



FACE-FACE VS. SCREEN-SCREEN

By: Brianna Maloney
Features co-editor

Imagine not having the object you cling to most for a full 24 hours. Mr. Delore's sociology classes gave students the opportunity to give up their lifeline with The Phone Project.

The rules of the project are quite simple: students could choose to either give up their cellphone for 24 hours, the school day or not at all. If they decided to give up their cell phones, then they had to write down when they used a phone, why they used a phone and all the emotions they felt throughout the day.

"I wanted the students to understand the power the phone has as an agent of socialization," Delore states. There are four agents of socialization: peers, education, family and media. The media used to involve television, but with the changes in technology, media now refers to cell phones and social media.

The students also had to create charts containing their emotions and how they felt throughout their tech

free day. The most common emotion throughout the students was boredom. The charts also revealed that more than half of the students used someone else's phone/tablet.

Delore came up with this project on his own four years ago. And he plans to continue doing the social experiment in the years to come. 90% of the students participated in the experiment; one of the many students was Leland Holbird.

To pass time, he went to the mall with some friends and got some music and new clothing. "I didn't use anyone else's phone for the 24 hours, either," Holbird states.

Overall, Holbird says, "I learned that I don't need my phone as much as I thought I did."

Only 10% of the students decided not to give up their cellphones.

Senior, Hailey Knoblock did not give up her phone due to the fact she was too nervous, and she also had a dentist appointment later that day. "I check my phone every 20 minutes or so," Knoblock stated.

Knoblock confessed that she would give up her phone if she could turn back the clock. "I regret not doing the project," she states, "I realized that I don't need my phone as much as I think I do."

"Even though I told myself I could give up my cellphone, I just couldn't do it," Knoblock says. "The power of the phone is too much. The agent of socialization is too rooted," Delore states.

Knoblocks phone has too much power over her. Most student's phones have too much power over them.

Some parents and adults- from generation Gen-X- see that technology is controlling their children's actions and thoughts.

Mother of three Mandy Denaple does not think it's sully technology tainting this generation. It's the education system. "We need to put in trade classes like auto, woodshop, and home economics back in schools," Denaple states.

"There's a lack in social communication," Denaple says. Delore agrees with that statement.

He states, "I think there's a lack of verbal communication. However, the phone also creates many new avenues for communication as well."

At conferences, parents went up to Delore and said that that was the first time they saw and talked with their kids at 8pm in a very long time. So, even though technology is creating gaps in the generations, it's also bringing people within the same generations together.

Although some may see the advances in technology to be a problem, Delore does not. "I don't know if it needs to be fixed, but families need put their phones down and talk to one another," Delore states.

So with all this being said, cell phones are not as terrible as they seem.

"To social butterflies, cell phones are a tool. To kids who are not social butterflies, cell phones give them a way to express how they feel," Delore states, "shy kids can broaden their social abilities."

Everyone needs to take a moment and talk with one another- not through a screen- but face to face.

Rollercoaster Fun In Physics



Students, Brandon Langorp and Bailey White, construct rollercoasters out of cups and cardboard in physics class.

Out of soda cans and plywood, students, Amanda Jobson, and Emma Caperton, build a rollercoaster for their physics class.



On This Day

- On December 1,
- In 1640, Portugal regains independence after 60 years of Spanish rule.
- In 1750, the first developed systematic school in USA.
- In 1953, Marilyn Monroe got her first feature in an edited magazine.

<http://www.onthisday.com/>

The Hypnotist Puts RHS In A Trance

By: Ally Oddo
Staff Writer

"When I snap my finger you will..." These were words that 12 Richmond High School students heard while under the impression of hypnotist Michael (Mike) Brody.

On November 8 hypnotist Michael Brody came to RHS to have 12 teens enter a deep state of relaxation. Organized by Mr. Rineer and Mr. Delore, the psychology and sociology classes participated in the seminar.

Hypnosis is a temporary state of escalated relaxation. People become so relaxed they begin to focus on one person (usually a hypnotist). This focus leads to a manipulation of the five senses—smell, feel, hear, taste, and see.

Since the senses are manipulated the person being hypnotized can imagine anything that the hypnotist tells them to, but with their own twist. A person cannot be completely hypnotized if they feel uncomfortable or if it goes against their personal morals.

Your body will essentially reject the relaxation and a person will not be able to function under hypnosis

The past ten years Mr. Rineer and Mike Brody have worked together to give the hypnosis experience to Richmond students in psychology class. "The purpose of this is to show an altered state of consciousness," said Mr. Rineer.

This opportunity was introduced by Brody to Mr. Rineer. "He actually reached out to me because he sends letters to different schools because he does stage hypnosis and hypnotherapy," said Mr. Rineer.

Brody has worked with hypnosis for 25 years and is still going. "I love doing seminars for high

school students first of all because they are very eager to learn about the subject that I love to teach," said Mike Brody.

Students look forward to this project every year because of the stories. "He doesn't do it anymore, but he used make the student believe they were really hot. They would run to the bathroom to spray water on themselves. They would come back soaking wet, but after they woke up they would be shocked they were wet," said Mr. Rineer.

During the seminar Brody does several directions that the students followed. Student Jessie Melton said, "My favorite thing at the hypnotist was probably have to be Noah (Kosal) spitting water out of his mouth."

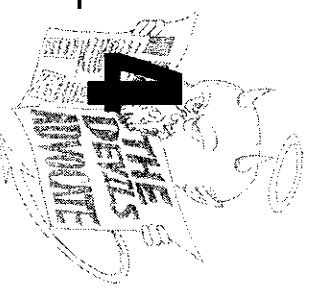
Kosal was one of the twelve to experience hypnosis. The senior said, "I don't remember much, but I do remember seeing a beach when he told us to picture it. I also remember when everyone pictured somebody, but I couldn't picture anyone."

Hypnosis gives people relaxation and imagination. This happened for Kosal. "I don't remember much, but it felt like I was asleep for only a little while," said Noah Kosal.

Students had a hands-on experience that allowed them to learn more about how the mind works in a state of consciousness.

"I would so do it again. It was awesome," said junior Nick Martes. Twelve brave students volunteered to get hypnotized while the rest of the classes and teachers watched the show.

Laughter and knowledge filled the RHS's auditorium when Mr. Brody came to the school and it will continue for years to come.



Volleyball Seniors Get Last Spike

By: Christina Farkas
News Co-Editor

With the RHS Varsity volleyball team going at a loss against St. Clair, the team stays strong. With the seniors still remembering the last moments they shared together as a team.

McKiernan

Playing volleyball for 7 years, Rachel McKiernan stood at her last volleyball game of her high school career. As a captain on the team, McKiernan had leadership skills that stood out on the floor.

"I enjoyed being one of the captains on the team because I believe I can excel better in leadership roles," said McKiernan.

As a team, the team captains are depended on as the leaders. To encourage their teammates as much as they can.

Planning on attending Central Michigan University, McKiernan is aspiring to study and get a major in Bio to become a Physician's Assistant.

"It's the most exciting sport you can play," stated McKiernan. "Even if it doesn't happen in college, I can always do it for fun."

Ever since their last game it has been an emotional rollercoaster for McKiernan and her team. "It was a hard loss, and really painful. All that work we put in for 7 years just seemed to wash away."

McKiernan said that the team seemed to lack communication- leading them to their loss.

"Me and Jessica Weaver developed a

stack play that was really effective," said McKiernan. "It just wasn't sought out clearly at the last game."

Though it ended the way they hadn't enjoyed- the team will still rely on their memories for the future.

Rachel McKiernan wants to set an example on those girls- to put in words than on their actions of others.

"The season will fly by so quickly, so make every last second count," said McKiernan in regards to the juniors.

Coules

Playing volleyball as long as Rachel McKiernan, Angela Coules feels just as strongly as her teammate does. Being on the team is an experience Coules feels she doesn't regret facing.

"Volleyball has taught me to keep growing, and to be stronger," said Coules. "I see it as memorable as I really thought it was going to be."

Planning on attending Wayne State University, Coules aspires to enter into Pediatric Occupational Therapy. As she goes to college, Coules is not very inspired to play volleyball anymore.

"Softball is more important to me," stated Coules. "Obviously volleyball holds a special place in my heart, but I do not believe I'll continue but only for the fun of it."

Coules believes that volleyball is a sport that teaches someone to work hard.

"Varsity is so much different than Junior Varsity," said Coules. "It takes so much work- and passes by so quickly. I think the

new Varsity teammates should really enjoy every second of it."

The outcome of the game is not what Coules was expecting of the team. "It was a hard loss- but the juniors stepped up their game, and that really helped (the team)."

Angela Coules and Jenna Pentz developed a play where they would trick the opposing with a surprise hit. "It was very effective, and I'm proud of my junior," said Coules.

Even though they lost, they finished together- as a team.

Gorr

Being a hitter since the 7th grade, senior Amanda Gorr thrives in Volleyball. "It's been a big part of my life-expanding my social circle in many ways," said Gorr.

Just like McKiernan, Gorr was a captain of the team leaving her with a place where leadership was key. Attempting to give off positive energy for her teammates and help them find their place.

"I want to be someone that people look up to," said Gorr. "Being a leader really made that a reality."

Gorr and Senior Mikayla Mlot worked together to make things easier through a game. "That was by switching through rotations to trick the opposing team.

"That took work, and leadership to really accomplish what we were meant to do," said Gorr.

Leaving her last game with a positive vibe, Gorr was proud of how the team worked. "We could have done better, but I'm not disappointed," said Gorr.

Regional Champs Reign in 2003:

By: Nick Matthes

Web Co-Editor

In 2003, it was a special year for sports, especially football and baseball.

Back in the day, Richmond Football used to be atrocious. In five years (1988-92), they had a record of 2-43. With those two wins being over Armada in '89, and '92. To put that into perspective, in the last five years, the current teams have accumulated record of 44-12 (2012-16).

For the 2003 team to be the farthest team to make it in the playoffs in all of school history, it was a big deal to the whole team.

The 2003 team is the only team in school history to win a Regional Championship, and make it to the State Semi-Finals. There have been multiple teams make it to the Regional Championship, but no one has won besides them.

In 2003, Social Studies teacher Mr. Delore was a volunteer coach, and had actually resigned from the football staff the year before, but still felt he needed to help out.

He said, "I did a lot of scouting for the team; pretty much wherever they needed help at I was there. I had to resign from the staff in 2002 because I was coaching JV Basketball and Varsity Baseball while teaching. It was just way too much on me. I wanted time with my family, but still wanted to help in any way possible."

In the Regional game in 2003, the team played a very good Cliondale. It was a hard fought game and the team pulled out the win 21-19. Both teams were undefeated going

into the Regional. At this time, the whole playoff was relatively new to Richmond, as they had only made the playoffs twice before.

Mr. Delore said, "In that win, the community played a huge part. It was the farthest a football team had ever made it in the playoffs and the whole town rallied around them. They filled the stands and were lining the fences to cheer them on. For the kids, it was always about the kids."

With that being the only team that made it to the Regional, they're still praised by current football teams. They use it as motivation to be able to break that record, and being that second team to win the region.

Although this team was special in how far they made it, they also had a really hard time staying on task.

Mr. Delore stated how this was a very "loose" group.

They had to be prepared for anything. They had to make sure that the right people were in line and knew what they were doing so if the starting quarterback or starting running back went down, they had to be ready for whatever came at them.

With Regional Championships, comes hard work and talent.

Physical Education Teacher Mr. Nuss was the head coach in 2003, and was honored to coach this group of kids. One of the biggest keys to this team was senior lineman Brian Grabowski. "Brian started at guard on the O-line and nose guard on defense. He was a

real tank for us and was able to go the next level and play division 1 football at the University of Findlay. Whenever we were running, it was behind Brian, I could always count on him to get the [key block] in a play," he said.

Another key player that the Blue Devils had was Sean Misko, the "star running back of Macomb" as they called him. Misko rushed for over 2,000 yards that year, and was named Macomb County Player of the Year.

Coach Nuss said, "One of the biggest reasons that Sean was able to have such a great year was because of Brian. They really helped each other and Brian was always there when Sean needed him."

The talent just did not end here, though. Quarterback Louis Iantelli was a star quarterback in the area, and helped propel them into the playoffs.

Iantelli was the one that led the team through the adversity they had to face while in the playoffs and towards the end of the regular season.

"The season gets really tough towards the end of the regular season and when you get into the playoffs. This team was the only team that had gone 12-0, and when you are in the playoffs with a record like that, people are gunning for you," Coach Nuss said. "These players are just to name a few. This team was only 20 kids but it was 20 kids of talent. The town really came together lining the fences at the games, and it really showed what Blue Devil Pride was."