

THE GENERATOR

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HENRY FORD II HIGH SCHOOL
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**RECOGNIZE.
REPORT.
PREVENT.**

NATIONAL TEEN DATING ABUSE HELPLINE

866-331-9474
866-331-8453 TTY
If you prefer to text, send "loveis" to 22522
If you are in immediate danger, call 911

photo by Elizia Lala

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STAY CONNECTED



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HENRY FORD II NEWS BITES

Boys Volleyball | This spring, the school will have its first boys volleyball team. Coach Lola Hess will be coaching the team this year, tryouts on March 11.

HF2 and Utica Girls Lacrosse | Students can scan the QR code hung throughout the school to join Girls Lacrosse this spring, partnering with Utica. No experience is needed, and everyone is welcome.

Wildlife Preservation Club | The Wildlife Preservation Club is a new club that's been formed at the school. The Remind and Instagram is @HF2WPC.

Global Medical Squads | The Global Medical Brigades is an international movement of medical professionals and students cooperating with local communities to help build sustainable health systems. Their fundraising goals are \$2,885 by Feb. 12 and later \$8,680 before June.

HOSA Mental Awareness | HOSA's goal is to raise awareness, offer support, and make a change in the community to let others know they're not alone. Students can scan the QR codes hung throughout the school to learn more and find ways to make a difference.

"The Generator" is the monthly publication produced by the Journalism and Newspaper classes. It has always stood as a designated public forum of student expression. Our goal is to inform students, parents and teachers on important news happening at school and in the community.

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COMPETITION FUELS FUTURE LEADERS

Annual conference brought students statewide for competitive business events

■ by Evan Schroeder
The buzz of conversation filled the convention center as students in sharp business attire and hurried between competition rooms while hundreds of students gathered for the annual DECA States.



photos by Jennifer Milke

The DECA State Conference is an annual event that gives members of the school's DECA chapter the opportunity to put their real-world business skills to the test. Through competitive events and leadership activities, students represent their chapter while gaining hands-on experience that prepares them for future careers in business and related fields.

"Students get the opportunity to connect to students and professionals around the state" DECA Advisor Jennifer Milke said. "They start at the beginning of the year, and they have pretty much all year to prepare to do well and succeed."

While advisors focus on preparation and leadership behind the scenes, students exper-

ience the impact of DECA States firsthand.

"I'm preparing for competition by practicing my presentation and speech," senior Alex Biga said. "It feels inspiring that I'm going against competition around the world. Success would be me making it to internationals."

That drive isn't unique to him; it's also shown in other students with different projects to prove that they belong with the best in the competition and prove to themselves that they're able to compete and win.

"What keeps me motivated is wanting to go to Atlanta with my friends and be able to enjoy the time with them like in Detroit" senior Andru Costas said. "We go over

what we need to know like our script and go over what we're planning on saying to the judges."

With competitions completed and awards presented, the DECA State Conference highlighted how hands-on learning continues to prepare students for real-world business careers.

CLASS, NOT CALLS

Classrooms are now to be phone-free, with a passed bill restricting them

■ by Olivia Brylkowski
The buzzes, the scrolls, and the notifications for students have been cut off by Michigan, deciding students need their eyes on the lesson, not the screen.

In Jan. 2026, a bill restricting smartphone usage from students in classrooms was approved by the Michigan House in a 99-10 vote and should take effect for the 2026-2027 school year in public school districts and public charter schools once Governor Gretchen Whitmer signs it.

According to "Michigan Senate" by Ben Solis, Chair of the Senate Education Committee Dayna Polehanki said, "As a former teacher, I know firsthand how much student cell phone use impedes the ability to focus and learn in the classroom. A win that will not only make a positive difference in our classrooms but also show the people of Michigan that despite our political differences, we can come together and deliver bipartisan solutions to the problems facing our state."

Once again, House Bill 4141 was brought to a vote in the Michigan House, and this time it passed with a majority vote, indicating that lawmakers recognize that constant cellphone use negatively impacts student learning. By restricting cellphone use only during class time, legislation aims to reduce distractions which allows students to participate more, retain information better, and grow academically overall. While the bill limits smartphone use during class periods, it still allows students to carry a 'basic' phone that makes calls or sends texts during instructional time in case of emergencies but

cannot access distracting apps like TikTok or Snapchat.

"One of the problems that I have with it is, schools already have policies in place, and they're just not enforcing them," English Teacher Mark Julien said. "When it has force of law, are teachers going to be held more accountable in a legal sense? If students continue to resist, or obfuscate, or fight when it comes to the existing cell phone policies, are our school boards, or school districts, going to then hold teachers accountable when students do not abide by the rules? Are we going to issue students tickets when they don't adhere to the district policy?"

Although becoming a state law, as of now, the bill still offers flexibility to schools by allowing them to go under its requirements. This essentially means that schools are not required to enforce it nor will there be any penalties to districts that choose not to follow the restrictions. They decide how to enforce it, such as where phones are kept, and what consequences, if any, apply to violations. At the same time, if schools wish to enforce a stricter policy, they are free to do so and won't face any sort of penalties.

"Phones can be distracting, but what if we are bored and there isn't anything going on, or we are waiting for the teacher to talk?" junior Logan Navaroli said. "What else are we supposed to do? If there's some kind of emergency, I want to be able to contact my parents to let them know if I'm okay or not. If I have to evacuate the school, I don't want to leave my phone there."

With phones put away, heads up, and brains on the focus, learning may shift to a new era of teaching.



photo submitted After winning the Pistons Classic competition, the Varsity Dance Team competed their pom dance at the Pistons Game during halftime.

FROM PRACTICE TO NATIONALS

Stevenson Ford United Dance Team heads to Dance Team Union Nationals

■ by Adalyn Berden
After months of practices, the Varsity Dance Team prepares to take the stage at DTU Nationals.

The dance team will travel to Florida Feb. 6-8, where they will compete against teams from all over the country.

"To prepare for Nationals, we practice five days a week for at least two or three hours each," sophomore Reagan DeCoster said. "We have regional competitions we go to before Nationals, and we perform our dances there. We also have a nationals sendoff the weekend before we leave, and we get gifts from the coaches with it."

In order to compete at Nationals, the varsity dance team must prepare by working on their technique, cleaning their dances, and conditioning. Long practices help ensure their routines are ready for their competitions which allow them to get feedback from judges.

es. While training as a team is important, so is preparing individually.

"I prepare myself by practicing in my free time to make sure I'm confident in my dances," sophomore Gemma Judnick said. "I try to eat well and stay hydrated before leaving for Florida. It's also a big mental challenge, so I try to stay confident and reassure myself."

Dancers practice on their own to know their dances and feel confident for their competitions and Nationals. Practicing as a team helps as well to ensure the team is ready.

"We start preparing for nationals at the beginning of the season," sophomore Samantha Goodin said. "We start really focusing on it after football season ends; it takes a lot of effort but it's all worth it."

Representing the school, the Varsity Dance Team will show off their routines for the last time after months of long practices.



Senior Kyle Massimila and Dillon Pham, Photo by Melissa Mulka



senior Bella Allen photo by Taylor Denz



senior Jamie Thomas photo by Angelina Mihko

ONE FINAL GO

Seniors recap on the past years as they finish up on their final season

■ by Sophia Mulka
As the final whistle goes off, seniors who have put their time and effort into their sport are coming to terms with goodbye.

The class of 2026 athletes are entering their final season.

"I've come full circle," senior Mya Sebastian said. "I've enjoyed my time doing sports and love being active, but after four years of trying my best and achieving goals of mine, I'm ready to conclude my sports journey. I am so happy that I was able to make so many amazing memories with new people that I can now consider my family."

Sebastian was not the only senior who had much to say about her high school athletic career. Spending up to four years with people can lead to a family built from the love of the sport as well as great friendships.

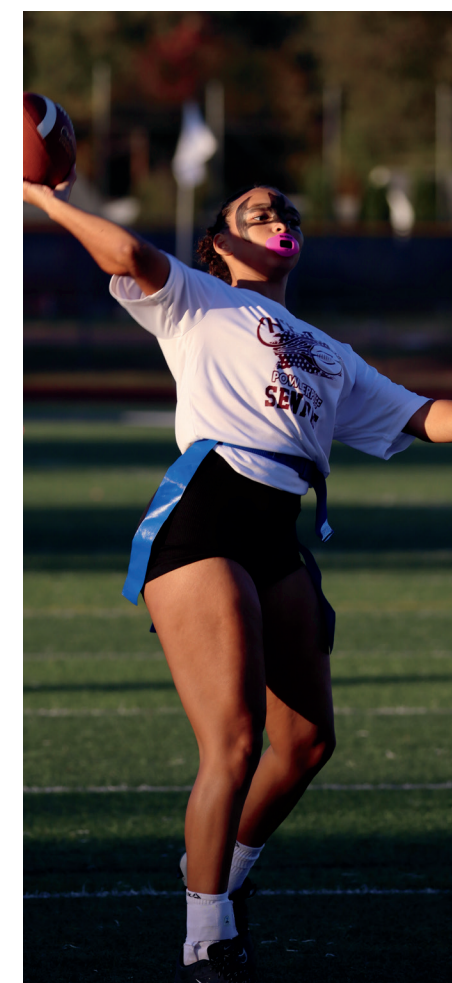
"The past year, I've been feeling pretty nostalgic but grateful for all the relationships and memories that I've experienced on the team," senior Emma Miller said. "Moving forward, I hope to continue to build the connections I've made and to stay in touch with most of our time on the team."

Meeting new people and making connections is a big part of people's journey. Succeeding is an important factor as well.

"It was a great season of personal success and team championship winning," senior Luke Mulka said. "I will miss this team greatly, but the memories that I made on the team will stay with me forever. I'm trying to enjoy the last few moments I have."

The finish line is near as each athlete participates in their final meets and games of the season.

THE FIRST SNAP



Senior Sabre Williams participating in powderpuff football game photo by Alexis Alfonsi

The first year of Girls Flag Football is happening this spring

■ by Maggie Castillo
For years, football was something girls watched from the stands. This season, they're stepping onto the field themselves.

Starting April 20, the school is creating a girls flag football team. The season will last four weeks and will end in May.

"I thought it would be a great opportunity for females to have another sport to play," Organizer Brian Hug said. "Hopefully, in a few years, it will be a varsity sport, and the groundwork will already be laid for it."

The tryouts are at the end of March, and the season will last around four weeks from April to May. There is one game a week with the final one at Ford Field.

"I see how much the girls like powder-

puff," Coach Jamie Davis said. "I think it is a good opportunity. I am also super excited to see the girls play at Ford Field."

Coaching the team is Jamie Davis and Mackenzie Anderson. This is their first year coaching flag football together. So far, there are twenty seven girls signed up to play this season, and they will play against schools like Bloomfield Hills, Eishower, and Chippewa Valley.

"I always liked to play flag football when I was a kid," senior Sabre Williams said. "I am excited to have the opportunity to pursue it as a sport."

No longer limited to the stands, girls are now writing their own football story on the football field.

FINDING THEIR STRIDE

■ by Dara Razoky
With the days getting longer and the season approaching, the school track program is making changes. New coaches have been appointed for the track and field team, aiming to bring experience and fresh strategies to the program.

With spring season approaching, the school brings Brian Hug as a new coach to help guide the sprint team in track and field.

"I hope Mr. Hug focuses on improving us more individually and building a team bond," sophomore Naliyah Reeves said. "I do the 400m dash and the 200m dash. I feel really confident going into this season."

While experienced sprinters like Reeves are focused on individual improvement, distance runners are emphasizing teamwork

New leadership awaits athletes for the upcoming season

and the long training miles that come with their events.

"This season, I want to see more teamwork being brought in," freshmen Avery Bell said. "I train for long distances by doing 4-5 miles with my team. I'm trying to improve my PR mile time compared to last year."

With new runners like Bell joining the squad, they are focused on team bonds especially for runners who spend long hours training together during distance practices.

"Flexible coaching is what works best for me," senior Dean Gallucci said. "I think the best way for the coaches to connect

with students is by being more down to earth and not yelling at the kids, kind of like building a team bond."

Athletes are looking forward to the guidance and fresh energy the new coaches are expected to bring to the program.



2025 Track file photo

BENEATH THE SURFACE

Q&A: HEALTHY VS. UNHEALTHY RELATIONSHIPS

WHAT MAKES A RELATIONSHIP HEALTHY OR UNHEALTHY?

by Kenia Ortiz
HEALTHY RELATIONSHIPS:

What feels like emotional overstepping to you?
“Emotional overstepping can look different for each person,” Education and Policy Advocate for Turning Point Miranda Mizla said. “Anytime someone crosses your personal boundaries, it can be considered overstepping. Sometimes a person may not know they have overstepped. It’s important to let them know and for partners to make each other aware of personal boundaries.”

What is your opinion on personal space and alone time? Do you believe it is important in a relationship?

“Yes, I believe it is very important,” Health Teacher Amy Junga said. “Everyone needs some alone time to process things that may have happened to them, or they may just need a break from life. It’s also okay to have personal space; it is healthy for both partners.”

How do you feel about arguments in public or online?

“Arguments in these spaces make communication difficult, and if you cannot communicate through an argument, then only more harm can come as a result,” Mizla said. “Disagreements between people in a relationship should be addressed between those involved so that everyone can freely and openly share their feelings, hopefully leading to a solution everyone is comfortable with. Having these conversations in public may limit what people are comfortable with sharing or make people more on-edge.”

UNHEALTHY RELATIONSHIPS:

Do you believe jealousy is a sign of love, or do you believe it’s a red flag?

“Jealousy can be a red flag,” Mizla said. “Jealousy comes from a place of insecurity and lack of trust which can put substantial strain on a relationship. Love comes from a place of trust and respect which jealousy is counter to. If you find yourself feeling jealous, it is important to have a calm and genuine conversation with your partner, but be knowledgeable that you cannot prevent them from talking to whoever they want to.”

Do you expect access to your partner’s phone, location, or passwords? Do you believe people should give personal information to their partners?

“You should not expect access to your partner’s phone, location, or passwords, or believe people should feel obligated to give personal information to their partners,” Mizla said. “It is important in a healthy relationship to maintain personal space and that includes the digital world. Having trust in your partner and giving space for them to have their own life is incredibly important. No one should feel pressured to share information that they are not comfortable with sharing.”



photo by Angel Lane

JUSTICE FOR BOTH SIDES

Both genders are affected by teen dating violence

by Angel Lane
Both sides of a relationship can be affected by dating violence.

Boys and girls often struggle finding relationships that feel safe, respectful, and supportive. Instead, they may find themselves in stressful or mentally draining relationships.

“Signs of dating violence is when your boyfriend is being aggressive, peer pressuring you into doing things you don’t want to, and not taking no for an answer,” freshman Jaela Bowman said. “I’ve also experienced this first hand, and I feel that all we can do is support them and when they are ready to leave that person, they will be ready.”

Dating violence can be hard to notice at first, especially when one feels attached to the person. Many people stay in unhealthy relationships

because they care about the person or hope things will change.

“I have been in a relationship where dating violence happened,” freshman Rhyanna Holmes said. “I felt attached to that person, and there were many signs like lack of communication and lying.”

Even though some people feel stuck in unhealthy relationships, others know what they would do if dating violence happened to them and believe it is important to leave when things become unsafe.

“If he were in that situation, he would break up with her,” senior Kaiden Orzecowski said. “All of my relationships have been pretty healthy overall.”

Both girls and boys should be able to like someone without stressing over the little things or feeling like they are stuck.



photo by Elizia Lala

Counselor discusses what resources are available and what the school can do to raise awareness for teen dating violence

by Elizia Lala

Educate, promote, assist. With cooperation, victims of dating abuse can feel more supported by being aware of their resources and who they can go to for help.

As a school, there are steps students and staff can take to build more awareness on teen dating violence. Students that are victims of abuse in relationships may feel that they are alone or stuck, therefore having them understand that there are ways to ask for help reaffirms them that they do not have to deal with it alone. Counselor Bettye Kittle discusses what the school can do to make students feel more supported and what counselors themselves give to students as resources.

“Awareness of dating abuse or physical abuse is important,” Kittle said. “In order to even be aware of it, there has to be some type of monthly awareness that we have, or there should be posters around, specifically in the bathroom stalls like they have at medical facilities and hospitals. They have, ‘Are you a victim of domestic violence or spousal abuse or relationship abuse?’ They have information on the back of the stall, and it gives information about how you can get help anonymously. I think that’s important, just having that awareness.”

The three main types of teen dating abuse are emotional, mental, and physical. Having the awareness of what all three mean can help both victims know what they’re going through and other students who may want to help a friend out if they’re in an abusive relationship. To help out a victim, a notice is usually sent to counselors that informs them a student needs assistance, known as a referral.

“A lot of times when friends, or even teachers, see a relationship they don’t feel as a good relationship, they will get a

TAKING ACTION

referral for a student,” Kittle said. “When that student comes down, we have a conversation about the relationship. Counselors try not to give advice, we try to get information a lot of times from a counseling perspective. People know when things don’t necessarily feel right.”

Having awareness throughout the school makes students more knowledgeable about teen dating violence, which then encourages victims to get help from a counselor. Making informative posters about each type of dating violence/where to find help is something that not just staff but students can participate in to help raise awareness. Then, after that awareness is promoted by students, it’s in the counselors hands to inform and help victims with many resources that are available beyond the school.

“When I have a conversation with people, I will pull up what’s called the power and control wheel,” Kittle said. “We’ll look at that visual to talk about ‘What does your relationship look like? What is a healthy relationship versus a non-healthy relationship?’ Then, we have resources for turning points or the domestic violence hotlines, or just having resources available on our website or where students can come. If they feel like they want to have more specific counseling, we can give referrals to a specific outside counselor, or we have the Adolescent Outreach Program here or the My Best counseling through Macomb County ISD. We have support where if they need more in-depth help, we can provide that for them.”

With insight from a counselor, the school can cooperate to make victims feel supported and knowledgeable about their resources.

KNOWLEDGE IS POWER

Teen Dating Violence Overview

by Daniil Leybin
According to “Teen Dating Violence,” approximately 10% of all teenagers aging from 12-18 are affected by intimate partner violence or intimate relationship violence. This statistic highlights how common dating violence is among teens and shows that it is a VERY serious issue that affects young people at a early age. These numbers emphasize the importance of education, awareness, and early intervention to help prevent unhealthy relationships.

How to Help Someone Who is Experiencing Dating Violence

Helping someone like a friend who is going through dating violence should start with being supportive and nonjudgmental. If you notice warning signs or your friend starts to open up to you, be sure to listen carefully and take your feelings seriously. Do not feel like blaming them or pressuring them to make a decision. Let them know it is not their fault.

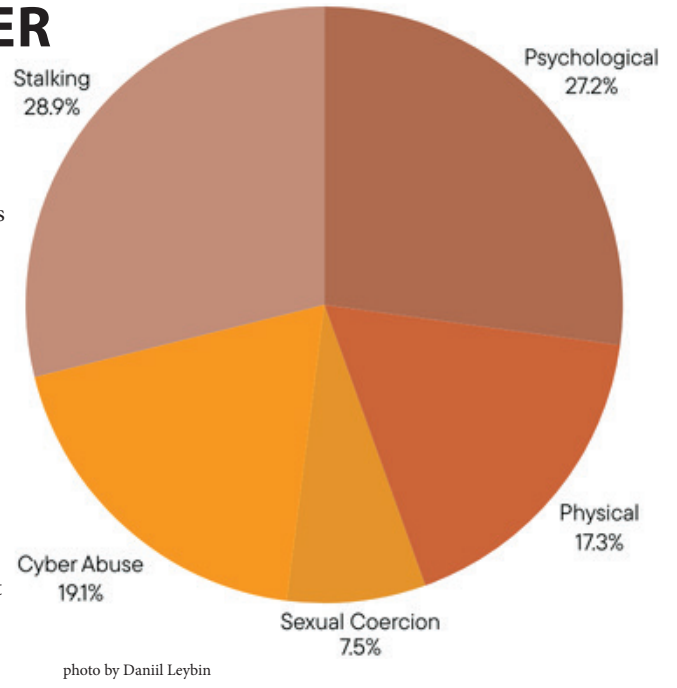
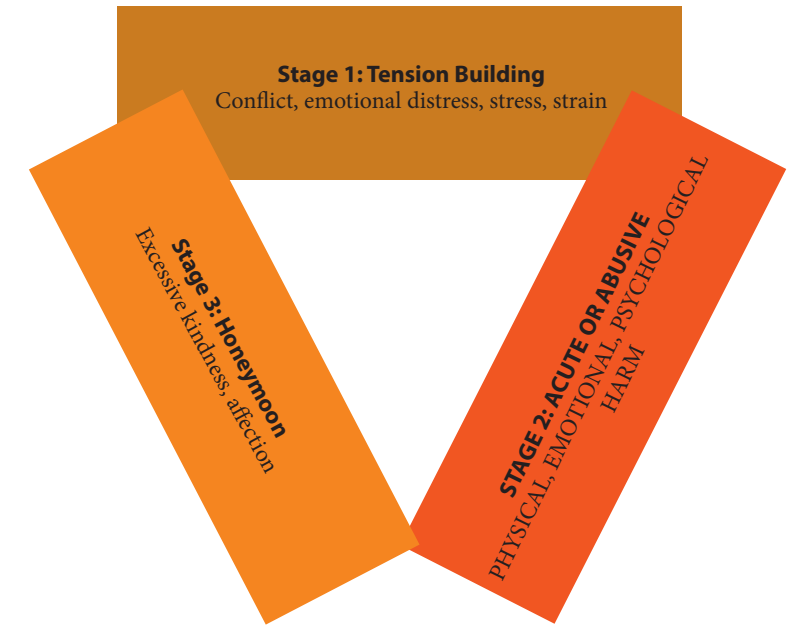


photo by Daniil Leybin

Percentages from the “National Institute of Justice”

CYCLES OF ABUSE

by Elizia Lala



Stage 1: Tension Building
Conflict, emotional distress, stress, strain

Stage 3: Honeymoon
Excessive kindness, affection

STAGE 2: ACUTE OR ABUSIVE HARM
PHYSICAL, EMOTIONAL, PSYCHOLOGICAL

WUTHERING HEIGHTS VALENTINE'S DAY

Emily Brontë's famous novel, "Wuthering Heights" has been adapted to the big screen

by Luciana Gjakaj
People file into their seats and wait enthusiastically for "Wuthering Heights" to begin. As the glow of the screen fills the theatre, viewers turn off their phones and watch the passionate romance unfold.

"Wuthering Heights" will release in theaters on Feb. 13, starring Margot Robbie as Catherine Earnshaw and Jacob Elordi as Heathcliff, among other big names. It is based on Emily Brontë's novel by the same name and will be a passionate, steamy retelling of the

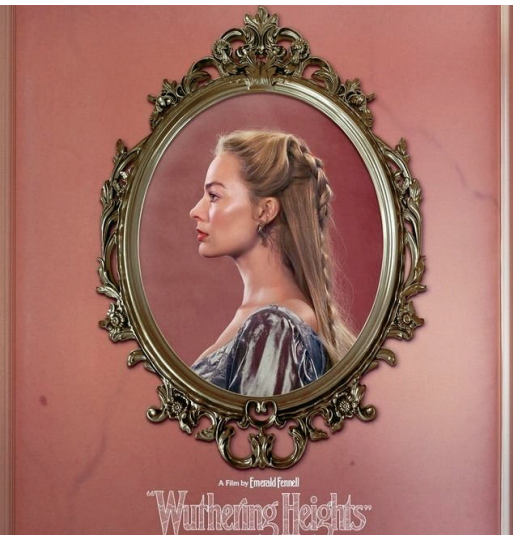


photo by Creative Commons

The film is attracting both new audiences and fans of the classic.

"I have read the novel," freshman Leaa Hang said, "I love book to movie adaptations but I dislike the casting in this one. I think that they're all inaccurate to the book."

The casting for this film is being heavily criticized online due to inaccuracies with the novel. Particularly Margot Robbie

as Catherine and Jacob Elordi as Heathcliff, due to their ages and Elordi's race.

"I'd say it's okay as long as the story is still pretty much the same but with romance,"

freshman Hayley Gatie said, "I would go watch the movie in theaters, but it might get watered down because of how popular romance is."

It seems some viewers are afraid the romance might ruin the film, a common sentiment in adaptations such as these. Due to Wuthering Heights being a class commentary and less a

romance, it is especially criticized.

"I like romantic movies and prefer them to books," freshman Jayda Hill said. "I'm most excited to see the chemistry between Margot Robbie and Jacob Elordi."

Movie-goers leave the theatre as the credits roll, reflecting on the film they just watched and their favorite scenes.

GOODBYE BRAT, HELLO STAR

The pop star's new project marks the end of one era and possibly the start of another

by Daniil Leybin
Every moment unfolds in "The Moment." A24's newest film starring Charli XCX guides fans through the "Brat" era but in Charli's own way.

Charli XCX makes a leap from pop star to film star with "The Moment," a highly anticipated movie produced and distributed by A24. The movie dives into the chaotic pressures of fame and the "Brat" era, directed by Aidan Zamiri. From a story by Charli herself, the film was released Jan. 30.

I wish it had included more of the start of the "Brat" era because I don't believe us fans really got an insider of how it started or why Charli chose the "Brat" album cover. Instead, the movie just focused on the "Brat" tour. However, it makes sense, as the movie idea was brought up during the tour.

I liked how her team wanted to continue "Brat" summer, even though Charli wanted the era to end as a whole. It should have kept going because it was monumental with the TikTok dances and trends, deluxe and remix album, and also because she was the talk of the whole summer of 2024.

I did not like how it was mimicked as satire because I was really hoping it would reflect on how the "Brat" era really was, with its ups and downs of the hate train and the chart incident. Instead, the movie tried to

make a joke out of it.

In the movie, they also incorporated a "Brat" credit card which was used a lot. It really showed how much artists spend on their album eras, whether they flop or not.

What got good was how Charli started to get a bit messy and problematic in the movie because of what she was experiencing. For instance, her managers really wanted her to keep "Brat" alive, even though she just wanted it to end.

I did not like how she kept doing random advertisements, as it was mostly a mimic of the actual era. I felt as if she was trying to make a joke of herself. Yes, the movie is satire, but I was hoping the actual brands would mimic their collaboration "Brat" had with them.

I was also hoping that we could get a longer movie because I felt like one hour and 43 minutes was not enough to try to summarize the "Brat" era. I wish we had the remixes incorporated as well.

To summarize, this 'mockumentary' was basically a satire version of the "Brat" era. A mess or not, I enjoyed the movie, even if the reviews aren't so great.

I would definitely watch this if one is a Charli XCX fan who enjoyed the Brat era or know anything about it from TikTok.



photo by Creative Commons

DON'T BE DUMB

After years, A\$AP Rocky drops a new album

by Leah Pulice
The sound of helicopter rotors cuts through the silence and sets the tone as A\$AP Rocky finally descends with "Don't Be Dumb," his first major release in years.

A\$AP Rocky comes back to the music scene after years of focusing on fashion and becoming a father, leaving fans shocked with an album shaped by time, taste, and new styles.

"I liked the album because it was a comeback, since he hasn't released an album since 2017," junior Abi Mirakaj said. "The album was very chill hip-hop as well as rap, which I really enjoyed. It was worth the wait because he did have a lot going on in his personal life but still was able to come out with another great album."

For the past six years, A\$AP has been teasing fans and hinting at this project, building up the anticipation. Now that it is finally here, the conversation of if it was worth such a long wait sparks up.

"I honestly didn't think A\$AP would come back with another album," junior Sophie Klayo

said. "After listening to it, it proved that he still is an essential part in the music industry. I loved the album mainly because it has the same A\$AP Rocky vibe from his previous albums. My favorite track is 'Stay Here 4 Life.' It reminds me of his other hit songs. There were a few songs I didn't like, but overall, I think the album is solid."

Some listeners seemed to have felt the wait was worth it, while others didn't fully agree. Knowing how the industry of rap and music as a whole has changed overtime, some fans seem to think that A\$AP's music changed as well and aren't fully enjoying his new sound. They miss the nostalgia of his old tracks.

"I listened to the album the night it dropped," sophomore Raza Razoky said. "I would say the album was not worth the wait. I didn't like how he changed some of his music style on the album. I wish he could've stayed in his old style."

As the helicopter finally lifts away, what remains is an album defined by patience, confidence, and a return that feels intentional rather than overdue.

PAGES INTO PICTURES

Popular novels are adapted into movies to reach new audiences and impact

by Olivia Brylkowski
Before red carpets, Letterboxd, and social media, many of the most famous movies were stories written between the covers of a book.

As New York Times best-selling books continue to become movie adaptations, many begin to prefer one over the other by comparing and contrasting or even completely forgetting the book came before the film.

"I think movies are for sure cooler, I'm just not that into books," junior Terrence Chevalier said. "I feel like movies just don't take as much time and also aren't as boring."

While reading books occurs less frequently among students today, movie adaptations allow non-readers to experience the story and provide readers of the novel visually. When movie buffs fall in love with films, there could always be a book that comes first which allows them to get vital information, better scenes, greater connections to characters, and more interest in the world of the book and movie adaptation.

"I think changing things from the book can make a story better but also ruin it," junior Matthew Hurlbert said. "I think it just

depends on how big the change is and also how it fits into the story. I'm not a huge reader, but I think changing any part of a book when making it into a movie could make the story stronger and better."

Many movie adaptations like "Fight Club," "Call Me By Your Name," and "The Little Mermaid" all had changes done from the book because movies rely more on visuals rather than descriptive narratives. To keep the plot and viewers engaged and stay in budget and time frame, directors, screenwriters, and producers change plot events, backgrounds, dialogue, and more that could end up being a better or worse way to take in the story.

"I really enjoy seeing books that I've read become movies because they really bring the image in my head onto screen," junior Hailey Croce said. "Even if they change details, it's interesting to see how the producers take their spin or include what they envisioned the book when reading it."

From celebrity events to author meet-and-greets, the roots of award-winning films originated from the corners and chapters of books that struck the imaginations of readers long before hitting the big screen.



photos by Leah Pulice

LETTERS TO THE EDITOR

TEEN DATING VIOLENCE AWARENESS

by senior Gina Gambotto
"I think if the school started to raise more awareness, it would make more students feel safe and comfortable at school and other places. They would feel a lot less alone and there would be a lot more support for them. I think it's a great idea."

THE SCHEDULING PROCESS

by senior Frida Klosi
"I think that counselors should be more understanding when students ask for their schedules to be changed. Most have an actual reason for asking, and I think they should be more understood."

THE META GLASSES CONTROVERSY

There's debate whether Meta Glasses should be allowed or not in schools

by Sarah Borland
With the press of a button, a red light turns on signifying the start of a recording.

Meta glasses can improve learning by making lessons more interactive and allowing more access to information. However, the glasses are distracting, raise privacy concerns, and make cheating easier which can disrupt classrooms.

The Australian Association for Research in Education states, "Once a device can record, it can surveil." Meta Glasses can be used to monitor behavior, capture images without consent, and stream content live to platforms beyond the classroom. Anyone can buy smart glasses, but if used wrong, they can become harmful to society.

With this problem of capturing images without consent, it can cause major safety problems within schools. No proper policies have been put in place to control the Meta Glasses capturing images with no consent from anyone in the building, even though schools have a strict consent policy when it comes to taking videos and pictures of others. Privacy violations are a big deal when it comes to recording others, especially in schools and in classrooms.

According to "Glaring omission" by Grant Quarry, "While schools regulate mobile phones, education policies have yet to keep pace with smart glasses – and without proper policies in place to guide and protect students and teachers, the fast pace of this emerging tech may inflict more harm than good." Schools have many rules in place for videoing and taking pictures without consent, yet when it comes to the glasses, many rules are overlooked.

Even though there are many safety issues within recording on the Meta Glasses, they do have many benefits for students needing extra learning tools. Still, these Meta Glasses call for violating others' consent to filming them which is a huge issue.

The White Hatter states, "Smart glasses offer powerful benefits that go far beyond novelty. For English as a Second Language (ESL) students, they can provide real-time translation, helping them follow lessons and join discussions without missing a beat."

Meta glasses do have some benefits, but they still bring risks to schools.



photo by Elizia Lala

EFFORT TO EDUCATE

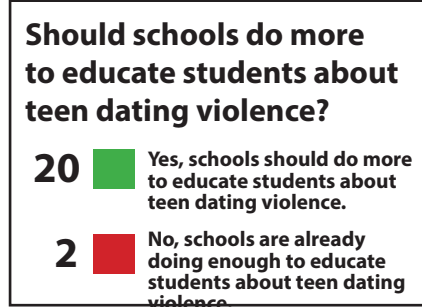
Schools as a whole need to work together to educate all students on teen dating violence

by Elizia Lala
In the four years of high school, romantic relationships between teens both arise and fall. As a result of these relationships, teens need to become knowledgeable about the cycles of abuse and boundaries.

Teen dating violence is when either mental, emotional, or physical abuse occurs within a relationship. Since teens' minds are still developing through the crucial ages of 14-18, they may not be aware of how abuse looks like and what is and isn't healthy in relationships. Therefore, schools need to put more effort into educating students about how teen dating violence looks like.

While schools do teach students about teen dating violence in health class, this isn't a sufficient way to educate all students about it for three main reasons: many students find ways to get out of the health class requirement, most students take the class their freshman year of high school (and therefore forget what they learned), and the unit about abuse is fairly short. The lack of education on this topic is a problem because not only can this result in more victims being unaware of their situations, but it can also result in more bystanders who are uneducated (and thus less support).

According to "What you Need to Know About Teen Dating Violence" by



different ways on how schools can implement more ways to educate teens on abuse in relationships.

First and most importantly, schools need to make sure all of their students gain knowledge on what abuse looks like in teen relationships. According to "Teen Dating Violence: What Schools Can Do to Prevent It" by Tonantzin Juarez et al., 37 states and The District of Columbia have at minimum one law that requires addressing teen dating violence in schools. However, as previously discussed, this enforcement can

LOVE ON SCREEN

Movies and TV shows influence how people view love and relationships

by Grace Kavanagh
What people watch doesn't stay on screen, it can also impact how people date, argue, and fall in love

Watching movies or TV shows can frequently affect a person's views on many things including the relationship they are in. Shows and movies teach people unrealistic ideas about love and relationships to get them thinking.

According to "Isn't it romantic? Movies, TV shows strongly shape how we view love" by Jared Wadley, researchers suggest that watching a lot of romantic movies and TV shows is linked to stronger belief in idealistic ideas about love, like 'true love,' 'love at first sight,' and 'love finds a way,'

even though real relationships are more complex.

Because movies and TV shows can shape what people expect love to look like, these portrayals can change how individuals think about their own relationships they are in.

According to "Television and Movies Viewing Predict Adults' Romantic Ideals and Relationship Satisfaction" by Valerie E. Kretz, studies have found that people who watch lots of television and movies tend to develop more romantic ideals like believing in soul mates or that love solves everything, and these beliefs are associated with how satisfied people say they are in relationships.

Even more importantly, these ideas can shape the way teens and young people/couples understand relationships.

According to "Romance Media Could Alter Perceptions of Relationships, Study Says" by Carrie Smith, Cultivation theory, a concept used in media research, explains that the more people see the same idealized portrayals of relationships on screen, the more they may start to believe those portrayals reflect real time.

These studies show that the stories we see in movies and in TV shows don't just entertain us, but they shape how we think about love, romance, and relationships, which makes it important to think critically about what we watch.



photo by London Irby

BURNOUT SEASON

Students balance work and school during a stressful second semester

■ by Londyn Irby

As the second semester begins, many students feel more overwhelmed than motivated, juggling heavier workloads, higher expectations, and less free time than ever before.

Second semester is often harder than the first because teachers increase academic expectations, standardized testing begins, and students face additional pressures. These added responsibilities make it difficult for students to balance schoolwork with sports, jobs, family time, and mental health.

“Having a job during the second semester is really stressful because after school, I go straight to work, and then I still have homework to finish late at night,” sophomore Olivia Milici said. “Balancing work and school is exhausting, but it prepares you for real life.”

On top of increased schoolwork, many students also take on jobs, which adds even more pressure. While working can teach responsi-

bility and independence, it also requires strong time-management skills.

“Second semester already feels overwhelming, and adding a job makes it harder to find time to rest or hang out with friends,” junior Moya Travier said. “You don’t have a lot of free time with yourself and your mental health; you have to give yourself a break.”

This added responsibility affects not only academics but also students’ personal lives. With heavier workloads, extracurricular activities, and limited free time, balancing a job often makes it harder to rest or spend time with friends.

“Working during the school year shows you how to juggle responsibility and ambition,” sophomore Gianna Martinez said. “Working during the school year shows that effort doesn’t stop when things get busy.”

Understanding these challenges helps show why the second semester feels overwhelming for many students and why balance is important.

BEATING THE WINTER SLUMP

Students reveal the habits that help them stay motivated when the days get shorter

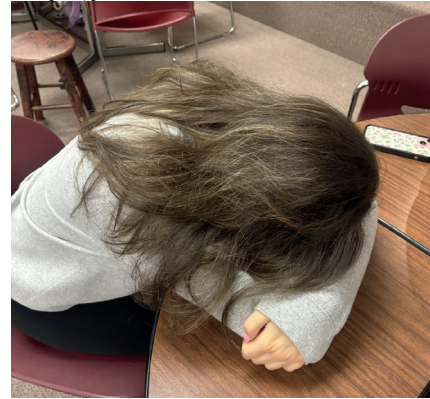


photo by Elizia Lala

■ by Brianna Sardo

The alarm goes off before the sun rises, and students at the school begin another cold winter day. After bundling up and making it through first hour, many say their motivation depends on routines that help them stay on track.

With Michigan’s long winter affecting energy and mood, students show how they balance schoolwork, mental health, and daily life to stay productive.

“The hardest part is waking up early on cold mornings, knowing that most of the activities I enjoy can’t be done after school,” senior Viktoriya Krasnici said. “I struggle with getting up and finding the motivation to stay focused throughout the day. To help with this, I go to sleep at the same time every night and wake up at the same time each morning. Keeping a consistent schedule helps me stay on track and make sure I get everything done in the time I have.”

Winter doesn’t affect every student the same, but it makes staying motivated harder for almost everyone. Cold weather

and shorter days can cause people to feel more tired and less focused during the day. While some students stay focused by keeping a set routine, others get through the season by leaning on friends and things that make them happy. No matter the approach, students are finding their own ways to push through the long, cold school days.

“Winter can feel really draining because it’s so cold and dark, and you can’t do much outside, which definitely affects my mood and energy during the school day,” freshman Kiara Lamoreaux said. “When I start feeling unmotivated, spending time with my friends and listening to music helps me stay positive and get through the day. Having something to look forward to, even something small, makes winter days feel easier.”

During the winter, many students struggle with getting up in the morning or staying focused throughout the day. People tend to feel less determined and active when they don’t get as much sunlight, which is common during the winter months. Having support not only makes the days easier but also gives one the chance to support others too.

“Having friends and supportive teachers really helps me stay motivated during the winter because they make school feel less draining and give me something to look forward to each day,” senior Isabella Randazzo said. “Being involved in activities also keeps me on a routine, which makes the weeks go by faster. I’d tell other students at Henry Ford II to find something that excites them, even if it’s small, and stick to a schedule so winter doesn’t completely take over.”

While the cold mornings and long days continue, students continue their routines to help them stay committed.

SNOW DAY DELIGHTS

When snow falls, schedules slow down

■ by Grace Waske

Students wake up at normal times, prepare to go to school, but then suddenly get the surprise that school is canceled.

Whether snow days are called the night before or the morning of, these unexpected days off help students to catch up on sleep, homework, and have winter filled fun.

“I love snow days so much,” sophomore Xhuliana Macaj said. “It gives me time to rest, have fun, and catch up on all of my homework.”

Snow days are most common in January, but are still a fun surprise for students. Some students spend the time resting, but others spend it with friends.

“I love to hang out with my friends on snow days,” sophomore Maddy Mosley said. “Everyone is usually available and there are so many fun activities to do involving the snow.”

Students are not the only people who are given time off. Teachers also get the time to rest and reset their schedule.

“If the snow is too bad to go somewhere, I will binge watch TV shows and movies,” French Teacher Stephen Nellis said. “If I can go somewhere, I will go get lunch or go to the gym.”

At the end of a snow day, students and teachers feel more refreshed, recharged, and ready for the next day of school.



photo by Elizia Lala

WAITING ON HIS SHADOW

A small ritual with a big impact on winter time attitudes is also known as Groundhog Day

■ by Jack Pastewski

The debate if a groundhog seeing his shadow affects the average person’s mental health is discussed every year.

Groundhog Day has become more than a weather prediction; it’s a cultural tradition that brings people together through anticipation and hope during the middle of winter.

“I think it’s cool how even a simple groundhog can make winter feel a little less long,” senior Tyson Reeves said.

Other students shared similar feelings of hope as Groundhog Day continues to give people something to look forward to. It serves as a reminder that winter won’t last forever.

“I think Groundhog Day gives us something to look forward to, whether it’s a couple more weeks of winter or an early spring,” senior Michael George said. “At least it will get warmer.”



photo by Creative Commons

For many students, Groundhog Day is the moment they realize winter is finally starting to end. It brings a small sense of hope, reminding them that longer days and warmer weather are not too far away.

“Every time Groundhog Day comes around, I always know that winter is ending somewhat soon,” senior Joey Yakunda said.

Groundhog day reminds us that in the coldest days of winter, people naturally look for hope and change. Whether the groundhog sees its shadow or not, the tradition encourages that brighter, warmer days are ahead.