



Tower Tribune



Volume 225 **Fordson High School** November 2016

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Fordson and Dearborn Unite in Battle Against Hunger



Fordson and Dearborn High went head to head in a rather competitive 2016 Battle Against Hunger awareness event. The original Fordson and Dearborn High rivalry has been modified into an altruistic battle where each school competes for a week to donate

the most cans and monetary donations to families in need. One dollar was equal to four cans. The message behind such a movement is to encourage acts of philanthropy worldwide. This has been going on for two years with great success at Fordson. Fordson students Marwa Hachem and Ehab Hassan represented the cause of the event on Channel 7 News. The Students, along with Angela Altomonte and the Executive Board, worked countless hours collecting and tallying cans to ensure our win. The final count was announced on Friday at the Fordson v. Dearborn High football game during half-time with Fordson once again coming on top for the second year in a row 48,536 to 29,900 cans! That's more than an 18,000 can difference.

Collectively the high schools raised about 78,000 cans. Fordson received donations from sister schools such as Lowrey and Woodworth who deserve an immense amount of appreciation and gratuity. Though we did not win twice in one night, we did battle against hunger, and we won!



Free Technology Skills Sessions for Adults at Fordson High School

Hosted by FHS Staff Members

When: Wednesday, Nov 16th

Time: 6:00-7:00PM

Place: Fordson High School

Skills to be Learned: Internet use, email, sending and uploading files, online banking, social media, smart phone use, and creating and using web pages.

COMPLIMENTARY KIDS CLUB FOR AGES 4-12 (DISNEY MOVIE & ACTIVITIES)



Fordson's First Pep Rally

To most students, the first month of the 2016-2017 school year flew by! To mark the end of the first card marking, on October 14, Fordson held its first pep rally of the year. During the rally, many events took place, such as the tug of war battle between different classes and between the students and staff. There was also an introduction of the various sports teams, each of which proudly wore their jerseys to represent our school.

The fall sports teams were called up and cheered on by our lively crowd. A definite highlight of this part of the rally was when the varsity football team went up in front of the entire school and sang the Fordson version of "We Will Rock You." The confidence of the football team and their AMAZING vocal skills gave the crowd something to talk and laugh about.

After the introduction, the fun began! The tug of war battle between the freshmen and juniors kicked off the show and surprisingly, the freshmen ended up winning. There were 3 more battles of strength and the finale featured the freshmen class of 2020 and the Fordson staff, in which the staff won (cheaters). Another event was the pie eating contest in which students stuffed their faces with piles of whipped cream. Needless to say, whoever participated in that competition was definitely a winner!

All in all, the first pep rally was meant to be an "ice breaker" between students and staff at the beginning of the school year. We shared many laughs and thoughts during this exciting event. Hopefully, laughter and happiness never leaves the premises of our school. ~Noor Sami



Community Service

On Saturday, October 8th nearly forty Fordson students helped beautify the area under the visitors bleachers in preparation for the Fordson-Dearborn football game. Students from Student Government, Interact Club, Key Club, and Link Crew all joined in working together to accomplish the clean-up project. The students had a positive attitude and ensured that Fordson would be well represented for the Friday night game. Well done Tractors.



Fordson Students Provide Needed Food to Local Senior Citizens



On Friday, October 28th, several Fordson students decided to lend a helping hand to a group of 63 senior citizens in Highland Park. These senior citizens are enrolled in a program called Food for Seniors. This program is under the umbrella of Focus Hope and allows low income seniors to receive a non-perishable food box every month. Our Fordson students delivered the boxes with great enthusiasm and zeal. They represented our school with tremendous pride and respect. The trip is designed to allow our students the opportunity to experience “giving back” in a one-on-one encounter, and to gain a different perspective on the needs of our elderly community. Our Fordson students reach out to the same 63 seniors in Highland Park every month.

Mr. Thomas Wise (center) has been a recipient of *Focus Hope: Food for Seniors* for the past several years. His gratitude for our Fordson Students empowered him to write the following piece about how the Fordson family has impacted him through community service.

Let us Focus on the Hope of People's Future

- F** – is for the Friendship the Fordson student shows
- O** – is for the Opportunity you give to people so they have food
- C** – means it doesn't Cost the community much to feed the senior citizens
- U** – is for Understanding that people are in need sometimes
- S** – is for how Sincere you always are when delivering
- H** – is for the Hope you provide to those less fortunate
- O** – because you're number One
- P** – is for Pleasantly showing your love
- E** – is for the Effort you put forth

Thomas Wise



Fordson Athletics



WWAC All League Cross Country 2016

On Tuesday, October 18th the Fordson Cross country Team competed in the WWAC all league meet held at Nankin Mills Park in Westland. The Girls Team ended the season with a strong 3rd place finish while the boys rallied to finish in 5th place. Pictured above are the athletes who made the all league team by finishing in the top 15 in the 3.1 mile race on the 18th. From left are Rana Alhousseini, Jasmine Hamze, Malaak Zreik, Hashem Aljahmi and Allen Swaidan



Volleyball Season Recap—Noor Sami



The Girls Volleyball Team (all 3 levels) had a great seasons ! The Varsity, JV, and Freshmen teams all worked extremely hard to produce their outstanding records. These girls are role models to all students at Fordson. Their determination and ability to work together are what lead them to be so successful on the court.

To begin with, the varsity team has some of the most amazing players in the Dearborn area! Some players, like Natalia Gomez (setter) and Zainab Hammoud (hitter), both currently juniors, started their volleyball careers at Unis Middle School together. They stuck with their passion and now are starting players on the varsity team. With an in-

credible season, our varsity team lost in the districts, but played well. They finished 10-4 overall. junior varsity players also had a fairly good season with a record of 9-5. The junior varsity team always looked and acted like a team. Their unity and ability to play together is truly inspiring. Win or lose, J.V always put up a fight and never backed down to any other team.

The Freshmen team this year did an amazing job! With only 11 players on the team we managed to leave the season on a 11-1 record! The one loss we had was from Thurston High School. “It was in the beginning of the season when we were still working on our communication skills, but we came back and destroyed them next game!” said Nesreen Daen, an offensive player on the Freshman volleyball team. Mohga Shuaib, a middle blocker said “ Once I got to know them, they were really decent people, getting to know each other really made us better as a team.” “One thing I learned this season was that truly, teamwork does make the dream work.” said Fatema Saad, a hitter on the Freshmen team.

In conclusion, being on a sports team teaches you a lot of vital skills that are really important to know in the long run. Sports helps teach time management and various social skills. Being on a sports team also produces the best memories to look back and laugh at later on in life.

Focus on Ms. Patrick

By Fatima El Moukahal

The Tower staff spent a bit of time asking Ms. Patrick some basic life questions. We thought you might like to hear what she had to say.

1. Do you have a hobby? If yes what is it?

My life consists of planning for school, cleaning, grading & entering the grades, so it would be really nice to have time for a hobby.

One can only hope.

2. What is your favorite movie or book?

Movie = Drop Dead Gorgeous

Book = *The Secret History*, by Donna Tartt

3. What is your pet peeve?

Hmmmm...I have an awful lot of pet peeves. TONS! So it might be hard to narrow it down to just one...probably the number one pet peeve would be people who are lazy.

4. What is your favorite teaching moment?

When students get excited about something that I have taught them and the assignments become a labor of love, rather than something they have to do in order to earn a grade.

5. If you weren't an art/photography/jewelry teacher what would you have been?

An independently rich artist that sells handcrafted items to funky stores throughout the world.

6. What's a quote you live by?

It is never too late to be what you might have been.

(See question #5.)

7. Who inspires you?

People who have morals and work smart, not hard.



Student Spotlight: Brannon Alcantar



Brannon Alcantar, A junior at Fordson High is one of the many students who is part of Fordson's diverse population and a very active person in his community.

“So Tell us about yourself”

I am a Mexican American and a proud one! I love my Mexican heritage and I love the culture, and the food! I'm fascinated with computers and technology and I really want to learn more about them. I enjoy learning new things and one of my favorite things to do is to hang out with my friends. I believe that it is important to be kind and respectful to others, do good in this world to do good in the next!

“What do you find interesting about Fordson?”

I find it interesting that people think Fordson is lacking academically yet we have some of the smartest students in this school who do great things!

“What activities do you do?”

Well, I am a member of the Fordson Key Club and I really like helping out

the community!

“What are your future goals?”

My future goals are to get a good score on my SAT exam and to get into my dream University which is the University of Michigan Ann Arbor!

“What do you like to do in your free time?”

I really like to hang out with friends, play video games, and learn some computer programming!

By: David Tran

Super Freaks

By: Zeinab Beydoun

Looking for some cool new things to do during the month of November?

Well, here's an idea, why don't you go to the school play? The days of the play are November 9-11. This play is bound to entertain you, and fulfill your expectations of what funny is all about. What may this play be about you think silently to yourself? Supernatural powers, only without the supernatural powers. It is about a group of clueless friends thinking they have the ability to transform objects into whatever they desire. These people are clueless, with nothing but the desire of being cooler than they actually are. The only problem is that their super powers don't exist, or do they? If that doesn't place you at the edge of your seat, I'm not quite sure what will. November 9-11, *Super Freaks* will levitate you toward the school auditorium.



I'll Rise...But I Refuse To Shine

By: Allaa Ridha

1.) How many hours of sleep do you get on average per night?

- a) 6-8 hours
- b) Sleep? What's sleep?
- c) 3-4 hours
- d) I sleep like a baby



2.) What are you normally doing before sleeping?

- a) checking latest insta feed
- b) Sleep? What's sleep?
- c) cramming homework/ study-study
- d) night routine (brush teeth, wash face, etc.)

3.) How do you feel about your sleep schedule?

- a) Ugh.
- b) Sleep? What's sleep?
- c) I've accepted my fate, thanks school!
- d) I'm knocked out half the day

In fact, most of us have such an irregular sleeping schedule, that we don't just fall under one specific choice, and tend to vary each night! It's well known that sleep is an important part of our daily schedule.

Yet, speaking from not just personal experience, but most days it's hard to sleep, due to finding the right time, being extremely busy, or just tossing and turning all night. Not to mention, as soon as the light goes off, the phone light gets turned on. Nonetheless, we all clearly know the negative impact of sleep deprivation towards our health. So what exactly is the problem? The solution is to figure out the root cause of your lack of sleep.

1. Thinking too much:

We happen to remember that one time we fell off the stairs at school 3 years ago every time our head hits the pillow. If you're anxious, stressed, or recalling what you should've said or done, the best option is to stop tossing and turning. Then, try getting up and completing a simple relaxing task, like stretching, drinking tea or reading a book.

2. Sleeping in:

Whether it's a 3 hour 'nap' or simply sleeping in on weekends, this keeps you up later at night. It's best not to take more than a 30 minute nap.

3. The Quietness:

We all know we can't doze off with our crazy, obnoxious neighbor, who decides to do some home repair at 11 in the evening (shout-out to my neighbor!). On the other hand, sometimes we can't doze off to sleep due to the *lack of noise*, thus increasing our rapid and frantic thoughts. Simply listening to certain instrumental music* or even white noise can help you drift quicker to sleep. There are apps for this, or a variety of videos to choose from online.

It's extremely important to narrow down the factors keeping you awake, in order to limit this distraction, and sleep peacefully. That being said, working towards improving your sleep helps make you more alert and focused, and maybe, just maybe, you'll finally be able to pass that test in Hargraves! Happy sleeping!

You don't want to be break dancing in your sleep

Monthly Horoscope by: Allaa Ridha)

Libra

(Sep. 23- Oct.22)

Focusing on your finances, this month try to be conservative with your spending. At times, it will be really easy for you spend all of what you've saved. By being a little more careful, your mind will begin to feel more at peace. This will build your responsibility, and utilize, a much needed skill when you're older.



Scorpio

(Oct.23-Nov.21)

This month gives you the option of choosing whether to stay fallen, or rise up. Not most allow themselves to get up after being pushed down. It may be difficult, but those first strides will get you a long way. Try to choose your actions more carefully, and by nurturing what you sincerely love, somehow the Universe will find a way to return that devotion.



Sagittarius

(Nov.22- Dec.21)

This month, it would be in your best interest to be more attentive when it comes down to your health. Not only in the physical sense, but also mentally. Not often do you talk about your emotions. Now would be a good time to work towards confiding in someone although it may be initially difficult.



Capricorn

(Dec. 22- Jan.19)

Starting the next month, you will have a lot of energy, yet will be driven by impulse and irrationality. Often these times of impatience arise more often with stress. This will also be a time for reflecting on your actions. By asserting focus on the present, and putting effort into being more calm and patient, this month should not tie you and your ambitions down.



Aquarius

(Jan.20-Feb.18)

This month you'll begin to feel a lot of mixed feelings and confusion. Try to reroute your focus on what's important, without jumping to conclusions by distancing yourself from everything. In adding more persistence and effort on your part in certain aspects, you'll begin to notice some changes, you will soon be pleased with.



Pisces

(Feb.19-Mar.20)

This month brings out the chance in standing out when presenting your intellect, given the opportunity through your work. With your ability to create and analyze, working with different substances, and view of ideas, it would be a riveting time for studying, writing, publishing and letting your flow out in any way.



Aries

(Mar.21-Apr.19)

This month focus on what most people struggle with, procrastination. Especially in knowing yourself within your own boundaries. The people you are surrounded with have plenty influence over you, therefore be aware and able to put your foot down when feeling pushed. With your positive vibe, determination, make some serious decisions, and lead showing people what exactly you're capable of.



Taurus

(Apr.20-May 20)

In feeling content with things lately, you are able to smile through upcoming persistent struggles. By specifically being confident and clear headed, opportunities within reach will present themselves to you, and you will be able to craft desirable impressions from those you'd like to impress.



Gemini

(May 21- Jun 20)

his is a tough stressful time, and often find yourself too serious at times. Lighten up your load by laughing more, and though you may like to intervene, try not to insert yourself in situations that don't directly involve you. Being concerned more in your problems, will allow you not to storm into other people's conflicts, earning more than what you asked for.



Cancer

(Jun 21-Jul 22)

Take several breaths, and learn to find pleasure in the simplest of things. By enjoying yourself along the way, you will save your much wasted energy from stressing and worrying. Perhaps when frustrated, exercise could be the solution. Things are actually quite possible whether you believe it or not.



Leo

(Jul.23-Aug 22)

“Home is where your heart is.” Often to indulge into the root of that warmhearted feeling, one aspect to our problems can be reflected on our surrounding environment. In feeling comfortable and snug, your home can most likely be labeled welcoming. On the other hand, weariness, and at times feeling depressed, will have you opt for other options, like switching up your accustomed style.

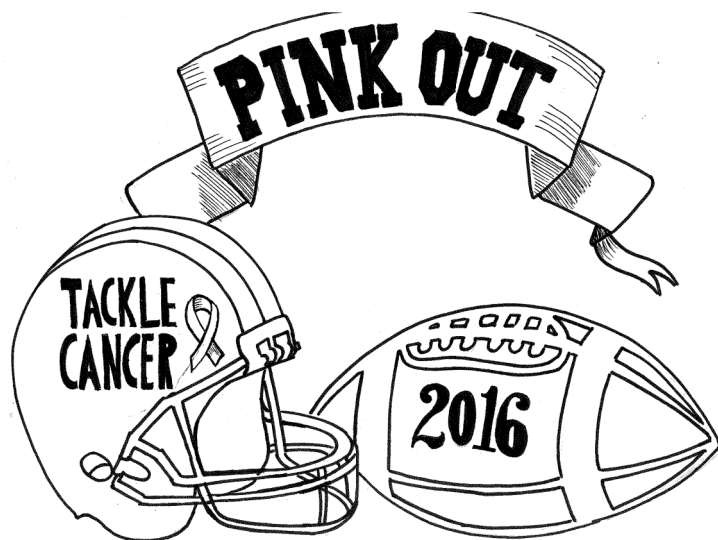
Virgo

(Aug 23-Sep.22)

This upcoming month, the waves of the shore will slowly lap, drawing peace and tranquility. Finally, end dates will begin to make sense. Simply retain your friendliness, look for only positive energy, and try to steer clear of pessimistic people. By remembering knowledge is power, you will only continue to grow.



PINK OUT-2016



Yara Saad

Interact Club Finds Success with Pink Out Event

Fordson staff and students raised just under \$4000 dollars this October during the Pink Out event. An amazing 63% of our student body participated in making the event an overwhelming success. The money went to a charitable cause (breast cancer research). The Fordson family once again stepped up and produced results in helping raise funds for a worthy cause.

Upcoming Advice Column!
Have a problem? Need advice?
Email: fordsonadvice@yahoo.com

You can stay completely anonymous as you send your email. If you just want someone to listen to your problems or provide advice for any type of issue, don't be afraid to contact our email. I will pick one issue to write about in the paper, but I will answer everyone that contacts me. Thank you.



After School Tutoring Tuesday - Thursday

2:25 - 3:25pm

in the

Media Center

Tutoring available for Language Arts,
Math, Science, and
Social Studies

