



In Our Opinion

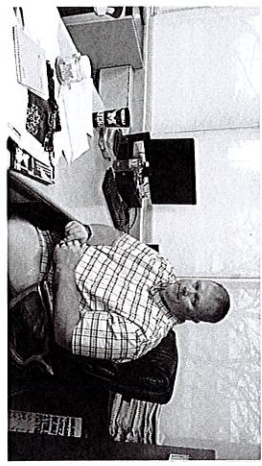
Staff Editorial:

Breathe

Question of the Week

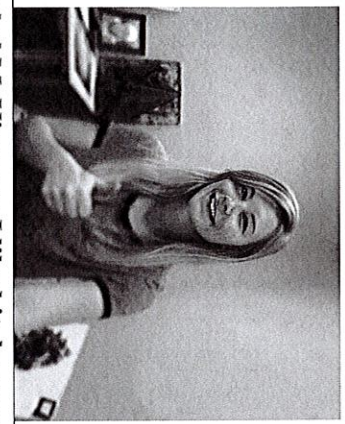
~*~
How did you feel about the Super Bowl?

Staff



Delore: Emotional rollercoaster

Senior



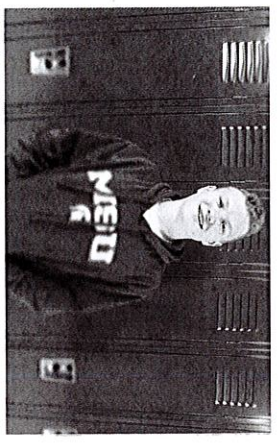
Raechel McKiernan: I liked it, because it got my Grandpa really excited.

Junior



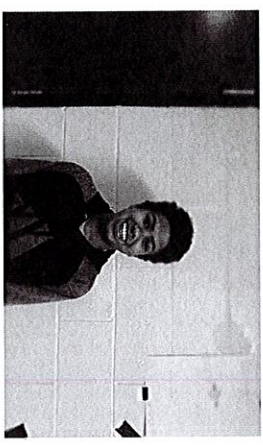
Alysia Valero: I thought it was good. Patriots won!

Sophomore



Erik Haack: It was really entertaining.

Freshman



Vince Cass: I mean, I wish the Falcon's would've won.

Blue Devils Advocate

- Adviser:** Mr. Murphy
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- Editorial Editors:** Jaret Gil, Matt Schuster
- Sports Editors:** Brandon Furtaw, Brendon Jacques
- Features Editors:** Brianna Maloney, Jenna Stafford
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- Staff Writers:** Sydney Black, Ally Oddo, Devon Denti, Nick Mathes

Mission Statement:

Richmond High School's student newspaper, The Blue Devils' Advocate, strives to serve the student body and provide a public forum to make their ideas heard to the school and community. Our goal is to provide both accurate and balanced stories in order to heighten understanding, entertain, and inform.

Letters:

We invite readers to share their thoughts with us by writing to the Editor. See the drop off box in the library or you may email us at: nmurphy@richmond.k12.mi.us. Include your name, address, and grade level.

By: Jaret Gil
Opinion Co-Editor

As you pull up to the store, you realize how sweaty your palms are. Suddenly you're having second thoughts.

But your friends jump out of the car and take you with them, jostling you toward the door. "Come on buddy, this isn't a big deal."

That's the problem isn't it? The transaction is short, and as quickly as you came, you were back out the door.

Holding the machine in your hand feels surreal, and you can feel it slipping and shaking in your hand.

Drip, drip, drip.
Further down you slip.
Puff, puff, puff.
This is truly awful stuff.
The smoke gathers and cloaks, Don't you know that all smoke chokes?

Your lungs filter oxygen for you to breathe, right? And what happens when you breathe in smoke? You choke. In the 70s, cigarettes were the trend. Transition into the '90s and 2000s, kids started to dabble in marijuana. Today, it seems, kids are vaping. But what's the appeal? In the '70s, cigarettes made you "cool." Marijuana was "chill." Vaping is...? That's the thing isn't it. Is vaping cool? Is it chill? Or something completely different? Regardless of what makes vaping a compelling act, it is as harmful, if not more so, than any other substance. And while kids turn a blind eye to that fact, vapes use all kinds of chemicals to create that juice.

Substances that have earned vaping and other "flavor" related smoke habits a page on the center for disease control (<https://www.cdc.gov/niosh/topics/flavorings/>). And while the page focuses on "flavorings-related lung disease", vaping is still part of the cause.

According to the site, "Affected workers generally notice a gradual reduction or cessation of cough years after they are no longer exposed to flavoring vapors, but abnormalities on lung function tests and shortness of breath on exertion persist. Several with very severe disease were placed on lung transplant waiting lists." And, "[People] exposed to flavorings may also experience eye, nose, throat, and skin irritation. In some cases, chemical eye burns have required medical treatment."

Still don't care? You know those pictures you've seen of what happens to your lungs when you smoke? Those are just for cigarettes right? Wrong.

But don't take it from me. According to one local respiratory therapist, "Any substance inhaled into the lungs causes damage."

Now, I know several people who use inhalers (myself included). Does that mean I'm damaging my lungs? Because, I mean, "any substance causes damage," right? Yes.

However minimal, when you use an inhaler you are breathing in steroids. And while at first they reduce inflammation, the medication can cause damage to your lungs over time, or through infection.

Am I saying don't use an inhaler? Of course not. I for one am going to continue using my inhaler.

If I didn't, I wouldn't be able to play soccer. Every game I take a puff before I start, and during halftime. Because, after all, this is a medication for patients who have trouble breathing.

Am I saying that an inhaler is dangerous? Not really. Steroids are medication. We use them all the time. In your cold medicine, your anti-inflammatories, and other medicines.

But you know what's not medicine? Vape juice. As I said before, vaping causes all sorts of problems in your lungs: from "popcorn lung", to asthma, and lung cancer.

Yeah, that's right. Cancer. That thing that causes 171 million deaths every year.

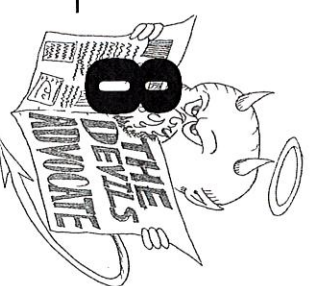
I don't have to like using my inhaler, but it ensures I won't stop breathing on the field, and I certainly won't get cancer from using it. What does your vape promise you?

But again, nothing I say is ultimately going to change anything you do. I'm simply providing facts.

Facts with which you can choose to heed or ignore. I mean, I'm certainly not going to stop using my inhaler. And, if you want to breathe in cancer causing substances for fun, that's your choice. Just saying. Food for thought. So go out there and breathe that fresh air.

Opinions

February 10, 2017



Features

Chillin' Out at Snowcoming

By: Briana Maloney
Features Co-Editor

Spirit Week

Spirit week is a week that usually happens once every other month that allows students to dress up in crazy costumes and showcase their school spirit. The week of January 23th spirit days were: Superhero Day, Twin Day, Mathletes vs. Athletes, Throwback Day, and Blue and White Day.

Student Haley Fortuna has been known to go slightly overboard when it comes to showing school spirit. Fortuna said, "Spirit week is just fun. It makes school less boring, ya know?"

This week, not only gives kids a chance to show their school spirit, but it also lets them break out from their normal everyday clothing. Let's face it, wearing the same jeans and t-shirt every week gets boring after some time. And spirit week gives everyone a chance to bring some color and joy to their day.

Although there are some students who dress up with little to no shame, others go out of their way to not participate. When asked why, they simply state, "it's stupid" or "it's embarrassing." Fortuna does not understand why these kids don't showcase their school spirit. She said, "Don't be a bunch of lame-os. I can never be embarrassed of school spirit."

Maybe we all need to take a page out of Fortuna's book. We are only in high school for four years and these are supposed to be the best four years of our life, so why let a little shame get in the way of our fun? Embrace your school spirit and show it off.

Pep Assembly

It wouldn't be an RHS pep assembly without a rap, a dodge ball tournament, and a scooter race.

The pep assembly was just like all the others: the juniors came out on top. Junior Snowcoming queen Kenzie McCloskey said, "We usually win at everything, so we had to hold up our title."

Although seniors Stephan Ingman and Jessica Niebauer won the court games, the juniors won the dodge ball tournament. This year, the juniors have been showing everyone just how powerful they truly are. They won the powderpuff tournament and now they won the dodge ball game.

Now, more happened than dodge ball at the assembly; the dance class performed once again. After their Homecoming dance, most students have been anticipating their return.

The class, not only showcased their talent, but they got the crowd even more pumped up. McCloskey said, "Overall, it was fun to participate in the assembly and to also have a good time with my friends."

Basketball Game

Richmond faced Almont on Friday with a win of 35-31.

Varsity basketball player Anthony Tavano felt the pressure from not only his team, but also from the crowd. Even though he felt the pressure, he did not let it faze him.

While playing, Tavano shuts out all the roars of the crowd. He said, "I don't think; I just play."

Chesney Cherishes Creative Writing

By: Ana Kinkela
Staff Writer

The first class of the day for junior Johnnie Chesney is creative writing, the class he is thrilled to start each day with.

"The smile you wake up with is the smile you should go to bed with," is one of many quotes by Chesney. He is very infatuated with his writing and being in this class. He has learned a lot about writing on his own, but being able to learn more about writing and how to use his talents to the best of his abilities is inspiring for him.

"I've been writing creatively since 4th grade, and I felt like this class could help me grow more with my writing."

Chesney said. To Chesney, writing isn't just something you have to do for one of your classes, it's a passion people should have. He says when he writes, he gets this empowerment. It's the harnessing of life's lessons, concepts, and emotions that gives you the power to write.

"If you can consciously capture what you're feeling when you're happy, sad, mad, etcetera, without getting overwhelmed and overthinking the process, that's when you know what to write," Chesney said. He is dreaming to get a book published and hopes that he has enough writing skills to be able to accomplish this goal.

"I'm writing a book called 'Goodbye'

With this win, Richmond is now the team to beat. Even though it was a close game, RHS is ahead in BWAC.

This year, states is in our grasp and the basketball team is hungry for the title. They are not going to let anything or anyone stand in their way.

Tavano said, "This game was the start of something big."

Dance

There is no better week to end a stressful week than dancing around with your friends. The Snowcoming Dance's theme was masquerade and, even though not many people wore masks, all the students still had fun.

Like most school dances, it takes some time before everyone floods into the gym and the cliques get separated. But once that happens, the night becomes one we will never forget.

This year, there was little to no complaints about the DJ. Senior Snowcoming King Tim Pauley's favorite song that was played was "Living The Dream." While some people enjoyed the dance/club songs that were played, most people from Richmond preferred the country songs.

Around halfway through the dance, the Snowcoming court runs out onto the gym floor. While the court is running, the student body is clapping and cheering on their friends and peers. Pauley said, "It was gucci to be nominated and to win king."

Overall, the dance was the perfect way to wrap up Snowcoming week. And it was also a great way to make long lasting high school memories.

about a kid with PTSD after his mom had died. I really think it's one of my strongest writings. And with this class I feel the more I go on in the book, and the class I'm progressing," said Chesney.

Even though writing is his passion, Chesney also wants to go into zoology, which is someone who studies animals in their natural habitats and in laboratories to learn and develop studies on animals.

"I love animals, and science which are two interests I love the most, so why not a zoologist?" Chesney said. He plans to go to college, but is unsure at the moment of where he'd like to go. Chesney is a very determined person and tries his absolute best at the things he loves.

He has many strengths, but also some weaknesses that he has to work on as well. Creative writing is helping him on his weaknesses, and building his strengths tremendously.

"My biggest weakness is overthinking things too much. I want complex ideas, but really I just need simple ones," said Chesney.

Even though Chesney has these weaknesses, he doesn't let it stop him from writing to the best of his abilities, and improving what he can do each day. When writing, you have to have this

aspiration, confidence and hook to what you are telling your audience.

And Chesney feels he has a hook, and depth to his.

"I use the ups and down's of life to get the morally gray and the optimistic colors that surround us and our daily lives," Chesney said.

Writing is Chesney's strong suit, and what he wants to do for his future. He plans to have his writings a part of his life, no matter the struggles he has. It's what he loves to do, and what he'll always what to do.

"Writing will always be a part of my life; it's a desire that I could never give up," said Chesney.

A few different writings he has done are "Judges Unintentionally Executioners", "I'm Fine" and "Tears". Chesney has done a fabulous job on these and he is proud of them.

"These three poems I've worked on are quite deep, and mean a lot to me because I spent some time on them," Chesney said.

Chesney has written many writings and done very good work, although of these writings he is proud of his favorite is "Lilac Pen."

"I love this one the most because it shows a lot about my writing and what I want people to see through it," Chesney said.