

THE NORTHERN EXPOSURE

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In this Issue

February

2015-16 Staff

Mindy Haesemeyer	Adviser
Rachael McMillin	Co-Editor In Chief
Zoey Barnes	Co-Editor In Chief
Lexie Talpers	Junior Editor/Web Editor
Danielle Zammar	Junior Editor/Web Editor
Caroline Luna	Junior Editor/Feature Editor
Jack Langle	News Editor
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Lili Cunningham	Entertainment Editor
Olivia Gray	Sports Editor
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Jacob Maschger	Graphics Editor
Will Mauer	Staff Reporter
Zoe Rickman	Staff Reporter
Marin Carey	Staff Reporter
Savannah Mullen	Staff Reporter
Chris McLean	Staff Reporter
Blair Clark	Staff Reporter
Gracie Snook	Staff Reporter
Haley Hynes	Staff Reporter

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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On the Cover: Jake Riley driving down the court to score against Lee’s Summit West.

Photo by Megan Busse

Dr. Meisenheimer's View on SNOW DAYS

Anyone who has ever lived in Missouri knows that if you do not like the weather, you can wait twenty-four hours and it is likely to change. Missourians are accustomed to harsh seasons. Summers can get so hot you feel as though you are walking on the sun, and who hasn’t heard the expression, “It’s not so much the heat as it is the humidity?” On the flip side, winters in Missouri can be brutally cold. With these extreme weather conditions, no one is going to mistake Missouri for Florida with its more pristine weather conditions. So what is our reward for tolerating Missouri’s typically cold winters? Snow days! These are the days that every student, teacher, and even administrator starts anticipating beginning the first week of December. I love snow days! I love the energy and excitement that a mid-morning snow fall brings to students. I love the buzz around school. I love the question, “Do you think we are going to dismiss school early today?”

SNOW DAYS ARE THE ANTI BIOTIC TO WINTER DEPRESSION. SNOW DAYS REJUVENATE STUDENTS AND STAFF. SNOW DAYS ARE PART OF THE FABRIC OF GROWING UP IN MISSOURI, AND THEY PROVIDE A POSITIVE INFLUENCE ON THE MENTAL WELFARE OF STUDENTS AND STAFF.

How many nights have you laid in bed hoping to read a “School is canceled due to inclement weather” tweet from the Superintendent, Dr. David McGehee? In the movie Bull Durham, minor league baseball player Crash Davis created a rain-out by turning on the sprinkler system and running it overnight.

If I could manufacture snow days like Crash Davis did

rain-outs, then I would implement the following rules:

1. No more than one snow day prior to winter break. The first semester is already shorter than the second semester, so first semester snow days only make the second semester that much longer.
2. A minimum of three and a maximum of five snow days per year, with four snow days being optimal. More than five days is simply too many days to make up at the end of the school year.
3. An early dismissal on Thursday and a snow day on Friday would have to be one of the combinations. What a great weekend bonus!
4. Principals work on snow days, which provide an excellent time to “get caught up.” Considering this, the LSN administrative team would be allowed to pick a snow day during the second semester that helps them get caught up. I know this is a little self-serving, but I make up for it with rule five.
5. If the principal gets to pick a snow day, then the senior class should be allowed to choose a snow day as well. Oh, I forgot, those are called senior skip days and seniors pick enough of them already, so grades nine, ten, and eleven get to pick the second snow day.

The only compelling reason against snow days is having to make them up at the end of the school year. Seniors, is this an issue for you? Me neither. So as we enter these long winter months, I say:

“LET IT SNOW! LET IT SNOW! LET IT SNOW!”

THE KIDZ IN THE HALL TELL-ALL

OliviaGray-SportsEditor

The Repertory Theatre class's variety show entitled Kidz in the Hall features original skits (also referred to as one acts) written, performed and directed by the students themselves and will be presented on Thursday, February 25 from 7 to 9 p.m.

The variety shows consists of 18 different one-acts that last about 15 minutes. General admission will be five dollars and dessert will be provided during intermission. Various cookies, pies and cakes will be catered in from a variety of favorite local restaurants.

"We will be expecting a full house so there will be enough dessert for such," Mr. Shayne Daniel, theatre teacher, said.

Although LSN has produced several variety shows each year, such as Northern Lights and the Talent Show, Kidz in the Hall will be the first-ever variety show the theatre department has produced. Unlike the other variety shows, Kidz in the Hall will be more comedic and theatre-oriented.

"Before the Mad TV, there was a sketch comedy show called Kidz in the Hall with



Emaley Mack, Nick Minx and Casey Wheaton-Werle reading their scripts.
Photo by Haley Hynes

Dave Foley. I chose [the name] 'Kidz in the Hall' because it brought together the idea that it was a sketch comedy show and these are students," Daniel said.

The Repertory Theatre class had only a month to plan, create and perfect their skits for their one-night-only production. Although the students were on a short and stressful time crunch, the show is more beneficial than it appears.



"The hardest part about putting on a variety show is you have to look at whether or not it will be a crowd-pleaser," Serik Davidson, senior, said.

First and foremost, the theatre club did not put on their usual February production. The variety show proved a great way to keep the students busy before their Animal Farm production in April.

"Another reason is the fact that

costuming is expensive. In order to offset the cost of costumes, we are using the funds we receive from 'Kidz in the Hall' to pay for Animal Farm's costumes," Daniel said.

The variety show will consist of two acts, each act containing nine skits or short films.

"One of the skits we do is a cool, funny scene of Hamlet. We are also doing a parody of Harry Potter Puppet Pals," Davidson said.

The variety show is much different than any other play or musical that LSN has ever produced. Kidz in the Hall acts as a showcase of the students' various talents and skills. For example, some kids may be more musical oriented while others prefer to strictly act. This show is also an opportunity for the students to display their film-making skills.

"A variety show is unique and it's a fun idea. I'm excited to see the final product," Chris Minx, senior, said.

A mixture of hard work, creativity and talent come together to create masterpieces, expressing the side-splitting thoughts of the brilliant LSN theatre students. The Kidz in the Hall is to bring good humor, uncontrollable laughter and various desserts to the Performing Arts Center next week.

Robotics: More Than Just Robots

HannahJohnson-BusinessManager

When thinking about robotics, most people only think of building and competing with robots. However, there is so much more to the team at Lee's Summit North. The Broncobots compete through *For Inspiration and Recognition of Science and Technology* (FIRST). FIRST's mission is to "inspire young people to be science and technology leaders,". The Broncobots do this in a number of ways.

One of the ways The Broncobots promote FIRST is through hosting robotics camps in the summer. This past summer the team put on three, one-week long camps. They did one specifically for engineering and two that focused on robots. This really helps to get elementary aged kids interested in STEM.

The team also hosts noodle nights are a spaghetti dinner for kids and their families. The kids also have six to eight stations to go through that have small science and technology projects to complete. After completing the stations, the kids, along with their families, come together and complete two to three bigger engineering projects. They also have the opportunity to see and drive the robot. This helps to promote science, technology, engineering and mathematics (STEM) and continue family involvement through STEM.

"They promote FIRST's mission by teaching younger kids about STEM and getting them excited about engineering," Sarah Ahern, freshman, said.

Another way the Broncobots help to promote STEM is volunteering for a STEM camp at Bartle Scout Reservation. This is a weekend for fourth through sixth grade kids. The team has



Olivia Little working at Robotics practice.
Photo courtesy of Ms. Lynn Griffith

gone to volunteer for the past two years. Members of the Broncobots team give the kids a challenge to complete and let them look at and drive the robot. The Broncobots have also helped to design a STEM lodge for the camp. "We are one of the main STEM things there and one of the first real introductions into engineering for most of the kids," Lucas Hall, senior, said.

FIRST promotes gracious professionalism. The three R-7 teams do their best to carry out gracious professionalism and one way they do that

is by working together. The three teams each have a build site on the LSHS property as well as a shared space. Though the three R-7 teams may compete against each other during the competitive season, they work together and realize the importance of helping each other.

"During competition season, gracious professionalism helps a lot. It is all about making sure each team competes to the best of their ability. You always see teams helping other teams. Sometimes, that team may come back and beat the team that helped them," Austin

Ahern, senior, said.

The R-7 Alliance also holds an open house for the community and other teams to come in and see the robot. This gives the teams an opportunity to test their robots with people around before the end of build season. It also gives the community a chance to see the teams they have given their support to.

"It is usually the fifth Sunday afternoon of the season. In addition, we host a scrimmage open to all the KC area robotics teams the last weekend before stop build date. All three teams together are responsible for setting up the field and working the event in whatever capacity," Lynn Griffith, math teacher and Broncobots coordinator, said.

The Chairman's Award gives robotics teams a chance to show off their community service and the different ways they have promoted STEM. This award an essay, a video and then a speech given to three judges at regionals. There are also judges in the pits. The pits are similar to the build site, but everything must fit in a 10x10 square. The Chairman's Award is one way to get to World Championships. The Chairman's Award is not about how well the robot did, so some teams may have an off year, but can still make it to World Championships because of the Chairman's Award.

"Chairmans is an award rewarding those teams that embody the values important to FIRST. It recognizes community service and spreading the message of FIRST," Connie Wentworth, junior, said.

Robotics teams build robots and compete with these robots, but they do so much more than this as well. The Broncobots have taken the FIRST mission to heart and have built a team around it.



THE MYSTERIOUS, MAGICAL AND DISAPPEARING EL CHAPO

RachaelMcMillin-Co-Editor-in-Chief

From being the most powerful drug trafficker in the world to being an inmate, Joaquín Guzmán Loera, otherwise known as El Chapo, has had his reign come to an end when he was spotted in the sewers in Mexico. El Chapo has been detained by the police in Mexico and will be extradited.

Born in Badiraguato, Mexico, Guzmán entered the drug trade as a teenager. Nicknamed “El Chapo”, he founded the Sinaloa cartel in 1989, over time building it into an immensely profitable global drug-trafficking operation. Known for his violent actions and powerful influence, Guzmán has successfully orchestrated daring escapes from maximum-security prisons in his home country. One such escape came in July 2015, although he was recaptured the following January in the Mexican city of Los Mochis.

“I haven’t heard of El Chapo in the past, but recently he has been all over the news for his prison escape and when they found him in Mexico. I don’t particularly condone his actions, but he had to be a smart man to escape from a highly guarded prison,” Bailey Meade, senior, said.

By his teens, Guzmán had been kicked out of the family home and was forced to make his own way. With little schooling in his background, he eventually found

himself following his father’s path in the drug trade, growing marijuana for small amounts of cash.

By the late 1970’s, Guzmán had proven his value in the narcotics business and begun working with another rising young dealer named Héctor Luis Palma Salazar. Guzmán



El Chapo was recently captured in Mexico after his escape from prison in late 2015.
Courtesy of npr.org

oversaw the movement of drugs from his home district of Sinaloa, a crucial drug trafficking area on the western end of Mexico where narcotics flowed north to coastal cities and into the United States.

In 1993, Guatemalan authorities arrested Guzmán and extradited him to Mexico, where he was convicted and sentenced to a maximum-security prison for 20 years. Then in 2001, with the help of bribed prison guards, he escaped prison via a laundry cart. A federal investigation led to the arrest of 71 prison employees, including the warden.

“I think that it was dumb of the guards to help him escape prison because eventually someone is going to notice

that El Chapo is gone. Then they’re going to wonder how he escaped and who helped him, thus, bringing attention to yourself,” Tessie Deselich, senior, said.

In February 2014, Guzmán was finally apprehended in a hotel in the Pacific beach town of Mazatlán, Mexico.

Declining requests by American officials to have Guzmán extradited to the United States, Mexican President Enrique Peña Nieto vowed that Guzmán would not escape again.

Yet, less than 18 months later, Guzmán orchestrated a second daring flight from prison in July 2015.

For this escape, Guzmán slipped through an opening in his cell’s shower section,

made his way down a 30-foot ladder and then traveled through a tunnel network that connected his cell to a house that was still under construction about a mile away.

On January 8,

2016, President Nieto announced on Twitter that Mexican authorities had recaptured Guzmán after a shootout earlier that morning in the city of Los Mochis.

“It was for us, the government, without a doubt a difficult and tense moment when [El Chapo] was able to escape from prison...But the important thing is that we were able to re-apprehend him. The most wanted criminal in Mexico, one of the most wanted in the world, was re-apprehended thanks to an intelligence effort and consistent work of the public security forces in our country,” President Nieto said (courtesy of cnn.com).

Guzmán later returned to the same prison from which he escaped the previous summer and faced the possibility of being extradited to the United States to face drug trafficking charges.

EL CHAPO IS THE FIRST MAN TO BE NAMED “PUBLIC ENEMY NO. 1” IN CHICAGO SINCE AL CAPONE. HIS CARTEL TRANSPORTS UPWARDS OF 4,000 POUNDS OF COCAINE INTO CHICAGO EVERY MONTH.

Who is Coming to Town?

WillMauer-StaffReporter

The Kansas City area has many things happening in the coming months, from sporting events to concerts. From now until summertime, the metro will be filled with entertainment on a weekly basis.

There are many concerts coming to Kansas City in the coming months. This includes Blake Shelton on February 26, ACDC on the 29 at the Sprint Center. In addition, TobyMac comes to town on March 19.

The biggest ticket in town may be on April 6, when Justin Bieber comes to the Sprint Center for a performance that will make every teenage girl in the area call in sick the next day. It is the biggest concert of the year for the area, but is not the end of the fun.

Mumford and Sons and The Who come to town on April 18 and 29 respectively, with Carrie Underwood in May and Selena Gomez on July 1. There are many other concerts coming to the area and it is not limited to this list.

As far as sports, PBR (Professional Bull Riding) comes to town on February 20 and 21. The Big 12 wrestling championships are in early March. After wrestling comes the hottest ticket in town, at least that is not professional. That is the Big 12



Selena Gomez performing one of her newest hit songs.
Below, Justin Bieber poses for the camera.
Courtesy of live1015 pheonix.cbslocal.com

college basketball championship tournament at the Sprint Center, a four-day extravaganza of basketball. Downtown KC is a great place during this time, and any basketball fan needs to go down and see a game or two, be in the atmosphere, it is incredible. So many fans from around the country come to one place to see their teams play for the Big 12 title.

“The Sprint Center does an impeccable job hosting events,” Bob Bowlsby, commissioner of the Big 12 conference, said (Courtesy of Kansascity.com).

The Royals start play on April 3, playing at Kauffman Stadium against World Series foe, the New York Mets. The game is on a Sunday night, broadcasted to the world through ESPN, and will be a special night for everyone in the Kansas City metro area. They play throughout the summer, and will be at home 81 times, giving fans a chance to see them many times.

“The Royals coming back is better than any concert that could come to Kansas City,” Alex Oswald, junior, said.

With the Royals coming back in



early April, it energizes the city for the summer and creates an amazing atmosphere around the city for the upcoming concerts.

Another concert coming to town is Florence and the Machine, with special guest Grimes, coming on May 24. They come to KC courtesy of Buzz Under The Stars, presented by 96.5 The Buzz.

There are many different events, coming to multiple venues. Most concerts will be held at the Sprint Center, but some, like Buzz Under The Stars, will be held at the Cricket Wireless Amphitheatre. Also, venues like The Midland, or Starlight Theatre have different atmospheres for concerts. Sometimes even Arrowhead Stadium hosts big name celebrity entertainers.

“My favorite venue is the Sprint Center because it has the best atmosphere because of the roof,” Jon Voss, junior, said.

There are many different musicians and sports teams coming to the area within the next five months, creating an area that is full of excitement.

The Kansas City metro is quickly growing and focuses on getting the best for its inhabitants. The city grows bigger and bigger every year and is becoming one of the most thriving metropolitans in the Midwest.

TOP GROSSING APPS OF 2015

DanielleZammar-JuniorEditor

APP #1 FINAL CUT PRO X:

Final Cut Pro X is the production app of all production apps. Name the task and Final Cut Pro X will accomplish it. With revolutionary video editing, editing can be done without clip collisions or sync problems using the various features the application includes. Powerful Media Organization includes the ability to find any clip by just a few clicks, and the overall incredible performance takes full advantage of the Mac Pro's capabilities to edit and deliver 4K video like never before.



APP #2 LOGIC PRO X

Logic Pro X is a music production application put out by Apple for professional production quality and a variety of different features that make it well worth the \$200 dollars it costs for those who are serious about making high-quality music. With tools such as single window interface, timing, plenty of shortcuts, plug-in menu customization, it is truly a must have for every music enthusiast or up and coming single recording artist.



APP #3: AFFINITY DESIGNER

Affinity Designer includes the fastest, smoothest, most precise vector graphic design software available. This app, although a tad expensive, takes full advantage of each technology feature Apple provides and will revolutionize the workload on graphics for marketing materials and icons. In the newest version, 4.1, real-time performance, perfect color and output, and multi-discipline all are advanced to their full capabilities.



APP #4: 1PASSWORD- PASSWORD MANAGER AND SECURE WALLET

1Password reduces the stress of having to remember every single password for every social media account, the password to check PowerSchool every day, or even something as important as a bank account password. With the app being priced at \$24.99, 1Password stores all of your personal security information in one place, making it easily accessible and easily organized. Although a single password is required to login into the app, 1Password eliminates the frightful feeling of forgetting a password.



APP #5: BUNDLE FOR MS OFFICE

Bundle for MS Office is the ultimate helping hand for users of Microsoft Word. This application provides 2,218 original designs for documents, 40 professional template lines, 255 spreadsheet templates for Excel and so much more. Through all of Bundle MS Office's features, save time and achieve the best results on your projects.



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LEES SUMMIT NORTH HIGH SCHOOL

Building Leaders for the Future:

FCCLA

BlairClark-StaffReporter

Family Career and Community Leaders of America, also known as FCCLA, is a club anyone can join, is an organization building leaders of America in variety of topics. The main goal is to prepare students to be family, career and community leaders of America.

FCCLA is more than just a small club at school; it is a club that is nation wide. They are also involved in many groups including Yuda Bands, Project Linus, St. Jude's and Alex's Lemonade Stand. "My favorite part about FCCLA is the service projects we get to do together. I am currently in charge of Yuda Bands Project, which is where we sponsor a kid and help them go to school in the future," Ahilyn Aceves-Cortes, sophomore, said.

Students and teachers have also taken trips around the country to places like Washington D.C. and Columbia, Missouri for FCCLA. Competitions are the usual travel events and start at the regional level and move to the state level and then the national level.

STAR Events are one of the main competitions students can participate in. STAR, standing for Students Taking Action with Recognition, is exactly what these events are about. Together as a chapter or as an individual, students work to create projects, leadership skills and career preparation. Through the STAR Events, students learn much more than just what their project is about. These events were created to help students in the future by teaching them cooperation, individualism and competitiveness.

"I have traveled many different places for competitions. This last year I traveled to Columbia, Missouri and also Washington D.C. because one of our own students at Lee's Summit North made it to the national completion," Jessica Struckhoff, teacher, said.

Along with many other activities in FCCLA, they are there to help prepare

students for their future. The Power of One is an activity for students involved in FCCLA and show how just one person can make a change. Overall they have to make goals and work hard to achieve their goals. Through the Power of One, students work to create a better version of themselves, have better relationships with family, prepare for work in the future, build leadership skill and spread news in the community about FCCLA.

"Project like STAR Event and Power of One are some of our biggest activities. We also try to do multiple community service events each semester which are really fun," Ally Banks, sophomore, said.

The main purpose is more than just to get involved in school. The main theme of FCCLA is to focus on students making the right choices and to know they have the power to do great things. The overall point of FCCLA is to find a place in school and to also just have fun with friends from school while giving back to the community.

"FCCLA is to provide just one more way for students to get involved. We seek to help kids fit in and find new friends, but mainly help them find out who they want to be as an adult. We want to help prepare them for a successful life after secondary education," Struckhoff said.

FCCLA covers many different topics. The club has a spot for everyone. The main areas of focus include culinary arts, child development, fashion design and career development. Anyone can join at any time; just attend a meeting in Mrs. Pike's room to get involved.



FCCLA Members at Harmony Vineyard Church Regional meeting.
Photo by Zoey Barnes



FCCLA Region Officers (Zoey Barnes and Ally Banks) at regional meeting in Fort Osage.
Photo by Zoey Barnes

FEATURE-THURSDAY, FEBRUARY 18, 2016
LEES SUMMIT NORTH HIGH SCHOOL 9

THE FAMILY THAT IS ROTC

ChrisMcMillin-StaffReporter

There are many ways to get involved in Lee's Summit North's Air Force Junior Reserve Officers' Training Corps. They clean up highway 291 for community service, they have a chance to be on a drill team that goes to several different competitions and they have received trophies in several of them.

When in ROTC, students can be in Kitty Hawk Air Society, Color Guard and Drill Team, Rocket Club, Remote Control Airplane/Static Model Club, field trips, dances, Awareness Presentations Team, Dining Outs and a district-wide Military Ball.

"I like ROTC for the leadership it builds, the camaraderie inside the classroom and the special teams that we have," Hannah Isley, sophomore, said.

No military obligation is incurred as a result of enrollment in the program, and the U.S. Government pays expenses. Students are required to wear the Air Force uniform one day each week and meet the Air Force grooming standards.

The AFJROTC Program provides the opportunity for students to apply leadership, to develop self-reliance and self-discipline, to understand basic values and the elements of character and to participate in a wide range of exciting learning environments.

"I became a leader and a strong, positive influence on my friends," Ryan May, senior, said.

By completing two or three years of the four-year program, students can compete for an AFJROTC scholarship for college and may be eligible to enter the military at a higher pay grade.

In high school, the ranks achievable Cadet Airman through Cadet Senior Master Sergeant, officer ranks, and the highest rank in high school students can get is Cadet Captain Colonel. The only person who can get Cadet Captain Colonel is the Core Commander. At LSN, the Core Commander is changed every year in January at the Change

of Command. The Core Commander is currently Lauren Wayne who is a junior.

"You start out as an Airman, as soon as you pass the ranks test you get promoted to Airman First Class, and you can go all the way through Senior Airman," May said.

The LSN ROTC instructors and cadets earned an overall unit assessment score of "exceed standards" during a Nov. 11 evaluation. This is the highest rating attainable through the Air Force.

"Major Mark Schmidt and Senior Master Sergeant Randy Johnson have created a dynamic and supportive learning environment coupled with an excellent community outreach," Paul Keeping, a National Air Force Junior ROTC inspector, said.

"The Lee's Summit North Air Force Junior citizenship program is making a positive impact on the cadets, the school and community," Keeping said.

The evaluation praised the instructors for providing outstanding leadership in administering the cadet-centered citizenship program. In addition, the cadets were commended for performing exceptionally well and taking great pride in accomplishing their unit goals.

"I like ROTC for the interaction with other people and the different opportunities it offers me to become a better person and help others in the process," Sarah Richardson, junior, said.

In other situations, some have said that ROTC is their home away from home. It makes them happy and feel like they are apart of something bigger than what it seems to be.

"The point of ROTC is to turn you into a leader and honestly to become a family," May said.

If students are interested in joining ROTC or have any questions about it, they can stop by room 2305 and talk to Senior Master Sergeant Johnson or Major Schmidt.



ROTC members in uniform.
Photo by Caroline Luna



Debating Their Way to The Top

SavannahMullen-StaffReporter

Debate, is defined as a formal discussion by the oxford dictionary. But at North, debate students make it a winning discussion using data and information.

Debate, as well as, forensics, is offered as an elective. Debate students compete in competitions at different high schools in the Kansas City area.

"Every month, we are given a new topic affecting the world in some way and that ends up being the topic we debate about and use throughout that whole month," Leana Samyn, sophomore, said.

When getting ready for a competition, debaters are given an argumentative case to compete with or without a partner. They argue different worldly, opinionated topics that have a pro or con side. They are forced to argue both pro and con, no matter their stance. The limit of people to debate with is two, but many people debate by themselves.

"You can decide if you want a partner or not but NSDA, our top organization, gives out our topic, so we do not get to choose our topic. It is always a challenge because sometimes you get a predisposed opinion, so you have to argue either way," Madeline Duncan, senior, said.

Ben Gruenbaum, a North graduate, won the National Championship in 2014 for his Humorous Interpretation. Vance Kelly, a senior debater, qualified for nationals in Lincoln Douglas and U.S. Extemporaneous.

"Debate is more than just an extra curricular to me, it is something I enjoy doing and it is how I spend my past time. There are a lot of nice people in debate and smart people, I can always hold good conversations with them," Kelly said.

There are different two categories that their topics are chosen from; including

oratory and public forum. Oratory is an eight to ten minute speech on the debaters choice of topic and they use their speech to persuade the judges. Public forum is form of debate using two teams with two debaters on each, which argue about current events.

Lincoln Douglas is a single person debate against another contestant arguing morals and is memorized while performing. Extemporaneous is a speech written in 30 minutes and is researched and memorized to perform for only five to ten minutes.

Debaters can also letter by getting 150 points while debating throughout the year. The points come from different events they debate and whether or not they win.

"You have to have enough points to get a basic letter but being able to go to state and conference and being able to be able to compete well gets you more points in the program," Duncan said.

When signing up for a tournament, they can choose the event they would like to participate in and are qualified for. The two different categories for tournaments, which they can choose from are debate and individual events.

In June, Nationals are the 12 through the 17 in Salt Lake City, Utah. For Nationals, you have to qualify in your division.

Ben Jewell social studies and debate teacher has been coaching debate for 18 years. Rachel Russell is a language arts teacher and the forensics coach.

The next tournament is on February 12 and 13 at Blue Springs High School. There are different types of tournament debates. They have varsity tournaments, just like other sports and open tournaments for any varsity member or below members.



Varsity and Novice debaters after receiving their trophies at Fort Osage open tournament.
Photo by Rachel Russell



THE BLOODY TRUTH BEHIND VALENTINE'S DAY

MarinCarey-StaffReporter

From ancient fertility ritual and the occasional be-headings to elegant chocolates to giant stuffed animals, the traditions revolving around Valentine's Day have evolved throughout the years. Valentine's Day, as people have come to know it contains roots of both Christian and ancient Roman tradition and history.

The most well known story contends that Valentine was a priest who served during the third century in Rome. Very little is known about him, it is uncertain whether St. Valentine is just one saint or the conflation of two saints of the same name. He would secretly perform illegal marriages until he was caught and beheaded. Also, some claim that the Christian church may have decided to place St. Valentine's feast day in the middle of February in an effort to "Christianize" the pagan celebration of Lupercalia.

"To me Valentine's Day is hearts and happiness and a day where you give people cards with candies. I try to tell everyone how happy I am to know them and just spread love," Catie Wolff, sophomore, said.

When Emperor Claudius II decided that single men were better soldiers than those with wives and families, he outlawed marriage. Valentine, seeing the injustice of the rule, he decided to go behind Claudius's back and continue to perform marriages for young lovers in secret. When Valentine was discovered, Claudius put him to death.

Other stories suggest that Valentine may have been killed for trying to help Christians escape Roman prisons, where they were beaten and tortured. One legend says that Valentine, while imprisoned, actually sent the first "valentine" after he fell in love with a young girl who visited him

while he was in jail. Before his execution, he wrote her a letter signed "From your Valentine," an expression that is still in use today.

"Valentine's day to me is nothing, every year my family and I boycott celebrating Valentine's Day and celebrate Treat Yo' Self Day (A day for rewarding yourself for all the hard work you do) instead," Natasha Nutter, sophomore, said.

Another piece of history says Lupercalia was an ancient, possibly pre-Roman pastoral festival, observed on February 13 through 15, to avert evil spirits and purify the city. During the Middle Ages, some in France and England believed that February 14 was the beginning of birds' mating season, which would add to the idea that the middle of Valentine's Day should be a day for romance. In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. Not many people know about this long interesting history that comes along with Valentine's Day.

"I don't really know much, I just know that there was someone named St. Valentine and I think he had something to do with the Catholic church," Phoebe Groceman, sophomore, said.

These days, Valentine's Day has taken on a very different meaning. Couples spend their earnings on luxuries for each other, and there is just a general feeling of love in the air. But no matter what form Valentine's Day takes today, it will always be about the ancient history that so few really know about.



Valentine's Day gifts
Courtesy of miamibeachchocolate.com



THE RISE TO EXERCISE: FITBITS VS GARMIN

CaraPanarisi-StaffReporter

In recent years, various amounts of technology have been improving and advancing at a rapid pace.

More specifically speaking, watches are one of the many types of technology that have transformed a great amount over these years. They have gone from having the traditional design, to currently having the availability to have a touch screen base that can even be connected to a smart phone by enabling Bluetooth.

This new advancement of watches is benefiting the people in particular who live an active lifestyle. It is now easier for them to track physical activities through their fitness bands/watches. Whether it is how many steps a person walks that day, or how many miles they run, count on these products to help the people stay on track.

"I think the creation of these fitness watches are nice and helpful because they really help with pacing and fitness workouts," Jacob Eidson, sophomore, said.

Although there are many different brands of these fitness watches, FitBits and Garmin are two that have really become popular with not only runners, but also all types of people who are really interested in becoming more aware of their health and keeping them fit in the same process.

At a glance, FitBits and Garmin are both similar brands that have the same concepts within their products. They both can track paces, distance and steps. In addition to these features, they each contain other features that make the people gravitate towards one rather than the other.

"The main reason I got a Garmin watch was because I wanted some-

thing to help pace myself when I run and it also really helps me know my times so I can improve them," Samantha Simpson, sophomore, said.

The Garmin watches are not only a watch and a stopwatch, but also contain heartbeat sensors, and even have the option to set up workouts on the watch itself. In comparison to FitBit, there is a higher availability of a different variety of watches available. Each watch is different whether it is the color, size, shape or feature.

"I got the Garmin watch rather than other watches because it is designed more specifically for running so it is a lot more helpful, and plus all of my teammates use it," Eidson said.

With the FitBit, there are a few different types of bands available. There is the FitBit Flex, which is just a black band that connects to your phone and tracks activity via Bluetooth. The FitBit Flex was the original band created back in 2009. Since the original creation, they have developed new bands such the FitBit Surge, FitBit Charge and the FitBit Zip wireless activity tracker.

"I like FitBit because it has a heart rate monitor on it. I also like that it had an app that worked with my phone. I had the original FitBit Flex and it worked well so that is why I stuck with it," Ryan Kelley, physical education teacher, said.

Although the two brands are very similar products with the same purpose, the people who own them really made sure to know the product and make sure it was a good choice for their preferences.



Courtesy of allthingsd.com



Courtesy of garmin.blogs.com

CONTROVERSY AT SEAWORLD:

BLACKFISH DOCUMENTARY BRINGS FOCUS TO FAMOUS PARK

ZoeRickman-StaffReporter

Walking through the front gates at any SeaWorld park in America, can be a joyful and enlightening view with children smiling and laughing, parents taking extra precautions as to keep them in sight and graceful sea animals gliding through crystal blue water.

At any SeaWorld park, there are many types of animals at every turn, including dolphins, manatees, manta rays, sea turtles and the great killer whale (also known as orcas). Cetaceans, any marine mammal, are strewn across the park for the enjoyment and entertainment of visitors.

To the right, at the orca tank, children press their hands and faces against the glass and watch in amazement. One child notices something a little strange about the orcas in the pool. The dorsal fins on the top of the whale are curved over to the side. One of the escorts that work at the park explains to them that it is just like hair. Some humans have curly hair and

some have straight hair.

According to the award-winning documentary *Blackfish*, the workers at Sea World repeatedly feed false

Stress is the main cause of violent outbreaks, resulting in injured whales and trainers.

On November 30th, 2006, Sea World trainer Ken Peters

was attacked by a female orca, Kasatka. The whale gripped Peters' foot firmly in its mouth and repeatedly dragged him down to the bottom of the pool. Every so often, Kasatka would resurface, which allowed Peters' to breath for a

few minutes. He calmly stroked her back and took long, deep breaths before being pulled back into the deep pool.

Mike Scarpuzzi, who oversees zoological operations, said Peters has been working with animals for 16 years, including 12 spent at Shamu Stadium.



Courtesy of abenewsgo.com

"His skills and techniques, and close relationship with the whale played a major role in helping the animal calm down and allowed him to eventual-

ly swim out of the pool," Scarpuzzi said (courtesy of cnn.com).

After nine minutes, Kasatka finally released Peters and he quickly swam to the edge of the pool. After pulling himself out of the water, he attempted to stand but then found that his foot and leg were seriously injured.

On November of 1983, over 30 years ago, an orca whale named Tilikum was captured near Iceland at only two years old, where he was taken away from his family and ocean home.

"After his capture, he was kept in a cement holding tank for close to a year at Hafnarfjörður Marine Zoo, near Reykjavík, Iceland, as he awaited transfer to a marine park. Held captive against his will, all he could do was swim in small circles and float aimlessly

at the surface of the water, far away from the expansive ocean in which he had swum a

hundred miles a day alongside his family members," (courtesy of PETA)

The small cement tank that Tilikum was kept in

made him an easy target for the other whales and often times left him bloody from the violent attacks of the other orca whales. Tilikum pulled her under water and drowned her in front of an audience. After this unfortunate event, Tilikum was sent to the SeaWorld Park in Orlando.

On July 8, 1999, Daniel P. Dukes, a Southern California drifter, was found dead and draped over Tilikum's back.

"Before diving into the tank with the 5-ton mammal, Dukes left few clues behind. A marijuana cigarette was found inside his pile of clothes with a worn-out Florida Department of Motor Vehicles identification card," (courtesy of articles.orlandosentinel.com).

On February 24, 2010, Tilikum was involved in a third deadly incident when he killed Dawn Brancheau, a 40 year old SeaWorld trainer.

Her death was brutal and in front of a live audience. According to the recently mentioned documentary *Blackfish*, Brancheau was in the middle of a more private showing of Tilikum. After performing multiple different tricks, as little as waving and splashing, Brancheau decided to send Tilikum

for a short swim around the pool. Tilikum did not complete the task and was denied a piece of fish. Brancheau walked to

the other side of the pool for an intimate session between trainer and whale. Once Brancheau lowered her-



self into the water, Tilikum grabbed her by the hair and pulled her underwater. She suffered from many differ-

ent injuries, including the removal of her hair and multiple broken bones that ultimately resulted in her death.

Tilikum is still performing to this day.

With the strain of performing and malnutrition comes injury and death to both trainers and whales. To this day, there have been no whale related killings in the wild, but whales in captivity are the cause of over 150 deaths. While there are currently no laws prohibiting the display and captivation of orcas, the issue has been brought to the attention of legislatures across the globe. If interested in helping in the safe-keeping and release of orca whales, go to www.whalemuseum.org.



Reviews over the documentary *Blackfish*, a film about the treatment of whales at SeaWorld.
Courtesy of seaworldpledge.com

A Tribute to David Bowie

Lili Cunningham-EntertainmentEditor

The man who sold the world, Ziggy Stardust, a hero from Mars will always be remembered for his out-of-this-world style and brave choices.

Top 5 songs:

1. Space Oddity (1969)
2. The Man Who Sold the World (1970)
3. Heroes (1977)
4. Let's Dance (1983)
5. Life On Mars? (1971)



Courtesy of rossonl.wordpress.com

Top 5 albums:

1. The Rise and Fall of Ziggy Stardust and the Spiders from Mars (1972)
2. Hunky Dory (1971)
3. Station to Station (1976)
4. Low (1977)
5. Diamond Dogs (1974)

David Robert Jones

Born: January 8, 1947

Death: January 10, 2016

Died of liver cancer, age 69

"Very sad news to wake up to on this raining morning.. David was a great star and I treasure the moments we had together. His music played a very strong part in British musical history and I'm proud to think of the huge influence he has had on people all around the world. I send my deepest sympathies to his family and will always remember the great laughs we had through the years. His star will shine in the sky forever," Paul McCartney, singer/songwriter, said (courtesy of paulmccartney.com).

First album: David Bowie (1967)

Last album: Blackstar (2016)

"I am still in shock. Never saw it coming. My deepest condolences to Iman and the family. An amazing life. An amazing career," Elton John, singer, said (courtesy of instagram.com).

Most popular role: *Labyrinth* (1986)
as Jareth the Goblin King



A Tribute to Alan Rickman

An advice-giving caterpillar, a sly Potions Master, an evil Sheriff and a kind colonel: Alan Rickman will never be forgotten.

Notable movies:

Die Hard (1988)

Robin Hood: Prince of Thieves (1991)

Sense and Sensibility (1995)

Love Actually (2003)

Sweeney Todd: The Demon Barber of Fleet Street (2007)

Alice in Wonderland (2010)



Courtesy of alanrickman.info

"There are no words to express how shocked and devastated I am to hear of Alan Rickman's death. He was a magnificent actor and a wonderful man," J.K. Rowling, Harry Potter author, said (courtesy of twitter.com).

Alan Sidney Patrick Rickman

Born: February 21, 1946

Death: January 14, 2016

Died of pancreatic cancer, age 69

First movie: *Romeo and Juliet*
as Tybalt (1978)

Last movie: *Alice Through the Looking Glass* as Absolem the Caterpillar (2016)



Hogwarts- at Universal Studios. Photo by Mindy Haesemeyer

Most popular role: all 8 Harry Potter movies as Severus Snape

Broadway Brought to Life in Kansas City

ZoeyBarnes-Co-EditorInChief

Musical theatre is a spectacle. It's fun, exciting, entertaining, and it deserves a lot more credit than it's getting," Caleb Ellis, junior, said.

One of the most predominant theatres in KC is the Kansas City Repertory Theatre (KC Rep), that conducts various amounts of shows, from family friendly to adult based plays and musicals. KC Rep happens to be Kansas City's largest non profit theatre that is showing its 51st year with the 2015/16 season. *The Diary of Anne Frank*, is the stage version of the classic novel and is showing from now through February 21. Right after the closing night of *The Diary of Anne Frank*, the next show, running from February 26 to March 27 is the *Roof of the World*. To finish up their season, KC Rep, will show *The Fantasticks* and the *New Works Festival: Fire in Dreamland* and *Lots Wife*. Tickets range from \$25 to \$65 depending on seating.

"Next To Normal is my favorite musical because it comments on the realities of living with mental illness from the perspectives of family members as well as from someone living with a mental illness. It's a rock musical, which I really like, and the original actor who played the role of Gabe is my favorite Broadway actor, Aaron Tve-

MUSICAL THEATRE IS A POPULAR FORM OF ENTERTAINMENT IN KANSAS CITY. WITH HUNDREDS OF DIFFERENT PERFORMING ARTS CENTERS AND FINE ARTS SCHOOLS THROUGHOUT THE KANSAS CITY METRO AREA, IT PROVES SIMPLE TO FIND SOME FORM OF THEATRE FOR EVERY NIGHT OF THE WEEK.

it," Kaitlyn Owens, junior, said. Another popular, and recently built theatre, is the Muriel Kauffman Theatre. Opened in September of 2011, strive to show a variety of the arts including ballets, symphonies and operas. Two shows that will be showed soon at the Kauffman Theatre are *A Night With Janis Joplin* from March 22-27 and *Ragtime* showing from May 17-22. Both of these shows will be put on by the Theatre League Troupe, that tours around the country to put on plays and musicals of all varieties. Tickets for these shows range from \$30 to \$85.

Two other shows that will be put on by the Theatre League Troupe are *Newsies* and *Kinky Boots*. Both shows will be performed at the Kansas City Music Hall, with tickets ranging from \$35-\$100, *Newsies* will tour from February 23-28 and *Kinky Boots* perform May 17-22. *"Newsies* is just a fun experience and it's an incredible spectacle: the dancing is incredible and the movie is spectacular. I wanted to go because it seems like it'll be a really fun experience. And I heard great reviews of it when it showed on Broadway," Ellis said.

Starlight Theatre is one of better known theatres throughout the metro area for it's variety in shows. Ranging from rock concerts to Shakespearean plays, Starlight hosts a plethora of shows throughout the summer season. Since Starlight is an outdoor theatre, it only has concerts and musicals from May-September. This season Starlight will be hosting many

musicals, including those of *Once*, *Matilda the Musical*, *The Bridges of Madison County*, *Bullets over Broadway*, *Disney's Beauty and the Beast*, *If/Then*, *A Gentleman's Guide to Love & Murder* and *The Rat Pack is Back*. "Musicals are a lot of hard work but watching all of that come together to create a really beautiful production in my favorite part about being in shows," Kristan Schlie, junior, said. One smaller scale theatre includes the Coterie Theater. A small theatre located in the lower level of Crown Center, shows many different family-friendly shows. This season, they are showing musicals and plays, such as: *And Justice for Some: The Freedom Trial of Anthony Burns*, *Tomás and the Library Lady*, *Where the Wild Things Are* and *Madagascar: A Musical Adventure*. Tickets are \$11 for students and \$15 for adults.

There are so many more unknown theatres throughout KC that show amazing plays and musicals. Some of those include the Fossy theatre, the Unicorn Theatre, the New Theatre and more. 2016 has only just begun, and right around the corner are numerous different plays and theatre troupes to go and explore.



Starlight Theatre preparing for their next event. Courtesy of en.wikipedia.org



366 Days: The History Behind Leap Year

DanielleZammar-JuniorEditor

Leap Year: Takes place every four years and adds an extra day to February, the shortest month of the year. The reasoning behind this includes that leap years are deemed necessary in order for the modern day Gregorian calendar year to align with the solar year (the length of time it takes the Earth to complete its orbit around the sun). If leap years did not exist in the world today, six hours would be lost from the calendar each year and in result, around every 100 years our calendar would be out of line by 24 days.

Leap years are a well-known concept to most people, but few have the knowledge of the history behind these quadrennial (every 4 years) occurrences. Without going too far back into the good

When glancing at the February calendar, something might seem a little off this year. Usually the days in the month of February end with the 28th being the final 24 hour period of the month, but in 2016, February 29th is added to the calendar. With that being said, go ahead and plan an extra day full of fun activities this year because instead of 365 days in 2016, 366 days will occur.

ole' days, leaps years were first come about by the Roman ruler, Julius Caesar. Caesar only had one rule and that was that any year that was divisible by four would be a leap year. Today, calendars are written by a different law though. Later on in 1592, Pope Gregory XIII adjusted the Gregorian calendar to the one we use today and stated that a century year can only be a leap year if it is divisible by 400. This solved the problem of having too many leap years.

Besides the numbers and history, leap years have more exciting qualities. For example, there is a myth that on a leap year women can propose to men. According to an old Irish legend, the

when a lady by the name of St. Brigid complained that women had to wait a long time for men to ask for their hand in marriage. St. Brigid then made a deal that with St. Patrick that women could make the move and propose to men every four years on the extra leap day, February 29th. The first recorded female proposal was recorded in Scotland in the 13th century. In Scotland, a law was also passed that declared that any man who refused a proposal on leap year must pay a fine or buy the woman 12 pairs of gloves so she could hide the embarrassment of not having an engagement ring with the gloves.

An aspect that might bring about the most curiosity involving leap year is birthdays on this special event. If an individual is born on a leap year and on February 29th, it stands as a wonder on how the person continues to

celebrate their birthday on the three years in between of every leap year. There is not a definite answer nor any set rules on how one should accomplish this celebration but most choose to either acknowledge their birthday on February 28th or on March 1st during non leap years.

"If I had a leap year birthday, I would have a huge celebration on leap year since I wouldn't get to celebrate my actual birthday that often. On non-leap years, I would probably just celebrate by going out to dinner with my family and friends on the night of February 28th," Kirsten Livak, junior, said.

With leap years appearing solely every four years, take the time on February 29th to recognize the event and take advantage of the extra day this year will have, it will be a while before the experience comes again.



Not All That Glitters is Gold

HalleyHynes-JuniorEditor

First presented in 1929, the Oscars have come a long way. Being the oldest awards show in history, the first televised show was in 1953 and now is seen live in over 200 countries. And since its beginning, a total of 2,947 awards handed out through the 87th.

The original ceremony only lasted 15 minutes, but now the show can last for over three hours due to the several performances, 25, and speeches that can never be perfectly timed. Ever since there have been added award categories and discontinued ones too. To this day there are proposed categories that are still pending that could make the awards even longer.

There cannot be an awards show without a host. This year is actor and comedian Chris Rock; he has a lot to live up to as host. There

THE MOST DECORATED AWARDS SHOW IS JUST AROUND THE CORNER. THE 88TH ANNUAL ACADEMY AWARDS SHOW GOES LIVE ON FEBRUARY 28, 2016, TO REVEAL THE BEST IN THE MOVIE INDUSTRY STRUTTING DOWN THE RED CARPET IN HOLLYWOOD. AS THE NIGHT GOES ON, THE PRESTIGIOUS AWARDS WILL BE HANDED OUT ONE BY ONE. STAY TUNED BECAUSE THINGS MAY TAKE A DIFFERENT TURN FOR THE ACADEMY.

have been several years of talented hosts including: Whoopi Goldberg, Billy Crystal and last years Neil Patrick Harris. Ellen DeGeneres the host in 2014, broke a record by having one of her pictures retweeted over one million times.

The 25 awards that are handed out include: Best Motion Picture, Best Performance by an Actor/Actress in a Leading or Supporting Role, Visual Effects, Editing, and even Best Foreign Language Film.

Considered the most im-

portant parts of the show are when the best actor/actress is announced and the best film. Nominated for their work in several different movies, the best actors include Bryan Cranston, Matt Damon, Leonardo DiCaprio, Michael Fassbender and Eddie Redmayne.

Past actors that took home this Oscar include Eddie Redmayne, Matthew McConaughey, Daniel Day Lewis and Colin Firth.

According to *indiewire.com*,

the predicted winner will be Leonardo DiCaprio

and the potential spoiler will be Michael Fassbender.

Mary Heine, senior and potential film student, feels very strongly about who she thinks will win.

"Leonardo DiCaprio will win for sure. It's prophecy. If he doesn't win, then I am climbing into a rocket ship and leaving this planet. I'll quit," said Heine.

Katelyn Betz, senior, thinks differently and that there will be a disappointment.

"Eddie Redmayne will win. It should be Leonardo but the Academy always switches things up and picks the unexpected. Long live Leonardo DiCaprio," said Betz.

Best Actress includes: Cate Blanchett, Brie Larson, Jennifer Lawrence, Charlotte Rampling, and Saoirse Ronan.

Indiewire.com also states



Courtesy of nydailynews.com

the potential winner for best actress is Brie Larson, but then counters it with the spoiler of Saoirse Ronan.

Heine also puts in a word for best actress despite her lack of knowledge for any of the actresses and their films.

"I have not seen any have the movies that the best actresses have been in. But I would want Jennifer Lawrence to win so I can watch her fall again on stage," said Heine.

Marissa Mann, senior and avid movie watcher, says something different than her fellow classmate.

"I think Cate Blanchett will win Best Actress. I like all of them but I think she did the best in her role," Mann said.

The year's best film will be decided among the following: *Bridge of Spies*, *Mad Max: Fury Road*, *The Revenant*, *Spotlight*, *The Martian*, *The Big Short*, *Room*, and *Brooklyn*.

Again *Indiewire.com* has predictions but for the best film. Their predicted winner is *Spotlight* and *The Big Short* will be the

spoiler if chosen.

Marissa Mann also mentioned what film she wants

has taken a different turn. A controversy as broken out that has been suppressed for many years that has just now broken the surface.

For the second year in a row now, not a single minority actor or actress has been nominated for an award. Many people in the community

have noticed this including celebrities.

Thanks to social media and constant attention of the press people have been voicing their opinions. Will Smith and his wife are two against the Academy. Jada Pinkett Smith thought he got snubbed for performance in *Concussion* and both will not be attending the award show.

"This is so deeply not about me. This is about children that are going to sit down and watch this show and they're not going to see themselves represented. There's a regressive slide toward separatism, towards racial and religious disharmony and that's not the Hollywood that I want to leave behind," Will Smith, actor, said (courtesy of *Variety.com*).

A previous Oscar winner, Whoopi Goldberg's opinion is very different to this situation.

"The issue is not the Academy. Even if you fill the Academy with black and Latino and Asian members, if there's no one on the screen to vote for, you're not going to get the outcome that you want," (courtesy of *usmagazine.com*).

The lack of diversity has caused a boycott to erupt and is causing the Academy to change the way they do things now. They will now change the way they select their members and how they choose their nominees. The Oscars will premiere February 28, 2016 at 8 p.m. (EST).



Courtesy of nydailynews.com



HOLLYWOOD

THE UNFAIR ADVANTAGE: CHEATING IN PRO SPORTS

JackLangle-NewsEditor

Olympic Cheaters

If an Olympic athlete is caught taking performance enhancing drugs, the whole team can be disqualified and must return any medals they have won.

Since the beginning of sports, people have used different forms of cheating to gain a competitive advantage over others in competition. There are many memorable examples of cheating over the last century and a half that have lived on in legend. The Chicago Black Sox (now known as the Chicago White Sox) were one of baseball's top teams in 1919, and it had them propelled into that year's World Series against the Cincinnati Reds. The Reds won that year's series 5-3 in what was a nine game series that year. The outcome was surprising, going against what was expected. It later came out that the Black Sox and eight of their players worked together with high stakes gamblers of the time to fix the

Professional athletes have incredible skills that astonish the minds of many spectators. They are the heroes to so many as they hold the hearts of entire cities upon their shoulders. What happens when the heroes--the idols, the stars--cheat? What do they cheat for? How does it happen and how can it stop?

games, and have Chicago lose. This is only one of what would be many cheating scandals to come. Besides just rigging games and their outcomes, there are other ways that athletes gain competitive advantages or disadvantages. Performance Enhancing Drugs (PEDs) and steroids have been popular in this new era ever since the 1960's when many new testosterone enhancers and other forms of the drug were created. A little over three years ago in January 2013, Lance Armstrong, a legendary cyclist, admitted to have been doping and using illegal drugs when racing in an interview with Oprah. Many saw his actions as putting a black mark on the sport, and the competitors. "My ruthless desire to win at all costs served me well on the bike but the level it went to, for whatever reason, is a flaw. That desire, that attitude, that arrogance," Armstrong said (courtesy of www.huffingtonpost.com). The uses of these drugs are a hot topic in today's society. With many differing opinions on the subject. "I think suspension and a fine is a good punishment for steroid use. It is not fair to those who follow the rules. Even if it was just a one-time thing, it is still not something that should be overlooked. Plus it looks bad on the organization and league, so it needs to be taken seriously," Aylish Hulme, sophomore, said.

Cheating does not always just deal with changing the outcomes in games. Pete Rose is a prime example. Rose had a 23-year career in Major League baseball. During 18 of those years he played with the Cincinnati Reds. Then he spent six years as the team's manager. Eventually, it came out that Rose had been illegally betting on games while playing and managing with the Reds. This eventually led to a suspension for life from baseball, which Rose has repeatedly tried to appeal, most recently in 2015. "I made big mistakes, no question about it, and I paid for the mistakes, okay? And I wish I could change the mistakes but I can't. You can't change history. It's there," Pete Rose, said (courtesy of syracusenewstimes.com).



Barry Bonds is one of the many players to cheat in sports.
Photo by gettyimages.com

DEDICATED OFF SEASON PREPARES TEAM FOR UPCOMING SEASON

GracieSnook-StaffReporter

Weeks before practices start, the girls on the soccer team begin training and conditioning for the up and coming season. For these girls, training for the season is just part of the sport.



Girls soccer preparing for their upcoming season.
Photo by Marin Carey

The actual season including preseason training can last anywhere from three to four months. "Futsal starts in October and season starts February 29," Harper Manley, sophomore, said. Futsal is similar to soccer but it is indoor; it uses a heavier ball and takes place in the winter. It practices the same fundamentals as soccer and keeps them sharp and in shape. Many of the girls on the team play outside of school on competitive or recreational teams. "In the off season, I usually run track and I play soccer with the guys to keep my speed up and then I workout at Boost and that is like a training facility and I workout with some professional athletes in the off

season like Caroline Stanley and Shane Grooms at Boost," Addie Merrick, senior, said. Before and during the season, the girls have to do a lot of exercises to stay in shape. "We do sprints, lunges, ladders, hurdles that we do. We start out easy and gradually get harder and harder," Manley said. In the terms of preparing for games, the players do a lot to get ready, especially for big games. They also work very hard on different techniques and tricks at practice. "We condition a lot, we run the mile and a half, which is horrible, and then we do dynamic warm ups," Lilli Davis, junior, said. According to Davis, before

every game the girls do their warm-ups and then listen to a playlist created by one of the players. Addie Merrick, senior, and Mallory Lepper, junior, like to dance together before every game as part of their pre-game routine. Soccer is a very competitive sport and there are not many times where LSN has gone totally undefeated but we have come very close to it. "My freshman year, I was on varsity and we won our conference game and we only lost one game," Davis explained. The LSN girl's soccer team has big rivalries, obviously with the other Lee's Summit teams but also with the St. Teresa girls' soccer team. One of the biggest and most influential games of the year is always the Pink Out game. The last two years our varsity team has beat west and raised awareness for breast cancer. A very large percentage of the school of the students from both teams show up to these games. Not only to support breast cancer awareness but also to support their girls. "Since my freshman year, we have won two out of the three Pink Out games I am pretty sure," Merrick said. There are many things to expect from the up and coming season but for some of the vet-

Save the Date!

The girls' varsity soccer team's first game will be held at home on March 21.

eran players their hope is that they will only improve from last season. "I think it is going to be really good, cause we are having some awesome junior varsity players come up and I just have really high hopes for the season," Davis said. This season students can expect to see the girls having fun and playing some really intense games.



Boys Basketball: The End of the Season

ChrisMcLean-StaffReporter

Varsity Roster

#1 - Emil Spriggs
#3 - Jacob Riley
#4 - Logan Jenkins
#15 - Tyler Lovelace
#22 - Elijah Farr
#23 - Cameron Hairston
#24 - Jordan Bynum
#25 - Hayden Bradford
#30 - Clayton Anderson
#33 - Tyler Aelits
#35 - Justin Root
#42 - Zach Humbard

If students wish to attend, JV is having their Conference Game on Friday February 19th at LSHS at 5:30 p.m. in Gym A. Varsity Conference Game is on Friday February 19th at LSHS in the Field House at 7:00 p.m.

"I have been playing basketball for North since I was a freshman here at Lee's Summit North," Zach Humbard, senior, said.

The Varsity team this year consists of the following: Emil

Boys basketball season is coming to an end. They have made some good plays and they have played some amazing games. For some of the boys, this will be their last season playing at LSN. This was their home and their time to be who they are and enjoy it.

Spriggs, Junior, Guard; Jake Riley, Senior, Guard; Logan Jenkins, Sophomore, Guard; Tyler Lovelace, Senior, Forward; Elijah Farr, Sophomore, Forward; Cameron Hairston, Junior, Forward; Jordan Bynum, Junior, Guard; Hayden Bradford, Junior, Guard; Clayton Anderson, Junior, Forward; Tyler Aelitis, Sophomore, Guard; Justin Root, Sophomore, Forward; Zach Humbard, Senior, Guard.

This season has had ups and downs, but they have come out on top with some.

"I don't have a singular favorite game, honestly I like the games that we won in because we were acting like a team and we did everything we needed to win the game and that makes me proud of my team," Humbard said.

Many of the boys who are playing have played with LSN previously or they play out of school on a competitive team or a recreational team around the town.

"I like playing because it keeps me in shape. I am good at it and it keeps me involved at school," Logan Jenkins, sophomore, said.

Several of the boys have a favorite position on the court to play and if they are put into different positions they're not very happy about it.

"My favorite position has to be guard because it is what I play in now and I happen to be good at it," Jake Riley, senior, said.

Last season the varsity boys lost their conference game but Coach Hilbert has faith they will pull through this year with a win. The JV had 15 wins and seven losses total last season, this was one of the best seasons the team has had so far. The freshman A team won two out of the three games at their tournament at Raytown Central, their first game was a close call,

winning by only nine points. Their second game was won by the much larger margin of fourteen points. The sophomore team last year only won nine out of the 21 games they had. The freshman B team had a total of 17 games. They were originally supposed to have nineteen games but two were canceled due to snow days.

The boys have fun playing on and off the court this season. They are all looking forward to next year so they can get better and so they can improve their skills. Many of them are playing recreational or competitive basketball as well so they will be able to improve their skills off-season.



Elijah Farr receiving a pass from Jacob Riley.
Photo by Megan Busse

DIVE IN THE WATER WITH WATER POLO

WillMauer-StaffReporter

There is a new sport that has been assembled for the students of LSN to play: water polo. It is a game played around the world that is a mix of soccer, swimming, and basketball. It is a prominent sport in the summer Olympics, which is being held this year in Brazil.



Water polo is a fast paced sport that combines a number of different sports to give it a unique taste of action. The teams are assembled with seven players, six swimming in the pool and one goalie. Everyone plays both offense and defense so all players get a chance to score.

The game starts similar to dodge ball, where both teams are at their respective sides, the whistle is blown, and they swim after the ball, whoever gets the ball first gains possession. While having possession, players with the ball can only use one hand, and can shoot, pass, or move around.

Water polo is also like basketball or handball where the only way to score is with the players hands. Players can only have possession with one hand, so being able to overpower the goalie with one hand is prominent. The sport is fairly physical, with people kicking in the water and fouls are needed to keep play natural and

safe.

There are two types of fouls: ordinary fouls and major fouls. If there are any major fouls while a player has a realistic chance of scoring, they will be rewarded with a penalty shot, just like in soccer. A major foul is impeding a player from getting the ball, kicking a player or misconduct towards a referee. A major foul results in the player being out of the game for 20 seconds. If they make three major fouls, they are disqualified. An ordinary foul is using two hands to catch the ball or pushing off of an opponent and result in possession changing to the opposing team. Players can have an infinite amount of ordinary fouls and there are no consequences.

LSN is jumping in on the action, and creating a team of its own. The squad practices two times a week, after school at the district aquatic center with the other two Lee's Summit high schools. It all

started with a growing interest from students.

"A group of sophomores started showing interest, and ironically the district aquatic center director tried to get water polo started at each high school shortly after," Mr. McGurk, athletic director, said.

The water polo team in its inaugural season hopes to do well. It will be a tough challenge at the beginning.

"At first, we won't be as good because most people haven't swam yet, but during the season we will get better," C.J. McGurk, sophomore, said.

As the Olympics in Brazil come closer and closer, Team USA is quickly preparing for the huge event that the world will see. The men's national team is currently ranked sixth in the world, and are coming off a disappointing eighth place finish in the 2012 games in London. Captain Tony Azevedo is a seasoned veteran that has

*Did You
Know...*

**Water polo was
first introduced
to the Olympics
in Sydney in
2002.**

seen his team win the silver medal, and have a disappointing performance in getting eighth.

"2012 was a disappointing finish for us, which made it even more necessary to continue, no way I could end it like that. It has only fueled me to train harder every day," Azevedo said (courtesy of teamusa.org)

The LSN team hopes to do well in its inaugural season, even if it has a rough start. It will take time for everyone to get acclimated to playing, but after a few sessions the team will be hoping to be hitting on all cylinders.



The World's

PIN IT TO WIN IT

JackLangle-NewsEditor

It has been over 60 years since arm wrestling first originated in Petaluma, California as a simple game for friends and family.

Since then it has seen a crazy boom in popularity for the young and old. Everything from settling an argument, to showing off strength, it is one of the most popular games/competitions out there.

Now it is even considered a sport. There are now professional leagues; dedicated to showcase the highest forms, of yes, arm wrestling. Some leagues even have broadcast deals with networks like ESPN.

This craze in popularity is sparking new merchandise and companies dedicated to the sport. Everything from t-shirts and jerseys all the way to training tips and special advice for athletes wanting help are available.

This sport is one of the hottest in the country and it has no sign of slowing down, only picking up. There are endless possibilities for it and anyone involved.



(Courtesy of armwrestling xsportnews-dot-com)

DANCING DOGGIES

ChrisMcLean-StaffReporter



(Courtesy of dailymail-co-uk)

Combine the Federation's training discipline, based on mutual respect and teamwork, with creativity and artistry, and experience the magic of DogWork. It provides medium to illustrate the conformation and movement of the dog.

Canine Freestyle Dog Work is a performance activity for dog and human teams. Teams train movement behaviors technically, creatively and artistically. The objective is to illustrate the delight of working as a team and to participate with others in a friendly environment learning to craft DogWork Presentations. Each unique presentation offers a perception of the team's training journey artistically and creatively. The fun is in learning to be free; to choose which doors to open and discover the joyful dynamics of learning to move as one team. Each team's Presentation is an expression of their work; crafted by their creative choices to visually illustrate what the dog does best.

Weirdest Sports

TIME FOR A BATH

GracieSnook-StaffReporter



(Courtesy of elynevadadotnet)

Looking for a super weird sport? Canada has just the thing, bathtub racing. It is basically a bathtub in a speedboat that gets propelled around the water. There are a lot of rules including ones like, every tub pilot must have a boating license and tub has to have been made after January 1, 2005 or it is exempt from the race. The rim of the tub must also be exposed. The majority of the rules have to do with the safety of the players, as well as the fairness of the sport. It is mainly popular in Canada, especially when it first started back in 1967 with more than 200 tubbers that show up to these events. It has more than likely spread in popularity due to its interesting appearance and the overall peculiarity. The World Championship is coming up on Thursday July 21, to Sunday, July 24, 2016.

EATING THE WAY TO THE TOP

WillMauer-StaffReporter

The sport of competitive eating is one of the grossest, albeit incredible sports in the world. It is fairly easy sport to understand, eat the most hot dogs, turkey, gumbo, or buffalo wings than your opponents, with many more competitions during the course of the year. The most eminent is Nathan's famous hot dog eating contest held on July 4 every year, which started in 1916. Some famous participants are Joey Chestnut, who won eight straight hot dog eating contests. Matt Stonie is another famous eater, who bested Chestnut in 2015's version of the contest. Stonie won last year, eating 62 hot dogs in 10 minutes, which is over six hot dogs a minute! Most eaters are not very well known, but Stonie has created a name for himself. He has posted videos on YouTube of himself taking on various eating challenges, beating them all with time to spare. He is on another level right now and not even the most well known eater, Joey Chestnut, can beat him.



(Courtesy of wikipedia-org)

School's Involvement in Social Media



Courtesy of twitter.com



Lexie Talpers-Junior Editor/Web Manager

As the allure of social media grows to teenagers, school activities, programs and sports teams have begun to send out information involving the school throughout Twitter. They use Twitter accounts mostly because Twitter is an app that most students typically have and check more than their emails.

"A lot of kids have twitter and use it quite a bit and it is another way to get information about what is going on to them," Ryan Kelley, physical education teacher, said.

Although most accounts at school do the basic job of informing students of what is going on around the school or upcoming game times and practice changes, some however engage the student's too much when they should just leave them alone.

"I follow the LSN Girls soccer account because it gives me alerts and keeps me in the loop about what is going on with soccer," Mallory Lepper, junior, said.

As a student I do not mind hearing announcements of upcoming football games or finding out a change in soccer practice but

hearing school accounts interact with students in a negative way kind of makes me uncomfortable.

I think the main purpose of a school or district wide account should be to inform the students and not engage in an over excessive manner.

"I like seeing teachers congratulate students when they do something impressive but sometimes if school accounts are used too much to interact with students it makes me feel weird about what they say," Garrett Allen, junior, said.

I understand why the district and school accounts enjoy interacting with their students but if they start making snarky or sarcastic comments, I think that is where the line needs to stop.

"I think school Twitter's should inform the students about information but not interact as much," Lepper said.

There certainly is an allure to social media and how instant it is to communicate information to students or athletes due to the fact that not all students check their email, but if you are not informing, you are not helping.

"I like seeing when we have snow days and how our sports teams are doing," Allen said.

I like being able to access information quickly on social media, but I do not enjoy

seeing school accounts responding to students in an unprofessional manner.

I feel like students also should not tweet in a mean way towards an elder person with more authority, but I think the blame falls more on the administrator because they are more mature and should know when to draw the line.

"I use Twitter for the boys' and girls' soccer programs to get out information, send out reminders like when we have futsal when things start," Kelley said.

I know most of the accounts at my school inform of what is occurring in school and important changes involving day to day school life, but there is always one account that can ruin the whole appeal of using social media for everyone.

I like waking up to hear about snow days being canceled or if the volleyball team won and seeing school accounts congratulating students on their achievements. If teachers want to personally interact with their students they should always do it in a positive manner and not in a way that can be interpreted as "rude" or "unnecessary".

Overall if a school related social media account is not being informative in a helpful manner, then the person behind the account should work to make the account have a more positive impact on people.

The Truth About the Educational System



The City of London School.
Photo by Megan Busse



Blair Clark-Staff Reporter

In the United States, there are many problems within the education system. All education systems have problems but I think there is a better way to educate. There needs to be a system that works for most kids without holding them back.

"In America, there are messed up pieces to the system and even though it is not the best system, there is an easy simple fix to any of it," Jeff Mumaw, math teacher, said.

In the LSR7 school district, the first time you make the choice about your future is in the sixth grade at the age of twelve. At this point, we are really young and making decisions that will potentially affect the rest of your life. Personally, I think this is way too soon to be making these types of decisions. Most kids do not even know what they want to do when they grow up and that is perfectly fine. You are not supposed to know.

Another problem with the educational system starts in the early years of school.

Some kids are not at the same level as other kids, therefore, they get placed in special classes. Then they have to miss out on what everyone else is doing, putting them farther and farther behind. There should be more one-on-one time with the teacher with work time so the students learn how to problem solve and also know if they are having trouble, there is no shame in asking the teacher for help.

"Overall, the education system needs to focus on their students learning and individual needs. Different levels of classes need to be offered but not to make kids feel left out or behind. Teachers should be focused on their students retaining information not just sticking to a curriculum and meeting deadlines," Anna Donaldson, sophomore, said.

Students who are having trouble and have to get extra help get the feeling that they will struggle with the rest of their school careers. If they are struggling just a little bit and get placed in a special class, they see themselves as not good enough because it was set in their brains at such a young age. Tracking could possibly be a good fix for some of these problems. With the tracking system, the kids are only surrounded with kids at the same level

as them. The classes are focused just on the level those kids are at. The teachers are not going to have to worry about not moving quick enough for the students who are really getting it or moving too fast for the students who are struggling just a little, and they can get them back on track.

"I think that kids who are not wanting to go to a university should be able to leave earlier than the dropout age now of sixteen. With that being said, I think they should be able to go straight into training programs like what we offer here at Lee's Summit North as in Summit Tech and Herndon. This gives students the opportunity to get started on their career which can be very beneficial," Kim England, teacher, said.

School is also not for everyone. Keeping kids in school who do not really need to be in school is not helping them out at all. If they know what they want to do as a living, it should not be looked down upon to drop out of high school. They should be able to go get their GED and start working and making money. There is nothing wrong with that. They are still getting an education and getting a job so it should not be a disgrace any more like it is in our society today.

ACT Scores Do Not Determine Intellectual Ability

ACT



GracieSnook-StaffReporter

All over the world, students start taking the American College test, also known as the ACT, as early as eighth grade. But many people are starting to think it does not actually test the student's ability to retain knowledge but rather their ability to memorize facts.

All throughout high school, teachers are telling students whenever they take a test, they are being prepared to take the ACT. A lot of people take classes to prepare them for the test, or they practice with the book.

Really all this test does is assess your ability to memorize information, not actually to know the material. Some students would disagree while others would agree. Some of the areas that are tested over, the students actually do have to know the information in order to excel on the test, but the main idea of it is that they have to memorize the material and then apply it when taking

the test.

"I took the ACT twice, but I did the practice tests in the back of my book a couple times. When it came time for the real test I took a practice test from the school both times" Seth Templeman, senior said.

Getting a perfect score is very hard. Students can take as many practice tests as they need to get ready for the real deal, but a majority of the test is an assessment of your memory.

The ACT tests primarily over the core classes, but at an amplified, times 20 version. It is very difficult to take, let alone get a perfect score. In order to obtain a perfect score, you cannot get anything wrong and you have to finish and complete each section on time. The average score is a twenty-one but many people score higher than average.

The conspiracy as we already know is that this test does not assess over our knowledge but memorization.

"I believe one hundred percent, that the ACT tests over memorization. It is all about how students take their test and the way the ACT coordinators set it

up," Aaron Meers, senior said.

On average the ACT takes about four hours. It is a timed test so the students only get a certain amount of time to remember the information or perform on the knowledge they practiced and learned for each subject.

"One time I ran out of time on the reading section and I was not allowed to finish it after we moved on," Jacob Porter, senior, said.

The whole test is stressful but for many people the end is the most stressful part of it all, or waiting for your score after taking it. It takes them a couple of weeks to process each test and then get the score back to each student. It is not unusual to score lower on the first test, but there is always room for improvement.

The smart thing to do when getting ready for this test, is take classes and take the practice tests as many times as they need in order to feel ready for the actual test. Also anyone can buy or borrow the ACT books that are available.

Courtesy of icc.k12.ar.us

public schools vs. private schools



Courtesy of youarehouston.com



SavannahMullen-StaffReporter

There are private schools and public schools in which both have positive and negative aspects, but the environment of public schools are more relaxed.

Private schools seem unfair with the uniforms and the same sex schools but many people like private schools for how it looks on a college application. The dress code at private schools usually is uniforms and more strict such as plaid skirts, khakis, and the polo shirts.

"I would never go to a private school because of the uniforms. I would rather have a strict dress code like North instead of wearing a uniform any day," Caitlin Brown, sophomore, said.

A major difference between public schools and private schools, are that private schools are sometimes all girl schools or all boy schools. Which sometimes the opposite sex school will be down road from each other, such as some Kansas City private schools.

"I do not believe that all girl schools or all boy school is the best way to go because when you go into the real world you will not be able to work with other people as well. You just were kept from them during your school years so you have less social interactions with others," Brown said.

When searching for candidates for college, they sometimes look for private schooled students instead of public school students. At certain colleges, they only accept private schooled kids and will not accept public school kids.

For private schools, classes are smaller and have more individual time with the teacher for one on one tutoring. While at public schools, classes tend to be a little bit larger with less one on one tutoring, unless asked for other wise.

"I prefer a big class compared to a small class because you can interact more and when other students ask questions you can learn from that also," Meghan Oswald, sophomore, said.

The cost of private schools is unreasonable which can go up to as much as college tuition. At St. Teresa's, tuition for a year is \$12,000, which is an all girl school. Rockhurst on the other hand, runs up to

\$13,000, which is an all boys school.

There are many private schools in the Kansas City area as well as St. Teresa's and Rockhurst, which are more known around the Lee's Summit area.

"I prefer public schools better based on the fact when I went to a private school, they were more strict. Also, everyone knew everyone so if you were disliked, there was no going back, everyone judged everyone," Katherine Davis, sophomore, said.

From what private schooled students have said, they prefer public schools based on the environment and how you do not know everyone which leads you to be able to meet more people.

When talking about the differences between private and public schools, environment is a common one that comes up. The environment of publics involves the opposite sex and more religiously relaxed. For private schools, the religious is highly influential coming from the part where they are based off of religion.

Besides the fact that the cost is unreasonable some people would rather go to private schools based on the fact there would be less distractions. Less distractions include "revealing" clothing, opposite sex or bigger classes.

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