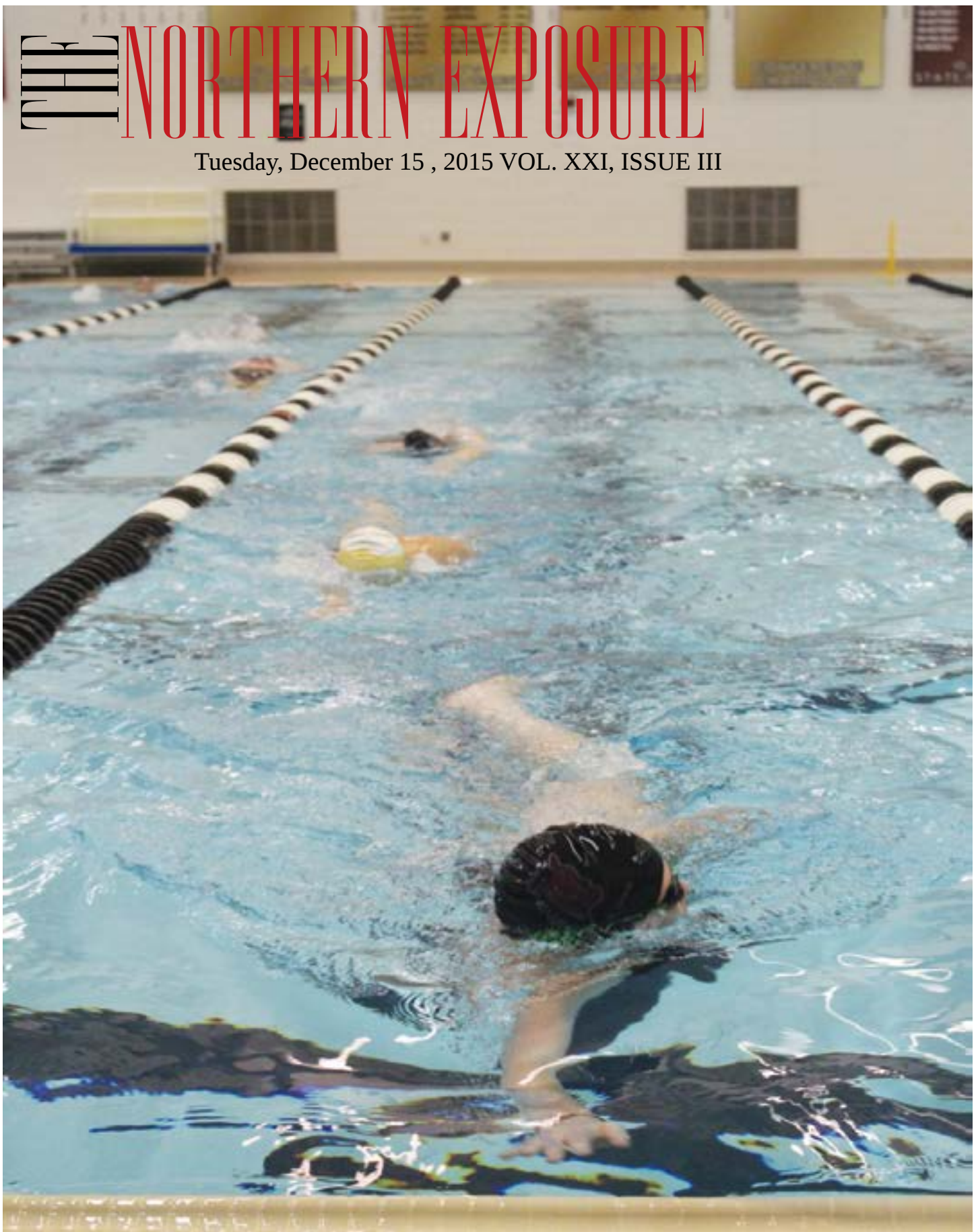


THE NORTHERN EXPOSURE

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Northern Exposure Policy

The Northern Exposure will strive toward excellence by reporting news accurately, objectively and thoroughly. Providing leadership through editorials and establishing a forum. "Letters to the Editors" are accepted and encouraged, but should be written responsibly, in good taste, free from libel, obscenities and invasions of privacy. "Letters to the Editors" should be less than 300 words and must be signed. Letters may be delivered to room 2103.

1st Amendment

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof, or abridging the freedom of speech, or of the press; or the right of people peaceably to assemble, and to petition the Government for a redress of grievances.

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Girls swim team practicing before their next day meet.
Photo by Megan Busse

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HOLIDAY NIGHTS, NEVER BEEN COLDER

Chris McClean-StaffReporter

Holiday Nights, Never Been Colder

Many people find some of the most enjoyable things about winter are the cold, baking, ice-skating and lounging around in their pajamas. Here in Kansas City, people can do all of these things in the same day. People have different ideas of holiday fun and the things they find most enjoyable about winter can sometimes be strange.

Some people enjoy the cold and the many things that can be done while it is cold out.

“The most enjoyable thing about winter is the cold because I get to stay inside in my pajamas all day and make soup and watch movies. Drinking hot chocolate is my favorite part of the day,” Hannah Isley, sophomore, said.

Many people agree with Isley and think that the harsh cold of winter is worth it for all the fun events that go on around Kansas City.

The City Market transforms itself into “Whoville Holidays” with a yuletide celebration featuring The Grinch, art activities and a Cindy Lou Who look-alike contest.

Kansas City even has one of the nation’s tallest



The Plaza showing its holiday spirit with thousands of lights.
Courtesy of blog.ericbowersphoto.com

Christmas trees standing at 100 feet tall.

Many people visit the Holiday Train Village at Union Station. It is an elaborate display of miniature trains that zig and zag through a wintry scene. It is a beautiful sight to be seen.

Zona Rosa is known for reviving several of KC’s popular holiday traditions. While there, people can hop in style beneath the Northern Lights—gigantic, beautifully-lit crowns that sparkle in the moonlight—or explore a chilly igloo and

share holiday wishes with the Fairy Princess.

Watch thousands of twinkling lights dance in tune with concert-quality holiday music during the Legendary Light Show in the Legends Outlets near the center of the Civic Courtyard.

“I go down to Crown Center and watch the lighting of the Christmas tree. It is a tradition of my family’s to make a trip to the candy store while in town as well. We usually go to a mini restaurant and eat with

everyone. The day after that we go back and go ice-skating. This is extremely enjoyable because I get to spend time with my family and friends while not being at home with them,” Joey Lynn, freshman, said.

Another fun thing to do outside of the house is lace up some skates for a spin on the ice at Park Place.

Many do not want to go all the way out to Leawood, Kansas, so they can always go to Crown Center and skate there.

“I like to go ice-skating and walk around Crown Center and see the festivities going on because it is alive and a beautiful sight,” Madison McWilliams, sophomore, said.

Even the way people dress can impact their festive feelings. Many people like to dress up and show off their fashion around the town.

“I like to dress up classy. It makes me feel like I have 1,000,000 dollars when in reality, I only have two dollars in my pocket,” Lynn said.

Winter is a very exciting time of the year. People like to do many different things they find enjoyable and they can do them in the comfort of their own town.



EDUCATION, MEDICINE AND TECHNOLOGICAL ADVANCEMENTS FOR THE HEARING IMPAIRED

ZoeRickman-StaffReporter

Three out of every 1,000 American children are born deaf or with hearing loss, and nine out of ten of those children are born to fully hearing parents. More shockingly, most of these children are not diagnosed as deaf until age two to five. Whether anyone is aware of it, technology, education and medicine has been advancing throughout the years for the hearing impaired, to help them live more normal lives.

Hearing aid technology has made significant changes over the past several years and continues to evolve. Almost 95 percent of new hearing aid fittings today at Hopkins Hearing (a care center for the hearing impaired) use digital technology. Some patients with more severe hearing loss do not like the sound quality of digital hearing aids when compared with their analog devices. In the past there were analog hearing aids and then analog programmable hearing aids.

“A lot of modern technology is ideally suited for deaf culture. Text and instant messaging, for example, are beneficial to deaf people because they allow conversation between people regardless of whether or not they are deaf and they do not require the use



Courtesy of livescience.com

of sign language. However, within the deaf community not everyone is accepting or open to technology bridging the gap between the hearing and the non-hearing. There are two groups within the community with differing opinions on the matter,” (courtesy of deafwebsites.com).

“A hearing aid amplifies the sound. A cochlear implant is a medically implanted device that converts acoustic sound to electrical impulses, which are then interpreted by the brain as sound. The student has a surgery to put the implant in, and then they wear a processor on their ear to transmit the sound. There is a magnet both in the processor and in the internal component that transmits the signal through a coil that is inserted in the cochlea and to the auditory nerve,” Krystal Wygas, hearing impaired specialist at LSN, said.

my hearing isn’t so bad to where I necessarily need them but if it were, then it would be well worth the money. It’s pretty cool having hearing aids because without them, you can’t really hear at all and when you put them on; it’s a really awesome feeling being able to hear everything around you,” Molly Byers, senior, said.

Advances in medicine and technology have led to many new treatments for hearing loss too. With so many options to choose from, how can someone know which one is best for them? The choice depends in part on the kind of hearing loss.

Conductive hearing loss happens when the outer or middle ear can’t conduct sound to the inner ear. Sensorineural hearing loss occurs when the inner ear or auditory nerve no longer detects sound waves normally. Mixed hearing loss is a combination of conductive and sensorineural hearing loss.

No matter what type of hearing loss someone has, there are treatment options that can help.

Education for the hearing impaired has advanced largely since it originated in 1520 when the first original manual alphabet came about. Teaching techniques for the hearing impaired include things like sign language being used in the classroom and text to speech computers that allow the students to type a sentence and have the computer speak it for them with an electronic voice.

There are many people around the world that use the generic hearing aide, to hopefully advance ones hearing. Multiple things could potentially damage hearing by disturbing the eardrum or even completely breaking the eardrum. Things like ear buds and convertible cars can disturb it and cause damage. “I got hearing aids about 2 years ago and they are really all not that bad! Mine weren’t the cheapest but they weren’t the most expensive either. They cost \$4500. For me,

Tech Talk: New Advancements in Technology

OliviaGray-SportsEditor

Technology is advancing at a rapid pace and scientists are releasing new ideas and inventions such as pollution-eating trees, a super sonic jet that can travel across the Atlantic in only 30 minutes, sunglasses for the colorblind and more.

Trees are known to consume carbon dioxide and produce oxygen. However, due to increasing pollution and the disintegration of forests, the trees can no longer keep up with the amount of carbon dioxide in the atmosphere. SHIFTboston, an initiative created to promote new design ideas for the cityscape of Boston, Massachusetts, is developing “Boston Treepods”. In theory, these “trees” would consume massive amounts of carbon dioxide gas and convert into ‘fibers’. The carbon dioxide fibers would then be used in materials for clothes and buildings. The trees themselves would use the carbon dioxide to light up the city of Boston at night.

“Addressing one problem by manipulating global-scale geochemical fluxes; it just sounds like you’re asking for other sorts of trouble. It’s fiddling with the knobs in the climate system. You might be opening Pandora’s box,” Donald Penman, Yale University geologist, said (courtesy of www.cnn.com).

Although there are many flaws to this plan, the general idea is meant to help mankind and the environment.



Augmented reality coloring book.
Courtesy of geek.com

Perhaps with a few more years and discoveries, the idea of pollution-eating trees can form into a foolproof reality.

Russia is working on a hypersonic jet called Skreemr. Ideally, this jet will be able to travel from New York to London in only thirty minutes, a trip that currently takes an average of seven hours to make.

A recently invented “controller glove”, called the Peregrine, is a flexible, mesh glove containing 38 different touch points throughout the fingers



and palms. Created by Iron Will Innovations, the Peregrine allows someone to play computer games and even type without using a keyboard.

There is also an impressive invention that has been recently created is the Sonic Tractor Beam. This contraption uses sound waves to levitate and manipulate objects in thin air.

“I am glad technology is quickly advancing, because it makes life easier,” Emma Cleaver, senior, said.

Another amazing technological discovery changes the way chil-

dren see coloring: the augmented reality coloring book. Several companies, such as Crayola and Disney, have created apps that track the surface of the page. Essentially, as children color inside the lines, their creations come to life on the tablet screen. The illustration looks as if it is standing straight out of the book and when the page is moved, the character looks as if it is wiggling.

“Augmented reality holds unique and promising potential to bridge between real-world activities and digital experiences, allowing users to engage their imagination and boost their creativity,” Robert Sumner, scientist at Disney, said (courtesy of investorplace.com).

The three-dimensional printer has changed production significantly. Scientists of the University of Utah are looking into the idea of a 3D-printed car.

EnChroma, a California-based company, produces a special type of sunglasses that uses chromatic contrast enhancement to help people with colorblindness to see color. This miraculous invention is sure to assist the eight percent of all males who are colorblind.

Although the unexpected and sudden technological advances seem unnerving to some, their purpose is to make life easier and help those who cannot help themselves. graphic.

THE AMERICAN INCREASE IN MASS SHOOTINGS

As America reaches the third year anniversary of the Sandy Hook Elementary School Shooting, the issue of gun control and mass shootings is still one of the most controversial topics in America. Gun Control has always arose in political debates, but after the shooting at Sandy Hook, that lead to the death of 28 children and teachers making it the second most fatal shooting in America, it seems to be a popular talking point in politics. This year, 353 mass shootings have occurred in the past, 349 days.

“I was not aware of the number of mass shootings but it would not surprise me because of the more metropolitan areas in some states, like California, where one shooting a day occurs. But mass shootings where four or more people are killed, I was unaware,” Rodger Bowers, School Resource Officer, said.

According to USA Today, a “mass shooting” or “mass killing” refers to four or more victims being killed or wounded. Out of the 318 shootings of the year, 287 of them have resulted in less than four people killed, yet leaving many fatally wounded. The deadliest shooting in 2015, thus far, occurred on October 1, killing ten and leaving seven others injured, at Umpqua Community College in Roseburg, Oregon.

“More gun control can be a good and a bad thing. It depends on what the gun regulation looks like and depends on what you’re addressing. Is it the buying and selling that will have stricter laws or the person who owns the gun,” Tim Collins, Assistant Principal, said.

The most recent mass

shooting occurred on December 2, killed 14 and injured 21 citizens. The shooting took place outside of a holiday party in San Bernardino, California. Police have released the names of the shooters who were later killed in a shootout: U.S. Citizen Syed Rizwan Farook (28) and his wife Tashfeen Malik (29). It is still under investigation to whether this is an ISIS related attack or, since investigators have found that Farook might have been in contact with an FBI warranted person, whose name has not been released. Investigators have not found a motive to the shooting, but found an abundance of evidence as to this shooting being premeditated, since after investigating Farook and Malik’s home, 12 pipe-bombs and many other weapons and tools to create more explosive devices were found.

Early this year, in Columbia, Missouri, gunman opened fire and killed two unarmed citizens. No one was injured in the shooting and after the gunman had committed the murder of two people, he left the crime scene. Shortly after the police

department received a call about a shooting and local deputy found and killed the gunman.

On April 16, 2007, America faced its most deadly shooting on, gunman Seung-Hui Cho, a senior at Virginia Tech who majored in English opened fire on campus killing 32 students and faculty before killing himself.

After the massacre, many things were brought to the surface. Such as stricter gun laws and the infamous debate about gun control and the question: “Do guns kill people or do people kill people?” Also, Cho, before the shooting, had been diagnosed with severe anxiety disorder and other mental disabilities, making mental health awareness more important.

“With the argument, ‘is it the gun or the person that kills someone’, I believe it’s not the gun but a person makes a conscious decision,” Bowers said.

As 2016 approaches, more and more people pay attention to the political debates. 2016 will be the last year for current president, Barack Obama, as he will step down and

allow for a new person to take office.

The Democratic party, who tends to be more liberal, believes that gun control laws should be made stricter, meaning that Democrats are strongly against carrying concealed weapons, for one example.

On the other hand, the Republican party, who are more conservative, strongly believe in the Second Amendment right, or the right to bear arms. Meaning that Republicans agree with carrying concealed weapons and owning individual guns.

“Even with the making of stricter gun laws, people are still getting their hands on weapons that probably shouldn’t be carrying weapons. E.G. mental illness or people with a history of gun violence. Statistically, stricter gun laws have reduced violence but there are always other factors in place,” Bowers said.

There are many other things to take into consideration when dealing with gun laws and the right to bear arms. Guns will always have a place in this world, no matter how many laws are created for them, but whichever President is elected into office could change the way guns are handled and perhaps could shrink the number of mass shootings per year. Guns will always be a predominant factor in politics and the news, consistently keeping the controversy of guns a hot topic.



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Strange and Peculiar Habits Across the U.S

CaraPanarisi- OpinionEditor

All around the world, whether it is a young child, an older senior citizen, or anything in between, everyone is addicted to someone or something. Whether these addictions are simple or extreme, depends solely on the person.

Parents are always known to complain about their children being 'glued to their phones' or 'addicted to the television', but in reality, parents are also addicted to things, too.

Although it is common to hear people lightly saying how addicted they are to their computers or phones, it is another thing to hear stories about people being addicted to other things, such as drinking urine or eating sand.

On TLC, the popular show My Strange Addiction goes into depth about specific people across the world that have unimaginable addictions.

One woman in particular, Gloria, is addicted to purchasing and using bleach to an extreme amount. She cleans her whole house, top to bottom using bleach, two times a day. In addition to this, every morning Gloria even adds bleach to her bath water. She goes through over 300 gallons of bleach in a year.

"I first run the water, then I take the bleach and pour it into the tub. There is not a certain amount I use, I just pour until I feel like it is enough. When I stay in too long my eyes have burned and my skin tingles, so that lets me know when it is time to get out," Gloria said, (Courtesy of *tlc.com*)

This addiction, although is different and unusual, it soothes and comforts Gloria. Her unhealthy attachment to bleach could almost be deadly, because of the excessive amounts of bleach she is around every day. She constantly has to inhale the scent; she washes her dishes by soaking them in bleach, and even has direct contact when she applies it to her skin while taking a bath.

"I feel like it is dangerous because inhaling those fumes can be really toxic and harmful to the body. I especially feel like it can hurt your skin after using

it for long periods of time," Ja-vaunte Hawkins, freshman, said.

Another woman from the TLC series, Lisa, is addicted to eating cat fur. She began this addiction in hopes of becoming closer to her pets. This cat fur addiction was not as serious, but really began to get severe after she got her new kitten.

"Just chewing it is relaxing, it is a comforting feeling. Her fur is such an interesting texture, it is so soft and puffy and like cotton candy, almost. Sometimes they do get stuck in your teeth... but you can just get them out by flossing or brushing," Lisa said, (Courtesy of *tlc.com*).

Her addiction has become so extreme that she could not even go two hours without chewing on some type of cat fur.

"I think that everyone is different and if she likes cat fur then she should just do her and not listen to all of the judgmental people. I do not think it is very healthy to eat cat fur because she could probably get other diseases and stuff from the floor that the cat hair picks up," Brandon Hirsch, junior, said.

Most people ask the same question while watching, why can they not stop these addictions? It easier said than done to quit something someone have grown to be attached to.

"Addiction exerts a long and powerful influence on the brain that manifests in three distinct ways: craving for the object of addiction, loss of control over its use, and continuing involvement with it despite adverse consequences," (Courtesy of *Helpguide.org*)

Everyone is addicted to something, but there is a fine line where an addiction comes to the point where it affects his or her mental, physical and social health.



Courtesy of *www.dailymail.co.uk*



Courtesy of *gstatic.com*



Courtesy of *thoughtcatalog.com*

One Does Not Stand Alone

HaleyHynes-StaffReporter

For the first time in Lee's Summit North's twenty years of history, the girl's varsity basketball team has only one senior. Now with a young varsity team, Marissa Mann must lead the team with her seniority and experience.

Marissa started playing basketball at the early age of six but has not always had the easiest time playing it. The eleven years of playing has had several mental and physical hardships on Marissa.

The varsity head coach is Tricia Lilygren, math teacher. She will have a new way of approaching the season as well as her players.

Mrs. Lilygren reflects on her past years of playing and has nothing but good things to say.

"Marissa has grown so much as a player the past couple of years despite her injuries. She's talented and has definitely earned her spot on varsity," Lilygren said.

Not only does Lilygren like her playing, but also her attitude and resilience.

"I need to remember that Marissa is all by herself. No one in school history has had to do this alone. Leading a team is a big responsibility and I believe that Marissa will be able to take on this challenge. She has had a lot of ups and downs, but has always come through for her team," Lilygren said.

Although Marissa has not always loved playing, she thought that she might as well have a last hurrah her senior year. Starting her high school basketball career off on junior varsity, she kept playing until she reached the top.

"I practiced varsity sophomore year and was out for six weeks because I tore my hamstring. Then I played varsity till Christmas break last year. After the break I practiced varsity but was needed to play with junior

varsity. This year I am definitely needed on varsity, both as a playing post and a leader," Mann said.

Marissa will now have to work with the younger girls and try to understand their feelings when they are struggling mentally and physically. She was once in their position as well

"Being on varsity was a whole different world. You were chosen because you were good enough to be on that team and being on it a big deal. I was really intimidated, but the older girls were really welcoming," Mann said.

Marissa had a great experience her older peers her first years of playing.

"I looked up to the seniors when I was still practicing with them. They were the best mentors and role models I have ever had. They really knew how to lift up the team and got them to play their best whenever we were struggling. I now know how to react to any of the younger girls who are having a hard time," Mann said.

Sophomore Aaliyah Johnson will start her second year on varsity with Marissa.

"Playing with Marissa last year was such a blast. She is a great player and an even better teammate. I am really looking forward to how she will lead us this year. In my opinion I do not think anyone else can. With her experience and great attitude, this young team will accomplish a lot this year," Johnson said.

The team has a full schedule for the next three months and will have some pretty big shoes to fill following the years of great playing.



Marissa Mann showing her support for the Lady's Bronco.
Photo by Haley Hynes



A GRAND CAMP IN THE GRAND TETONS

ZoeRickman-StaffReporter

Ever wonder what it would be like to explore beautiful lakes and mountains and learn about what the land has to offer? In every school around the world, camps for athletic purposes, debate, theatre and band have been available to every student. Now students with scientific interests can finally be included. Wyoming Science School is giving students the opportunity to show their inner scientist and study different science departments, such as; biology, chemistry, geology, astronomy and many more.

Teachers have been selected from the Lees Summit North High School staff to embark on this journey with the students that are interested in this journey. Mr. Lepert, science teacher, voices his excitement about the trip.

"I am extremely excited about this trip. On a scale of 1-10, I am Salvador Perez!" Lepert said.

The science camp has been made available for students the first time this year. Due to little talk about the camp, many even wonder if students will be interested.

Mrs. Schleiden, a science teacher here at LSN, said, "I am really excited about this opportunity for our students and I hope many students will be able to attend. There are many educational camps that occur in the summer, all over the country. This is a very unique opportunity as far as camp offerings are concerned. The Teton Science School is the hosting facility. It is a fully accredited school that conducts regular classes during the school year, making it uniquely equipped for this camp experience."

"I am going to totally geek out on this trip! My undergraduate degree is Earth Science so all of the activities and lessons will be right in my field of study. I am looking forward to experiencing and seeing all types of geology that I only talk about during school. I plan on being like Sheldon from Big Bang Theory, running around spouting random facts and trivia about the area to anyone who will listen!" Lepert said.

Along with Mr Lepert, Mr. Gerding, science teacher, will be joining as well.

TSS is an organization in northwest Wyoming and Idaho comprised of six

program areas sharing a common vision of education. We have been teaching about the natural world and the Greater Yellowstone Ecosystem since 1967. TSS is deep in the roots of mountains, lakes and streams, making the experience not only beautiful but also educational. This historic sight is available for students to explore and live on during the camp, as it is available for tourists from all around the world.

"Our organization has educated, trained and inspired thousands of children, youth and adults, bringing them together through the study of nature and place-based education. We serve students from across Wyoming, the Intermountain West, the nation and around the world," (courtesy of <http://www.tetonscience.org>).

Whether it is an art student or a strict science enthusiast, anyone is welcome on the trip. The trip will depart early in the morning to get a head start in arriving to the final destination. Students will be traveling in a luxury bus complete with comfortable seats, televisions and Wi-Fi. Two drivers, along with the two chaperons will be on board to ensure the safety of the students.

This trip of a lifetime sadly comes with a cost. There will be three monthly payments of \$300 that make a total of \$900 (may change depending in how many people sign up).

The Grand Teton Science Camp has consistently set the standard for environmental education. It gives students from around the country the chance to make life long friends, meet new and experienced people in the field of science and the chance to learn exciting, new things. It reaches a diverse and growing audience to achieve its mission of connecting people, nature and place through education, science and stewardship. In hopes of meeting every expectation, the staff at the Tetons are looking forward to teaching fresh and curious minds.



Courtesy of lovethesepics.com



Courtesy of poslovizamlade.com



Courtesy of djurmaphotography.com

JUMP AROUND AT THE NEW SKY ZONE

WillMauer-StaffReporter

Looking for something to do after a long day of school? How about some new activities for the weekend? Look no further than a new place in town, Sky Zone. Located at 2801 NE McBaine Drive, Sky Zone offers an array of different activities to try. For kids of all ages, it truly is a unique experience for anyone looking for a good time.

A former Sprint Executive, Jay Highley, now owner of three different Sky Zone locations, opened the Sky Zone in Lee's Summit.

"If you have never been in a Sky Zone you are going to be surprised," Highley said, (Courtesy of LS Journal).

Offering different ways of fun, the customer can choose how they would like to be entertained. The first of which, being simply named "open jump."

Open jump is a little taste of everything. This option allows customers to get the full experience, because they get the ability to do any of the activities in the building. All ages are welcome for open jump.

Ultimate dodge ball is an activity for the competitive customers. It is dodge ball, with a Sky Zone twist, trampolines. Jump to evade flying dodge balls, assemble a team and beat others in a fun way to stay active while still having a blast.

Another option is the "foam zone". Jump down the runway into a pile of foam cubes, and practice flips, or other crazy maneuvers without the risk! There are over 10,000 foam cubes in the pit, assuring for people's safety and for a whole lot of fun.

Alternatively there is "sky slam." This is where customers channel their inner LeBron James and fly high to the hoop for incredible dunks that cannot be recreated anywhere else. No need for hops here, as the trampolines give players a nice advantage in making awesome slams.

"My favorite definitely is Sky Slam because it is super fun to do crazy dunks that I wouldn't be able to do otherwise." Dennis Crull, junior, said.

Finally, there is "skyrobics." This allows participants to burn 1,000 calories per hour exercising in a unique way. It combines "calisthenics, core exercises, and strength-building aerobics," (Courtesy of Sky Zone). There are many things to do at Sky Zone, leaving the patron for endless fun.

To join in on the excitement, first thing a jumper needs to do is sign a waiver. After that is completed, customers will choose for how long they are willing to jump. For half an hour, the cost is \$10.99; an hour is \$14.99, and hour and a half is \$18.99, and finally two hours is \$20.99. Also, socks are available for \$2 on top of the price for the jump.

The hours are 3P.M.-8P.M. Monday – Thursday, while Friday being 3P.M.-Midnight, Saturday 10A.M.-Midnight, lastly Sunday is 11A.M.-7P.M. Get in and get out, Sky Zone has a new jump group every 15 minutes. LSN students that want to be apart of Sky Zone should definitely apply.

"I chose Sky Zone because it is close to home. It's also a fun work environment," Laura Page, junior, said.

Many students in Lee's Summit complain about the lack of activities to do in the area, but now that Sky Zone has officially opened, there is no need to complain any longer. The LS area has gained another strong business and people of all ages will enter the doors of Sky Zone and have a lively time.



Courtesy of wellsconstruction.com



People at any age can join in the fun at Sky Zone.
Photo by Areeb Khan



Sky Zone trampoline park.
Photo by Areeb Khan

CRAMMING 101: LAST MINUTE STRATEGIES

RachaelMcMillin-CoEditorInChief

Teachers and adults alike always tell a tale of how cramming does not work. Always tell how the brain does not gain retention from the quick study session the night before or just minutes before the big exam. But, there is a technique to cramming and if done right, can actually help to improve the grade of the exam.

Let's get this straight: studying and cramming are not the same thing. It is the difference between long-term vs. short-term retention. Good studying strategies are long-term because they focus on understanding information during a first learning experience, knowing that it will be forgotten and then recalling the information to be embedded into the long-term memory. It is a long-term process of learning and reviewing the information.

"I am a planner and cramming is not for me. If I truly get a bad grade on a test, then I do not know the material," Betsy Bartle, senior, said.

Cramming is a short-term memory strategy because the short-term memory or the "working memory" is extremely limited and will only hold five to nine items simultaneously. Thus, making cramming a more difficult path to take, but with the right strategies, cramming can become somewhat effective.

"I know that I am going to cram, so I star the important information in my notes. Then on the day of cramming, I go back and look at the stars to get the jist," Sarah Maksin, sophomore, said.

One, chunk everything together. Basically, "chunking" just means to break down the information into smaller groups or related content. For example, if there were 20 vocabulary words, it

would be easier to make five groups of four related words. When it comes to cramming, chunking can be very essential.

Two, produce. Nearing the end of the semester, everyone becomes busy with holiday plans and especially with finals. To help with this cramming tip do not forego creating some sort of a personal study guide if one is not provided.

The personal study guide might have fewer details, but something must be produced. Also, never try to re-read any book. Do not go back to the textbook and re-read, just try to avoid this at all costs. But, if there is a situation where a textbook must be used to study, go to the review questions and answer them based on the textbook's chapters.

"When finals come around I like to have a study guide if the teacher provides one, but if they do not then I will make my own over the key points in each unit," Bailey Meade, senior, said.

Three, do not skip the study groups. It may seem like study groups are a big waste of time and nothing gets accomplished, but, in fact, they may be one of the best strategies to cram with. Study groups allow people to hammer out weak areas quickly so the groups can be sure that everyone understands the difficult concepts. When cramming, more senses that are used the better. Talk material out. Explain it to others. Create new graphs and charts. Do whatever it takes to learn the information. Study groups help to force a person to use different senses.

Four, mnemonic devices are a person's best friend. Mnemonic devices are great for cramming because they are memory devices that allow a person to



Students working on last minute studying for their finals.
Photo by Chris McLean

Quick Tips

ONE: Chunk Everything
TWO: Produce
THREE: Don't Skip The Study Groups
FOUR: Mnemonic Devices

keep a list of seemingly unrelated items organized in the brain. Goofy sentences and funny words are a great strategy to help the mnemonic stick in the brain.

Cramming is not the ideal choice to pick, but sometimes it is the only option available. Just like studying, cramming is about personal preference and everyone is different on how they cram. So, if none of the strategies work, mix up some of the tips and make a personal technique.

ADVICE FOR THE AVERAGE HIGH SCHOOLER

LiliCunningham-EntertainmentEditor

ADVICE FOR TEENAGERS FROM TEENAGERS!

From Seniors: “Do not take yourself too seriously. Enjoy your senior year; it goes by fast,” Michael Smith. “Do not stress yourself out. You have to work hard to achieve your dreams,” Krista Abernathy. “Work the hardest that you can because it will pay off in the end. Do not sell yourself short,” Bailey Pruett. “Go on walks, play video games and workout to help relieve stress. Being social with people is good, too, so meet as many people as you can,” John Sanders. “If you do not know what you want to do after high school, do not freak out about it. Right now, it does not matter; you are in high school. Make sure what you commit to do after high school is something you really want to do. Do not let other people tell you what your career should be; do what you want,” Bailey Smith. “Try new things that you would not expect you would be good at. You never know, so do not doubt yourself or talk down to yourself,” Serik Davidson. “Do not date in high school; it is too dramatic. Go to school as much as possible, because skipping is not cool and making up work is not fun. You should keep a small circle of friends,” Jordan Dodd-Talavera.

From Juniors: “Try hard now because it is going to get harder. Do your work, be a good student and enjoy your free time,” Quinn Moore. “Do not miss out on good opportunities, like making friends and having fun,” Larisa Lamb. “Try not to miss a lot of school because you will get really behind. Being behind in school, especially in math, is really hard. Talk to all of your teachers as soon as you get back and take advantage of Bronco Time,” Michael Brown. “People say there is not enough time to have a job or do extracurricular activities, but you will be able to make time after you get all your work and projects. It will be great when you find some free time,” Abby Cona.

“You are not alone in this; other people are experiencing the same situations as you,” Madison Ditterline.

“Make sure you get all your homework done or else your grades will not be good and you will get behind. Turn your work in on time or else it will reflect badly on yourself,” Parker Anderson.

From Sophomores:

10 THINGS YOU SHOULD DO TO PREPARE FOR COLLEGE: FROM REBECCA SEITZ

- 1 Don't wait until late fall or the spring to begin applying. Many schools have deadlines that must be met in order to apply to the school and/or in order to receive scholarship money. Apply early! Things only pick up as your senior year goes on.
 - 2 Don't slack off your senior year. Colleges want to see you challenge yourself, not take it easy senior year. Plus, that is the best way to ensure you are prepared for college-level coursework!
 - 3 Retake the ACT in early fall if you are not satisfied with your score. Higher ACT scores can often mean more scholarship money and may be required for admission purposes.
 - 4 Continue to be involved in activities and consider a leadership position if you have not already. Many colleges want a well-rounded individual, not just someone that focuses solely on their course work. Get and stay involved!
 - 5 Take courses your senior year that will help prepare you for your chosen major or career. In some cases, college credit may be available in your courses so you can get a head start!
 - 6 Attendance, attendance, attendance! Be at school. There are many things you'll miss out on if you are not at school your senior year. Senior year is about preparing for your post-secondary plans, but don't forget to have fun, too!
 - 7 Visit your college(s) of interest. The best way to see if a college is the right fit for you is to visit the campus and see the school in person. Make a list of questions before you go and don't be afraid to ask!
 - 8 On a similar note, volunteer or observe others in your chosen field. Doing so may help you determine if that major or career choice is the right fit for you.
 - 9 Continue to foster positive relationships with your peers and teachers. You'll never forget the memories you make your senior year of high school. And, you may need letters of recommendation at some point and therefore need those positive connections.
 - 10 Back to academics - continue to work hard in your courses your entire senior year. Colleges require a final transcript sent after the spring semester of your senior year. They will see your grades during the fall and spring semesters. Finish strong!
- Not sure where to start? Make an appointment to see your counselor. We are here to help!**

ADVICE TO STUDENTS ABOUT STRESS AND COLLEGE: FROM COACH O

Students who struggle with stress...I think the first thing students have to realize is that they are not alone. Their peers are struggling and most times their teachers are too. Do not let the burdens of life consume your well-being. Try not to worry about things that are beyond your control and take everything one day at a time. No matter how bad things are, eventually it will get better.

Seniors going to college...College is what you make it. The best feeling is when you are waving bye to your parents after freshman move in day. Students have longed for the opportunity to be treated like an adult and the time is finally here. Go to class, try to workout (like do SOMETHING that requires you to be somewhat active), make friends, and start off your freshman year right by making good grades.

Getting to Know the PrincipALS

HannahJohnson-BuisnessManager

The administration may have one of the hardest jobs at school. Aside from taking care of discipline and problems in the school they have other responsibilities people may not realize.

DR. JEFF MEISENHEIMER (PRINCIPAL):

"I was an assistant principal at LSHS for 9 years. I knew I wanted to be at Lee's Summit North. We moved in to LSN on purpose because we wanted our kids to go here. The job became open, I applied, and was fortunate enough to get the job," Dr. Meisenheimer said.

Fun Fact: Dr. Meisenheimer is the treasurer of The GKC group.

Dr. Meisenheimer's schedule changes every day. He has a schedule to start out the week, but as the week goes on, the schedule becomes more full. He has many things he needs to do including answering emails and observing teachers. These two things usually have to be done toward the begging of the week. Besides normal school hours, Dr. Meisenheimer also spends four to six hours at school on the weekend.

Dr. Meisenheimer also has supervised trainings for EOC testing. With all students having to take the American Government exams as well as a few other EOC's, the teachers are trained on how to administer the test.

The principals also participate in cabinet meetings one a week. These meetings are a time for the different departments around the building to get together and share what has happened in their department in the last week and give updates to the administration. These meetings help to inform administration know what is going on throughout the school.

"[The hardest part is] I guess maybe answering emails. I get so many. [...] It's a lack of time to answer the emails. You don't have enough time to do everything you want to do. It's all about time management," Dr. Meisenheimer said.

"[The best part is] When teachers invite me in to present or



have conversations with teachers about these observations.

As with any job, Dr. Hill has her likes and dislikes of the job.

"The hardest part is graduation because it's hard to say goodbye. You get used to seeing students on a daily basis and interacting with them and then you do not see them on a regular basis," Dr. Hill said.

DR. REXANNE HILL (ASSISTANT PRINCIPAL):

Dr. Hill used to teach social studies at Raytown South. Besides teaching, Dr. Hill also coached and was the A+ coordinator. When she saw this position was open, she took a chance and applied. She has now been a principal at Lee's Summit North for ten years.

Fun Fact: In the spirit of the World Series, I am a Royal



Lancer. I have been a Royal Lancer since 2003.

Dr. Hill has no typical day. However, she tries to take care of hall duty to make sure students get to class. She also helps with attendance and will check in with students to see where they were and why they were late.

Another part of Dr. Hill's job is to observe classes and have conversations with teachers about these observations.

As with any job, Dr. Hill has her likes and dislikes of the job.

"The hardest part is graduation because it's hard to say goodbye. You get used to seeing students on a daily basis and interacting with them and then you do not see them on a regular basis," Dr. Hill said.

MR. MIKE MCGURK (ACTIVITIES DIRECTOR):

Mr. McGurk was the district AD in Jefferson City for five years before coming to LSN. He supervised athletics and activities for one high school and two middle schools. Mr. McGurk's wife is from Lee's Summit so they knew they wanted to move back at some time.

Fun Fact: Mr. McGurk was adopted as a baby and has met his birth mother.

On a daily basis, Mr. McGurk will be in the hallways during passing periods, respond to emails, work on schedules, update the website and evaluate teachers.

He also supervises after school activities about three times a week during the sports seasons.

"Working with kids on a day to day basis is my favorite activity. I love watching our kids compete whether it is a concert, debate tournament, or game," McGurk said.

Mr. McGurk is responsible for the schedules and budget for the athletic department. He also supervises and evaluates the coaches, English department and fine arts department.



MR. TIM COLLINS (ASSISTANT PRINCIPAL):

Former LSN graduate, Mr. Collins, was a history teacher used to coach football and baseball.

Fun Fact: Mr. Collins is a HUGE Notre Dame fan.

MS. SHARON AHUNA (ASSISTANT PRINCIPAL):

This is Ms. Ahuna's first year at LSN. Before getting her current job, Ms. Ahuna was an Assistant Principal at Center High School.

Fun Fact: Ms. Ahuna loves traveling.



MR. TIM COLLINS AND MS. SHARON AHUNA (ASSISTANT PRINCIPALS):

A lot of people only see Mr. Collins and Ms. Ahuna when they are in the hallways between classes or when they are dealing with discipline. However, they also handle the keys for the campus. As with the other principals, they have no normal day. In a day they might go check on substitute teachers, work on school safety items, discipline, conversations with students/parents and student mental health issues. Along with all of these responsibilities, they also supervise before/after school activities, observe classrooms, etc.

Mr. Collins and Ms. Ahuna agree talking to students and getting to them as well as being apart of the activities is one of the best parts of the job.

"I supervise student behavior of our student sections, provide assistance to any of the game officials/coaches, general crowd control and emergency decisions," Mr. Collins said.

Classical Christmas Movies are A Must

SavannahMullen-StaffReporter

In 1898, history was made and the first Christmas movie was produced called *Santa Claus*.

George Albert Smith, the British creator of the movie, was one of the first people to produce a movie in their

age of time. However the "film" was not a hour long movie, but yet a short film of a whole minute. It was one of the first films and in 1898, it was thought to be impossible of the creation of moving pictures on a screen.

One of the first animated Christmas movies was *Mr Magoo's Christmas Carol* and was produced in the early 1960's. This Christmas movie was adapted from the book *A Christmas Carol* and later the movies known today were produced in 2000's.

An all time favorite is *Rudolph the Red-nose Reindeer* and was watched by a lot of kids

In the 1890's, the film industry started up and not very long after, Christmas movies had come about. Nowadays, Christmas movies are a holiday tradition and more films are popping up every season.



Courtesy of greenburghlibrary.org

growing up. Some favorites of the TV series, *Rudolph the Rednose Reindeer*, were the *Island of Misfit Toys* and also the *Abominable Snowman*. The animations of Christmas

movies are very popular and have been for a long time.

"Todays Christmas movies are mainly the movies I watched as a kid: they are just made with actual actors instead of cartoons," Caitlin Brown, sophomore, said.

Movies have not changed in a lot of ways, but most are live-action instead of the animation or cartoons. The newer movies are live-actions, along with more of a modern take on the whole Christmas traditions and how people act during the holiday season.

"I like the newer movies because, while the classics are classic, they can get sort of boring and repetitive. It is fun to see more modern movies that put a twist

on the whole classic-movie vibe," Addy Ross, sophomore, said. While the new movies have a modern twist, the classics are known for a good reason. Some may be repetitive, but they have a lasting impact and are known nationally. "Miracle on 54th Street is my favorite movie just because that is what I remember as a little girl. It brings back so many good memories," Nancy Nokes, art teacher, said.

Miracle on 54th Street is a popular movie from 1947 is a well know movie. It has actress Natalie Wood and Maureen O'Hara, which are also well-known from former generations.

Another popular Christmas movie is *Home Alone* and is about a boy, Kevin, who is left at home, away from his family over Christmas. There are men trying to break into his house but Kevin messes

with them.

"I like *the Grinch* better with actors because Jim Carrey was funnier in that than the cartoon," Brown said.

The Grinch is a well liked movie from kids all the way to adults.

The live action *Grinch* seems to be more popular because it has a more effect on the watchers by being able to relate to the film.

Frosty the Snowman has been around since 1969 and has impacted

little kids childhoods since then. Many parents for this generation has grown up with *Frosty the Snowman* and should continue the tradition of sharing the movie with all.

The end of the year, when the holidays are coming, it is a good time to sit, relax and watch Christmas movies while enjoying the holidays.



Courtesy of amazon.com

60 Minutes. Ready. Set. Go.

BlairClark-StaffReporter

The Escape Room has three rooms at the moment with three more on the way. They are all different, but the main objective is to solve the puzzle and make it out of the room.

All the rooms are focused on one thing: teamwork. The more people in the group the better, but the group also has to know how to work together.

"It does not seem like it would be a good strategy, but thinking outside of the box really helped my group. We over-analyzed and it kind of made it easier," Kaylie Green, sophomore, said.

The first room, The Theory of Everything, is an office of a famous scientist who disappeared in the 1950s. He studied black holes, space travel and alien life. The room was left just as he left it. The

With just 60 minutes, groups try to escape sticky situations. The Escape Room in Downtown Kansas City offers fun and excitement for those looking for a thrill.

group has to try and solve his disappearance. The Theory of Everything is

codes hidden throughout that are clues to getting out of the room or

hints. Sixty minutes may seem like a long time, but many groups struggle with getting out of the room in that amount of time.



Courtesy of www.escaperoomkc.com



Courtesy of www.escaperoomkc.com

it. The challenge is still there.

The second room is Secret Agent. The objective of this room is to try and figure out who the double agent is in the agency. The room is a safe house and the group has to solve the mystery before the safe house is compromised.

The last room is Prison Break. This room is the hardest to solve but very doable. In this room, a friend was sentenced to death. The group put themselves in jail to help him escape. Everything is setup for the perfect escape, but it is up to the group to make it happen.

In each of the rooms, there are puzzles and

but with only sixty minutes to get it done, it is tough. The group has to think as one and find the clue that leads to the next clue.

"Being in the rooms with other friends made it more fun. All of us were working together so it was just a good time," Madison Gordon, sophomore, said.

With being locked in a room for an hour, some people might panic or even have to use the restroom, but do not worry. There is a panic button for just that. Throughout the time in the room, the group might also need help. Hints are given if the group is struggling, but the fun is in figuring out the escape without any

Each clue found leads the group closer to the escape code.

"I definitely want to go. It seems so much fun. I think I would start out with Prison Break even though it is the hardest room, it seems the most basic." Jackson Phillips, sophomore, said.

Being new in town, the Escape Room has become a large attraction for Kansas City. Booking a room ahead of time is the best option and the more people there are in the group, the cheaper the price will be per person. With two to eight people in the group, it is a very family friendly place and full of fun.

THE FINAL COUNTDOWN

DanielleZammar-JuniorEditor

Just hearing the word, “finals” can automatically bring a whole new level of stress on to some students. All units that have been previously studied in each class throughout the semester are crammed into a single test that counts towards 10% of the ultimate grade. That statement solely shows how stress can be a result from these tests. Students can also become weighed down because of the confusion on how to successfully study for these exams.

Of course, no one’s passion includes studying but instead of giving into procrastination, which occurs often during this particular time of the year, getting ahead and filling out class reviews early can be very beneficial and prevent the feeling of being overwhelmed. Students can look over their notes daily and break the material up into sections, even making their own schedule for the remaining days until the test.

“I like to go through my notes of each class and color code all of them by importance,” Kylea Roberts, junior, said.

Another step to a victory on semester assessments includes utilizing tools that may be hidden between

As this school year’s first semester is nearing an end, students’ emotions are nothing short than they are every year: expressing great excitement for the upcoming winter break. While activities are already being planned out with friends and family, the fact that final exams are also approaching is not thought about as much.

the lines. For example, if a textbook is practiced within the course, the book’s publisher might have provided online study aids in the front. Past quizzes, study guides and class objectives can also be helpful by predicting questions on the final.

Semester exams are not all agony and hard work though. Make sure during finals week to be rewarded with stuff that is found enjoyable. Take 10 minutes to scroll through Twitter or watch an episode of the most recent series on Netflix. To maintain exceptional health is also a key component to success. Leading up to exams, students should try to get a good’s night sleep each

night and to actually avoid caffeine, no matter the all-nighters the drinks can help stay up for.

“I take a five to ten minute break after studying for 45 minutes in order to relax and to avoid becoming overwhelmed,” Kirsten Livak, junior, said.

process, covering up the class’ notes and attempting to explain the material can aid memorization development as well.

“I think it is good luck to not even open my backpack,” Jessica Whitmore, junior, said.

After reading these tips, hopefully stress levels have decreased at least a little. Take the time and manage schedules, exams are not the last thing in the world but effort is required.



Students meeting up in the library to take a break from studying for their finals to avoid becoming overwhelmed.

Photo by Chris McLean

A final strategy mostly depends on the student and what technique works best for their learning. With similar subjects, friends and classmates can gather

together for a study session to review information. With the contribution of each person in the group, a practice test can even be made and taken in order to prepare even more for the exam. If preferred to be alone during the studying

A+

“IF WE BURN, YOU BURN WITH US”

GracieSnook-StaffReporter

In *The Hunger Games* trilogy, the director did a great job of following the books. Each character is specifically portrayed just as the books describe in full detail. At the end of *The Hunger Games*, it shows the victors living happily in the Victor’s Village and in the beginning of the second book and movie, it continues

in the village and takes off from there. “I am excited about seeing the last movie. Over the years, I have invested a lot of hours in *The Hunger Games* book series and movies and it will be interesting to see the last films interpretation of the story. I’ve come this far and really enjoyed it and I’m not about to give up now!” Bill Hume, librarian, said.



Courtesy of coverfilm.com

there are three names, in the two bowls because they have to choose for the 3rd Quarter Quell. The Quarter Quell is made up of victors from previous games who all come together and fight against each other. Whoever wins becomes a victor again and continues in their life of luxury. Since District 12 has only won the games twice, there are only three names to choose from. In the games that

For almost eight years, Suzanne Collins has had people biting their nails at the edge of their seats in complete anticipation for the next creative scheme. Her books have captivated the hearts and minds of viewers and readers, keeping them hostage in the world of literature. The director for *The Hunger Games* movies, has gone the traditional path and closely followed each book.

In *The Hunger Games*, the first book and movie of the trilogy, it shows that there is a huge bowl of names to choose from for the game. In the second book and movie

Peeta and Katniss (main characters) participated in, they allowed two victors to win if they were from the same district.

Each arena is totally different. The first one was a forest with streams throughout, and in the second, it was a beach with a rainforest on the edge.

“My favorite movie was *Catching Fire*,” Katelyn Rudeen, sophomore said.

Each movie neatly ties into the other, but each tell a different story as well. In the first movie, it was Katniss’ struggle with trusting other people. She is used to being the adult that takes care of everybody else before herself.

In the second movie, it was once again Katniss’ fight for survival in her second game. She deems herself in charge of keeping Peeta alive as well as her other friends.

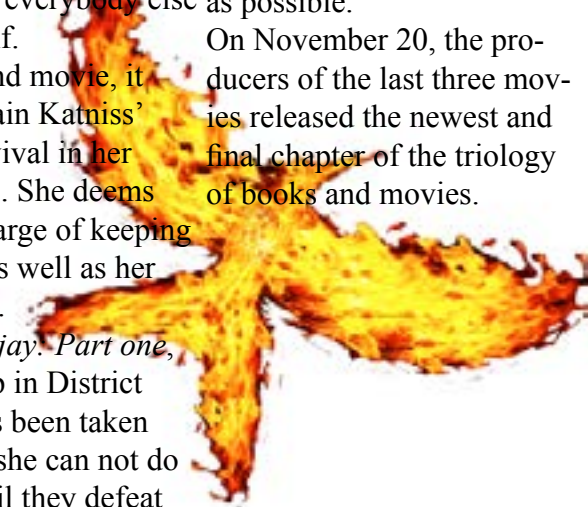
In *Mockingjay: Part one*, she wakes up in District 13. Peeta has been taken hostage and she can not do anything until they defeat

President Snow and the Capitol.

“I plan on going to see *Mockingjay: Part two* whenever I am free,” Catie Wolff, sophomore said.

On November 22, I went and saw *Mockingjay: Part Two* and I am pretty sure my life has been changed for the better. Before I saw it, my favorite was the first movie *The Hunger Games* but no more. *Mockingjay: Part Two* never had a dull moment. Every two seconds something crazy happened that drastically affected the characters. Oh man it was so amazing. Please if you have not seen it, go see it as soon as possible.

On November 20, the producers of the last three movies released the newest and final chapter of the trilogy of books and movies.



TOP THREE WINTER TRENDS IN 2015

MarinCarey-StaffReporter



With the winter season fast approaching, it is time to get in the loop for all of the newest (and some traditional) winter trends! Things like big oversized sweaters to keep cozy, cute hairstyles for the chilly temperatures and fun places around Lee's Summit to go to during the cold winter season on its way.

Comfy Oversized Sweaters

One fashion trend for the cold weather are big comfy sweaters. They come in all shapes, sizes and colors and they can be found anywhere from H&M to the thrift store.

"Comfort and comfort, it is that easy," Aleena Becker, senior said.

They are super warm, they are super fashionable, and they feel like being wrapped in a big comfy blanket. They can be worn with leggings, jeans, or even with a casual dress. That is what is so great about big comfy sweaters: there is infinite possibilities on how to wear them and they are cute and comfy no matter what.



Loose Messy Buns

Winter fashion is centered around three main ideas: comfortable, cute and warm. Messy buns are the perfect last minute on-the-go winter hairstyle because they practically take no time and they look great when dressed up or when dressed down with sweats!. Messy buns are great for any outfit or any occasion.

"I like to wear messy buns with flannels and outfits that you wear scarves with," Maris Estrada, junior, said.

They keep hair out of the face and they can be loose and do not hurt so they are super comfy. It is perfect for going ice skating with friends or just staying at home and watching movies.



Lee's Summit Magic Tree

Starting November 26th 2015, the Lee's Summit Magic tree will be up and open to the public.

"It is just so peaceful, we went to Christmas in the park and I wanted to stop at the magic tree. My husband was not that enthused by the idea so he just stayed in the car and I just went over and wandered around the tree. Everybody took pictures and it was very respectful and peaceful. It is neat and it is kind of becoming a tradition," Pam Schleiden, chemistry teacher, said.

Not only is this beautiful landmark a great place for a photo-op, this year it will be partnering with Lee's Summit social services to provide a charity outlet for those interested in supporting our community's families in need. If visiting the tree this year, make sure to bring some non-perishable food items to donate.



"I'M GONNA POP SOME TAGS"

CarolineLuna-FeatureEditor

If students know the right spots to shop, they can find a variety of new things while not dipping too far into their pockets.

"When I go to thrift stores, I look for unique clothing that I would not normally find at a name brand store. Thrift stores have a better price on items, but it just depends on what I am looking for," Samantha Geringer, junior, said.

Some thrift stores in Lee's Summit are well known to the community, but others are overlooked due to new and improved outlet malls, stores and shops within the area. The thrift stores just around the block are Goodwill, Hillcrest, Red Racks and John Knox thrift store.

"I like to go to Red Racks sometimes. I like to get different t-shirts there. You can sometimes

Students trying to save money for college, a car and many other future items, but still trying to stay in style need to worry no longer if they know the right places to look. Many Lee's Summit North students are already exploring the various possible ways to save money, while also keeping up with the latest fashions and trends.

find some really great stuff there. One time I got a really nice, brand new Adidas jacket for only a dollar. I do not really have to pay attention to any sales at thrift stores because they are cheap enough on its own," Nathan Zoroya, junior, said.

From the latest vests, sweaters, t-shirts and flannels to home décor, these unique thrift stores each have something different about them. Many teenagers have lately been embracing the



Red Racks thrift store has a wide variety of clothing for any person.
Photo by Jake Maschger

new possible fashions that thrift stores have to offer.

"Red Racks has really good jeans and overalls, which is good because they are coming back into style. Sometimes they have different colored tags that are 50% off, so if you can find those prices, it is

When it comes to shopping,

nice," Kaitlyn Hilbert, junior, many either steer clear of

All stores are accepting of donations, which allow often to see the new items offered. Because many people all types of fashions to vary throughout each store. From athletic, to hipster, or just basic everyday, comfortable clothes, these styles can be found.

"If I do not find what I am looking for, I can usually find something that I like. It depends on what I am looking for like the quality. If I were looking for something that is worn down I would obviously want to go to a thrift store," Erica Odell, sophomore, said.

Although many students see thrift stores as not high quality, most thrifters see them as a chance to embrace the different types of styles they offer.

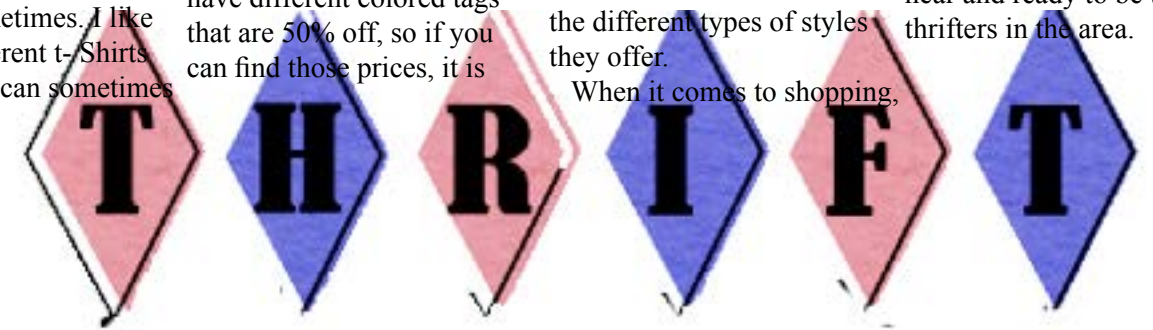
thrift stores, or are in-and-out often to see the new items offered. Because many people donate things within different seasons, there are always new items coming in and out of the stores.

"Sometimes I think thrift stores are hit or miss. Either I find something great that I was looking for, or I just look over everything and nothing stands out," Geringer said.

The unique trends thrift stores typically bring can allow students to mix, match and test different styles without emptying their bank account. Red Racks, Hillcrest, John Knox, and are always near and ready to be taken on by thrifters in the area.



Red Racks in Downtown Lee's Summit.
Photo by Jake Maschger



The Association is Back in Action

WillMauer-StaffReporter

Did You Know...

The NBA was founded on June 6, 1947 in New York City, NY. Originally, it was call the Basketball Association of America (BAA).

This year, however, is a new year. Kevin Durant is back up and running with Russell Westbrook and new coach Billy Donovan, LeBron James and Kyrie Irving try and finally capture a title for the city of Cleveland. The splash brothers in Golden State are trying to repeat as champions of the National Basketball Association (NBA).

The draft this year was strong, with Karl-Anthony Towns going number one overall to Minnesota by way of Kentucky--and the talk of the draft, Kristaps Porzingis, from Latvia, goes to the Knicks, the center of the media attention. Media members are conflicted on who should win the rookie of the

Last year was an incredible year for basketball fans. A team that had not won a title since 1975 finally lifted the Larry O'Brien Trophy, a superstar could not bring his hometown a trophy, and teams chances fell when their superstars went down.

year, spanning from Philadelphia's Jahlil Okafor to the Nuggets' Emmanuel Mudiay. "I think Jahlil Okafor will win Rookie of the year, he's got potential to become one of the best big men in the league," Anthony Roganti, junior, said.

The Most Valuable Player (MVP) award is an award that is much easier to pick. There are always going to be good players, but the great ones stick out. The obvious candidates are LeBron James, Kevin Durant and last year's winner Steph Curry. Players like Anthony Davis and James Harden are also bound to have a fantastic year.

"Steph Curry will win the MVP again this year because Golden State is so good and he has got out to such a hot start," Jon Voss, junior, said.

Free agency changed for NBA teams, making some contenders. LeMarcus Aldrige took his talents to San Antonio, to play for Gregg Popovich and the Spurs.

"The Spurs aren't going anywhere after landing yet another consistent All-Star who can contribute on both ends of the floor," Adam Fromal, writer for Bleacher Report, said (courtesy of Bleacher Report).

Meanwhile, the Los Angeles Clippers added veterans Paul Pierce, Lance Stevenson and Josh Smith. Other than a few big moves, this year was dull

for free agency. Next year will be the Kevin Durant sweepstakes, with this being his last year on his contract.

As far as who will be the last team standing, it is still up for debate. The NBA playoffs consist of the best eight teams in the two, the four division winners and the next four teams with the best record. The Golden State Warriors won the Pacific division, and went on to win the NBA title.

It is expected that Toronto win the Atlantic, Cleveland winning the Central, and Atlanta conquering the Southeast.

As far as the Western Conference, the three division winners are expected to be Oklahoma City, Golden State, and San Antonio.

The Eastern Conference finals, according the analysis' predic-

tions, will be Cavs vs Bulls, with LeBron James and company going on another trip to the Finals. The Western Conference is much tighter of a race, with many quality teams to make the playoffs a must watch. The two teams that will come out on top are Golden State and OKC.

As far as the Finals, many people forecast Warriors vs Cavaliers. The experts are projecting for a dynasty to start in the Bay area, with Golden State winning it all again. Others believe LeBron will not be denied another tie, especially if the Cavaliers are healthy this time around.

The NBA is in a great state, with young players taking the league by storm, and the seasoned veterans dominating as usual, this year in the association should be incredible.

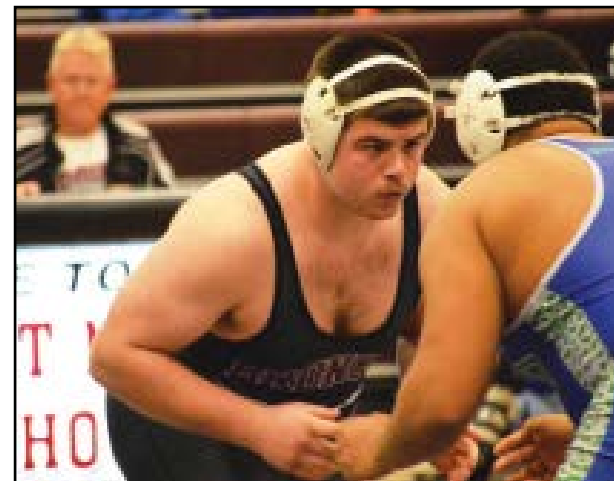


Courtesy of cbssports.com

Throwing it Down at LSN

GracieSnook-StaffReporter

Many seasons of hard work and discipline make it all worth it when these athletes hear the referee slap the mat and declare the winner. First, these athletes must put in the effort and strength it takes to win the match. Coaches Joey Sullivan and Mick Cronk teach them the act of discipline and determination.



Tanner Vance, senior, faces opponent.
Photo courtesy of Mike McGurk

When it comes time for these athletes to perform, they spare no effort to do their best.

"It's more of a fight or flight experience with a good adrenaline rush and energy to get excited and accomplish more," Justin Mann, freshman, said.

It is not just about winning; it takes leadership and effort to win a match and to be a good teammate. Many wrestlers learn more than just how to pin somebody down they learn how to be a team player. The morals that are taught are meant to be used inside and outside the gym.

They go beyond the opponent, referee and the coach. They build character to be used and shown to the world. They also

learn how to wrestle correctly and safely.

"They train really hard, and we make sure that they are in great shape so that they do not get hurt. They also have protective equipment they wear on their ears. They are encouraged to wear mouthpieces, so on and so forth. All the coaches are first aid and CPR certified in order to keep them safe," Sullivan said.

At the beginning of the season, they condition and train before the matches start. For the beginners, they learn the rules and regulations as well as train and condition with the other wrestlers. Maggie McCormick said that her brother Keagan McCormick acted as a role

model to the younger and or less experienced wrestlers. He wrestled throughout high school and was undefeated his senior year up until state when he lost. Last season he was the top wrestler at LSN.

"I wish that there were more kids out just because numbers are really important and we need to fill every weight class," Sullivan said.

Many people have never tried wrestling because it looks intense or because it is a contact sport and is very aggressive, but students get into really good shape and make a lot of friends.

"It was just a different sport and I wanted to see if I could do it," Emily Childers, senior said.

After a long summer and a lazy fall, it takes a while for the athletes to get back in the groove of working out and actually wrestling before they can compete against other schools.

"The whole season last from two to three months," Mann said.

Last season there were four tournaments, not including the smaller matches. The tournaments are where the wins really count. According to Sullivan students have never gone undefeated for

Save the Date

MSHSAA Wrestling Districts will be held starting on Friday, February 12 at 4 pm.

a whole season, and have had wrestlers go a whole season without losing any matches. They are almost always on varsity though. Within schools and depending on the wrestler, we have the biggest rivalry with LSHS, Truman High and BSHS. They all have really good wrestlers that give even some of

LSN's best varsity wrestlers a run for their money. If someone is passionate enough about the sport and have the right mindset, they can almost always prevail.



The Missouri Mavericks, Making Noise

JackLangle-NewsEditor

Western-Central Rankings

1. **Missouri Mavericks**
2. **Allen Americans**
3. **Tulsa Oilers**
4. **Wichita Thunder**

On April 16, 2009, the Central Hockey League (CHL) announced that they would be expanding into the metro area. Shortly after the Independence Events Center (now called the Silverstein Eye Centers Arena) was built in southeast Independence, Missouri.

The new teamed thrived and was an immediate success in the area and garnered many new fans.

"I like the overall environment with the Mavericks and the way the fans react. It is just a fun time whether or not. Plus, to me, hockey

In 2009, for the first time in a long time, the Kansas City metropolitan area got a professional hockey team. The Missouri Mavericks play for the East Coast Hockey League (ECHL). This minor league affiliate of the New York Islanders has brought plenty of excitement and fun in their seven years in the KC area.

is just really entertaining," Aylish Hulme, sophomore, said.

Hockey has become part of the culture in Kansas City ever since the team arrived and with it has come more youth leagues and teams and more excitement involving the sport, not just the Mavericks.

The Mavericks were able to become such a fast-moving and rising organization that prior to their 2014-15 season, they along with six other members of the CHL made the move to the ECHL, an official AA affiliate of the National Hockey League (NHL), upon the CHL's ceasing of operations.

Also around that time, ownership was moved to Lamar Hunt Jr., son of Lamar Hunt, the founder of the Kansas City Chiefs and brother of Clark Hunt, the current chairman and CEO of the Chiefs.

"There was a little bit of an element of love at first sight, because when you walk into the building, you see the brand and talk to the people, and see how well it's run," Lamar Hunt Jr., Mavericks owner, said.

Lamar Jr. brought new hope for new generations of hungry Mavericks fans wanting to claim their first championship.

Those goals were not accomplished immediately as the team struggled in their first year, only posting a 28-35-5-4 record across 72 games.

This year however the Mavs have shown quite the turn around. The

team is 19-2 and is in first place in their division. Everyone is pumped for what might just come out of this year.

"I think we are playing up to our potential we still have more to give, and it is exciting to see guys clicking early," Josh Robinson, Mavericks goalie, said (courtesy of kansascity.com).

The fan base is all behind this team, as they have been forever. A city without professional hockey for a long time, the KC area and its Mavs fans has often been seen as some of the best in the area.

Prior to the Mavericks, Kansas City's last notable hockey team

was apart of the National Hockey League (NHL). The team, the Kansas City Scouts were here for two seasons before moving to Colorado and then New Jersey, now being known as the New Jersey Devils of the NHL.

The team was not that successful, and attendance for some games was sometimes less than what it is now for the Mavericks, which shows just how passionate KC is.

The Mavericks play into the spring and now have a team competing to be a top playoff contender; this team truly is part of Kansas City and its people. The Mavericks, are making noise.



Courtesy of ticketmaster.com

DIVE INTO THE GIRLS' SEASON

HaleyHynes-StaffReporter

The girls' swim and dive is back in the pool following up the boys' great finish for the year. With the new season comes, new faces and new goals for the team. The 2015-16 season is for sure something to watch.



Girls swim works hard in practice to prepare for their upcoming meet.

Photo by Megan Busse

The coaching is different compared to the boys but remains the same from the girls' last season. Both English teachers, head coach Brian Ray and assistant coach Melissa Shephard, have some exciting goals for the season and cannot wait to see what the new swimmers will bring for the team.

"We have a lot of new swimmers, but it is early yet. Some of the newer girls can not always handle this new type of training, so they tend to quit. We are willing to work with any type of swimmer, experienced or not. The question is, are they are willing to work for it?" Ray said.

Second year assistant coach, Shephard, usually works with the less experienced swimmers

and can really focus in on what to work on.

"Joining a new team and sport can be scary and difficult. Swimming is a whole other story, being that it is not a land sport," said Shephard

Shephard includes how she approaches each new swimmer and takes in account what needs to be worked on.

"I usually like to start with the basics, teaching the strokes Butterfly, Backstroke, Breaststroke, and Freestyle. Once the base is learned, we move into drilling and gaining some base of endurance with freestyle. Anyone with an open mind can learn how to swim," Shephard said.

Alison Renner, senior team captain, is super optimistic

about the season and cannot wait to see how well the team does and individually as well.

"The finish last year in our conference meet was a little disappointing, so getting back into the top three is the goal for the team. I would love for all of our relays to qualify for and I would especially love it if I could individually," Renner said.

After taking her sophomore year off, Anna Kellison, junior, returns to the high school team for a second time around.

"I really wanted to focus on competitive swimming last year and I think it really benefitted me. My freshman year swimming did not go the way I wanted it to," Kellison said.

Kellison also shared her goals and how she expects to achieve them.

"I wanted to qualify for state individually, but only made it on the relays. This year, I am working twice as hard and am more determined than ever determined," Kellison said.

The diving last year was sparse--there were no divers. This year Mary Adams, junior, tried it out for the first time. "I am actually a dancer, but my friends on the swim team convinced me to dive because no would else would. Since I already have a background in gymnastics, I thought diving could come pretty easily,"

*Save the
Date:*

**Watch the
girls drown
the competition
every Tuesday
starting on
December 1st!**

Adams said.

Adams had very little knowledge about the sport, but persists and tries her best.

"There is so much to learn and it is even so different considering that diving is a water sport. You have to learn a lot of dives and get judged on a bunch of aspects. So far I love it and I can not wait to see how well I finish off the season," Adams said.

The long season has only just begun and finishes off with the State Championships in February.

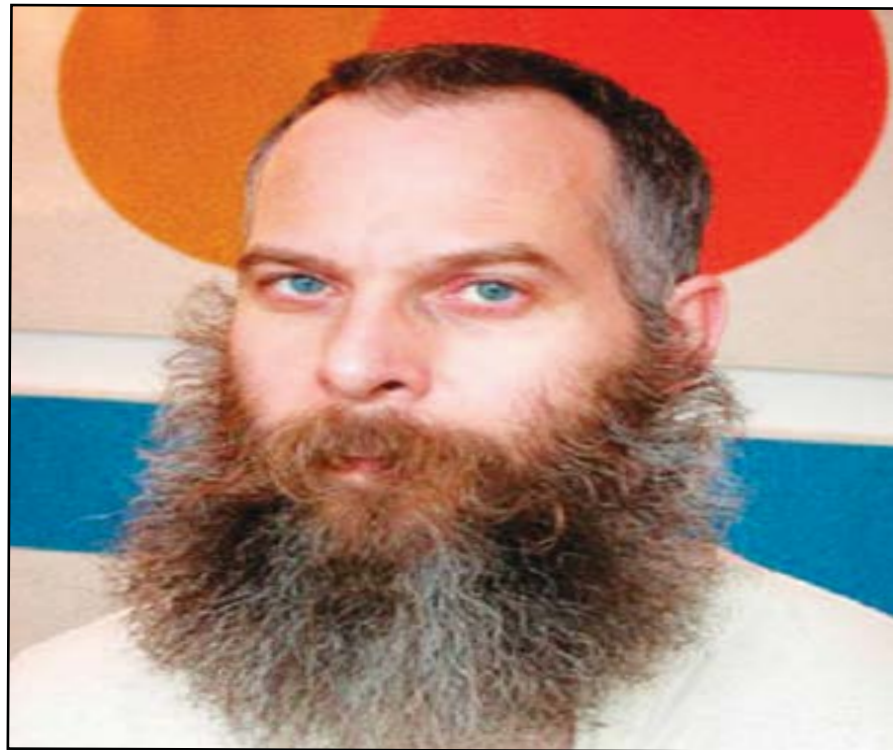
Put Away Those Razors: No Shave November Remains Popular



Marin Carey-Staff Reporter

Hopefully facial hair on your male friends is not a problem, because November, the month to support organized facial hair growth, has passed. Men (and women) all around the world took a part in “No Shave November”, which is exactly what it sounds like. For a whole month, men and women have the excuse to put down the razors and let all the hair grow and it all stems back to raising awareness for men’s prostate and testicular cancer.

Movember is a branch of No Shave November, where men just let their ‘staches grow. This phenomenon stems from a group of 30 Australian men who organized an event and grew moustaches for 30 days to raise awareness for prostate cancer and testicular cancer in men. The foundation became known as the Movember foundation. Funds raised went to the Prostate Cancer Foundation of Australia (PCFA). At the time, that first check from the Movember foundation was the largest single donation the PCFA had ever received. With



Courtesy of dressedfordinner.wordpress.com

more than 715,000 participants globally, they raised \$20.2 Million for Movember 2014 in the US.

“I think that everyone that can participate should,” Parker Tootle, junior, said.

I think this is absolutely amazing, and the fact that something as simple as not shaving for a month has raised so much money and so much awareness for such a good cause.

“I feel like most people just do it just because they are lazy, but I do it because it is an excuse to grow out my beard. A lot of people frown upon 15 year olds growing out beards but I really like my beard,” Brady Bates, sophomore, said.

All boys should be fully able to participate if they choose and it all stems back to raising awareness for men’s cancers.

Since it’s forthcoming, the tradition of no shave November has branched out into some other directions as well. The feminist movement has taken the trend, originally just meant for men, in a whole new direction and are using the month to raise attention to a very important question, why do women have to shave in order to maintain their “femininity” in the first place?

“You do what you wanna do dude, I do not do it but if you want to do it that is your choice,” Catie Wolff, sophomore, said in

regards to women participating in No Shave November.

Whatever the origin of it being socially unacceptable to have hairy legs may have been, I think that women should have the freedom to do whatever they feel comfortable with when it comes to their bodies.

“Of course it is acceptable for girls to participate, if I want hairy armpits I am gonna have hairy armpits. That is not anyone else’s place to judge me,” Natasha Nutter, sophomore, said.

For this reason I think it is perfectly acceptable for women to participate in No Shave November along with the men. As long as they keep in mind why the tradition was started in the first place and not overlook the men’s issues that are trying to be brought to light in their attempt to destroy the social norms that go along with women shaving. There are many different perspectives and opinions that go along with No Shave November, but in my opinion both men and women should be more than able to participate. On the men’s side of things, it is all coming back to a good cause. On the women’s side of things, it is a great opportunity to become more comfortable with your body and do whatever makes you feel best.

ESCAPING THE WORLD OF STUDENT LIFE



Blair Clark-Staff Reporter

The life of a student is one of the most stressful times in the growth of a person. A student’s life revolves around the typical stuff; social life, school, sports, extracurricular activities, and most important of them all, grades.

Stress can come from anything, but at the high school age, grades can take over your life. Trying to balance everything and still have time to relax is quite a challenge. Being a student is kind of like saying, “Bring on the stress!”

“It is continually emphasized that the rest of our lives are determined by how well we do in high school. There is so much going on in our lives and I feel like it is hard to have a social life or just relax a little,” Jennifer Collens, sophomore, said.

We all have social lives. There is no way around not having one. It keeps us all sane, for the most part. I think we can all say school controls our lives and that is not how it should be. All of us have been told before, “It is just a grade, not your life!” For a lot of students, one bad grade ruins everything.



Noah Bogart working hard on his project in Biology.
Photo by Jake Maschger

In reality, grades can be your whole life. Yes, that might stress you out more, but it is true. If you want to go to college, grades are a big factor in which one you get accepted into.

It does not just stop at grades. Many students are involved in sports, theater, clubs, and other extracurricular activities. Some are even working. Going from a full day of school, to practice, or work for a few hours and then going home to do more homework. There is barely time to eat or shower.

“For me, it is hard to keep my grades up along with having time to do anything else. It is a lot coming from school and then having a bunch of homework after school. I think a lot of students struggle with balancing everything,” Connor Ours, freshman, said.

All these things can add up to an unbearable amount of stress for someone who is still growing up. Time management, finding time to relax, or even just talking to someone and asking for advice can help you feel better and relieve some of that built up stress.

“When I am stressed, I usually go for long runs or go work out. It relaxes me, but I also know everything will come together in the end,” McKenna Peterson, senior, said.

For some, it is music and blocking everything out just to make themselves feel better. For others, it is going on a jog or even just taking a break or taking a nap. Everyone is different. Teachers and parents can also be a big help. They somewhat know what you are going through and they also give some pretty good advice.

“I turn to my parents in tough situation and when I’m stressed out. They always have great advice about how to work through the situation,” Peterson said. Whatever you do to relieve some stress is what works for you. It needs to be done. We students need a little break from the things that stress us out the most. So listen to music, go on a jog, watch a movie, take a little time off of schoolwork and just relax after along day full of stress.

Faking to Make the Grade



Lexi Talpers, junior and web editor

I feel cheating is a serious problem in the educational system today especially with students feeling pressure from all different outside sources such as parents, teachers, peers. The constant feeling of having to score well on exams, papers and presentations all can lead students to cheat.

Cheating can be defined as dishonesty or unfairness in order to get advantage especially in the classroom, whether it is asking a friend for answers on homework, writing formulas on hands, or glancing at another student's paper during an exam. Cheating exists, no matter how hard some people try to deny it.

"I think cheating is a serious problem in today's society and the way some parents put pressure on their kids can definitely impact their mindset and make them think in order to get the grade, they have to cheat," Mandy Kilgore, junior,



Students listening to music in the media center.

Photo by Jake Maschger

said.

I think in this society that grades are valued more than actually learning and understanding new concepts the students are meant to learn. Students feel they have to "make the grade" to pass their class. The education system is all about preparing the students for college and to make sure they will be successful.

"I think the administration puts a lot of pressure on the students to be successful and to make good grades and to score well on standardized tests," Kilgore said.

According to Plagiarism.org, 59% of high school students admit to cheating on an exam and 34% admit to cheating more than twice. Over half of high school students reported cheating on an exam, and in Lee's Summit North, applying that calculation would be about 1000 students who have cheated.

"I think cheating is more about the pressure students are under and they're trying not to get a bad grade or to mess up so they cheat," Mitch Peterson, sophomore, said.

I think that grades are for sure important, but not important enough to cheat over. If someone does not understand what is happening in class, there is no shame in asking the teacher to go over the topic again or come in before or after school to get extra assistance.

The way the students act in the classroom, reflects how the teacher's conduct their classroom. If the teacher's turn a blind eye to the student's cheating the student's begin to think that cheating is acceptable and they can cheat in all of their classes.

"I have seen a teacher turn a blind eye to cheating, just simply because they do not want to deal with how much work it is to actually write up the student," Joanie Westcoat, freshman, said.

I understand that there is a lot of pressure put on student's to make the grade in the classroom and to make good choices, but by cheating a student is not only putting themselves in a bad situation if they get caught, they risk not being allowed to get into National Honor Society their senior year and having that cheating incident all on their permanent record.

Of course there are students out there in schools all over the world who do not care about their grades whatsoever who cheat to get ahead and I think that is completely unfair to students' who work their tail off to get the grades they earn.

Cheating is something in today's society that has become just a way to pass the class and deal with the pressure, but should be taken as a serious problem.

Unreasonable Costs for College Tuition



Savannah Mullen, staff reporter

High school is the last place to get you ready for college and going into college is not easy, especially when it cost more than a brand new car. Nowadays, schools are more expensive than ever and rising every year.

In high school, there is a class of at most 30, one teacher and it works, but when you go to college there are many more people but the same amount of teachers, one. As for some, more students may help tutor them but for the majority the students may not be able to get the one on one they need. The college life is not a breeze, and there is the issue of money every way you turn. Just paying for you education is difficult, but growing up and being independent is pretty hard. Paying for college is a good way to start thinking of ways to save but the price of colleges is still crazy unreasonable.

A public college is less expensive than a private; therefore, many end up going



The University of Missouri's campus.

Courtesy of www.pinterest.com

to a public college if they go at all. Many have bowed out on the whole college thing and end up only having only a high school diploma to get a job.

For some who did not go to college it was not their choice but the choice of money, either to get a college education with thousands of dollars in debt or to get an average or lower paying job for the rest of their lives. College ruins lives even after the students graduate due to the high costs of loans that cover the tuition.

"If I do not have the money I would rather not have my parents or I pay loads of money for the same learning experience at a different school," Meghan Oswald, sophomore, said.

Oswald believes that she would rather stay in Missouri to get the in-state tuition due to the fact you get the same education. If the money affects students decision on their dream school that seems unfair.

"Obviously there is a sort of dream to go somewhere exclusive bit then you have to come back to reality and notice how tuition could be something unbearable," Cole Duntun, sophomore, said.

Students' dreams are to get a high paying

job, to have a financially stable family and life and to do so they should go to their dream school and be able to complete their dream. When tuition costs as much as it does, how are students going to accomplish their dreams?

"There should be an option for college to get cheaper rates for people who can not afford what they are asking for," Sarah Lewis, senior, said.

For lower income people going to college, which would be most incoming college students, should be able to have lowered college tuition, which they have but may still need to be lower than that. If it is lowered then there may be an increase in the average of people that end up going to or going back to college. If that happens it would make up for the money that they shaved off the unreasonable price.

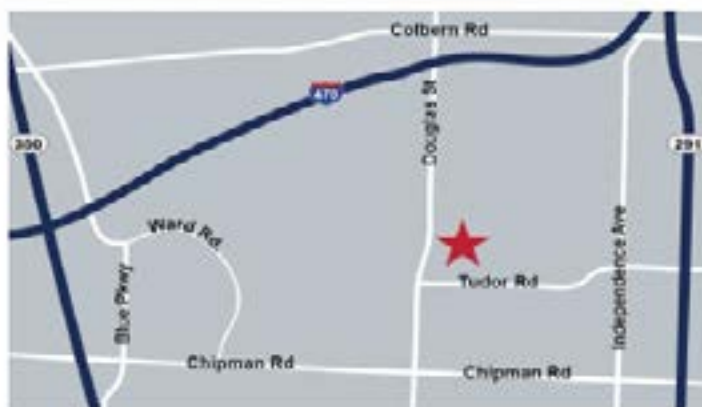
"When I was looking at KU it was much higher than MU just because of out of state reasons," Lexi Rampetsreiter, senior, said.

Out of state colleges have an added on price if you do not live in that state and is unreasonably high due to the fact it is just out of a state you live in.

College tuition is an unreasonable cost and should be lowered for most students wanting a good education.



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