

NORTHERN EXPOSURE

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Play Collegiate Sports
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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.

Cover photo taken by Zoey Barnes

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In remembrance of Zachary Meyer
1998-2017

PRINT IS NOT DEAD; JUST TRANSFORMED

By Danielle Zammar-Social Media Editor



one could catch up on events that are happening for the day ahead or events that had recently occurred. Presently, the equivalent to that routine includes waking up and starting the day off by scrolling through a Twitter feed or another social media website. Social media features, such as Twitter's Moments, appear to have become one of the main sources of news for society today. This may be because without taking the time to comprehend an entire article or trying to figure out exactly how the newspaper is supposed to be folded correctly, summing up the topic in 140 characters through a post presents an awareness of the situation and is more appealing to viewers.

Moments by Twitter even allows audiences to follow the stories that they enjoy without being glued in every single second. Regardless of the accounts that are followed within the website, Moments is the best of Twitter handed to users in an instant. Tweets between world leaders, celebrities or sometimes even live commentary on events include many of the things that cannot be experienced anywhere else but Twitter.

"I use the Moments tab to keep up on what is happening in the world. It is pretty much like CNN 2.0," Katie Kubiak, senior, said.

Even though newspapers are known for uncovering stories, they are losing their spot to the new generation of consumers that prefer digital and mobile alternatives. Through technology and social media, stories are starting to break first on the web before it is even shown through news corporations. Witnesses that encounter events are able to capture the moment right then and there and

post it to the web community afterwards.

"We used to always have the audience come to us, but that is not the case anymore," Jeff Jarvis, professor and director of interactive media at The City University of New York's Graduate School of Journalism, said. (*courtesy of www.inquiries.com*)

This communication creates an overall type of partnership between news organizations and users but additionally provides the public with the opportunity to interact with witnesses themselves instead of depending solely on reporters. Twitter and other sites attract the type of crowd that is intrigued and engaged within news. Media outlets are able to pick up stories from

cautious when making sure the fact or picture is verified. In result of this, many employees within the field of journalism have joined the revolution and created their own social media accounts, gaining even more popularity.

Traditional media may not be completely gone away with for right now but the more advanced journalism has definitely created a modern feeling.

"Those who use social media correctly do not create content but generate conversations, which creates communities," Joel Comm, author and Internet marketer, said (*courtesy of www.inquiries.com*)

It is difficult to predict exactly what will be the next advancement in the social media revolution but it is sure to say that social websites will continue to affect journalism and how we view it in the future.

In today's day and age, society is constantly desiring more, whether that be wanting Chick-Fil-A on Sunday's when the corporation is closed or simply more within the field of journalism. People have completely changed their views on world news and the ways of obtaining it throughout the past couple years.

Traditional newspapers that simply provided information to the public are no longer sufficient. Audiences now expect the right to choose what topics they want to read and believe that they should have the ability to contribute to the content as well as clearly stating their opinion. A revolution is happening throughout social media but some of journalism's key factors continue to be emphasized. Journalism and print are not yet finished, just being taken in as a modern form.

With past generations, a common morning routine might include going and fetching the local newspaper that was delivered to the driveway. While drinking a cup of coffee,

KANSAS CITY LOOKING TO POTENTIALLY EXPAND THE STREETCAR

Will Mauer-Sports Editor

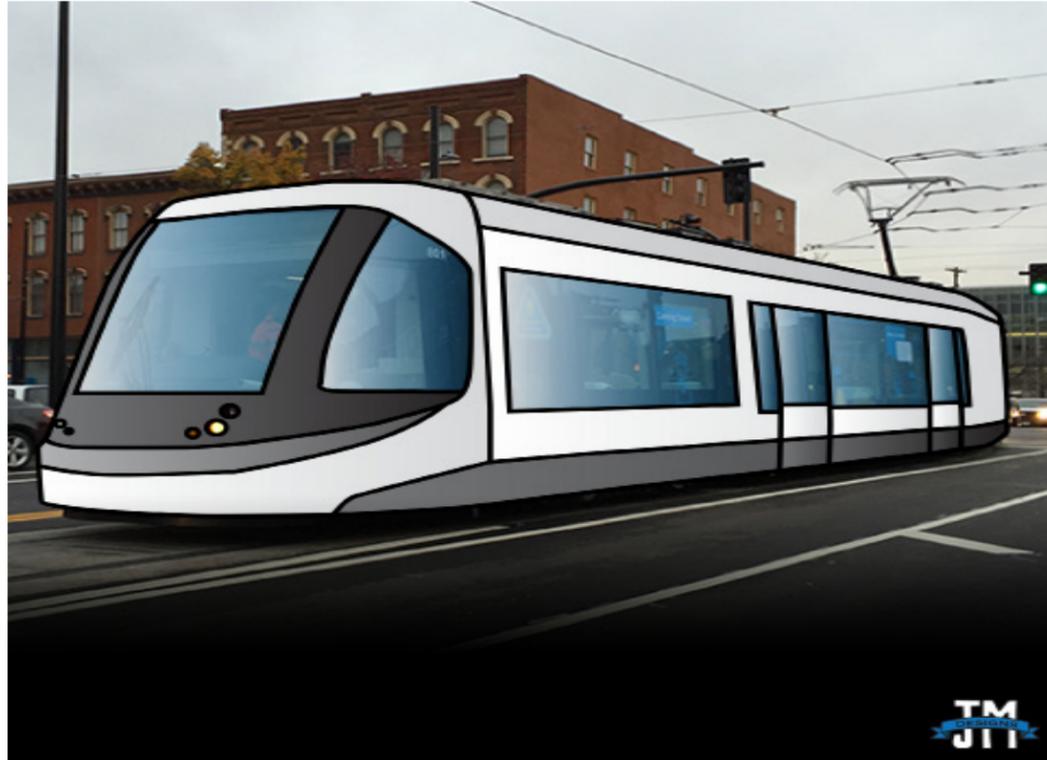
Downtown Kansas City got a new addition in early May of 2016, with the KC Streetcar becoming a start in the direction of this new form of public transportation becoming a norm in the midwestern town. Those not in favor of extending the two mile route have created a petition that would require a citywide vote in an upcoming election.

The Streetcar had close to 1.4 million riders over the course of 2016. With the smaller route, it connects the River Market with Union Station/Crown Center with 16 stops along the way. Its Main Street route runs seven days a week, and most holidays.

The expansion route would add approximately 3.75 miles to the already laid track, extending south to 51st and Brookside Boulevard, which is near the University of Missouri-Kansas City campus. This plan got approved in September of last year, with the only obstacle being a vote, by mail, in the proposed streetcar boundaries and not a citywide election. The petition would create a situation in which the vote for streetcar extension become a city wide ordeal.

“Absolutely (they should expand the streetcar), so college students could take it from the UMKC campus to Union Station if they wanted to,” Dillon Uhls, senior, said.

The petition still has to be approved by the city council as far as its legality, but its goal is



to “enact restrictions on requesting, implementing, advancing, furthering, funding or fostering any plan or study to construct any fixed rail transit system or to expand the existing fixed rail transit system” before any city wide vote even occurs.

The KC city council will need to assess the petition to determine the legality of it. If it passes, the vote would occur in the second citywide vote for the year, being sometime in August.

Even if everything passes relatively routinely, the project would take years to complete. Construction of the first light rail began in May of 2014, but the approval of the project came two years before that. If those standards hold, KC may not see this rail usable until 2020’s.

“You have to be bold,” Mayor

Sly James said (courtesy of kansascity.com).

Mayor James stated this during the first light rail construction. In order to stay in the same league as other major cities within the United States, the statement to “be bold” is prevalent.

Some would like to see expansion not just to UMKC, but to other parts of the Kansas City area, such as the Country Club Plaza. Increase into the Plaza would obviously be many years down the line, but if phase II of the streetcar can pass then it is not completely out of the question.

“Expansion to the plaza would be perfect, because that and downtown are two places that many people travel to,” Harri-

son Hall, senior, said.

KCI, the airport in northern Kansas City, has some citizens pondering whether or not they should remodel, or completely create another airport that would replace the 40 year old version that stands today. The possible new, single terminal airport would not interfere with funding the multi-million dollar plan of streetcar enlargement.

To some, the streetcar has been a phenomenal addition to downtown Kansas City. To others, they want to make sure the city has a say in the decision and not a small minority of residents. Soon KC metro citizens will see how the future unfolds in regards to light rail expansion.

LOCAL RESTAURANTS FILL UP DOWNTOWN LEE’S SUMMIT

Jack Langle-Entertainment Editor & Co-Editor-in-Chief

Downtown Lee’s Summit has become the mecca for local restaurants in the last several years. Many new and original restaurants have come to call Lee’s Summit home and they have all been gathering strong followings with a wide variety of foods and features to offer.

THIRD STREET SOCIAL

Third Street Social, a fairly new restaurant to Lee’s Summit was founded by its owners, Domhnall Molloy and Andy Lock, to try and bring some “big city feel” to LS. Molloy and Lock were inspired by restaurants in Chicago, wanting to create a unique and historic space of their own.

The restaurant is across from city hall at 123 SE 3rd Street and is in historic, Arnold Hall. Arnold Hall was constructed in 1946, and since its construction has been the home to different community centers, meeting spaces for city officials, and restaurants. The building is also where former US president Harry S. Truman declared his candidacy for Eastern Judge of the Jackson County Court.

The restaurant is always crowded and serves a variety of meals from brunch through dinner including; soups and salads, fresh seafood, burgers and chicken, and signature sandwiches.

“Third Street Social is one of my favorite restaurants. They have very good burgers and fries that I would recommend to anyone,” Rachel Fenimore, junior, said



FILLING STATION BBQ

Kansas City has a wide variety of local and famous barbeque restaurants, and Lee’s Summit is no short of having its share. Filling Station BBQ is one of the many.

Its location was built in the 1930s as a Texaco gas station. The gas station later became a garden shop until it was converted until the barbeque restaurant it is today in 1999.

“I have been going to The Filling Station since I was a little girl. It is one of my family’s favorite restaurant because of the food and quality,” Aylish Hulme, junior, said.

STUEY MCBREW’S

Stuey McBrew’s is another local bar and grill in downtown Lee’s Summit that has garnered much appraise. At 321 SE Main Street, the restaurant considers themselves “A combination of Gordon Ramsay meets Lloyd Christmas and Paddy’s Pub meets Cheers” according to their Facebook page.

The restaurant serves made-from-scratch salads, tacos, burger and sandwiches. They also have a strong array of signature drinks and appetizers that they are famous for.

Stuey McBrew’s also has a back patio with plenty of rooms for customers. The restaurant often has live bands play in fair-weather seasons on weekend nights.



FRANKIE FARELANES

Frankie Farelanes Fast(ish) Food is located at 100 SE 3rd Street in downtown Lee’s Summit. The restaurant prides itself on being a fast-casual restaurant with fresh and delicious foods to satisfy everyone.

With tacos, salads, wings, and sandwiches- Frankie Farelanes’s food is made to order for each customer.

Frankie Farelanes is a fairly new restaurant, but they have already gathered a huge following and continue to make fresh food that costumers love.

NEIGHBORHOOD CAFE

Neighborhood Café sits in one of Lee’s Summit’s oldest residing buildings. The building was built in the early 1900s and multiple versions of the current café have called it home.

The current version opened only in 2011, but has gathered a very strong following.

“Neighborhood Café has fabulous cinnamon rolls and a great small-town feel. They are very friendly and the service is fast,” Anna Donaldson, junior, said.

The cinnamon rolls are what have made the restaurant famous. They allow customers to even walk-in and take out cinnamon rolls on the spot for 50 cents a roll.

Bronco Literary Society: Reading Throughout the Year

SavannahHenslee-StaffReporter

The Bronco Literary Society meets at the beginning of the school year to decide the fate of their reading life for the rest of the year. At the first meeting of the year they pick ten books they will read throughout the rest of the year. They also do other projects that have to do with literature and learning.

“We have delivered dictionaries to third graders; we took a couple of field trips where we went out and delivered dictionaries that were donated by the Kansas City Dictionary Project,” Michael Russell, Media Center Specialist, said.

For some the group is a way to connect with friends. It is a way to find and meet with people who have the same interest as them.

“For one thing all my friends are in the group and, I don’t know, it’s really great because those are like my kind of people, you know all the bookworms that fall in love with books the same way I do and then we get these books that you know are going to be amazing,” Katelyn Rudeen.

They try to meet monthly and talk about the books they planned on reading. After discussing the book they assigned, they discuss other

books of interest.

“There are times when I don’t have a chance to plan great activities, sometimes we’ll do things and I’ve been really busy this last month,.... Or having more funds to be able to go out and go see the Kansas City Public Library,”



Bronco Literary Society’s Books for the month.
Photo By Gracie Snook

Russell said.

The Bronco Literary Society is more than just books. The word society tells that it is a social gathering.

“We eat snacks, we talk about books, we hang out,” Maggie Ross, junior, said.

The club does amazing things at each meeting, it is the Bronco Literary Society that is hosting the Spring Break of 2018 trip to London and Paris. It is open to anyone who wants to join and is interested in going to Paris and/or London. For more details on the trip ask Russell.

Right now they are reading The Red Queen by Victoria Aveyard. Even if they say they cannot decide almost everyone who reads has a favorite book or series.

“It would probably have to go back to one of the books I taught for so long that I ab-

own. For some people, books are a way to get away from their normal day to day life. For others it is a way to learn about and understand the world.

“You never really understand a person until you consider things from his point of view --” “Sir?” “--until you climb into his skin and walk around in it,” from To Kill a Mockingbird by Harper Lee.

Through the Bronco Literary Society students also have the chance to earn a varsity letter.

“We have a number of members who because of involvement in other activities can’t make the meetings but they are still trying to earn the varsity reading letter and they still participate in other events,” Russell said.

Students can now participate online to keep track of their reading.

“There is an online way that you can do it, we have a schoology account and that kind of tracks what books people have read if they want to earn the varsity letter or the gateway patch, a patch for your letter jacket if you read all the gateway books,” Russell said.

For any more information on the varsity reading letter, the gateway patch or the Bronco Literary Society as a whole contact Russell through email or in the library.

China: Exploring a Foreign Country

Jillian Jamaledin-Staff Reporter

In the middle of March a group of LSR-7 students, teachers and administrators will travel to China for an eventful 12 days. Four teachers will be apart of the trip. These teachers are Colby Mathews from LSN, Dr. Wright from BCMS, Ms. Bailey from LSW and Mr. Cook from STA. The trip is over spring break, taking place from March 18 to March 29. On day one, the group will leave to Beijing and start their journey in a foreign country.

“I have wanted to go to China since I began taking the Chinese language class. I have always loved studying Chinese culture and I love the language. I just had to save a lot of money to make this finally happen,” Paul Cherry, junior, said.

Those from the LSR-7 district interested in going to China were given the choice to join the group and travel through China. The group travelling to China has a variety of new things to look forward to. This includes delicious food, people from different cultures, unique scenery and once in a lifetime experiences. Along with that, some students have new friendships to be excited

about.

“I am looking forward to seeing my friends that I have made from the past exchanges with Xi’an,” Cherry said.

The schedule is set for the trip to China, combining a lot of time to explore the cities and visit popular tourist attractions. One of the main attractions on the trip includes walking Great Wall. The group will travel to three different cities in China; Beijing, Chang’ An, and Shanghai.

Another aspect of the trip includes hotel stay and living with a host family. For the first five days, the group will stay in a hotel, and then they will meet with their host family on day six.

The people on the trip to China will remain with their assigned host family until the end of the trip. Host

families are from the Lee’s Summit school district’s sister school in China. The families the group from LSR-7 will stay with in China applied to be host families.

“Living at the home, it was like you were with this family and it smelled weird and it was a tiny area, and there were used sheets and stuff. It was a lot less fancy and traditionally nice, but you

be able to explore Chang’ An, the capital of Shangxin, for around four days. Next, in Shanghai, the students and staff on the trip will sightsee, shop, and see an acrobatics performance.

“[I am interested in the Chinese] art and history, there are literally thousands of years well preserved. The Chinese recorded their history very well, and it is dramatically different from the European history most of us are used to,” Colby Mathews, art teacher, said.

While there are many things for the group to look forward to in China, some aspects are not so exciting for the group members. For example, the long flight to China is part of the trip some are not excited for. Another element mentioned that concerns part of the group is the different air quality in China. Lastly, any picky eaters in the group are not looking forward to trying the diverse food. Even with these less exciting factors, the group is anxious for the trip to come.

On the second to last day, or day 11, they will sightsee and tour where the Chinese Communist party was founded and visit Yu Gardens. Before heading back to the United States, the group will visit Oriental Pearl Tower.



TAKE A TOUR OF THE MUSEUMS OF KANSAS CITY

RebekahPanek-StaffReporter

The Nelson Atkins Museum

The Nelson Atkins Museum is possibly the most well known Museum in Kansas City. The Nelson Atkins is an art museum with many different exhibits and galleries.

One of their exhibits going on right now is the Richard Learoyd: In the Studio, which contains large-scale color photographs taken by Richard Learoyd. They have eight galleries people can visit; African Art, American Art, American Indian Art, Ancient Art, Asian Art, Contemporary Art, European Art and Photography.

The Nelson is a favorite for many people; one person who loves The Nelson is Katelyn Warner.

“The Nelson is my favorite because it shows a wide variety of styles of art,” Warner, sophomore, said.

Their hours are Wednesday 10 a.m. to 5 p.m., Thursday-Friday 10 a.m. to 9 p.m. Saturday-Sunday 10 a.m. to 5 p.m. and closed Monday-Tuesday.



“The Crying Giant”, a sculpture that sits outside of the Kemper Museum of Contemporary Art.
Photo by Zoey Barnes



People enjoy a beautiful day outside of the Nelson Atkins Museum.
Photo by Gracie Snook

The World War 1 Museum

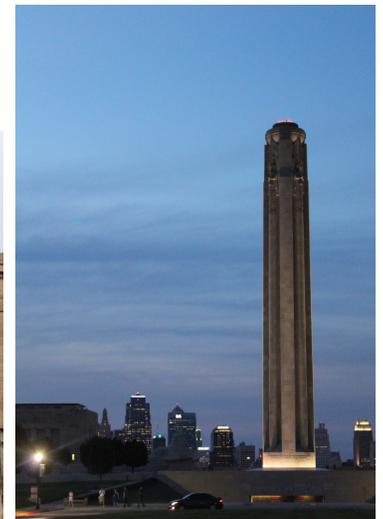
In October of 1919, the citizens of Kansas City got together to raise the funds for a memorial in honor of those who fought in World War I. In 1926, The Liberty Memorial was constructed. Later on, a museum, The World War I Museum was built on the site.

The museum is the official WWI museum in the United States and in 2014, former President Barack Obama recognized the museum as a national memorial.

“The WWI Museum is my favorite museum. It teaches a lesson on the history of the war, my favorite part is the real antiques they have,” John Hammons, sophomore, said.

The museum has over 75,000 pieces of memorabilia inside that has been collecting since 1920.

Regular hours at the WWI Museum are Tuesday-Sunday 10 a.m.- 5 p.m.



The World War 1 Memorial stands as a prominent tower in the KC skyline.
Photo by Zoey Barnes

The Kemper Museum of Contemporary Art

The Kemper Museum of Contemporary Art in Kansas City is another popular art museum, unlike the Nelson-Atkins, the Kemper focuses on contemporary art. Contemporary art is created by artists living in the 21st century.

The Kemper opened in 1994 and has an annual budget of three million dollars; each year the museum has more than 100,000 visitors. The museum is the largest contemporary museum in Missouri.

One of their current exhibits is Rashid Johnson: Hail We Now Sing Joy. The exhibit holds large-scale panels with white ceramic paints, which have faces painted on them in black soap and wax.

The museum’s hours range from, 10 a.m-4 p.m Tuesday-Wednesday, 10 a.m-9 p.m Thursday-Friday, and 10 a.m-4 p.m Saturday-Sunday and they are closed on Monday.

The Toy and Miniature Museum

The Toy and Miniature museum is a favorite for many Kansas Citians. One of the museum’s current exhibits is the Over the Rainbow: Toys From the Land of Oz, the exhibit will explore the original literary story, and the retellings.

Their hours are open daily 10 a.m-4 p.m, closed Tuesdays and Major Holidays.

Cecilia Nord loves spending her time at museums.

“Each museum has different content in order to experience it all, takes different time, but an hour at minimum,” Nord, junior, said.

Courtwarming 2017: **Fire** and **Ice**

BlairClark-JuniorEditor

Courtwarming has arrived as the student body finished up Spirit Week. The Courtwarming game is Friday night, February 10, with the Varsity game starting at 7pm against the Lee's Summit Tigers. The Courtwarming dance will be the next day, February 11.

crowd, the better, to help cheer the boys on to victory against the cross town rival.

"We haven't decided on the theme for the game yet, but it is between either Silent Night or ESPN," Cade Ragland, senior, said.

The boys are hoping that the game will be a repeat of the last time they

Haley Hall, senior, said.

There also has been talk about a possible ice sculpture. Students should expect lots of good music and dancing. Snacks and drinks will also be provided.

"There are going to be lots of oranges and blues mixed together for the decorations and hopefully a balloon arch," Hall said.

LSN
Courtwarming
Dance
2017



The Game:

The Courtwarming game will be the second time the boys basketball team has played the Tigers this season. The first time they went head-to-head, the Broncos came away with the victory and a score of 77-57. This time around the boys are hoping to do the same thing in front of a home crowd.

"A conference title is on the line so we just need to stay focused. We need to do what we normally do, just shoot the ball and play defense," Cameron Hairston, senior, said.

The theme for Friday night's game is still undecided, but the bigger the

played the Tigers. Make sure to attend the game and help cheer them on to a win.

The Dance:

Courtwarming 2017 will have the theme of Fire & Ice. The dance will be Saturday and will begin at 8pm, lasting until 10:30pm. Students will be able to purchase tickets at the door for \$15 if not already purchased. It is a formal dance, so make sure to dress to the occasion.

The dance will be in the commons area of LSN and will be decorated to the theme.

"A Twitter poll gave us the theme for this year, the students chose out of the four options we gave them,"

With the events of Courtwarming being kicked off by Spirit Week leading up to the pep assembly, there is sure to be a lot of talk about who king and queen will be. Courtwarming Coronation will be announced at the Courtwarming game Friday night during halftime. The king candidates are Cade Ragland, Parker Hickey, Tanner Davis and Clayton Anderson. The queen candidates are Kaitlyn Hilbert, Payton Hill, Adriana Cok and Stacey Edmonson.

A large crowd is expected at the game so make sure to get there early to support the boys to a victory over the Tigers. The Courtwarming dance is also expected to be a hit, so make sure to get a ticket and enjoy the night.

SCIENCE CITY at a Glance

MadiSmith-StaffReporter

Science City at Union Station has made giant impacts on many people's childhoods as it teaches kids and teenagers all about the basics of science.

As Science City continues to leave a mark on the kids of today, it also continues to create new exhibits and display old ones.

"I just like going to Science City at Union Station with my son and watching his face and how much fun he has," Bob McIntosh, science teacher, said.

Science City is located in downtown Kansas City and is open from Tuesday to Saturday from 10 A.M. until 5 P.M. and on Sundays from noon until 5 P.M. Tickets for Youth are \$11.50 and adults and seniors cost \$13.50.

"My favorite part about Science City is the station where a camera flashes and it is so bright that your shadow stays for like 10 seconds before it fades out," Anne Ball, sophomore, said.

The Sky Bike is one of the many exhibits belonging to Science City at

Union Station. The sky bike is a contraption that allows the rider to defy gravity and ride a bike, in the sky.

"I thought the best part about science city was the sky bike because they took something so simple like a bike and

made it into something amazing.

It was also cool how they made the bike balance on the rope," Tori Jamaledin, junior, said.

The sky bike is a bicycle that is placed 30 feet in the

air and is suspended on a wire. This contraption allows the rider to discover the center of gravity and to learn its importance. The rider also learns the purpose and importance of counterweights and balances along as well as being able to enjoy a full view of all of Science City from the sky.

"Children become more enthusiastic about science when they see how much fun it can be. They see the wonders of science and become more enthusiastic about becoming scientists," Ball said.

Another exhibit that can be found at Science City is the Science on a Sphere. This exhibit is a visual perspective of the solar system, displayed onto a six-foot sphere which was designed and sup-

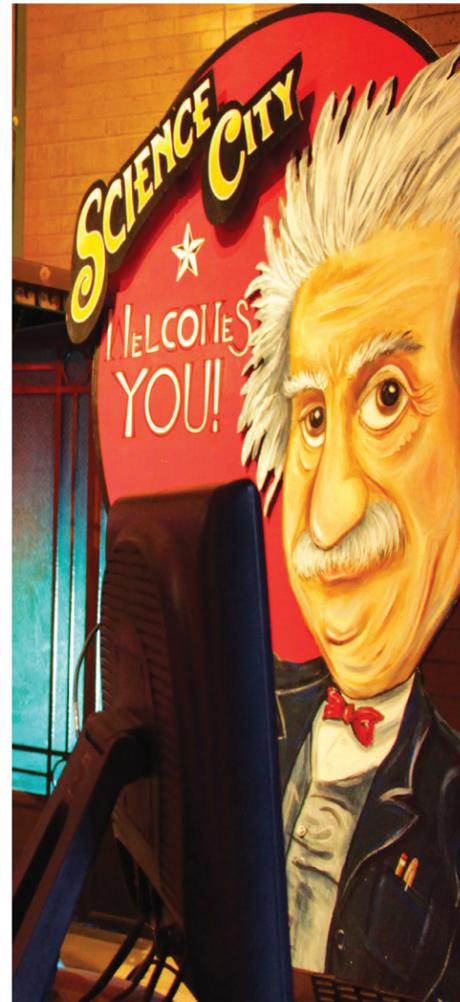
ported by the National Oceanic and Atmospheric Administration. It shows planets and stars and the many other wonders found in outer space.

"Attending Science City allows you to have fun and to learn which is the best of both worlds," McIntosh said.

Science City has impacted the lives of many people and continues to do it today by inspiring children to be curious about the world around them.



Union Station offers many attractions including a fun and educational place for kids called Science City.
Photo by Gracie Snook



THE PREPARATION FOR THE PRESEASON

CaraPanarisi-OpinionEditor

As an athlete, preseason and the preparation it takes for the upcoming seasons is all around a draining process.

"Preseason helps prepare athletes for exercise that will help during real game situations. It is also useful to bring the team back together to build team chemistry," Sarah Peters, junior, said.

Whether it is the conditioning or the weightlifting, some athletes tend to dread the process while others use it to their advantage. With that being said, preseason can be viewed differently depending on the athlete.

"When I think of preseason I think of how hard I am going to have to work. I am excited to get back around my teammates so we can start working towards the upcoming season," Peters said.

Conditioning and weightlifting are two common ways of preparing for the new season, but depending on the sport, there are other ways these athletes put in the extra work.

"During the preseason I go to futsal early in the morning on Tuesdays and Thursdays. I also go to Coach Kelley's after school conditioning and go to Complete Strength across the street from the school where I work on my anaerobic abilities," Peters said.

Using free time to prepare for their sport with the process of conditioning is essential to becoming the athlete many strive to be. In order to grow as a player, putting in the extra work and sacrificing free time is a must.

It is often difficult juggling schoolwork along with extra curricular activities. Managing time plays a huge part in making sure that the athlete remains successful both on and off



Students are given the opportunity to get in shape before their sports season with the help of football and gym coaches.
Photo by: Gracie Snook

the field, track or court.

Aside from an individual needing the preseason conditioning, these individuals make the whole team, so the individual's desire to workout during preseason is how the team is shaped for the up and coming season.

"Preseason is a good bonding experience for everyone. I know freshman year was a little scary because before the season or conditioning started I did not know anyone so it makes it more relaxing knowing people," Liz Bales, senior, said.

Along with the physical aspect of conditioning, athletes develop mentally in order to make sure their mentally is just as strong as their physical abilities.

"Since it is my senior it is a little different because it is my last year but I try to plan in my head what our team will look like and what new players we will need to fill our spots opened from last years senior," Bales said.



One of the biggest problems seen across the athletics is hearing about players getting hurt early on in the season.

There are some scenarios that are not the player's fault directly, but there are other scenarios where it is from the body not being stretched or recovered the way it should be. The main recovering processes that are often heard about are ice baths, chocolate milk, Gatorade, light stretching, and the list goes on.

"I usually take a hot shower to relax all of my muscles and eat good so my body can recover as quickly as possible," Bales said.

The coaches and athletic trainers always try to tell the players how important recovery is to the body and how essential it is to any athlete.

"As an athletic trainer we deem success by preventing injuries so in order to be successful in the preseason you have to put in the hard work in the off season. Doing your weight training and conditioning, knowing what your preseason requirements are going to be, making sure that you work up to that and are prepared for that," Jessica Dewitt, Athletic Trainer, said.

When it comes to preseason, if every player does their part of the preseason, mentally and physically then essentially the team will be better prepared when their season actually begins.

Senior Athletes Get Their Signing On

CarolineLuna-StaffReporter

Emily Clark - Pitt State (Softball)

"In these past 4 years, I've learned that nothing is easy and you have to work for what you want. Expecting something to get handed to you isn't going to get you anywhere. I'd like to thank my coaches and teammates because I wouldn't be the person or player I am without them. Also my parents, for all the love, support and time they put into me these past 12 years of softball. And I'd like to thank this sport for always challenging me to become better and giving me amazing friendships through these years."

(Pictured right)

Alex Haffner - Kansas State (Volleyball)

"The most important thing I will take from LSN is to work hard in every aspect, from sports to school to relationships. Things work out for the best when you work hard. High school has made me who I am and brought out the best traits in me that will tremendously help me in college. I decided to play in college because I love what I do and all the great opportunities this sport has brought me. I wasn't ready to give it up. I just want to say thank you to all the teachers, students and coaches who have helped me through my high school career!" (Pictured below right)



Mandy Kilgore - MidAmerica Nazarene (Volleyball)

"I will miss the diverse ages I could hang out with and most importantly the familiarity I have with LSN, it is like a home to me. It has shaped me to realize you have to be willing to put in more work than your competition. I would like to thank Coach Moses, Parker, and Hoffman for having a huge impact in my volleyball life and basically shaping me into the player I have become. They are the reason I still play and love the game as hard as I do now."

(Pictured left)

Allison Dailey- Rockhurst (Cross Country)

"I will remember all of the hours my coaches have invested to make me a better athlete, as well as the permanent friendships I have made with both my teammates and coaches." (Pictured below left)



Justin Root- Pitt State (Baseball)

"I wanted to play in college to try and further my athletic ability and decided to commit to Pitt State because of its Wood Technology program. LSN taught me to be a leader and to always give all my effort in anything I do and I'd like to thank my father and mother for paying all the club teams and coming out to every game to support me." (Pictured above right)



Aubree Bell University of Central Missouri (Volleyball)

"I committed to UCM because I loved the coaches and they have a very strong volleyball program as well as academic. I am looking forward to the new friendships and the experience of being a college athlete but will miss the fellowship and the great atmosphere the fans bring. High School has shaped me for the future. I have learned many life lessons as well as how to interact with others. Even when it gets hard choose Joy and be positive. Always try to be better than you were before. I am grateful for the gifts God gave me and giving me the opportunity to use them. I want to thank all my coaches at the school as well as teachers and administration for all their support!!!! GO BRONCOS!" (Pictured above left)

Aaliyah Johnson - Stephen F. Austin (Basketball)

"I ultimately decided to commit to my school based on the facts that I loved the school itself, the school offered the degree I am interested in, the coaching staff and basketball program were everything that I was looking for in a school, and committing to SFA just felt right. I will miss my teammates here at North more than anything. I've been blessed enough to forge great friendships with some girls here at North, and I hope I will be able to stay in touch with everyone as we move on into our lives." (Pictured right)

Northern



Exposure Editorial

Teens Learning to Cope with Stress

Scribed by-LexieTalpers

Stress. Everyone feels its influence on their lives at some point or another. Whether it is from school, family, friends or anything else, everyone experiences stress. Learning how to deal with stress is crucial so it will not overtake your life. Stress can not only cause psychological disorders but also physical issues as well.

As high school students all of us can say we are stressed. With seven classes a day, hours of homework every night, so many extracurriculars to participate in, trying to maintain a social life, playing sports and still trying to get eight hours of sleep every night, it's no wonder high school students are so stressed. Many of us want to be the best versions of ourselves that we can which leads to over extending ourselves in many different directions.

While stress may not be

avoidable there are certainly ways to reduce stress. Taking time to plan out exactly what you are doing and when you need to have it done can certainly reduce stress. Having everything written down somewhere, whether it be on paper or on the phone can reduce the stress of not knowing what is going on or when something is due. Also taking time to yourself can be a big way to reduce stress whether it is spending time alone, working out, reading a book or simply just listening to music. Making sure you have a time to just detox from everything can be crucial in stress-relieving.

There are also bad ways to deal with stress that most teenagers do whether they mean to or not. They push the stress down by procrastination which inevitably leads to more stress than originally anticipated. Many high schoolers just want to focus on the moment and not what is coming in the future which can lead to high levels of stress when schoolwork becomes due.

Some people are able to turn stress into

motivation to get things done. They turn the stress into accomplishing everything that needs to be done. It can lead to the stress relieving itself, in a healthy form.

Teenagers are not the only ones who experience stress, stress can be found anywhere in anyone's life. While coping with stress can seem difficult there are certainly ways to reduce stress in everyday life.

Every person can say that at some point in their life, whether it be today, yesterday or last week, but stress is not something you can instantly find yourself cured of. It is a natural part of life and everyone experiences, but what is not natural is the constant stress some people feel. Managing stress is crucial to making sure you can handle the day to day pressures of life.

Stress drives people to do crazy things, it can cause more problems than originally occurred if not dealt with properly. So if you do not want stress to overtake your life, make sure to find things that relieve your stress and can make it become manageable.

Valentine's Day: A Heartbreaking Tragedy

RhaylaHuff-StaffReporter



What could possibly be better than cheap flowers, boxes of overpriced chocolates and cheesy Hallmark cards? Anything.

If there is one holiday that I think should be completely eradicated from society; Valentine's Day takes the cake.

Anyone that claims the holiday was created by Hallmark to make more money needs a brief history lesson because that is far from the truth. The first Valentine's card was sent in 1445, and Hallmark was created in 1910. The actual history behind this date is a little blurry, but people believe that February 14th was named after Saint Valentine's Day Massacre when Al Capone slaughtered his enemy gangster in Chicago 1929.

Not only is the history of Valentine's Day morbid and disturbing, but the meaning of it now is biased and demeaning. Known as the "day of romance", anyone who lacks a romantic partner is overwhelmed with heart decorations and teddy bears.

"I hate it. I think it is stupid, because why should we have a holiday where it is giving love to someone the whole day, when you can be doing it all year," Nick Meyer, junior, said.

Unlike the Christmas season, certain people cannot give a Valentine's card

to just anyone; it has to be someone special. If I were to give a "Happy Holidays" card to an acquaintance, it would be respectful. However, if I were to give a "be my valentine" card to the same person, it would be weird.

When a single person wants to spend the holiday stuffing their face with food and watching horror movies, they are instead forced to watch the unbearable romantic comedies with poor acting and low budgets always seem to take over the cable network. Not to mention the sappy and predictable endings.

Quite possibly the only good thing that comes from the holiday is the inevitable "Harry Potter Marathon Weekend" on Freeform.

Into the statistics of the holiday, research says that 75% of suicides are caused due to relationship problems, and most relationship problems happen on Valentine's Day. Approximately 9,000 metric tons of carbon

dioxide are used to make the red roses that are sold on this date, and are shipped from South Africa, which wastes fossil fuel that could be used for something else.

Basically, the entire holiday shoves itself in your face, forces you to spend too much money, and then ends only after you spend your entire paycheck for someone you may or may not spend the next month with.

To singles, and to the couples that buy ridiculous gifts for their significant others; Valentine's Day is not only a waste of time, but also a waste of effort.



Standing for the Pledge Everyday Loses Patriotism

SavannahMullen-StaffReporter



The pledge is a way we show our patriotism, but standing for the pledge has been a controversy here at North, in regards to how we stand every day and our rights to sit and not say the pledge.

However, to understand what is happening now, people must understand the history of the pledge.

The pledge was written in August of 1892 by a socialist minister, Francis Bellamy. It originally stated, "I pledge allegiance to my flag and the Republic for which it stands, one nation, indivisible, with liberty and justice for all". He hoped every country would use this pledge not just the U.S.

In 1923, the words "the Flag of the United States of America" were added, therefore making it original to only the U.S. rather than what Bellamy wanted.

In times of communist threats, Eisenhower suggested to input "under God" into the pledge. The congress approved, therefore it was imputed in the pledge in 1954. It was inserted after one nation, the same as today's pledge.

Therefore, the pledge today reads, "I pledge allegiance to the flag of the United States of America and to the Republic for which it stands, one Nation under God, in-

divisible, with liberty and justice for all."

After the election, some people decided to sit instead of saying the pledge. Of course they have their right to do that, although some believed that it was wrong to not respect the country.

"I think standing for the pledge increases patriotism because we should be prideful in our country and even though there is turmoil and hostility across the majority of the country, saying the pledge should drive us as citizens to make it the country we want to take pride in," Leana Samyn, junior, said.

Saying the pledge everyday is new this year and is a law in Missouri. With that being said, how come it is a law and not just a civil responsibility? We live in a free country, however it is the law to pledge your allegiance to the country every day in schools K through 12.

"Unfortunately, I think it has lost its meaning because it has become routine for the students. When the students (and others) do something so frequently, I think they begin to repeat the words without thinking about them," Sarah Courtney, history teacher, said.

In my opinion, saying the pledge everyday loses its meaning due to just spilling out the words instead of actually caring about what the words mean. Although, when we stand for the pledge every day how are we not going to lose the enthusiasm we once had as elementary schoolers.



"It does not bother me for saying the pledge everyday. I feel like the United States is like a parent to us in a way," Hunter Spears, junior, said.

With the different perceptions of age on the pledge I feel that since we are older that we have seen the effect of saying the pledge every day.

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