

KAMSC's

84

STEPS

Winter Edition



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Top 10 Stress Relievers



Around this time of year, with all the holiday craziness and exams lurking in the foreseeable future, really all you want is a hot chocolate, fuzzy blanket, and a nap. The stress is certainly a lot to handle, but with these quick stress relievers, you can be on your way to a enjoying and relaxing in the winter wonderland.

1. Light a candle... Your favorite scent can really put you at ease, and studies have shown numerous fragrances have very specific advantages as well. Lavender can help with sleep, cinnamon can offer a cognitive boost, pine helps decrease anxiety, citrus keeps energy levels up, vanilla ups happiness levels, and peppermint sharpens concentration.
2. Put on your comfiest clothes... Even just comfy sock can boost your mood.
3. Paint your nails... Engaging in self-care can be one of the best ways to beat stress. Taking just a couple of minutes to indulge yourself can completely turn a day around.
4. Stretch... Allowing your mind and body to connect can lead to more productivity.
5. Play with your pet... Therapy dogs exist for a reason. Pets have been shown to lower blood pressure in multiple studies.
6. Make a list... Just organizing your thoughts makes everything seem a lot more manageable, and ticking items off the list is so satisfying!
7. Make yourself laugh... Watch a funny video, text some friends, anything that can distract you for a moment and get you laughing is a definite stress reliever.
8. Take a shower... Once again, self care is ever so important in the fight against stress. Taking care of yourself properly often gets pushed aside in the rapid movement of everyday life.
9. Play an instrument or listen to music... Music is one of the number one ways to de-stress, and making it yourself only makes it all the more enjoyable.
10. Take a nap... Honestly, everything seems harder without enough sleep. If you haven't been sleeping properly, make sure that you are because life just seems so much more manageable with a fresh, rested mind.

Technology



Zoha Aqeel

News

As 2015 is inching closer to an end, the technology world has been buzzing with the top gadgets of the year. There have been many new devices this year, but only few have been able to impress to the point of topping the charts. Here are a few of the coolest gadgets of 2015:



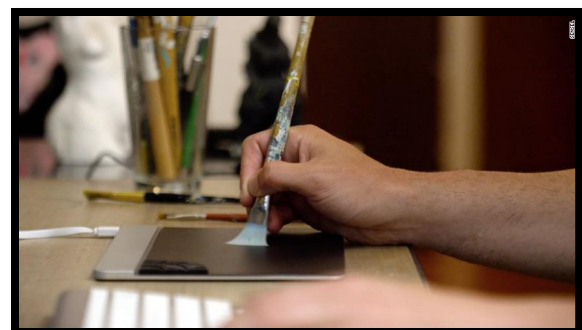
The Ricoh Theta S (\$350, shown on the left) has the ability to take up to 25 minutes of 360 degree vides with just *one tap*.

The MOCAheart (\$149, shown on the right) has also been selected as one of the most interesting gadgets of 2015, It has the ability to deliver accurate heart rate, blood oxygen, and blood flow information. It has been said to calculate a read from your finger within 25 seconds!

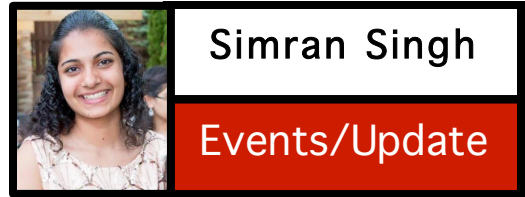


The Microsoft HoloLens, selling for \$3,000 dollars, is a pair of goggles developed by Microsoft that creates a fully high definition hologram. This hologram completely blocks out the outside world and creates an alter reality.

The Sensel Morph touchpad, selling for \$250 dollars, can transform into anything for the customer. It is like a super-sized extremely sensitive trackpad. With this, one can draw, write, drag a cursor, or manipulate objects on the screen with their hand. The coolest feature of this device is that it can turn into any “object” desired. It can become a keyboard, drawing tablet, piano, video game controller, or drum pad.



Happenings Around Kalamazoo



- November 28 - December 24, Gift Workshop, Kalamazoo Mall
- December 1 – December 31, Post It Note Art Show, Kalamazoo Public Library
- December 10, Millennium Park Ice Rink Opens, Romence Road, Portage
- December 19, Holiday Indoor Flea Market, Kalamazoo Expo Center
- December 21, Jewelry Making, Oshtemo Branch Library
- December 22, Gift Making Workshop, Central Branch
- December 31, New Year’s Fest, Bronson Park
- January 2, Cool Chemistry Family Fun Day, Air Zoo
- January 3, Paint the Ice, Wings Event Center
- January 15, Friday Teen Night, Kalamazoo Institute of Arts
- January 30, Winter Snow Party, Oakland Drive Park



Student Senate News

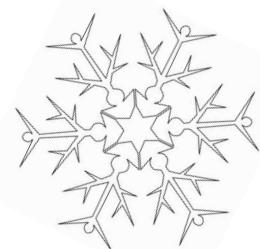
Congratulations to the 9th grade class for winning Spirit Week! Maybe before the next spirit week, they could give some spirit tips to their older, fellow KAMSC Students! Coming into December, Student Senate has been working to make signs for the food drive that takes place during the last school week of December; the donations collected in the food drive will be donated to Kalamazoo’s Loaves and Fishes.

After successfully completing their mid year examinations, Student Senate members will begin planning the next KAMSC Dance. Once again, the theme will be voted and song request lists will be available to everyone.

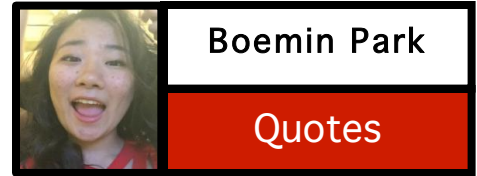


Upcoming Events:

- December 14 - 18 ~ Food/Can Drive
- February 20 ~ KAMSC Winter Formal
- March 11/12 ~ Annual Sci-Fi Film Fest



Funny Quotes



- "I tried looking up my research topic and it doesn't even have a Wikipedia page! What do I do?" -Robert Kalnins, PN First Year



- "Jello is like eating a football-sized loogie." -Mr. Sinclair in Physics
- "Can I get partial credit for late college apps?" -Tony Kayany, PC Senior
- "Everyone: 'Your college essays need a good hook.' Me: 'I'm not an applicant, I'm an appli-CAN.'" -Sami Ahmad, PN Senior

- "I never believed in Santa because logically, he was just too fat to fit down my chimney." -Natasha Goenawan, KC Senior
- "I used to just turn my fireplace on and be like 'Haha, whatcha gonna do now, Santa?'" -Liya Jin, PC Sophomore

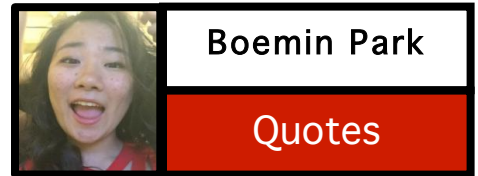


- "Finishing my research paper freshmen year is when I peaked." -Shivy Gautum, PC Senior
- "Nothing good can come from this game. Either OSU wins or my physics grade gets trashed and I don't know what's worse." -Vaughn Rae Taylor, LN Junior



- "I don't know why crocs are on this hate list, I thoroughly love crocs and I'm being a 100% serious." -Maggie Benjamin, HC Senior

Funny Quotes

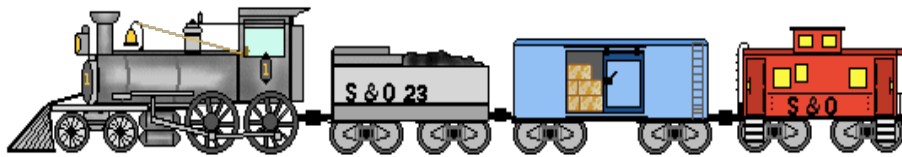


- "I don't think having one hour less of school makes up for the five hours of pain we have to go through after school doing homework and stuff." - Carter Briggs, PN First Year

- "My karate teacher taught me that if you work hard in life, you can achieve anything. And if anyone stands in your way, just sweep their feet out from under them." -Quincy Bullmer, PN Senior

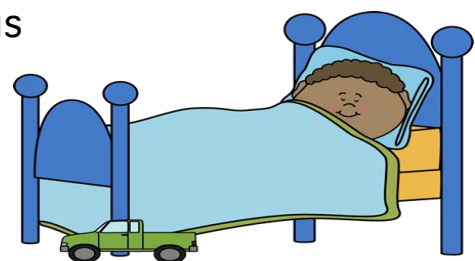


- "Senioritis is hitting me harder than the train hit Anna Karenina." - Benjamin Beach, PN Senior



- "All you singularities, all you singularities, all you singularities, put your hands up!" -Jake Heasley, LN Senior (in tune w/ Beyonce's "Single Ladies")
- "There is no love, only biology!" -Grace Beverage, PC Senior
- "I accidentally spilled sulfuric acid on my lab partner today." -Amirah Bin-Mahfouz, KC Junior
- "Jesus..." "Jesus can't help you with this derivative. Calculus wasn't even invented then! You'd have to call upon a much more recent deity." -Rachel Torres, PN Senior, and Mr. Milka in AP Calculus

- "All I want for Christmas is sleep."
-Alexa Vanderhoff, PN Senior



Top 10 Things to do Over Winter Break



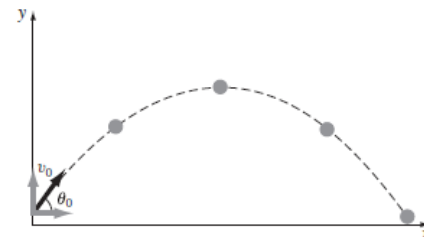
Ben Behrens

Top 10

Two weeks without classes, homework, or an early wake up! What on Earth are you going to do with all this new free time? I'm sure everyone has some ideas already, but just in case here is a list of the top 10 things KAMSC kids will be doing during their winter break.

1. Do something fun and creative! 🎵 Do you want to build a snowman? 🎵 I'm sure that some people are looking forward to doing just that! And no amount of snowfall will stop them.

2. Have a snowball fight! Even though we aren't allowed to have snowball fights at KAMSC, nothing can stop us during winter break. Text some of your closest KAMSC friends to help you calculate the trajectory of the snowballs!



3. Get away from the soon to be frozen wasteland that we call Michigan and go to a place much warmer and more tropical.

4. Study for your upcoming exams... or procrastinate. We still have after winter break for that, right?

5. Spend time with friends and family. Now that we get a break from homework filled days, it will be much easier to find time to spend with friends & family.

6. Start that new show one show on Netflix that your best friend has been bugging you to watch. Then, try to finish that same show before winter break ends. Of course, you can't let that show take away any of your precious homework time when school starts again.

7. For the seniors reading this list, nervously wait for your college decisions. Let's hope everyone gets in where they want!

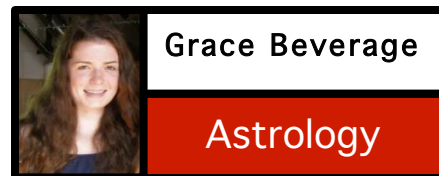
8. GO SEE STAR WARS: THE FORCE AWAKENS!!! Mr. Sinclair can't be the only die-hard Star Wars fan out there!

9. Spend the last weekend of break hoping that we have a snow day the first day back...and the second day... or perhaps maybe just that whole week?




10. Lastly, drive safe. We all know that the majority of KAMSC kids aren't known for their stellar driving, so make sure to be extra careful in the snow.



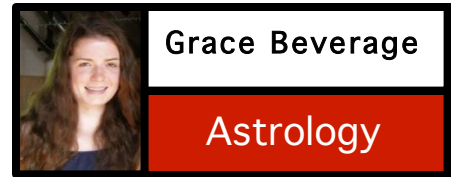
Horrorscopes



Close your eyes. No, not yet. Close your eyes when you're done reading. Alright... What you need to do is spin this paper, wave your hand around, and let your finger fall on the horrorscope that your senses tell you is best. Best of luck, now close your eyes.

<p>1) The odds of you randomly picking what is best for you are slim, you must make decisions based on evidence and reasoning alone.</p>	<p>2) Sometimes it may feel that your best is not good enough. This is partially true – no one wants to hear you give your best at an Adele song, you're tone deaf and we all know it.</p>	<p>3) You will have much to do in the future, try to organize your past in preparation. (i.e. homework, you're going to have a lot)</p>
<p>4) You may consider yourself a born leader, but others think you are pushy. Six of one half a dozen of the other. No one has ever wrongfully "pushed" there way in charge before, right?</p>	<p>5) Every situation will eventually pass, it is up to you to wait it through or make a change. I'd recommend the waiting part, much easier.</p>	<p>6) You will soon come to make a 1/13 bet. (Well actually 1/12 based on area but still 13 options.)</p> 
<p>7) You will lose a gift, and your guilt will seem never ending.</p> 	<p>8) Your ability to laugh in the face of adversity will be critical in the coming month. Actually, if you're able to laugh in the face of what's about to happen to you then you might want to tone down your humor.</p>	<p>9) Music is a huge part of your life. You find it very calming and soul-inspiring. When the time comes, do not try to fight an appreciation of new styles, but instead embrace your newfound love of Justin Bieber.</p>
<p>10) As the stress of every day life ebbs and flows, your ability to control how you feel and act will be eaten away. Therefore, settle as best you can into a mindset of positivity, and hope that is what shines through when the last of your sanity is gone.</p>	<p>11) You will make a tremendous improvement in your life and follow the @dog_rates twitter account.</p> 	<p>12) Some may see the glass half empty, but you know that glasses can spill what contents they do have. You will use a lid.</p> <p>13) You may feel half as likely to succeed as your peers, but you should try to overcome the odds.</p>

Horrorscopes



Alright. Of course, each month's horrorscopes is very carefully astrologically considered, and the only horrorscope that is true for you is that which falls on your day of birth. If you are in tune with the universe, have built up good karma and the stars align, you were guided to chose the right horrorscope. If you did not pick the right horrorscope, you will have 5 years of bad fortune.

1) Aries: March 21.5nd - April 19th

2) Taurus: April 20th - April 21st

3) Leones: April 22nd -April 23th

4) Gemi: May 4th - June 20th

5) Cancer: June 21st - July

6) Leo: July 9 & ³/₄ - August 22nd

7) Virgo: August 23 - September 22

8) Librarian: September 3.14th - October 3.14159th

9) Scorpia: October 23 - November 21

10) SATrigorius: November 22 - December 21

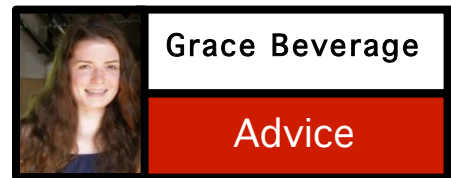
11) Aquarium: December 22 - January 19

12) Aquarius: January 20 - February 30th

13) Misfits: February 31st - March 32nd



Dear Grace...



We all know getting through the school year can be tough, and that some dilemmas need a second opinion. Submit any of your questions, qualms or queries to 'Ask Grace' at kamsc84steps@yahoo.com for anonymous & amateur advice. Questions are also accepted in the form of sealed letters quietly slid across tables, no questions asked.

Dear Grace,

I hate the holidays. Actually, I love the holidays. I get to stay home from school, sleep in, eat too much and tear up some bright n' shiny wrapping paper, but I HATE having to get gifts for other people. It's not that I find shopping for other people particularly hard, I can always tell what other people want. I just hate the idea of buying other people gifts before I know what they got me. What if I bought them a better gift than they did for me? That would be a waste. This whole blind trading idea makes me sick. How do I get out of buying presents for other people while ensuring they still buy something for me? Your advice is appreciated.

Sincerely,
Grinchy Giver



Dear Grinchy Giver,

It seems like you're the Christmas cliché of someone who needs to learn to appreciate "the true meaning of the holidays". But if I'm being honest, if even Hallmark has not taught you your lesson about giving versus receiving by now, you are more or less a lost cause. Sure, getting gifts is fun, but the true gift of this commercialized season is learning who among is a deep-set scrooge so we can avoid them for the rest of the year.

Sincerely,
Grace



Dear Grace,

I'm having a personal dilemma. While the KAMSC Senior class's mentor tea was both classy and heartwarming, the resulting photos were a little bit...rough. It's certainly not the photographer's fault, he took a truly precious photo of my mentor and me before the speeches, but the "candid" shots made me question how anyone can stand to watch me live my day-to-day life. I look agonizingly apathetic, and it's making me question if I always give off an air of disinterest or even angry. My friends say their photos are equally bad, but I feel haunted by the strength of my resting rage face.



Sincerely,
Phased by Photography

Dear Nearly Phased by Photography,

I also suffer from very severe RRF (resting rage face). When people first meet me, unaware of my affliction, they assume that I am angry and I dislike them. This is clearly problematic, and it took a number of years for me to figure out that I really have to put on a smile when I meet people because the natural state of my facial expression is less than inviting. What you need to know when you have a confirmed case of RRF is that candid photos are deceiving. Yes, you look slightly unhappy, but due to the flipped symmetry of photography compared to mirrors (you are used to seeing your reflection, which is the reverse image of a photo) you may also be perceiving a change in the geometry of your face which while unpleasing to you, is normal for everyone else. Secondly, and much more importantly, RRF can be a blessing in disguise. With a blank expression you can keep small talk at bay, zero effort expended. Play this card wisely.

Sincerely,
Grace



Dear Grace,

I'm very tired of talking about myself, so please excuse me while I change perspective to third person...

Joe has been writing college apps for five months. He is beyond tired of scraping every corner of his mind for ideas, taking the time to write those ideas into vocabulary packed paragraphs, and then having his writing edited past the point of recognition. This process can take an hour per a 100-word supplemental essay, and by Joe's calculations he has written upwards of 12,000 words. Of course, this is only 120 hours of writing total, but the hours of apprehension know no bounds. Joe is already feeling burnt out and strongly judged, but to his dismay another round of equally unpromising essays need to be written to apply for scholarships. What do you think Joe should do to retain his sanity?

Sincerely,
College Crazy



Dear College Crazy,

I think you are...umm...I think Joe is in a very relatable place right now. App season was long for all of us, and Joe probably needs some time off to relax before he jumps back into the swing of things. I'd highly recommend that Joe ask his recommenders for scholarship letters now, but put off his writing until the later half of winter break, for the sake of his sanity. Wherever applicable, recycle old essays for new prompts, and if inspiration truly runs dry, write out some more first person angst in third person narratives until you...I mean Joe...rediscovers the writer's essential sense of self.



Sincerely,
Grace

Sports Corner



The Warriors: Changing the NBA for the Better

Basketball season has finally arrived, and the NBA is already a quarter of the way through. Although the regular season of the NBA is normally monotonous; however, this year is different due to the Golden State Warriors. Only a few years ago, this team was horrific, and fans would never come to watch their games. This season, every night, they play in front of a sold out crowd because this team is writing new history for the sport and changing the game for the better.

Many people credit the Warrior's success to Stephen Curry and his outstanding play, but that is only a small piece to the puzzle of their early run. The cohesiveness of this team is the true star, not just Curry. The Warriors are destroying teams because they play unselfishly, developing a new type of game in the NBA that the league desperately needs. In the past two decades, the league has leaned towards a star-oriented type of game, where teams would lean heavily on their best players. The Warriors could do that, but instead every player is bought into their role and they play together. When watching the Warriors, you can see the difference in their game compared to other teams as every player makes smart decisions with the ball, making the extra pass to get the best shot possible. Currently, the Warriors are on a historic pace to make threes and that is in large part from players passing up taking good shots for great shots. Many times, players are open, but they don't settle for their shots because they are unselfish. To further display this unselfishness, players on the Warriors have bought into their roles. For instance, Andre Iguodala and Andrew Bogut have both been starters in the league for quite some time, but on the Warriors they come off the bench in many games. Instead of complaining or demanding trades to other teams, the two have bought into the system and have flourished in their roles. The team is so fun to watch because they play the game together changing basketball for the better by showing teams the greater efficiency resulting from team basketball in comparison to relying on one or two players.



From a basketball standpoint, the Warriors are a phenomenal team; however, plenty more can be learned from the team. Their success stems from the unity of their players and watching them has shown viewers the importance of working together. From the Warriors, it is easy to see that buying into your role and working together optimizes efficiency, leading to success.

Top Pop Songs of 2015



Maggie Benjamin

Review

- **Sorry~Justin Bieber**
I'm not going to lie. I've never really liked Justin Bieber and I'm sort of jumping on the "Belieber" bandwagon now. Almost every song on his new album, *Purpose* is awesome. My two personal favorites are Love Yourself and Sorry. If you haven't listened to the album yet, I highly recommend it!
- **Same Old Love~Selena Gomez**
I love this song! I don't know what it is, but something about it is just so catchy. I always loved Selena on Disney's *Wizards of Waverly Place*, but this song just brought the love to a whole new level.
- **Wildest Dreams~T Swift**
I know this song is kind of old, but how could I NOT put it in here? I know many people dislike Taylor, but personally, I'm a huge fan. This was my favorite song on her *1989* album and I'm always happy when I hear it come on the radio.
- **Hello~Adele**
Well, Adele's back! After a few years of no song releases while she was raising her young child she finally released her long awaited album, *25*. Hello is the hit single she released a few weeks before the album release and I don't think it could have been even more of a hit. Everywhere I look, there seem to be vines, parodies, and Saturday Night Live skits from this song!
- **Hotline Bling~Drake**
This song was somewhat fun at first, but to be honest, I am getting quite sick of hearing it almost every other song in the radio stations. It's been a bit overplayed for my liking.
- **On My Mind~Ellie Goulding**
I love this song! I love this song! I love this song!!! If you couldn't tell, I really like this song. TBH, I can't think of one Ellie Goulding song I haven't liked though.



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Acknowledgements

- ◆ Thanks to our faculty advisor, Mr. Sinclair.
- ◆ Thanks to Dr. Tanoff for his support.

