the topic but the way students interact with one another," Mr. Socha said.

Connecting back to the poll, an interesting pattern was that majority of the girls claimed they felt a divide between boys and girls within the school while all, but one boy polled said no, they did not feel a divide between boys and girls within the school.

The pattern is interesting because it highlights the different perspectives of social groups within schools. Girls see a divide between guys more than guys do. Whether girls are just more noticeable to these differences or maybe care more, it is still captivating to see how each gender perceives dynamics within the classroom. Teachers favor boys or girls, the two groups had opposite responses. All of the girls either said that teachers favor boys, or it depends on the teacher while the boys said that teachers favor girls, or it depends on the teacher.

The difference between the two is interesting to note because it highlights that both genders notice behavior projected towards the opposite gender. For example, senior Alexis Mulka commented on the behavior of one of her teachers. Outside of the classroom, students were claiming they felt more of a divide, but not necessarily between genders, but between other factors like politics and more polarizing social issues. Students recently have been more connected to politics because of current events. Students have been connecting and distancing themselves from people due to politics. The ties to gender though have not been a big effect in these actions however though. Two students commented on how politics have been becoming more integrated into the conversation at events where politics are not relevant.

"I remember a football game where the Stable [the student section] seemed quite divided in beliefs. I remember hearing about it and seeing pictures posted, it made me think about how something like politics can divide us in something so uniting like a high school football game," Mulka said.

Senior, Nicolas Durnell, had a similar opinion about the event.

"There was football game where students held up Trump flags against a school with a large black population, and it felt almost racially charged. It made me uncomfortable that people in our school turned something political that did not need to be," Durnell said.

While as a generation, there might be major differences



Photo Credits to Yearbook Staff

Picture of The Stable from a football game.

between what the two genders expect out of life, at school, the dividing factors seem to lay in people's political opinions. People have started picking friends based off of politics over other things. It speaks to the passion that is threaded into the generation but also can be a scary thing that people can become so polarized over things at such a young age.

Overall, the divide between genders is apparent in school, but not as prevalent as the divide created by more prominent social issues. Based off the poll, girls tend to notice the social interaction between girls and boys in schools more than the guys, but thankfully any divide that is there never seems to be a problem. However, students, regardless of gender, need to recognize empathy for others and become exposed to diverse ways of thinking so divides between groups can maintain limited as people grow into adulthood.

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# Who Are The Duffer Brothers?

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Nick Ruhlman  
Flash Broadcaster

Before *Stranger Things* became the big show that crashes Netflix and has the whole world questioning how will it end, it started as an idea from the Duffer brothers. Who are the Duffer brothers?

Taking it back to February 15th of 1984 in Durham, North Carolina, the twins Matt and Ross Duffer were born. As kids they consumed many movies on VHS tapes such as *Dumbo* and Tim Burton's *Batman*. When they were in third grade, they got a Christmas present from their parents that would change their lives: a Hi9 Camcorder. Not only were they watching the movies they loved, but now, they could create their own. They made movies throughout high school, aspiring to be like their idols, Tim Burton, John Carpenter, Steven Spielberg, and author Stephen King.

After high school, Matt and Ross attended Chapman University's Dodge College of Film and Media Arts in Orange, California. They graduated in 2007 and tried to make it in Hollywood. Matt and Ross wanted Hollywood to take them seriously, so they made some short films and started to write and try to sell spec scripts. One of them sold to Warner Brothers, but it never got a theatrical release. They eventually got jobs working on a show called *Wayward Pines*, but when they were not working, they were creating a show called *Montauk* based on the Montauk project. However, the name wouldn't stick, and they switched it to *Stranger Things*.

*Stranger Things* was pitched to many studios, one of which being Warner Brothers. The brothers would pitch it to Netflix, hoping it would finally get picked up. Netflix loved the pitch and within 24 hours had given the brothers a call saying they wanted them to make their show. With the green light, they made the first season on a budget of around 6 million dollars an episode, and it became a huge hit. By the time season 5 hit, *Stranger Things* became a force to be reckoned with, a juggernaut of a show to the point of people not talking about their excitement for the holiday of Thanksgiving, but their excitement of the final



season of *Stranger Things*. The debut of the final season crashed Netflix many times the night of its release, and they have signed a four year deal with Paramount so they can release movies in theaters. They created an event around the world. The Duffers went from trying their hardest to sell a script to being creators that every studio wants to work with.

# Conflict in Gaza: Worldwide Reach

Leah Woods  
*Flash Staff Reporter*

People globally are affected by the conflict in the Gaza Strip. However, not everyone actually knows what is going on in this territory.

Gaza is a Palestinian territory— but not an official country— along the Mediterranean coast bordered by Egypt and Israel. The territory was held by Israel from 1967-2005. Since then, Gaza has been governed by the National Palestinian Authority.

On October 7th, 2023, a rebellion organization based in Gaza called Hamas launched a series of attacks on Israel. This started the ongoing conflict we see today. Israel retaliated by targeting the entire Gaza strip and a territory called West Bank, and has continued to do so for over two years straight.

Hostages have also been a huge issue on both ends; they are refusing to return hostages until an official deal has been made. Other countries have attempted to step in and provide aid for homeless and starving Palestinians, but this has continuously been blocked by Israeli forces.

According to CNN, there is almost nothing left in the Gaza Strip at this time, just rubble and broken hearts. The Palestinian death toll is over 67,000. There have been brief ceasefire agreements, but none of them seem to last.

Shahed Saleem, a senior at Fraser High School, has family in Gaza and is familiar with what has been going on in the territory.

To further introduce Saleem, she provides insight on the history of this ongoing altercation.

“This genocide is not about religion, even though some people think it is. Both Islamic and Christian mosques/ churches have been hit. There is no hate towards Jews. We don’t like Zionists, or those who support Israel’s

movements. Hamas, which formed after Israel’s military occupation, consists of citizens choosing to fight back,” Saleem said.

Throughout this deep-rooted history of disagreements, Israeli forces have reportedly arrested Palestinians of all ages without charge, meaning men, women, and even children will be taken to prison with no end date in sight according to Saleem.

Dating back to one of the early disputes between Israel and Palestine, Israeli forces removed Palestinians from their homes as early as 1948. In this demonstration, Palestinians were under the impression that they would later return to their homes. Saleem reports that they did not bring any essential documents with them such as birth certificates, only small rations of food and clothes.

In this process, Palestinians— such as Saleem’s relatives— lost any and all documentation they had of their identity.

“Many people in our family, like my grandma or my other grandparents, either did not remember their birthday or made themselves a new birthday. This allowed them to identify themselves as old enough to attend school or go to work,” Saleem said, “And for many Palestinians, having a birthday of January 1st is common because they lack official birth documentation.”

Along with her older family members, younger generations continue to face the fallout of this conflict.

“One of my cousins was dragged out of his home in the dead of night,” Saleem said.

This occurred not too long ago, and the conflict has yet to die down.

“Israel forces forced themselves into his home, completely destroying everything in sight: the couches flipped upside down, shelves torn out, clothes thrown everywhere, then



dragged him out beating him,” Saleem said, “Same thing with his older brother.”

Saleem recalls the horrifying treatment of not only her cousins in Palestine, but of her extended family who have lived through this conflict their entire lives.

“Another family member of mine got taken as a kid, he was tortured in unimaginable ways,” said Saleem, “One story he would tell us about his time in the torture prison was with rabid dogs. Israeli forces would let the dogs charge at him, attacking him, then throw him back in his cell. This repeated until he got released while he was in his 30s or 40s. To this day, he still has nightmares where he goes to his mom and says ‘the dogs are gonna come get us.’”

This is a direct reflection of what is going on in Palestine. Adults are left

with PTSD from the events of their youth. Children grow up seeing violence and inequality, and the rest of the world watches but does little to intervene.

Shahed Saleem continues to grieve the mistreatment of her family in Palestine. She uses her voice both in-person and on social media to advocate for change in Gaza, but it will take more than just a few family members pushing for change.

There are many ways to push towards a better future for Palestinians, one of which being through direct links such as “GoFundMes.” If not, social media is a perfect place to push for progress and educate peers.

Nonetheless, Palestinians need support, so don’t be afraid to speak up and make a difference.

# City council candidates show support for Fraser community

Emily Lentine  
*Flash Staff Reporter*

On Tuesday, November 4th, students had school off, and everyone over eighteen had the chance to vote.

There were five candidates running for the Fraser City Council, including Matthew Dantes, Crystal Fletcher, George-Michael Higgins, Lora Michael, and Patrick O'Dell.

The five of them have been campaigning to get their names out there and encourage Fraser citizens to vote for them.

Three of these individuals took their campaigns to Fraser's annual Trunk or Treat at Ram's Horn on the Saturday before Halloween. Patrick O'Dell, George-Micheal Higgins, and Crystal Fletcher dressed up to pass out candy and connect with the citizens of Fraser to encourage their support.

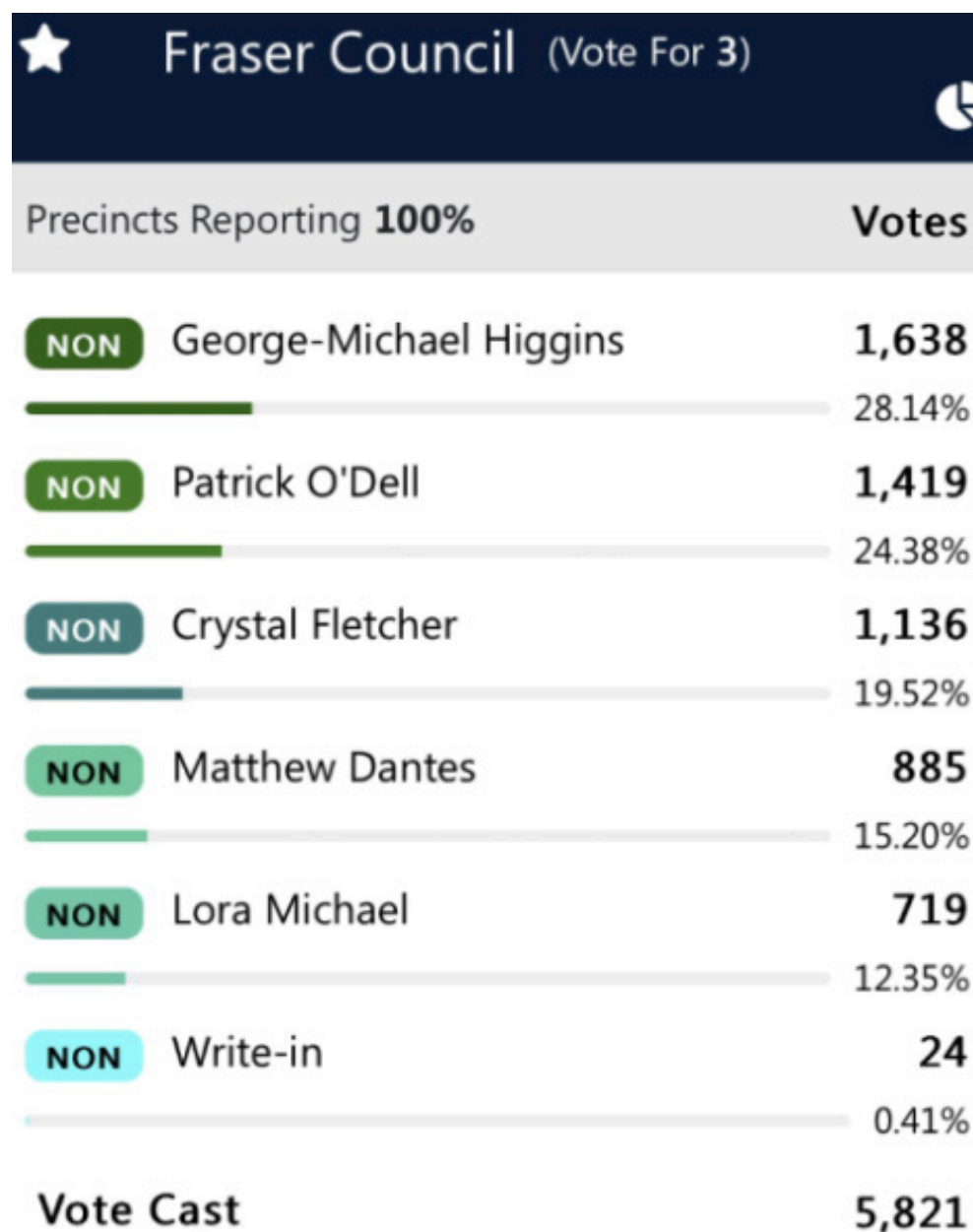
"I pride on myself being very accessible to talking to people. I like to talk to people," Patrick O'Dell said. "It's probably one of the most important things as a council person. You need to be accessible and listen to your residents because they'll tell you what they want."

O'Dell is the current mayor pro tem. He ran again because he wants to continue to make Fraser a better place. Throughout his past four years on council, he has been trying to make improvements, like working on the McKinley Barrier Free Park. He believes his work is not done; he ran again to continue his improvement mission.

George-Michael Higgins, while never being on council, has attended meetings regularly for a year or two. He ran for council because of his involvement in the city, and because he has lived for Fraser for years. "I feel like I have a stake in the city," he said.

"I think it's nice to be present and being out and talking to people, because you get to hear a lot of what's on their minds, with the city, what's going on with the local roads and the neighborhoods and the water bills, or you know, what's going on with the school district," Higgins said. "That's all very important, to hear from the people directly."

Crystal Fletcher agrees. "It's one of the biggest things. Your job as city council is to represent your community. I want people to ask me about things... I'm one of those people that love to give back. I definitely think that that's going to be important as a representative on city council," she said.



Voting results courtesy of Macomb County

Fletcher has lived in Fraser her entire life. She wants to get more involved in her community. Her biggest goals on council involve taking care of the plumbing and electrical problems and improving Fraser's downtown center. Fletcher also has a couple of fun projects in mind, like a dog park where dogs can be free to go off leash. She wants to help her community and give back.

All of these connections and campaign efforts paid off for Fletcher, Higgins, and O'Dell. Citizens were allowed to vote for the top three candidates, and final results show that the three of them were successful. The city of Fraser has now elected these candidates for the next term on City Council.

# Fight between studies and sleep: a look into the average student's sleep schedule

Kourtney Cifka  
Flash Staff Editor-in-Chief

Students falling asleep during first block, energy drinks lining desks, and kids showing up to school in pajamas personify the average student's sleep schedule. Sleep is one of the most important things for a kid as the body rebuilds and grows. Sleep regenerates cells in the body, strengthens immune systems, and improves someone's overall health. However, students seem to rarely get enough of it. There is a rising concern for why kids cannot get enough sleep and questions on how it impacts their performance in school.

According to Weill Cornell Medicine, during the teenage years, sleep benefits the brain's development and function which increases their attention spans and well-being. Their ability to focus is enhanced, and they are more likely to do better in school. Also, teenagers are biologically programmed to go through a natural shift in their circadian rhythm around this age that causes them to naturally fall asleep past 11 p.m. and wake up later. Now, the recommended amount of sleep for teens is around 8 to 10 hours per night. That is the proposed amount to maintain good health. However, when looking at teenagers in a formal high school setting, it becomes nearly impossible for the average student to get enough sleep every night. Between a changing circadian rhythm, extracurriculars, and homework, teens end up staying up later and later each night.

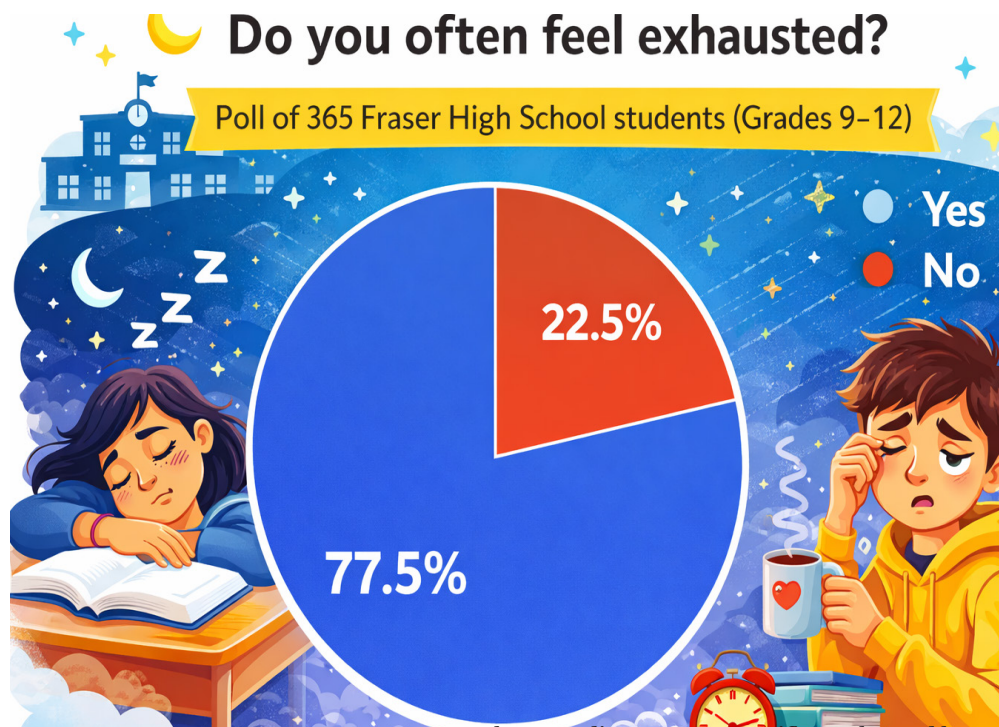


Photo Credits to Kourtney Cifka. Enhanced by AI.

Picture of Google Form sent out to students.

A random 365 students from Fraser were polled on their sleeping habits. Out of these 365 students, 77.5% said they often feel exhausted. And students are getting on average of 6 hours of sleep per night, with over 50 students reporting that's how much sleep they get every night.

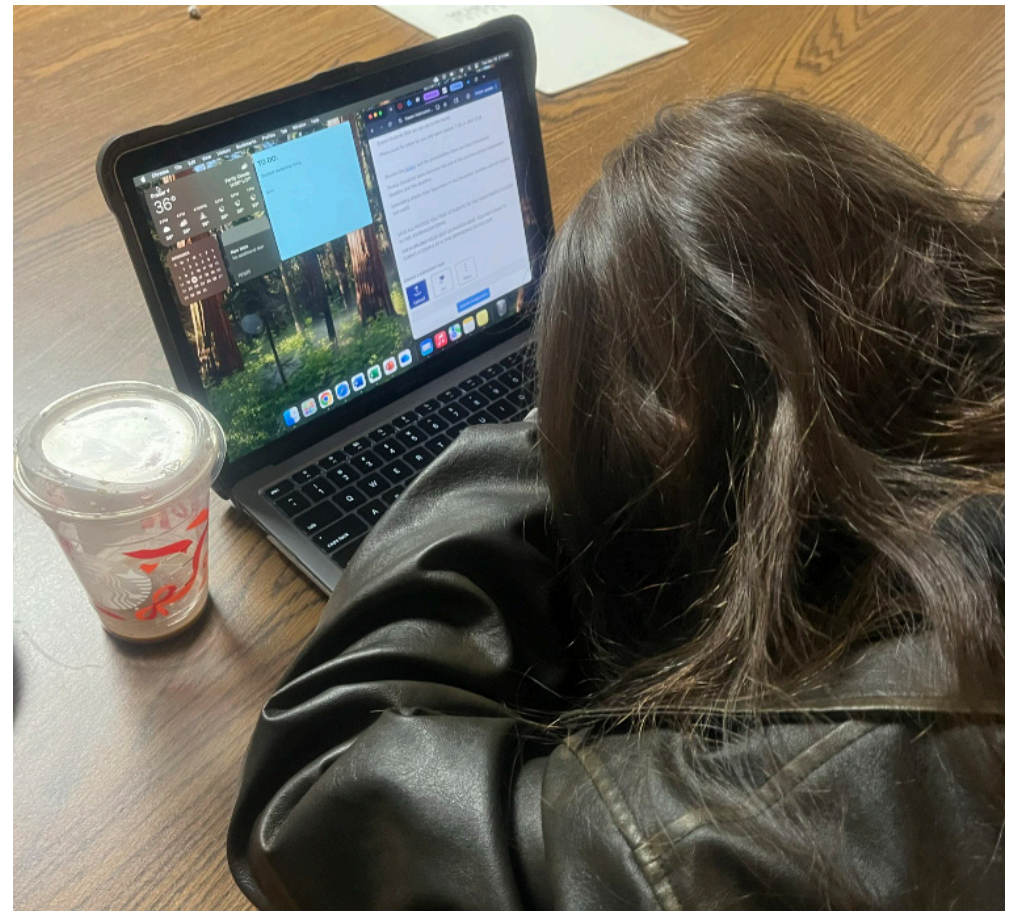


Photo Credits to Kourtney Cifka.

Picture of student asleep at desk.

6 hours is well below the recommended amount of sleep teenagers should be getting, especially long term. Of the students polled, the least amount of sleep recorded was 1-4 hours, with a few students stating they get 2-3 hours of sleep per night. Another interesting pattern is that students who do report getting around 8 hours of sleep per night tend to be underclassmen, with mainly 9th and 10th grade students stating they get enough sleep per night. Compared to the students that are getting 7 hours or less per night were mainly upperclassmen.

Furthermore, while there are students getting enough sleep every night, those students are still reporting feeling exhausted. Out of the 365 students that were polled, only 17.5% claimed to get more than 8 hours per night. Of those students, 73.4% said they still feel exhausted. Evidently, the sleep they are getting is still not enough to sustain them through the school day. The data is also not considering the difference between sleep needed for males versus females. Females need more sleep than the average male.

Local family medicine and psychiatry doctor, Stephen J. Warnick, gave a possible explanation for why children are exhausted after not getting enough sleep.

“Sleep affects all of your body functions. It helps your body reset for the next day. There are important hormones released. For instance, for adolescence who are growing this is when growth hormone is released

so if you don't sleep properly, it could actually affect your growth," Dr. Warnick said.

Basically, if someone is not getting enough sleep their body is unable to grow and reset. Sleep also plays a role in memory reconsolidation meaning that students attention spans are even more limited. Other factors mix with a lack of sleep to accumulate for students to struggle during the school day.

## Do you drink caffeine regularly?

Poll of 365 Fraser High School students (Grades 9-12)

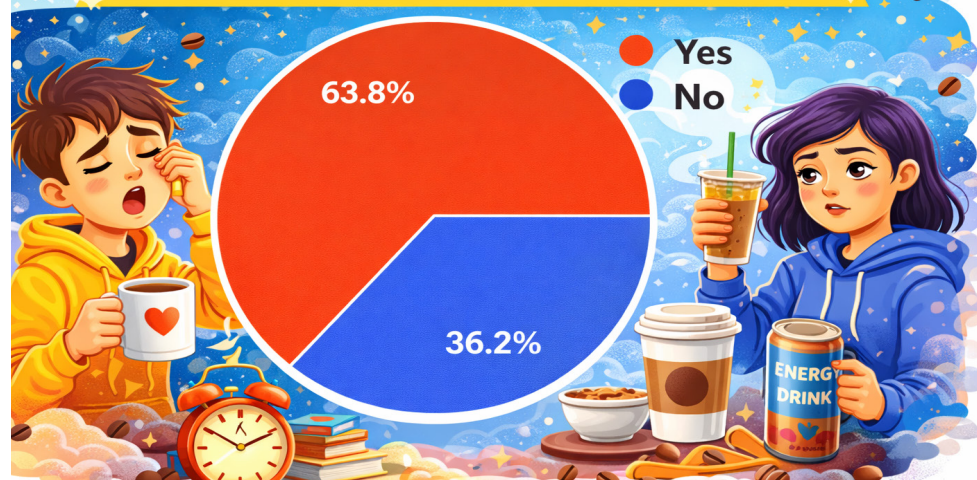


Photo Credits to Kourtney Cifka. Enhanced by AI.

Picture of Google Form sent out to students.

"Due to stress, sleeping issues, and late nights of homework, I found myself turning to melatonin use at the late night hours. This made me susceptible to sickness easier, and develop a reliance on melatonin," Senior, Carolanne Hammer, said. Then, moving on to the rising caffeine intake in high school students. Now, from the students polled majority actually claimed that they do not drink caffeine regularly. With 63.8% claiming they do not drink caffeine regularly. However, the students that reported feeling exhausted almost all reported that they regularly drink caffeine. Out of the 132 students that said they consume caffeine, only 19 said they do not feel tired often. And of the students that reported their caffeine consumption people are averaging around 200mg per day. One student even reported having 2 energy drinks per day which can be anywhere from 200-400mg. The American Medical Association reports that the FDA says less than 400 mg of caffeine per day is safe for the average adult, but not the average child or teenager. They also state how caffeine can cause heart problems, like increasing blood pressure and messing with the heart's natural rhythm. There are also connections of caffeine to lowering the amount of sleep people get. Everything connects back to how teens are not getting enough sleep, with caffeine being one of those factors.

Most teenagers' choice of caffeine is through energy drinks; however, the American Medical Association states how most caffeine dangers come through energy drinks and other caffeine supplementals. John Hopkin's Medicine reports how due to the brain still developing, children and teens are more susceptible to the risks of caffeine consumption. There are a multitude of health and mental problems that can occur when a child has too much caffeine. So, not only are

teenagers not getting enough sleep generally, but the students also that participate in caffeine consumption are doubling the chance of negatively impacting their health. But again, from extracurriculars to homework to biological changes that people cannot control, students are struggling to be able to get enough sleep whether they cover it up with caffeine or not.

Senior, Madeline Cole, is a prime example of a student with a busy schedule.

"Usually, I wake up around 6:45 and leave for school around 7:00 and get to school around 7:20. After school, I go home and get ready for 30 minutes and leave for dance at 4:15. And then I'm at dance from 4:15 to 9:00. And if I have a lot of homework, I won't get done with it until around 11:30 and if it gets to that point I try to call it quits," Cole said.

On top of school, there are outside stressors that impact a student's ability to get a good night's rest which has a layer of irony to it as sleep is meant to recover from things like stress and illness.

"Sleep is also when your body repairs itself from all of the stresses that is taken throughout the day. Sleep is also an important time for your brain to work on your memories so a lack of sleep can actually make it harder for you to remember what you did during the day," Dr. Warnick said.

Extracurriculars, homework, jobs outside of school, volunteering, and other outside stressors all contribute to students having compromising sleep schedules. If a student does not get enough sleep, then they cannot ponder properly in school. Sleep is needed so students can be at their maximum focus during school. Without sleep, the body will breakdown and not be able to recover. Sleep consolidates the brain's memories and fights sickness. It seems as though the importance of sleep has been lost as it never seems to be prioritized by kids and adults alike. There is no true way to fix a sleep schedule, but it is up to a student to recognize what works for them and what does not. There are things that can be recommended like no screens before bed and no caffeine, but every person is different and ultimately, it is up to them to figure out what works for them.

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# Women in Power

Emily Wogoman  
Flash Staff Reporter

During February and March, we wanted to put the spotlight on women who have made a huge impact in the past decade. Both from different eras, two women have one thing in common: helping to inspire strong leaders for the future to help make the world a better place for the people around them. These impactful leaders are Madison Beer and Shirley Chisholm.

During March, The Flash would like to honor Women's History Month and recognize women who have impacted history and people's hearts. In the spotlight is Madison Beer, who was born March 5, 1999 in Jericho, New York. She started posting song covers on Youtube and gained massive attention after famous singer Justin Bieber reposted her cover of his hit song "At Last" in 2012. She has done lots of charity work with Long Island Cares and Island Harvest to conduct food drives, resulting in over 10,000 pounds of food collected. She was honored with a key to Nassau County. She has also collaborated with the Trevor Project, donating 10% profit from merchandise. She has also supported countless animal shelters and performed at Mattel Childrens Hospital.



Photo of Madison Beer By Rebecca Sapp



Photo of Shirley Chisholm by Warren K. Leffer

During February, The Flash would like to honor Black History Month and recognize important figures that have impacted so many throughout history. In the spotlight is Shirley Chisholm, the first woman who was elected in the United States Congress back in 1968. She was born and raised in Brooklyn, New York from immigrant parents who came from Barbados. She graduated college at Brooklyn College in 1946. In 1968, she became the first black woman elected in Congress, representing New York's 12th congressional district, serving seven terms.

"If they don't give you a seat at the table, bring a folding chair," United States former representative Shirley Chisholm said. Giving a powerful statement about equality and self-advocacy, she helped expand the food stamp program and gave help to the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). She also helped with gender and race equality during the Vietnam War in 1971.

# Fraser Student Council Little Leaders

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Emily Lentine  
*Flash Staff Reporter*

Fraser High School Student Council has been trying to forge connections and deepen relationships through the implementation of different programs, such as the Little Leaders program.

Once a month, members of the high school student council go to Edison Elementary and Richards Middle School to teach leadership lessons and get to know the younger students.

The group of high school students start their lesson every month by updating the young leaders about what is going on at the high school. They share out about events, competitions, progress, and certain projects that they are working on.

Then, there is either a short introduction, or the students get started on the first game or activity. This activity is typically centered around a theme or a lesson. In September, the theme was teamwork/collaboration, the theme in October was conquering fears, November was gratitude, December was giving, January was goal setting, and February was trust. The high schoolers work and play alongside the younger kids and help them adapt to their roles as leaders. Students of all grades get the opportunity to enjoy and connect to their fellow leaders. “I have so much fun every month getting to connect with the kids and learn from them just as much as they’re learning from us,” Hailey Beauchamp, Fraser High School student council member, said.

“The elementary students genuinely look forward to their time with the high school mentors. They are highly engaged, enthusiastic, and eager to participate in activities and conversations. The high schoolers are seen as role models, which makes the experience feel exciting and special for the younger students,” Mrs. Borkowski, an Edison Elementary student council advisor, said.

Once the first activity or two are complete, the high schoolers take a moment to explain “The Why.” They describe why they did these activities, they explain how the game relates to a specific lesson, and they connect the



Fraser High School and Richards Middle School student councils together at the January Little Leaders Meeting.

game to a leadership quality. This way, students get to have fun and enjoy themselves while getting valuable time learning how to be a good leader.

“I enjoy the games and everyone trying to interact with each other...I think I have become more of a leader with my peers,” Peyton Haney, a 7th grade student council member at Richards Middle School, said.

Students use this valuable time to not only learn about leadership, but also to forge meaningful connections that last throughout their time in Fraser schools. By establishing relationships early, younger leaders feel more comfortable and ready to lead as they get older. They know all about everything the high school does, they know how to be a good leader, and they already know a handful of the older student council members. The older students that used to be role models turn into peers as the younger kids enter high school.

“These connections are incredibly valuable. They help make high school less scary and allow younger students to envision their own future paths with confidence. Having older students invest time and attention in them builds a sense of belonging and continuity within the district, which can have a lasting impact as students grow,” Mrs. Borkowski said.

The students emerge with strong communication and collaboration skills, confidence, and pride. This is an overall positive experience for everyone involved, and it is a program that Fraser High School student council is excited to continue for many years to come.

# Black and Women's History

Ryan Harris  
Flash Staff Reporter

Black History Month is approaching from February 1st through March 1st, and with that it remarks some honorable people in history.

Malcolm X, for example, was an African American human rights activist and organizer who was a very prominent figure during the Civil Rights Movement. That was until he was sadly assassinated in 1965 by members of the Nation of Islam.

Overall, Malcolm X was a special figure during the Civil Rights Movement due to his abilities of fearlessly speaking out about prejudice and racism, his passion and black pride, and demand for real justice.

## BLACK HISTORY MONTH

# MALCOLM

# X



Photo made by Ryan Harris

In remarks for women's history month, a very remarkable figure that would come to mind for some would be Ida B. Wells, a profound and very important figure, especially in times such as the Civil War era. Her overall goal was to combat injustice and expose racism, especially in lynching.

Ida B. Wells, born in Mississippi in 1862, was a Black woman born into slavery during the Civil War between the Union and the Confederacy.



Photo made by Ryan Harris

As she grew older, Ida B. Wells became a noble and very notable figure in journalism. In 1892, Wells began writing anti-lynching news to *The Free Speech and Headlight*, a black-owned newspaper after three of her friends died to lynching.

Most famously, Wells wrote a pamphlet named "Southern Horrors," which was later revised as "A Red Record." This groundbreaking data exposed the causes of lynchings. Wells documented 728 cases and debunked the myth that Black men were killed because of rape. Instead, Wells proved that those acts of lynching were to terrorize Black people and because those men wanted to vote and resisted against Jim Crow laws.

Both of these figures contributed heavily in history and helped expose the racism in society. Both of their bravery in speaking up against the racism black people went through through the centuries helped shape how the world is today.

# Mittens for Detroit

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Kourtney Cifka  
*Flash Staff Editor-in-Chief*

Community service is a valuable life experience for students alike to experience. This past January, students participated in a mitten drive, delivering hand-sewn mittens to Mittens for Detroit. Mittens for Detroit is a nonprofit dedicated to providing mittens to children, teens, and adults during the cold winters in the metro-Detroit area.

Mittens for Detroit have collected over 330,000 pairs of mittens since they started in 2010. They have donations and volunteers from over the county. The city of Detroit has a high poverty demographic. Some families in Detroit are low-income, lacking basic necessities like water, heat, and power. Charities like this are significant because they help give protection to those less fortunate. The Homelessness Action Network of Detroit found that there was a 9% increase in homeless people from 2021 to 2022 with over 6,000 reported homeless people in Detroit. The number had decreased every year from 2019-2021 before the 9% rise in 2022.

On January 9th, a handful of students participated in a field trip to Mittens for Detroit and sorted out hand-sewn mittens made in Mrs. Yokhana's design for living classes. The following students participated:

Yasmin Bowren  
Adaya Word

Arianna Wallace

Izzy Bush

Malia Sanchez

Jewel Zschernig

Aria Middleton

Lexi Lauinger

Elyssa Dikin

Sarah Constante

Zoe Ciaramitaro

Carolanne Hammer

Senior, Jewel Zschernig, described the process the students did to help and



The Mittens for Detroit logo from [mittensfordetroit.org](https://mittensfordetroit.org)

reflected on her service to Mittens for Detroit.

“We sorted the mittens everyone in all the classes made by adult, kid and little and also by gender we kept track of how many we had using a tally chart. Then we put them into boxes, got assigned a school and put the correct amount of mittens the school asked for along with some hats for each kid in the box then we packed them up,” Zshernig said. “It felt good to do something for the community alongside my peers. I never realized how important a simple pair of mittens could be for a kid in Detroit and how much school they could miss just because they didn’t have mittens.”

Senior, Carolanne Hammer, shares a similar reflection of the experience.

“Doing Mittens for Detroit was a great opportunity to help serve my community and better understand what was going on around me. I loved going downtown and being able to help with the organization after making mittens for them. It was such an amazing experience to learn about all the kids who received these mittens and how much of an impact I can make through a skill that I have,” Hammer said.

All in all, community service is an important aspect to keep people humanized and empathetic. The world is full of danger and hurt, but small things like sending mittens to those in need, can make the world a little brighter. The students who participated have helped hundreds, and hopefully this event was a catalyst for them to continue helping others throughout their life.

Sources:

<https://www.handetroit.org/news/2024/7/24/2022-state-of-homelessness-data-brief-for-the-detroit-coc>

# Clarity on Charity

Ryan Harris  
Flash Staff Reporter

Charity Week, a fun and exciting time for all and a way for students and teachers alike to come together and raise money for a cause, shows a communal environment for Fraser High School outside of classrooms. Charity Week, an annual tradition, is coming to Fraser High School closer and faster than it may seem, and the Rambler Student Council is ready for these events.

From March 2nd to March 6th, Fraser will host its annual Charity Week with the for now, unknown events taking place in the month of March. The week will be full of fun activities for students and teachers to participate in. It will end with an amusing and meaningful pep assembly to gather staff, teachers, and students. With all of these fun and charitable events, it is also good to have an insight of the student council and how they operate the charities. Junior student council member Alanah Kamara has shared some insight into the planning progress.

“We have committees in the student council that are given specific roles. After organizing these committees, we start by picking out which charity we are going to support, and this is usually around this time of the year like in the fall,” Kamara said. “Some of the potential charities are recommendations discovered by the school council members, Mrs. Schaeff, and other staff.”

The planning process is hard work from the dedicated Fraser High School council. It is more than just choosing a charity. It involves hard work, planning, and communication, as well as coordinating schedules for people.

“We have to plan days where people can come in and actually work, then we also go out and buy supplies like tape for them,” Kamara said. “Around February, we start meeting and deciding spirit week days, which also need to be approved by principal Mr. Sines.”

Junior student council member, Sydney Bosca, is proud of her and her fellow student council members by the community they make with Charity Week.

With an insight of Charity Week, the week doesn't just make a difference in helping those who need it, it also touches on Fraser High School and the community within it. These annual charity events bring all of the students at Fraser together to help and support people whilst also showing the kind Fraser community spirit.

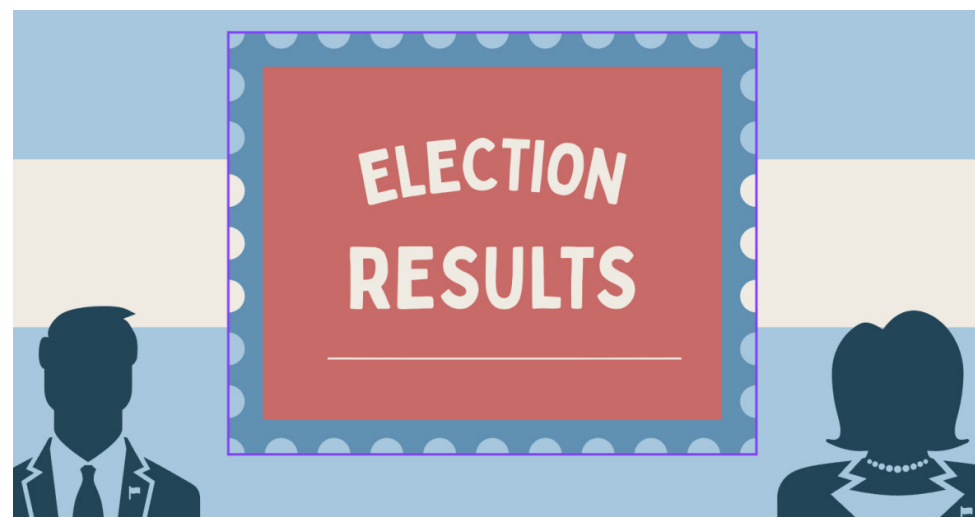


Photo created by Ryan Harris

“A way charity week impacts our community is by being able to help someone else. We are doing it by bringing people together in our community to help donate,” Bosca said. “Charity week events hosted at Fraser high school brings our community together to be able support the ones around us as well.”

## Election Results

Ryan Harris  
Flash Staff Reporter



With the election that took place Tuesday, November 4th, results have been prominent for democratic leaders such as Zohran Mamdani, who made history being elected mayor for New York.

Other states like Virginia and New Jersey have also secured progressive democrats for their state governors. In addition, California has had notable prop 50 pass as well.

To conclude, there has been a huge blue wave from these polls and this election will have the republicans rethink new strategies from this huge loss.

# Irreversible Impact of Unified Basketball Team

By Emily Lentine  
Flash Staff Reporter

Inclusivity is a pillar that Fraser High School stands proudly upon, allowing it to shine a light on the talents and strengths of all its students. Fraser works hard to incorporate every kid into the school culture in order for everyone to feel seen and represented. FHS creates new opportunities for all different kinds of students; it has a multitude of sports teams, honor societies, art programs, STEM courses, medical classes, business opportunities, technology programs, a very involved group of student representatives, and so much more. One of the most recent opportunities that Fraser has implemented is the Unified Basketball Team.

This year, students who receive special education services were joined by members of the Peer-to-Peer program to create the first ever Fraser Unified Basketball team. Coaches Steve Norgrove and Dan Hogan led the team in a successful, unifying season.

Students who typically do not have many opportunities to immerse themselves into school events were able to shine on this team. Their excitement was palpable from the stands, and it spread throughout the entire school into the hearts and minds of all students supporting the program.

Coach Norgrove felt this excitement as well. "This team unified our community and FHS by the outpouring of support from all facets of the school. The entire community came together to support these athletes. Everyone can see the joy these students possess as they participate in basketball," Norgrove said. Norgrove saw the effects that this support had on the members of the team. For him, the highlight of the season for was getting to see participants gain confidence and build a sense of belonging through the Unified Basketball team at Fraser.

One of these participants was Breyah Reed. Reed has soaked up every element of her high school experience. She is on Fraser's Student Council, and she has been a member of both the volleyball and cheer teams in the past. She is a part of the special education program at Fraser, and she was a crucial part of the Unified basketball team. Reed loved being a part of that community. "My favorite memory from this season was bonding and having so much fun," Reed said.

She was able to bond with her own team and the other teams they played against. "I met the Unified Basketball Team at Lakeview. We sat down and had lunch. We made connections," Reed said.

These connections influenced the culture of the whole crowd.

"The gym [was] packed in support of the team and the crowd cheering for both teams," Norgrove said. The uplifting attitude of the fans never wavered. Support for both teams was evident from the Fraser crowd. While still allowing for all students to experience the competitive nature of basketball, the Unified team fostered encouragement for players on both sides of the court.

Another inspiring connection was made between the special education students and the

"partner players." These students are members of Peer-to-Peer who partner with the members of the special education program to make the team Unified. A standout partner is Brynn Norbeck. Norbeck is on the girls' Varsity basketball team and has been a member of Peer-to-Peer for four years now. She has been a vital member and an inspiration to her teammates.

"There are so many benefits to this program, and I am truly so grateful to have been a part of something like it," Norbeck said. "I have played basketball my entire life, and I have always loved it, but it wasn't until I started playing unified basketball that I realized how lucky I was to be able to play it." The team was created to provide opportunities for the students in special education, but it has made just as big of an impact on the partner players. "[I appreciated] getting the chance to play for something bigger than myself. I think it is so important to realize that some of us were out there to make others shine, and that is an experience that was so special to have been able to be a part of. Being part of the unified basketball team was one of the best experiences of my life, and I am so blessed to have had the opportunity," Norbeck said.

"The entirety of the experience has been so enjoyable and uplifting," Coach Norgrove said. From the practices to the crowd erupting in applause as player Lucas Beecherl hit his first ever 3-point shot, there was never a moment where this program didn't bring positivity, inclusivity, and connection to the Fraser High School community. While only in its first year, the Unified basketball team has already made an irreversible impact on the culture of the school and will continue to do so for years to come.



Players Taj Ammons and Chris Childs celebrating together after Ammons scored at the Unified basketball game vs. L'Anse Creuse.



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