

APRIL 9, 2018

# Light and PHLUPHY

JAMES HODGES

Reporter

You may be wondering, what is PHLUPHY? PHLUPHY (fluffy) is a psychedelic rock band from Raleigh, NC.

The band consists of five aspiring musicians, four of which attend Broughton High School. The band is as follows: senior Lee Sullivan, senior Carter Hodl, junior Aaron Huntley, junior Gray Renfrow, and junior Sam Levine.

Sullivan is a talented musician. He plays saxophone and guitar for PHLUPHY. Lee also produces his own music outside of the band.

Hodl is a vital member of the band. He plays guitar, along with Sullivan, and is the lead vocalist of the group.

Huntley is the son of George Huntley, who was the lead guitarist for the famous band, The Connells. Huntley is PHLUPHY's bass guitarist.

Renfrow is the band's drummer. He is an experienced musician, having played the drums since the age of four.

Levine plays the synth and the keyboard. He attends Millbrook High School.

Everything about this band is unique, from their interesting name, to their unique style of psychedelic rock mu-

sic.

Sullivan remembers the moment the band got its name like it was yesterday.

"The name comes from one of our favorite songs called Fluffy by Chon. Gray said we should be Fluffy, but with a Ph and we were all like aye," Sullivan said.

PHLUPHY has an unorthodox sound, mixing rock and jazz music with a psychedelic hint to it. The band's bass guitarist,

"We're all jazz musicians, so we tend to borrow a lot from jazz standards. But as a band, our sound is heavily influenced by psychedelic rock bands such as Tame Impala and Pond," Huntley said.

PHLUPHY has played at a few events, with more on the way.

The band has played at the Enloe Music Club Space Jam as well as the Queen of Hearts assembly.

Recently, the group has had a couple of gigs. They played at the 2018 Coming of Age Art Showcase on March 16th and the Garden Gallop 5K Race, organized by the Broughton Food Ark, on the following day, March 17th.

Be sure to check PHLUPHY out on instagram @phluphyband.



Courtesy of Carter Hodl

The PHLUPHY band performing with Huntley, Hodl, and Sullivan

# Mr. Jude: quite the dude

BINITA THAPA

Co-Editor

Students know Jeffrey Jude as their health sciences teacher but many don't realize that he juggles a busy schedule as a registered nurse and a funeral director as well.

He first became a nurse, something that complemented his passion for helping others.

"I come from a family of nurses. There are actually 11 nurses in my family so I've always had an interest in helping others and I knew I wanted to go into the healthcare field because I knew I wanted to help others," Jude said.

Having nursing experience allows him to provide his students with a real life perspective of the healthcare field.

"I can let them know about real life experiences and having communication open with people in hospitals, so I can provide them with equipment that we use like x-ray copies or textbooks used in nursing school," Jude said.

Being a nurse comes with a lot of difficulty. Not only are they left with the responsibility of caring for patients, but they must do so during long shifts and a short staff. A schedule usually consists of three 12 hour shifts per week, which can sometimes turn into 14 hours.

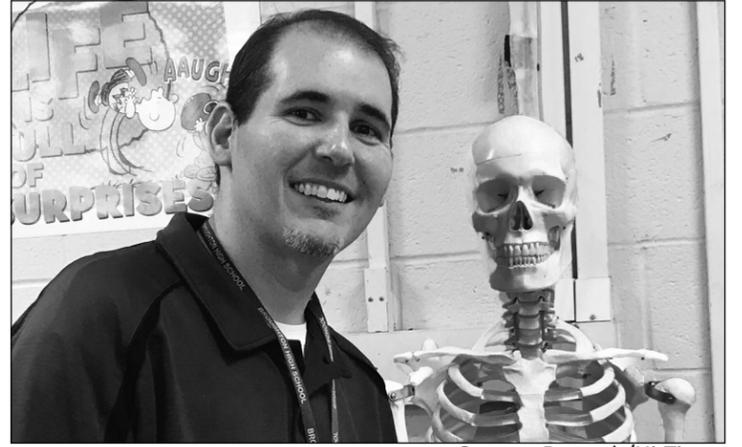
"There is such a shortage of nurses and you don't often get your breaks or lunch. We don't have the education system to keep up with the need for more nurses," Jude said.

Nurses also have to work shifts during severe weather.

"During a hurricane, I was on the A shift so I had to come in before the hurricane started and ride it out. You sleep there, eat there, bathe there, all until the hurricane is over. You're stuck at the hospital and you're on emergency generators because the power goes out. You have to take care of patients using flashlights," Jude said.

Despite the difficulties, the job comes with immeasurable rewards.

"It's rewarding seeing your patients get better. I believe that being a nurse is a calling



Camryn Darragh/Hi-Times

Mr. Jude posing with a skeleton and you have to want to care for your patients. You can't go into it for the money because you will get burned out," Jude said.

Jude currently picks up shifts as needed in the emergency room at WakeMed. He also does camp nursing at Camp Tall Timbers in West Virginia during the summers.

Jude later got into the funeral business after helping out a family friend at his funeral home. He picked up responsibilities like taking charge of working visitations, working with families and providing emotional support, cleaning the home, setting up flower arrangements, and even picking up the bodies.

"Being a nurse and funeral director, you see the beginning of life and the end of life. I can care for someone in their life, but I can also care for someone from death and help their families. I get to help people in all aspects of their life," Jude said.

He goes back to West Virginia every eight weeks and works on the weekends. Naturally, being a funeral director comes with a huge emotional responsibility.

"You have to learn to separate from the emotional side. The families look to you to support them. Its okay to cry but its not okay to do it so much so that the family has to console you. You have to be the rock for families," Jude said.

Not only is he is a nationally board certified funeral director and embalmer, but he also has a floral design certificate.

"I have a floral design certificate because I wanted to use that in my funeral directing. If a family comes in and asked about what types of flowers they might want to use, I want to be able to answer those questions. The floral industry and funeral directing go hand in hand," Jude said.

Of course, his first love has always been teaching, something that he has wanted to do since high school.

"I've always wanted to be a teacher. Even in high school, I knew I wanted to go into education. It's always been a passion of mine," Jude said.

So, how exactly does he manage his incredibly busy schedule?

"You have to be extremely organized. I get my schedules a month ahead of time and I'm able to plan out at least 4 weeks ahead. I use my calendar for everything. It's always about planning and organization," Jude said. "I don't like down time. I'm always super active and my mind constantly wanders when I have down time. I try to use that time to be productive and do something."

On his ability to handle stress, Jude credits the time that he always make sure to set aside for himself.

"Whether it is just an hour at night or a full Saturday, I make time for me. With having multiple responsibilities, you have to take care of yourself. I always make time for the beach. If I can go away for the weekend, I can recharge and rejuvenate," Jude said.

# Ice, ice baby: the story of Anvita Panajkar

LUCY KRUEGER

Features Editor

Figure skating might often be thought of as just a sport in the Winter Olympics, but for senior Anvita Panajkar, it's a huge part of her life. Panajkar has been figure skating since she was 5 years old.

"My dad took me to a public skating session when I was five, and I kept falling over. I wanted to be like the other older skaters who were whizzing past me, so I begged to be enrolled in lessons. That was the beginning of my love of figure skating," Panajkar said.

From that point, she began to have figure skating idols that she looked up to. Three American figure skaters that she admires are Mirai Nagasu, Sasha Cohen, and Adam Rippon.

"Nagasu is one of my idols because she has faced a lot of adversity in her career and she has still persevered and worked hard to get what she deserved," Panajkar said.

There will always be ups and downs for someone in a sport. Panajkar has some obvious favorites about her sport.

"Jumping is definitely my favorite. There is just something so magical about the feeling of flying through the air, even if it is just for a split second," Panajkar said.

But there are some difficulties that come with figure skating as well.

"I think that half the battle in skating is mental and I am often my worst enemy. I get in my own way, and it is times like those when having my sis-



© Panajkar

Panajkar gracefully gliding on the ice

ter around is the best," Panajkar said.

Panajkar's younger sister, sophomore Avanti Panajkar, has followed in her footsteps like many younger siblings do. Some older siblings may get annoyed when their little siblings do the same activities as them, but not Panajkar.

"I love having her by my side to practice. We push and inspire each other to work harder and become better skaters," Panajkar said.

She has enjoyed skating for so long, and she plans on continuing to figure skate for fun throughout college and beyond. She hasn't even thought about the day she will stop skating.

# Glover: favorite among music lovers

LIAM BARTON  
Reporter

How did the kid writing for "30 Rock" while still living in his NYU dorm become a Golden Globe, Emmy, and Grammy winning show-business virtuoso? You'd probably have to ask Donald Glover yourself.

Donald McKinley Glover was born on September 25, 1983 at an Air Force Base in California, but raised in Stone Mountain, Georgia. He was raised a Jehovah's Witness, and his mother ran a daycare and father was a postal worker.

He graduated from NYU with a dramatic writing degree in 2006--the same year NBC's very clever show, "30 Rock" began. The show is about a fictional sketch show

and all the inhabitants of the NBC Rockefeller Center. He was the only black writer at the time which is very similar to the show's own character, Two-fer.

In 2009, he was cast as Troy Barnes on another NBC show, Community, a show about a community college, and one of their especially eclectic study groups. The show's creator, Dan Harmon, has gone on to co-create Adult Swim's "Rick and Morty" and has another show "Harmon Town". They have all been praised by comedy nerds all across the nation for his creativity, and naturally Glover could tell from the start.

Following suit with Chevy Chase's own departure from the show, Glover also left the

show in the beginning of 2014 to focus more on his own endeavours.

Jump back to Glover's college days, he was hanging out with his friends in their dorms on a website known as the Wu-Tang Clan Name Generator. The objective is to get a cool name like Ghostface Killah or Method Man. What actually happens is you get the most nerdy, nonsensical nickname you could think of (ex. Amateur Knight, Mad Beggar, etc.) But suddenly it wasn't funny anymore when Donald Glover got the name "Childish Gambino." It just clicked and from then on, he would begin rapping and releasing mixtapes under that pseudonym.

His first full length album, "Camp" was released in 2011 on Glassnote Records. The most popular song on the album was "Bonfire." The track featured Glover rapping ferociously and using clever wordplay and one of the best lines on the whole album. "Man, why does every black actor gotta rap some, I don't know, all I know is I'm the best one."

The last track, That Power, also showed some lyrical prowess, and for some reason he's pretty much defending himself the whole time. But these days, his fans speak louder than the skeptics. However, the second part of the song features him telling a story over music for about 4 and a half minutes, which is an

unorthodox end to an album

In 2013, he released his second studio album "Because the Internet," which is a pretty bad name, but had more famous hits like "Sweatpants," "3005," and "The Worst Guys" which featured Chance the Rapper, so that's cool.

At this point, Childish Gambino had a distinct sound. His songs were lyrically pretty dense and his voice did not conjure images of a typical thug rapper by any means.

In 2016 without any notice, he changed his sound completely. He put out an R&B album, "Awaken My Love!". He took heavy influence from acts like Funkadelic, whom his dad thoroughly enjoyed. You can even see the parallels on Funkadelic's "Maggot Brain" album cover and "Awaken My Love!". As when most big artists change their sounds, he lost a lot of fans. It was appreciated by many, but some critics felt he only paid homage to funk acts of the 70's without producing something new. One of his most popular songs on the album, "Redbone" was used brilliantly in the opening scene for Jordan Peele's "Get Out" in 2017. Whether or not it was considered a masterpiece to musical aficionados, it turned a lot of kids onto a sound they had never heard before.

At the Governor's Ball in New York in 2017, at the end of his performance he told

the crowd, "See y'all for the last Gambino album." So the world will only get one more album from Glover, because he doesn't want to soil the overall quality by putting out increasingly worse albums as he gets older. We should expect a lot though from this last album.

Over the span of all of the Childish Gambino stuff, Glover never stopped acting and creating. In 2015 he was in "The Martian" and in 2016, his series "Atlanta" debuted on FX and has already been renewed for season 2.

Those involved in the Star Wars universe know he will be playing a young Lando Calrissian in the Han Solo origin story movie. Those who are involved in the comic book universe, (might be some overlap in the two) know that he will be playing Miles Morales, who is the half, black half latino Spiderman that was modeled after Glover, who was suggested to play Spiderman, who was eventually chosen to be played by Andrew Garfield.

There's a lot to look forward to from Donald Glover, one more album, a crossover between him and one of the most famous movie franchises, and he's starring in the new Lion King, which Oprah is going to be in. Not too bad for the kid from Stone Mountain, Georgia.



Courtesy of Eli Watson

Donald Glover, or Childish Gambino, at a concert

## Spring forward to fashion

JAYLA CARDIN  
Reporter

Spring is here and the fashion is blooming. What are students wearing this spring?

### Women

Pastels are coming back, bigger than ever this spring. Colors like lavender, green, baby blue and duck yellow have been seen on almost all major brands' fashions shows. These add a fun pop of color in any outfit and not only do they make a statement, they compliment all skin shades.

Going back to the Renaissance age, square necklines are making their way back into our closets. They give a very flattering look to tank tops, dresses and every other style there is to offer.

Some might frown at this next style but a rainbow pattern has been seen on many

runways for this spring. The designers approach for this pattern have given it a very chic and mature look. Instead of worrying about looking like Pennywise, go cop yourself a rainbow maxi dress for this spring and show off how approachable you can be.

A light pink color is great with red. Red has been a popular color for the winter's wardrobe but it's making its way towards the lovely springtime. This pink and red combination is just in time for the heart-swelling season of Valentines.

Fringe is coming in every version of fashionwear: earrings, t-shirts, dresses, on the bottom of pants, you name it. It will give the wearer a very comfortable boho look and since the fringe can be on almost everything, there's a look for every level one is ready to commit to.

Out with the old boring

spaghetti straps and in with the embellished ones. Embellished spaghetti straps add a fun and flirty look to one's outfit.

One might think that straw hats are more of a summer look but they have been seen on many runways for this year's spring fashion trends. It adds a nice statement to a person's look and gives a cool, beachy feel.

Everyone loves a plain white tee, but this spring, bring out its sister, the white tank top. It can be worn underneath any cardigan and over any t-shirts or dresses.

Feathers, feathers and more feathers. Feathers give a cute, flirty feel to an outfit but wear it in moderation. No one wants to look like Big Bird's little sister this spring.

The X-Girl sunglasses are back from the 90's. Every girl loves a nice pair of shades and these are a great experiment with different shapes and colors. They have also been seen on the Prada and Louis Vuitton runway shows for this spring.

### Men

The vertical stripe is officially the man's go-to pattern this spring. It has been seen on everything from button-ups to bomber jackets to pants. A reminder is to keep them in moderation.

Wearing a vertical striped

button up is nice, but wearing matching pants is something a male should wear if they have a high confidence level.

Tonal dressing has been seen in many runways and magazine spreads. It's an alternative to the all-black dressing in the fall and winter. Gray and blue are nice for this spring but a guy shouldn't be afraid of trying nice neutrals.

Side-stripe trousers are in this season. Many think that the side-stripe on a pair of pants can give a look that's almost too comfortable but this can be avoided if one pairs them correctly. A nice button up with these trousers is definitely a fashion statement.

Dad denim is not only cool for fathers but for everyone. The skinny jeans that have a vice grip of a boa constrictor have been thrown out this season (which is long overdue). They're loose-fitting, snug

and leg-friendly. Men can cuff these or let them be and paired with almost any shirt, the combinations are endless.

Windbreakers are not only cool for the winter but they are for this spring. They're lightweight and like the dad denim, they can be paired with almost anything.

Tropical print shirts are not only for tourists but for natives, too. Don't go to bright on the print because subtle is your friend.

We all know how obnoxious and overbearing those tropical shirts that a person sees on TV in the beach movies and no one wants to be that guy.

Checkered pattern is another pattern that is a go-to. To avoid giving headaches to others, try going bigger on the squares and not wearing it only on shirts but on jackets and pants. Remember, subtle is your friend.



Camryn Darragh/Hi-Times

Stephanie Mosely and Dale Wall posing in their spring fashion



Lucy Krueger/Hi-Times

A student wearing a jean jacket has the dad denim look

# From QOH tricks to candlesticks, here's Nick

REGAN CURTIS  
Co-Editor

The annual Queen of Hearts assembly is a time of stunning performances and formally dressed students. But this year, one unique performance was especially memorable: freshman Nick Buynitzky's tricking routine.

The only non-musical act of the assembly, Buynitzky's routine involved complicated flips, aerials, kicks and twists in what he describes as a combination between martial arts, tumbling and break dancing.

"Performing at QOH was pretty nerve-wracking because of all the people, but it was really fun," Buynitzky said.

Buynitzky was well-practiced for his performance because he spends every Wednesday night and Saturday afternoon at Enso

Movement, a parkour gym with locations in Raleigh and Durham where Buynitzky first discovered tricking. His involvement in dance and theater also helped him remain calm and focused while tricking in front of a large crowd. Buynitzky recently played Lumière, the friendly candlestick. He was one of the stars of the show, making the audience laugh throughout the play. He is also in Betsy Graves' Dance II class.

"I feel like dance is really helpful because you need to have good balance in parkour, tricking and dance, and Ms. Graves does a good job of conditioning us. Dance and tricking overlap because tricking involves a lot of spinning, so you have to learn how to find your spot," Buynitzky said.

Spotting is an important aspect



Courtesy of Marc Ridel

**Buynitzky acting as Lumiere** of dance that involves focusing one's eyesight on a still object in order to keep balance while spinning. It is one of the many skills Buynitzky has learned in middle and high school dance classes that

have transferred to his new hobby.

"I did tumbling for 3 years and then I got bored, so I went to a parkour gym, Enso Movement, where I saw tricking. It looked really cool and I already had the background in it so I tried it," Buynitzky said.

The main difference between tricking and similar sports is that it is performed entirely on the ground. The popular practice of parkour is related to tricking, but focuses more on moving from point A to point B as quickly as possible. Parkour may involve climbing over obstacles or soaring through the air across two platforms. Freerunning is similar to parkour but includes flips.

While Buynitzky has practiced many of these, his favorite is tricking. His typical Wednesday night tricking practice includes

conditioning and stretching, then performing basic kicks followed by more complicated kicks and stunts until the end.

Buynitzky highly recommends fellow Broughton students get involved in tricking.

"It's just really fun and it teaches you a lot and lets you get creative. It makes you feel cool," Buynitzky said, "And Broughton is a really great training spot for parkour. The purple rails by the track are perfect for being creative and do vaults and stuff. Sterling Jones and I train there sometimes before musical practice."

Though Broughton does not have an official tricking team or club, Buynitzky encourages students who want to get involved to reach out to him or other participants around school.



## Top 10 promising promposals

WILL LEVINE  
Reporter

Can't figure out how to ask someone to Prom? Here are some of the classic promposals:



### With Food

"Cake! Everybody loves cake." (Donkey Shrek 2001). It's true that everybody loves cake, so give the people what they want. Asking someone to prom with food is a surefire way to get a yes and a big smile. The different ways a promposal can be created with food are endless.

### The Poster

Possibly the most widely used promposal on this list -- the poster is simple, fun, and easy to personalize. All of the materials could easily be found at most grocery stores. The easy-to-access supplies means that a poster requires little planning for great results. Posters are also easy to customize. Using an inside joke, a quote from a TV show, or a good song lyric are just a few of the ways you can make a poster interesting and meaningful to the person you are asking. On top of this, posters can be combined with many other things on this list like memes, food, and puns.

### The Meme

Short, sweet, easy, and effective. Asking someone to prom with a meme may seem tacky, but it can do the job. In an age where people expect creativity in promposals coming up with a pun and putting a picture under it is an easily accomplished. There are countless apps that can be used to make a meme these days. Once it is made it can either simply be texted to the recipient or printed off and handed over.

### The Nike (just do it)

Throw away all of the fancy planning, the posters, the donuts, and flowers, and just grow up and ask them. Anyone can and will appreciate being asked to a dance in person. In an age of technology where face to face conversation is becoming more and more infrequent, asking someone in person rather than through a text message is always a sweet gesture.

### The Poem

If you want to go a more romantic route, a poem is a great place to start. Anything from a short limerick or haiku to long rhythmic verses could be used as your ask. A poem could be delivered in a number of ways. Handwritten, texted, or printed on a poster are all options, but perhaps the most efficacious delivery method is spoken in person to your future prom date.

### A Silly Pun

While puns could fit under almost every other category they earned their own spot on this list for the stupid factor. If you can come up with a clever pun to text to somebody that asks them to prom, the first reaction you will receive is probably something along the lines of an eye roll. With some persistence, puns are almost always successful, but you may want to have more than one prepared to get the best results.

### Flowers

With Fallon's Flowers right around the corner from the school a bouquet of flowers is an obvious choice for a student at Broughton. Handing over some flowers with a small note attached that asks the person to prom is a simple and romantic way to secure a date to the big dance.

### Friends

Pals, buddies, chums, bros, dudes. Whatever you call them, friends will always help you out. Whether it be organizing a dance number, or collecting a cheering audience for your promposal, friends can be very useful. Best of all -- it won't cost you a penny.

### Get Creative!

The ideas on this list are just a sample of the plethora of ways a promposal could be staged. Think outside the box and come up with something and unique that has never been done before. Combine ideas that you have seen before or create something completely new. All it takes is a pencil, a piece of paper, and a bit of thinking time.

### Progress

It's 2018! The tradition of guys asking girls to a dance is old news. No matter who you are or what your sexual orientation is if you want to go to prom with someone, just ask them. Even though it may feel strange to do so, no one is going to judge you. Go get the person you want as your prom date.

# VIP

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## FORMAL WEAR

### 3 Raleigh Locations:

3801 S. Wilmington St  
Raleigh, NC 27603  
919-772-7215

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Panera Bread  
919-787-6011

Triangle Town Center  
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919-792-0001



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