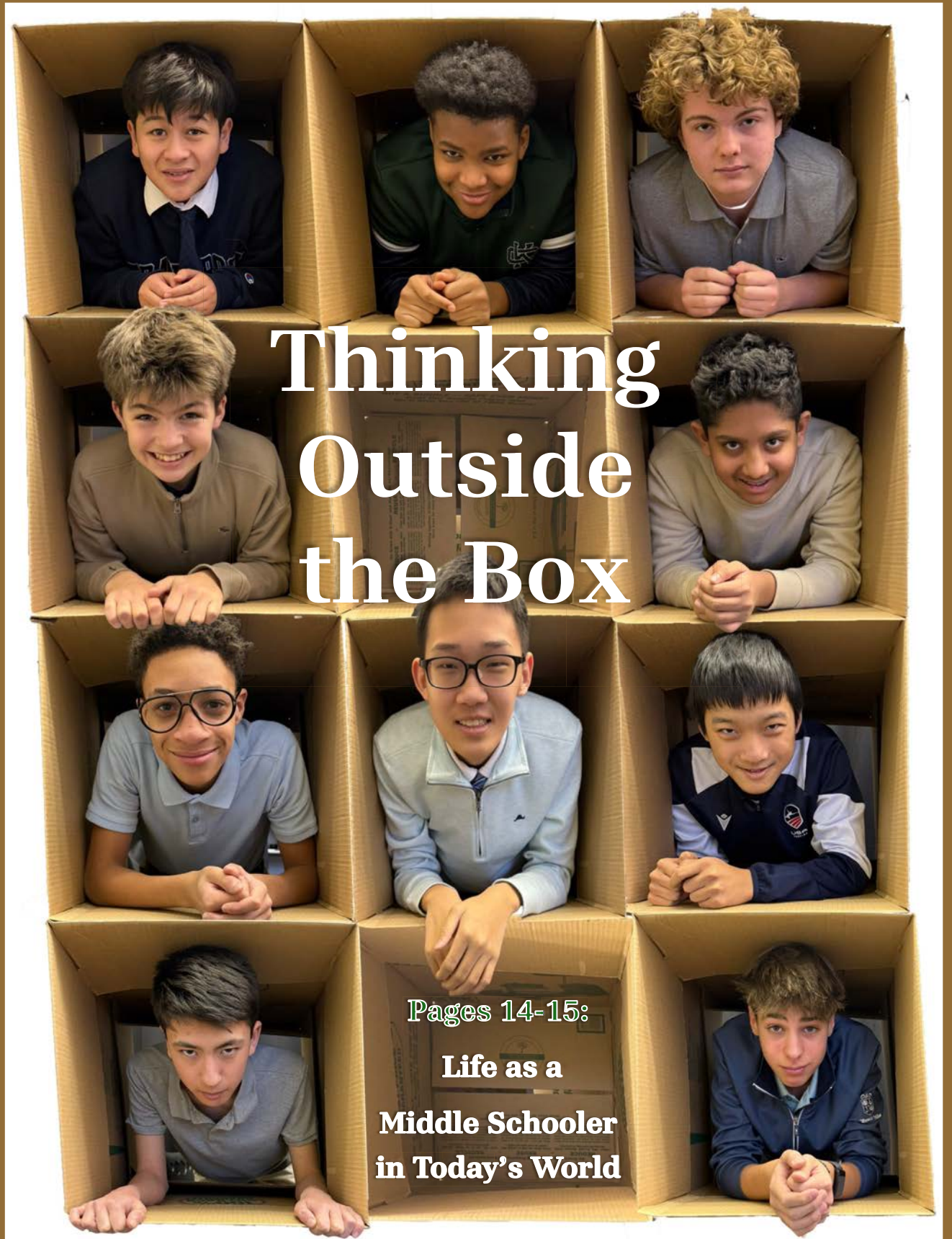


## Inside:

- **PAGE 4: Journalism** staffs earn national and state awards
- **PAGE 6: Robotics** goes to Worlds
- **PAGES 18-19: One Last Thing with Auth and Shaw**
- **PAGE 26: Detroit Lion** was a Crane
- **PAGE 28: End of Year Photo essay**



# Thinking Outside the Box

Pages 14-15:  
**Life as a Middle Schooler in Today's World**

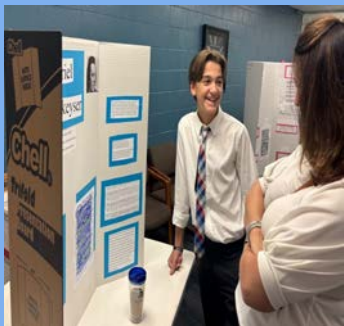
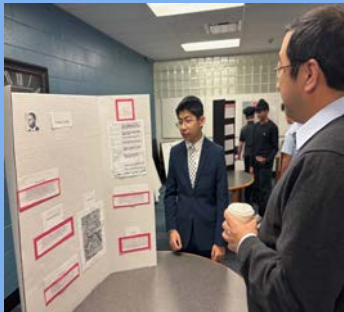
The Crane, the student newspaper at Cranbrook Kingswood Middle School for Boys, is published once a semester. It is an opportunity for all students to serve the total school community and provide individual staff members with independent reporting, writing, technical and leadership opportunities as well as receive individual feedback for growth. Writing is based on a wide variety of research and adheres to the writing process. Staff members may explore and develop visual skills through photography, multimedia, social media, art and layout opportunities.

The primary audience for The Crane is the Cranbrook Kingswood community. The staff recognizes that the paper is read by the faculty, administrators, families and the community as a whole. Accordingly, The Crane will report about our campus. The entire production experience demands dedication, responsibility, cooperation, collaboration, leadership, and an open-mind to creativity, critical thinking, feedback and growth. The summative of our formative learning is our product each semester. We believe these skills are part of the foundation for learning. Furthermore, we believe in the foundation of aiming high as we serve others by sharing their and our stories.



The Crane is a forum for the exchange of comment, open to students and others interested in the Cranbrook Kingswood community. Recognizing this, the Crane will print as many letters to the editor expressing different viewpoints as space allows. Letters to the editor must be signed and may not exceed 300 words. Letters must deal with issues and may not be personal vendettas. Letters to the editor will be edited for mechanics, to fit space requirements, and in rare cases, to prevent libel, defamation, etc. The Crane reserves the right not to print a letter.

The Crane is a member of the Michigan Interscholastic Scholastic Press Association and the National Scholastic Press Association. The publication, as a whole, as well as individual staff members contribute their work to contests within these organizations in order to receive professional feedback for further learning and growth.



Photos by staff

## Presenting Their Original Poetry

By: Ken Han

During the second annual Art and Poetry Exhibit in the MSB, 8th grade students were inspired by the Harlem Renaissance. They researched individuals inspired by the time and then created and presented their research and their own original poems for Parent-Visiting Day.

"It was amazing in how such a short time I did so much. I learned a lot about the Renaissance, and I also learned how to manage my time." Amruth Prasad '29 said. "Overall, this was a great experience and I think the 8th graders next year will enjoy it very much."

## In Our Mailbox

### From the Editors:



They say that time moves fast. One minute it is September and we are waiting for interim trip. Then, it's Halloween, Thanksgiving, Winter Break. Then, the end of the semester, Mid-Winter Break and Spring Break. For some people, this year is the first step of a new journey. For others, it is the finish line. This issue of "The Crane" newspaper is one full of stories both read on these twenty-eight pages and those experienced. As middle schoolers we have lots of stories. We are learning how to be independent and learning that sometimes not meeting a goal doesn't mean failure but means there's a lesson to learn. As editors of a middle school student newspaper we have reported, researched, written and experienced many stories. Ones we will tell and ones we will just remember. The process of balancing all we need to do and want to do is part of the story that is middle school. This is why our feature is all about middle schoolers today. Yes, this is still a time to explore, expand, experiment and grow but our lives are different than those before us. We sometimes want to do it all and sometimes we hit roadblocks or stumble over stones. Isn't that what being in the middle is all about? It's a time to find the path and keep walking forward. It's time to start making our own decisions. It's time for autonomy. But is it really like to be a middle schooler? That's what we, the editorial staff, sought to find out. Sometimes we want to be free and sometimes we want someone to just tell us what to do. We are in a box but breaking free every chance we get. As you read the stories within these pages, know that we were up for the challenge. This paper isn't perfect but it is ours. Publishing a newspaper is hard but as we've learned since sixth grade "We can do hard things." Looking at this edition of the newspaper, whether it is the centerspread or the feature stories, there is effort and care put into every little part of it. Each of these pages are made by students. All of these stories, features, and opinions weave together to form one thing: these are the stories of the middle schoolers at MSB. Welcome to our world. Whether you are a student or a parent, staff or a teacher, take some time to enjoy our sole edition for the year. We are thankful to get this opportunity and proud of the pages and proud to let you see what life in the middle is all about.

Haoming, Jacob, Emerson: 2024/2025 newspaper editors

## To the Editors:

January 10, 2025

Dear Cranbrook Boys Middle School,

On behalf of Beaumont Children's Hospital patients, families, and staff, please accept our sincere thank you for the donation. We were overwhelmed

by your generosity!

It can be challenging for children to be in the hospital, and your donation of blankets and Legos will help provide so much comfort and joy. Our pediatric patients and families are so grateful for your gifts.

A community can make a positive and lasting impression on the lives of young people. Your thoughtfulness and generosity reflect that involvement and spirit. Most importantly, your donation makes a difference in the life of a hospitalized child. Thank you for supporting our patients and our child life program!

Sincerely, Jenn Ernst, BS, CCLS  
Child Life Services Beaumont Children's Hospital

May 29th, 2025

Exactly one year ago, almost to the day, I sat at a picnic table, bored, listening to Miss Hammitt talk about the school year's accomplishments and what she wanted us to do next year. Then, I heard the words: "Our next editor in chief for the yearbook is Cayden Du!" I was shocked.

At that time, I didn't really know why- it had been my first year on the yearbook committee last year, and didn't really exemplify any blatant leadership qualities yet.

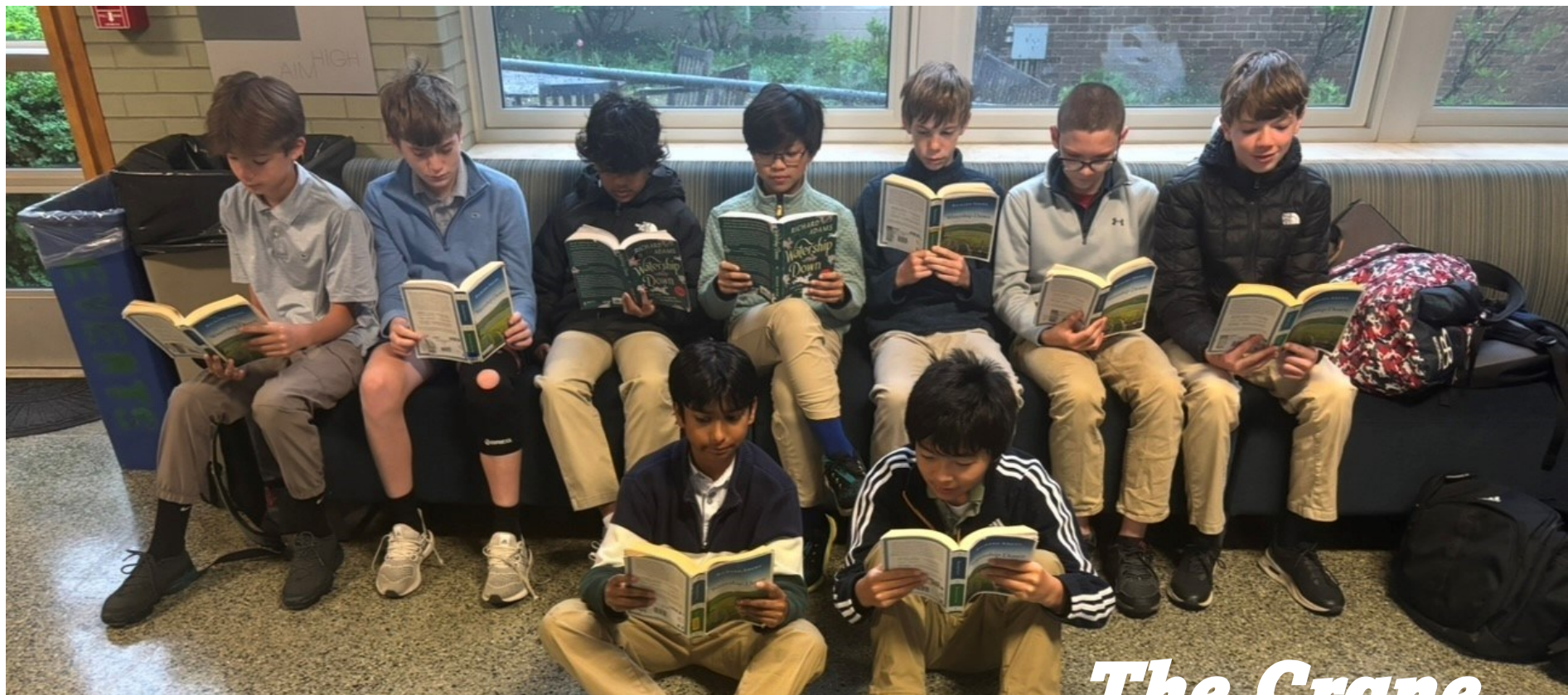
As I look back on this school year, I realize that even though I had little confidence in my abilities, someone did. For the second year in a row, the yearbook staff strove and earned the National Yearbook Program of Excellence. Standing there opening the box of more than 200 yearbooks a few days ago, I couldn't have felt prouder flipping through the pages. These 64 pages are more than just places for photos. They are the accomplishments of middle schoolers who were given the opportunity to take charge. And we did it. We got that banner, we quoted every single member of our CKMSB community, and on top of that added special pages dedicated to our graduating class of 2029.

A lot of people have said that "yearbooks don't matter and no one looks at them."

After this experience, I know they are wrong. Yearbooks do matter. They aren't just a book of random pictures. They are a history book, a memory book, a record book and a time to lean into the opportunity when someone believed we could do it.

As you get your yearbook, we hope you remember this year and all that we've learned. I know I won't ever forget it. Each year tells a story and this is our story.

Cayden Du '29, 2024-2025 yearbook editor in chief



# The Crane contents

## On the Cover

The Class of 2029 show that they are ready to be living outside the middle school box. Move-Up Day is Tuesday. June 3rd

## Semester Flash-back

**News 4**  
Look behind the numbers at these news briefs.

**News 6**  
Not one but two musicals were performed by our MSB/MSG drama club.

### Feature 8

Having SMART Goals is smart. Check out some here.

### Feature 10

See how differentiation in the classroom makes a difference.

### Feature 18-19

One Last Thing with Auth and Shaw as they say Goodbye to MSB

### Opinion 23

What is it costing keeping the penny?

### Entertainment 24-25

From a yummy Bakery to a great movie with a robot. Check it out.



### Feature 9:

From cooking to competing, there were many new clubs. Check out them out in the Club Corner.



### Center-spread:

#### 14-15:

Get to know what it is like to be a middle schooler in 2025.



### Feature 28:

Take a peek at our semesters seen in this photo essay.

## Upcoming Dates

### June:

#### Pride Month

This month-long celebration demonstrates how LGBTQ Americans have strengthened our country, by using their talent and creativity to help create awareness and goodwill. June 2024 marks the 54th anniversary of LGBTQIA+ Pride traditions.

### June 19:

#### Juneteenth

Also known as Juneteenth National Independence Day; Jubilee Day; Emancipation Day (TX); Freedom Day; or Black Independence Day is celebrated on the day that the Emancipation Proclamation that abolished slavery issued by President Abraham Lincoln on January 1, 1863, was finally put into effect in Texas in 1865. It was in 2021 that President Biden signed a bill passed by Congress to set aside Juneteenth, or June 19, as a federal holiday.

### July 1:

#### Welcome Dr. Shawe

Having vetted several dozen applications from a diverse national (and international) pool of candidates, Dr. Jeff Suzik shared that is his "pleasure to introduce to you, then, our next Head of the Middle School for Girls: Mr. Tony Shawe! A native of Baltimore, Maryland, and a graduate of Colgate University and Middlebury's Bread Loaf School of English. Mr. Shawe is an independent school educator and administrator with an impressive thirty-plus-year career. He begins a new chapter as a Crane in July.

### Sports 2627

Check out features about our teams and our athletes.



Photos by Staff

ABOVE: Kingsley Li '29 is all smiles after becoming the 2025 100 yard Backstroke league champion. LEFT: Coach Lublin cheers Kiros Reese '29 around the last turn of his race. Oakland County League Meet is Thursday, May 29.

Photo by Staff

Cover photo taken and designed by Emerson Whittaker Support from staff. Concept represents that we are all Connected and safe at MSB. TOP: Sixth graders take time to prepare their reading from *Watership Down* for class. RIGHT: Students get cooking in the new cooking club, sixth graders enjoy the annual golf STEM field trip and the seventh grade egg drop was no yolk.

# Crane Earns National and State Honors

By: Amruth Prasad

While the middle school track teams were preparing for their last track meet, she got a text that said “congratulations.”

“I looked at it and thought, ‘what?’ Crane Advisor Christina Hammitt said about the text message congratulating her middle school newspaper for earning The Spartan Award, the highest distinction for student media programs in Michigan. “Quickly, I clicked on MIPA’s YouTube Channel and watched Jeremy confirm it. We were Spartan Winners!!

## Spartan

On May 19, a few days later, Executive Director Jeremy Steele traveled from Michigan State University for a surprise visit to present The Crane staff with The Spartan award. “I was stunned to see him,” Hammitt said.

In front of the eighth grade class, Steele explained that “In February, staffs from across the state submit their publications for a rigorous Spartan Critique process in which national journalism experts critique each entry. Middle school papers, like The Crane, are evaluated with the same high standards used for high school programs. The Crane was the only middle school publication in the state to earn a Spartan Award this year.”

## MIPA’s Aspiring Young Journalist Award

After Steele presented the Spartan plaque to Crane’s editor-in-chief Emerson Whittaker ‘29, he asked Whittaker to remain as Steele recognized him as a Runner-Up for MIPA’s Aspiring Young Journalist Award which honors the most promising middle school journalists across Michigan.

“We knew that Emerson had earned this honor, but to see Jeremy formally present him with his certificate in front of the eighth-grade class was something special,” Hammitt said.

## Individual State Awards

In addition to presenting the publication with its award, Steele said that the Crane staff

earned over thirty—six individual awards. Many being first place.

“When I heard that we earned these awards, the first thing I felt was pride and happiness. No one knows what our team does to publish The Crane. Having been editor and working side by side with Emerson, Hammitt and many of the individual winners, I was truly happy,” Kanav Kalamdi the 2024 recipient of MIPA’s Young Aspiring Journalist award and the Crane’s previous editor in chief said. “I’m so proud to be a part of this program and proud that they continue to find excellence in all that they do. That’s a major part in journalism- finding your own pocket to write in and write in well. Seeing the staff get recognized just makes me really happy.”

## Pacemaker Award

During the National Scholastic Press Association’s Fall Convention in Philadelphia, The Crane staff was announced as a Pacemaker finalist. Gary Lundgren, associate director and coordinator of the Pacemaker competition, shared that “there were 45 Pacemaker finalists, representing 15 states as well as the United Kingdom, were recognized. California set the pace with 13 finalists, followed by Texas with nine. Three were middle schools.” “The Pacemaker is the association’s preeminent award,” Executive Director Laura Widmer said. “NSPA is honored to recognize the best of the best.” Even though they were named one of the nineteen winners, six members of The Crane staff won individual awards. “I was ecstatic when Miss Hammitt called and told me,” Nicholas Nadjarian ‘30 said of his fourth place feature story called Understanding Neurodiversity. “Once I took a deeper dive into the subject of neurodiversity the article started becoming very important to me. It was not just another article; it was providing information on the topic which can be overseen sometimes and raising awareness. It was one of the best feelings ever.”



Photo by: staff

## And the National award goes to...

These are the national awards won by The Crane staff and individual writers during the Fall and Spring Conventions.

### Best of Show

Second Place: The Crane  
Fourth Place: Yearbook

### Newspaper/News magazine Design

First Place  
Suhaas Maddipatla ‘28  
Fourth Place  
Kanav Kalamdi ‘28

### News story

Fourth Place  
Atharva Modi ‘28  
Honorable Mention  
Jayden Wang ‘28 and Zubin Namei ‘28

### Feature Story

Fourth Place  
Nicholas Nadjarian ‘30



## By The Numbers

By: Haoming Guo

**FIVE** awards were presented during the Spring Festival Concert Series held at the Performing Arts Center. For Band and Orchestra these awards are presented each year to an outstanding 8th Grade Student demonstrating dedication, loyalty, character, discipline, and outstanding musicianship in the music program. The Musicianship Award went to Dylan Pivoz ‘29. The Director’s Award to James Baroni ‘29 and Amruth Prasad. And the MSBOA Scholar Instrumentalist Award went to Michael Chen ‘29 and Shoken Han ‘29.

**FORTY-ONE** entries were registered at the yearly solo and ensemble contest held April 12th at Novi Middle School. According to MSB/MSG Band Director Kristen Hurd, “We had 31 first division ratings and 10 second divi-



Photo by: staff

**2010** is when James Gabriel began his career at Cranbrook Schools. For the past fifteen years he has been an important part of the Upper School’s performing Arts Department. He taught choir at the MSG/MSB.

**1760** pounds of plastic were saved from going to landfills earning Cranbrook another bench. Michael Toth, a leader of this challenge explained that this is more than half a ton of plastic bags and bubble wrap. Because the bench the community earned during the 23-24 school year, is outside the entrance of the Middle School for Boys, the new bench will be Toth at the Middle School for Girls.

**FIVE** of eighth graders (four from the MSB and one from MSG) were honored with the opportunity to be a part of Michigan’s Honors Middle School Band. On April 26 at Midland High School, Amruth Prasad ‘29, David Yang ‘29, Michael Chen ‘29, Cayden Du ‘29 and Ella Federman ‘29 spent all weekend perfecting their pieces. Beginning at 8:00 am, the group practiced in the morning until late in the afternoon. Their concert was at 7pm. “It was so cool to see so many students from so many schools come together,” Du said. “After all the hours of practicing, we



Photo by: staff

**200+** Italian sausages were grilled and enjoyed during the third outdoor cookout, marking another delicious success in the annual May BBQ series. Held in the back soccer field, also known as the eighth grade recess area, offered students and staff a welcome break from the classroom. From menus that featured hot dogs, BBQ chicken, and hamburgers, staff and students got to get outside during the final full month of school.

## Hammitt Named Golden Pen - MIPA’s Highest Honor

By: Brian Chang

She thought it was just another Monday Eighth Grade Class meeting. “I had absolutely no idea,” newspaper and yearbook advisor Christina Hammitt said. “Minutes before the meeting I was lying in the nurse’s office wondering if I had the energy to make it through the day. I had been coughing and I felt horrible.” “Annette Bishop, our secretary told me Hammitt wasn’t feeling well,” MSB Head Lesley Rodriguez said. “When I saw her she really didn’t look well. I told her to rest and then come to the meeting. I knew what was going to happen and had to leave before I told her.” Sitting in the back of the Commons and listening to Rodriguez talk to the boys the door by the Dining Hall caught Hammitt’s eye. “All of the sudden, the door opened and in walked Mrs. Sutherland, CKTV director with balloons and flowers and behind her was Jeremy Steele. I couldn’t believe it. I felt absolutely horrible and one of the best moments of my career was about to happen. I couldn’t stop crying. Looking back, I think the boys thought I was crazy because Jeremy presented Emer-



Photo by: staff

son, our editor with his award and then he talked about the awards the kids got and how we earned the Spartan. It was too much. I just kept crying. I was so proud.” After congratulating the Crane staff, Steele began talking about the Michigan Interscholastic Press Association’s highest award—the Golden Pen. He explained that this honor is a combination Journalism Teacher of the Year and Lifetime Achievement Award. To be a nominee, students complete a portfolio highlighting the teacher’s work. “Hammitt’s portfolio was almost fifty pages and was full of testimonies from current and past students as well as other teachers. This is the highest award a Journalism teacher in Michigan can earn,” he said. In the fall at MIPA’s Fall Convention, she will receive her Golden Pen. “It was so much fun to read all the letters on your behalf,” Jim Woehrle, past Golden Pen recipient said. “I have no words,” Hammitt said. “I’m incredibly humbled and full of so much gratitude. I’m so lucky to get to do what I get to do.”

For her entire career, she has put her students first. Now, she's gone international.

"I'm thrilled that Ms. Smith had this opportunity," Stacy Rivard, the Middle School for Girls said of MSG science teacher Ashlie Smith's trip to Lagos, Nigeria. "This experience highlights her dedication to both personal and professional growth. By stepping into a different cultural and educational environment, she not only expanded her own perspective but also represented the innovation and curiosity we value in our school community. It's inspiring to see one of our teachers engage in global learning and bring back insights to enrich our classrooms."

"As an active LSI teacher ambassador, I was asked to accompany the team to Lagos, Nigeria for a week in September 2024," Smith said. "I was part of a team that went to facilitate a STEM workshop for educators."

According to Smith, as a non-profit organization, LSI's mission is to inspire and educate the next generation "to travel beyond our solar system and to research and develop enabling technologies." Right before the 2024-2025 school year began, Smith joined the LSI team and IHS Towers (a telecommunications infrastructure provider) to create a year-long, online program to teach ten educators from Nigeria a space-focused, STEM workshop.

"As we pulled into the first school, 1000 students, teachers, and administrators welcomed us with drums and chanting," she said. "I would be lying if I told you that I wasn't moved. I was crying with happiness. They treated us like we were celebrities. They were so excited that we chose them to visit. They do not see many visitors from outside of their city, so this was a big event. They performed and sang for us. We then separated into the classroom and taught the students about rocketry with a fun hands-on activity. That was the coolest part for me. I was shocked how many students they squeezed into a classroom and how little supplies they had. The students were happy and eager to learn. I think we made a huge impact."

Technology teacher Mike Toth said that Smith's experience in Nigeria has undoubtedly impacted what and how she teaches. He said that "when teaching, all teachers include their life experiences in how they teach. The work Smith is working on with the girls came as a direct result of her experiences in Nigeria and will impact her students. They could even lead to future science careers for some of the girls."

"Experiences like Smith's benefit our students

in profound ways," Rivard added. "First, they allow her to bring back innovative teaching methods and ideas from other cultures, enhancing the learning environment. Second, by sharing stories of her experiences, she can broaden our students' understanding of the global community and encourage them to see themselves as part of it. Finally, her example reinforces the value of life-long learning and exploration, motivating students to embrace opportunities for growth and discovery beyond their immediate surroundings." One way, Smith is connecting her experience with her classroom is by Zooming her classrooms here with those there.

"It was very fun to meet the kids at the other school on our Zoom call," Remy Westenberg '30 said. "I am so glad she was able to have this opportunity and be able to connect with these different schools in Nigeria and then bring it back here for us."

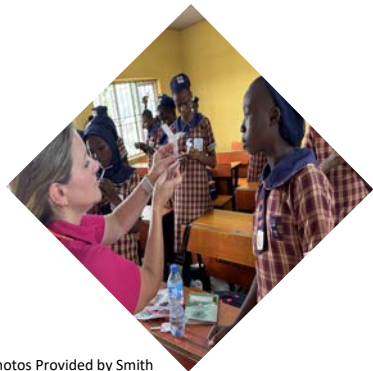
Another connection to Cranbrook occurred before Smith went. "When I found out about the trip, I reached out to the Cranbrook Admissions office and told them I was headed to Lagos, Nigeria in a few weeks. The Admissions faculty got excited about this news and got me in touch with some of our Cranbrook families. One family has an 11<sup>th</sup> grade son boarding at Cranbrook. I reached out to him and his mom (who lives in Lagos). We had lunch at the Girls Middle School so that I could learn some 'tips and tricks' before the trip. His mom was very excited to meet me when I arrived in Lagos," she said.

Looking back Smith said, "The best parts of the trip were the school visits but also the intimate moments just hanging out with the teachers and getting to know about their lives and their families. The Nigerians are a very giving people. They gave us so many gifts like clothing and jewelry."

When she returned, Smith and many of the girls and the MSG made friendship bracelets and sent them to the students in the schools.

Ava Federman, '29 said that it makes her happy knowing that "someone is wearing the pink bracelet I made. It is just a great feeling."

"This trip has changed me in so many ways," Smith said. "When I returned from Africa, I realized I want to continue teaching STEM concepts abroad to countries that many not have the resources. I enjoy coming up with lessons and activities that can be adapted to all classes. I think I will pursue more opportunities where I can share my experiences with students in 3<sup>rd</sup> world countries."



Photos Provided by Smith

## Smith Takes Her Passion for Stem Over Seas

By:  
Noah Nguyen

CLICK ON DETROIT

## MSG Science Students Shine on TV Segment

By: Noah Nguyen

As one of eight teachers in the United States selected to take part in a national project, MSG Eighth grade science teacher Ashlie Smith spent eleven minutes in zero gravity performing experiments that her students came up with. The flight was thanks to Space for Teachers, a program that aims to bring space-based research to the classroom.

During an interview with Karen Drew of Click on Detroit, Smith spoke with her students behind her. "We had a main experiment that focused on fluids and how fluids behave in microgravity," Smith said on air. "At the same time, we were demonstrating different toys and how different toys would act in microgravity. The unique thing about these toys is that they were built by my students, but the original toys were designed by my students in Nigeria. We have an international connection with Nigerian teachers and students."

Smith continued to explain that this opportunity is in conjunction with her involvement with several different space organizations. "I've attended differ-

ent workshops, and I went to Nigeria in September with a space organization that started these collaborations I applied three years ago and didn't get it." Standing behind her teacher, Hana Vala '29 explained that the point of the experiment was to investigate how different liquids are going to move in space. "Our idea was based off how rocket fuel moves in space and how different organizations like NASA are going to send rockets into space. We decided to use different shapes, and we wanted to figure out the optimal interior angle like proportions to see what can stop the gas bubbles from being created within the tubes and how we can keep the liquid as contained as possible without it becoming out of control so that we can measure how much rocket fuel we're using."

"That's so cool," Drew said.

Smith's Click on Detroit segment can be found on YouTube.



Smith smiles in zero gravity  
Photo provided by Smith

## Sixth Grade Takes Care of Campus Critters

By: Henry Elkins  
and Adam Osta

This project wasn't just for the birds but parents too.

"The sixth graders-built birdhouses with their parents during Parent Visting Day," Sixth grade Team Leader Jen Dawson said. "In their science class they were learning about biology and animals in their natural habitats and across the hall in their English class they were reading a book where birds were an important part."

Visiting families and friends helped their students put together the kits. Dawson explained that afterward, students then used two additional advisory blocks in February. "They painted the outside with an edible glue mixture and stuck on seeds to the outside," she said. "I built it with my grandpa and made it out of wood with special shapes," Anik Peter '31 said. "I am proud of what we did because my bird house helped birds survive and eat food during the harsh winter months."

When deciding on which bird house design to use, Riyan Chandra '31 said that his "looked like an arch. I chose a slanted birdhouse because I thought it looked cool, and it would be the sturdiest for the animals. I felt good knowing that the animals on campus were going to be fed." Parvas Gilo '31 said that his birdhouse "is slanted at the top and looks like a normal bird house and is slanted at the bottom. I'm proud of my bird house because knowing that the animals are being fed makes me feel like a good human." When the houses were ready, the entire Class of 2031 took a trip outside. Walking around campus, they hung their houses for birds and other animals.

"The students loved to go out in the snow and hang the birdhouses, knowing they were doing a good thing for the birds that don't fly away for the winter. Some birds have even made nests in them this spring," Dawson said.

When deciding where to put his house, Peter said he picked a spot "in between many trees so birds can share it and use it a meeting space." Gilo selected a space, "on a tree far away from people so the birds wouldn't get disturbed."

"I spent a lot of time looking for just the right place," Chandra said. "I decided on a higher part of the tree because it looked more populated. It felt good showing my CK spirit"

Seeing how thoughtful and considerate the students were in their selections, Dawson said she knew the project had met the Team's expectations. During the last week of school, she said that the students would go back at get their houses. Gilo summed up the opportunity. "I'm proud knowing that all of the campus critters



Photos provided by Sixth Grade team

Sixth graders place projects around campus.



## By the Numbers

By: Haoming Guo

**Six** students embarked on a weekly adventure after school in Ryan Ernest's class room in the Lower Vaughan Hallway. Together they launched the brand new **Dungeons & Dragons club**. The group, which includes both first-time and seasoned players enjoyed this imaginative role playing game.

**4** weeks, students met in Paulina Shaw's room for **Cooking Club**. From making ice cream to tacos to smoothies to mastering the art of crepes, students were empowered to try something new. "Once we were done with the crêpes and had a few ingredients left over, the boys asked if they could make scrambled eggs with ham and since we happened to have both, they went for it," Shaw said.



Photo by: staff

**Five** weeks, students were transported back to the 80s and 90s during the **Retro Video Game Club's** meetings. Every Monday, students met in Ryan Ernst's room and played video games "the old fashioned way." "I just brought in a bunch of old game systems like NES, SNES, Sega Genesis, PlayStation, and we played old games for an hour. It was so much fun watching them play the same games I played when I was their age," Ernst said.



**Eight** local events including the CK-hosted league and tournament events, made up the competition schedule for the robotics club between October and February. According to advisor Katharie Bis, practices for 6<sup>th</sup> and 7<sup>th</sup> grade boys took place once per week after school on Tuesdays and Thursdays in the MSB robotics room, while the 8<sup>th</sup> grade boys practiced with the upper school teams in the robotics lab on the Cranbrook campus three to five days per week. Tournaments were all day Saturday events where CK teams individually compete against teams from other schools.

**12** middle schools entered the Middle School Forensics tournament on April 26. Meeting every Friday during first and second semester, students in the **forensics club** spent time researching topics and writing their speeches. "The only student we had who placed this time was Kamran Singla '31 who took fourth place in broad-

**SIXTY-FOUR** pages make up the 2024-2025 **yearbook** entitled "We're Glad You're Here" Every Monday from 7:15-7:30, yearbook club students met in Christina Hammitt's room. From taking photos to designing pages, the staff ensured that every student was in the book three times. On Tuesdays, the **news-paper** staff met.

**FIRST** semester, students met in the Art room for the **Visual Arts Society**. During their meetings students learned how to silkscreen, work with clay and make art using the sun.

Other clubs that met during first or second semester: Math Counts, Cranes Leadership Council, Science Bowl, and Biking.

# Robotics Takes on the World

By: Ken Han

Once again, they met the World in Texas. "This was something I worked all three years of middle school to get to," Edward Chang '29 said.

According to Coach Bis, there were 41 boys total participating in the middle school program.

"All three V5RC MSB teams and all seven VEX IQ V5RC MSB teams qualified for their State Championship events in February and March respectively with one 6<sup>th</sup> grade team and two 8<sup>th</sup> grade teams qualifying for their World Championship competitions in Dallas Texas," she said. "In addition, all three 8<sup>th</sup> grade V5RC teams qualified for the U.S. Open National Championship held in Council Bluffs, Iowa this year."

The VEX robotics CK Middle School program is divided into two divisions by grade. The 6<sup>th</sup> and 7<sup>th</sup> grade students compete in Vex IQ using plastic parts and the 8<sup>th</sup> graders compete in V5RC using metal parts. "The game and playing field are different for each division but the engineering design process used to build, code and trouble shoot the robots is similar. Students from each division form teams of three to five members each and compete in local events where winners earn qualifying spots to state, national, and world championship level events in their division," Bis said. MSB had (4) sixth grade boys' teams, (3) seventh grade boys' teams, (2) 8<sup>th</sup> grade boys' teams, and (1) 8<sup>th</sup> grade co-ed team (with 2 MSG team members.)

During the regular Vex IQ qualifying season, ten MSB robotics students participated in

Robofest which is an all-autonomous robotics competition hosted by Lawrence Technological University. Bis explained that "Students could choose from exhibition or game-style categories and then build and design robots to compete. The students organized themselves into four teams, three of which qualified for the Robofest World Championships held on May 17th."

The DiamondBots Game Team (Ami Ami Olkhovsky and Noah Nguyen) Team Bob Game Team (Freddy Costello, Rowan Kitchen, Mathew Chon, William Huang) Earthquake Rescue Exhibition Team (Yogesh Somani, Griffin Muenk, Leo Hinde, and Zayd Al-Khafaji) Hazard Exhibition Team (Alinoor Khan) The DiamondBots and Team Bob competed in the CK tournament and Michigan Invitational tournaments in April earning spots to the Robofest World Championships in May at Lawrence Technological University. The Earthquake Rescue team competed in the video submission Exhibition category by recording a video of their robot climbing through simulated earthquake wreckage to rescue a person trapped inside a building. Alinoor Khan (along with his younger brother Zaydaan who attends Brookside) also competed in video submission Exhibition category by recording a video of their robot identifying and removing simulated hazardous material from lab environment and disposing of it safely. Team Hazard qualified and competed in the Robofest World Championships in May.

## And the National award goes to...

**37M:** Second Place at Grand Ledge Tournament, Teamwork Champions at CK League Robot Skills Champions at Charlotte Tournament, Tournament Champions and Excellence Award at CK Tournament

**37R:** Teamwork Champions at Grand Ledge Tournament, Teamwork Champions at Charlotte Tournament, Teamwork Champions at Cranbrook Tournament, Innovate Award at the State Championships in Monroe

**37W:** Robot Skills Champions and Judges Award at Monroe County Fair Tournament

**37Z:** Judges Award at Cranbrook Tournament

**38D:** Finalists at Kettering Tournament

**38K:** Tournament Champions and Design Award at Kettering Tournament, Think Award at Haslett Tournament

**38Z:** Tournament Finalists at Kettering Tournament, Amaze Award at Notre Dame League Judges Award at Haslett Tournament, Tournament Finalists and Innovate Award at State Championships in Grandville, Inspire Award at World Championships in Dallas, Texas



Photos by Zimly Family and staff

## Musicals Earn Standing Ovations

By: Yousef Zimly

One wasn't enough. "The *Beetlejuice Junior* rights had just been released, so I wanted to be one of the first in the area to do it. *James and the Giant Peach* was because I watched the movie again and thought it might be fun. Also, both had the right size casts for our club numbers," MSB drama club director Ryan Ernest said about why he choose these two titles for the club to produce.

"They were very different shows. *Beetlejuice Junior* had a lot more room for weirdness and individualization. The music was nontraditional, and it was pretty mature. *James and the Giant Peach* was a lot more traditional and had more of an opportunity to work as an ensemble and had more dancing."

Both musicals were all at Kingswood Auditorium. *Beetlejuice Junior* was Dec 14 with an encore school day performance on the 19<sup>th</sup>. *James and the Giant Peach* was performed three times on April 17.

"I think every day about how proud I am of us all for pulling off two difficult shows in the time we had and in the face of some setbacks. We all worked so hard and did such

amazing work. I am blown away by the talent and dedication. I absolutely loved the whole community I got to work with, and everyone was so supportive and inclusive," Nora Angle '29 said. When it all came to an end, I was sad and really didn't want to leave this Amazing family that we had put together, but I was so excited for the next play we would do. Being in these kinds of plays really lets me be free and not care about what others are going to think me when we are all having so much fun. Doing these plays really brings out another side of me that I don't see often and lets me express who I want to be and play a fun character on stage."

Looking back, Ernst said that, "It's always sad to close a show after so much work and time spent with the people involved, but the last couple weeks are so busy and stressful that getting a break and a chance to reset is wonderful."

Selina Zmily '29 agreed saying that both shows were "a very good experience, and I would love to do it again. Doing a theater production at Cranbrook has been a step up preparing me to shows at the upper school which I am super excited about."

## Personal Narrative

By: Yousef Zimly

The day had finally come. Filled with both excitement and anxiety, I was ready for opening night. We were ready.

*Beetlejuice Junior*, the first musical performed by the drama club which was only established less than a year ago was ready for an audience. It was my thirteenth show, but I was still afraid and excited at all the same time. We were making history.

There was so much I loved about this show. It was a small cast which meant everyone played more than one role and was on the stage at all times. My character was Charles, Lydia's father who was an uptight businessman, a type of character and personality I didn't regularly play. I struggled. As I had to maintain his strong fatherly appearance with strong emotions and grief balancing his two presences.

When our director began addressing the audience we knew it was show time. I was ready. We were ready.

For three days all five performances were all successes. Then, in the Spring we got the opportunity to do it again.

As many times as I get to do this, I find myself facing the same fears but also always learning something new. *James and the Giant Peach Junior* provided another great opportunity and a group of new people to get to know. Every time I'm on stage I feel like I'm at home. These moments and connections are priceless and, for me, the greatest part of theatre.

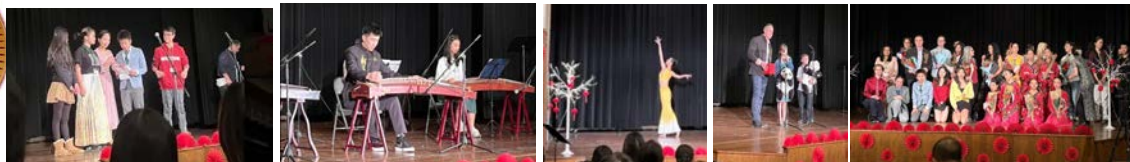
# It's the Year of the Snake

**Story and photos by: Ken Han**

With the support from Mr. Artushin (String Director) and Mrs. Rosalia Schultz (General Music Specialist), the CK Chinese New Year Concert & Celebration was held in the Kingswood Auditorium on Jan 25th, 2025. There were 24 CK Parents & Students volunteered with this Concert & Celebration. The painting "A Thousand Miles of Rivers & Mountains" on the entrance was a collaboration of 4 CK students together with their

studio friends. The painting's vibrant blue and green hues are our CK colors, and furthermore, there are cranes, representing the CK mascot. This is to celebrate the school's achievement of earning 3 stars in the Michelin Green Guide. Preparations for the concert started 1 and a half months before the performance, and the painting finished within three weeks. Just as the Booth family wanted to share the importance of the

arts and education, the CK Chinese families have put together a program to immerse us into Chinese culture and arts, it is the joy and pleasure of these experiences that unite us all and make our world a better place. So, we thank the Booth family and the CK Chinese community for bringing us together in this beautiful setting to share in this wonderful evening.



# Mr. Whittaker New Academic Coach Has Answers

**By: Amruth Prasad**

**Tell us about your background and what brought you to the Cranbrook Kingswood Boys' and Girls' Middle Schools.**

I have been in education for 18 years, teaching everything from kindergarten through 9th grade. I have taught in five different states. Most recently, I was not teaching; I took about five years off. I walked into Mr. Lublin's room to ask some football questions, and I ended up being a substitute teacher and a coach for football. That eventually led to where I am now. There's a new position opening as an academic coach, and I fit the bill. I love being here, so I just had to do it.

**As the first academic coach here, what does your role evoke?**

I have the pleasure of helping both the boys' school and the girls' school, assisting any student with any academic need whatsoever. Basically, that means whether you're a highflyer looking to find a new path to pursue your passion, or if you're struggling to write an essay, I can help with either and anything in between. It's a good gig.

**Explain your main goals as a Cranbrook academic coach.**

I believe that a rising tide lifts all boats, meaning that as I build up any student, all students can then work at a higher level. My goal is to help every student reach their potential and surpass it.

**Describe how you support students in achieving their academic potential**

I have several things in place, and more are coming down the pike. First, teachers can refer students to me for any reason whatsoever. Next, we will have some drop-in sessions during the school day. Basically, if you're working in your class and would like an extra set of eyes, you can come to my office, and we can work together. Lastly, we will have before- and after-school times available for students to come in for extra help or to get some new ideas.

**Explain some strategies will use to help students who may be struggling.**

I like to look at things in different ways. A lot of times, we've learned things in one specific, rote way throughout our education, and if that way isn't working for a particular student, I have five, six, or even ten other ways to show you that might click. Those alternative methods can be very powerful in helping to boost skills that may be lacking.

**Name the most beneficial part of being an academic coach.**

That's a good question. I do like working with the students, and I enjoy it when they understand something that is difficult for them. When they look at it in a different way, it becomes easy for them. It happens more often than you'd think, and it's a great feeling to witness that moment when it happens right in front of me.

**Elaborate on the advice you give to students who want to succeed academically.**

I'd say that studying is like anything else, it's like a sport or bodybuilding. You can't do it the day before the game, right? You need to put in the work day after day, over and over, building those brain muscles. When it's time for the test, when it's time to show what you know, you shouldn't have to cram the night before. You should be so well-prepared from working your routine that when game time, or test time, comes, it's not even an issue for you.

**Explain how you see the role of academic coaching evolving in the future.**

I think that an academic coach is something that will be around for a long time. In the not-too-distant future, I believe the focus will shift more toward setting students on the right path and providing them with the tools, even more so than working with them one-on-one. I mean, we have AI coming here but being the person who helps the student use the tools available to further themselves beyond what they think they can do is, I believe, the future of this position.



Noah Whittaker takes time to talk with members of the class of 2029.

Photo by staff

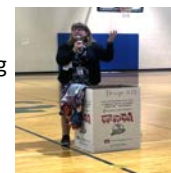


## Community project impacts campus

**By: Michael Alchammas**

Going Forth and Serve is one part of the Cranbrook Cornerstone. One Upper School junior is putting action behind those words. According to MSB Dean of Students Jeremy Lublin when Donovan Lee (26) approached him about having the Crane Leadership Council (CLC) help him collect Toys for Tots, he knew it was a good idea. "I asked him if he could come talk to them so they could explain it to their individual grade levels."

After his visit, Lee set out boxes by the two MSB entrances. "I was excited that Donovan thought to include MSB and was glad that the Crane Leadership Council decided to take on his cause too," MSB Head Lesley Rodriguez said. "I really appreciate us working across divisions and acting as 'One Cranbrook' together for a cause, especially one that helps other children. I appreciate Donovan being a mentor to MSB and showing us some of what he has become after moving on to the upper school and giving us a glimpse of what the future holds for us too beyond MSB."



MSB Head Lesley Rodriguez talks about Toys for Tots during an All-School assembly

Photo by staff

Along with the MSB, the Toys for Tots fundraiser Lee also included the "Magic the Gathering Club." Together, the groups collected over seventy times. Lee's project is part of a national campaign. For 78 years, local Chapter Coordinators, and tens of thousands of dedicated volunteers have been collecting toys. In 2024 the organization "reached new heights providing over 30 million toys, books, and other gifts to nearly 13 million children in need," the national organization posted on their web site.

"Not only do I love reconnecting with former students, but the fact that he was volunteering time and energy in a selfless manner like this was fantastic and made me proud to have been a part of it," Lublin said "I don't think we often realize how much of a difference action like this can make to people who don't have the resources that we do. I can't imagine what a kid feels like who receives a present on a holiday when they never thought they'd be getting one. It's awesome."



## One Wins We all Win

Enjoying his first year at MSB, Craig McMichael shares his thoughts with The Crane

By: Ken Han

### Describe your position.

I'm the Associate Athletic Director for Middle School, and one of the things I love most about my role is getting to work with both the boys' and girls' middle school programs. My goal is to help foster a dynamic and supportive athletic environment for our student-athletes, coaches, and the broader community.

### Name one of the best parts of your position and why it's the best.



Photo by staff

One of my favorite parts of this job is bringing my daughter, Clover, to games and practices. I love seeing our student-athletes connect with her and serve as incredible role models. #WeAreCK

### Explain how you are incorporating "One CK" in with all athletics.

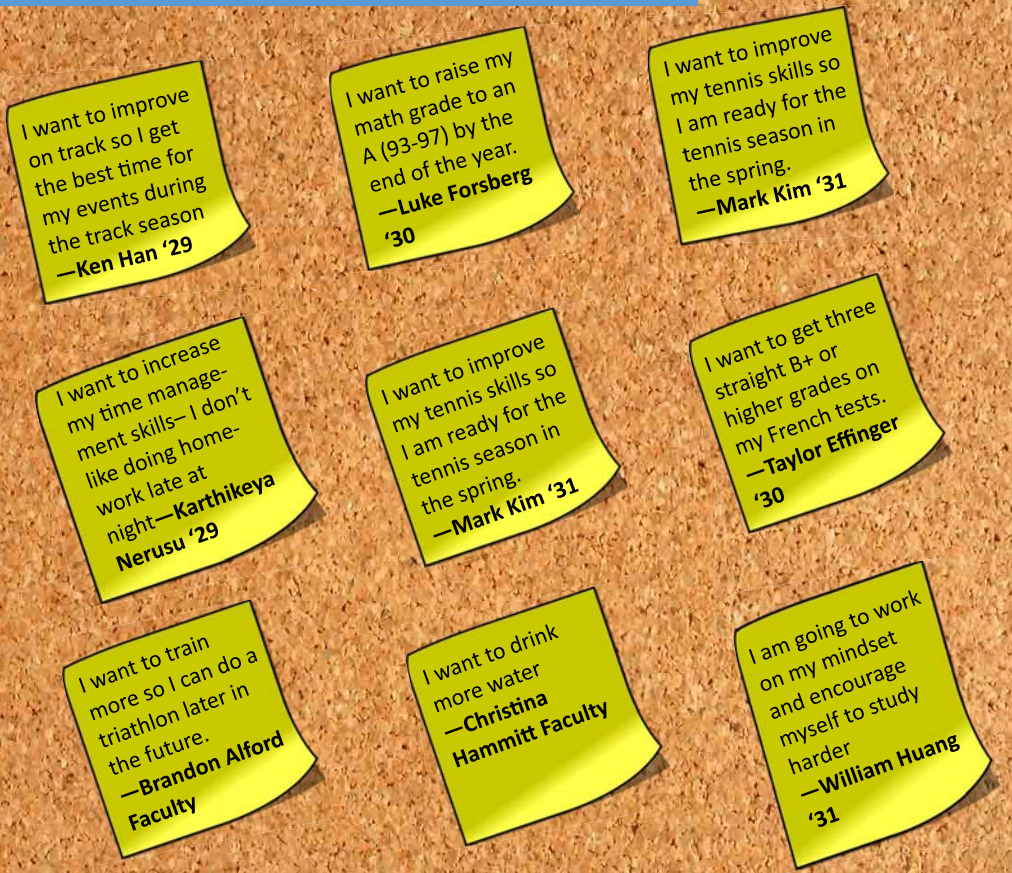
At the Upper School, there's a saying: When one wins, we all win. It reflects our belief in unity—success isn't just about individual achievements but about how we grow together as a school and as teams. We've seen examples of this during our Winter Sports offering. The girls' school came over to support the boys' basketball team against Country Day, and most recently, the boys came over to cheer on our volleyball team on against North Hills.

# Setting Goals is SMART. Setting SMART Goals is better

By: Cayden Du

What are S.M.A.R.T goals?

**S- Specific:** Targeting a particular area for improvement. **M- Measurable:** Quantifying, or at least suggesting, an indicator of progress. **A- Assignable:** Defining responsibility clearly. **R- Realistic:** Outlining attainable results with available resources. **T- Time-related:** Including a timeline for expected results



I want to improve on track so I get the best time for my events during the track season —Ken Han '29

I want to raise my math grade to an A (93-97) by the end of the year. —Luke Forsberg '30

I want to improve my tennis skills so I am ready for the tennis season in the spring. —Mark Kim '31

I want to increase my time management skills— I don't like doing homework late at night—Karthikeya Nerusu '29

I want to improve my tennis skills so I am ready for the tennis season in the spring. —Mark Kim '31

I want to get three straight B+ or higher grades on my French tests. —Taylor Effinger '30

I want to train more so I can do a triathlon later in the future. —Brandon Alford Faculty

I want to drink more water —Christina Hammitt Faculty

I am going to work on my mindset and encourage myself to study harder —William Huang '31

## Leading with Kindness, Lincoln Looks Ahead

By: Emerson Whittaker

Lincoln LaFontaine '29 lets his fingers tell a story.

"The condition is named Tetradactyly, which just means that he has four digits on one hand," Lincoln's dad Nick said. "We learned that sometimes when you lose a digit or you are missing a digit it can be a sign of a genetic defect or disorder which could affect a person's organs. We were most concerned about that – if it was a symptom of a greater issue."

"When we discovered from Dr. Brian Labow at Boston Children's Hospital that it was in fact an anomaly and that it did not have any underlying medical condition, we were relieved."

Being born with this condition didn't impact Lincoln early in his life as much as it did his parents. "Lincoln had to wear a splint when he was a baby in order to try to straighten the finger out fully," Nick said.

"Imagine trying to put a splint onto a baby and having them keep

it on. He had to do some occupational therapy as well to try to improve the flexibility as well. As he grew up his dad said that he didn't "think it has affected Lincoln at all. In fact, I don't see it impacting Lincoln very much."

"Other than having an extra finger in his hockey or lacrosse gloves, it doesn't seem to have ever really impacted him. For me, I've always worried about him typing with only four digits and if that would affect him at all. He says that it doesn't really make a difference. He doesn't think about it much and I don't as a parent. People tend not to notice so I am not sure that it has presented many challenges

Having this condition his entire life, Lincoln explained that he's developed a positive mindset about it.

"Having four fingers is a positive thing now because it makes me different from everyone else," he said. In his eyes, this condition is a gift. "I can catch better than most

people and I can still throw the ball. Having four fingers allows me to snap fast and be accurately better [when playing football]."

Nick shared that parents always want what is best for their children. "The most important thing from our perspective as parents is that Lincoln is a good person who treats others with respect and kindness. I am not sure that this has anything to do with it but it may let him empathize with someone that may feel a bit on the outside looking in. I think of Lincoln as a "glue" guy – being relatable to all types of people. He has a great Mom so that probably has more to do with it."

Continuing on Nick said that he believes this is "another reminder that there are some things in life that you can control and there are some things that can't. [Individuals need to] focus on the things that you can control and do your best to move forward with a positive mindset."

"I learned awhile ago that always lead with kindness because you never know what someone else may be going through in life. We are grateful that this issue was not something more serious and that Lincoln has lived a happy and active life. We are so excited to see what he does next. Aim High!"



Photo by staff

During Parent Visiting Day, Lincoln LaFontaine '29 explains his English project to him mom. Born with Tetradactyly, Lincoln's dad credits his son's perseverance and great personality to his mom.

# Finally, Getting a Good Night's Sleep

By: Karthikeya Nerusu

Every night, 936 million people struggle to fall asleep. Most of us go to sleep every night without a worry; however, this is not the case for those dealing with sleep apnea.

"Sleep Apnea is basically when you feel like you are stopping to breath in your sleep," said Dr. Anupama Devara. According to the American Academy of Sleep Medicine (AASM) this condition impacts almost 12% of adults.

While that percentage may seem small, over 80% adults are un-diagnosed including 1-4% of children in the United States. "It all started when I was at the dentist and I fell asleep. The dentist told my mom that I might have sleep apnea. After going to the doctor, it turns out I did," said Cranbrook Kingswood Middle School for Boys student Brian Chang '29.

Some of the first signs of having sleep apnea is snoring. Unlike Chang who was diagnosed by a doctor, many like Cranbrook Kingswood Mid-

dle School for Boys Academic Coach Noah Whittaker self-diagnosed. "I probably have snored my whole life. I always thought that I slept well. During COVID, my doctor was doing telehealth visits, so [the doctor] suggested I might as well give it [a sleep study] a whirl. So, I did like a home sleep study and turns out I needed one [CPAP Machine because of sleep apnea].

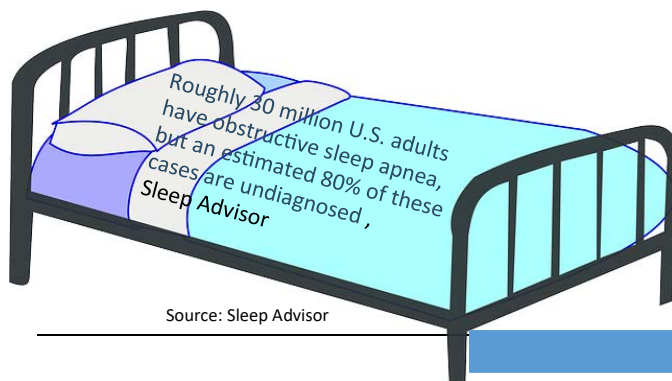
For individuals like Chang and Whittaker, wearing a CPAP (continues positive air pressure) machine improves their sleep quality. Cranbrook Kingswood Middle School for Boys Human Development Teacher Ryan Ernst explains that because sleep apnea makes an individual stop breathing while they sleep wearing a CPAP machine regulates their breathing. "Essentially, it's a mask that goes over your nose that kind of forces air through your airways to keep them open so that you continue breathing. The mask is hooked up to a tube and the tube goes to a little machine that pushes air through, and a lot of times there's water in the machine to humidify the airways. This keeps it wet, so it doesn't dry out your sinuses and to keep things open and running smooth." When I use it, I feel

energetic," Chang said. "I can pay attention and the day goes clearer for me, but when I don't have the machine, everything will be heavy and dizzy. I will be kind of unconscious the whole day."

Recalling a time when he didn't wear his, Whittaker said he "went to a friend's house in Kalamazoo for a night. I didn't bring it with me, and I slept terrible. It wasn't like I was going to die or anything like that, but I slept awful. It took until the next day to recover."

"If sleep apnea is not treated, there are a lot of consequences to it. First it affects your concentration. So, if people have sleep apnea, they must be treated. So that they can have better control of their blood pressure and then control their blood sugars which has a lot to do with cognition. Also, you are not getting enough oxygen in your sleep which causes snoring and in the middle of the night you will be gasping for air," said Anupama Devara.

After about ninety days, Whittaker said he finally became comfortable. "It was a real pain to start with a lot of getting used to and a lot of like, oh, I can't breathe through this thing type of thing," he said. "So, after those 90 days now I love it like I absolutely it's hard to sleep without it.



Source: Sleep Advisor

FEATURE

# Inside Autism: Understanding is the Key

By: Joshua Zou

The rate has increased. Twenty-five years ago, in 2000, 1 out of 150 kids were diagnosed; however, those results are now 1 out of 36.

"Autism is experienced differently from one person to the next, and it can be challenging to know if a person has it or not, especially in the classroom," licensed professional counselor Jennifer Luttmann said of the approximate 229 million people in the world who have Autism.

According to the National Institute of Mental Health, Autism is a neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave.

In Temple Grandin's book *The Autistic Brain*, he writes that Autism is not exactly a biological problem nor is it a psychological problem, but it is probably a mix of both.

"The largest difference is in synapses, which allow neurons (brain cells) to communicate with each other. Those with Autism Spectrum Disorder (ASD) tend to have overall less synaptic development, which means fewer neurons are connected tightly together," said Ryan Ernst, MSB Human Development teacher. "There have also been studies that show there is a bit more .

In the classroom, Sarah Dooley for the Center for Autism explained that students with even "moderate Autism exhibit many unusual behaviors. They may become obsessed with an object when they're bored, upset, happy, frustrated, overwhelmed, or unable to share their thoughts or feelings. No two kiddos with autism are the same, and two cases demonstrate very different symptoms or characteristics.

Luttmann added that, "you can look out for certain signs and symptoms to know if your classmate is autistic. By doing this, you can support your autistic classmates and relate with them better. Early signs of ASD may include but are not limited to: difficulty establishing and maintaining eye contact, delayed development of speech and language skills, challenges in interpreting nonverbal cues like gestures and body language, limited interest or engagement with peers and caregivers, heightened stress or anxiety in response to changes in routines."

This is why individuals speak of the spectrum when talking about the different types of Autism. In the New York Post, Phoebe Gates shared that her billionaire dad has Asperger's, a form of Autism.

During a podcast she said that her dad is "socially awkward" but when he is comfortable around individuals and situations he adjusts. Understanding that most times, autistic people have trouble socializing is important both in and outside the classroom.

Gates shared that those with autism may seem indifferent to other people or prefer being alone. In various situations, they may fail to respond to someone calling their name or they may have trouble understanding another person's point of view or cannot predict or understand other people's actions.

According to Stephanie Pappas, a writer for the American Psychological Association, "Both children and adults need support. Many children do not receive the services they need because of long waitlists for treatment or inadequate insurance. This is why it's important to know what's available in their school and community."

After understanding the data, Ernst said that the most important piece of the puzzle is "just being nice to others. Everyone is facing a challenge or two. Being open minded and kind to one another is the best we can and should do."



Did You Know?

At the Autism Institute at Drexel University "the puzzle piece has long been associated with the community.

Its origins can be traced back to the late 1960s when the Autism Society of America (ASA) adopted the symbol as its logo. Since the early aughts there has been a growing movement within the autism community to move away from the puzzle piece symbol and adopt alternative symbols that promote acceptance, autonomy, and celebration of neurodiversity."

# Sixth grader's mom has art show

By: Ken Han

Excited for her Art show, CK alumna Narine Kchikian '05 shares her passion

*Explain your background. Describe your education and experience with art.*

I have drawn ever since I was a child, but I never planned to pursue an art career. Before I moved to Detroit from Kazakhstan, I went to music school for piano, and up until my last year in high school I was taking classes at a local University to become a computer programmer. When I moved to Detroit, my high school art teacher encouraged me to think about going to college to study art. My two art teachers, Mr. and Mrs. White, helped me to apply to College for Creative Studies to study Fine Art. While at CCS, I also minored in Fiber. After graduation I took a 5 year "break" to work in the design field. While working, I applied to the Cranbrook Art Academy and was accepted into the Sculpture department. I graduated in 2005 with a Master's Degree (MFA) in Sculpture

*Tell us about your show.*

My solo show ran February 21-March 9 at the Sisson Gallery of Henry Ford College. It takes a lot of time to put a solo show together. The artwork in my exhibit is the result of three years of work.

*Explain your inspiration for your art show.*

My inspiration for pieces in this art show came from observing trees at the Interlochen Center for the Arts. All the trees that you will see in this exhibit are actual trees on campus that were cut. I lift a texture from the cut tree by placing paper directly on the cut and rubbing it with graphite. Then I take it to the studio and finish it with my own marks in response to what was there originally. When I work with trees, I can't help but think about what kind of life they lived before they were cut. How much they contributed to the community, and how being cut trunks they still do until they completely disintegrate into oblivion.

# Differentiating Lessons Create Connections

Teachers explore different methods to set students up for success

By: Ishan Kumbar

One size doesn't fit all.

"Schools used to have the same curriculum for every student. There wasn't any accommodation for those who were at a higher or lower level than what was being taught and were just being told to deal with it. Students on either end weren't being given what they needed," MSB Dean of Students Jeremy Lublin said. One way to ensure that students were being set for success educators began to differentiate their lessons.

## What is Differentiation?

"Differentiation is essentially just meeting learners where they are, he said." Everybody is at a different level of learning or different level of knowledge, so teachers are basically figuring out where that level is and what do they think that your potential is."

In other words differentiation is the best way to provide personalized learning. Lublin shared that in order to differentiate it involves changing the way educators approach their lesson plans so that they meet the diverse needs of students.

"Differentiation may involve designing and delivering instruction using an assortment of teaching styles and giving students options for taking in information and making sense of ideas," he said.

Known for her research and on differentiating instruction University of Virginia's School of Education's Dr. Carol Ann Tomlinson explains that "Differentiation means tailoring instruction to meet individual needs. Whether teachers differentiate content, process, products, or the learning environment, the use of ongoing assessment and flexible grouping makes this a successful approach to instruction."

## How does Differentiation Work?

When first learning about it, differentiation may sound like different instructions are being given to different students. However, there is one important detail that separates the two. "The teachers are not really giving out different instructions but different expectation to different students," said Lublin.

According to Tomlinson, teachers can differentiate instruction through content, process, product, and learning environment.

"I create an optimal learning environment by offering flexible seating arrangements for both individual and group work," Sixth grade Spanish teacher Lisa Sheehan said. "I encourage movement and interaction, and use classroom management strategies to ensure the space feels safe, supportive, and conducive to learning"

Adding onto Sheehan's thoughts, Eighth grade math teacher Gordon Powell said that altering content, and process is important for student success. "Some learn better by reading, others learn better by visualizing, others learn better by hearing and others learn better by doing. Good instruction should incorporate avenues to appeal to each of these areas."

## Benefits of Differentiation

Another benefit of differentiation is that it helps students move along at the pace that they are comfortable at.

"Some students learn very quickly, and through many methods of instruction. Other students need to experience the same concepts multiple times and possibly multiple ways to truly understand a topic," said Powell, "The fast-paced learner gets it the first time and often does not understand why a topic is studied repeatedly."

However, a challenge of differentiation is being able to focus your attention on students who need it the most, while staying within a 45-minute period. "A big challenge is being able to kind of separate your attention and separate out who gets what," said Lublin, "The tough

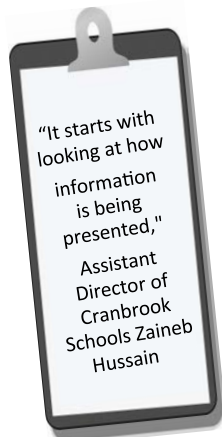
part about that is you have to figure out who needs what, where they are, and what level they're at. Then we have to figure out how we are going to meet them where they are all at the same time in the same class period with all the students at once." Adding on, Powell said that he "assesses students through listening to student questions and through discussions, and when they come for extra help. I then tailor presentation of material to help them best understand." All in all, differentiation is very important and a great way for our students to learn in the best way that they can. "The idea is fantastic," said Lublin, "Being able to give every student what they need is really exactly what we want as educators."

## Ways to Differentiate

For his class, sixth grade Global Studies teacher Chris Norred said that he differentiates by having his student's products "range from using Canva for WWI propaganda posters, Thinglink for interactive WWI topic of their choice posters, interactive Russian Revolutions timelines and Cospaes to create a 3D museum on a WWII battle of their choosing. I find that students learn better when they present their findings to their classmates. Students are more invested in topics when they get to chose what they get to research."

Agreeing with Norred, Sheehan said she likes to maintain student interest by making the material personal. "Connecting lessons to their lives and encouraging them to express their thoughts and experiences creates engagement and fosters deeper connections to the content. One of my favorite projects is having students create posters in Spanish about themselves. This allows them to express their personality, creativity, and mastery of vocabulary through a combination of words and images."

When it comes to doing what is best for students, Lublin said that "our teachers have their own ways to work around these challenges and figured out how to help all our students reach their highest potential."



## Tomlinson's Four Ways to Differentiate

Carol Ann Tomlinson, a big name in learning, provides educators with ways to each student learns best and what they already know. Turns out, this way of teaching helps all kinds of students, from those who struggle to those who are super smart .

**Content:**  
give different groups of students different activities based on how much they already know, so the beginners do simpler stuff and the experts do harder, more creative projects.

**Process:**  
Showing pictures, explaining things out loud, and doing hands-on activities, and let students work alone, in groups, or with the teacher depending on what they need are ways to differentiate.

**Product:**  
Students can show what they learned by creating different things like reports, projects, or dioramas, choosing the one that best fits how they learn

**Learning Environment**  
To make learning awesome, the classroom should be set up flexibly with different furniture for group or solo work, and teachers should make everyone feel safe and supported.

Content from University of Virginia website.

## Joining in on the fun

By: Cayden Du



Twice a year, families get to spend the day with their students. Throughout the day students and their visitor followed the student's schedule with a special treat provided by the PATH teachers. Working together, the teams participated in collaborative competitions in the gym. Only stopping during COVID, Parent Visiting Day (PVD) has been a Middle School for Boys tradition. Dean of Students Jeremy Lublin shared that having one PVD a semester, allows families time to share their student's daily experience throughout the year. Having these days on different dates makes it easier for families with students in both the MSB and MSG buildings and allows staff who have students at MSB to participate as well.



# A Spoonful of Sugar

By: Nicholas Nadjarian

## Teens' sweet tooth can be dangerous

Slowly, it's destroying them. "It's known to lead to heart disease, obesity, and high blood sugar," Carly Duncan, nurse at both the middle school for boys and girls. "Did you know the risk of these diseases increases the more you eat sugar in your childhood and teenage years? If you have anything in moderation that's alright. However, if you have too much, it can tend to be a problem."

One of the first impacts of having excess sugar in a person's diet are the long-term impacts such as diabetes, cardiovascular disease, obesity, and impaired cognitive function.

"Greater intake of added sugars, including sugar-sweetened beverages (SSB), is linked to obesity and other health consequences and cardiovascular disease risk in youth," a study by the National Center for Health Statistics 22% of US youths (2-19 years) reported.

According to Dr. Teresa Fung, adjunct professor of nutrition at the Harvard School of Public Health, "exactly how excess sugar might harm the heart isn't clear," she wrote. "Earlier research has shown that drinking sugar-sweetened beverages can raise blood pressure. A high-sugar diet may also stimulate the liver to dump more harmful fats into the bloodstream. Both factors are known to boost heart disease risk."

While the federal guidelines offer specific limits for salt and fat people consume, they don't have a similar limit for added sugar. "To put that in perspective, a 12-ounce can of regular soda contains about 9 teaspoons of sugar," Fung said. "Even one a day would put most over the daily limits."

Not all sugar is bad. In fact, sugar is made within the body naturally by glucose, a simple sugar that forms the basis of most carbohydrate-rich food. Health teacher Ryan Ernst explained that this primary source of energy is "a continuous source of energy and nutrients to fuel growth, learning, and development. Our bodies use sugar which breaks down into glucose and our body needs that for brain health and certain other functions in our body. However, that does not mean

extra consumption of sugar is good for the developing brain. In fact, too much sugar can be detrimental to the normal growth of the brain. So, having too much glucose in your blood can be dangerous and can mess with other organs and cause diabetes."

However, "one of the biggest problems with teens consuming sugar is the crazy addiction to it," Ernst said. "People, and especially young people, are so addicted to it because sugar triggers dopamine, a chemical messenger in the brain and body that plays a role in many functions including, the reward system, movement, mood, attention, and memory. "The food companies find clever ways of how they put it in your food," he said. "[However] they don't call it sugar all the time. They will call it something that ends in -ose. For example, dextrose and maltose. So, when you are reading the ingredients unless you know what you are looking for, you could look and think, 'oh, it only says sugar in one space, and it is in the middle so this must not be too bad.' However, it is just as bad if not worse because they are using things that are even worse than sugar for your body. All these things are crazy addicting and trigger the dopamine a lot causing a lot of unhealthiness in teens and tweens."

**We prioritize student health by offering balanced, nutritious meal options.**

Nicholas Fertner

Understanding the impact of sugar on teenagers, Nicholas Fertner who arranges the meals in the cafeteria every six weeks says, "we prioritize student health by offering balanced, nutritious meal options. Our menus are designed to provide a variety of wholesome choices, including cooked vegetables, lean proteins, whole grains, and a fresh salad bar filled with seasoned ingredients."

In addition afterschool Vilma Edginton, leader of concessions at BMS, said that the thought process behind what choices offered is to give students food items that will keep them balanced throughout either their sporting activity or just another activity. I put out healthy options and it is up to the boys to eat it or not. We trust them to make good choices."

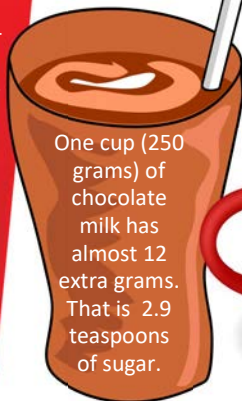
## Too Sweet or not Too Sweet

Where are we getting all the Sugar?



Sports drinks are categorized as sugary drinks. A standard 20-ounce sports drink bottle contains 32.5 grams of sugar. Like soda and sugar-sweetened fruit juice, they've also been linked to obesity and metabolic disease.

Information from Heathline.

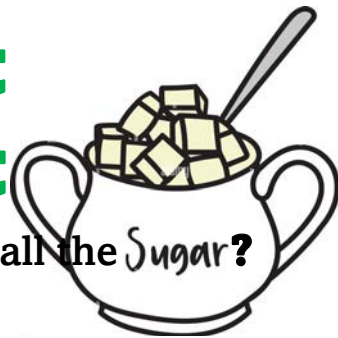


One cup (250 grams) of chocolate milk has almost 12 extra grams. That is 2.9 teaspoons of sugar.

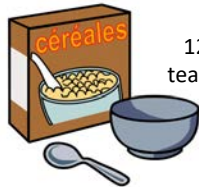
a large flavored coffee or coffee drink can contain 45 grams of sugar. That's equivalent to about 11 teaspoons of added sugar per serving.



A donut can contain 15 to 30 grams of sugar, depending



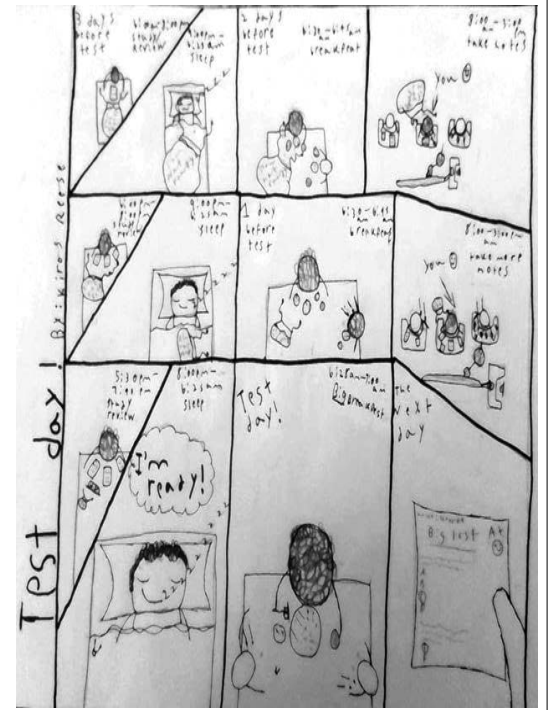
Cereal choices greatly impact sugar consumption. Some breakfast cereals, especially those aimed at kids have lots of added sugar.



Some contain 12 grams or three teaspoons of sugar. Always look for words ending in -ous.

## COMIC

By: Kiros Reese



## AD

## Cranbrook Kingswood Summer Camps

Each summer, Cranbrook Schools Summer Camps host over 1,800 campers hailing from 20 states and nine countries to experience summer camp on Cranbrook's historic 319-acre campus. Learn about our traditional, multi-activity day camps as well as our specialty camps in art, robotics, sports, STEM, theatre, and writing. Afford your child a Cranbrook summer experience this summer!



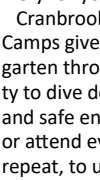
Photo by Summer Program

Photo by Summer Program



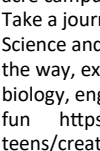
Camp at Cranbrook offers a wide range of options designed to suit any need or interest. The chance to work in an actual artist's studio, study fossils that are more than a hundred million years old, swim in a natatorium designed by an internationally renowned architect, or create your own art museum and select the art that goes in it, whatever your camper's age or aspiration the Cranbrook Camp experience is never mundane. Open a world of creativity, exploration, and discovery for your child!

Photo by Summer Program



Cranbrook Institute of Science's Explore Camps give inquisitive campers from kindergarten through eighth grade the opportunity to dive deeper into science in a unique and safe environment! Join us for one week, or attend every week, since they do not repeat, to uncover the treasures of the Institute of Science and Cranbrook's 319-acre campus!

Photo by Summer Program



Take a journey of discovery around the Institute of Science and the greater Cranbrook campus. Along the way, explore geology, paleontology, chemistry, biology, engineering, and astronomy. Come join the fun <https://cranbrookmuseum.org/learn/kids-teens/create-camps>

# Competitive Speaking

By: Ronak Desai

Do you know what forensics is?

According to Head Forensics coach Ryan Ernst, "Forensics is public speaking combined with the art of being able to express your ideas and creativity in a public setting. There are two main areas: public address and the interpretive category. Public address is a lot like speeches and creating informative messages and doing other people's speeches. The interpretive category is taking works of fiction, poems, storybooks, and other things like that and creatively interpreting them. I'm excited about starting this new club"

Every Friday right after school until 5pm, students from both the MSB and the MSG meet in the Lower Vaughan Hall of the Middle School for Boys.

After deciding if they want to be more informative or more performative students then get to decide how they want to perform and then they get to choose their material. Ernst

says that meetings are time to "get the material up on its feet, going through it, making sure that everything is clear, loud enough, and that

the movements and gestures all support what is being said."

Nolan Bradley [30] said he enjoys how much forensics supports his other interests. "[It] really helps with acting and theater because most topics in the interpretive category require memorization to perform them. I would recommend forensics to people who like memorizing things and people who do theater because it is super fun."

Concurring with Bradley, Joe Devitt [30] said that, "the best part about forensics is that you get to do it with your friends while still balancing it out with work." DeVitt who is currently rehearsing a comedy broadcasting topic. "It's something I like to do," he said. "I get to be funny, and it makes me feel good."

Looking at his team, Ernst said that "it's exciting because I'm opening opportunities for people who are interested in. We are in small numbers now but if more people join, this club will really take off. It's exciting to see all that's happening."

# Where in the World Are the Ewicks?

By: Jeremy Zhang

MSB's counselor Peggy Ewick, her husband and their Pug Burt retired from education at the end of the 23-24 school year. As they traveled the USA, they kept in contact with students and staff by sending postcards.

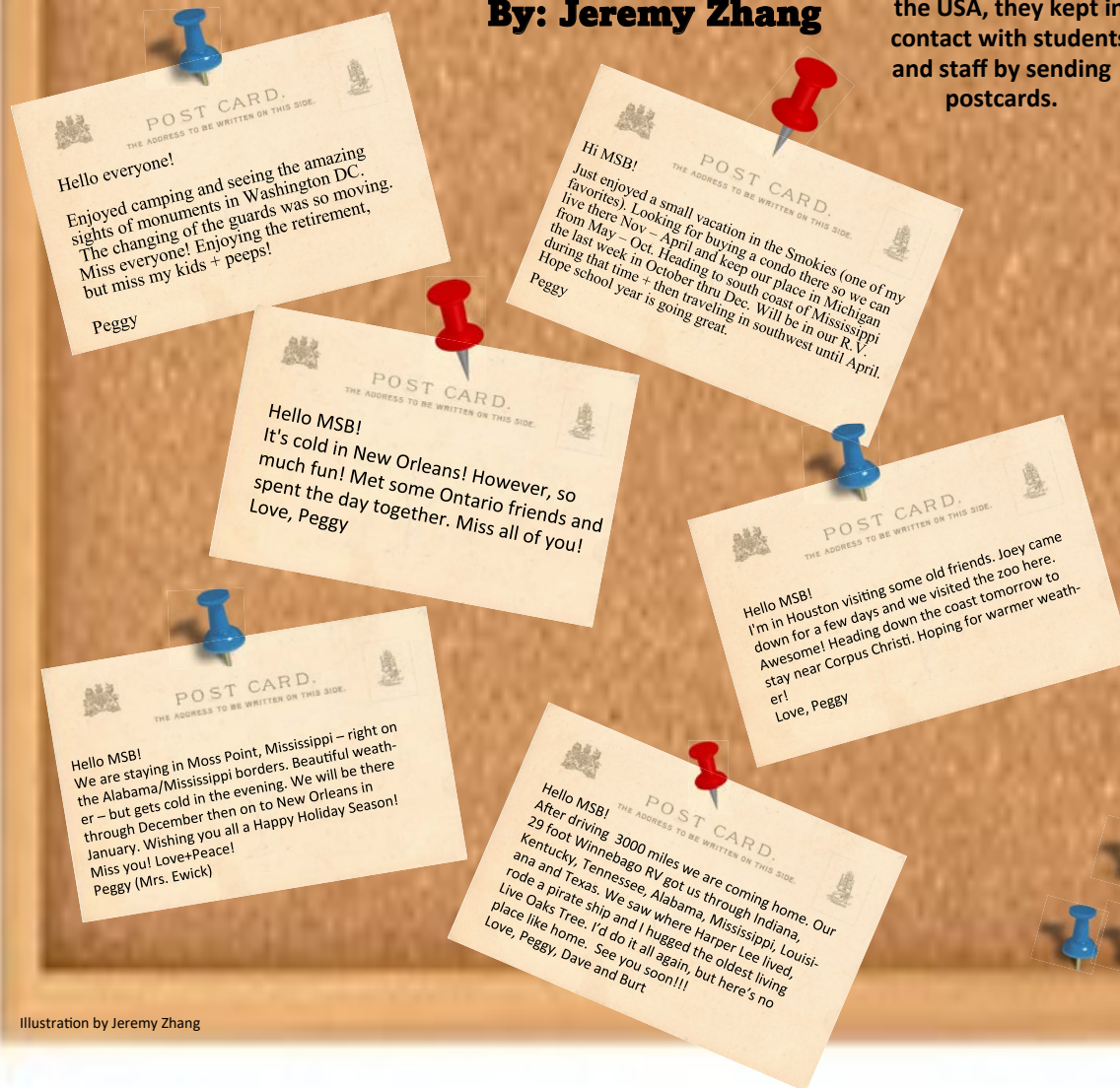


Illustration by Jeremy Zhang

# Giving More Than After School Snacks

By: Nicholas Nadjarian

Even though some may not see them, she knew the changes were important to make.

"When I first started the concession, I organized it similar to a business and I delegated different areas of the concession committee to different individuals," head of the Middle School for Boys afterschool concessions Vilma Edginton said. Creating positions like finance, inventory management, purchasing, aesthetics, overall management, and logistics within her team "enables the boys to make quicker choices because they can see what their options."

Ethan Anversa '30 said that he appreciates all the hard work the moms put into setting up and taking care of the afterschool concession stand. "[My] favorite part is how much of a variety there is," he said. "Some days, I might only get a protein bar because my parents are going to pick me up, but other days, I might get a bottle of Gatorade, and a bag of chips since I won't be picked up for another two hours."

With these changes, Edginton shared that she wanted to ensure that the number one priority is always making sure that the students are seen and accommodated.

"When I visit concessions, I am treated in a positive way," Anversa said. "All of the moms managing concessions will not only ask me what I'm

looking for but they direct me to it and sometimes they ask how my day was going too. If they don't have that certain thing, they will help me find something else I might like. They are all very nice."

Along with the concessions, the moms offered the students opportunities to get involved.

"When we were asked to help out with the concessions, I thought we were just going to had out a bag of chips," Lincoln LaFontaine said. "Suddenly, I was chopping veggies and making various appetizers. Our concession isn't just for sugary stuff."

Getting in on the fun, others joined in. At Christmas, Cranbrook's Director of Schools was behind the table handing out donuts. Hailey Agree has stepped in during second semester. "It's nice seeing not only my two boys but their friends and others. They are all so appreciative. Making them some popcorn, or giving them a popsicle or some cereal is worth it. They'll stand there and talk about their day and they always say thank you," she said.

"It's nice knowing that they are there," La Fontaine said. "It's not always the same everyday. They even decorate the area. The Opening Day for the Tigers was one of my favorites."



Along with snacks afterschool, the Moms created contests throughout the year for students and staff. Special guests like Dr. Jeff Suzuk came to concessions. Photos by staff.



# Don't Try To Box Them in

Think you know today's middle schoolers? They've changed over the years

By: Emerson Whittaker

Being a middle schooler had gotten exponentially more difficult and more stressful since our parents' generation.

According to a study published by Transforming Education, 50 percent of middle school students feel constant pressure over homework. From a poll from the same study, 70 percent of middle schoolers suffer from anxiety. For reference, in 1992 the same poll was given to middle schoolers and only 32 percent responded that they suffer from anxiety from school.

Additionally, according to a study done at Stanford University, homework levels have greatly increased in the last thirty years. However, this is a difficult statistic to track. A poll among students at Stanford found that 76 percent of students found homework as a primary cause of stress throughout their school career.

Stephanie Hepbur writer and co-founder of Crisis talk reports that the Pandemic truly impacted middle schoolers. "The growth of callers ages 11 to 14 are rapidly rising. Between 2019 and 2020, outreach from this age group increased by 41%, spiking from 2,235 to 5,360 callers."

Since Covid, the percentage of adolescents 11 to 14 expressing loneliness and isolation has doubled from 5% to 10%. "This is likely an effect of community shutdowns and adjustment to online school," says Emily Moser, MEd, MPA, director of Youthline.

In the publication entitled Her campus, Lena Butterman said that even though she and her sister

aren't that many years apart she sees the differences between herself in college and her fourteen year old sibling.

"It's no secret that middle schoolers these days are *much* more 'rambunctious' than today's college kids were that age," she said. "Middle school is known for being the awkward phase. Everyone's body is growing and changing at different rates, hormones are kicking in, and kids are finally figuring out what social groups they fit in with. These days, kids are skipping that entire stage of life. It's like they can't or they are expected to grow up too fast. When did we stop letting kids be kids? My fourteen year old sister is talking about college like she's going there tomorrow."

Whether it's trying to figure themselves out or figure out the world around them, middle school is the time to lean into the hard conversations. Even though adults have gone through their terrible tweens, it's important to remember that the road is different for everyone. Today's middles have more on their plate and sometimes feel boxed in.

A modern middle schooler's life is different than those of their older siblings and even their parents. It's up to us to allow them the opportunity to find their way. Sometimes they'll fall and that's ok. Sometimes they'll retreat into their box and sometimes they'll break it down. It's all part of the process of being in the middle. Embrace their passions. It's crucial to their growth. Just remember not to box them in.

## How well do you know today's middle schoolers?

Take this quiz and see how well you know today's preteen



1. Which one of these is the most popular clothing brand among middle schoolers today?

- A. Jordan      B. Champion  
C. Essentials      D. Nike



6. What does Skibidi (pronounced skip-pity) as an adjective mean?

- A. Awesome      B. Cool, bad, dumb  
C. People      D. food

2. It was 2018 when the class of 2029 was in Kindergarten

- A. True      B. False

7. When a student is "cooked" they are what?

- A. In a bad situation      B. good to go  
C. Making dinner      D. hungry

3. What generations are today's middle school students?

- A. Generation Alpha      B. Generation Z  
C. Both      D. None of the above



8. According to BetterSleep, what time a day are middle schoolers most tired?

- A. After lunch      B. Morning  
C. Late afternoon      D. Night

4. How many students do we have in our eighth grade?

- A. 50      B. 52      C. 55      D. 60

9. According to StartQuestion, what subject do middle schoolers find most difficult?

- A. Math      B. Science  
C. English      D. History      E. PATH

5. What model Iphone is most popular according to a poll from Kids Health?

- A. Iphone 15      B. Iphone 16  
C. Iphone 13      D. Iphone 22

10. What is every MSB students favorite bird?

- A. Cardinal      B. Goose

Answers: 1: D, 2: B, 3: C, 4: D, 5: C, 6: B, 7: A, 8: D, 9: A, 10: E



# Being in the Middle isn't Easy

**By: Edward Chang**

I was devastated. Why? Why? I worked so hard, why had this happened, why did I let this happen? I couldn't believe it. After my countless hours of work, skipping two days of school, none of it matters anymore. I was out. Ever since I started robotics in seventh grade, I had one goal in mind, to win the world's tournament. Although we had a good start to the year, after that it was not so well. It was constant trial and error, mistakes, and pain. I had tests almost every week, pop quizzes, endless amounts of homework, hockey practice, my extra curricular courses, and on top of all that my robotics team was not cooperating. This gave me no time to work,

sleep, or anything else. I was getting only a few hours of sleep every night, getting bad grades on my tests, and not doing my homework. With all that I kept going, I knew I could achieve my goal, and I knew I had to. Two weeks before the state tournament, our team coder suddenly quit us and I had to improvise and code my own program 4 days before the state tournament. Every day when I came home from school I kept working until almost morning. I skipped two days of school pretending to be "sick" just so I could work on the program I had to do last second. But, on the day of the tournament, all good became worse. Now there were no good

things left, it was just bad and worse. We had not made it to a qualifying position, and we were out. Even though I spent so many hours of my life working towards this goal, building the best robot, coding the best program I could make, it was all a waste. Well, that's how I felt at least. I couldn't sleep or have any emotions for a month. I was devastated as I watched my peers go to worlds, although I was happy for them of course, I was too shattered to have any emotions. And on top of all that, I had to grind my school grades back up by the end of the year. I told myself; I would never let this happen again.

From the sixties when life was "groovy" to the eighties when life was "like, totally, awesome," teens have a language all their own. According to University of Buffalo's Adrián Rodríguez-Riccelli, professor in the Romance Languages and Literatures Department these weird words and phrases are "jargon vocabulary that comes from culture."

Think of it as kind of an inside joke shared with friends. When someone needs a new word for something or wants to give an old word a cool, new twist then it becomes "rad."

Sometimes the words are just silly or taken from a song, social media or TV. In the seventies there were "nerds" who were told to "sit on it" and in the eighties Bart Simpson told everyone to "eat my shorts." All we know is you don't want to be "square" or "cruising for a brusin" if the word or phrase you use is "what the sigma?" So to be "like totally tublar" and "da bomb" you need to "get with the program" and learn some new "fresh" words before someone tells you to "talk to the hand."

## The Words We are Using:

Rizz

Skibidi

COOKED

Bet Sigma

# Today's Middle Schoolers

The tweens in between are in a space of their own

**Design By:  
Emerson Whittaker**



# Let's Talk Bitcoin

By:  
**Abhi Batra**

I sat down with two Cryptocurrency professionals, and one Bitcoin buyer, to discuss this upcoming currency. We learned from Cash2Bitcoin CEO, Ayman Rida, that Bitcoin is a virtual currency. It is not regulated by the government.

Although Bitcoin is not accepted at many stores yet, it can be traded consumer to consumer. It's regarded as more of an "investment than a form of payment."

Rida's company Cash2Bitcoin has kiosks to purchase Bitcoin and other cryptocurrency such as Litecoin, and Ethereum. Cash2Bitcoin originally started as an ATM company but in 2017 they realized there was a market for Bitcoin Kiosks.

Purchasing Bitcoin doesn't need to cost a lot of money. In fact, individuals can purchase pieces of Bitcoin. Rida

Although cryptocurrency is defined as a form of "digital currency"—

implying it's a kind of money—most businesses and consumers have not adopted it as a common medium of exchange. In other words, most stores will not accept crypto as a form of payment.

- Britannica Money

believes that history has proven itself, and bitcoin will keep rising. Bitcoin trader, Adam Fattah said that "trading Bitcoin is essentially like a game. You go to special websites deposit money and trade. You must be good with money."

According to Fatah, there are several key advantages of Bitcoin. First it is decentralized, so there is no middleman controlling the transaction process, and that eliminates fees and other things. It is also more private, because it is just the person and the market. When it comes to buying stocks versus cryptocurrencies, there

are several other things to consider. Additionally with cryptocurrencies people can see a quicker return on their investment, but there is also more risk involved. With stocks, there is a more gradual return, and they tend to be safer. Ultimately it is up to the each individual. Fattah predicts that "in the future, Bitcoin will be worth \$1,000,000."

Cryptocurrency investor Purvi Patel purchased Bitcoin just to try out cryptocurrency, and now she has a big portfolio, including Ethereum, and Solana. She said she does not necessarily think that cryptocurrency is a better investment than stocks but simply wanted to try it out.

Photos by staff



## Finals Get Personal in Language Classes

By: **Cayden Du**

For The Class of 2029, their final exam started nine weeks before the official Final Weeks. "Final exams are an opportunity for students to showcase all that they know. For most of their education, they have studied what others have told them to study and researched what others said to research. What a better time than their final assessment than to give the control over what they want to share," Middle School for Boys eighth grade teacher Christina Hammitt said of her Eighth Graders Inaugural Personal Passion Project.

"The Passion Project lets students explore what they love and showcase the skills they've learned throughout middle school. My decision to combine the passion project into their final exam is because the whole purpose of a "final exam" is to design an assessment that test students' retention of the material along with their critical thinking skills, and ability to apply the concepts they have learned. What a better way to assess an individual's learning than to have them show what they know in a project."

This isn't the first time Hammitt did a passion project. "During the 23-24 school year, I concluded with my persuasive unit and had students use their passion to make a differ-

ence in their community. So, last year I had the students 'go forth and serve' the community with a passion of theirs. This year, I've leaned more to the persuasion piece of the unit. Using the rhetorical appeals of ethos, logos and pathos, students are applying their learning all at the same time. Plus, our community gets to see what our students do. We have the best young people, and I get to see it every day. Now, it's a chance for others to see it too."

On May 27, the 8th graders set up their presentations in the gymnasium, and over 300 people from all over the Cranbrook Community will be attending. Hammitt cited motivation as a main driving factor in this decision. "By adding in the element of a live competition, the students seemed to be a bit more motivated in making their project stand out from the rest."

For some the ideas for their final came easy but for some it took some time.

"I didn't know what to do at first. Then, sitting and conferencing with Miss Hammitt she mentioned my "side job" on detailing cars. It's something I love to do and if I can persuade people that they need their car detailed it's a win-win for my business and my final. Once I got the topic everything else

made sense," Kavin Lala '29 said.

To prepare for their presentations, students started working on their "final" since Spring Break. In addition to presenting, students kept a process journal, designed a website and created a trifold board. "The process journal was probably the hardest thing for me to do," George Ulmer said. "I was just really into my project that I kept forgetting to write down what I did."

Looking back Yousef Zimly '29 said that "being introduced to this kind of final, with so many components, at first stressed me out. It seemed like a lot of work, time, and effort would be needed to complete this assignment. Nonetheless, I believe this is a good concept for a final as we get to focus on something we love while utilizing the skills we've learned throughout the year in our English class."

"To say that I am incredibly proud of each student is a huge understatement. Our students have stepped into a situation with many pieces and parts; some they were comfortable completing and some took them out of their comfort zone," Hammitt said. "Every part assessed the knowledge they've gained and each step we cheered and celebrated who they are and all they were doing."

### TECHNOLOGY AND HEALTH

## Too Much Technology May Cause Loneliness

By: **Edward Chang**

Is technology isolating people from the world? Or is it bringing us together? This is a very frequently asked question inquiring whether technology is actually benefiting our social relationships or not.

"In 2021, during Covid, social media saved us from complete isolation," said West Chester University in Pennsylvania Professor Jasmin Tahmaseb-McConatha Ph.D in a Psychology Today article about Technology Use, Loneliness, and Isolation.

"We have found out since COVID youth often find alternative senses of community in virtual spaces," Cranbrook Middle School for Boys Counselor Brandon Alford said. This has caused many to be pulled away from social connections.

"Since those difficult days, many have been hesitant to re-emerge and re-engage in the "real" world. We are still anxious about being around too many people. We are still hesitant and fearful for our health, which means that at times we cling to our online life or hibernate in our homes," said Tahmaseb-McConatha.

"This can be dangerous for your mental health because isolation and loneliness can lead to but is not limited to feelings of sadness, irritability, or anxiety. It might make someone feel like they don't matter or that they're invisible," said Alford.

Lead Consumer Technology Writer for The New York Times Brian X. Chen said, "Americans now spend more time alone, have fewer close friendships and feel more socially detached from their communities than they did 20 years ago."

Alford agreed saying that he often "sees students turn to the internet when real-life interactions feel too overwhelming, disappointing, or out of reach. The internet can offer a sense of control and immediate distraction. Sometimes, if someone is feeling anxious, excluded, or unsure

how to connect with others, it feels safer to scroll, game, or binge videos than to face the vulnerability of social interaction."

Social media and constant checking of the internet can lead to loneliness because "the more time someone spends online, especially passively, the less time they're actively building real-world connections," said Alford.

Even if someone is communicating online Chen said that using technology in any way can still "be creating a barrier to authentic connection. And, perhaps unsurprisingly, some people who felt lonely also exhibited addictive personalities — in this case, to streaming videos — that kept them indoors."

Not all of this is the individual's fault. "Apps are expertly designed to keep you coming back," Alford said. "They use notifications, likes, streaks, and algorithms that keep showing you content you'll want to watch or engage with. The more you use it, the more your brain links internet usage with feelings of comfort or escape. That can create a cycle where the more stressed or lonely you feel, the more you turn to the internet, and the more you do that, the harder it becomes to feel satisfied with real-world interactions."

Breaking free and feeling a part of a nondigital world can be a difficult task. Alford explained that the first steps are to start small and be realistic. Living in moderation is important, not just about entirely disconnecting yourself from the internet. As the world moves forward the more important the internet becomes in part of our lives. If anyone suspects they or a friend might be in trouble Alford suggests reaching out. "[You could try] talking to someone you trust, joining a club or activity, volunteering, or even just saying hi to someone new."



*Starting his first year at CKMSB, the Cranbrook Kingswood Middle School for Boys Counselor answers some questions.*

# ONE More

## Thing with Brandon Alford

**By: Cayden Du**

### **What's your background like before you came to Cranbrook?**

I was the one of the counselors at Detroit Country Day for the middle school and I was also the department head for all of counseling, so I supervised the counselors at the lower and the upper school as well.

### **How long were you there?**

I was at DCD for about four years.

### **What's your favorite part of being a counselor?**

I love seeing kids develop. I think the really good thing about working in a middle school is that it's such a formative time for you from 6th grade to 8th grade and the changes that I see in all of you from 6th grade to 8th grade are pretty impressive so seeing the things that we do have an impact on you as you grow is really cool received from me so I enjoy watching that.

### **What is some advice you have for students entering high school next year and like when like how school gets more stressful?**

I think a really important way to manage the stress is to use high schools and opportunity to find yourself. High school is where you get to really choose classes and groups that really interest you and keeping that balance of what you're actually interested in addition to your academic load really helps you through that academic stress so balancing what you're doing academically with a lot of good self here and finding your people.

### **What is your favorite movie?**

My favorite movie is the *Shawshank Redemption*. I know a lot of people my age would have picked that as their favorite too.

### **What was the last sporting event you attended and why?**

The last sporting event I went to was my last tournament when I coached Field Hockey for the Girl's school in DCD.

### **Who inspired you or what inspired you to become an academic counselor?**

My aunt was the director of an agency that worked with preschool kids whose parents were involved in the court system and at the time I didn't have any sort of college degree- I was just helping out there and she saw the work that I did and said you know Brandon or Mr. Alford, I think it would be a really good social worker. You seem to be really good at this and so she inspired me to go back and get my bachelor's and my master's degree in social work and then that's what brought me here. She was my first inspiration for getting into the field.

### **What do you think is the most important life lesson that you teach your kids?**

The most important message I always have is to be authentic to yourself. These years are when you're truly finding out who you are not just who your parents want you to be your who your family wants you to be it's like who are you and who are your friends and what are you good at and what do you like to do and I think all of you giving ourselves permission to like explore that in a trial and error way is super important because I think a lot of you are really hard on yourselves and that if something doesn't work out right away the first time you get really harsh on yourself so I preach all of you being very authentic to yourselves and then to show yourself some grace and being able to try things and fail.

### **What was the most memorable moment of your career as a counselor?**

I feel like the most memorable times come from some of the non-counseling I do, like going to interim. I went on the 8th and 6th grade interim trips this year and I got to have some really good conversations with students that wouldn't necessarily happen in my office so just seeing all of you in your natural environment and being social and doing fun things I really feed off of that and so those are always highlights for me.

### **Why do you like interim the best?**

I'm a hands on person- I've never been the kind of therapist that that just sits across the desk and talks to you about your feelings. I like to be out in nature and I like to actually do things and I think that people open up more when they're engaged in things so interims work really well for me because there's less pressure on a student to talk to me- it's a more natural way of having a conversation rather than calling them to my office in a "forced" conversation.

Brandon Alford and George come from Detroit Country Day and are our news counselors. Both live and work in the Upper School dorms on campus. .



*Accepting a position in Colorado Cranbrook Kingswood  
Middle School for Boys Spanish teacher answers some questions.*

# ONE Last Thing with Paulina Shaw

**By: Jacob Orzol**

**Explain some of your favorite experiences from teaching middle school students.**

Some of my favorite experiences have been watching students grow into confident learners, whether it's through performing skits, working on creative projects, or helping one another during group work. Middle schoolers are full of curiosity and have a great sense of humor. They make every day lively and memorable.

**Describe your favorite memory of all your years teaching at MSB.**

There are many, but one of my favorite memories is seeing students take pride in their work—whether it was performing a scene in Spanish, giving a thoughtful presentation, or simply helping a classmate. Those moments when they surprise themselves and shine are truly the most rewarding.

**Elaborate on why your excited for your new chapter in your life.**

Yes, I'm very excited. This new chapter brings new opportunities and meaningful challenges. I'm looking forward to being closer to family and starting a new role teaching high school students in a dual enrollment program where they can earn college credit. While it's hard to say goodbye, I'm leaving with a full heart and a lot of gratitude.



Paulina Shaw shared a photo of her last trip to Colorado. As the Class of 2029 have their Move Up Day, Shaw will also be moving. She and her husband will be moving to Colorado where she will be teaching Duel Enrollment classes. Photo provided by Shaw

**Name your favorite book, and Why would you recommend it to MSB faculty and students.**

My favorite book is *Paula* by Chilean author Isabel Allende. In an interview, Allende said that of all her books, *Paula* is the one that resonates most with people because it speaks to the universal experience of losing someone we love. I love it because it's honest, poetic, and deeply human. It's a moving memoir that touches on love, grief, memory, and healing. I would recommend it to faculty and older students.

**Name your favorite movie, and Why would you recommend it to MSB faculty and students.**

One of my favorite movies is *October Sky*. It's an inspiring true story about a young man who, against all odds, pursues his dream of building rockets and going beyond the coal mines of his hometown. It's a wonderful reminder of how curiosity, perseverance, and support from good teachers can change lives. I'd highly recommend it to both students and faculty.

**Describe the last trip you went on and something interesting about it.**

My last trip was to Colorado, where my husband and I recently purchased a ranch east of Colorado Springs.

One interesting thing about the area is how quiet and peaceful it is.

You can see a sky full of stars at night, something you just don't experience in more urban areas.

It's the perfect setting for a new beginning.

**Name the last sporting event you watched and why.**

The last sporting event I watched was a Michigan State football game in Lansing. It was a fun experience, and afterward, my husband and I walked through the campus where we once took graduate classes together. It brought back so many great memories and made the day even more special.

**What was a recent song you listened to and what did you enjoy about it?**

A recent song I listened to was "Here Comes the Sun" by The Beatles. It's such a simple, beautiful song that instantly lifts my mood. The lyrics are full of hope and remind us that after difficult times, brighter days always come.

It's a timeless message that still feels relevant.

# ONE Last

## Thing with Mike Auth

By: Jacob Orzol

*After close to thirty years, Cranbrook Kingswood Middle School for Boys Science teacher answers some questions.*

### Describe the last trip you went on and something interesting about it.

Over the Spring Break of 2023 I went to Breckenridge, Colorado. I snowboarded a lot at my younger age, but I hadn't gone in over 10 years. After snowboarding for a couple days my legs were burning, but it was a lot of fun. I plan on doing more snowboarding when I retire.

### Why did you start having a passion for science or want to get into teaching?

I have always liked science. When I was younger, I liked science and history. And then I thought what would you have more opportunities in the science or in the history field. And I've probably decided on science. I wasn't originally going to school for teaching, but what happened was when I moved out to California I got a job as an instructor at an outdoor science camp, so we were up in the mountains and schools would come to us every weekend. I went back to school for teaching and then after I retire.

### What is your favorite genre of books, and would you recommend it to the MSB students?

I read a lot of books including that I am reading a book right now. The books I read are a lot of horror science fiction and a lot of zombie apocalypse stuff. I would recommend these to most teenage boys. I've always liked that kind of reading. When I was younger I read a lot of spy novels and Lord of the Rings. I have hundreds of books on my phone that I would recommend to the average 13-year-old student.

### Describe your favorite lab or demonstration that you do with your students and why?

Oh boy. I mean, there's a lot I really like. I guess one of my favorites, because I think all the boys really like it is the liquid nitrogen demonstration because it's so visibly impactful. Seeing what liquid nitrogen can do, freezing things and you make ice cream and just a lot of fun. I like the physics labs with the photogates, the timers and the car along with the gravity drop. Those are just good interactive labs with great equipment that allows us to collect really good data and analyze the data. I like the chemistry demonstrations that show chemical reactions and lighting, things on fire and then the boys have to learn how to write the equations of what we're seeing. I think all these labs are fun for the students and they get a lot out of them.

### Describe Your Favorite Coaching Memory At Cranbrook.

I coached girls volleyball for 18 years. So, I have a lot of good memories from 8th grade volleyball. Just teaching girls who are still young in the sport. How to get better and enjoy the sport. When I was also doing varsity volleyball, I really enjoyed those eighth-grade girls. came out to high school and played varsity, so I got to see growth over five years in the same sport, and which was a lot of fun. We did have an undefeated season for one season, 32 wins and 0 losses. That year we went to regionals and the state tournament that so that was our most successful year.

### What do you want your 8th grade students to take away from your science course, or what you've taught?

Well, I obviously want them to enjoy science. That's my favorite subject. I love science. The ability to explain everything around you. I think in my class I try to bring in real life situations that everyone experiences every day and talk about it in a scientific way and explain what's happening. I always like seeing the boys' eyes light up like oh, that's why that happened. The students feel cool because they can now explain what they and it makes you feel smarter. Even with just eighth grade science, we can explain so many ordinary things that we witness and deal with every day.

### What are your favorite student interaction experiences, both inside and outside the classroom?

In class, I love it when the students find interest and excitement about stuff we do. It's always fun when I'm in the hallways or at lunch or I'm somewhere outside of class and I hear the students talking about science. That's important. It tells me that whatever I'm doing is working and sinking in and making them think and they're interested.

During his teaching tenure, Auth taught physics and chemistry to eighth grade students. One of his projects that students loved is his Alien Periodic Table. Photo by staff.





## Cranes Connect

By: Jacob Orzol

Some connect Cranbrook to St. Louis because architect Eero Saarinen designed the arch, but there's another connection found within seventh grade Global Studies teacher Natalie Britton's classroom.

**Q. Explain how CK and St. Louis connect for you.**

**A.** My sister Kelly Sanborn is the marketing director for St. Louis City S.C., a MLS (Major League Soccer) team located in St. Louis, Missouri. The club was founded in 2019 and is the most recent club to join the expanding league in 2023. Kelly's job is to promote the brand, with many different events they hold there. Kelly promotes the new soccer players that come to the club, or the soccer talent.

**Q. Describe else she gets to do.**

**A.** Also, they do concerts at their stadium. Nelly, a famous singer came and started off the match which was a really big deal. She worked with his team to make sure he had the things that he needed there, but also guiding him through his process for what he was going to do at the actual game.

**Q. Explain how this connection has benefited you and your students.**

**A.** Many of my students are interested because many of them like soccer. Hearing my sister share her stories has helped me appreciate the sport more and all she gets to do. I finally got to go to a game this past summer. It's a beautiful stadium. It was really cool, exciting, and there was a great group of fans. My kids got to go with us and my husband, and they just had a blast. We really enjoyed the game, good food, and the atmosphere. It's really, really fun. about my sister, and remember all the fun my family and I had at the game.

**Q. How is this connection seen in your classroom?**

**A.** I also got a rally rag at the game and I have it hung up in my classroom to show how much I care about my sister, and remember all the fun my family and I had at the game. It's fun to have that CK connection.

## Leaving a Legacy

After 15 years coach takes time for family

By: Aadhi Ezhil



Photo by Orzol.

At the end of season celebration, Coach Steimel stands with her part of her team and a thank you cake. After coaching her daughter and many others, Steimel is going to spend more time with her grandson.

After fifteen years of coaching the only co-ed middle school sports teams, Coach Nicole Steimel is ready to spend more time with her grandson.

"When I first took on this position, I did so with a deep passion for helping students not only improve their running skills but also develop essential life lessons such as teamwork, discipline, confidence, self-respect and a sense of belonging to something greater than ourselves," Steimel said of her decision to begin coaching. "Every practice, meet and interaction with these student athletes has been about more than just sports for me; it has been about shaping the young minds and hearts of the children entrusted to my care."

When first deciding to be head coach of the middle school for girls and middle school for boys cross country and track teams, Steimel thought of her times as an athlete and when her children were athletes and knew the kind of coach she wanted to be.

"I have always believed that coaching is more than just a job. It's a responsibility and a passion," she said. "The athletes I have had the privilege of mentoring all these years, will always hold a special place in my heart, and I have watched many of them grow not just in their athletic abilities but also in their character and determination. It has been a joy to see them push themselves and achieve things they never thought possible, and I am incredibly proud of their accomplishments."

With The Oakland County Meet being her last official meet, Steimel said she looks forward to spending time with her family and her grandson.

"Her grandson brings a light to coach that I've never seen before," assistant cross country and track coach

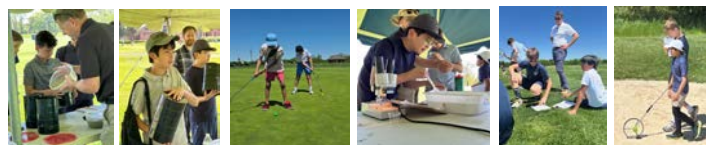
Hammitt said. "Having worked with Coach for the past three years, I've seen first-hand how much the athletes on both teams mean to her.

That said, knowing that she'll have more time with her first and only grandson is equally priceless."

Looking back on her coaching tenure, she said that "her most memorable moments will always be when kids say the darndest things! It amazes me when they use their intelligence for a higher level of humor and having the opportunity to share that with all the assistant coaches who have worked with me over the years. I am also very proud of every athlete that gets a personal record. The look of pride on their faces when their hard work is realized is the ultimate moment for any coach!"

Associate Athletic Director for Middle School Craig McMichael said that, "Coach Nicole has dedicated her time and passion for our Cranbrook Kingswood Middle School student athletes during the Cross County and Track and Field seasons. We wish her nothing but the best in retirement and know that we will still see her around campus."

Thinking about the legacy, she said, "The memories that these kids have are what carries on after we go our separate ways. Having been at Cranbrook for more than 20 years, as a parent, coach, employee, and volunteer, my best legacy is my grandson who currently attends Cranbrook Brookside. It is fun to have generations of Cranbrook connections. I have always given my best, pouring my energy, time and effort into supporting the students, parents, and representing the values of our school. Over the years, coaching these teams has been one of the most fulfilling experiences of my life."



Sixth graders enjoy various stations at the golf course. At each station they used math and science skills. This is the fourth year for the trip.

## Sixth Grade Stem Field Trip is Fore-Tastic

By: Brian Chang

For one day, the sixth graders found their classroom on a golf course.

"This is the fourth year we've done this field trip," sixth grade science teacher Karen Campbell said. "I like that it shows how math and science are used in ways that students don't think about, so if a student goes to play golf they probably don't think about all of the math and science it takes to design and maintain a golf course."

For a day, The Class of 2031, traveled to the First Green Golf Course to see how math and science are used. Divided by their advisories, the students experienced various stations.

"One of them is calculating the amount of sand in a bunker," Campbell said. "They would do that by finding the area of the bunker and then determining the depth so that they can find the volume. Then, we learned about wa-

ter quality on a golf course where we took macro invertebrates from the pond and observed them under the microscope and the type of animals you find can tell you how clean or polluted the water is.

"We used topographic maps to design a hole on the golf course and we learned about different types of soil that they would use. So the type of soil for example on the green of a golf course has to be able to absorb a lot of water quickly so that the drink green is always dry and rolls and then the last station is looking at the tools that they use on a golf course like to cut the hole on the green or to mow the lawns or to water the area."

Looking back on the day, Yogesh Somani '31 said that he really enjoyed "the part where the staff showed us how to use tools and let us cut some parts of the golf course. It was so

fun to cut a hole in the grass and then repeat the process again."

Other favorite parts included "the math and the tools on the green. We got to learn how to perform special calculations, and putt. In my group, we finished early for math, so we got to search for the golf course for some golf balls. Some of my peers, including myself, found a lot of yellow golf balls. One person found an orange one. The best part as that we got to keep them."

For Campbell, her favorite part is seeing the students enjoy "science and math in real life. I want you guys to go out and be scientists or a mathematician. That doesn't mean to be someone who works in a lab. Scientists work all over in lots of different ways. I would like my students to go on and do science because I love science."

## Fun with Science

Annual MSB and MSG overnight packed with activities

By: Aadhi Ezhil



The annual MSB and MSG science overnight allowed students from both schools to learn more about space. Students collaborated and communicated while using their critical thinking skills to solve a variety of astronomy related activities. Photos by Shaw, Hattner and staff

# Making a Splash

Ice Baths promote mental and physical health

By: Jacob Orzol



Photo by Orzol.

Before school Teddy Hilditch '29 takes an ice bath outside the gym. Hilditch researched the benefits of ice baths for his passion project.

Why are there middle school students sitting in cold water outside the gym waiting as their teacher pours buckets of ice into their pool?

"Any body of water that is under 55 degrees and that you can stay in for more than three minutes is good for one's mental and physical health," Christopher Hughes, Physical Education and Fit for Life teacher said. "But, oh man, that first ice bath holds a lot for the student. There's some fear, there's some excitement, and there's sometimes some cursing which we allow during the ice bath to let out the emotions," he said. "Some go only halfway to their legs. Some go all the way down to their shoulders and some even dunk at the end. For the first one, I'd say only 50 percent make it the full three minutes. Most students usually get excited again about it, and then after that they get pretty good."

Hughes began integrating ice baths in his classes because he said students can quickly see the benefits.

"What they do for the students is increase blood flow to your muscles, so they help with soreness or if you're hurt. Right now, we have Luke Hoogerwerf in an ice bath trying to recover from an injury from yesterday. So, we're trying to increase the blood flow to that area to stimulate recovery and growth."

Coach and MSB Dean of Students Jeremy Lublin agrees with Hughes.

"It really is just something mentally and physically that makes a big difference for athletes of all types. I have noticed when my athletes, have those aches and pains, joint pains, knee pain, things like that, the ice baths really do help, and they help instantaneously as well."

One of the biggest benefits both Hughes and Lublin agree on is how ice baths help strengthen the student's mental toughness.

"If you can jump into a 40° ice bath and sit there for 2-3 minutes mentally it just puts you on a different plane by knowing that you can do things that most ordinary people wouldn't even consider doing."

When told he had to do his English final exam on a passion that needed to be persuasive people Teddy Hilditch '29 knew he wanted to research and persuade people to take ice baths. "When I take an ice bath, I first feel shocked, but afterwards my muscles feel loose, I feel recovered from the day before, and I am ready for the day ahead. I've even convinced my family to get one in our new house my so I can continue taking ice baths in the upper school."

PROFILE

# Zheng Earns National Chess Title

By: Edward Chang

Becoming a national master doesn't happen overnight, and he knows why.

"I think it's just the perseverance factor that has been helping me get better at chess," said Marcus Zheng '29 a nationally ranked chess player. "I've been studying chess almost every day for about a year or two. The main contributor to my success is to keep doing and to keep learning. Never to give up even after a loss or if I don't play well."

Balancing his classes and sports with playing chess Marcus said that the confidence he has gained in chess tournaments is seen in other things he does. Tianqi Wang, Marcus' chess coach said he sees this before and during tournaments.

"Since he achieved the National Master title, I

feel he has gained courage to call out his competitors for making questionable plays during the games. I am confident that Marcus can now take himself to quite the distance." Wang said.

Marcus' himself sees how chess has had a positive impact outside tournaments

"Playing chess has affected the way I study and complete assignments at school," Marcus said. "I find that I am more concentrated and more focused when I'm playing chess, and I think that is a direct result from my experiences with chess."

Cathy Guo, Marcus' mom added that "when Marcus became a National Master, he was incredibly proud and excited. It was a huge moment for him. All the hard work, long hours of practice, and tough games had finally paid

off. All the hours of practice made him more disciplined, and you can tell he thinks more strategically, both in games and in everyday life," she said.

Wang added that Marcus' ability to be in the moment and think on the spot helps him.

"The most challenging thing about chess is that you can't really actually prepare for anything," he said. "You have to adapt to what your opponent is doing. Any type of preparation you have done beforehand goes away if your opponent doesn't play what you think he or she will play. Marcus has a skill for this which is one of the reasons why he is so successful."

Marcus said he's not sure what the future holds for his game but he is grateful to have the support of family and friends.

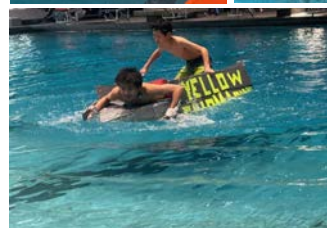
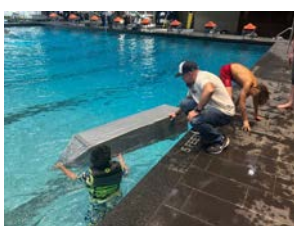
# Paris' Advisory Wins Annual Regatta

Before Spring Break the Class of 29' competed in the annual boat competition at William's Natatorium

By: Emerson Whittaker



After designing and building their boats in their advisories, eighth graders walk them over to the pool. Each advisory entered in three boats with four students per boat. In pairs, they "drove" their boat from one end of the pool to the other and then switched pairs and did it a again.



In the stands sixth and seventh graders joined families and friends as they watched. Even students from Brookside cheered on their favorite teams. Although, many boats sank, the tradition proved life lessons in math, science, and collaboration as well as provided time for fun.

Competing against both the clock and another boat, students raced from one end of the pool to the other.

Photos by Shaw, Smith and staff



# Hitting the Slopes

By: Jacob Orzol

Nationally ranked skier Mac Malinzak '29 shares how he got started with the sport and what lies for him in the future.

**Q. Explain how you got started.**

**A.** I've been skiing since I was three or four, but 3 or 4 years old, but started racing competitively when I was ten. I compete in both Slalom and Giant Slalom races.

**Q. Describe a typical practice.**

**A.** I usually practice 4-6 times per week. This involves going to Pine Knob, Mt. Holly, or Alpine Valley each day after school and practicing for a couple hours, usually 6-8:30pm, but sometimes on the weekends, I go up to Searchmont in Canada where we have all day practices. Practice involves a warm up at the bottom of the hill like push-ups, squats, and some stretching. Then we usually warm up by doing drills like skiing on one ski, hockey stops, skating, etc. After that, practice is mostly gate training with a mix of free skiing and other drills.

**Q. Elaborate on your races.**

**A.** Most of my races are in Michigan, especially in the northern parts like Nubs Nob, Boyne Highlands, or Boyne Mountain. But yes, there's definitely travel involved especially for regionals which is in the UP right on the border of Wisconsin. It's about a 10 hour drive all the way back. In the off-season, I usually go with my mom to ski out west (like in Colorado or Utah). I even do summer camps on glaciers, like Mount Hood in Oregon which is a ton of fun.

**Q. We heard you were ranked. Explain what that means.**

**A.** I have a US Ski & Snowboard ranking based on points. The fewer points one has the better. Points are calculated based on race results compared to other racers, and the level of competition at each race also affects how many points earned or lost.



Mac Malinzak '29

**Q. Predict what's in the future for you.**

**A.** I'm really excited to be part of the team next year. The coaches that I have talked to are great and I have many friends on the team. I've heard that team is pretty good, so I'm looking forward to go as a skier and to help the team try to make it to states and so on. In the off-season, I focus a lot on strength training, balance work, and cardio to stay in shape. I also do dry-land training with my team in our gym. Last summer, I went with the team out to Mt. Hood. It was a blast skiing with the blazing sun above us. It was also fun after coming down the mountain for the day to go hike in the forests.

**Q. Describe what skiing competitively has meant to you.**

**A.** I've learned a lot from skiing about discipline, being able to handle pressure, and challenging myself. It's a sport in which little things count, and it's one of the reasons why I enjoy it. I hope to continue to improve year after year and possibly ski in college.



## Chat Gpt

By: Cayden Du

Middle schoolers, typically between the ages of 11 and 14, are at a critical stage in their academic and personal development. ChatGPT provides a unique opportunity for students to interact with an intelligent, adaptable tool that can assist with a variety of academic tasks. ChatGPT can be a game-changer for students.

Notice anything weird about the previous paragraph? No? Well, that's because ChatGPT wrote it. AI has become so much more intelligent these

**FOR** past few years and it's a great resource. Our teachers and our parents even use it. What most people don't realize is that ChatGPT isn't just a mindless creature. It provides ideas and sparks creativity. Brain freeze no longer exists. While using ChatGPT to cheat on schoolwork is bad and dishonorable, we always must look to how we integrate these technical advancements to be more efficient. Chat helps us work smarter-not harder. AI shouldn't be a threat. It's a change. We need just need to adapt to the change. As the old adage goes, "Times change, and we change with them."

By: Haoming Guo

"CHAT-G-P-T MAY CAUSE HUMANOID'S TO REDUCE BRAIN-THINK FUNCTION. TOO MUCH ASKING, NOT ENOUGH LEARNING—INTELLECT MUSCLES BECOME SOFT LIKE OLD DATA TAPE."

Above is a quote written by ChatGPT describing the cons of itself. As you can see, it's worded awkwardly, written robustly, and does not resemble any form of human writing. While ChatGPT may seem beneficial as it can do almost all of your online tasks and generate ideas, it is not at all beneficial towards the human brain. The human brain requires constant challenges and long

**AGAINST** periods of focused thinking to grow. Using ChatGPT essentially removes the "thinking" part of the brain, which means the brain will not be challenged enough and therefore grow and mature at a much slower rate. ChatGPT is a tool meant to aid one in their thinking, not take over their thinking. ChatGPT is also not reliable. The GPT in ChatGPT stands for generative pre-trained transformer, meaning that all the text generated by it is the neural network considering the word with the highest probability of being next. With no logic, ChatGPT can constantly make mistakes, even on some of the simplest arithmetic. Why take the chance with a computer? Just lean into your own thinking. You're smarter than you think.

Sitting in the Eighth Grade English room, there's a quote on the wall. "With great power comes great responsibility." On the wall, it's quoted Spider Man, the movie. Most people would say it's directly from Uncle Ben. In reality, it's from Voltaire. Regardless, the point is that with all our responsibilities we have the power that goes along with it.

That's what being a middle schooler is all about. Learning to be responsible. Learning that we hold the power to be responsible. But there's more. At MSB, we get to learn how to balance that responsibility. We get to learn that we have the power to not only just balance it all but also get to lean into all the opportunities we are given.

How do we do it? Balance. With all the expectations we place on ourselves, we get to experience so much. We're lucky. Learning to balance teaches us a lot.

One of them is time management. Learning how to balance our time is important both as middle schoolers but also as soon-to-be high schoolers and then onto the world.

How do we, as students, learn how to have balance?

Many might think that we just pick it up some time or another. Maybe some do. But for some it's through trial and error. We get to do that here. MSB is a safe place for us to do that.

Without balance we learn that all of our effort can completely collapse on itself unless we figure out how to balance it all.

Who helps us? Our teachers, our families and our friends. In middle school, with each year we gain more responsibilities and with each year we get to practice and perfect balancing it all.

From sixth grade to eighth grade the responsibilities increase. We get to learn more and we get to do more. There's more to balance.

It's similar to fitting blocks together in a game of Tetris. We get to try and try again surrounded by a community that supports us. Then, we all eventually learn how to do this. We get to learn to manage it all. We learn responsibility. We learn to balance it all. We learn we have the power to succeed. It's one of the many great things about being a Crane. We get to have the power to be responsible and we get to learn how to balance it all. Now, that's a super power.

## Finding Balance is our Super Power



Editorial cartoon by Timothy Delzer

## Your Turn

### What is something great about attending the MSB?

By: Cayden Du



Gottlieb Zhu '31

Being here gives students a lot of opportunities. Part of having all of those is learning to balance it all. One good thing is that our teachers are always here for us. Learning to manage one's time and balance it all is part of being a Crane.



Ronak Desai '30

One great thing about being a Cranbrook middle schooler is the bonding. When you have about only 50 people doing all the same projects and being in the same activities, you can support one another as you try to balance it all.



James Baroni '29

One of the best parts of the MSB is that it is a very inclusive space. All the teachers are nice and ready to help if you have any questions or problems trying to balance it all. Everyone is ready to help everyone else.



Jeremy Lublin Staff

There is so much student-growth from 6th to 8th grade. They enter middle school so excited for the new things. Seventh grade they figure out how to master the school and by grade there's a quiet coolness within everyone because they have learned to balance it all and are ready for the Upper School. I love being able to be a part of it and watch it unfold before my eyes.

# The Great Debate

## Pennies are Perfect

By: **Karthikeya Nerusu**

For something to be sustainable for 250 years, it just makes good sense to keep it. The debate over whether to eliminate the penny has been going on for years but removing it from our currency could have serious financial consequences.

Although the penny is often argued to be outdated and too inefficient, it still plays an important role in our economy. Without them, prices would go up, raising the cost of everyday goods. This would disproportionately affect low-income individuals who need every cent to survive.

Besides, getting rid of the penny could lead to rounding up the costs hence forcing the poor to pay more. Worse still, minting more nickels to replace the pennies would be even costlier, thus driving up the costs even further.

Keeping the penny ensures financial stability, protects those with lower incomes, and prevents unnecessary inflation. If the penny is removed, businesses will have to round prices to the nearest five cents. This rounding will likely cause prices to increase over time, as companies need to adjust for the change.

Even small increases can add up, thus making everyday purchases more expensive for people buying any product. This will have a big impact on people who are struggling to buy food. And keeping pennies would prevent that unfair rounding. Those with lower incomes rely on exact pricing in their budgets.

In the absence of pennies, prices are being rounded up and now individuals with less income will now pay more for products they need to live on. Pennies need to continue in circulation so those at the low end of the income scale are not disproportionately burdened by inflated prices. If pennies were taken out of circulation, more nickels would have to be made as replacement, since the value needs to be equivalent. Nickels are made at a more expensive cost than pennies, which would also mean the government will have to spend more money.

Pennies pack a punch and it makes sense to keep the coin with Abe's face on it.

## Pitch the Penny

By: **Edward Chang**

# VS

It's time to say goodbye. For 250 years they have cost us more money to produce than they are worth causing inflation and tax problems. They have wasted materials, manpower and make a strain on our economy. It's time to let the penny go. Removing the penny could help solve many of today's problems such as inflation, copper shortages, and tax paying problems.

If the penny is removed, the US will be able to save around 562 tons of copper saved per year. If more copper is being saved, the US can put this precious metal into more important tasks such as technology and medicine. Every year the US mints around 140 billion pennies with each penny costing around three cents to mint. That is around \$4,200,000 spent making the pennies and only getting \$1,400,000 of it back wasting around \$2,800,000 wasted every year. Because of this effect, inflation will continue to rise, and US money will lose its value. This inflation can cause economic spikes, heavy tax problems, and much more.

Most people nowadays use online payments due to convenience and safety. Because of this, most people disregard pennies when it comes to using them as payment methods. Ultimately the pennies being made are not even being used! Since the penny is only 1 cent, people most likely overlook it anyways.

People are more likely to donate a jar full of pennies due to its messy, unorganized, unworthy state, than they are to donate regular money. This donation can help restore some copper and also support fundraisers and charities. It is also very hard to keep track of your pennies due to their miniature size and weight.

If the penny is removed, by cause and effect, nickels are also likely to be removed as well since both pennies and nickels suffer from the same problem of causing inflation as they both cost more money to make than they are worth. If the nickels and pennies are both removed, there will be no more problems with spending more money than the money is worth. The next higher tier are dimes and dimes do not cost more to make than it is worth, therefore helping slow down inflation.

In the end, pennies should be removed due to their effect on inflation, copper shortages, tax problems, economic instability, insufficiency, inefficiency, and inconvenience. It's time to give Abe the rest he deserves.

## Faith in New Places

By: **Lake Severin**

Starting at Cranbrook Middle School for Boys was a huge change for me. I left everything that was familiar to me. All my extended family in Canada and now I was leaving one school to step into another unknown.

I wasn't sure what to expect.

But through it all, I knew my faith was the steady anchor that kept me grounded and got me through.

From the moment I walked into MSB, the unfamiliar halls felt old, but quaint. Knowing so many had walked these halls before me gave me a sense of comfort. So many successful people had been where I am now and they got where they wanted to be.

Although rich in history, it was all new to me. How was I going to fit in? At first, I worried a lot about making friends, fitting into the culture, and keeping up with the competition. How was I going to keep up? Would they like me?

It was during all these moments when I doubted myself, I remembered the lessons I'd learned in church and from my family. I am never truly alone and even when I don't see the bigger picture, there is a plan for me.

Ultimately, faith has helped me embrace change with confidence. It reminds me that I'm part of something bigger, that every transition is just a step in a much larger journey. Each morning, I reminded myself that my value didn't depend on fitting in perfectly and being accepted, and that at MSB I could be myself no matter what.

I reminded myself to work hard, practice hard and study hard. The rest wasn't in my control. Faith gives me the courage to step out of my comfort zone, to try new things, and approach people I wouldn't usually. It helps me see my class not just as potential friends but a group of good guys all trying to figure out the school thing together.

Faith changes how I look at others. We aren't against each other, but we are here to be brothers.

Looking back now, I realize that my faith was my foundation. It allowed me to view challenges with excitement rather than fear. It is the foundation which I will continue to build upon and that which holds me up when I want to crumble. When I found myself feeling unsure, I turn to my faith. With it, door open, friendships develop, and my confidence grows. I love walking down the halls and knowing I'm a Crane. Faith didn't just help me survive the transition to Cranbrook, it helped me thrive.

COLUMN

2024 –2025

Crane  
STAFF

Advisor:

Christina Hammitt CJE

Editors-in-Chief:

Haoming Guo  
Jacob Orzol  
Emerson Whittaker

Managing Editors:

Abhi Batra  
Nicholas Nadjarian

Ethan Anversa  
Michael Chen  
Cayden Du  
Henry Elkins

Writers/reporters

Erik Elkins  
Ken Han  
Ishan Kumbar  
Karthikeya Nerusu  
Yogesh Somani  
Wade Williams  
Marcus Zheng  
Joshua Zou

# Take a Listen to Japanese Pop

## ARTIST REVIEW

By: Ishan Kumbar



The genre of J-Pop (Japanese Pop Music) originated in the 1990s, when it entered Japanese mainstream media. It began with traditional Japanese music, like that found in the rock and pop music. J-Pop replaced kayokyoku or lyrical music. The definition of J-Pop has been changing throughout the years.



The group YOASOBI. Photo provided by group

One popular example of an early J-Pop band is Happy End, whose unique style brought them to the top. However, as the 21<sup>st</sup> century develops, a new type of J-Pop has developed, called J-anime. This is any J-Pop music used in anime; a type of Japanese media similar to a cartoon. One very influential duo in this area, that is currently being seen to take over Japanese media, is YOASOBI.

YOASOBI debuted during the COVID-19 lockdown, when they released their hit single *Yoru ni Kakeru*. It stayed on the Billboard Japan Hot 100 for six consecutive weeks, and received the first diamond and double diamond certifications from the Recording Industry Association of Japan. Going viral on social media, *Yoru ni Kakeru* also bringing it to the top of most Japanese music streaming services, and also came to the top of some Western music streaming services. *Yoru ni Kakeru* also finished 2020 as the year's top Japan Hot 100 song, being the first non-CD single to top the year-end chart. YOASOBI then continued to release three more certified diamond, *Gunjo*, *Kaibutsu*, and *Oshi no Ko*. Throughout the next two years, YOASOBI released three albums (*The Book*, *The Book 2*, and *The Book 3*) which all peaked at number two on the Oricon Albums Chart. They have received many accolades for their work, including but not limited to: CD Shop Awards, Japan Gold Disc Awards, Japan Record Awards, MTV Video Music Awards Japan, Music Awards Japan, Reiwa Anisong Awards, and Space Shower Music Awards.

The legendary Japanese duo is still active today, with their latest release being *PLAYERS* (English Version). To commemorate their five-year anniversary, YOASOBI embarked on their *Cho-genjitsu Dome Live* tour, with a total of 170,000 people coming to hear them. YOASOBI is a perfect example of how, even in the smallest genres, a great artist can arise, dominating an entire country's top songs for years.

# Come From Away in book and on Stage

By: Jacob Orzol

In our 8th grade English class, attending the play *Come From Away* at the Fisher Theater was a valuable Extra Learning Opportunity (ELO) to expand our knowledge on a topic that we explored in our summer reading novel.

*Come From Away* is a true story about how a small town in Newfoundland, Canada helped thousands of stranded airplane passengers after the flights on the day of 9/11 were diverted. The people in the town showed kindness and friendship to strangers in a time of need. Many Newfies gave the stranded passengers food, places to stay, and toiletries.

When watching the play, there were many things I noticed. One being the different feelings and emotions of the plane people. At first, the plane people felt scared and confused because they didn't know why they had landed in a small town. They were worried about their families and what was happening in the world. But after meeting the kind people of Gander, they felt comforted, safe, and very grateful.

Another interesting part to watch was how the people of Gander reacted. When they heard the news that 7,000 people were coming to Gander they dropped everything they were doing to help the plane people.

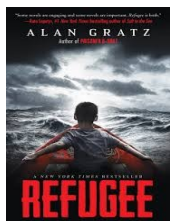
Overall, I learned so many lessons from the book and play *Come From Away*, and I encourage others to look into this. The play will be performed next year in Oakland County.



Jacob Orzol '29 stands outside the Fisher Theater before seeing the musical. Students read the book for summer reading. Photo provided by Jacob Orzol

## What Books Did Student Enjoy Reading?

1

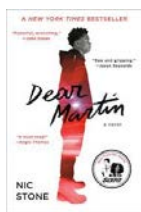


**Darren Li ['30]**

Refugee  
By: Alan Gratz

My favorite book that I've read this year was Refugee. Refugee is a book with a heart felt story of three different point of views of being a refugee. Much drama was told as the three stories told of a goal, to reach an asylum. When the stories ended, it showed me the willfulness of a refugee and what they sacrifice for their will of survival.

2



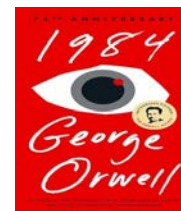
**Michael Alchammas ['29]**

Dear Martin  
By: Nic Stone

The book I enjoyed most this year is Dear Martin. I liked the book because it taught readers the different stereotypes people made about African Americans and how times were. Also, the book makes connections between the main character (Justyce) to Dr. Martin Luther King Jr, through the letters that Justyce writes.

By:  
**Jacob Orzol  
and Ken Han**

3

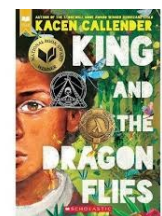


**Teddy Hilditch ['29]**

1984  
By: George Orwell

My favorite book that I read this year was 1984. It was my favorite because the topic was interesting, and it made me want to keep reading. Also, it was realistic fiction, which is my favorite genre.

4



**Ronik Desai ['30]**

King and the Dragonflies  
By: William Golding

This year in 7th grade we read King and the Dragonflies by Kacen Callender. I liked it because the timeline and theme of the book was very well thought out. The book was very interesting and was cool to see the evolution of all the characters who were all different.

# Find the Differences

By: Emerson Whittaker

Last Winter, our 8th graders created cardboard boats and race them in the Natatorium. This is a photograph of Konrad Merriman '29 working on his boat during one of our Spirit Week.

Take a look and see if you can find the differences between these two photos:



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Answers: There is a new line in top left corner, no logo on hat, missing student in background, no whistle, missing table leg, missing posters.

# Wild Robot Has Heart

By: Henry Elkins

A robot made millions cry. In fact, some could say it made over three hundred million. After its opening weekend, Director Chris Sanders' science fiction animated movie about a robot named Roz earned over \$35 million and has to date earned over \$300 million.

According to Animation magazine, it was the third best movie that opened in September 2024. Since then, it has become the "fifth-highest grossing animated movie" and was nominated for numerous awards. Perhaps one of the reasons why it was such a success is because many were familiar with Peter Brown's book by the same name.

It's said that Dreamworks animation bought the rights to the story when director Chris Sander's daughter told her father about the story. Now, millions are searching for the tissue during the 102 minute movie.

Whether in the theaters or at home streaming many moms, dads and kids are getting to know Rox an AI robot abandoned on an island with only animals. While running from a bear, she crushed a bird nest killing everything but an egg. Taking the egg she learned that the bird needed to learn to fly before winter and was set to accomplish this mission. Making a friend with a fox named Fink, Roz starts to teach Brightbill, the baby bird.

Whether it is the first time you see it or the multiple times, it's clear to see that Sanders' "Wild Robot" is more than a cartoon. It poses the questions: "What would you do? Would you give up your previous life and move to a place that is fairly new to you? Would choose a new way of life or keep the one you have. Roz, is faced with this decision, in the "Wild Robot" and makes us think and some cry. This PG movie is a must see for everyone.



# A Sweet Haven Found In Troy

By: Yogesh Somani

I was heading home back from school and we happened to stop at a gas station on Livernois Road. Craving for something sweet, I happened to request my mom for a place we could eat. Looking around saw the Thomas Cake Shop sign and my mouth watered. My mom agreed and we walked in the shop. Oh boy! it was a wonderful memorable experience. Nestled in the heart of Troy, Thomas Cake Shop is a beloved destination for those with a sweet tooth. Known for its custom cakes, cookies, and delightful desserts, this bakery has a reputation for its delicious treats and exceptional service. It is located at 5065 Livernois Rd, Troy, MI and is rated as one of Troy's best bakeries by the public in 2024.

I had the opportunity to meet and interact with the owner, Sonali More. An innovative baker and creative artist whose passion has made her a successful entrepreneur. Drawn to the beautiful cakes she had on display I asked what inspired her to become a baker. Her passion and love for baking started in 2008. When her kids were little, she started baking birthday cakes and treats for them. Everyone loved her cakes and she started having multiple requests from her friends to make cakes for them. She started experimenting different flavors, fillings and designs and soon started a home business which was a huge success. She ventured out further and decided to open a bakery so she could service more clients and expand her business. Her

customer base has been since expanding. She also participates in cakes competitions. It was a pleasure interacting with her and I was touched by her dedication to the business. The bakery offers a wide range of cakes, including signature cakes like Swiss Black Forest, White Bavarian, Carrot Cake, German Chocolate, and Truffle. Each cake is made to order and customized to suit any occasion, from birthdays to weddings and even funerals. Other unique flavors that her bakery offers are: Pineapple, Butterscotch, Lemon, Lime, Orange, and even Cherry Chip! That is a very big variety right there. Not only that, but there are also more fun flavors! And they have variety of cake fillings to choose from with different options of icing. Designs you can come up with your own, or, choose from her catalogue or, explain to her what you want and she custom designs it. Being an artist, she takes extra care to design them paying attention to every minute detail. Her willingness to go the extra mile to meet special requests is commendable. She only uses premium quality ingredients, makes all cakes fresh from scratch, and pays personal attention to the quality of every cake so it meets customer satisfaction. No wonder her bakery won the neighborhood award in 2024!

### Thomas Cake Shop

**Address:**  
5065 Livernois Rd, Troy, MI 48098

**Hours:**  
Tuesday—  
Sunday:  
8:00-5:00

Monday—  
8:00-1:00

# 12 Angry Men Make Us Think

By: Adam Osta

I still remember it as if it was yesterday. Walking into my sixth grade English classroom, I noticed something was different. Two rows of five desks faced each other with one desk on each end. Why were there twelve desks in the middle of the room like that?

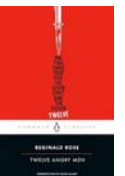
Little did I realize, this was just the beginning of the many questions, I'd have while our class read Reginald Rose's play *12 Angry Men*. This courtroom story is more than finding out results of a trial.

In fact, it's not really about the trial at all. It is about what happens in the room where twelve individuals must unanimously decide on another person's fate.

Yet, it is still more. It is about finding fairness, people's perspectives, and standing up for what you believe is right.

Rose, the playwright, shows that something so simple can be so complex. It's like how by simply changing our desks we were able to become part of the story.

Throughout the seventy-three pages we asked came to conclusions and we asked questions. *12 Angry Men* is a great story that still matters today and makes you think.



**Length:**  
73 pages

**Publisher:**  
Penguin Classics



## Fall & Winter Coach's Award Winners Share Thoughts

By: Wade Williams

At the end of each season, coaches name one athlete as the Coach's award winter. This is based on character, attitude and overall impact on the team. The Fall and Winter award winner share their thoughts.

**Zeeshan Ali:** "I felt shocked as I didn't think I deserved it at first. Then, I felt happy because I earned a reward that was different from the others. I was thankful for the award after it and my parents were very excited. To earn this award for me I feel accomplished in **swimming**. It also encourages me to do better in the future. Finally, it meant for me that I could accomplish more if I practiced in the future and it made me feel happy for going swimming."

**Timothy Delzer:** When I won the coach's award this year for the **basketball** season, I felt honored to be recognized by the whole team and coaching staff. I think it leaves behind a good opportunity for the upcoming 8th graders next year to have a good season. Overall, I am grateful for the award, and I am happy about the season we had. It means a lot to me that I won the award, and I couldn't be more grateful for the season provided by the coaches and my teammates. I hope in the future our basketball program will succeed to a higher-level.

**Lincoln LaFontaine:** "I was very surprised when I got the coach's award for **football**. When I received it I didn't know what to say and I was very happy to receive it. Putting in the work and staying after practice to practice pays off, and I'm glad I got the chance to show my hard work. It means so much to me because I wasn't the biggest or fastest person on the team and I didn't know if I would even start but I'm glad I had the opportunity to play football this season."

**Marcus Zheng:** "When I learned that I had gotten the **cross-country** coaches award, I was thrilled. I couldn't believe I was being recognized for my efforts. I felt really happy that all my hard work had paid off in my getting this award. This award meant a lot to me. It motivated me to keep putting in my maximum effort every time I was in a team. I hope to get more in the future."

**Camron Sadeghi:** "I felt overjoyed when I had won the award for **basketball**. I didn't know there was an award and when I won it, I was surprised. I was proud of my team and my coaches for helping me win this award."

**Teddy Hilditch:** "When I was given the **soccer** Coaches Award I was excited and a bit surprised. The season was very fun and I enjoyed the sense of community we had on our team. Even though we didn't win many games, that didn't matter. We just played to have fun."



Just as they did all season, the MSG and MSB celebrated each other's success. Photo by team

"Cross country is a mind game of telling ourselves we can keep running, even when our body and mind are telling us to stop. Conquering that little voice can be the most challenging thing to do." - Head Coach Nicole Steimel

## Runners Conquer That Inner Voice

By: Ken Han

Their greatest opponent wasn't seen in front of them, but instead came from inside them. "Our toughest opponent is the little voice in our heads that tells us 'We can't.' Sometimes, the hardest part of any sport is believing in ourselves and having the confidence to do the best we can, no matter what our setbacks are," head coach Nicole Steimel said. "Cross country is a mind game of telling ourselves we can keep running, even when our body and mind are telling us to stop. Conquering that little voice can be the most challenging thing to do...no matter the team we run against."

During the two month season, the coed team faced that voice and according to assistant coach Bernice Chene "did a good job overall.

"We made huge improvements, personal records were achieved. Race times got better, and teammates learned the importance of how pushing and cheering for each other makes you a great leader," she said.

Meeting that voice was a record breaking thirty-two boys and twenty-six girls. "We had a big group this year, Steimel said. "Some had prior running experience, but some were trying the sport for the first time. That posed both challenges and opportunities. We knew the meets would be tough with the new members but that made it fun and rewarding to see the experienced kids help the new ones."

Even with such large diverse group of athletes, Steimel explained that "our goals for the season are always to build strength, speed and be the best teammates and athletes we can be. We definitely succeeded because we had personal records at every competition and the entire team would support and cheer for each other."

Showing how they could face that voice instead their head, Steimel said that the top runners Eric Elkins '29 &

Jacob Orzol '29 representing MSB and , Katherine Estes '29 & Mila Fudge '31 of MSG provided the team with a standard of excellence for the rest of the team to strive toward. The Coach's award was given to MSB's Marcus Zheng '29 of and MSG's Emelia Van Amersfoort '29.

"Emelia is always helping the athletes who have never run before. When running though campus she would always look for cars to make sure they were all safe. She always included everyone and helped with running strategies," Steimel said.

Receiving her award, Emelia Van Amersfoort couldn't stop smiling and hugging her coach. After getting her plaque, she told her coach that she couldn't wait for track. "Marcus is another example of leadership. Always explaining to his teammates a workout or a stretch that they were confused about. When we had to sprint, he would be one of the first ones to finish but would always go back and cheer on all those athletes that were way back, saying positive words of encouragement. Many of our athletes looked up to him."

Since he was sick, Zheng was unable to attend the teams' end-of-the-season party. However, several of his teammates took his award to his house.

"I was at home with my mom and all of the sudden there was someone at the door. We opened it and saw members of the team," Zheng said. "They handed me this box and said 'congratulations.' Then, my mom and I opened it. I didn't have any words. It was a surprise."

Looking back on the season, assistant coach Christina Hammitt said "whether they were leaders, award winners, crossed the line first or last, every single one of our runners faced that little voice inside. They refused to listen to it and for that they are all champions."

## Lions Player Was Once a Crane

By: Wade Williams

Once a Crane—always a Crane. "I feel grateful for all the support I've gotten from the CK community. It's awesome to feel that love," said Lions defensive tackle Chris Smith when thinking back about his time at Cranbrook. Smith graduated from Cranbrook in 2018 and then played at Harvard and Notre Dame before going to the NFL and being signed by the Lions in 2022. However, his journey has been far from easy, "There were definitely some ups and downs throughout my journey. I didn't have any major injuries throughout my career but it's always a challenge starting at a new school. I had to prove myself all over again at Notre Dame, which was very hard, but it was rewarding. I've been cut on the Lions multiple times so that was also challenging but I'm grateful for it all. It really helps you develop patience and consistency." Smith said, recounting his journey through the world of football. When asked what people can learn from his story, he said, "I hope people can just learn that consistency pays off. If you trust in God and work hard at whatever you're trying to accomplish great things will happen on and off the field." and "I hope people can see a little bit of Jesus in my story and just see how faith is important. I hope people overall can just see how consistency and work ethic can go a long way in any field or endeavor you choose. Discipline and effort requires no talent for whatever goal you are trying to achieve. "It's taken a lot of hard work and preparation to get where I'm at now."

Smith said, thinking about how he got to where he is today. He loves being a lion and playing for his hometown saying, "It's sometimes surreal sitting in the locker room and running out the tunnel. Having grown up in Detroit it's cool to be on the other side of the team." and "Definitely feel blessed when out on the field. I've had a lot of people help me get to where I am today so, just really grateful. I try to always soak in the moment." When asked about a person who he looks to in the stands he said "My mom comes to most games, so I always feel good knowing she's out there. She's worked hard to get me here today so I'm glad she can be a part of this too. When I got the call to be on the Lions my mom was with me."

### CHRIS SMITH (defensive tackle)

High school: Cranbrook Kingswood (2018)  
College: Harvard (2018–2021)  
Notre Dame (2022)  
Detroit Lions (2023present)

Looking back at how Cranbrook impacted him, Smith said, "Cranbrook's motto correlates to the NFL because in the NFL you have to always strive to be the best. If you're not aiming high, you're selling yourself short.

Service is so important at this level. No one has ever gotten to this level all by themselves so it's important to give back and pour into others like people have poured into me." We can learn from Smith's story that if we trust God, work hard and believe in ourselves we can achieve anything we set our minds to. He also shows us that failure is not a bad thing, but a tool that we can use to grow and improve ourselves.

# MSB Grads Make Varsity as Freshmen

By: Joshua Zhou

From the courts to the running courses, the Class of 28 transitioned not only into the classrooms but only several varsity squads.

"There were around fifty very talented athletes trying out for just a handful of open varsity spots," Rina Popat said of Cranbrook Kingswood's Upper School's tennis tryouts. "This included freshmen all the way to seniors, as well as many students who were on last year's JV team hoping to bump up to varsity."

Stephaine Rosen added, that "there were already so many kids on the team so there were only four or five spots for incoming freshmen. It was going to be hard to get those spots."

For Rina and Stephane, their sons Dylan and Eli were the only two freshmen to earn the spots.

"Steve Herdoiza, the Varsity Coach, pulled Dylan aside to tell him he made the varsity team," Rina said. "Luckily, I happened to be in the stands to witness Dylan's expression. I knew it was good news when I saw him beaming ear to ear! I was incredibly proud of him. All his hard work had paid off."

"Being on varsity as a freshman isn't just about the recognition, but it's about being part of a team that sets a high standard," Dylan said. "The process was challenging but rewarding. Tryouts were fast paced, with intense double drills that tested my skills but also my mental toughness. I (was) very nervous and a bit excited. I kept wondering if I was doing enough to stand out, but at the same time, I reminded myself to stay focused on giving my best effort in each point. I felt very accomplished and extremely happy. It was a milestone in my tennis journey, but I also knew it was just the start of a new challenge to prove myself at this level. I had to stay confident and trust the preparation I had done all year. It's an incredible opportunity and an honor."

Looking back, Eli remembered that "some people got cut by day two. By day three he announced everyone on the team. It means a lot, because I have worked so hard to get where I am. I was so proud. Making varsity was my big goal. Also, being part of a team like that is really good to learn because you meet so many new people and make so many more friends you never would if you never played a sport."

Three members of the Class of 2028 echoed Popat and Rosen's thoughts as they were the freshmen on the varsity cross country team.

For Victor Papa running on the Varsity, he "was able compete with people from a higher grade and with more experience," he said.

"Compared to middle school cross country, there was much tougher competition with a lot more people from other schools. The training was similar, although it was tougher in high school."

Zihan Qing said that when "everyone was really inclusive, and that really made me feel like I was in the right place. The growth I've developed over the season was my greatest accomplishment, from getting better times, to getting to know more people."

Luke Mamou explained that for cross country being on varsity is just based on how fast you run "I still got to run in all the races that all the varsity people did (except for states of course). Overall, I was simply proud of myself for improving as a runner, and I am excited for the future of it."

In the February issue of the Crane Clarion coach and biology teacher Matthew Gump said that MSB grad Charles Delzer who was named one of the two freshman "making waves in every game."

"Charles' height is another advantage. The last freshman we took was Charles so this is a change," Gump said.

"Some games are better than others," Delzer said. "My best game was the first game"

In the pool, Charlie Bassey, Atharva Modi and Jaden Swami were on varsity. "At first, it was difficult being a freshman because all the kids were so much older and had a lot more experience with swimming. But after the first month or so, I integrated with the team and made friends with many of the upperclassmen," Swami said. "I am proud of being on the team because it showed me I could do something difficult and new." During the season Swami and Modi, both earned athlete of the meet.

Stephine Rosen said that "When you're working hard for yourself, and also you're also working hard for the team to be the best I feel it helps them grow more."

Believing that most athletes and their families are proud of their freshmen who made varsity, Rina said, "there's also a life lesson in there that when you put your mind to it, you can accomplish anything!"



## Field Day Becomes Auth-some

By: Aadhi Ezhil

It's going to be Auth-some.

"Just like anything else this year, it is a bit sad to know that it is my last time," Mike Auth said of his last MSB Field Days. "I know that Mr. Hughes will take over just like I did so long ago, and I am sure he will continue the event and do an excellent job."

Since 2002, Auth has taken the responsibility of coordinating Field Day. "I inherited it from Mr. Reynolds, a long-time teacher, coach and AD at the MSB. I don't know why it was handed to me, but in all these years, I have enjoyed it, and I suppose, I have done a fine job, so there has been no reason not to continue. I am unaware of the origin of Field Day. It has existed for as long as I have been at Cranbrook (27 years)."

It's 'form' has been similar the entire time, although events have changed over the years and it was originally in the fall and only moved to spring in recent years."

Besides a few changes like moving, it from the Fall to the Spring, and changing a few of the events, Auth said it's been "Pretty much the same. With a new coordinator, maybe he'll spice it up a bit."

Two changes have already been made to the 2025 games both are in Auth's honor. Hughes said "Auth has helped me and guided me through my first four field days, so there is a part of me that is sad, but I am so happy for him and am thankful he has been teaching me how to do field day, with Cranbrook Style. So, this year, we are honoring him. First, by changing the names of the teams from sports teams to characters of the TV show Seinfeld which is one of Auth's favorite TV shows and We've changed the name from just 'Field Day' to "AuthOME Field Day."

Both Auth and Hughes agreed that Field Day is an important milestone in students' lives. "It is just fun to dedicate an entire day to competition, camaraderie, and sportsmanship," Hughes said. "These are important parts of the Middle School experience outside of the classroom."



The annual MSB Field Day is June 4

## Football

# Players Remember Resilience on Field

By: Michael Alchammas

Looking back on the season, he knew he'd always remember that "this year's team was very hard-working and resilient," assistant coach Eric Chene said of his middle school football teams. "While they learned new systems, plays and being with a new coach, they made me feel welcome and showed up to work every day. The strength of this team was its toughness. We were never the biggest team but the schools we played in felt every hit. They had to be tough because we put them through practices that were much more demanding than the upper school"

As far as their competition, Chene said that "Oak Park was our toughest game. Their whole team had played organized football there since they were six years old. Most of them played together and were also on a club team. We talked with other schools that played at Oak Park and got some information on what to expect. We then practiced what we thought would work. The game did not have the results we wanted but the players didn't give up the entire game." Chene added that for him, "the last game of the season stands out. It was when we put everything

together. Our line was back and healthy and Joey, our running back, made a last-minute decision to play. During that game we moved the ball running and passing plus Wade scored a defensive touchdown. All areas of the game were successful. All their hard work had finally paid dividends."

In regard to the coach's award, Chene said that "Lincoln (LaFontaine) was our recipient this year. He was our choice because as a lineman, he always did dirty work. He never got the glory. He had to go against bigger players and get banged up every day. He also got hurt but still showed up to practice, showing what a leader should be, even though he couldn't play. He was very coachable and was always helping his teammates." After receiving the award,

LaFontaine said, "it felt good to receive the award. I didn't expect to get it. I worked really hard to achieve the award in practice and out of practice. I want to thank Coach Chene, and Coach Clauss for choosing me for this award. This was a season for all of us to remember."



Photo by staff

CLOCKWISE BELOW: Using VR in Karen Campbell's science class, DVP class films another episode of CKTV, Math Counts poses for a photo after a great day at competition, Henry Elkins '31 signs his name to his bird house before taking it out to the campus.



LEFT TO RIGHT: Giving his official "OK" sign Eighth Grade team Leader, Chris Paris approves the waffles during interim. "The food is always one of the best parts," Paris said. Kenneth Thompson '30 carefully tapes the Dance assembly at the MSG. The video was used for an episode on CKTV.



LEFT: Matthew Chon '31 and Alexander Schunck '31 learn all about looking microscopes in Karen Campbell's Science 6. CENTER: Chase Trotter '29 runs past Berkshire's defense.

BOTTOM: During the annual MSG and MSB astronomy night, students participated in all sorts of simulations that recreated what it's like in space. Yanbo Huang '30, Jayden Wang '30 and Luke Hoogerwerf '30 put on in baseball gloves to recreate what its like doing projects in a space suit.



TOP: Joseph Keyser '29 works with Art Teacher Bailey Smith on his 8th grade self-portrait.



RIGHT: Football players have a little fun during a class meeting. Seventh graders proudly show off the mugs they made in math class.



LEFT: Class of 2029 goes white water rafting during interim. Wesley Moellering '29 enjoys PJ Day, one of our spirit days. Other Spirit Days included College Shirt Day, Tropical Day and more.

TOP: Jibril Shahzad '30 learns to read and use a beaker in Rebecca Hattner's Science 7 class. "Labs are a great way to learn what we are studying," Shahzad said.



LEFT: Kiros Reese '29 enjoys in the sled he made in seventh grade. Due to lack of snow, The Class of 2029 had to wait a year to use their sleds. Natalie Britton's advisory were the winners of the annual sled race.

# One Last Look at Our Year

From September to June,  
we learned and laughed together.

**Design by Aadhi Ezhil**  
**Copy by: Jeremy Zhang**  
**Photos by Staff and Students**



LEFT TO RIGHT: Edward Chang '29 poses for his Humans of MSB portrait, a project in Christina Hammitt's English 8 class, Mike Toth enjoys the inaugural all school Thanksgiving meal, Dr. Jeff Suzik serves donuts during after school concessions.