

March
2017

WHERE ARE THEY NOW

A historical journey through the past 20 years
of the award-winning school newspaper,
The Sailors' Log, of Mona Shores High School

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We Are Family

Twenty-year journey took 279 students to complete

It's funny how time can fly and stand still at the same time.

It seems like just yesterday I was walking into room 311 for the first time, taking over for Gary Reed, who had chosen the 1997-98 staff, which I would lead.

What the students and I found out quickly was that Mr. Reed and I were two different people (even though we were both follically challenged) with two very different approaches to newspaper. This was evident when a handful of students dropped the class within the first week because of the changes I was making.



Warren Kent III,
adviser

But that was OK. I had to do things my way.

Thankfully, my way soon became what would be known as *The Sailors' Log* way.

Over the past 20 years, that way has produced 19 Spartan Awards (hopefully No. 20 in the next month), 259 individual awards, four All-State performers, and one Golden Pen.

And more importantly, a Michigan Interscholastic Press Association (MIPA) Hall of Fame induction in 2006 when *The Sailors' Log* became the ninth newspaper in the state to gain the honor (there are 11 now). To get inducted, a newspaper has to win the Spartan Award nine out of 10 years.

This 20-year journey has taken the publication through at least four rooms, starting with 311, where we had access to the library; to room 413, which we shared with the business department; to the computer lab in the math/science wing, where we were forced to be intimate because of its quaint size; to room 501, where the publications lab is located right next to the counseling/athletic office. (I think the administration did that intentionally to monitor students escaping – but it hasn't been too effective.)

When I initially came up with this 20-year retrospective idea, we were going to interview everyone who ever worked on the paper and highlight the editors-in-chief. Well, I quickly realized

The Sailors' Log by the numbers

Adviser

20 years with Warren Kent III

Staff

279 total staff members

27 editors-in-chief

Awards

259 Individual Awards

19 Spartan Awards

4 All-State Performers

1 Golden Pen – Mr. Kent (2004)

1 Hall of Fame Induction (2006)

Same Family

4 Lamsons (Heather, Brittany, Joshua, Robyn)

3 Wieners (Sam, Molly, Nick)

2 Cooks (Jennifer, Jamie)

2 Bennetts (Alex, Nick)

2 Millers (Barry, Katy)

2 VanKersens (Jake, Megan)

2 Keisers (Sally, Rachael)

2 McCarls (Ryan, Tyler)

2 Matthews (Amanda, Samantha)

2 Moriartys (Brittany, Kyli)

2 Brysons (Elise, Abby)

2 Andereggs (Lauren, Alex)

2 Fredericksens (Brady, Holly)

2 Bournes (Emily, Lauren)

2 Krommingas (Franny, Andrew)

2 Robinsons (Michelle, Blake)

2 Deurs (Conner, Madi)

2 Fongers (Kayleigh, Aaron)

2 Catheys (Isaac, Morgan)

2 Beemers (Katie, Jenna)

that was too big of a task, so we settled for profiles about the editors-in-chief with the list of staff and award winners accompanying those.

What wonderful stories the former editors had to share. Some of them even said some nice things about me (and I didn't even pay any of them).

Heather Lamson (editor-in-chief 1999): "I loved his laid-back attitude, great knowledge, and genuine love of the students. He tolerated way too much nonsense from me."

Kyle Smith (2009): "Mr. Kent de-

serves all the credit in the world for his ability to motivate and inspire the best in his students and year in and year out produce the high caliber of newspapers (and yearbooks) that he does."

Kaitlyn Rabach (2011): "I will never be able to thank him enough for being one of the best role models, not only in school or class, but really when it came to the big life stuff. He pushed us to challenge previous modes of thinking and didn't accept sloppy work."

Michelle Robinson (2012): "Kent taught me how important it is to have

passion for what you do. Kent is the most passionate person I know, and I still think about him often as I'm editing my papers or teaching a student or patient something new. He is and was so amazing at his job that it inspired me to want to be just as passionate about what I do. He empowered me in not only my writing skills but also in my personal life to be the best version of myself. I know that I wouldn't be the student or person I am without him. I don't think I've ever told him that, but it's true. He was a one-of-a-kind teacher and person that influenced my life in so many ways."

Through it all, though, it really is about the students. And with that said, here are some observations I have made about the past 20 years and the 279 people who have ever been on the staff.

There have been four Cooks (see, too many cooks don't spoil the pot), three Wieners (insert own joke here), and one Hart – a gigantic heart.

We had some colors: one Black and two Browns.

A few occupations: a Shepherd, two Millers, a Bard (not Shakespeare), two Bakers, a Gardner, and a Singer.

We had one Costello (but no Abbott), one Carr (but no Truck), one Grover (but no Elmo), one Roof (but no Floor). However, we did have a Resterhouse. We had one Stone (but no Rock) and one Day (but no Night).

We had just one animal – a Fox, and we had a Savidge and a Payne.

Verbs? We got those. We could Basch and Tippett and Knapp and Sturr, and we were Bourne twice (or would that be Bourne again?). We even went on the Fritz. Heck, we could even Bragg.

Our favorite drink? A nice Bordeaux. Favorite car? Our two Beemers.

Additionally, we have had 20 groups of siblings come through, led by the Lamsons with four (the Cooks were from three different families).

And now as we put the bow on the first 20 years of my career as adviser of *The Sailors' Log*, it only emphasizes what I have known all along – it's all about family, *The Sailors' Log* family.

Financially Sound

Rathsburg helps plan Meijer yearly spending

By Mal Meston
Sports Editor

To many people, Meijer is just a place to get groceries; for Kim Rathsburg, Meijer is a place “of thought, growth and a successful career.”

After becoming the first editor-in-chief of *The Sailors' Log* under adviser Warren Kent III in 1997-98, Rathsburg started her journey.

Rathsburg, who is a Merchandising Financial Planner with a Meijer in Walker, said her job is essentially holding the “checkbook” for a category within Meijer and creating the financial plan, which details how much money Meijer makes and spends throughout the year.

And this job is extremely important since Meijer was ranked as No. 19 in America's Largest Private Companies and was worth more than \$16 million, according to a Forbes.com list in 2016.

“Meijer is a good company to work for,” Rathsburg said. “I work within a team of very diverse people all striving toward the same goal and that is definitely a highlight of my job.”

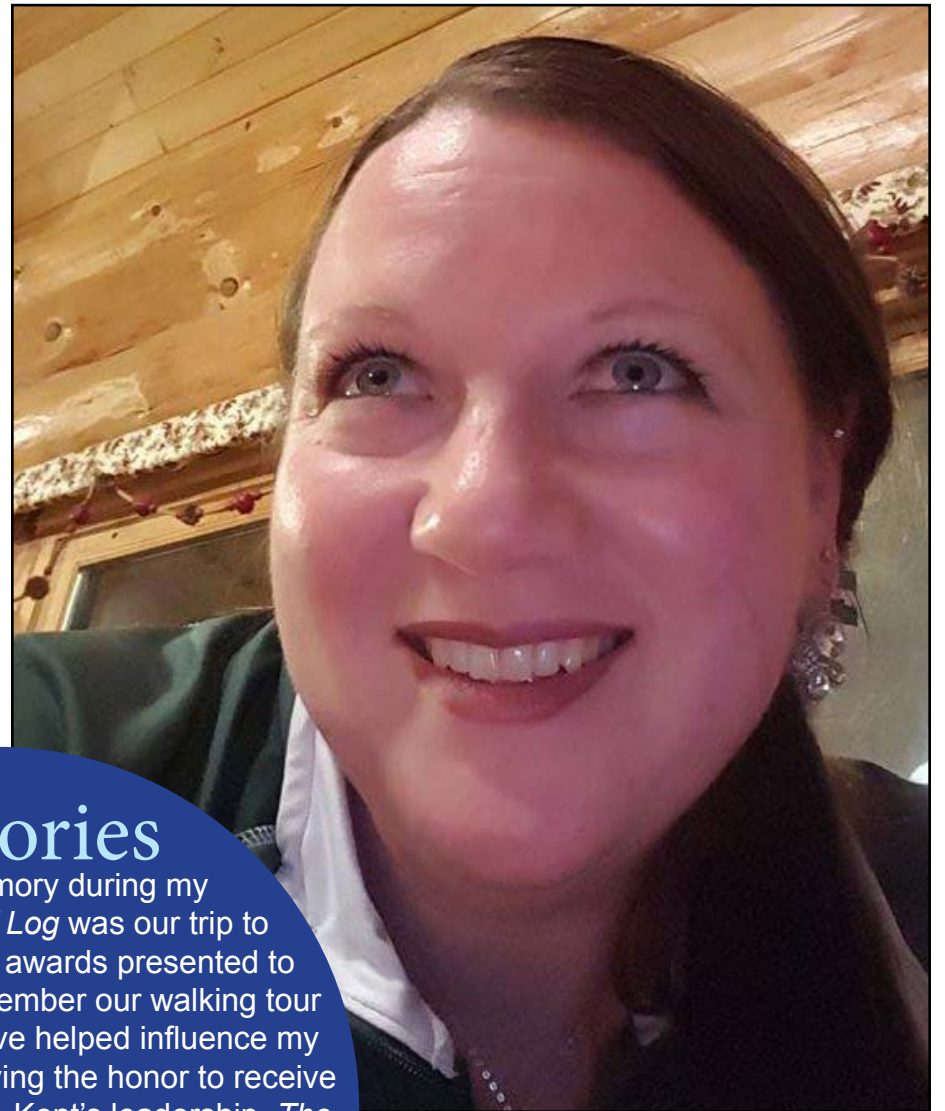
Rathsburg said she never imagined Merchandising Financial Planner as her career. She imagined going into a career in advertising as an account manager, but working at Meijer paved Rathsburg's career into a different direction.

“I began with Meijer in an entry-level office position,” Rathsburg said. “I've worked my way up through the company to my current position over the last 10 years. I feel as long as you have a passion to grow as well as being versatile and flexible, any job can be the one to provide you stability.”

While Rathsburg has a great respect for Meijer, she has a passion for Michigan State University. Rathsburg graduated from MSU where she spent time on the Dean's List and graduated with degrees from the Broad College of Business (Marketing) and from the College of Communication Arts and Sciences (Advertising) along with a minor in English. Rathsburg was also part of the Rodeo Club and Phi Chi Theta Fraternity at MSU.

“Horses are my passion, and to this day, I still own and take care of my own horse,” Rathsburg said. “For the past two years, we've been among the top 10 riders in the Nation for the American Paint Horse Association. I am also a proud Spartan Alumni, who returns to campus each fall with football season tickets.”

After graduating from MSU, Rathsburg lived in East Lansing, where she was an IT Project Manager for five years. After a year in Arizona, she returned home to West



Memories

My favorite memory during my days at *The Sailors' Log* was our trip to Lansing to accept the awards presented to our paper. I clearly remember our walking tour of MSU (which may have helped influence my college choices) and having the honor to receive our first award under Mr. Kent's leadership. *The Sailors' Log* allowed me to learn the importance of communication, written and verbal, along with the impact that communication can have, both good and bad. It also taught me the importance of making connections with people who you may have not crossed paths with in your daily endeavors.

Kim Rathsburg, the first editor-in-chief under adviser Warren Kent III, now makes her living as the Merchandising Financial Planner for Meijer.

Michigan, where she lives with her four-legged family (dog, cat, horse).

She has also been involved in many volunteer organizations, including 4H as a leader for a number of years and for a club with an equine, dog and shooting sports as a focus. She is also the past Secretary for Sportsmen for Youth. And she is the only female instructor at the Norton Shores Hunter's Safety program.

Working as the first editor-in-chief of *The Sailors' Log* under Kent has provided Rathsburg with important skills and tools throughout her journey in life.

“At the end of the day, the best we can do is take each day at a time and work towards the end goal,” Rathsburg said. “Frustrations are simply challenges we haven't yet overcome.”

1997-98

Editor-in-Chief

Kim Rathsburg

Managing Editor

Heather Lamson

Editorial Editor

Phil Hart

Center Section Editors

Katy Elwell

Brittany Lamson

Feature/Profiles Editors

Joe Black

Anne Skallerup

Sports Editors

Matt Arthur

Justin Cook

Photo Editor

David Betka

Staff

Alex Bennett

Jason Bowerman

Angela Critchett

Katie Derby

Kha Ngo

Ruth Rudicil

Ben Smith

Awards

Staff Member of the Year

Heather Lamson

New Staff Member of the Year

Justin Cook

Adviser's Award

Joe Black

Eye for Detail

Graphic designer balances career, family

By Jenna Beemer
Co-Editor-in-Chief

Heather (Lamson) Mantovani uses her design foundation skills first developed in newspaper at Shores in her career today.

Mantovani, who has worked a variety of jobs since graduating from Shores, currently works as a part-time graphic designer for Kruse Design, LLC, in Grand Rapids and as a full-time mom to three young girls.

“My experience at *The Sailors’ Log* was one of the three highlights of my high school experience, the other two being choir and tech theater,” said Mantovani, who was editor-in-chief of *The Sailors’ Log* in 1998-99. “I learned the software skills and newspaper conventions necessary to go on to editorships at my college newspaper, as well as skills that served me immediately in part-time graphic design jobs as a student.”

The connections that Mantovani made working at *The Sailors’ Log* helped her develop people skills for the workplace, she said.

“The most rewarding part of being an editor, far and away, was the friendships and time I spent with all the other staff on the paper and Mr. Kent,” said Mantovani, who was the first of four Lamson siblings to work on *The Sailors’ Log*. Her two sisters Brittany and Robin and her brother Josh were also staff members. “I learned a lot about working with people, disagreeing and still liking each other, creating something as part of a team, and just enjoying being around other smart, interesting people.”

Mantovani’s time at *The Sailors’ Log* helped her hone in on three of her skills and aided her in choosing a career that fit with her skill set.

“It was a great marriage for me of writing, editing and design, and greatly developed all three skills,” Mantovani said. “I think it also helped me find my place in high school among friends and peers, as well as learn to be more comfortable speaking with ‘important people’ via interviews for newspaper stories, while maintaining some degree of composure.”

When making a career decision for Mantovani, graphic design was a great fit for her interests and skills.

“I enjoy the variety of problem-solving that I do, and using various skills such as



Memories
I loved (Mr. Kent’s) laid-back attitude, great knowledge, and genuine love of students. I’m proud newspaper consisted of students from all social groups, and despite constant political debates and skirmishes, we were all friends. Working on the paper meant interviewing important people. I wouldn’t have had the opportunity, gumption or desire to strike up conversations with these people on my own, so having newspaper as both impetus and excuse gave me invaluable practice at speaking with people in authority. I knew as a sophomore I wanted to be a graphic designer, and that’s what I continue to do now part-time. My primary job now is pouring everything I’ve got into being the mother of three daughters, and gumption continues to be an asset. And I still use lots of nonsense.

Heather (Lamson) Mantovani is a part-time graphic designer and full-time mother to Selah, 4, and Rosemary Anne and Abigail Hope, 2-year old twins. Her husband Joel is a native of Muskegon.

copy editing and illustrating to produce the finished work,” Mantovani said. “Designers often end up filling in all sorts of gaps for their clients such as photography and photo editing, writing, copy editing, illustrating, marketing and brand strategizing. If I get the chance to find some shortcuts to improve the process via software tricks, even better.”

Mantovani said she is able to bring together the creative process for her clients by using her eye for detail.

Please see DESIGNER, page 29

1998-99

Editor-in-Chief
Heather Lamson
News Editor
Joe Black
Editorial Editors
Kellie Grant
Phil Hart
Feature Editor
Brittany Lamson

Profiles Editor
Angela Critchett
Sports Editors
Matt Arthur
Justin Cook
Photo Editor
Dave Scholtens
Staff
Alex Bennett
Nick Bennett

David Betka
Phoenix Brown
Katie Derby
Katy Elwell
Andy Freye
Kelly Hradsky
Josh Lamson
Barry Miller
Ruth Rudicil
Angela Shepherd

Ben Smith
Jake VanKersen
Awards
Staff Member of the Year
Joe Black
New Staff Member of the Year
Kellie Grant
Adviser’s Award
Angela Critchett

Digital Direction

Strategist enjoys solving problems

By Kendahl MacLaren
Co-Editor-in-Chief

Working his way from job to job to where he is now, Joe Allen-Black is now spending everyday in his favorite position he's ever held – a digital strategist at Palantir.net.

"I get to work with people from all over the country to build better experiences for people getting information," said Allen-Black, co-editor-in-chief of *The Sailors' Log* in 1999-2000. "I was the project manager for a redesign of a state's website, helped develop a new learning tool for high school and college students about world affairs, and I helped set the design direction for one of the most prestigious hospitals in the world."

But, his favorite job as a digital strategist wouldn't have been possible without an earlier career at the *Boston Globe*. Allen-Black moved into the business side of journalism after an amazing opportunity at the *Boston Globe*.

"When a website you love offers you the chance to lead its redesign, how can you say no? It was an opportunity that I'm still dumbfounded that I got," Allen-Black said. "In my mind, this was the opportunity to really help improve journalism across a whole site -- not just a single section or story at a time. I was in the conversations trying to figure out how to make journalism something that was self-sustaining and done well."

Allen-Black said that much of his job was making sure all departments, such as journalists, marketing, sales, and development, were all heading toward the same goal.

"I needed to help set a vision, make sure it was understood, and then communicate it out," Allen-Black said. "This meant making sure something as big as forecasting revenue was understood by all team members to making sure decisions about how a single dropdown box should look was handled."

Allen-Black said he was amazed to be a part of that team.

"The *Boston Globe* is a news organization I admired for years," Allen-Black said. "You name the top news organizations in the country, and the *Globe* will be in that list. Their website was aggressive in not just being where the newspaper went, but a place that really did updates and strived to be what a web presence should be."

In both his career at the *Boston Globe* and his college education at the University of Florida, where he was the editor of *The Independent Florida Gator*, Allen-Black said he learned valuable skills and information that affects his current career.

"I had great mentors at the *Boston Globe*," Allen-Black said. "I had a mentor who taught me how to be a better writer and storyteller. I use this every day when I play host to a meeting or pitch strategy to a client. I had a mentor who taught me the nuts



Memories

My best memories of high school came from Room 311. I remember late-night and weekend editing and trips to Lansing for awards. My best friends were in the class, and I learned how to work in groups and produce awesome projects. Without *The Sailors' Log*, I wouldn't have gotten my gig at the *Alligator* (University of Florida's student newspaper), which led to my first job, which is where I met my husband. I also lived at Mr. Kent's house for my senior year since my parents moved to Florida. There, I learned that Miracle Whip is better than mayonnaise, that *M*A*S*H* is an awesome show, and that being a teacher is really, really hard work. Working on the newspaper changed my life and gave me a direction in college.

Joe Allen-Black (foreground), who now works for Palantir.net as a digital strategist has made a circuitous journey from the University of Florida to the *Boston Globe* and now back to Florida in Jacksonville, where he lives with his husband Chris (background).

and bolts of product management, which I use every time I write notes on how a site should be done. And, I had a mentor on how to manage people."

Allen-Black's major at the University of Florida was journalism with an emphasis on reporting.

"There are a lot of people who don't know how to ask questions and write well," said Allen-Black, who lives in Jacksonville, Fla., with his husband Chris. "While I don't report on a daily basis for a newspaper, the skills I learned from that, I use everyday."

After time in both writing and development, Allen-Black said he is happiest at his current job.

"I'm able to write and talk to people for my current job and ask them follow up questions when necessary," Allen-Black said. "I love my job because I get new problems every day, and I get to work with really smart people on how to solve them."

1999-2000

Editors-in-Chief

Joe Black
Brittany Lamson
Editorial Editor
Katy Elwell

Sight & Sound Editor

Casey Allard
Center Section Editor
Courtney Doan

Feature Editor

Kellie Grant
Profiles Editor
Lisa Simonson

Sports Editors

Matt Arthur
Nate Bard
Photo Editor
Kay Gautraud

Picture Perfect

Former editor develops love for photography

By Lexi Studabaker
Staff Writer

When Brittany (Lamson) Allen was 8, she was given a little pink film camera that she took on a family vacation to San Francisco.

“I took pictures of everything. When the roll was developed, there was one picture that stood out that I really liked,” said Allen on the origin of her interest in taking photos. “For me, it was fun and a hobby, but nothing I seriously considered as a career option.”

Little did she know that pink camera would lead her to a career in photography.

After spending her first year of post-high school working at Lakeshore Confidential Records, Allen, who was co-editor-in-chief of *The Sailors’ Log* in 1999-2000, attempted to take the more “traditional” route by going to college at Anderson (Ind.) University.

However, when Allen realized her major was no longer something she was interested in pursuing, she decided to “take a leap and do something totally different,” something more compatible with her passions.

Allen did just that by transferring to the Art Institute of Colorado, where she graduated in 2006 with a BA in Photography. After discontinuing her post-college job as a Sales and Marketing Coordinator in Denver, she began freelancing as a photographer.

“Looking back, it really was an awesome job but didn’t align with what I had set out to do – photography,” she said.

Eventually, Allen received the opportunity to work as a runway photographer during Fashion Week in New York City. Her friendship to a classmate from college allowed her this chance to further her photography career.

“She needed a photographer, so I began flying out to do some shoots for her,” Allen said. “After her website got even bigger, she merged with Kenton Magazine, and they kept me as their photographer for the runway shows.”

These days, Allen is a mother to a 2-year-old little girl, Riley, with whom she had with her husband Dennis Allen. The couple was married Jan. 7.

“One thing that has helped me grow (my photography career) is I now have a little person I can practice baby/child photography on – a genre I previously had very little experience in,” said Allen, who now resides in Grand Rapids.

However, one challenge for Allen in being a mother is the lack of time to invest in



Brittany (Lamson) Allen has taken a break from her photography career, which led her to taking fashion photos in New York City, to raise her 2-year-old daughter Riley with her husband Dennis.

her photography skills and furthering her career. Despite the challenge, Allen continues to build on her passion.

“I still do freelance from time to time and hope to eventually build that business again in the future,” she said.

Being a former editor-in-chief, Allen, who was co-editor with Joe Black, reflects back on how it has helped to shape her career.

“Working with the staff photographers helped me to be a better photographer because I learned about crops and what printed publications need in their pictures,” Allen said. “I definitely carried some of that knowledge with me the rest of my life.”

Memories
The Sailors’ Log was one of the main reasons I looked forward to going to school. I really enjoyed working with Mr. Kent, my co-editor-in-chief Joe Black, and the rest of the staff. We all got along really well, despite our diversity and differences. The skills I learned, such as layout, word structure, and grammar, I still implement to this day. It has allowed me to appreciate the professional press. I never thought my views of the world and of people could change so drastically after graduating. I would encourage everyone to have open dialogue with different kinds of people. Go out of your way to get out of your comfort zone. There is so much left to experience and explore. It’s a fascinating and wonderful world out there, and don’t be afraid to change your mind.

1999-2000 cont.

Staff

- John Beede
- Josh Byrnes
- Liz Carr
- Andrew Chandler
- Justin Cook
- Jimmi Costello

Andy Freye

- Candie Johnson
- Robyn Lamson
- Barry Miller
- Katy Miller
- Jason Pearsall
- Dave Scholtens

Angela Shepherd

- Jake VanKersen
- Marissa Vilums
- Kevin Wootton

Awards

- New Staff Member of the Year*
- Casey Allard
- Staff Member of the Year*
- Kellie Grant
- Adviser’s Award*
- Kay Gautraud

'Ad' it up

Media planner thrives with pasta company

By Jenna Beemer
Co-Editor-in-Chief

While Kellie Grant pursued a degree in journalism at the University of Missouri-Columbia, her passion shifted to advertising near the end of her college days.

"It was weird, and I can't even nail down the exact moment it changed for me - I was at Mizzou (Missouri School of Journalism) and taking all of these magazine/page design classes, and I just kind of became intrigued with advertising," said Grant, who was editor-in-chief of *The Sailors' Log* in 2000-01. "Mostly, (I loved) the idea of really digging into why people do (what they do), think (the way they do), and buy what they do, and (then) trying to work on a campaign based on those insights. I've always just loved trying to understand what makes people tick."

Grant's interest in advertising led her to pursue opportunities as a media planner in Chicago at Starcom Mediavest Group, then in Richmond, Va. at The Martin Agency as a Media Planning Supervisor.

But after these work adventures, Grant missed working in the Midwest. So, she moved back to Chicago to work for Barilla, the largest pasta company in the world. At Barilla, Grant is the Media, Advertising Production & Procurement Manager for Region Americas.

"I have a unique opportunity to travel the world promoting pasta as not only a delicious meal, but one of the world's most sustainable and accessible foods - something that's very important to my personal values," Grant said. "Pasta is one of the most sustainable foods on earth. Minimal waste, simple ingredients and less impact on the environment. This played a vital role in why I came to work with this company - being a part of something bigger than myself so that I can leave the world a little better than how I found it."

Working at Barilla, Grant said she has been able to travel to work on campaigns and commercials for the company. Grant has traveled to Spain, Italy, and Canada for work and will be heading to Brazil later this summer.

"By far, Madrid was my favorite place where we shot our last commercial - even though my work days were very long, I got the chance to take some time to explore the city on my own and it was absolutely beautiful," Grant said. "I would have to say (the best part of my job is) seeing the campaigns I worked on come to life when I come



Memories

"I had always been a pretty shy person, but working on *The Sailors' Log* really helped me to branch out and get to know some pretty amazing people. I was pretty good academically but had never really found something that I loved and looked forward to coming into class every single day until I joined the newspaper. I learned so much about myself and really gained my confidence - not just in that room, but in talking to school administrators, faculty, and, of course, other students."

Kellie Grant's job at Barilla, the largest pasta company in the world, has helped her travel the world and meet interesting people, like Bill Nye the Science Guy.

across our ads on TV or in a magazine. I'd also say that being exposed to different kinds of people and sometimes working with awesome celebrities. We filmed a content series last called 'While the Water Boils,' and I got to meet Bill Nye the Science Guy, Wanda Sykes, and Hannah Hart."

Like many other form editors, Grant uses many of the skills in her job today that originated at *The Sailors' Log*.

"There's a lot of storytelling involved in what I do, and being a part of *TSL* really helped me to hone in on that skill," Grant said. "I also apply a lot of my old interview skills in digging deeper into a problem with my colleagues."

Even though she still remembers the skills from her high school days, she said it was the people who made the biggest impact.

"The memories that always stand out to me from working on *The Sailors' Log* were always around the friendships that I made during my time there," Grant said, "(It was) people that normally would not have anything in common or cross each other social paths if it weren't for our love of journalism and telling our stories."

2000-01

Editor-in-Chief

Kellie Grant

Editorial Editor

Kevin Wootton

Sight & Sound Editor

Philip Coulon

Profiles Editor

Liz Carr

Center Section Editor

Marissa Vilums

Feature Editor

Lisa Simonson

Sports Editor

Nate Bard

Photo Editor

Kay Gautraud

Web Page Designer

Jimmi Costello

Staff

Gina Bialik

Alison Case

Melissa Corwin

Sara Cummins

Andrea Dunlap

David Hackman

Bill Kuczmera

Robyn Lamson

Ken McEwen

Lucas Merrill

Jason Pearsall

Lindsay Satterfield

Jen Stevens

Trevor Thomas

Megan VanKersen

Cynthia Yarnot

Awards

Staff Member of the Year

Nate Bard

New Staff Member of the Year

Melissa Corwin

Adviser's Award

Kevin Wootton

Special "Lifetime

Achievement Award"

Kay Gautraud

Love of the Game

Disc golfer blazes trail for women in the sport

By Megan Swanker
Sports Editor

In the Muskegon area, Liz Carr-Sypien could be considered a trailblazer – at least in the world of disc golf.

Carr-Sypien’s introduction to the sport came in 2005 when her coworkers at BernieO’s Pizza, then a small concessions style restaurant in Select Auditorium on Laketon Avenue, decided to try something new.

“At the time, I didn’t know what they were going to do, but I found out and got a little jealous,” said Carr-Sypien, who was editor-in-chief of *The Sailors’ Log* in 2001-02. “(So) I went out and bought my own discs and practiced by myself for a couple weeks until I was better than them all.”

Not only did Carr-Sypien get better than them, but she got better than a lot of people, both men and women.

Carr-Sypien, who is currently involved with a women’s committee in an effort to get more women and girls involved in the sport, runs a summer ladies league in Muskegon at McGraft Park to help grow the sport, is now a professional disc golfer and placed third at the 2008 Disc Golf World Championship in Kalamazoo.

“It was exhilarating,” said Carr-Sypien, who was at one point the No. 2-ranked woman in the world. “I was so new to the sport and didn’t really know what it meant when I took third. Women practiced long and hard and been playing for years and were still trying to get to the level I was at. Back then, I was just riding the wave of excitement and happiness that disc golf brought into my life. It seemed that competing and the game came naturally to me, and I enjoyed every minute of that event.”

However, the road to the professional level did not come easily. Carr-Sypien first competed in 2005 when she saw a flyer posted at the Whitehall Disc Golf Course.

“I thought it would be fun to put my skills to the test,” Carr-Sypien said. “I did horribly. I finished in last place by many strokes. But the competitors were very welcoming and really gave me a view into the community of disc golfers.”

Once Carr-Sypien became successful, one aspect she enjoyed was the travel.



Liz Carr-Sypien, who is a professional disc golfer has traveled the world while playing the sport. Here, she throws from a tee at the De Laveaga Disc Golf Course in Santa Cruz, Calif., in 2010.

“For a while there, 2009-2013, it seemed like I was in a different city every week of the tour season.” Carr-Sypien said. “Through traveling, I met some really genuine people. Some of these people I will always consider to be my friends, and they have helped to enrich my life. The best thing about disc golf are the people and the time and energy they put into the sport they love the most.”

While Carr-Sypien is, indeed, a disc golfer, she is involved in much more than just disc golf. She plans to attend Ross Medical School to get her certification to be a medical assistant and pursue her nursing degree to pay the bills that disc golf cannot provide for.

“Even if I played disc golf at the highest level, it still wouldn’t pay the bills for the type of life that I want for my family and me,” said Carr-Sypien, who is married to Rob Sypien, with whom she has a 2-year-old daughter named Bryar. “Also, it would require extreme amounts of travel, and I’m not willing to drag my toddler-aged daughter on the road. I still play, but now it is at the hobbyist level.”

Memories

When I look back at my high school experience, my time spent on *The Sailors’ Log* is at the top of the list. It was exciting to be a part of a successful team with a great leader in Mr. Kent. When I run into someone who has gone to the same high school as I did, my first question I ask is if they ever had Mr. Kent as a teacher. My favorite memory from *The Sailors’ Log* isn’t a specific memory. It is an accumulation of all the long hours spent after school, during school and sometimes before school trying to tie up loose ends and layout pages. The people willing to give their extra time like that were truly dedicated to doing their best. Being in that positive, light-hearted and dedicated environment is something that I search for in my interactions with individuals to this day.

2001-02

Editor-in-Chief

Liz Carr

Editorial Editor

Gina Bialik

Sight & Sound Editor

Brendan Closz

Profiles Editor

Liz Ghezzi

Center Section Editor

Robyn Lamson

Feature Editor

Melissa Corwin

Sports Editor

Josh Reece

Photo Editor

Lucas Merrill

Staff

Robby Baker

Kellie Brackenrich

Joe Clifford

Sara Cummins

Meghan Halloran

Sally Keiser

Megan Kelly

Heather Kuziak

Amber Martin

Amanda Matthews

Ryan McCarl

Caitlin Morin

Jaime Paiva

Jason Pearsall

Brad Smith

Sondra TenBrock

Chris Ulrich

Karen Zack

Awards

Staff Member of the Year

Lucas Merrill

New Staff Member of the Year

Josh Reece

Adviser’s Award

Liz Ghezzi

Burgers to Bills

Ghezzi lands in banking after bartending start

By Kaitlin Hermanson
Profiles Editor

Liz Ghezzi has come a long ways since her post-college days as a bartender at a restaurant called Cheeseburger in Paradise.

These days, she tends to money as the Financial Office Manager at Fifth Third Bank's Holland branch.

The journey from bartender to office manager took Ghezzi, who was editor-in-chief of *The Sailors' Log* in 2002-03, from Michigan to Ohio to Florida and back to Michigan.

After her graduation from Western Michigan University in August of 2008, where she majored in hospitality management, she took a management position with Cheeseburger in Paradise in Columbus, Ohio.

The same company later transferred her to Destin, Fla., where she lived until she moved back to Michigan in 2010 to manage a Kruse and Muer restaurant in Rochester. In 2013, she left the food management industry to become a bank teller for Fifth Third Bank.

"My motivation for switching industries was wanting a career that would give me more traditional hours but where I could still be in customer service and could help manage a team," Ghezzi said.

She said she hoped that her management background would allow her to climb the rungs of the corporate ladder, which she soon did.

"I knew that my ultimate goal would be to manage my own office, and after three and a half years, I had that opportunity," said Ghezzi, who has been a Financial Office Manager since March.

Most recently, she was transferred to the downtown Holland branch, where she has the opportunity to get more involved in her community and be closer to home.

"I see it as a promotion rather than a lateral move," Ghezzi said. "I love having the opportunity to give back and get involved in extra community events that I wouldn't have access to without Fifth Third. I never thought that I would have the opportunities I've had so early in my career and feel very grateful to be in a position I could sustain for several years."

However, where she is now is not where Ghezzi would have pictured herself when she imagined her future as a high school senior.

"I absolutely feel in love with journalism when I was involved on *The Sailors' Log*,



Memories
I don't have any specific memories that stick out right now, but I remember the endless laughs with Mr. Kent and all of my fellow newspaper pals. I would have to say the experience I had interviewing other students and community members helped me come out of my shell and prepared me for my future with having to interact with many different people in many different settings throughout my career.

Liz Ghezzi was recently named the Financial Office Manager at Fifth Third Bank in Holland.

and even started my WMU career majoring in journalism," Ghezzi said. "I honestly thought I would be working for a newspaper within the next five to ten years after college. I also didn't think I would be living so close to Muskegon. I couldn't wait to move away after high school, but I had the opportunity early on to move around, and I found out how much I took for granted having my family close."

Though she didn't end up pursuing a career in journalism, Ghezzi's experiences with *The Sailors' Log* did help prepare her for her future.

"The biggest thing I learned from working on the paper is how to work with a group of diverse people," Ghezzi said. "Looking back, the editors during my tenure could not have been more different from one another yet we balanced each other out. Despite our differences, we always had the same goal, and that was to put out a great paper and to make sure our voices and the voices of the students were heard."

2002-03

Editor-in-Chief

Liz Ghezzi

Editorial Editor

Ryan McCarl

Sight & Sound Editor

Caitlin Morin

Center Section Editor

Brendan Closz

Feature Editor

Joe Clifford

Profiles Editor

Amanda Matthews

Sports Editor

Josh Reece

Photo Editor

Sally Keiser

Staff

Robby Baker

Kellie Brackenrich

Bethany Carlson

Megan Cromie

Joel Fox

Marci Furman

Meghan Halloran

Megan Kelly

Amber Martin

Carly Matthews

Jaime Paiva

Colleen Rawson

Brad Smith

JaNae Start

Sondra TenBrock

Randi Whipple

Karen Zack

Awards

Staff Member of the Year

Sally Keiser

New Staff Member of the Year

Joel Fox

Adviser's Award

Meghan Halloran

Brewin' Words

McCarl's love of politics leads to unique website

By Steffen Newman
Features Editor

While Ryan McCarl's interest in politics was piqued when he was a freshman, it was during his sophomore year when he first started writing about the topic.

"I started learning about politics when I was in ninth grade, after the 2000 election," McCarl said. "My interest increased a lot after the attacks on the World Trade Center, and continued to build up to the invasion of Iraq in 2003."

By his sophomore year, McCarl was a member of *The Sailors' Log*, and he began writing columns that focused on the aspects of the Bush administration that were evident in everyday American life.

"I was concerned with the militarism, nationalism, and religiosity I saw all around me," McCarl said. "I continued writing columns throughout college for our school newspaper, the *Chicago Maroon*."

Eventually, McCarl became co-editor-in-chief of *The Sailors' Log* in 2003-04, when his goal was for each paper to be error-free.

"I hated using the InDesign program for our layout, but that knowledge has come in handy many times," he said. "I learned a lot about journalism and became friends with the other editors."

At the University of Chicago, McCarl was a jack-of-all-trades. He was the captain of the track and field team, broke the cross-country school record, and was an editorial board member for the school newspaper, all the while working toward a bachelors and masters degree.

After earning his master's degree in International Relations at the University of Chicago, McCarl decided to earn a second master's degree in education at the University of Michigan. After he completed this, he taught AP Geography and World History at Voyager Academy High School in Durham, N.C.

Throughout this time, McCarl still found the opportunity to continue writing in one form or another. He had two professionally published articles by the time he was a junior in college.

"My first professional publication was a feature article I wrote for the *Muskegon Chronicle* when I was 19. It was about a train trip three friends and I took around the U.S. and Canada," McCarl said. "The second was an op-ed I wrote for the *Philadelphia Inquirer* when I was a college sophomore; in that, I argued that parents should let their kids read Philip Pullman's book *The Golden Compass*."

After ending his teaching career, McCarl returned to the University of Chicago to attend law school. McCarl has been a district court clerk, is an associate attorney, and started his own language website.

It is in the last of these three things that he said he finds most impactful. The website, called WordBrewery, an online language resource that offers 20 languages. Essentially,



Memories
I first developed an interest in politics and became opinionated when I started writing columns as a sophomore. As editor-in-chief, I made it our goal to have an error-free newspaper. I remember hating InDesign and layout, but that knowledge has come in handy; I learned terms like "kerning" and "leading," and that in journalism you write "<person> said," not "said <person>." I also becoming close friends with the other editors, ordering pizza, and visiting Lansing for the Spartan Awards. Taking newspaper also meant I could roam free around the school during sixth hour, so that was a great perk. Working on *The Sailors' Log* made me a much more confident and experienced writer, editor, and thinker, and that experience has helped me with everything I've done since then.

Ryan McCarl's love of politics has led him to create an online language resource website as well as continue to write political op-ed pieces.

McCarl describes it as "teaching languages one sentence at a time using real sentences from the news."

"I've always loved studying languages as a hobby and wanted a way to learn them as quickly and efficiently as possible while having my busy day job as an attorney," McCarl said.

According to the website, it pulls sentences from news sources in the language a person desires to learn, and therefore only teaches "real, recent, and relevant sentences. No more computer-generated or canned phrases."

"We use real sentences from the news," McCarl said. "That way, every sentence I studied contained only high-frequency words that I was likely to see again."

WordBrewery has grown since it began and now has more than 5,000 registered users, and recently launched paid subscriptions.

"We're working now on building actual language courses and a mobile app," McCarl said. "We hope to develop it into one of the best resources available for people to learn a language."

As for his writing career, McCarl had an op-ed, arguing that Trump's travel ban is unconstitutional, published in *The Independent* in February.

"Now that Donald Trump has somehow become President," McCarl said, "I have plenty to say about politics again, and I am exploring the possibility of getting a column somewhere."

2003-04

Editors-in-Chief
Ryan McCarl
Caitlin Morin

Editorial Editor
D.J. Sobish
Sight & Sound Editor
Rachael Keiser

Center Section Editor
Samantha Matthews
Feature Editor
Jennifer Cook

Profiles Editor
Sondra TenBrock
Sports Editor
Brittany Moriarty

Therapy session

Psychologist provides help to college students

By Steffen Newman
Feature Editor

While Caitlin (Morin) Stanway loved journalism when she was working on *The Sailors' Log* from 2001-2004, her deep interest in the field of psychology had already begun.

"I grew up watching *Growing Pains* re-runs on TV and decided I wanted to be a therapist like the dad on the show," said Stanway, who was co-editor-in-chief in 2003-04. "During high school, I took (Heather) Hall's psychology course. It made entering the field seem a little less intimidating. Other teachers like (Brent) Green, (Shawn) Lawton, (Kimberly) Bradshaw and (Sheila) Hunt also helped me feel confident about pursuing that vision of my future."

Despite her interest in psychology, Stanway considered minoring in advertising at Michigan State University.

"I took one advertising class and realized it felt a lot like joining the dark side," she said. "That experience helped me clarify my values for helping others."

After finishing at MSU, she attended graduate school at The Chicago School of Professional Psychology.

"I decided to pursue a (doctorate of Psychology) rather than a PhD because I felt more drawn to clinical work than research," Stanway said. "I was most interested in working with a wide range of people."

During her time in graduate school, Stanway participated in three externships, each varying from the last. However, it wasn't until she moved out west when she found her ideal job.

Her first full-time job was a year-long internship at the University of Washington Counseling Center, providing individual and group therapy to University of Washington students.

In addition to finding her job, Stanway met her husband in Seattle.

"Four days after moving from Chicago, I met my (now) husband while walking home from the pet store," she said. "We have two Maine Coon cats and are waiting to see what kind of changes America experiences this year before we start a family."

Eventually, after attending a post-doctoral fellowship in California, Stanway returned to Seattle and received her psychologist license. She was hired back by UW to provide individual and group therapy once again.

"Everyone (at the UW Counseling Center) cares about the wellbeing of students," she said. "I work with students from all over the world, which is fascinating."



Memories

I was (and am) a shy person, so being on newspaper was an opportunity to get to know people outside of my friend group. Mr. Kent was also a fantastic teacher/mentor. He created a fun learning atmosphere for students and helped me become a better writer and more outgoing person. Being on newspaper was a great way to develop an objective and professional writing style. I also enjoyed building connections with other students in newspaper and meeting different students/staff through interviews and stories. Newspaper helped me learn to collaborate with others despite differences we may hold, to stick to deadlines, and to challenge myself to venture out of my comfort zone. All of these experiences helped prepare me for navigating higher education and the workplace.

Caitlin (Morin) Stanway developed her interest in psychology during her Shores days. She now works at the University of Washington, providing individual and group therapy for students.

As for her newspaper experience, Stanway said it was a great way for her to meet people outside her friend group.

"Mr. Kent was a fantastic teacher and mentor," she said. "I enjoyed building connections with other students in newspaper and meeting students/staff through my interviews and stories. Newspaper helped me challenge myself to venture out of my comfort zone."

From newspaper to clinical psychology, Stanway's goal has always been to assist others.

"I love working with students because college is such a transitional time," she said. "It's really rewarding to help someone better manage their fear, doubts, or insecurities and feel more comfortable being themselves."

2003-04 cont.

Staff

Chris Aseltine
Kendra Bayne
Alison Bennett
Kayla Bultema
Mar Chandler
Erin Cook

Lindsay Gardner
Amanda Grover
Ivory Kramer
Ian Link
Brittany Luckett
Michele Mowat
Colleen Rawson

Corey Rosenberg
Emilee Savidge
Maris Tippet
Shatara Williams

Awards

Staff Member of the Year
Colleen Rawson
New Staff Member of the Year
Jenni Cook
Adviser's Award
Corey Rosenberg

Consulting Career Cook finds home with Farmers Insurance

By **Kendahl MacLaren**
Editor-in-Chief

Coaching, reviewing, researching, ever changing – just a few words that Jennifer Cook uses to describe her current career at Farmers Insurance.

For the past year and a half, Cook, who was co-editor-in-chief of *The Sailors' Log* in 2004-05, has been a QA/Regulatory Consultant where she handles all state and claim regulatory questions for the office, reviews new state insurance laws, and confirms the processes are kept compliant.

"I love the flexibility and challenges (of my job)," said Cook, who has been with Farmers Insurance for three and a half years. "Every day, I have new questions and research to do. I also love reading and interpreting the different state auto laws and seeing how they impact our processes."

While Cook loves her job now, working in insurance was not on her radar when she left Shores. She began her time at Central Michigan University studying journalism; after a while, Cook then switched her major to psychology with a minor in Substance Abuse Education after realizing she did not love writing as much as she had once believed.

Eventually, after working a few jobs that were not in the psychology field, Cook ended up at an Allstate Insurance agency. She worked there for four months in customer service and sales before moving on to Farmers Insurance to work in claims.

"(I became involved in insurance because) it was a new open opportunity that I just took a chance with," Cook said. "I (now) spend my time reviewing files, new laws, opportunities our department has; then, I coach our customer service representatives and provide recommendations to the department on how we can change and improve with any new laws that come out. Anytime we have a question or complaint come up, I research to make sure we have the correct processes in place."

Cook worked in auto claims before transitioning to her current job.

"A position on the quality assurance team opened up, and I wanted to make an impact on our reps," Cook said. "I was becoming one of the more tenured CRS and enjoyed coaching and helping with training and processes more than actually working claims."

Cook said she is curious, approachable, and a communicator, which are impactful qualities that affect her career.

"My curiosity helps when doing research and finding changes in our current processes to make sure we are staying compliant," Cook said. "Communication (is important). Many of the people I work with, I only talk with over email or phone, so I need to be able to quickly and efficiently get across my thoughts and objectives to them. Also, I am very friendly and approachable; this helps when I am not always giving the best results to our department, CRS are still able to talk with me and ask for help, which increases our ability to change our results."



Memories
I remember early mornings and late nights working with Sammi, my co-editor and Kent. I loved our staff and was so proud every time we put out an issue. (I also remember writing my stories last minute – hence this being done late!) Spending time with Kent for newspaper and the yearbook was my favorite part of high school. The newspaper actually led me to study journalism at CMU. I changed my major after about a year but couldn't imagine going anywhere else for college. It helped develop me as a writer – and attempted to teach me about deadlines.

Jennifer Cook, who has a degree in psychology, has found a home with Farmers Insurance, where she is a QA/Regulatory Consultant.

Cook said her job comes with many hefty tasks, and reading is one of those.

"(It is important that) I can quickly filter," Cook said.

"I have to read a lot of information and pare it down for management in order to get them the important information we need to move forward. I am able to quickly decide what information is actually valuable."

If she were to change anything about her current job, Cook said she would move to a position with national compliance within her company.

"I would like to move into national compliance," she said. "It would expand the group of departments and reps that I get to support and help. Depending on the position, I would have a wider range of employees to help and skill sets to learn, possibly picking up property or recreational products in my journey."

Although she is not writing and reporting, Cook said she still sees value in taking newspaper in high school.

"(Newspaper) helped me learn the importance of networking; time management and researching," she said. "A good portion of my job is researching and evaluating the sources I use for accuracy, and newspaper helped me to create a good foundation into this."

2004-05

Editors-in-Chief

Jennifer Cook
Samantha Matthews

Editorial Editor

D.J. Sobish
Sight & Sound Editor
Erin Cook

Feature Editor

Kendra Bayne
Profiles Editor
Mar Chandler

Sports Editor

Brittany Moriarty
Photo Editor
Megan Lange

Love of Logos

Matthews produces info for luxury brands

By Timothy Schneider
Staff Writer

Signs, packaging, websites, apps – these things all share one quality; they need to be designed.

People are exposed to graphic design all the time, yet most probably never stop to think how much effort goes into designing them nor who does it.

Well, meet Samantha (Matthews) Rakestraw, co-editor-in-chief of *The Sailors' Log* in 2004-05, who does exactly this for a living.

“Graphic design is a highly competitive field,” said Rakestraw, who is a graphic designer in Spring Lake for 40 Visuals, “and I design and manage accounts for a variety of luxury brands. I work within each client’s specific brand guidelines to produce different signage options. Some of the brands I work with include Seiko, Hearts On Fire, Mikimoto, Tacori.”

Despite her success, Rakestraw said she didn’t always want to be a graphic designer though. She began her post-Shores days as an English major at Muskegon Community College

“A friend mentioned that I would do well in graphic design, which I knew nothing about at the time,” she said. “I decided to take an introductory class, and I really enjoyed it. I had always enjoyed creative work but did not realize I could make a career out of it. From there, I signed up for more graphic design classes, and eventually, I earned my Associate in Applied Science in Graphic Design.”

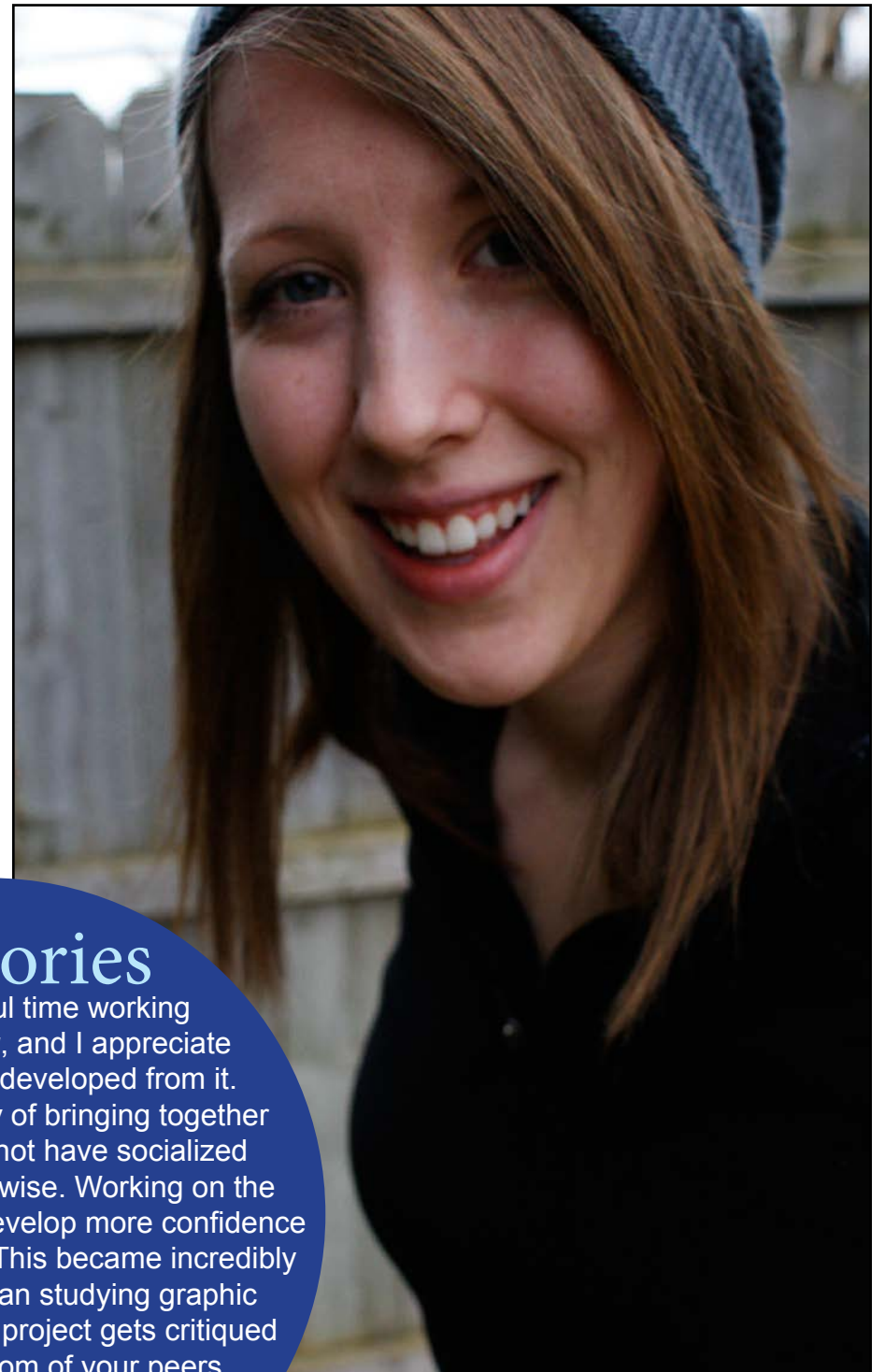
That was only the start of her career path. Her design professor at MCC recommended that she attend Ferris State University or Kendall College of Art and Design for their design programs.

Rakestraw chose FSU, where she eventually had to submit a portfolio at the end of her sophomore year in order to continue in the Bachelor program. Rakestraw was one of 15 chosen to continue, and she eventually graduate in 2011 with a Bachelor of Science in Graphic Design.

After college, her first graphic design job was as the Design Specialist with TrueNorth Community Services in Fremont. Her responsibilities included photographing the agency’s programs and events, maintaining the website and social media accounts, and designing brochures, flyers, quarterly newsletters, etc. to either promote programs and events as well as to create awareness in the community.

“My favorite part about working there was that I got to be creative every day, and the work that I did actually helped people in the community by informing them about TrueNorth’s programs and services,” Rakestraw said.

This past summer, she started her job at 40 Visuals. And looking back, Rakestraw



Memories

I had a wonderful time working on *The Sailors' Log*, and I appreciate the friendships that developed from it. Newspaper had a way of bringing together students who might not have socialized with one another otherwise. Working on the newspaper helped me develop more confidence in myself and my work. This became incredibly important when I began studying graphic design as every single project gets critiqued in front of a classroom of your peers. Newspaper also taught me a lot about communication, which is at the core of graphic design as well.

Samantha (Matthews) Rakestraw, who began with an English degree in mind, now works for 40 Visuals in Spring Lake as a graphic designer.

said part of her career pathway was due to the school newspaper. “*The Sailors' Log* helped me to develop more confidence in myself as well as my work, and it helped me become familiar with having my hard work critiqued by others, which became extremely important once I decided to pursue graphic design,” she said.

2004-05 cont.

Staff

Macy Al-Shatel
Ben Barrett
Elise Bryson
Mark Cihos
Chelsie Hulka

Satpreet Kahlon
Michele Mowat
Cecelia Payne
Charlie Quigg
Colleen Rawson
Alan Rowe

Sam Wiener

Awards

Staff Member of the Year
Brittany Moriarty
New Staff Member of the Year
Elise Bryson

Adviser's Award

Kendra Bayne

Nature Girl

Love of outdoors leads to job with KL Industries

By Emmalee Dykstra
Staff Writer

Before newspaper, Erin Cook said she was a shy girl who struggled to communicate with others.

Almost 11 years later, she is a scheduling coordinator at KL Industries, a job that is based around communication, and she said she owes it all to *The Sailors' Log*, and a little love for the outdoors.

"It started out just being afraid to even communicate," said Cook, who was editor-in-chief of *The Sailors' Log* in 2005-06. "I know it doesn't seem like anything, but sometimes, addressing peers or adults can be harder than addressing a stranger. I started getting comfortable just being me and being OK with what I had to say, and that progressed into the way I could actually communicate with strangers, friends, teachers, etc. So I would say *The Sailors' Log* is really the reason I started communicating the way I do."

Cook attended Muskegon Community College for two years, then transferred to Central Michigan University, where she planned on majoring in broadcasting. She changed her mind after she realized broadcasting wasn't for her.

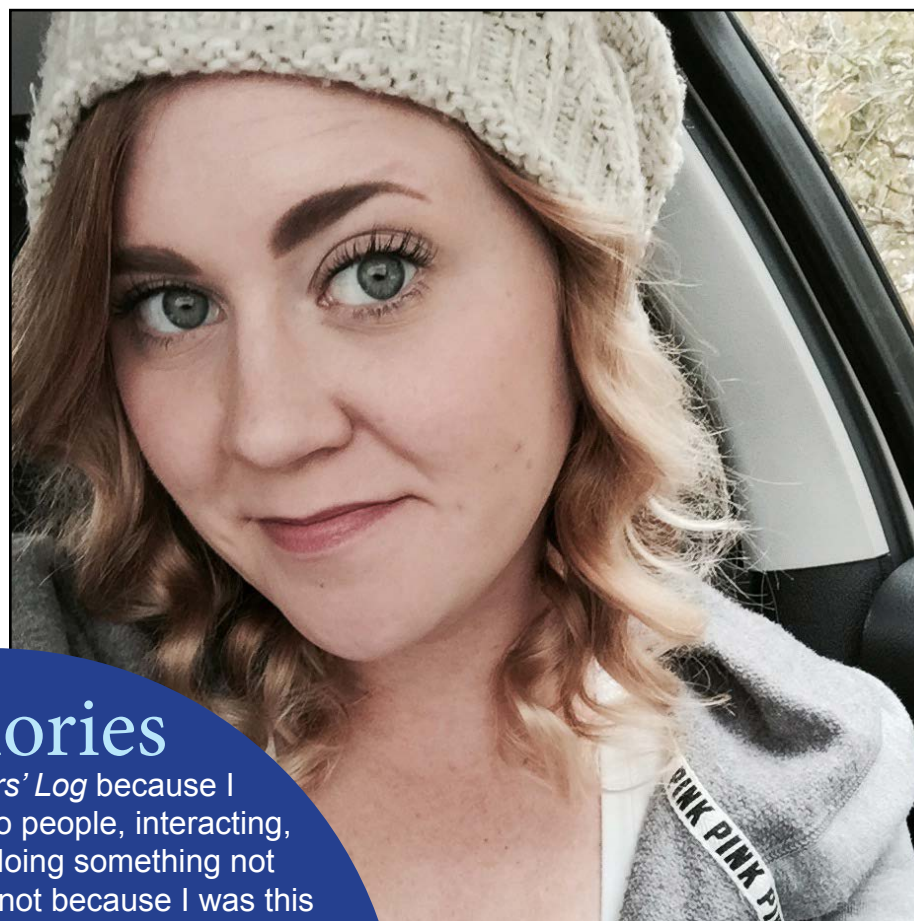
"All it took was one professor to suck all the fun out of the things I wanted to learn and turn them into a chore," she said. "I switched majors shortly after finishing that class and knew I wanted it to be in the communication field because it wasn't just how you spoke but how you conveyed yourself and how you treated others during that conversation. He led me away from one choice and straight into another."

After changing her mind many times, she decided to major in Interpersonal Communication and minor in Theatre Art Interpretation.

"In college, I was never really sure how a communication degree would ever tie into a minor and, to be honest, how something would ever really be useful paired with my degree," Cook said.

After finishing her major and working on her minor, she took some Outdoor Recreation classes because of her love for the outdoors.

"I loved the outdoors, and a lot of programs offered in that field required volunteering and planning, which tied in to my communication degree," Cook said. "So I have



Memories
I joined *The Sailors' Log* because I loved writing, talking to people, interacting, hearing stories and doing something not everyone did. (I joined) not because I was this amazing writer but because I had a passion for it, and Mr. Kent encouraged that. My favorite memories were trying to write and edit an article and all the laughs I had with everyone. Joining newspaper prepared me for the future because it showed me I can do something interesting or fun without following a crowd or second guessing myself. It made me confident and able to talk to people and inevitably led me in the right direction with what I wanted to do with my life. I love communication and words, talking and interacting with people, and I would have never known that had I not joined.

Erin Cook found a way to combine her love for the outdoors and her career. She now works for KL Industries, which produces outdoor products.

been pairing the two for a while now. I used that love of talking to people and communicating to help me better someone's experience in the outdoors."

That is how she ended up where she is now – KL Industries, which produces outdoor products.

"I love the outdoors; I love the products we produce and the unlimited resources they present," she said.

Even many years after high school, she will never forget how much *The Sailors' Log* helped her get to where she is today.

"*The Sailors' Log* was one of the first independent decisions I had ever made," she said. "It wasn't about what everyone else was doing or what I thought people would like; I joined because it was something I was interested in. It is making decisions like that and finding my own passions and happiness that helped get me where I am today. It's one choice that opens door to a million others, so I'm happy I joined all those years ago."

2005-06

Editor-in-Chief

Erin Cook

Editorial Editor

Satpreet Kahlon

Sight & Sound Editor

Josh Bourdon

Center Section Editor

Elise Bryson

Feature Editor

Cecelia Payne

Profiles Editor

Ashley Wortelboer

Sports Editor

Macy Al-Shatel

Staff

Josslyn Allers

Lauren Anderegg

Katherine DeVoursney

Sarah Fletcher

Sarah Goresch

Sean Kelly

Paula Kule

Trisha Langlois

Kelsea Lilliefors

Calie McLouth

Andy Reid

Laura Sutton

Karissa Tepp

Krystle Wagner

Marissa Wahl

Debra Warren

Awards

Staff Member of the Year

Elise Bryson

New Staff Member of the Year

Andy Reid

Adviser's Award

Josh Bourdon

Cultural Awareness

Kahlon's travels opened eyes to understanding

By Olivia Watson
Entertainment Editor

For Satpreet Kahlon, traveling and learning about other cultures impacted how she looks at herself and the world around her.

And it all began less than five years after she left the halls of Shores, where she was editor-in-chief of *The Sailors' Log* in 2006-07.

"It was a really formative time in my life," Kahlon said. "(Traveling) was the most exciting part of my life and helped shape myself into who I am today."

Kahlon attended Michigan State University, where she worked as a graphic designer for *The State News*, the school newspaper, and then headed to Penland School of Craft in North Carolina.

It was there that Kahlon made new friends and ended up going straight from there to Kentucky with a new friend, and then proceeding to road trip across the Western United States for two months with that friend. They lived out of Kahlon's car, went camping, and visited about 30 national and state parks.

"Having the chance to do what I wanted to do after college was liberating," Kahlon said. "There is so much nuance in American culture, and it was drastically different everywhere we went."

The journey ended in southern California, where Kahlon worked as a tutor and mentored children for eight months before embarking on a three-month trip to her home country of India to experience her culture in its purest form.

"I was born in India, and I went and saw the village where I was born and raised until we moved to the U.S.," Kahlon said. "That culture lives within you, and ignoring it doesn't make it go away."

She said her experience was extremely eye opening as to the difference in cultures of the two countries.

"Getting to know my past has helped me understand myself better," Kahlon said. "The smallest things were so impactful, like being in a place where people could pronounce my name properly on the first try."

For this reason, Kahlon recommends that young people who are curious about the



Memories

I remember working with my best friends, many of whom I am still friends with today. Newspaper taught me how to balance multiple projects, forced me to practice my design and writing skills on a daily basis and gave me experience in managing others. My focus has always been about doing things I am passionate about. I encourage students to not pay too much attention to what people tell you that you can/can't do and to make those decisions for yourself. Be self-sufficient, driven, and work hard at what feels most right to you. And as you become more successful, always find people who deserve to be getting success, too, and don't be afraid to lend a hand to bring them up with you. It's only a competition if you make it one, but really, there's room for all of us at the top.

Satpreet Kahlon has many passions, among them are traveling and art. She lives in Seattle, where she is an independent artist.

world make it a priority to go back to the countries of their origin.

"Traveling in general is important, especially within the U.S., which is relatively more affordable and safer than traveling abroad," she said. "If traveling abroad, I would recommend traveling responsibly and with someone who is familiar with that culture. But

I think the most meaningful travel happens when people go back to the places where their culture and family comes from, because it gives the

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2006-07

Editor-in-Chief

Satpreet Kahlon

Editorial Editor

Marissa Wahl

Sight & Sound Editor

Katherine DeVoursney

Center Section Editors

Debra Warren

Ashley Wortelboer

Feature Editor

Lauren Andregg

Fine Arts Editor

Krystle Wagner

Profiles Editor

Paula Kule

Sports Editor

Laura Sutton

Photo Editor

Sarah Fletcher

Staff

Josslyn Allers

Zarah Ambrose

Simone Anderson

Kayla Barkett

Shaun Basch

Brady Federicksen

Lauryn Hughes

Allye Gaietto

Sarah Goresch

Sarah Keep

Kelsea Lilliefors

Chris Mattson

Kyli Moriarty

Jene'e Patitucci

Tony Roof

Kyle Smith

Tucker Stewart

Cassy Van Eysden

Awards

Staff Member of the Year

Sarah Fletcher

New Staff Member of the Year

Tony Roof

Adviser's Award

Krystle Wagner

Medicine Man Mattson on track to becoming doctor

By Kailey Fellows
Staff Writer

Many parents hope their child will get into a successful field, such as a medicine or law, but not many people have the dedication to make it there.

Chris Mattson, on the other hand, is on his road there.

Mattson, who was editor-in-chief of *The Sailors' Log* in 2007-08, is working toward becoming a doctor.

"Medical school is notoriously difficult to get into. The last statistic I saw said that 6.9 percent of medical school applicants are accepted," said Mattson, who was accepted to Michigan State University's College of Osteopathic Medicine (MSUCOM) on his birthday, December 5, 2013, after attaining his BA in biology from Hope College. "I remember someone once saying that 'learning medicine is like trying to drink out of a fire hose,' and they were right. Getting in was challenging, but you need to prepare yourself before you even begin the curriculum."

Mattson's passion for the medical field was discovered at an early age.

"I started thinking seriously about a career in the medical field early in middle school," said Mattson, who distinctly remembers dressing up one Halloween in high school as Derek "McDreamy" Shepherd, the doctor from the TV show *Grey's Anatomy*. "I already knew I enjoyed and excelled in my science classes, and I had finally matured to the point where I was no longer afraid of going to the doctor. There was no magical moment where a light bulb went off for me, but I found that with each passing year, I was drawn more and more toward the medical field."

His journey after high school was anything but easy. Mattson decided to attend Hope College where he balanced sports (four years of varsity baseball) and academics.

"Hope was a place where I could continue to pursue my passion for baseball at the college-level while at the same time study to take the MCAT and apply for medical school," he said. "While there, I met many intelligent and caring individuals, and I witnessed how amazing it is to work and study in a supportive environment. As a student-athlete, I was forced to learn the value



Memories
(*The Sailors' Log*) was just a really great group of people who were working together to build something awesome, all with WKIII's help, of course. *The Sailors' Log* helped prepare me for college and now my future in medicine by laying the foundation for how collaborative efforts should occur. It was a team of individuals who were interdependent on one another to produce a work that was greater than the sum of its parts; you know, that famous buzzword, synergy. It was an opportunity to challenge myself, working on assignments outside of the usual scope while trying to still do it at the highest level. It was intimidating at times, but it certainly laid the foundation for numerous situations that were to follow in undergraduate and graduate course work.

Chris Mattson is working his way toward becoming a doctor and is currently in his third year at Michigan State University's College of Osteopathic Medicine.

of time management. My workouts were part of preparing for the baseball team, but finding time to study, eat, sleep, and be a normal human being was left to me as an individual; it was a time where I was able to solidify my values and interests. It helped mold me into the person that I am today."

After graduation, he worked as an Emergency Room Technician at Holland Hospital, assisting doctors and nurses in patient care. Although Mattson admits that he would change a few things, he strongly believes that everything
Please see DOCTOR, page 29

2007-08

Editor-in-Chief

Chris Mattson

Editorial Editor

Kyle Smith

Sight & Sound Editor

Kari Tutak

Center Section Editor

Lauryn Hughes

Feature Editor

Zarah Ambrose

Profiles Editor

Tony Roof

Sports Editor

Brady Fredericksen

Photo Editor

Jenna Knapp

Staff

Keiran Bleich

Berlyn Bolduc

Emily Bourne

Calder Burgam

Tyler Carlson

Lauren Cole

Jamie Cook

Kyle Gleason

Rachel Hall

Emily Kelly

Kevin Kordecki

Devin McCarty

Colleen Murphy

Tyler Novak

Paige Sandgren

Monique Stansell

Taryn VanAelst

Molly Wiener

Awards

Staff Member of the Year

Kari Tutak

New Staff Member of the Year

Calder Burgam

Adviser's Award

Rachel Hall

Lovestruck

Smith finds importance in church, marriage

By Mal Meston
Sports Editor

Love can lead a person into many directions.

Just ask Kyle Smith, the editor-in-chief of *The Sailors' Log* in 2008-09, who was going to be a Catholic priest but then met the girl of his dreams.

"It was love that led me to enter the seminary, and it was love that led me out," Smith said.

After high school, Smith earned his Bachelor of Arts degree in Theology and Psychology at the University of Notre Dame. He also trained to become a Catholic priest until the middle of his junior year. Smith, soon after his junior year, left the seminary for his eventual wife.

"I changed course because of love," Smith said. "I do not regret any of the decisions I've made up to this point in my life. I have been very lucky to land where I am, and I can't imagine changing one bit of it – or experiencing the rest of it without her."

After Smith met his wife, he left the seminary, eventually moving on to study at Yale University, where he will earn his Masters of Arts in Religion – Ethics, concentrating in Church-State relations, in May.

"I think there is a great deal to be learned from religion," Smith said. "For all the negatives one may perceive to be caused by religion, there is much good to come from it as well. My time at Yale has only reaffirmed this belief."

Along Smith's journey, he worked in Chicago at St. Benedict Preparatory School as a religion teacher (grades 6-12). At the end of his first year, he was asked to chair the theology department and did so until June 2015 when he left for grad school.

"Teaching was an incredibly eye-opening experience," Smith said. "Truth be told, from my line of studies, there didn't seem to me to be many other avenues to take. I loved living in Chicago and made many friends along the way, but I also found teaching to be extremely challenging. It takes a special kind of person to thrive in that line of work, and teaching for two years was enough to suggest my next professional step may be away from secondary education."



Memories

The Sailors' Log gave me a unique opportunity to voice my concerns and opinions in a way that empowered my belief in the written word. I remember late-night layout sessions and sweating over whether we had done enough to merit the next Spartan Award. I also remember wasting a decent amount of time on Bubble Shooter and Dolphin Olympics and then frantically putting together a first draft. The paper prepared me for the independent writing that would follow in college while at the same time fostered a desire to work collaboratively with others. *The Sailors' Log* may appear to some as just another school newspaper, but I truly believe that it shines as a special light for real, authentic journalism in a way that is hard to find amid the professional field today.

Kyle Smith was studying to be a Catholic priest but met the girl of his dreams and changed his course but still finds religion important.

Smith and his wife Allison Preston were married Sept. 5, 2015. They are currently living in New Haven, Conn.

"(We have) no kids to speak of yet – much to the chagrin of my in-laws," Smith said. "Even though we live in Connecticut, I still make it back to the great mitten state for holidays and summer shenanigans."

Smith loves the life he lives with his wife, and he wouldn't want it any other way.

"I changed my course because of love," Smith said. "The former being to the Church, the latter for a woman – but both of which for God."

2008-09

Editor-in-Chief

Kyle Smith

Editorial Editors

Tyler Carlson

Taryn VanAelst

Sight & Sound Editor

Emily Kelly

Center Section Editors

Berlyn Bolduc

Emily Bourne

Feature Editor

Colleen Murphy

Profiles Editor

Jamie Cook

Sports Editors

Kevin Kordecki

Paige Sandgren

Fine Arts Editor

Lauren Cole

Photo Editor

Jenna Knapp

Staff

Alex Anderegg

Katie Bultema

Leah Carlson

Autumn Gillard

Tyler Hoerle

Laurin Kohler

Cory Krepps

Tyler McCarl

Kaitlyn Rabach

Andrea Reynolds

Hannah Rouwhorst

Ashley Smith

Brendan Sturr

Cora Turrell

Awards

Staff Member of the Year

Berlyn Bolduc

New Staff Member of the Year

Andrea Reynolds

Adviser's Award

Jamie Cook

All Pumped Up! Sandgren transforms body with dedication

By Megan Swanker
Sports Editor

Paige Sandgren has made quite the physical transformation since her days at Shores. In the past two-and-a-half years, Sandgren has added 29 pounds while cutting her body fat from 26 percent to 16 percent. Her reason: to become a bodybuilder.

"I enjoy being able to control my body composition and feeling like everyday I'm making a little more progress," said Sandgren, who placed second at the 2016 NPC Badger State Women's Physique Class A at her first competition on Oct. 22. She then placed fourth in November at the Midwest Gladiator Women's Physique Short. "It's a sport of scientific cause and effect and by approaching my body as an ongoing project, I'm constantly learning more about myself. The more I put into the sport, the more I gain in the form of confidence and mental fortitude."

Sandgren, who attended DePauw University in Chicago, said bodybuilding can be defined in scientific and psychological terms. To her, it is an art form and a favorite hobby of hers.

"In scientific terms, bodybuilding is the art of muscle hypertrophy and losing as much body fat as possible," said Sandgren, who works out at Quad's Gym in Chicago. "In psychological terms, it's breaking yourself down and dealing with daily pain in order to make yourself stronger the next day."

Sandgren, a lifelong athlete who stopped her hobby of playing soccer once she reached college, said the athlete inside of her has always valued staying in shape in order to perform her best in her activities.

"I've always valued staying in shape for health and happiness, (but) I soon grew bored of my daily 'run' on the treadmill," said Sandgren, who was editor-in-chief of *The Sailors' Log* in 2009-10. "The longstanding athlete in me then decided to push my body to its fullest potential (past what most people consider the normal female physique) and start doing competitive bodybuilding."

Sandgren, who works full-time as body composition and fitness testing technician at DexaFit, said she has not always participated in competitive weightlifting. She just started enjoying this new hobby two years ago.

"I started lifting weights three years ago, but I didn't start lifting specifically for muscle hypertrophy (and eating enough to sustain real results) until about two years



Memories
I remember a couple of us spent the night in the newspaper room and how I enjoyed the editorial process. I'll never forget the tsunami of relief that hit me after we won another Spartan Award. I can still taste that strong, black coffee in the air every morning, feel the Pop-Tart crumbs on my desk, and recall the mid-class food runs. I remember the atmosphere during heated arguments, which usually ended with Kent making fun of someone until he shut up. I remember red pens upon red pens upon red pens. I also remember the time we saw how the paper was printed and the time I fell asleep on a male editor's shoulder on the ride back from a conference; I never heard the end of "how cute it was." Last, I remember walking out of the newspaper room one last time and feeling... feeling sad.

Paige Sandgren, who lives in Chicago, trains for bodybuilding competitions at Quad's Gym. She also works as a body composition and fitness testing technician at DexaFit.

ago," she said. "I was fortunate enough to be born with genotypes that support faster-than-average muscle growth in females, but I can also lose it quickly if I don't keep up my metabolism speed and training intensity."

Bodybuilding has given Sandgren more than just a fit lifestyle. She said it has given her confidence and a chance to learn more about herself.

Sandgren said she enjoys spending time with her boyfriend, who is also a bodybuilder, and new friends she meets in the gym. This sport she chose is a **Please see PUMPED, page 29**

2009-10

Editor-in-Chief

Paige Sandgren

Managing Editor

Jamie Cook

Editorial Editor

Hannah Rouwhorst

Sight & Sound Editor

Leah Carlson

Feature Editor

Katie Bultema

Profiles Editor

Kaitlyn Rabach

Sports Editor

Kevin Kordecki

Photo Editor

Cole Myhre

On-Line Editor

Corey Krepps

Staff

Alex Anderegg

Lauren Bourne

Emily Fischer

Koral Fritz

Shelby Hurst

Taylor Jones

Franny Kromminga

Callie Mahan

Terra Molengraff

Michelle Robinson

Jonah Stone

Erinn Taylor

Abby Wilson

Awards

Staff Member of the Year

Jamie Cook

New Staff Member of the Year

Cole Myhre

Adviser's Award

Jonah Stone

Therapeutic Passion

Bultema enjoys seeing progress in patients

By Caitlin McCombs
Editorial Editor

When Katie Bultema entered college in the fall of 2011, she knew she wanted to study something in the medical field.

It wasn't until she met with her college counselor, who recommended Therapeutic Recreation as an option, that she knew her calling.

"During my first week in the program, all of the people I met had the biggest hearts and had such a passion for making a positive impact on other people's lives," said Bultema, who attended Grand Valley State University. "That's when I knew I wanted to be a Recreation Therapist – when I found a group of people who shared my same passion."

Bultema, who first worked for seven months as a Recreation Therapist in East Lansing at Burham Retirement Community, is now employed at Spectrum Health in Grand Rapids where she works on the neurological rehabilitation unit and is also the Recreation Therapist on the sub-acute rehabilitation unit.

On the neurological rehabilitation unit, she says her role is to provide a "specific type of rehab that works with people with injuries or diseases that impact their nervous system." The most common type of diagnoses that are served are individuals who have suffered a stroke or a traumatic brain injury.

As the Recreation Therapist, she describes her job as a place where she "utilizes a variety of recreation and activity-based interventions to address the needs of patients recovering from a recent hospitalization stay. The overall goal is to improve their physical functioning as well as their overall psychosocial well-being."

Bultema, who was co-editor-in-chief of *The Sailor's Log* in 2010-11, even said that her years on the newspaper staff have been beneficial in her career.

"During my initial assessment process (at my job), I utilize some of the same interviewing skills that I learned during my time at *The Sailor's Log*," she said. "There's a certain confidence that you learn during that interview process, and it's so important to carry that with you into your work life."

Bultema said she also learned the importance of working as a team through her years in newspaper.

"As part of any team, you need to learn how to deal with different personalities and learn how to work best with them," she said. "I have to work as a team to provide the best care for my patients and the newspaper staff needs to do the same to put out a quality newspaper. Being able to work well as part of team is a quality that can take with you into every aspect of life."



Memories

During my time as co-editor-in-chief of, we covered stories that made both community and national headlines. It was exciting to play a key role in the coverage of important and impactful stories. Being able to share the role of editor-in-chief and to win the Spartan Award with one of my best friends made the experience more memorable. Being part of the newspaper staff taught me to have confidence in myself. While writing an article, I would spend hours doing interviews and talking with individuals who were typically in a much higher position than I was. This forced me to be in uncomfortable situations, which then challenged me to have conviction in my own abilities. Newspaper taught me interview skills that I continue to use when working with my patients and other staff members.

Katie Bultema, who is a Recreation Therapist for Spectrum Health in Grand Rapids, said the most rewarding part of her job is the progress her patients make.

Bultema said her favorite part of her job is watching her patients improve and make progress and eventually go home.

"Hands down, the thing I love most about my job is seeing the progress that my patients make," she said. "The honor of getting to see them eventually walk out that front door and go home with their families is so rewarding."

One of her most memorable patients was during one of her internships, where she attended camp for children with sensory impairments. Bultema was in charge of implementing the everyday programming during the camp sessions.

The particular camper she worked with had Cerebral Palsy, a visual impairment and also utilized a wheelchair. For one of the activities she planned they were going to go on a rock climbing wall; however, the camper with Cerebral Palsy was not capable of pulling himself up on the rocks.

"I wanted to ensure that every camper was able to experience climbing the rock wall," Bultema said. "So, my internship supervisor and I worked tirelessly to try and find some adaptive rock climbing equipment that he could use."

Bultema eventually found a harness that allowed the camp staff to assist in pulling him up the wall while still providing him the experience of climbing up the wall.

"This boy had always been told that he can't do things because of his disability, but this time, we were able to tell him that he could do something," she said. "He was able to be a normal kid. The smile on his face when he reached the top of the rock climbing wall is something that is so close to my heart. It's experiences like this that make my job so fulfilling and rewarding."

2010-11

Editor-in-Chief

Katie Bultema
Kaitlyn Rabach

Editorial Editor

Emily Fischer

Sight & Sound Editor

Jonah Stone

Feature Editors

Franny Kromminga

Erinn Taylor

Profiles Editor

Michelle Robinson

Sports Editors

Leah Carlson

Taylor Jones

Photo Editor

Cole Myhre

Listening Ear

Rabach dedicates life to sharing stories of others

By Kali Jend
Staff Writer

The future may hold in store more than one could have ever expected, just ask Kaitlyn Rabach who graduated from Shores in 2011.

When Rabach left high school, she said she had no clue that five years later she would be living across the world.

“So much as changed with my ‘vision’ since high school,” said Rabach, who was co-editor-in-chief of *The Sailors’ Log* in 2010-11. “Back then, I thought I had it all planned out: graduate high school, go to Saint Mary’s, attend Georgetown Law and become an international human rights lawyer. I thought it would be so simple.”

However, somewhere along that chronological line, things changed.

Yes, she graduated from Shores, where she was co-president of Amnesty International Club, a member of student senate, a member of BPA, and one of the speakers at commencement.

Yes, she attended St. Mary’s (Ind.) College, where she was given the Outstanding Senior of the Class of 2015 award, was editor of *The Observer*, and worked in the Center for Women’s Intercultural Leadership as both a lead peer mentor and a student coordinator for two summers with the Study of the U.S. Institute (SUSI), a U.S. Department of State supported program at the College.

But no, she did not attend Georgetown Law or become an international human rights lawyer – at least not yet.

Instead, she moved to London in May of 2015 to start her Masters in the Social Anthropology program at the School of African and Oriental Studies (SOAS). SOAS has world-renown Burmese language and anthropology programs so Rabach said it caught her attention a few years ago.

“With social anthropology, I am dedicating my life to listening and sharing the stories of others,” she said. “Engaged social anthropology adds different modes of analysis to these stories, but really qualitative research and data, the actual story behind the numbers, is my passion and that is all rooted in my years as journalist. I actually think my ability to kind of let my passions and life take me in different directions demonstrates how I have changed, and I guess one could say have grown since high school.”

In the time between high school and now, Rabach said she had a life-changing moment that helped her become the person she is today and gave her a new insight on life



Memories
My most fond memories all involve Mr. Kent. I will never be able to thank him enough for being one of the best role models not only in school or class, but really when it came to the big life stuff. He pushed us to challenge previous modes of thinking and didn’t accept sloppy work. Leading by example is the way to go, and Mr. Kent always did that. On a personal level, I have great memories of my mom’s role in maintaining my sanity during my senior year and during my time as co-editor. I remember she had Mr. Kent’s school number logged in her phone because she could always bank on me calling her for ideas or help with layout night potluck. I recently lost my mom, and I know she was thankful for the role Mr. Kent and *The Sailors’ Log* had on my high school experience.

For Kaitlyn Rabach (left), her mother (right) was a big influence on shaping her into the person she is today. Her mother passed away in 2015, but Rabach still tries to make her mom proud.

and relationships.

“I don’t know if I would necessarily qualify this as an ‘obstacle’ so much as life-changing moment, but my mom passed away a little over a year ago, right before I graduated from Saint Mary’s, and this loss continues to both challenge and shape my life every day,” Rabach said. “My mom was a social worker and absolutely loved Mother, now Saint, Teresa. She believed in the power of positivity and the power of a smile, she believed in what she called small spheres of influence.”

Her mother’s death, Rabach said, helped her realize that even though she is just one person, she can make change happen.

“Before her death, I thought in order to make a change or really ‘be somebody,’ whatever that means, I had to do something on such a larger scale, but as I have processed her death and how much her friendship meant to so many different people, I have begun to realize that the power of social change, the real place we can make a difference is in our relationship with others, however fleeting the moment, relationships are what matter,” Rabach said.

Now, Rabach said she lives life by following her passions, and Saint Teresa is a big influence on her life.

“I like to keep in mind that ‘Peace begins with a smile’ – Mother Theresa,” Rabach said.

2010-11 cont.

Staff

- Scott Adams
- Jake Bordeaux
- Kendal Brown
- Mikayla Day
- Conner Deur
- Matt Erbes

Emily Grevel

- Anna Krispin
- Callie Mahan
- Helen Oldaker
- Andrea Partenio
- Rachel Swartz
- Derek Thornberry

Kelley Wheeler

- Nick Wiener
- Shea Wilcox
- Ryan Zaloga

Awards

- Staff Member of the Year
- Michelle Robinson
- New Staff Member of the Year
- Mikayla Day
- Adviser’s Award
- Jonah Stone

Ice, Ice Baby

Robinson's *Log* career began with errant throw

By Carlie McNiff
Staff Writer

Michelle Robinson's introduction to *The Sailors' Log* almost ended before it began. During a trip to the Michigan Interscholastic Press Association (MIPA) annual spring conference in Lansing, Robinson, then an eighth-grader, was introduced to adviser Warren Kent III in a most auspicious way.

Attendees of the conference went to Dairy Queen for lunch, where there was an ice machine that called Robinson's name.

"I threw an ice cube at my best friend during the conference and hit Kent's bald, shiny scalp," said Robinson, who was co-editor-in-chief of *The Sailors' Log* in 2011-12. "I remember being traumatized as a little eighth-grader since it missed her and hit Kent. But then, in true Kent fashion, he threw an ice cube back at me, which started an ice throwing war between the middle school and high school staffs."

That was the start to one of the best relationships Robinson ever had with a teacher, she said. The "ice cube" incident sums up the relationship Kent and Robinson had throughout her three years on the high school staff.

"There were a few fights, plenty of laughs, and a lot of flying objects targeted for each other from across the room," Robinson said.

After graduating high school, Robinson attended Grand Valley State University, where she studied criminal justice and psychology with an emphasis in writing and journalism during undergrad.

"I really missed the feel of writing," Robinson said. "But mostly, I missed helping people fall in love with writing. More than anything, what I loved about newspaper was not so much actually writing but empowering people in the stories I was writing about them. It was so fun to see high school people who, a lot of the times, had never had a story written about them become passionate and excited to share their story."

Because of this gap in her writing, she started working at the college's writing center, where students go to get help with the papers they're writing for any of their college classes.

"This was my first job after high school, and much like newspaper did for me in high school, it changed my life," she said. "Watching students who 'hate writing' begin to fall in love with the pieces they were writing and take ownership over their work was an indescribable feeling."

Through the writing center, Robinson found a similar cohesiveness.

"The writing center staff became like a family to me in much the same way that my newspaper family did," she said. "We still get together for drinks once a year, just like



Memories

At our final newspaper banquet, I remember being so nervous because I had to make a speech in front of everyone. I remember looking into the crowd and seeing all of the faces of the people on my newspaper staff whom I had gotten so close to. High school can be a really hard time, but when you find people who make it worth coming every morning, you hold it in your heart so hard that you don't want to graduate. That's what Kent and my newspaper family were to me. All my nerves melted, and I gave my speech. I never cried at my actual high school graduation, but I cried like a baby at that newspaper banquet. Some people's high school cliques are their sports teams or school clubs. My clique was newspaper. And we were pretty fetch.

Michelle Robinson, who graduated in December from Grand Valley State University, was introduced to the school newspaper when she hit adviser Warren Kent III with an ice cube.

my newspaper family does.

She completed her grad school work in occupational science and therapy with an emphasis in marginalized populations and older adult practice, graduating this past December.

"My other passion is working with older adults and empowering them to be advocates for their healthcare," Robinson said. "I really want to eventually open my own OT (occupational therapy) clinic for older adults who experience homelessness as they are the largest growing population of homelessness. I chose OT because it allows me to combine my love for empowering people to make change within themselves and/or their environments and my love for health care."

No matter what Robinson has done (or will do), the skills and knowledge she gained throughout her years with *The Sailors' Log* will be there.

"Kent is really one of the best teachers I have ever had," she said. "He pushed me to be better, and I can honestly say I don't think I would be where I am in life without his influence. It all started with an ice cube."

2011-12

Editors-in-Chief
Michelle Robinson
Jonah Stone
Editorial Editor
Erinn Taylor

Sight & Sound Editor
Jonah Stone
Center Section Editor
Mikayla Day
Feature Editor
Kendal Brown

Fine Arts Editor
Franny Kromminga
Profiles Editor
Emily Grevel

Sports Editors
Taylor Jones
Rachel Swartz
Photo Editors
Cole Myhre
Rachel Resterhouse

No Bones About It

Study abroad chance hit Stone like a brick

By Carlie McNiff
Staff Writer

Jonah Stone was inspired to study abroad when he learned about the opportunity in an Introduction to Forensic Science class at Michigan State University.

Due to the great number of museums, Stone, who was co-editor-in-chief of *The Sailors' Log* in 2011-12, said it was an easy to choose London as his destination. Additionally, Stone would have the opportunity to do laboratory procedures with a vast skeletal collection at Bournemouth University. Museums and laboratories at Bournemouth University were just a few positives of Stone's life in London.

"Living in London was fairly easy to do, and public transportation made getting to class and around the city a breeze," said Stone, who spent five weeks in the summer of 2014 in London. "The education system in the UK is fairly similar to our university system; there are just many more universities in the U.S., and the buildings there are a little older – give or take a few hundred years."

While studying in London, Stone said he learned the basics of osteology, which is the study of bone, both human and otherwise. He compared it to the TV show *Bones* but with less dramatization and more scientific method.

"Bone is actually much more important than most people realize," Stone said. "In the body, bone is essential in the production of blood cells as well as being a valuable store of calcium molecules. Bones are, because of mineral content, often left behind after death. Because of this, they're also useful in determining the biological profile of an individual following their death; this is why it is so important to have good forensic anthropologists working with medical examiners to help identify the dead."

Stone said his study abroad had a great impact on his studies when he came back to the United States.

"That study abroad led me to adding an additional major in anthropology on top of my major in Human Biology," Stone said. "It also made me want to pursue a career in the field of forensic science."

After he returned to MSU, Stone graduated in 2016 with degrees in Anthropology and Human Biology. He also minored in Bioethics, Humanities, and Society. Additionally, he said his time with *The Sailors' Log* helped him while working in the MSU Library.

"I started working at the MSU Library in the Digital Multimedia Center and later the Vincent Voice Library," Stone said. "There, I digitized and processed voices from early voice recordings by Thomas Edison to more recent recordings by presidents and journalists. My time at *The Sailors' Log* was instrumental in writing summaries and catalog records for the collection. I've found journalism style writing is important even if you're not working in the field."

Stone, who is currently at the University of Indianapolis for their Masters of Science



Memories
I'm such a different person now than I was at Shores, but I will always cherish those years as an editor-in-chief in my favorite class. From singing terrible pop songs in the early morning hours, to working many hours to finish that 50-year "His Story, Her Story, Our Story" book, and even to tearfully giving my farewell speech at the end of my senior year, I will always miss newspaper, Kent, and the all the wonderful people I had the pleasure to get to know and work with there.

Jonah Stone, the one without the giant head, found an inspiration when he had the opportunity to study abroad in 2014. Stone's trip to London inspired his love for osteology, the study of bone.

program in Human Biology, which incorporates forensic anthropology and human osteology into the curriculum, said he hopes to go on to a doctoral program in the field of biological anthropology or forensic anthropology.

But without his study abroad, this may have never happened.

"My study abroad really changed me as a person," he said. "After I got back, I was more confident in my abilities, more sure about what I wanted to do, and more comfortable with myself. Going off on my own really helped me become the person I am and find out what kind of academic I was going to be."

2011-12 cont.

Staff

- Jake Bordeaux
- Madi Deur
- Kayleigh Fongers
- Andrew Kromminga
- Hailey Hrynewich

- Carlin Rollenhagen
- Morgan Schwing
- Ashley Veihl
- Mandy Versalle
- Kelley Wheeler
- Shea Wilcox

Awards

- Staff Member of the Year*
- Kendal Brown
- New Staff Member of the Year*
- Kayleigh Fongers

Adviser's Award

- Jonah Stone
- Lifetime Achievement Award*
- Cole Myhre

Where is he? Bordeaux leaves Shores; never heard from again

By Warren Kent III
Adviser

OK, so the headline might not be entirely true, but after numerous attempts to reach Bordeaux via email, text, Facebook, (maybe we should have tried carrier pigeon), we can only surmise that he pulled a Christopher McCandless from the book *Into the Wild* – without his death in the Alaskan wilderness, of course – and packed up his car and is now traversing the United States.

So here is our fictional account of the life of Jake Bordeaux, who was editor-in-chief of *The Sailors' Log* in 2012-13, in the nearly four years since he left Shores and headed off to Hope College.

We decided to take our research to the Internet because, as you know, if it's on the Internet, it must be true – Remember the State Farm commercial? "That's my boyfriend. He's a French model."

As for social media, Bordeaux's last Twitter update was five months after he graduated from Shores. His last Facebook post was Jan. 21 when he shared a Star Wars Fan's video. Facebook also says he has worked as a grinder at Motion Dynamics Corporation and a bartender at Spring Lake Country Club.

The Instant Checkmate website found two Jake Bordeaux's – one who died at age 56 in 2012, so that can't be him; the other lives in Seattle, Wash., so that could be him.

However, Bordeaux may also be disguised as a high school student as one Jake Bordeaux at Nansemond River High School in Suffolk, Va., was a second team All-Conference volleyball player in the fall.

Found some good news. Bordeaux might be getting married. On the Bed, Bath and Beyond website, Hailey Wilkins and Jake Bordeaux are registered for their June 24 wedding. Hurry up because you still have time to order the Real Simple-brand ironing board for the low cost of \$39.99.

Wow, there is a lot of Internet info about Bordeaux, the wine. Just not a lot about Bordeaux, the Jake.

For a minute, we thought Bordeaux had a cool new alias as we found a website title "Jake: Master of the Couch" with the name Jake the Dogue de Bordeaux, but it turns out it was just a picture of a dog on a couch, hence "the Dogue." Turns out Dogue de Bordeaux is an actual breed of dog, a large French Mastiff breed.



Memories

from Mr. Kent

"Jake was thrust into the lead position because one, he deserved it, and two, he had the most experience returning. Leading a staff of 18 with only three other boys, Jake had to amp up the testosterone level because Andrew, Cory and Blake all lacked in that department. Somehow, Jake guided this female-dominated staff to yet another Spartan Award."

Jake Bordeaux graduated from Shores in 2013 and headed to Hope College. After that? No one is quite sure.

The Internet does not lie; maybe he is a French dog model.

Wherever Bordeaux is and whatever Bordeaux is doing, we are sure he is loving life and remembering those wonder times at *The Sailors' Log*.

2012-13

Editor-in-Chief

Jake Bordeaux

Editorial Editor

Andrew Kromminga

Entertainment Editor

Hailey Hrynewich

Center Section Editor

Kayleigh Fongers

Feature Editors

Morgan Schwing

Kelley Wheeler

Profiles Editor

Mandy Versalle

Sports Editors

Holly Fredericksen

Cory Sander

Photo Editor

Rachel Resterhouse

Staff

Abby Bryson

Abby Keessen

Annabella Oliveras

Abby Peterson

Alex Rakowski

Blake Robinson

Miranda Shafer

Lindy Torvinen

Rhian Williams

Awards

Staff Member of the Year

Mandy Versalle

New Staff Member of the Year

Holly Fredericksen

Adviser's Award

Abby Keessen

The Write Stuff

Fongers motivated by printed word

By Lexi Studabaker
Staff Writer

Now in her third year in the pursuit of a bachelor's degree, Kayleigh Fongers continues her education with a condensed focus – writing.

Fongers, a co-editor-in-chief of *The Sailors' Log* in 2013-1014, said she has held a passion for writing since early grade school.

“My interest in writing began in elementary school,” said Fongers, who is pursuing a BA in writing from Calvin College. “I remember my second grade teacher praising my use of word choice in an assignment and encouraging my writing abilities, and I also remember writing a short story in fourth grade for an assignment and absolutely loving it.”

This affinity for writing inspired her to pen short stories, brainstorm novels, and eventually, join the school newspaper. But writing, Fongers said, was not always something she envisioned as a career, especially throughout high school.

“(During high school), I actually went through a period of my life when I wasn't sure if writing was something that I wanted to major in and pursue as a career,” she said. “I stopped writing the short stories and half-finished novels that I used to do when I was younger and focused solely on school work and extracurricular activities.”

While writing was something she still enjoyed, Fongers said she simply did not have the time for the kind of writing she loved. This led to her being unsure of whether she loved writing enough to pursue a career with it.

“I didn't mind writing essays for my classes, and I enjoyed writing my articles for *The Sailors' Log*, but I wasn't sure if I was truly passionate about writing anymore because I wasn't making time for creative writing,” Fongers said.

Upon graduating from Shores in 2014, Fongers said she had little idea what she wanted to go into as an adult. This confusion led her to the decision to stay home and go to MCC, eventually transferring to Calvin College after two years.

“MCC was the best decision for me because I wasn't someone who was ready and willing to leave home right after high school,” she said. “Going to MCC first also allowed me to save money and have more time to decide where I wanted to transfer and what major I wanted to pursue.”

Those two years at MCC were just what Fongers needed. After exploring her options with a variety of different classes, she came to terms with possibly majoring in writing.

“During those two years, I took a variety of classes (business, French, sociology, music, psychology, etc.) to explore other possible interests,” Fongers said. “Yet the class that I ended up enjoying the most at MCC was an English class.”



Memories
I remember the fun atmosphere of the class and how we all felt like a family every year. I loved going to MIPA every spring and winning the Spartan Award, especially during my senior year when I was co-editor-in-chief. It was such a special moment, and it showed that all of our hard work as a staff had paid off. Newspaper helped me gain some confidence and feel more comfortable talking to people, which is especially useful in college. I'm actually in a journalism class right now, and the journalistic skills that I learned in newspaper at Shores have helped me do well in this class.

Kaleigh Fongers, who is a first-year student at Calvin College, is majoring in writing. Fongers' interest in writing began in elementary school.

By the time she completed her second year at MCC, Fongers formally made up her mind that writing was the major she was going to pursue.

“A funny thing about all of this is that even though I've finally settled on a school and a major, I still don't feel any closer to deciding what I want to do with my life,” she said. “Maybe I'll blog...or write a book...or become a journalist...or write for a fashion magazine. I really don't have a plan right now. But one thing that I know I won't do is become an English teacher.”

2013-14

Editors-in-Chief
Kayleigh Fongers
Mandy Versalle

Editorial Editors
Andrew Kromminga
Annabella Oliveras
Entertainment Editor
Alex Rakowski

Feature Editor
Blake Robinson
Profiles Editor
Abby Bryson

Sports Editor
Holly Fredericksen
Cory Sander
Photo Editor
Rachel Resterhouse

Life-Changing

Versalle leaves comfort zone through traveling

By Lucy Eyke
Staff Writer

Mandy Versalle has a passion for traveling.

“Traveling breeds knowledge, understanding, love, acceptance,” said Versalle, who was co-editor-in-chief of *The Sailors’ Log* in 2013-14. “(Those are) things that many of us could work harder on these day.”

After being a part of *The Sailors’ Log* and graduating in 2014, Versalle attends the University of Michigan and is studying English, Spanish, and Women’s Studies. She is also a part of the Michigan Rotaract.

But through it all, Versalle makes traveling a priority.

“Ever since I was a junior in high school, I have made sure that I take at least one international trip each year to explore the world and step outside of the familiar,” Versalle said. “I’ve traveled to nearly all of Latin America.”

This past summer, Versalle was involved in a seven-week literature program, NELP (New England Literature Program), where she traveled the New England states while reading a ton of famous New England authors.

“I was dropped off with nothing but a compass and water purification tablets in the middle of nowhere in New Hampshire, and I was told to be back to camp by dinnertime,” Versalle said. “It was raw, wild, and life-changing, and I’m sad that I’ll never get to have an experience like that again.”

She described it as “this incredible, mystical, almost indescribable summer program. It was the best experience of my life. I stepped far out of my comfort zone and tried things that I otherwise would not have tried in a million years.”

Her classroom for the seven weeks was the great outdoors, hiking mountains, canoeing rivers, exploring ice caves, living among moose and bugs, showering in a lake, and sleeping under the stars.

“We had no electricity/warm water/electronic devices/clean water/knowledge of what was going on in the world,” Versalle said. “We communicated with the outside world only through the art of letter writing, wrote hundreds of pages about our experiences in nature, ate only raw and non-processed food, and, as Thoreau would say, we ‘went to the woods because we wished to live deliberately, to front only the essential facts of life, and see if we could not learn what it had to teach, and not, when we came to die, discover that we had not lived.’”

That experience has made Versalle want to continue to explore the world.

“NELP has inspired me to fall off the grid and go hide in a mountain,” she said, “and



Memories

(I remember) those nights editing the paper and stuffing our faces, the on-the-edge-of-my-seat excitement awaiting the Spartan Award, that random time Mr. Kent made us recite the First Amendment, and missing class to conduct interviews. Oftentimes, you’re forced to put yourself out there, ask the difficult questions and talk to new people. You have to explain yourself in writing, and you have to engage with ideas and people that you do not agree with. *The Sailors’ Log* was my foundation for developing those skills. It gave me confidence to put myself out there, the need to ask difficult questions, and the desire to talk to new people. It forced me to explain myself and encouraged me to explore new ideas and points of view, which has helped my compassion and understanding.

Mandy Versalle, when not attending classes at the University of Michigan, loves to travel. She has been to nearly all of Latin America and spent this past summer in a seven-week literature program in the New England states.

I’d be lying if I said that wasn’t in my top three career choices. So who knows where the wind will blow me?”

No matter where her exploring takes her, Versalle said being a part of *The Sailors’ Log* helped her become who she is today.

“I learned to put myself out there, ask the difficult questions, and talk to new people,” she said. “It gave me the confidence to explore and listen to new ideas and points of view, which I hope has helped my compassion and understanding.”

2013-14 cont.

Staff

Katie Beemer
Isaac Cathey
Thomas Dreliozis
Jack Eyke
Michael Gale-Butto

Chloe Grigsby
Shayna Hoch
Abby Keessen
Monika Litynski
Sam Morse
Jennie Peterson

Miranda Shafer

Awards

Staff Member of the Year
Cory Sander
New Staff Member of the Year
Katie Beemer

Adviser’s Award

Rachel Resterhouse

It's in the Genes Bryson looking forward to scientific research

By Kaitlin Hermanson
Profiles Editor

Only in her second year out of high school, Abby Bryson, who was editor-in-chief of *The Sailors' Log* in 2014-15, has worked hard and built a bright future for herself.

Currently in her second year at Michigan State University, studying genetics, Bryson said she is looking to explore her field of study and gain exposure to the scientific community through a research program.

"This semester (winter 2017), I'm doing an independent undergrad research, which I'm actually really excited about," said Bryson, who has spent the past year working in an organic pest management lab. "I'll be starting in a new lab at the beginning of the semester. I've already been into that lab to meet the grad student that I'll be working with."

Bryson will be assisting a graduate student named Natalie, who is working on her thesis.

"She has a bunch of sub-projects that all work toward her thesis, so I'll be taking on some of those," Bryson said. "They are sort of independent and can kind of stand alone but are also a part of her work. I'll be conducting all of that research under her supervision and under the supervision of a PI, or primary investigator, who is the head of the lab."

Though she has taken lab classes before, this research program provides more direct and real-life experience than she's seen before.

"It's really cool because I'll be doing real research - documenting everything correctly in a lab notebook, following lab protocol, and if I do something wrong, it will mess up her project," Bryson said. "Afterward, I'll have to present my findings at a symposium."

While past experience has helped prepare Bryson for such an opportunity, this semester will combine new skills learned with higher calibre research.

"I've worked in a lab for about a year, so I've been doing some sort of research, but not nearly at this level," Bryson said. "I've basically been the helper to another grad student, where I would be given simple task to do and do them without really understanding its greater context. In this case I will have to know not only what I'm doing and why I'm doing it, but also all of the science behind it."

Not only will this expose her to more challenging work but also will align well with her major and areas of interest.

"Natalie is doing a bacterial, fungal, and plant symbiosis lab, so I'll be transforming bacteria and then transforming fungi with that bacteria," Bryson said. "It's all genetics work, so it's perfect for me and my major. This is also really helpful because I'm think-



Memories
I have a lot of memories about wacky things happening in that class, usually ending in someone rubbing Kent's head. As far as academic preparation, working on the newspaper definitely has helped me with grammar and being able to edit others' work. That is a useful skill to have in group projects, especially in the sciences.

Abby Bryson (left), who attends Michigan State University, is involved in an independent undergrad research with a graduate student who is working on her thesis.

ing about going into grad school and this is exactly what I'll be doing there."

Out of all of the grad students and theses to work with, Bryson said she feels as if she hit the jackpot in both lab content and potential impact.

"It's really interesting because the point of her thesis is to argue that a specific species of fungi is a better model organism than another fungi that scientists have previously been using in their research," Bryson said. "If she has good data and her results work out the way that she's expecting them to, it could potentially change the entire research model for scientists, which is really cool."

Another exciting benefit of her work over the semester is that after their results have been reviewed, she will have her name attached to a piece of published research.

"I'm going to get published, which is exciting," Bryson said. "I won't be the lead on a paper, but my name will be out there. Look me up on science journals everywhere."

2014-15

Editor-in-Chief

Abby Bryson

Editorial Editor

Jennifer Peterson

Entertainment Editor

Alex Rakowski

Center Section Editor

Abby Keessen

Feature Editor

Shayna Hoch

Profiles Editor

Abby Peterson

Sports Editor

Jack Eyke

Holly Fredericksen

Photo Editor

Alex Baker

Staff

Jenna Beemer

Dana Bragg

Joel DeVoursney

Chloe Grigsby

Kendahl MacLaren

Steffen Newman

Kennedy Potts

Katie Schouten

Katie Singer

Lauren Wegner

Awards

Staff Member of the Year

Holly Fredericksen

New Staff Member of the Year

Jenna Beemer

Adviser's Award

Abby Peterson

Campus Life

Keessen adjusting to life in a college town

By Caitlin McCombs
Editorial Editor

As the most recent editor-in-chief to leave Shores, Abby Keessen, who graduated in 2016, said she had an easy transition from high school to college, where she attends the University of Michigan.

"I love the city of Ann Arbor and how I have the ability to walk most places I would like to, and it's pretty easy to take a bus to the grocery store," Keessen said. "One of the things I was most excited for was that there was a Whole Foods nearby."

At U of M, Keessen, who was editor-in-chief of *The Sailors' Log* in 2015-16, is pursuing a degree in health and fitness.

"It is such a passion of mine, and I want to make that my career," she said.

Keessen said her interest in health and fitness was first sparked during her sophomore year of high school when she joined the cross country team.

"My goal was always to improve myself to be a better and faster runner, so most of my exercise consisted of running," she said.

Not only is she taking classes at U of M, but she has a job at the campus gym, where she cleans equipment and works with the gym participants to help create a welcoming environment. She assists them if they don't know how to use a machine or piece of equipment and serves as a spotter for them as well. Keessen said she is glad to be working in something similar to the field she wants to go into.

Keessen said that being part of *The Sailors' Log* helped her in many ways to get where she is now, such as communication and broadening her imagination.

"It definitely helped me become a better writer as well as gave me the ability to communicate with others in an interview-like setting," Keessen said. "Also, it has helped me become better at handling stress through school work. It also helped me become more artistic and creative, with designing of the page layouts, and learning how to use InDesign, which was probably not something I would ever have learned how to use before."

Lastly, Keessen said she is embracing the next step in her life as she continues to figure out where will ultimately end up.

"I've done a lot of different things, and I'm slowly figuring out what I want to do with my future, but I don't have everything figured out yet," she said. "But I'm learning what I love and am trying to figure out how I want to incorporate that into my future and daily life."



Memories

My favorite memories about newspaper were Mr. Kent's excessive sarcasm and Jack Eyke's "scientific life" lessons where he discussed the fourth dimension, Mathew McConaughey, and light or whatever other ridiculous crap came out of his mouth. In some incredible way, his made-up math actually worked. Being in newspaper has given me some insight into my communications class where we study media affects.

Abby Keessen, who is a freshman at the University of Michigan, is pursuing a degree in health and fitness.

2015-16

Editor-in-Chief

Abby Keessen

Editorial Editor

Jennifer Peterson

Entertainment Editor

Jack Eyke

Center Section Editor

Jenna Beemer

Feature Editors

Katie Schouten

Steffen Newman

Profiles Editor

Kendahl MacLaren

Sports Editor

Kennedy Potts

Photo Editors

Alex Baker

Chloe Grigsby

Staff

Caden Anderson

Sam Bondy

Isaac Cathey

Joel DeVoursney

Aaron Fongers

Kina Grotenhuis

Grace Hellman

Kaitlin Hermanson

Leyanna Jordan-Brown

Mal Meston

Desi Parker

Awards

Staff Member of the Year

Kendahl MacLaren

New Staff Member of the Year

Kaitlin Hermanson

Adviser's Award

Desi Parker

Mitten Mania

Beemer uses creativity to build online business

By Lucy Eyke
Staff Writer

Ever since she was little, Jenna Beemer said she has always been a creative person who likes to think of unique ways to make money.

“My grandmas taught me how to sew on a machine when I was only four years old, and since then, I have made custom pieces or finished sewing projects for family and friends,” said Beemer, who is a current co-editor-in-chief of *The Sailors’ Log*. “It is great way to make money for college, and it is enjoyable because I get to use my creativity and skills that I have been practicing since such a young age.”

Her creativity inspired her to start a successful business. On Jan. 23, 2016, Beemer officially opened her own Etsy shop, JBee Studios. She began by selling mittens made out of recycled sweaters, each retailing at approximately \$35.

“I started my business as a creative outlet as well as a way to be my own boss,” Beemer said. “Beyond and in conjunction with my business, designing in general gives me a chance to take a break from the ‘real world’ and do what makes my soul happy.”

Along with mittens, Beemer hand makes cashmere headbands, scarves and flannel wraps. She said she has sold about 75 pairs of mittens, 12 flannel wraps, and approximately 7 headbands in the past year.

Beemer said she feels happy and excited about her work.

“Whether I continue making mittens or my company manifests into another creative endeavor, I am excited and ready to take on the next opportunity,” Beemer said. “I love that I am able to connect with customers on such a personal level. It is cool to see customers wear something that I designed and made.”

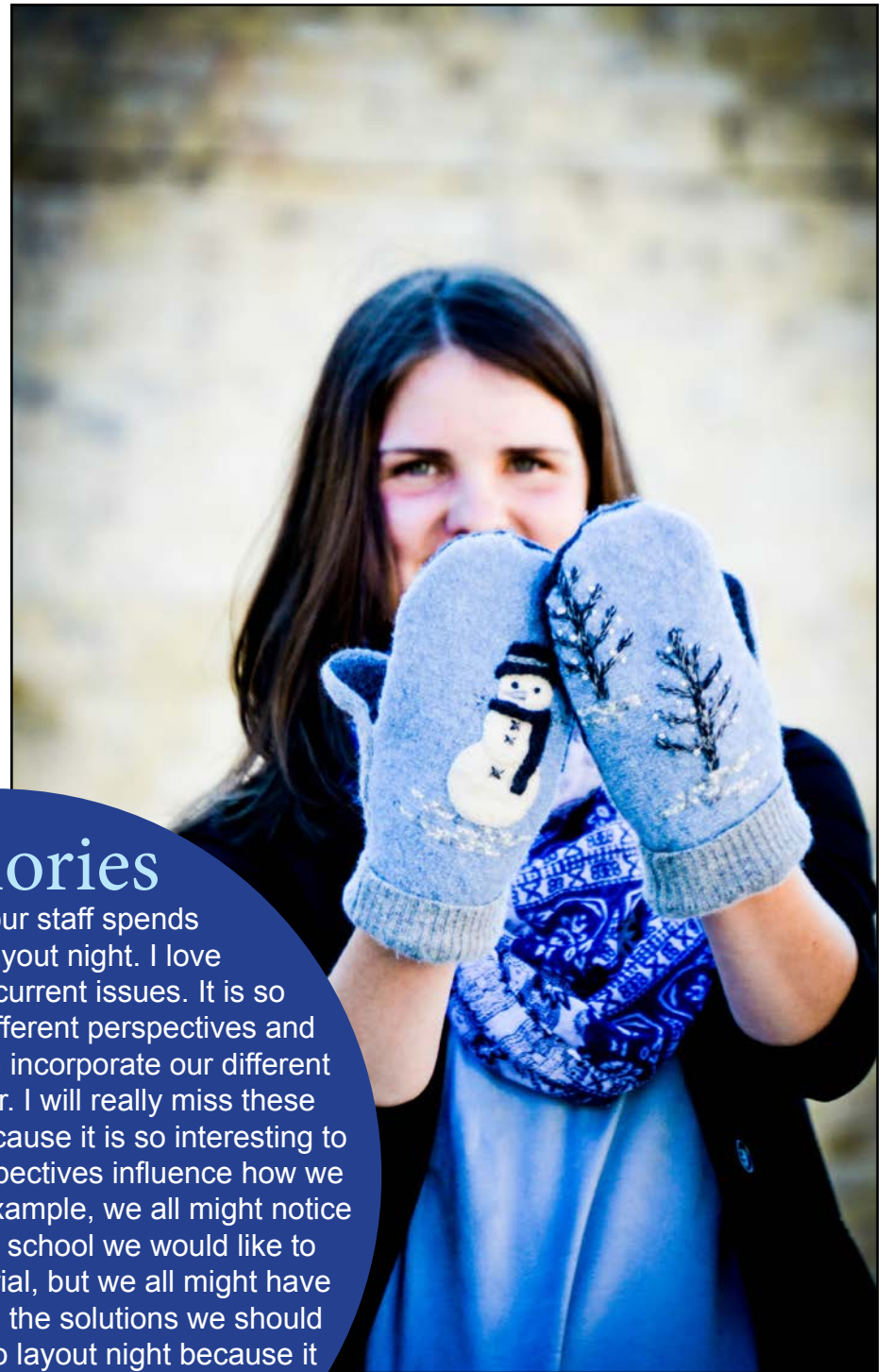
After some time and many purchases that had been made, people started to notice Beemer’s work.

Last November, she was approached by a Grand Haven store called Carlyn & Company, which wanted to sell her mittens and headbands in their shop. Additionally, she sold her items at the Shores craft show on Nov. 5, 2016.

Beemer said she is using the money made to further her education. All of the purchases made from her store have contributed to her college fund. Her success and creativity have encouraged her to spring forward with her love of design along with her hard work.

In the fall, she is planning on attending Indiana Wesleyan University (IWU) to major in graphic design and marketing and minor in design for social impact.

“I am excited to study graphic design and marketing,” Beemer said. “Both of these majors will help me with growing my business and help me assist others in growing their businesses. IWU provides the perfect combination of programming and opportu-



Jenna Beemer has her own Etsy shop, JBee Studios, where she began selling homemade mittens, which were created using recycled sweaters.

Memories
I love the time our staff spends together during layout night. I love being able to discuss current issues. It is so interesting to hear the different perspectives and to brainstorm how we can incorporate our different viewpoints into our paper. I will really miss these brainstorming sessions because it is so interesting to see how our different perspectives influence how we approach a problem. For example, we all might notice the same situation in the school we would like to highlight in the staff editorial, but we all might have a different perspective on the solutions we should suggest. I look forward to layout night because it allows us to get a lot of work done as well as have a lot of fun bouncing ideas off one another and helping each other with page design.

nities available to help me further my success.”

Having this business is preparing Beemer for her future.

“It was far from easy to start a business at sixteen, but to this day, it is one of my proudest accomplishments. Having this business makes me excited for what the future holds,” Beemer said. “This business adventure is only the beginning; there is so much to come.”

2016-17

Editors-in-Chief

Jenna Beemer
Kendahl MacLaren

Editorial Editors

Madeline Eckerman
Caitlin McCombs

Entertainment Editor

Olivia Watson

Feature Editors

Steffen Newman
Isaac Varela

Profiles Editor

Kaitlin Hermanson

Sports Editors

Mal Meston
Megan Swanker

Photo Editor

Alex Baker

Making Memories

MacLaren finds calling with newspaper family

By Emmalee Dykstra
Staff Writer

Kendahl MacLaren found her calling when she joined newspaper her sophomore year.

After three years of being on staff and becoming co-editor-in-chief her senior year, she plans to continue her journalism journey after high school.

"I joined *The Sailors' Log* sophomore year with intentions of doing more photography than writing. Once I joined, I fell in love with it all," she said. "I'm going to college at Michigan State University this fall studying journalism and design."

Her choice of career wasn't always on the pathway of journalism, though.

Before she joined *The Sailors' Log*, Kendahl had plans way beyond any idea of writing and photography.

"*The Sailors' Log* definitely had a large influence in my career plans," she said. "I've always loved to write, but before joining newspaper, I was planning on going into medicine. Besides my weak stomach, *The Sailors' Log* is what truly brought out my other passion. When I initially came to Shores freshman year, I was the quiet new kid. Newspaper was a class where I could be myself. It forced me to step outside of my comfort zone to interview and put my writing out for anyone to read. I became who I am in newspaper."

When she became co-editor-in-chief, MacLaren said she realized she was capable of achieving a lot more than she thought.

"Being an editor-in-chief has been amazing. I feel like I can make a difference," she said. "This role has also taught me that I love to lead, which is something that I want to continue to have the opportunity to do in my career someday."

She is involved with many other activities at Shores besides newspaper that she will be leaving behind after her graduation this spring.

"I'm involved in a ton of extracurriculars at Shores. I'm an angel in the school musical, *Anything Goes*," she began. "I'm secretary of NHS, I'm a part of both senate and leadership, and obviously one of the editors of *The Sailors' Log*."

Although MacLaren said she is excited for her future, leaving high school comes with leaving behind some amazing things that have become custom to life, and with those things come people who have become family.

"I'm going to miss newspaper and allegros the most," she said. "Both the newspaper staff and the allegros cast have become families to me. From layout nights to allegro camp, spending time and laughing with these amazing people is definitely something I'll miss."

She didn't go without mentioning the man behind it all, adviser Warren Kent III, and all he does for his staffs.

"Mr. Kent is amazing," MacLaren said. "He has been like a father figure at school



Memories

Newspaper is one of those classes that I'll remember forever. Room 501 is the coolest hangout place in school. I love layout nights where we spend more time figuring out where to get food than actually accomplishing work. I'll miss MIPA and cheering for each other as we win awards along with the feeling I get of my heart pounding in my chest when they begin to announce the Spartan Awards. I'm happy that I got to spend my senior year as co-editor-in-chief with Jenna by my side. From creating our first center section together sophomore year to writing our last goodbye editorial, I've loved having her to work with, vent to, and bounce ideas off. I'll always be thankful for *The Sailors' Log*, my newspaper family, Mr. Kent, and how they impacted my high school career, me, and my future.

Kendahl MacLaren, who was also involved in the choir at Shores, plans to attend Michigan State University and study journalism and design.

whom I know I can go to with any problem. He's always been very generous from buying everyone dinner on layout nights, to staying after school much longer than he's paid to do, to even offering us his Bigg-by coupons if he knows we are going there after school. I can't forget to mention his sarcasm and sense of humor that make newspaper so much fun."

With all of her experience and time at Shores, she had a few words of advice for high school students and to future newspaper staffs:

"My advice for all high schoolers would be to get involved, be friends with everyone, don't leave anyone out, and make memories. Upcoming newspaper staffs, meet your deadlines" and she leaves it with, "and make sure you throw some crap and love back at Kent."

2016-17 cont.

Staff

Isaiah Bathrick
Jenna Bitzer

Morgan Cathey
Emmalee Dykstra
Kailey Fellows

Kali Jend
Carlie McNiff
Lexi Studabaker

Timothy Schneider

DESIGNER

Continued from page 3

“I wouldn’t say design has impacted my life; rather, that I am a visually-oriented person and notice what I’m looking at all the time, and being a graphic designer is one way to utilize that trait,” Mantovani said.

After deciding she wanted to be a graphic designer in her sophomore year at Calvin College, where she was the editor of their student newspaper, *Chimes*, she transferred to Grand Valley State University to pursue better opportunities and internships in her field.

“If I were forced by a very cruel editor to limit myself to one piece of advice for a student entering the field of graphic design, it would be to get the right internship,” Mantovani said. “Make sure it’s the best, most awesome place you can possibly find, a place cranking out the kind of work you wish to be doing, and get yourself in there.”

Mantovani has a variety of internships and work experience from lifeguarding for the City of Muskegon to working retail at J.Crew to designing window displays in downtown Chicago to being the Marketing Manager at Grand Rapids Allergy to working as a freelance graphic designer to now working part time at Kruse Design, LLC.

But all work experience aside, Mantovani has recently been blessed with a new “job opportunity.”

“Upon having our first child, our daughter Selah (with husband Muskegon native Joel Mantovani), I resigned in order to stay at home and now do freelance graphic design about once a week for Kruse Design, LLC,” Mantovani said. “We have three daughters: Selah Mae, 4 years old; and Rosemary Anne and Abigail Hope, fraternal twins born May 2 of this year. My primary job now, probably the most important I’ll ever have, is pouring everything I’ve got into being the mother of my three daughters.”

DOCTOR

Continued from page 15

he’s done thus far was worth it.

“The steps that I have taken thus far have been worth it as they have helped me to achieve goals along the way,” Mattson said. “Becoming a doctor is a series of small accomplishments, with a major accomplishment – becoming an independently-practicing physician – occurring at the end of residency.”

For now, Mattson, who is in his third year at MSU-COM, is waiting to begin his residency in July 2018.

“I am a firm believer that our pasts help shape who we are and give us a unique perspective in approaching

TRAVEL

Continued from page 14

opportunity for meaningful self-reflection and learning to take place.”

After her Indian trip, she worked as a Community Outreach intern at Penland School of Crafts for four months, where she helped run an art camp, as well as developed her own curriculum to offer classes to low-income ESL students in the rural North Carolina area.

Then, she moved to Santa Barbara, Calif., where she worked as a freelance graphic designer/artist on various projects. She also worked as an Education Specialist for high schoolers in the area, helping them manage their workload and giving them guidance and helping them with their homework.

Now, Kahlon lives in Seattle where she initially worked as a Studio Artist for a company that makes art that is sold at international retailers such as Ethan Allen and Target for a year. In late 2015, she quit to go into business for herself.

Since then, she has been working as a full-time fine artist showing in galleries. She also helps run youth programming through the Seattle Art Museum, and makes high-end commissions for clients on the side.

But through it all, it is traveling within the United States and India that Kahlon credits with her understanding of who she is. She said traveling can not only help the understanding of who one is, but it can help the understanding and experience of the world.

“I think we would all be much more empathetic and compassionate if we stepped outside of our bubbles,” she said. “For those of us living in the U.S., we often think traveling abroad is the answer to everything, but I think that’s a mistake. Especially in our current political climate, the people we have the most to learn about and learn from are often just a few states away.”

problems that we will face in the future,” Mattson said. “Even the most frustrating parts of this journey, when I look back on them, have provided time for self-reflection from which I’ve emerged more focused and self-aware.”

Success is not easily achieved, but Mattson, being at the brink of successes, said he could not be more excited about what the future holds.

“I’m very excited to serve my community as a future physician,” said Mattson, who is currently planning on a career in Emergency Medicine. “I recognize that even though this process has been challenging emotionally, mentally, and physically, it really is a privilege to be learning about the human body in such an in-depth manner. I look forward to the chance to care for others in their times of need.”

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battle against herself, no matter who is in the gym trying to outlift her.

“The nature of this sport that I choose to pursue is relative solitary because it’s a personal battle against yourself until competition day,” she said. “The only person that you’re ever truly competing against is yourself as you try to transition your weaknesses into strengths.”

A bodybuilder’s daily routine may differ depending on the level of investment. Sandgren’s routine consists of tracking calories and lifting everyday for at least five days a week.

“My current routine consists of tracking my daily grams of protein, fats, and carbs to make sure I hit my appropriate calorie goal, and lifting 1-2 hours per day for at least five days per week,” she said. “In my ‘off-season,’ I focus on putting on as much muscle as possible by lifting heavy in a caloric surplus with minimal cardio. But during my ‘show season’ for four months per year, my goal is to maintain that muscle while cutting body fat as low as possible by increasing cardio alongside lifting in a caloric deficit.”

Sandgren said being successful in something requires being dedicated while also loving what she is doing. Sacrifices may have to be made to be successful.

“It takes a great deal of it to be successful in bodybuilding but just like anything else in life; it’s not hard to stay dedicated to something you love doing,” said Sandgren, who also makes daily sacrifices. “I make daily sacrifices when it comes to being able to eat what I want and when I want, but I would view it as more of a sacrifice to give up the progress I’ve made and the goals I’ve set for the future in exchange for short-term gratification.”

To anyone who is interested in bodybuilding, Sandgren gives advice to any newcomers to this sport.

“Don’t get hooked on fad diets or spend hours trying to periodize your training frequencies at first,” she said. “Start tracking what you eat in a free app like MyFitnessPal to start learning macronutrients in different foods and see your daily caloric total. If you don’t eat enough, you will not grow and you could actually lose muscle.”

One other thing that Sandgren would like to stress is that dedication is relative.

“Thanks to the beauty of science, I’ve also found a way to have a sustainable, flexible diet which makes it so I can enjoy the foods I love (such as ice cream) while also ensuring that they are contributing to my accomplishments,” she said. “It’s a lifestyle that I’ve adopted, and thus, I no longer view dedication as something that’s hard to maintain.”

While Sandgren has transformed from an editor in high school to a bodybuilder in her early 20s, she shares that newspaper class has strengthened her ability to find her voice, prioritize her passions, and strive for perfection, even if it seems unrealistic.

“We all write an article every day, and while we might never be fully satisfied with each one, we’re still creating what no one else can take away,” Sandgren said. “At the end of the day, it’s passion that keeps our pencils sharp enough to write better for tomorrow.”