

THE NORTHERN EXPOSURE

Wednesday, October 4, 2017 VOL. XXIII, ISSUE I



In this Issue... October

2017-18 Staff

Mindy HaesemeyerAdviser
 Jack Langle...Co-Editor-in-Chief/Sports Editor
 Blair Clark.....Co-Editor-in-Chief/ Ad Manager
 Cara Panarisi Opinion Editor
 Marin CareyWeb Editor
 Savannah MullenStaff Artist
 Jillian Jamaledin...News Editor/Junior Editor
 Rhayla Huff.....Feature Editor/Junior Editor
 Madisen Smith.....Copy Editor
 Rebekah Panek.....Photography Editor
 Savannah Henslee.....Entertainment Editor
 Jacob Sellinger.....Staff Reporter
 Hannah Berry.....Staff Reporter
 Devin Carroll.....Staff Reporter
 April Cowan.....Staff Reporter
 Tiyah Gipson.....Staff Reporter
 Maria Smith.....Staff Reporter

Table of Contents:

News

3: Student Struggles: Working as a Teen-Jillian Jamaledin
4: Freshmen Now Required to Take Civis Exam to Graduate-Devin Carroll

Feature

5: Hope for Those Battling Anxiety-Hannah Berry
6-7: Exchange Students Travel Over 4,000 Miles to Attend LSN-April Cowan

Entertainment

8: Apple vs. Android: Pick Your Side-Tiyah Gipson
9: Halloween Season Brings Commercial Flux and Traditions for Teens-Rhayla Huff
10: Print Newspaper: A Dying Artform-Maria Smith

Sports

11: Upperclassman Leadership Prepares Boys' Soccer for District Play-Cara Panarisi
12: Game, Set, Match: 2017 Girls' Tennis-Rebekah Panek
13: A Little Run Through Girls' Cross Country-Madi Smith

Opinion

14: More Than Just a Watch-Jacob Sellinger

15: A Spooktacular Crossword Puzzle

Ads

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.

ON THE COVER

Students cheering on the LSN football team in a game against Blue Springs South on America Night

Photo by Blair Clark

Follow us on Instagram and Twitter

@LSNnewspaper

AND

Chek out our
website

thenorthernexposure.com

Student Struggles: Working as a Teen

Jillian Jamaledin-Junior Editor



Charity Hathcock working at Paradise Park helps a customer.
Photo by Rebekah Panek

Throughout LSN, there are countless students working jobs, as well as balancing school and other activities. Teens are often not shy about voicing the difficulty of balancing the two. One of the many obstacles they face is finding the time to accomplish all of their obligations.

“It is really hard managing my time with work and school because I work from three to eight, and it is painful,” Martina Flores, junior, said.

However, students manage to find different ways to get everything they need to done both in and outside of school.

Some students fit homework into their schedule when they are not at their job. Others may try finishing some of their school requirements while they are working.

“Whenever I am not working, I am doing homework.

Sometimes you have to be selfless and put school and work above things you want to do, like going to football

games, and sometimes it is healthy to take a break and be selfish every once and awhile by doing things you want to do,” Addy Ross, senior, said.

With an increasing number of teens having jobs, more teachers are stressing the importance of communication with them so they can have a better understanding of the student’s life.

“I have had to find time during school or right after to do my homework. My teachers are really understanding of me having to balance school with work, which is cool,” Jen Crosby, junior, said.

Even though teens who work while attending school face struggles, there are components of having a job that appeal to them. One positive aspect of working is being able to meet new people and make connections with them, whether a student works with them or if they are a customer.

“I love the people I work

with. I know going into each shift that I am going to enjoy it. I also love my boss, she is the nicest person ever and is really understanding. Serving and getting to know guests is also another thing I like about my job. I get to see a variety of people all day,” Crosby said.

An additional aspect of having a job is the interview before getting hired. Some suggestions for having a good interview include dressing for success, preparing responses to possible questions and having good body language and posture.

Another tip is if a person is asked about their weaknesses during an interview, they should make them sound like advantages. For example, they could say taking work too seriously or striving to get things done quickly and accurately.

It is also beneficial to take part in the events and activities around you. Including a list of extracurricular activities you

participate in, whether it is part of school or your community can improve your chances of becoming employed.

“[You should] network within your school and community, as your actions are always being evaluated,” Jan Richardson, business teacher, said.

No matter how many limitations employed teens may face, they find putting the time and effort into their work worthwhile. Nonetheless, while having a job may prevent a student from participating in some events or activities, it can also open the door for them to other opportunities.

Determining if you are ready to apply for a job as a teen is a major decision. It grants them the access to establish how they use their time and learn how to juggle their responsibilities. Having a source of income allows students to make decisions concerning how they spend and/or save their money.



Graphic by Savannah Mullen

Freshmen Now Required to Take Civics Exam to Graduate

DevinCarroll-StaffReporter

The Civics Exam is a standardized state test the class of 2021 and on need to pass in order to graduate. The Missouri Civics Education Initiative is a law that was passed on June 22, 2016, making this exam a reality for students. The test is a 100 question multiple choice exam over subjects such as colonial history, the branches of government and American geography.

Students who do not pass this exam will not graduate high school until they get a C or above.

“It is required by Missouri law, that all high school students have to pass the exam to graduate high school,” Tavish Whiting, history teacher, said.

Students must achieve a 70 percent score to pass the test. Missouri is now the 23rd state to enforce taking the civics exam.

Students will be taking the Civics exam Oct. 11 in the mentoring rooms of the test takers. This will take place the same day as the all school testing day.

There are multiple ways to prepare for the exam such as flashcards, practice quizzes and tutoring sessions with teachers.

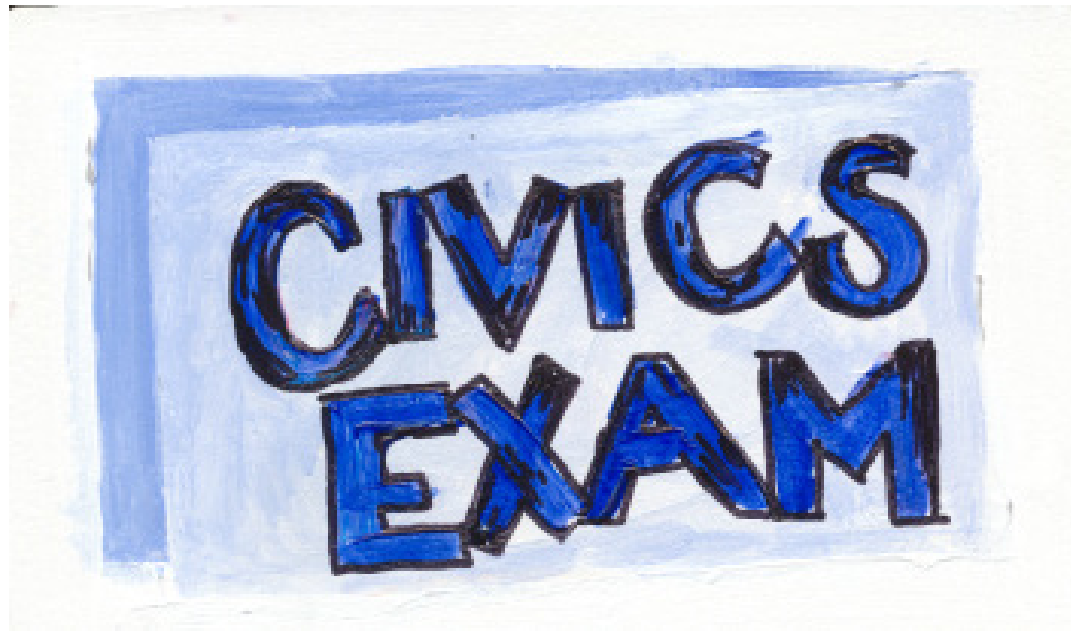
“I will make flashcards

and review my notes the whole year, and meet with my teacher a couple times,” Olivia Lunceford, freshman, said.

Students have many tools to be able to prepare for the test. Students studying for the test can take practice quizzes and download flashcards from the school’s home page. The exam web page can be found by navigating to the LSN home page and scrolling down to the feature section, where you can click on the civics exam website link.

Students received emails warning them about the upcoming exam, but some may not recognize what the test is.

Graphic by Savannah Mullen



“The Civics exam is just a basic knowledge of the United States’ history,” Ty Kohl, history teacher, said.

The class of 2020 and earlier may have noticed they do not have to take the Civics exam, and that is because of the odd timing the Missouri Civics Education Initiative was passed. Since the law was passed before the 2016-17 school year, there was not enough time to get the details planned. School boards need to assemble and vote on how to carry out new laws.

“I think this exam is something that is needed. We have too many Americans walking around that do not have the basic aspects of American History,” Kohl said.

Students need to take the time to prepare for the test and know the tools they have in order to succeed on the exam.

“This exam is very similar to the actual USCIS Exam that is taken for naturalizing citizens into this country,” Whiting said.

Immigrants coming into the United States must take a similar exam to be granted legal citizenship. The idea behind giving the Civics exam to high school students is to help them learn and perform the same actions as immigrants to make things fair for everyone.

Hope for Those Battling Anxiety

HannahBerry-StaffReporter

Approximately, 25.1% of 13 to 18 year olds suffer from anxiety. 5.9% of them suffer from severe anxiety for a lifetime. Anxiety disorder can affect one in eight children and can cause a higher risk of doing poorly in school. Anxiety is a severe feeling of fear or uneasiness.

“[Anxiety can be caused by] fear, losing something or not getting something, distractions... things out of the ordinary or something loud,” Harris Deutsch, prevention specialist, said.

Some other factors that can affect anxiety can be as simple as not getting enough sleep or not eating right.

“Not getting enough rest and diet affect anxiety as well. Expectations are a big thing. People around you, friends, friendships, paying attention to what others say, just the things you naturally pay attention to. It is generally the things you most care about,” Robin Gray, counselor, said.

The causes of anxiety are specific to the person, but some of the major causes are school expectations. Anything from trying to get good grades, to completing the homework. People around you can also be a factor in the cause of anxiety. The link between school and anxiety is definitely prevalent.

“With school there are deadlines, there is content you have to learn and tests you have to take, and grades you have to earn and you know all of that kind of stuff, so of course

there is as definite connection between feeling anxious and nervous and overwhelmed at times about meeting all of those deadlines,” Gray said.

The expectations that school puts out can be stressful and hard on people. The classes you decide to take also have an impact on how a person views school.

“I notice a lot of the time when I get students in here that are dealing with anxiety, a lot of them have advanced or IB classes,” Tina Rambo-Faulkner, social worker, said.

School has expectations to meet and at times, it can be stressful to meet all of those deadlines, this can cause students to panic or feel uneasy.

Having a panic attack vary on the symptoms.

“When your heart rate starts to quicken, sometimes you feel sweaty or clammy. Your body is physically reacting to whatever the thing is that makes you anxious,” Gray said.

Panic attacks can happen anywhere at anytime, but there are some ways to help regulate anxiety and help calm your panic attack down.

Most people experience anxiety at some point. Since anxiety is specific to each person, it may be hard to compare one set of symptoms to others. There are some common symptoms that people can experience when having anxiety.

“Panic attacks, lack of motivation, crying, nervousness, depression...

being overly concerned almost paranoid, or OCD about a situation...All of these things are expressions of anxiety,” Gray said.

These symptoms can affect school performance and how much fun people find in typical everyday activities. Stress and anxiety are linked and if someone is under extreme stress it could lead to having anxiety or a panic attack.

There are better ways to help a person control or regulate anxiety. If anxiety is extreme school counselors recommend getting professional help.

If someone is experiencing anxiety, there are a few simple exercises that might help.

“If a person is experiencing extreme anxiety, get some extra help within our school maybe with the social worker. But for simple anxiety, anything from journaling, drawing, listening to music, taking a nap, breathing techniques, along with yoga,” Deutsch said.

It is important for those with



Graphic by Savannah Mullen

severe anxiety to see a doctor, therapist or one of the school counselors for help.

Outside of the guidance office, students are welcome to contact a LSR-7 Social Worker.

Tina Rambo-Faulkner
Social Worker

Room: Across from guidance office
Email: tina.rambofaulkner@lsr7.net

Exchange Students Travel Over 4,000 Miles to Attend LSN

AprilCowan-StaffReporter

Simon Weiler is from Mainz, Germany. This is his first time in an American school, but not his first time in America.

"I have been in America many times, six times. I just wanted to see what it was like in a school," Weiler said.

Weiler plays soccer both here and back home in Germany, but in Germany, soccer is not apart of school. "We have, like, basketball at my school, but I am not very good at basketball so I do not play it. Soccer is not apart of school sport," Weiler said.

A popular food back in Germany is snitzel.

"Snitzel is meat with a little bit of breading over it. You should have that in America," Weiler said.

A popular type of music in Germany is hip-hop and rap. One of the more famous rappers is Cro. He is very popular all over Europe.

"He is very popular because you will not see his face. He wears like a panda face," Weiler said.

Weiler is looking forward to Prom and sports. He is most excited about drive-in movie theaters.

"We have theaters, but not ones for cars. You will see movies about it, but one can really believe it," Weiler said.



Dharmawat Jiraniti, who goes by Neat, is from Nakhon Pathom, Thailand. He entered the exchange program to practice English and try new things.

"I wanted to find new experiences," Jiraniti said.

Back home Jiraniti's favorite thing to do is to spend time with his friends and go have fun.

"I always hangout with my friends; go watching movies, or singing Karaoke," Jiraniti said.

When he is not doing school work, his favorite outside of school activity is sports.

"Ping-pong, just for fun, with my friends," Jiraniti said.

The coolest spot in Nakhon Pathom to hangout is at a soccer match. Nakhon is a very popular tourist place for old temples and statues. Because of this, lots of the more modern attractions are outside of Nakhon Pathom.

"In my country it's soccer. We just go for fun and watch the match together. It's far from my home, because I live in the countryside," Jiraniti said.

A favorite snack of Jiraniti's to eat with his friends is ice cream. It can be eaten all year around, because it does not get really cold.

"Ice cream. Strawberry cheesecake ice cream is my favorite," Jiraniti said.

In Thailand, a popular singer is Oat Pramote, also known as Pramote Pathan. He is a pop icon and writes music for movies and TV shows.

"Oat Promote, he is a singer. Listen to his music," Jiraniti said.



Wilma Phillipsson is from Stockholm, Sweden. She has been in America six times, but this is her first as a foreign exchange student.

"I wanted to do something new, and improve my English. Be fluent in English," Phillipsson said.

When she spends time with her friends, she likes to go to cafes and have coffee. In Sweden having a coffee break is called Fika.

"The most common activity in Stockholm is Fika, everyone does it," Phillipsson said.

Phillipsson enjoys going on walks and being outside. A park that she enjoys going to is Kungsträdgården. It is a famous park with Japanese cherry blossom trees.

"There is lots of scenery back where I live. It's very walk friendly," Phillipsson said.



Graphics by Savannah Mullen
Photos by Rehekah Panek



Tom Bina is from Velim, Czech Republic and enjoys school and learning new languages.

“My interest are learning German and English,” Bina said.

Back home in Czech, Bina goes to school in Kolin, a different town than the one he lives in. He has to take the bus each morning to get to school.

“My home city is only 3,000 people, it’s really small,” Bina said.

Bina enjoys playing the guitar and has been playing for a long time. In first grade he picked the guitar because he found it interesting.

“I have been playing guitar for almost 10 years, really classic music like Bach,” Bina said.

He also likes playing video games and watching YouTube with his friends.

“I watch Logan Paul, he is a famous American YouTuber,” Bina said.

Bina also spends his time back home doing ‘Scouts’. Many of his friends are also in ‘Scouts’, so it is something that they can do all together.

“Scouts in Europe is different than in America. We do more with nature, like making fires and survival stuff,” Bina said.



Melanie Bon lives in Borculo, Netherland. She came to America to learn more about American life and practice her English. Back home her favorite outside school activity is spending time with her friends at home.

“We just talk and watch things like on Netflix. Movies and series like Gossip Girl and Glamour Girls,” Bon said.

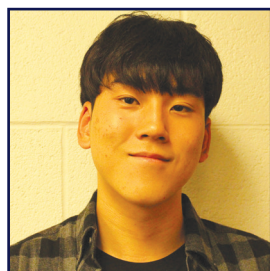
Chips are a favorite snack among Bon and her friends.

“We eat a lot of different things, chips is a favorite,” Bon said.

Since being here in America, the biggest shock Bon has had is the fact that students can drive to school.

“Everyday I bike to school. It’s about 45 minutes to school,” Bon said.

In the Netherlands, and all over Europe biking is very popular. The driving age in most places in Europe is 18, not 16.



Jungughoh Shin, who goes by Shin, is from South Korea. He joined the exchange student program to help practice his English.

“I want to learn American cultural and English,” Shin said.

Back home when Shin spends time with his friends they play sports outside. Shin is interested in football here in America and has been to a few games already. He has also seen a few of the NFL games on TV and would like to go to a Chiefs game.

“I am interested in sports because football is not a famous sport in Korea. Football is cool,” Shin said.

Shin feels that the biggest difference from school in Korea and school in America are the classes.

“In America students can choose their class, the Korean students can not choose their classes,” Shin said.



Apple vs. Android: Pick Your Side

TiyahGipson-StaffReporter



Joy Covington scrolls on her Android Samsung S7 during free time in class.

Photo by Rebekah Panek

There are approximately 104.18 million more Apple users than Android users in the U.S. since December of 2016. 107.7 million people in the U.S. own Android devices compared to the 211.88 million people with Apple.

Apple was founded April 1, 1976 in Cupertino, California by Steve Jobs, Steve Wozniak and Ronald Wayne. Apple was created to develop and sell personal computers, to create a vision and change the way people viewed computers. The company was made to be fun-spirited, but has since become intimidating to competitors.

Android was founded Sept. 23, 2008 in Palo Alto, California by Andy Rubin, Nick Sears, Rich Miner and Chris White. Android was initially created for digital cameras, but because digital

cameras had a smaller market than cellphones, they decided to switch.

Apple phones seem to be the most preferred brand in the U.S., however, people do own Android phones, yet some of them would rather have an Apple phone.

“Apple phones stay current longer and have more frequent updates,” Nathan Miller, LSN librarian, said.

Apple is not perfect, it is said to have almost come to an end, mainly because of many technical problems it has faced.

“My iPhone would shut off at random times and would always freeze,” Ella Larson, freshman, said.

In 2015, Apple bought 15 companies total, nine of those companies were unknown for a year due to unknown purchases. In 2016, those nine companies were confirmed to be

Flyby Media, Emotient, Learnsprout, Legbacore, Turi, Carpool Karaoke, Glimpse, Tuplejump and Indoor.io.

Android has companies of its own, but in July of 2005 it was bought by Google for 50 million dollars. Android was originally developed by Google, but became a company of its own.

According to U.S. news Apple is very popular for the camera that is supposed to be 100 percent better than android.

“Apple cameras are clear, and in some instances, it is hard to tell the difference between the iPhone camera and a real camera,” Brody Ethridge, junior, said.

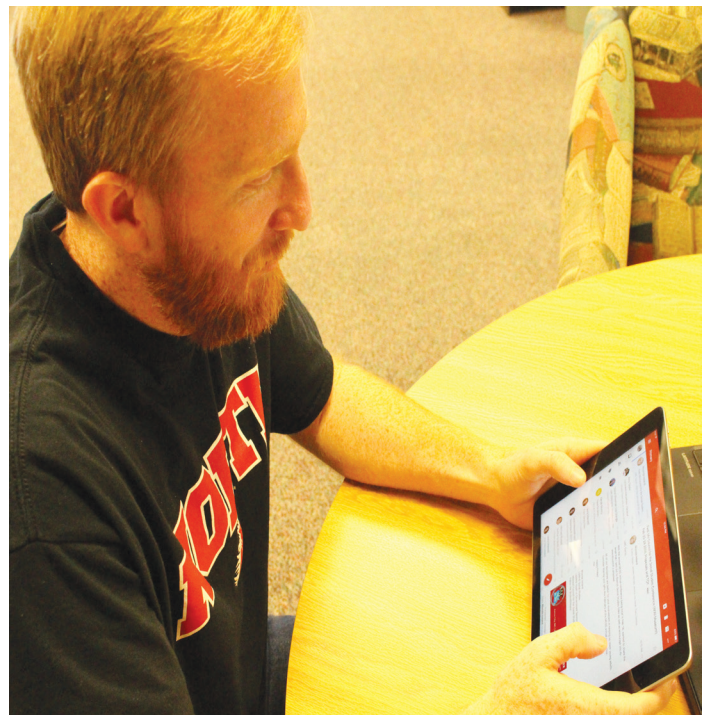
Android phones are not as popular as Apple phones for many reasons. For instance, many people believe they do not have as good a camera as the iPhone.

“I feel like mine does not have a good camera, maybe Apple is better,” Lisa Shepard, French teacher, said.

Another reason being Android also has problems that it has to face as well.

“A couple times it will say I do not have a sim card in, but I do, and other times I just can not turn it on,” Shepard, said.

10 years ago Apple and Android wouldn't have been the most talked about phones in the world, but today they are widely used by the majority of the population.



Media Center Specialist Nathan Miller checking his email on his iPad.

Photo by Rebekah Panek

Halloween Season Brings Commercial Flux and Traditions for Teens

Rhayla Huff-Staff Reporter

Halloween first began over 2,000 years ago with the Celtic Festival of Samhain in what is now Ireland, the United Kingdom and France. Since that time, people have adapted it to be one of the most commercial holidays, second to only Christmas. While children and families are consumers, teenagers play a large part in the holiday.

“The best thing about Halloween is that you get to dress up, and it doesn’t matter who you are. And the candy too, of course,” Sean Sturdivant, sophomore, said.

On the downside, prices raise to an almost unbelievable amount during the holiday. According to Time Money, \$2.5 billion was spent on candy, which is more than the \$2.4 billion that consumers spend for Easter. Despite the prices, people are willing to pay for a good night.

“For the most part I do not think it is expensive and if it was I could still find plenty of creative options for my kids that would not cost a lot of money. I also am more

concerned that my children have great memories of their childhood, and if that costs a little extra money then so be it. Our Halloweens are epic,” Justin Collis, history teacher, said.

Halloween is not only the time of year where candy prices raise by an unbelievable amount, but the time of year where memories are made with friends and family.

“Since kindergarten through tenth grade I would trick-or-treat, but half of tenth grade we had to pick up cans for a theatre thing at West, and now I’ll do that again this year, but trick-or-treating is the best thing to do on Halloween, in my opinion,” Sturdivant said.

The spooky night is typically full of laughter and tricks, and many people find that left-out candy is gone by the end of the night.

“Back in first grade, my best friend and I went to this house that had the candy bowl out, and we took the whole bowl and I ran down the driveway, but there was

this ditch at the bottom and I fell and rolled and had a big bump for like three days,” Sturdivant said.

Costumes are a key factor for the holiday and Time Money says that consumers spend nearly \$1.2 billion on them each year, excluding the \$350 million spent on pets. However, the costumes are typically worth the money, as people usually have very interesting costume choices.

“My favorite and best costume was the Genie, because I played him in Aladdin, and wore it again with makeup. The second coolest one I’ve done is when I was a ghost and I used a hoverboard and wore a sheet,” Sturdivant said.

In addition to the costumes and candy, scary movies tend to reach a popularity that is not present the rest of the year.

“I like scary movies to an extent around Halloween, but I think they’re cheesy otherwise,” Anne Ball, junior,

said.

This year there will be 17 movies released in October, promoting Halloween and the sinister atmosphere of the holiday.

“I’m new at watching scary movies, but my favorite is ‘The Conjuring 2’. That doesn’t really scare me that much, it makes me jump more and I like that. ‘The Circle’ isn’t really scary, but it is really good too, and it is on Netflix,” Sturdivant said.

Despite the high prices, Halloween is a beloved holiday people look forward to and enjoy throughout the year.



Graphics by Savannah Mullen



Print Newspapers: a Dying Art Form

MariaSmith-StaffReporter



Newspapers have been around a long time and have shaped society in many ways. It is changing people's perspective of the world and their opinions, but printed news is dying and social media is taking over. In the Kansas City area, Brookside is the leader in newspaper sales.

"People in a higher income bracket are more interested in it [newspapers]. People with a higher education level are more interested in it, and older adults are more interested," Frank Farkas, District Sales and Circulation Manager for "USA TODAY" newspaper, said.

Some young people can not even recall the last time

they have read a print newspaper if at all, because growing up in an era of technology there is no need.

"[I read print newspapers when] I'm at the hair salon and there is one on the table, so maybe once a year," Kayli Green, senior, said.

While some are dedicated print news readers, some only read it when they want something to remember the day with.

"[I read print newspapers when there are] big events like 9/11, the Royals winning the world series, day after the super bowl, day after the election. You can get a more indepth article in print media," Farkas, said.

Online news might be more

convenient, but it is not always reliable. Fake accounts are everywhere spitting out lies that seem real. It can be hard to determine the truth from lies.

"Anyone can put anything on the internet and make it look believable," Hailie Donaldson, freshman, said.

The truth is in the facts. In early 2017, the Huffington Post did an article about how Facebook was forced to shut down around 30,000 fake news accounts regarding the French election.

"In an era of fake news, I think that it's really important to figure out where you're getting your information from even if it is from a reliable source," Green, said.

Even though it is not always reliable online news is still getting larger while print news is decreasing, and it has been for a long time.

"Where we had four newspaper delivery people Raytown, Blue Springs, Independence, and Lee's Summit. Now I have one person delivering that whole area," Farkas, said.

Different people have different reasons for not reading print newspaper, but a common one is how inconvenient they are to most.

"It's not convenient, even though there are newspaper

delivery people. My best friend growing up her dad that is what he did. He had the big white van that was always in their driveway, and he would get up early and do that, but I just do not think that there is a need for that anymore," Jessica Root, English teacher, said.

While newspapers used to be used as a pastime as well as a practical way to get information, phones have replaced them, which has resulted in the significant decline in the sales of newspapers.

"People thought that the internet was going to be the death of newspapers, and it was not because people still went to the store and bought their newspapers they took it to work, or the subscribed to it, they picked it up and they took it to work or they sat on the bus reading their newspaper. The smartphone, that is the major decline in newspaper. We cannot survive that," Farkas said.

The harsh reality is that newspapers may die in the shadow of the smartphone, but for now they are just playing a game of wait and see. And who knows, things are always coming back in style.

Upperclassmen Leadership Prepares Boys Soccer for District Play

CaraPanarisi-OpinionEditor

The boys' soccer team started their season with a match on Aug. 19. They came out on top beating Staley with a score of 5-1. The boys started their season off strong, and have come a long way since their first game.

Every season, the team has to adjust their formation in order to figure out ways to replace the positions that were lost due to the graduated players, and to make room for the new players. In addition to adjusting and changing the field play, they also have to figure out which of the boys are the most suitable for being an official team captain.

"New captains are picked every season. Coach Kelley calls each player over individually at one of the practices early in the season and asks them what three people they think should be captain. At the end of that specific practice, he announces what top three boys were picked," Zane Daugherty, senior, said.

Being chosen as a captain is rewarding and flattering, but does not come easy. There are certain characteristics to look for within an individual to determine if they would be suitable as a team leader.

"Characteristics to look for when voting for

a captain is someone you can trust to lead the team forward, someone who brings a team together and someone who is an overall good leader that does not bring his teammates down," Daugherty said.

The three captains chosen to lead the boys this season were Daugherty; Colin Dooley, senior; and Kyle Rock, junior.

"Being a captain is important because you are the one people turn to for guidance and you are the one that everyone trusts to help make the team successful," Daugherty said.

Although there are specific captains chosen each year, it is just as important that every individual on the team steps up and becomes a leader in their own way.

"It is important that there are more than just the chosen captains because you do not want everyone to rely on a couple people. You want everyone to be leaders, work together and work in harmony," Evan Dunning, senior, said.

Every player is in charge of the team's success as a whole. It is vital for any successful team to have leaders that help keep the team motivated and humble throughout the season.

Every team goes through a tough loss or a

hard practice, but it is how the team responds to these hardships that display the team's character.

"I try to boost the team up after a hard game by providing motivation to get us going again, and helping the guys work harder to get redemption next game," Brennon Larsen, senior, said.

For any soccer team, the goal at the end of the season is to advance all the way into state. Although that is the main and most obvious goal, there are certain players who have set personal goals for their individual game.

"I have had a good start to the season scoring eight goals so far, and I am really pushing myself to hit 20 or more by the end of the season. As a team, the goal is always to win state, but I feel this year we have a great chance to get out of districts for the first time in my high school career and make a good run for a championship title," Larsen said.

As the boys' season wraps up, the seniors have one last shot at districts before they pass on the torch to the underclassmen. Come out and support the boys as they play their first round of districts in late October.

Get to Know the Senior Soccer Boys



Zane Daugherty

Q: If you had to teach someone one thing, what would you teach?

A: "I would want to teach someone to play soccer."



Colin Dooley

Q: Describe the next 5 years of your life and your future plans in one single sentence.

A: "Stay focused on what you want, if you have a dream go for it, work hard and it will come true."



Evan Dunning

Q: If you could ask for one wish, what would it be?

A: "If I could wish for anything it would be that me, my family and my closest friends live a wealthy, healthy and happy life."

Photos by Rebekah Panek



Brennon Larsen

Q: What is your go-to game day song and why?

A: "One song I always have to listen to before every game is 300 Violin Orchestra. It is a hype up song for me and helps me get into game mode."



Christian Mesias

Q: What did you want to be when you were a kid?

A: "I wanted to be a bee keeper."



Mitchell Petersen

Q: When it's all said and done, will you have said more than you have done?

A: "Yes, I always anticipated myself to be a lot better than what I am right now, but I gave a lot for this team and came to practice every day getting myself prepared for the next game. Maybe the results are not always what I hoped for, but I never quit on this team."



Kale Soukup

Q: If you could be any animal what would you be and why?

A: "I would be a wolf because they are dope."

Game, Set, Match: 2017 Girls' Tennis

RebekahPanek-StaffReporter



Sarah Graff demonstrates how to hold the racket and improve an aggressive stroke.

Photo by Rebekah Panek

The girls' tennis team practiced and played hard this season. There were 58 girls who played on the team and each and every one of them were getting ready for a difficult but fun season.

The players were coached by Stu Reece health teacher at Bernard Campbell Middle School; Sarah Graff math teacher and Aaron Layendecker, foreign language teacher.

"Something our coaches always tell us is to stay positive and don't get down. Don't let the score change the way you're playing," Kristina Parrish, freshman, said.

The tennis team started practicing early this year having their first practice on July 31. They continued to practice after school every day since. At practices, the players

start warming up by running and stretching then grabbing a partner and volleying back and forth across the net.

The tennis team competed in matches and tournaments about three to four times per week. Tournaments and matches were a great time for the girls to make strong bonds, and strengthen their team spirit.

"Our first tournament was really fun. We got to spend all day together. Beating Barstow was fun too," Anna Donaldson, senior, said.

Many of the players started playing tennis early their freshman year and have continued to play throughout their years of high school.

"I started playing in

eighth grade because Mr. Reece teaches at Campbell as a health teacher, he also coaches North's tennis team and he introduced it to us middle schoolers and I ended up liking it," Carmen Mendez, junior, said.

In tennis there are two types of matches. The first type is singles where there is one player on each side of the court and they play against each other. The other type of match is doubles. Doubles are when there is a team of two on one side playing against another team of two.

"When it comes to singles and doubles I honestly enjoy both. I like relying on myself but

I also like playing with someone else," Donaldson, said.

Each player is always getting better, all of the girls have a lot of drive and continue to practice hard everyday. The players have great sportsmanship and they cheer each other on and challenge each other to do the best they can.

"We improve everyday. Each player is working on a different aspect of their game so it is different for everyone, but as a team we just need to continue making sure we are getting those necessary wins. Our doubles wins are essential to team outcomes so focusing on those are always important," Graff said.

The season for C-team and JV tennis ended Sept. 18. The Varsity's hard practice paid off as they placed second in their district tournament and finished the season with a 6-8 record.



Kristina Parrish and Morgan McGurk celebrate a good play at practice.

Photo by Rebekah Panek

A Little Run Through of Girls Cross Country

MadiSmith-CopyEditor



The girls cross country team leaving on their warm up run, practicing for their next meet.

Photo by Rebekah Panek. Graphic by Savannah Mullen

Running for miles everyday is no easy job. The cross country girls work hard to do exactly that while supporting each other and inspiring each other to run their hardest.

The girls started practice two weeks before school, and before that, many of the girls participated in conditioning over the summer. The team is led by Coaches Ryan Shortino, who is an engineer teacher and Colby Mathews, who teaches art.

“Coach Shortino is pretty funny and I like how he works really good with Coach Mathews. They just get along and they bounce off of each other really well,” Sydney DeLozier, junior, said.

Cross country practices normally start with a 10 minute warm up jog, followed by

stretching. Then they do their daily activity and they finish with a 10 minute cool down jog. The main type of run they do changes with each day. On Mondays, they go for a long run, Tuesdays and Thursdays they workout. Wednesdays and Fridays they run about three miles on routes set by the coaches along certain streets, these runs are known as “street runs.”

“I like seeing all the people after school, cause if I am not in a sport I will just go home and not talk to anyone, and everyone from the cross country team is really great,” DeLozier said.

Girls cross country meets look a little different in structure then after school practice. The girls start with a warmup along with some stretches

before they go on their run.

Every Saturday morning while waiting for their turn to race, they set out a big tarp where a lot of the girls will take a quick nap. After the run, the girls stretch again, and then exchange buddy gifts. The buddy gifts are a gift exchange system where each member gets a gift with a note of inspiration from another runner.

“Definitely being with my team at meets and pasta parties [is my favorite part] because I love having all those friends. It’s a great place to get in a friend group,” Alex Jahn, senior, said.

Although running is an individual activity, many of the girls feel like cross country is a team sport. The girls support each other and lift each other up to help them run as fast as

they can. Because of this and other reasons, many of the girls enjoy running cross country because of how close the team members are.

“I complain about running all the time, but I still do it because cross country is the closest group of people I’ve ever been with and we’re a family and we’re all nice to each other, and it makes me happy,” Regan Young, junior, said.

Many of the girls also change their diets and drink a lot of water in order to improve their run.

Girls on the cross country team work hard to run everyday and do their best at meets. They all push each other to do their best making cross country more of a team sport than an individual sport.

More Than Just A Watch

JacobSelling-StaffWriter



Look at your wrists, now look at the wrists of people around you, now back to yours. How many people did you notice were wearing something around their wrists, specifically a smartwatch, which could be anything from a fitbit all the way to an Apple Watch? Here at LSN many students have smartwatches and they join the ranks of almost 137 million other people in the US, so how do these smartwatches affect LSN?

Smartwatches and wearable technology are becoming increasingly more common among consumers. The students are not immune to trends in fashion or technology and many like to be on the cutting edge of fashion and technology. This has influenced many people to buy smartwatches. These both have benefits and drawbacks. They bring the possibility of cheating and distraction, as well as the potential to reach goals. To

many students, the distractions they offer may be more harmful than the risks of cheating that they pose. In other words, teachers should not be worried so much about cheating and be more worried about students not paying attention in class.

“You can read your texts and I can play Flappy Bird... I have trivia crack,” Jake Lally, junior, said.

The use of applications on smart watches can distract the user and this could lead to people not paying attention in class or being unaware of their surroundings. It may be a good idea that when it is time to take a quiz or a test your smartwatch should be taken off. This would minimize the ability to cheat or become distracted while taking a test or quiz.

“Smartwatches are an incredible convenience in my daily life. They help me with time management, and logging and tracking my workouts,” Austin Merit, junior, said.

Some may not agree that smartwatches should be welcomed in the classroom, but many agree that they are useful outside of the classroom. Merit thought they are particularly useful for keeping track of workouts and for competitive sports, especially for cross country or even swimming.

They can let you know your times when you run for each mile or laps swam, distance gone, steps taken, and your heart rate. They can help motivate you to reach your goals and give gentle reminders that push you to reach your goal.

These reminders help you to be a healthier person physically. Physical health goes hand in hand with mental and emotional health.

“I have a very positive attitude because technology is always advancing... on to greater things,” Michael Fort, junior, said.

Most tend to overlook smartwatches because of their small size and many do not see them as more than a regular glorified clock. However, some see potential in them in helping you achieve goals.

They can track everything from steps, calories, all the way to hours slept and even sun exposure. They are designed to help you achieve goals and see your progress.

We are becoming ever more dependent on our technology and it will continue to advance, so it may be impractical to ban smartwatches from being in school. Not everyone will enjoy the ever growing presence of technology in our lives and our growing dependence on it; but technology will continue to move forward without them.

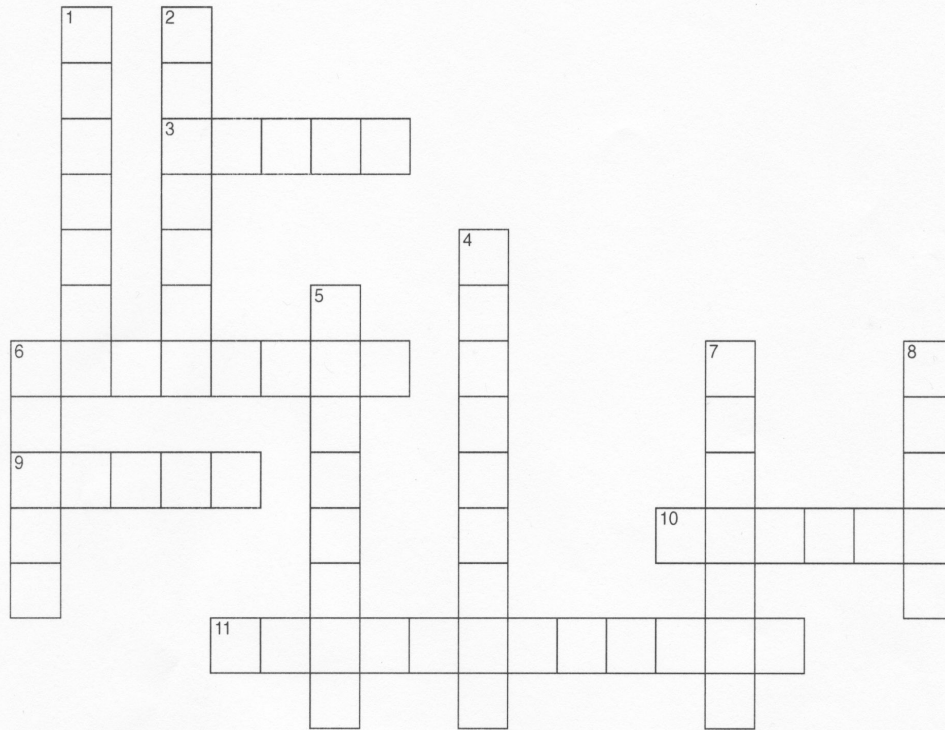
Smartwatches are just another part of our growing love for things connected to the internet that allow us to become closer to each other no matter the distance.



Trevor Luzum's Apple Watch.
Photo by Rebekah Panek



A Spooktacular Crossword Puzzle



ACROSS

- 3 This monster is wrapped in toilet paper
- 6 These animals howl at the moon
- 9 Trick or _____
- 10 The Itsy Bitsy _____
- 11 He has a green face with bolts in his neck

DOWN

- 1 Disguise
- 2 They turn into bats
- 4 October 31
- 5 Don't let this cat cross your path!
- 6 Flies around on a broom stick
- 7 Used to make a jack-o-lantern
- 8 Another word for frightening

Graphics by Savannah Mullen



Photo by Blair Clark

Follow us on Instagram and Twitter

@LSNnewspaper

AND

Chek out our
website

thenorthernexposure.com