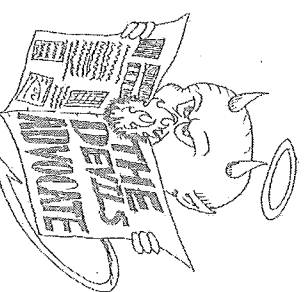


*Happy Halloween!*

# The BLUE DEVIL'S



Richmond High School  
35320 Division Road  
Richmond, MI 48062

Volume 10, Issue 1

October 31, 2013

## Change in power at RHS

*Mr. Bourdeau takes over as new Assistant Principal; likes what he sees in Devil Country*

By: Ryan Telow  
Editorial Editor

What was once a room with pink is now a room with blue. That is because RHS has a new assistant principal, Mr. John Bourdeau.

He has quite a background story.

"To start off I graduated from Bishop Gallagher high school which is no longer open. While I was a student at Bishop Gallagher High I played Football and Baseball," said Mr. Bourdeau.

Mr. Bourdeau, like many seniors, then faced the problem of which college he wanted to attend and what he was going to pursue as a career.

"After high school I decided to get my undergrad at Adrian College. While I attended school there I played baseball for the first four years and my fifth year I coached the team. I later got my master at Saginaw Valley," said Bourdeau. After completing the rigorous course of college, Mr. Bourdeau then began his career.

"I taught just about everything for a good eight years. I taught Middle school PE, health, swimming, business, marketing, school store, weight training class, financial literacy and general business. I then became the Assistant Principal of Attendance and discipline 712 at Mt. Clemens Middle and High School."

On top of teaching there was also the desire for coaching.

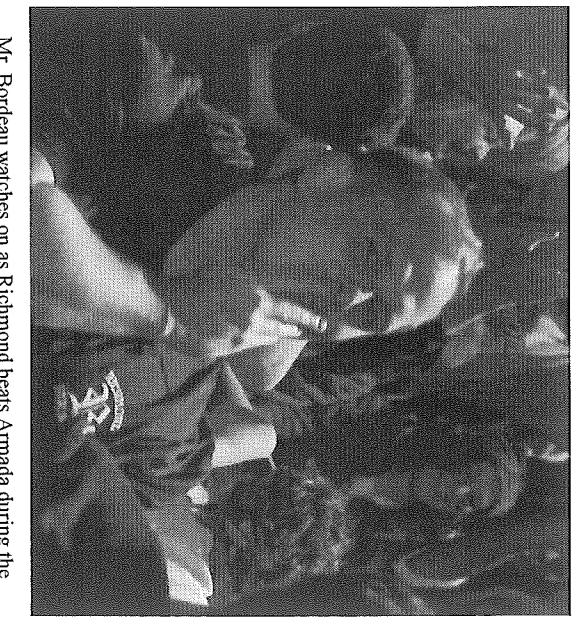
"I coached various levels of athletics throughout my teaching such as JV baseball, Head varsity baseball coach at Mt. Clemens, and was the head JV and varsity football coach," said Bourdeau.

Although busy with school and sports, he still managed to find time to get married.

"I met my wife Kristi during high school and we've been married for six years now and have two daughters, Brooke and Morgan," said Mr. Bourdeau.

As time passed the urban teacher wanted to meet with the rural side.

"I just felt like it was time to meet new people, make some new experiences and learn new things. After ten years it was time for change and that's how I found myself here at Richmond," said Mr. Bourdeau.



Mr. Bourdeau watches on as Richmond beats Armada during the annual "Rivals vs. Cancer Game."  
*(Photo courtesy of RHS Yearbook)*

Coming from a different school district, Mr. Bourdeau brings with him a variety of techniques and years of experience to introduce the RHS student body with a plan for success. Throughout the years at Mt. Clemens Bourdeau has picked up on many ways to help promote his plan for our school and the road he's leading us down.

"I have a two-part plan: Observe and Improve. My goal is to observe and while observing I'll be looking for areas that I can help improve our school, staff and kids. This is a well-oiled machine here. Mrs. Michon has crafted this school into something special," said Mr. Bourdeau. Mr. Bourdeau had plenty to say about the students

and faculty here at Richmond.

"The students here have a great energy level, and it's just fun to be around. It's a professional staff, great teachers. The athletic history is just awesome and we have a great parental support," said Mr. Bourdeau.

Although his job is serious, Mr. Bourdeau showed his funny side.

"Kids are kids, in my opinion, anywhere you go. The only difference here is there's a few more dirty jeans and work boots," said Mr. Bourdeau.

## “Sic Semper Res Publica”

*Richmond teen publishes political book about flaws within American society*

By: Jacob Thomas  
News Editor

Success is something we all strive for in life. Many people have different interpretations of success which is one of the many reasons for our diverse culture. Creating success among teenagers is a common theme America continues to work towards, and a local teenager is a great example of this.

Richmond teenager Nathan Richendollar recently released his self-published book *Sic Semper Res Publica*.

The 318-page book intends to reveal the current faults of America and how citizens need to take pride in their American heritage.

Richendollar was inspired to write a political book for various reasons.

"Bank bailouts, more bailouts, a ruling class that is something from Jefferson's worst nightmares, Romney's nomination, and a citizenry that seems perfectly content to watch the decline of their nation is what inspired me to write the book," said Richendollar.

Other common themes in the book are the previous two presidential elections and the impact of governmental programs on our national

debt.

"The main theme is that we need to enlighten ourselves as citizens, take pride in our American heritage and fight for our constitutional system of government," said Richendollar.

The book took six months for Richendollar to write; however, there was an 18-month break between the time it was started and finished.

"I've watched a lot of news, read a lot of old CBO (Congressional Budget Office) and BEA (United States Bureau of Economic Analysis) stats, and I've generally just spent a lot of quiet time thinking about how our system works, past precedents, parables and things that work the same way in addition to the natural laws that govern us," said Richendollar.

Overall, Richendollar enjoys politics, but not to the degree most would perceive.

"To be honest, I don't enjoy much. Although I enjoy seeing facts and figures and making connections, and I love debating, the more I get into politics, the more pessimistic I become about people in general. I wrote the book to inform, and I study politics to be informed. But if I want to have fun or enjoy something, I will either have a debate or a nature hike," he said. Richendollar plans on continuing to stay in-

involved in politics by attending the University of Virginia.

"I'd like to go to the University of Virginia (founded by Thomas Jefferson) to study environmental law; be an environmental lawyer, a politician for a few years (it's not a real job), and start my own eco-tourism company in retirement," said Richendollar.

He does not plan on publishing any future political books in the near future, but writing will continue to be a part of his life.

"As far as books, I might publish a nature memoir/comedy about Appalachia, a field guide and a poetry book, as well as an idea for a book that I have right now that I call 'Adam Smith for Dogs,'" said Richendollar.

Adam Smith is known as the father of economics and being the first advisor for the free-market capitalist system we currently have today.

Richendollar looks forward to having a role in the decision-making process of America within the next couple of years as he will be old enough to vote. However, there are governmental decisions from the past couple years that Richendollar would have adjusted if he were part of the decision making process.

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Rain	
High: 60°	
Low: 49°	

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# A new color on an old palette

By: Samantha Schafar  
Opinion Editor

We have another new teacher at RHS, except this one isn't all that new.

Mrs. Aronson, the current RHS art teacher, was the Will L. Lee Elementary art teacher for 3 years and the RMS health teacher for 4 years.

Therefore, many RHS students have had her before.

Kaelyn Wilcox, a senior in Drawing 4, said, "She isn't really different at all. She's still really fresh and new."

"She still looks the same. We have an even more personal relationship with her because of our past," said Christian Faila, a junior in Drawing 2.

"I have definitely missed my kids," Aronson said. "The coolest thing is to see you guys from elementary to now."

Aronson added, "It's a lot of fun to see students grow and mature. Some of the boys who gave me trouble in middle school have calmed down a lot."

Even though she has taught most students at one point or another, there are still a few that are having her for the first time this year.

Casey Malburg, a senior in Drawing 2, said, "She knew everyone's name, and I was the one she didn't know."

Haley Winston, another senior in Drawing 2, said, "It's kind of eye-opening seeing everyone already so comfortable with her and having to build that relationship up myself. But she makes it easy to be her friend."

Most students agree with Winston. Wilcox said, "I think she's great. She's very easy going and reliable and lots of fun."

Malburg said, "She knows when to joke around but she also knows how to get work done."

Aronson said that her reception has been "mostly positive".

"The people who have had Mrs.

Cole, it's been a change, but overall it's good," Aronson said.

The biggest difference between Cole and Aronson has

been the use of color in the classroom.

Malburg said, "I like the color and how modern it is."

"[Mrs. Aronson] lets us use color. It's more fun and you can get more creative with it," said Faila. "I think the color is more exciting and being organized helps us to be more efficient."

In order for students to use color, they had to buy their own supplies from a list that they were given. Malburg said, "I think it was a fair trade for getting to use color."

Aronson, while very happy to be teaching upper-level drawing, has had some trouble with photography.

"I've never had any experience with photography outside of 'point and shoot'. I can tell when the pictures are good, but as far as the technical side of it, I had no idea. But I'm learning," said Aronson.

Aronson said, "I think I put my own twist on some of [Mrs. Cole's] old projects and incorporated my

own projects."

Wilcox said, "She's stepping right into Mrs. Cole's shoes. She's doing

*"It's a lot of fun to see students grow and mature."*

- Mrs. Aronson

cleaned everything out. She gave it a new start," said Malburg.

Even though Aronson has been well received by students, they also miss Cole.

Wilcox said, "I really miss Mrs. Cole. She was here for my first three years. I really miss her."

ral business cycle. I would have abolished the Department of Education and sent that job back to towns where it belongs, reigned in the EPA (Environmental Protection Agency), abolished the Federal Reserve, abolish the minimum wage, cut back on regulation, and cut the country's deficit," said Richendollar.

While bailing out the banks and auto companies is a controversial topic, Richendollar's view is more conservative compared to our current state of government.

Richendollar does not foresee positive change in the future of America if the citizens do not take a stronger grasp of their culture.

"It all depends on where we want to take this country and how many of us wake up. I can only speak as to what I see happening if we stay on our current crash course. I see another asset bubble of epic proportions bursting within the next decade, a culture more and more

"I think [Mrs. Cole] did a really good job. Her and Ms. Chikmakis took care of [the art department] for 30 years. I think it's good to bring in a new perspective. I really respect what they have done," said Aronson.

Even with a new perspective, both RHS art teachers know how to keep their students working happily.

"They are both really awesome people but if you make them mad, you'll regret it," said Malburg said. Faila said, "They don't take anyone slacking off."

Aronson said, "I don't let them get away with leaving their things around. I'm not your mother. You can clean up after yourself."

The spirit of the RHS Art Department lives on.

Winston said, "[Mrs. Cole] left and Mrs. Aronson took over perfectly."

locked into technology and less and less in tune with the natural world, and a country in which the low cost of energy will spur an unsustainable boom in suburban development and economic growth that will cause the general thinking of the nation to become more and more libertarian, preceded by the bubble, and followed by an energy crisis. Because of our increasingly Ron Paul-like stance, we will cut our military drastically to pay for the only cash cows that won't be skewered in the coming shrinkage of discretionary spending-entitlements. In short, a lot of bad things will happen if we don't change course, and they don't rest on the shoulders of any one political party," said Richendollar.

## Richendollar

Continued from page 1

"First of all, in a few years, when I can vote, I will have a part in decision making; that's the whole point of a republic. No one is merely at the mercy of an all-knowing political elite that governs with impunity. If I were more influential, I would have not bailed out the banks in 2008 and 2009. I would have let the auto companies go through the natu-

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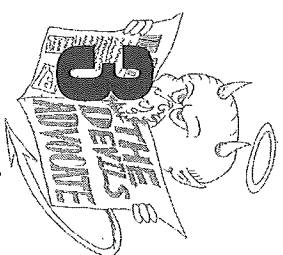
### Segment 1 -- \$279.00

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- Parental permission and original birth certificate
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- Must possess a valid Level 1 Learner's License for 90 days
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Classes held spring, summer, and fall. See Mr. R. Harreljin for details on upcoming classes.



## New Testing Greets RHS

By: Xavier Nuckles  
Editorial Editor

Math, English and reading, are all important parts of school. To test the students' skills, the administration has done something new.

Recently, students have been introduced into a new set of testing the school mandates. The name of the test is the NWEA MAP test. NWEA testing is a part of a "Race to the Top program."

NWEA was implemented by Dr. Olson. Recommendations from other schools were a part of this decision as well. It is an interactive test that asks the students questions based on their skill level.

Dr. Olson said, "The test has been discussed by the by the administration before." That discussion led to the testing being implemented.

Testing from now will occur three times a year to assess students' skill levels. This will provide an adequate amount of data to improve teacher's teaching methods. The three times a year testing will also allow the school to show progress of the students over a year.

Testing consists of a reading, English and math with each test having 40 to 45 questions

Ms. Till said, "Every student has a different test based on their skill. The most unique part is the test's adaptations."

Every student has a different test because of the adaptiveness of the test. The test gives questions based on how many wrong and right answers a student has. The test tailors itself to the student's skill set. This will make sure that the student will receive a test that isn't too hard or too easy for them.

Students hope that they will improve from these tests.

Freshman, Mikayla Mlot said, "I

think the testing will help us for what we need to learn."

The test does cost the school district money. However, the possibilities of using the test results are endless.

The test results will be utilized based students' grade. It's most targeted towards underclassmen to help them with class placement and to find out skill levels of those individuals. This way students and teachers can see what areas need improvement over the four years of high school. Seniors' results really cannot be utilized because it is their last year. Not many improvements can be made this late. However, after four years of tests, improvements will be shown.

The testing results can be used for class placement. Often many students who are not skilled enough sign up for honors classes.

Mr. Schleder said, "In the past, students that didn't belong in honor's classes have been in them." The results will also be used to help teachers set up lesson plans to teach to the students' skill level. This will individualize school lessons.

Mr. Rineer said, "The testing results will allow me to differentiate my teaching according to the students' level."

Once the results are in, teachers will be able to set up their lesson plans so that they are tailored to the students. It will identify weaknesses that many students may have. Strengths of students will be identified as well with the test results.

Richmond isn't the only school that is participating in the NWEA testing.

Ms. Till said, "Quite a few schools nationwide are participating in the NWEA testing." The NWEA testing is now common across the nation."

Dr. Olson said, "Almost all the

schools in Macomb are participating in the testing."

There have been some issues with the testing. The programs that the tests run aren't as fast as they thought to be. The media center has not been available to students or classes because of programs running very slowly on the computer.

Since the programs take very long to load, they have been left on during the day, sometimes not allowing students or teachers access to the media center. Students have had little to no access to computers in the Media Center. Many schedules of teachers have been disrupted by this. The testing has taken longer than expected due to students being absent of the days of testing.

Mr. Schleder said, "Some of my class projects had to be postponed because of the media center not being open."

The NWEA has a history of testing. The full name is the Northwest Evaluation Association. NWEA has been around since 1977. The non-profit organization offers Common Core aligned testing to schools across the nations and the organization has given over 24 million assessments since then.

Their first computer adaptive test was created in 1985 in the state of Oregon. The creators of this program are Allan Olson, George Ingebo, and Vic Doherty. The testing organization has moved from 14 school districts to a global organization that caters their tests around the world.

The potential of the testing is very high. The results could be used to better the teaching methods of teachers and to raise our test scores with the test scores of another test. Ms. Till said, "The test is great because we don't have to wait for results and it is adaptive."

## On This Day

1517 - Luther posts 95 theses on Wittenberg church - Protestant Reformation.

1541 - Michelangelo Buonarroti finishes painting The Last Judgement in the Sistine Chapel, Vatican.

1864 - Nevada admitted as 36th state of the Union.

1941 - Mount Rushmore Monument is completed.

Sources: <http://www.historyorb.com/events/october/31>

## Marching to a new tune

By: Samantha Schaefer  
Opinion Editor

From Spartan Stadium to the RHS football field, Ms. Shack has expressed her love and dedication for music.

Not only was she a section leader for the marching band at Michigan State University, but she also participated in the concert band and choir – the Wind Symphony and the Women's Glee Club.

College was only the beginning. Shack has taught both band and choir at two local high schools: Anchor Bay and Almont. "Anchor Bay is a lot bigger – building wise and student wise. Almont is smaller. Richmond is right in the middle," Shack said.

Breanna Jutila, a junior in band, said, "I think she has a lot of knowledge because she has been in marching band for 20 years and she has taught at other schools."

Shack has brought this knowledge to the classroom, but she has also kept some of the old structures. Alaijah Bashi, senior and drum major, said, "She asked us about things that Mrs. May did in the past; then she would add her own little twist to it."

"The students, particularly in the high school, have been very open to having a new director – choir and band," Shack said. "I've been trying to keep some of the positive traditions – and the students really appreciate that—but I've also been trying to introduce my own ideas."

There have been three components to Shack's programs: the old ways, the new ways and the students' ways.

Bashi said, "She's very open and willing to try new things. She takes all of our ideas into consideration, like our dance for Gangnam Style. That was a mixed effort between the students and her."

This strategy is working out rather well for Shack and the RHS Varsity Band because they earned a first division, the highest score possible, at this year's Band Festival.

"I am very proud of the students. They worked so hard to adapt to me and me to them. We came together at Festival. I am proud of their work ethics and focus," Shack said. "She would always stay on track; she wouldn't waste a minute. If something was wrong, like we weren't playing a note right, she would always help."

Shack admitted that doing so well wasn't really a change because she hadn't changed the program much. However, she is very different from Mrs. May.

"They are polar opposites in the way that they teach, but they both work. It's nice to have a change," Jutila said. "Everyone is accepting of her. She's a great influence on the band."

No matter their differences, the RHS band will miss May.

"I'm going to miss her. She has influenced my music career since the 6th grade. It was nice seeing her at Festival and I hope to continue seeing her around," Jutila said.

Shack applies all of the same ideas to the RHS choir and chorale. Anna Fraser, a senior in Chorale, said, "She respects us so we respect her. You can tell that she's excited about what she's doing. She brings such a positive vibe that it's almost nice waking up early."

In the vocal classes, Shack added more music theory, exercises and warm-ups.

Rachel Lozowski, a sophomore in Chorale, said, "She likes to hear our opinions about how certain activities should go for singing."

Continued on page 13

## Devils and Tigers join forces to fight cancer

*Rival schools work together to raise major funds in fight against cancer. Games show how collaboration can lead to saving lives.*

By: Beth Beindit  
Staff Reporter

Even cross-town rivals will rally together for the battle against cancer.

On September 27, 2013 at 7:00p.m., Richmond and Armada schools came together to play their annual Rivals Against Cancer Football Game. But it was not just the game that was the attraction.

Both schools joined to create a football game in support of breast cancer, featuring numerous fundraisers.

T-shirts were sold for \$15. In addition, the game featured various fundraisers such as a bake sale and car smashing.

This year Armada featured a car that had been spray painted. On one side was painted with Richmond paraphernalia, while the other side was decked out in Armada orange.

People were encouraged to make a \$5 donation or more in return for getting a chance at smashing the opposing team's side of the car.

Junior Travis Doan took part in this. Knowing that all the proceeds went to cancer research, Doan said, "This event made me want to spend more money because it was helping the cause."

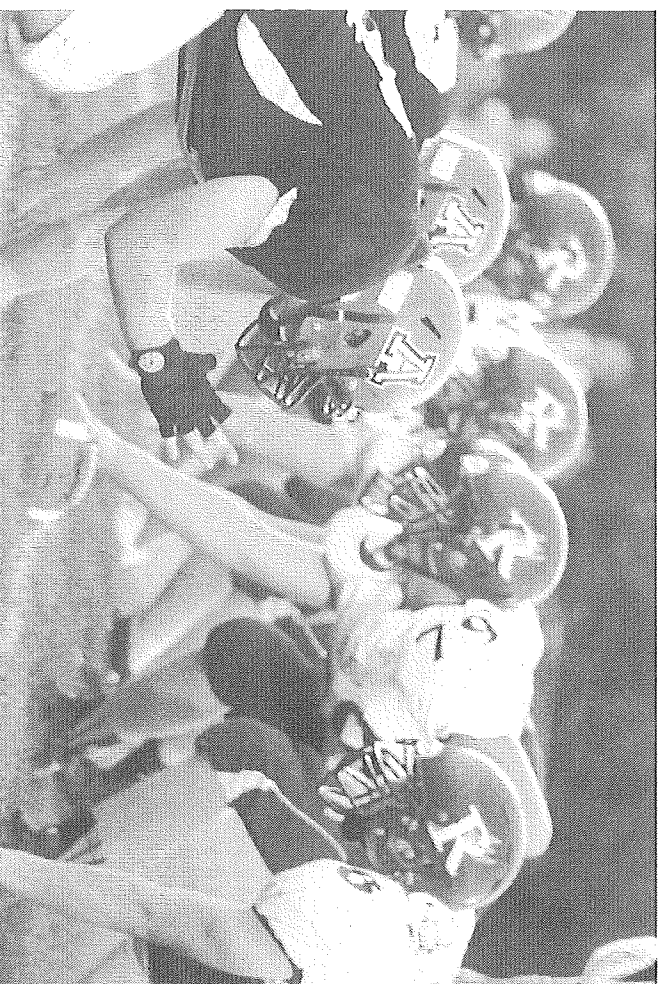
Doan was determined to break something off the car and he did. Doan said, "I actually broke off the steering wheel. My goal was to break off one of the doors, but they were locked."

All in all, Doan said this was a positive fundraiser because all the money went straight to cancer research.

All donations and t-shirt sales went directly to The Curable Towel, a non-profit organization that supports the needs of cancer patients and their families in our local communities.

These rivalry games have been used to support cancer research since 2011. In the first rivalry cancer game in 2011, \$11,000 was raised for the Barbara Ann Karmanos Cancer Institute in Detroit.

Orsola Curcunu, Student Senate Advisor at Armada High School, said, "This year we raised just over \$6,000 which we are donating to The Believe Foundation." Despite the fact that this year's fundraiser did not raise as much as it did in 2011, Orsola said that they put a lot of hard work into this event and



The Richmond and Armada football teams face off. The Rivals Against Cancer Game was a major hit for both schools. RHS ended up winning the game. (Photo courtesy of RHS Yearbook)

they were pleased with the results.

Mr. Bourdeau, Assistant Principal, said his previous school, Mr. Clemens High School, had a "Walk for the Cure a couple of times and the students participated in various fundraisers throughout the year."

Although Mr. Bourdeau's prior school engaged in multiple activities to show their support, his school never hosted rivalry cancer games much like these.

"I attended the Armada game this year, and it was fantastic. It was cool to see both schools coming together for a good cause," said Mr. Bourdeau.

At half time, event organizers encouraged cancer survivors and family members to walk the field, which was painted with pink breast cancer ribbons.

This event played another important role for Mr.

Bourdeau that made the game even more special for him, personally.

"My father passed away from cancer three years ago. So, it does put

emphasis to pay attention to this horrible disease and that we have to keep working to find a cure," said Mr.

Bourdeau.

He added that hosting this event has a positive impact not only on Armada Schools, but Richmond as well.

"I think it's good for us and it does raise cancer awareness. I think it's a positive fundraiser for our students to be a part of," said Mr. Bourdeau. "I hope our athletes view this as more of a time to wear pink,"

said Mr. Bourdeau.

Cancer is a very serious disease that affects as many as 12.7 million people worldwide each year. Mr. Bourdeau hoped that the event will help motivate students to continue working for a cure.

Jake McKiernan, senior, played in the Rivals Game last month. "It was a great opportunity to help fundraise for cancer research," said McKiernan.

"The fact that it's a rivalry game makes it even more exciting," McKiernan explained. "These rivalry games have been occurring every year for about 50 years, until 2011 when they became Rivals Against Cancer Games in support of cancer research."

McKiernan added, "All the fundraisers that people participate in really help make a difference."

As a senior, McKiernan will soon be headed off to college.

"I will miss playing with all my friends and the big game atmosphere that these games bring," said McKiernan

about the Rivalry Game, which ended with RHS keeping the jug by winning 20-7.

Not only the football players take part in these significant games, but the cheerleaders did their share too.

Sarahanne Marshall, a third year cheerleader, said that this was her third Rivalry Cancer game. "These games are such a good thing for our school because they truly do raise cancer awareness," said Marshall.

Marshall, along the other cheerleaders, did her best to pump up the

crowd every game, but for this game it was different.

During the game, Richmond cheerleaders were joined by Armada cheerleaders. Instead of cheering against each other, both teams combined and cheered together, to cheer for the fight against cancer.

Many students also came wearing their Rivals Against Cancer shirts they purchased as well as canouflage clothing articles, which symbolized the fight against cancer.

The students were not the only people who got involved. A majority of the football team wore pink socks, pink arm sleeves, and other pink equipment in support.

Even parents and bystanders wore pink.

Marshall said, "I just loved how everyone got dressed up and participated."

Marshall added, "I think cancer awareness is important because through all the fundraisers, we can learn about what our money is going to. Cancer is such a serious disease and it affects a lot of people, so we should be aware."

She said these games are played to show not only awareness, but they are for the support of cancer survivors and patients.

Volleyball also did a special tribute to cancer research, by having their annual Dig Pink Game, which was hosted at Armada this year.

Each player wore a custom-made t-shirt with a name of someone who has cancer now, is a survivor or has died from it. The girls also sported pink hair ribbons to demonstrate their support.

Before the beginning of the Varsity volleyball game, each and every name was announced in recognition.

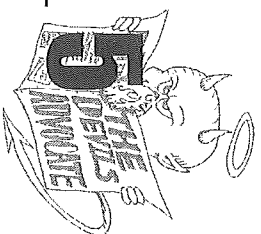
Nicole Ward, two-year varsity player and a junior, said she wore her grandma, Diane Schweiger, on the back of her shirt.

Ward said, "I feel like these games are a great way to support the awareness of cancer and recognize those close to us who have been fighting or have been stricken with this unfortunate disease."

Even though Armada came out victorious, it was a great way to show our support of cancer patients and survivors, added Ward.

She said, "My favorite part was how pumped up we got to represent these significant people."

These events unite both towns to come together to raise money for an important cause, while at the same time bringing support and confidence to the athletes representing their loved ones."



## Going the extra mile

By: Thomas Biafore  
News Co-Editor

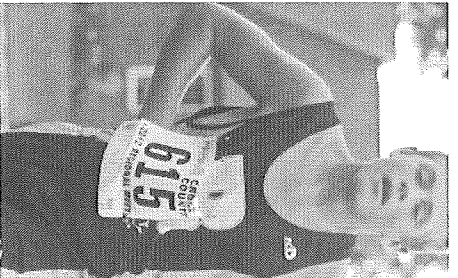
Whether it's trekking through the mud on a cold day or sweating through the sun on a hot day, the Richmond Cross Country Team has been working through it all.

The Richmond Cross Country Team has been working towards success since the start of the 2013 season. Whether the success is working for a record time, or just finishing the race, the students on this team have been working for it nonetheless.

"My goal would have to be working on bettering myself and the team," said Anna LaTorre, senior. She wants her senior year to end on a good note.

"It's weird being a senior. You kind of feel like a leader," said LaTorre, who has been on the team since her freshmen year.

"It's hard to be a leader in this sport. All you can really do is lead by



Cody Keller sprints to the finish during his meet. (Photo Courtesy of RHS Yearbook)

example and hope others follow it," said LaTorre. Most underclassmen have a good understanding of what's expected and don't seem to need directions because of the seniors on the team

because of the seniors on the team. "The best way to be a leader is to talk on experience," said Casey Malburg, senior.

Coach Brown has noted that leadership has been evident on the team.

"This is just one of those sports where you have to work hard for success. Everyone is setting a good example in this respect," said Coach Brown.

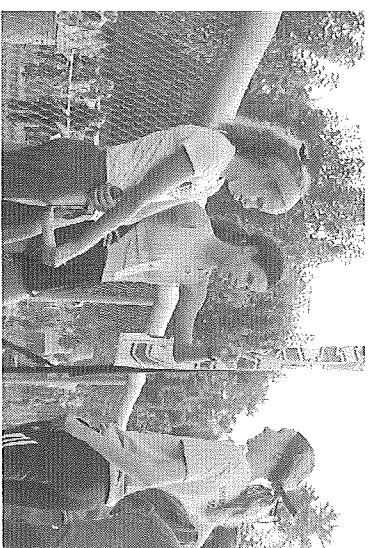
Underclassmen have also seen the importance of the senior leaders.

"I think it'll be tough losing all these great runners, but if we get new runners we should be okay," said Beau Brockett, junior. He had good feelings towards the guys team this year, a team comprised of eight runners.

"We did better than expected at the County Meet. We took second place," said Brockett, who said they were only points behind first. He felt confident towards Regional's as well because he usually gets the best times at Regionals. Brockett finished Regionals with a time of 17:15. He said he was proud of how he did there because it was a personal record for him.

The guy's team finished in fifth place in BWAC and 6th place in Regional's. The girl's team ended in 3rd place at BWAC and 8th place at Regional's. Both teams felt confident about going into Regional's.

"The competition was rough this year for both teams. Cros-Lex is always a big competitor," said Coach Brown. He was happy with the results of the team this year. Overall they did very well.



Casey Malburg coaches a younger cross country member. (Photo Courtesy of RHS Yearbook)

Regional's this year was at Algonac, which was a familiar course for the team since they ran it once before. "This was the meet that determined if you qualify for States," said Brockett.

Burg was hoping to do well at Regionals in order to make it to States. Before the meet, he said, "My goal is to get in the fifteens for time and make States." Although he did not get in the fifteens, Burg ended up qualifying for States at the meet as he ran 16:21.

Malburg also made it to States this year. She ran a 19:50. Last year being her first year, she felt like she has grown a lot since then. "My forms improved by a lot, and I've become closer to the team," said Malburg.

"I fixed my arms when I run and it's helped prevent cramps and other injuries," said Malburg. She also began to eat right before a meet and get a right amount of sleep. "I usually sleep at least eight hours before a meet so if am well rested," said Malburg.

Burg also worked hard to improve this season and work towards success. "I think that I've had a lot of time to improve myself. I realized how much running needs to go into practice to get better," said Burg.



**Senior Athletes**

### Ryan Boyd

Nickname: RB

Age: 17

Grade: 12

Sport(s): Football and Baseball

Favorite pump up song: Right Above It—Lil Wayne

Favorite food: Cheeseburgers

Favorite class: Psychology with

Mr. Rineer

Future goals: Go to college for a sport



### Callendra Kitowski

Nickname: Sasquatch

Age: 17

Grade: 12

Sport(s): Volleyball, Basketball, Tennis

Favorite pump up song: We Wont Stop – Miley Cyrus

Favorite Food: Lasagna

Favorite class: Anatomy with Mr. Schleder

Future Goals: Get a Nursing degree and raise a healthy family.

Although there have been successes for the team, there have also been some setbacks for the team. The team has been dealing with some troubling injuries throughout the season. One of the fastest girl runners on the team, Malburg, admits to rolling her ankle during practice. "It really has made running harder this year, having to work through an injury," said Malburg.

Many other members pushed through injuries as well. Whether the injuries were serious enough to prevent runners from racing, or just make the race more difficult, most of the team pushed through a fair share of struggles.

Hannah Tas, junior, had tendonitis in her right foot. "It's painful and has prevented me from doing some running," said Tas.

"I've lost my varsity spot and my times have gone down a lot," said Tas. She sat out two meets already and has been stretching and resting her injuries in hope she could run at Regionals.

This ended up proving to be of benefit as she did run at Regionals. Alyssa Temon, junior, popped her knee out of place during a meet. "It really stinks, knowing it was my fault and not being able to run as much because of it," said Temon. She has also been sitting out of practices because of this injury.

The team has suffered from these injuries. Having to not race two runners because of injuries or having their times makes a change for the worse and has really affected the team.

However, overall everyone felt confident in what they worked towards this year. "The team has been working hard this year. I can only expect good things to come," said Coach Brown.