

THE NORTHERN EXPOSURE

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On the Cover

Varsity girls' basketball team huddles before beginning their first game of the season.

Photo by Rebekah Panek

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The New Catalan Republic of Iberia

Jacob Sellinger-Staff Reporter



Graphic by Savannah Mullen.

A republic has throughout its history declared its independence five times, one started a revolution, but every time it has ended with the incorporation of the republic into its mother country. This republic would be the Catalan Republic, a state within Spain that has forged its own identity for centuries and demands that Spain let them go once and for all allowing them to build their own path in the image of Catalan and not Spain.

"We have a single objective: to be able to decide on our future...and that prevails over everything else," said Carles Puigdemont, the Catalan president, for the economist.

Catalonia is an autonomous region of Spain, one

of eight communities. However, Catalonia is among the richest and most industrialized regions in Spain, as well as being the most independent-minded. On October 1 this region's independent mindset showed itself as Catalonia held a referendum on whether to continue to be a part of Spain or cede. This is not the first time this region has tried to gain independence from Spain.

The Spanish government, before the referendum even occurred, ruled it illegal. The referendum was still held and voters clashed with police officers in the streets. Catalonia refusing to backdown declared independence unilaterally and Spain referenced Article 155 in their constitution

allowing them to take control over the Catalanian Government.

"The government also put in a clause that gave them the ability to rule directly if any C.A. took too many liberties and tried to leave Spain. It was a fail-safe to keep the country together. You have to remember that they were

coming off a 40 year fascist regime where 'Spanish-ness' was a matter of life or death," Meghan Forbes, LSHS Spanish teacher, said.

Spain initially reacted poorly to the referendum. They declared it illegal and the Spanish National Guard and police officers took the ballots and shut down the voting stations as the government ruled it illegal; therefore, it would be null and void. The European Commission also ruled that it was illegal. The regional president, Carles Puigdemont, subsequently promised to push for a declaration of independence following the referendum, as 90 percent of voters voted in favor of becoming an independent republic; however, the voter turnout was only 43 percent of the Catalanian population.

On October 27 the gov-

ernment voted to declare independence and it was unilaterally approved. Afterwards, on October 30, the Spanish government shutdown the Catalanian government and is calling for a snap election on December 21 to vote on new leadership in the region. The regional president of Catalonia and 13 of his cabinet members were deposed of their positions and were arrested under prosecutions of rebellion, sedition, and misuse of public funds. On November 2 nine other cabinet members went to court for the same offenses.

"Because the Constitution of Spain states that it is 'indivisible,' the government of Spain in Madrid dissolved the regional parliament and removed government officials," Tavish Whiting, history teacher, said.

Spain received some criticism from much of Europe as to the way they handled the situation. Most hope that the snap elections held on December 21 will restore order and peace to the region. They hope that this is just an isolated incident and something that can be resolved peacefully between the people and the government. The hope is that the country can learn and grow from this incident.

Voters Approve New Single-Terminal Airport

DevinCarroll-StaffReporter



Terminal A at the Kansas City Airport closed getting ready for reconstruction. Photo by Jack Langle.

Kansas City International Airport has been around since 1972, and has only been remodeled once since then. On Tuesday, November 7, question one on the Kansas City ballot was passed for a new KCI design. The new design will be a single terminal airport with 35 gates, two stories, and even a large two story fountain.

The new airport will allow airlines, such as Southwest, to expand their business in KCI and make access to and from the airport easier, as well as allow businesses to create a mini-mall.

People were generally unhappy with the current layout of KCI due to the time and inconvenience of the three terminals.

This project does come at

a cost though; a one billion dollar cost.

The new terminal will not be paid by tax dollars, but instead, it will be paid by the travelers and private companies. Travelers will pay a small increase in parking, tickets, and other fees, to contribute to the large cost, and private companies will have to contribute project money for the building of the new airport.

Edgemoor Infrastructure and Real Estate will be funding the large majority of construction and will have to accept the losses if the project does not swing in their favor.

Paying this large sum of money has a few added benefits, such as ease of access when the new airport

is done, or the emergence of new airlines arriving in KC.

is done, or the emergence of new airlines arriving in KC.

Voters gave an overwhelming majority vote on yes. About 75 percent, or 47,394 of the 62,961 voters, voted in favor.

In addition to this, there

was only a 20 percent voter turnout, which is a small number for the whole of Kansas City.

"I think having one large terminal makes it easier for travelers, especially frequent travelers," Jessica DeWitt, athletic trainer, said.

KCI chose Edgemoor Infrastructure and Real Estate to create the design, but the details are still being worked out. However, many people are sad that Burns and McDonnell were not chosen for the design. This is a longer process than some might expect because this agreement on the construction of the design, called a memorandum of understanding, must be created and on top of that, approved by the city council.

A new KCI will be a benefit to the city, its people, its economy, and it will be a new convenience for flyers in Kansas City. The airport will expand, allowing more flyers to come in and those flyers to be happier when they fly at KCI.

"It [KCI] could be a draw for events and things like that, having a better functioning single terminal airport," Stacy Collins, English teacher, said.

The new KCI design could bring companies, organizations or individuals to rent out the airport for special new events. This could help bring a newer more modernized image of Kansas City to the public.

"I think the new design will encourage airlines to have hubs in Kansas City which will attract businesses and will help the economic growth of Kansas City," Sarah Schmoll, social studies teacher, said.

The economy will also improve in Kansas City because of this new airport, as more flyers will come and spend more money here, which helps promote business and travel in KC.

KCI has been around for a long time, and now, the outdated airport will receive a new face and a new reputation.

New York Bans Elephants in Entertainment Platforms

CaraPanarisi-OpinionEditor

Today, there are hundreds of species of animals that are on constant display in theme parks, zoos, aquariums, and other forms of human entertainment. Across the nation these various locations attract millions of visitors daily and result in creating several billion dollars in revenue each year.

Although these attractions have just started gaining more attraction in the past few decades, using animals as a form of entertainment dates further back than an individual may think.

"Archeological findings in Macedonia that date back to 2,000 B.C.E. (Library Index) reveal that lions were kept in cages for the benefit of humans. The Circus Maximus in Rome began in 2 B.C.E. and is one of the most well-known entertainment venues in history," Courtesy of learningtogive.org.

In addition to the popular past time use of circuses, there were also other events that disposed of animals; such as chariot races, lion versus gladiator battles and bull fighting. Although it has been thousands of years, people can still go to a circus show and witness the mistreatment of these animals.

Throughout all of these years, people never questioned or battled the idea of how it feels to be in the animal's position. With the advancement of media, the outsider finally has the chance to go more in depth and discover what really happens to these animals while being involved in these shows.

"Media has helped shine a light so that outsiders can see how zoos, circuses and other forms of entertainment really treat their animals behind the scenes," Alexis Becker, senior, said.

In more recent times, organizations have been made in order to defend animal rights and prevent animal cruelty



Graphic by Savannah Mullen.

across the world. These organizations also help prevent animals being used and mistreated in various forms of human entertainment.

It is because of these corporations, such as PAWS, African Wildlife Foundation, WWF, that empower other people to stand up for not only what they believe in, but also to defend the animal's rights.

"Animal corporations have helped people gain insight by making their corporations more known than they used to be. These corporations are also doing as much as they can to help stop animal cruelty through the recognition they have been receiving," Becker said.

On October 19 the New York Governor, Andrew Cuomo, signed the Elephant Protection Act into law after it was passed by the state legislature in June. New York is the first state to ban elephants from various forms of entertainment.

"With the ban on one animal from

being used as entertainment, this will have a huge effect of the possibility of banning other animals being used as entertainment in the future," Becker said.

This ban prevents any individual from using elephants as a form of entertainment. It takes effect in 2019 and any violator can face up to a \$1,000 fee if they are caught or seen misusing these animals.

"The use of elephants in these types of settings is dangerous to their health and potentially abusive," Governor Cuomo said in a statement. "The Elephant Protection Act furthers this administration's efforts to fight animal cruelty, and create a stronger, more humane New York," Courtesy of Nytimes.com.

Although this only prevents the use of elephants as a form of entertainment in the state of New York, this ban is the first step in preventing the use of animals as entertainment across the nation.

Deck the Halls With Holiday History

MadiSmith-CopyEditor



Graphics by Savannah Mullen.

The holidays are back, and people are decorating their houses with lights, setting up the tree, and buying gifts. Learning more about the history behind some of these holidays allows a peek at where traditions come from.

"I always like to learn things about different religions, cultures, etc. It's beneficial to know about something that is important to someone else because then you understand one another better," Robin Conrad, junior, said.

Santa Claus is coming to town, but who is coming for Hanukkah? Hanukkah is a Jewish celebration celebrating the rededication of the Holy Temple in Jerusalem after the Maccabean Revolt. The Maccabean Revolt was a Jewish rebellion lasting from 167 until 160 B.C. The rebellion was fought by the Jews for freedom to practice their own

religion.

Hanukkah begins anytime late November until December, lasting eight days. On the Jewish calendar, it begins on the 25 day of Kislev, which is the third month of the civil year and the ninth month of the ecclesiastical year.

The holiday is celebrated with a menorah, which is a nine pronged candle holder, with a candle lit each new day and a ninth to light all the other candles. This tradition comes from the end of the rebellion when they had retaken the Holy Land, when the Jews were trying to light the Menorah in the temple. The candles burnt for eight days with the little oil they had left.

Another well known holiday requires making Santa's nice list if one wants to get presents. Christmas is celebrated throughout most of the month of December.

Santa Claus is a major part

of the secular side of Christmas. As children, people are led to believe there is a mystical old man in a red suit with a white beard who puts gifts under their Christmas tree. This supposedly occurs the night before Christmas, December 24, and then on the 25, kids wake up and eagerly unwrap these gifts.

"I celebrate it with my family. We go to church, meet with family and friends, play and listen to Christmas music, bake a ton of Christmas cookies and fruitcakes, open presents, decorate inside and outside the house, put up a tree, hang stockings, watch Christmas movies and have a huge dinner on Christmas day," Conrad said.

Christmas is originally a Christian holiday in order to celebrate Jesus' birthday. Born by the virgin Mary, Jesus is believed to be God's son who came to earth to save mankind. Many people still celebrate his birth by attending church on the night before Christmas or the morning of.

"My favorite Christmas tradition is the Christmas Eve service at my church. I go to it every year and we always end with a candlelit hymn. For me it truly explains

what Christmas is all about," Britney Lewis, senior, said.

There are many different traditions that come with Christmas, such as putting the star on top of the Christmas tree, or opening one gift on Christmas Eve.

"The craziest Christmas tradition I have heard of is a tradition from Germany. Apparently they hide a pickle in the tree and give a small gift to whomever finds it," Jay Edson, sophomore, said.

Christmas and Hanukkah are two more well known holidays around this time and their history give us a peek at the traditions now celebrated in the world we live in today.



Hollingsworth Encourages Students to Seek Personal Best

HannahBerry-StaffReporter

Lauren Hollingsworth has been working at LSN for 10 years and has no intention to stop there. She wants to continue to inspire students to be their best and stay curious.

Before Hollingsworth became a teacher she lived and went to school close to this area.

Mrs. Hollingsworth still lives close to her old high school where she first learned that she wanted to become a teacher.

"I had a very straight and wonderful path to teaching. I even knew in highschool that I wanted to teach at Lee's Summit North. I went to Center High school and I still live close to my old high school," Hollingsworth said.

Hollingsworth is an American and World History teacher. In her early life she had role models who influenced her decision to become a teacher.

"My freshman and sophomore year teacher, who was also my volleyball coach, was that role model in the classroom. I could see myself in a high school with students. I did not know that I wanted to study history at the time, I just thought working at a high school would be cool," Hollingsworth said.

Hollingsworth is married to her husband, Joe, who she met while in college.

"My husband and I met at Truman, we both went to

college there, both history majors so we met in an anthropology class and we got married right after college," Hollingsworth said.

The Hollingsworths just welcomed a baby girl, born on November 16. She is now on maternity leave.

"I think just participating in everything as a family. You go from two, to having this extra person that you are parenting but also participating in one another's life. So around Halloween next year, this kid will be seeing it for the first time, and it is just going to be exciting and fun. It is not going to be easy, but it will expand life," Hollingsworth said.

Hollingsworth possesses many character traits. Some of the main ones that stand out to students and colleagues include: caring, compassionate and hardworking.

"She is very caring to every single one of her students. She has a really good work ethic and she strives to make sure everyone knows that no matter what, they can go to her, whether it is with school or home problems. She kind of has a mom feel to her," Brittany Willis, senior, said.

Mrs. Hollingsworth went to college with another history teacher that works here at North.

"She is incredibly compassionate and kind and is always thinking of other

people before herself. She is very genuine and does not express things without sincerity and is just an all around optimistic person," Sarah Courtney, history teacher, said.

Students who have her now also have all positive things to say about Hollingsworth. "She is very enthusiastic, you never have a dull day. She is very happy and excited about teaching and what you are going to learn," Madison Turley, freshman, said.

Many students who have had her in the past loved her as a teacher and a person. "Mrs. Hollingsworth is like my teacher best friend. I had her my freshman year and she is one of my favorite teachers. I never had her again, but I still visit her every year, I go to her everyday and we talk about school and she helps me with history and sports and just gives me

advice," Willis said.

Hollingsworth sees students come and go but she gives them kind words and encouragement for the future. "[I love to] encourage students to keep being curious and keep learning. You cannot go wrong with being curious. I always think if you are bored then it is your fault. Life is too short to be bored. Seek out what it is that interest you and keep the people that keep you curious and challenge you," Hollingsworth said.

Hollingsworth continues to inspire students to stay curious and continue to enjoy a life that is full of learning and growing.



Madison Gordon and Brittany Willis feeling Mrs. Hollingsworth's baby kick.. Photo by Rebekah Panek.

From Eating Out to Carpooling: Tips on Saving Money

RebekahPanek-StaffReporter



Graphic by Savannah Mullen.

For high school students, being able to save money can be very important. There are many expenses most people have to face such as car loans, college debt, house payments and much more. Saving at an early age could help greatly when facing these obstacles.

When getting a paycheck, a good rule of thumb is to put at least 50 percent of the check in a savings account that is not touched. The rest of the check is fair game for spending.

"I put all of my check in the bank and only spend money on necessities. My parents also help me track my money saving," Alexis Cospier, junior, said.

With the money that is not in a savings account, students can do many things to make that money last.

"I take a certain percentage out of every paycheck and it goes right into my 401k and savings," Michele Holt, FACS teacher, said.

While shopping for clothes, always look in the clearance and sale sections. Sometimes people never know of the amazing treasures that are hidden in those racks. It can be very easy to find good quality and cute clothes for under \$10; or possibly under \$5.

Going out to eat with friends is always considered a hit but doing it too often spends a lot of money. Another way to balance spending while eating out is having a maximum amount of time someone allows themselves to eat out in a week or month. Eating out one day a week or four to five times a month is going to be a reasonable amount of times to eat out.

The average student loan debt is \$30,000 and the average income in a year is \$32,000. With the average yearly income; after paying house bills, car bills, shopping and all other necessities, it would take a life-time

to pay off the college debt. Starting to save money early on would help in this process by already having thousands or even hundreds of thousands in the bank by adulthood.

"Start looking and planning for your future. Create a budget which includes expenses when you move out; like apt, utilities, food, etc...so you can see how much money you will need. After you consider all of your expenses, create a budget and allocate the money needed into each category. Then, devise a process to track your spending. For me, it helps to write things down and keep track of receipts. In your budget - have two columns - one titled "Budget" and one titled "Actual". Then record the actual expenses as they occur. Most importantly, at the end of each month - review your budget to see how you did and if you need to make any adjustments. Then begin again the next month," Holt, said.

Gas prices are constantly fluctuating in Missouri and they stay around \$2 to \$3 a gallon. If a tank takes 15 gallons of gas; to fill the tank would take anywhere from \$30 to \$45.

Depending on how many miles to the gallon the car gets, and how much it is driven, the gas could go very quickly which means another \$30 to \$45 to gas. One way to cut down of gas money is carpooling. If there are three people in the carpool and each person drives everyone to school at least one day a week it would cut down drastically the amount of times the gas needs to be filled up.

"Someday in the future, there may be an emergency when you might need the money and wished that you had put your money in the bank rather than spending it," Cospier, said.

There are many ways and reasons for saving money. Start saving money right away, it will always come in handy to have extra money sitting around.

Must Reads for the Holiday Season

MariaSmith-StaffReporter



Photo by Rebekah Panek.

These four books all have amazing qualities and are very different in the best ways. Books in general, have an amazing effect to re-imagine the world, changing how it looks and works.

"I like to read because it helps pass the time and it's interesting," Marie Alexander, junior, said.

These books are interesting and definite page turners.

Every Last Word, by Tamara Ireland Stone, is about Samantha McAllister, who has severe OCD and has managed to hide it from everyone excluding her family. Throughout the book, she compares herself to Summer Sam, who she thinks is a more normal alternative to her everyday self. She ends up joining the poets corner a hidden club for people who need somewhere to turn. Through this, and with her new support

system, she learns how to be real to herself and to everyone around her.

"*Every Last Word* has received rave reviews and also is a title that I look forward to reading soon but haven't had the chance to read yet." Michal Russell, librarian, said.

This book is heartbreaking, yet relatable, and ends in a completely unpredictable twist, and is definitely worth a read.

One of Us is Lying, by Karen M. McManus, is about the death of student Simon who, while serving detention with four of his classmates ends up dying from an allergic reaction. The only suspects are the four students, who coincidentally all had a reason to want him dead. Along with now being murder suspects, their lives seem to revolve around drama. This book keeps the reader

guessing until the very end about just who killed Simon. The author manages to make what seems like another young adult novel turn into an amazing book about growing up, and dealing with the consequences of life.

If There's No Tomorrow by Jennifer L. Armentrout, is about Lena who suffers from every normal high school problem there is. Including being in love with her best friend since forever, Sebastian. With her three best friends by her side she thinks that she can do anything, but her whole world comes tumbling down one night after a party. For the rest of the book Lena changes into a something unrecognizable, and shows an amazing example of how things are going to get

worse before they get better. In all it is incredibly heart-breaking story about a girl who struggles to find herself again after tragedy that not only changes her life, but everyone's around her.

Turtles All the Way Down by John Green, is an emotional roller coaster into the world of OCD and anxiety. Aza spends her time in an obsessive spiral, but when her childhood friend Davis's father goes missing and there is a \$100,000 reward for information, she and her friend Daisy take up the case. This book is not just about her struggles, but with how it fits in with other people's lives.

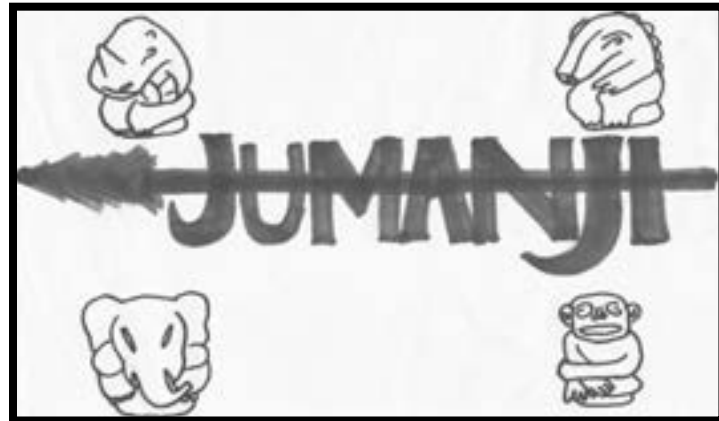
"John Green did a really good job with *Turtles All the Way Down* and his main character. He talks a lot about how he experiences Obsessive Compulsive Disorder as well. I thought that he used some really great language with how he talks about thought spirals and not being able to get out," Nathan Miller, librarian, said.

It is a perfect description of someone being tortured in their own mind. It is an unbelievably honest and messy story that hangs onto normality among the insane.

All of these books are available at the library, and are unforgettable, heart-breaking and so much more.

Jumanji: A Way To Leave Their World Behind

SavannahHenslee-StaffReporter



Graphic by Savannah Mullen.

In 1995 Robin Williams starred in the movie Jumanji as Alan Parrish. Now 22 years later they are making a sequel to the movie coming out December 20. The new movie is not a remake but it is quite a bit different than the original.

In the first movie Parrish is sucked into the board game Jumanji and is inside the game's jungle trying to survive. He is stuck inside the game for 26 years before someone else plays the game releasing him into the real world. Judy and Peter Shepherd find the game in the attic of their new house and decide to play releasing Parrish.

After he is released he realizes the game is not over because he had not yet played it to the end. He has to then go find Sarah Whittle, the girl he played Jumanji with before, so they could finish the game. After some convincing, Whittle agrees to continue their game and the four of them go

on an adventure. This time instead of being pulled into the jungle of the board game, the jungle has been released from the game into their city. As they play they face many dangers until they eventually beat the game.

"It was really adventurous and well thought out, I really liked how thought out it was," Rebekah Neitzey, junior, said.

One of the biggest things people have noticed as a difference is that in the new movie the game has evolved from a board game to a video game. They are sucked into the video game and become the avatars they chose.

"I do not like how they took the board game and made it into a video game and they had to go inside the video game," Elyza Miller, sophomore, said.

People also noticed the new casting. Such as the main characters and the avatars they become. In the orig-

inal movie the biggest person in that cast that almost everyone recognized was Robin Williams. The sequel stars Jack Black and Dwayne Johnson. Nick Jonas plays a mysterious guide and adventurer in the new movie. Tom Holland was originally cast to play the part but ended up not doing the movie.

"The new one is teenagers and they are kind of more worldly and typical and the other ones were kind of nice sweet kids," Neitzey, said

In the new movie four high school students find the game while cleaning as part of their detention punishment. They become the adult avatars they chose before they were pulled into the game. This movie puts these high school students through the dangers that Alan Parrish went through but was never shown in the original movie. Instead

of showing what happens when the game comes into the real world like in the original movie it shows the other side of the game when they are pulled into it.

"I would love to watch the new Jumanji it looks hilarious and it is putting a new story to an older concept... The idea of being sucked into an old video game is not original but I think it looks like it is gonna be an original," Logen Benbrook, sophomore, said.

Robin Williams was beloved by many and there are some people who are worried that this new movie will disrespect him, his memory and his part in the original movie. There has been promise of a tribute in the new movie for him which has put some peoples' minds at ease while others are still unsure.

The Konnection Events
Ta'Hera Kates and Kassandra McKnight-Young

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Expectations for State Fuel the Lady Broncos

TiyahGipson-StaffReporter



Micaela Dickerson playing point against a Kearney player.
Photo by Rebekah Panek.

Last year, the girls' basketball team went undefeated during their regular season. A good number of talented seniors were lost after graduation; however, the team hopes to continue their success behind another group of talented players as this year begins.

"I believe we can win every game if we put our minds to it," Aiyana Johnson, senior, said.

This season, the girls are short a few good players, who will be missed very much. They will be bringing in new recruits knowing they are coming to fill in some of the missing roles. They plan to adjust to a new team accordingly. They say hopefully it will raise standards for the new varsity players.

"It's going to be hard to adjust, the seniors basically held

us together," Anija Frazier, junior, said.

Last season, the girls not only connected on the court, but they all had strong chemistry and great friendships off the court. They worked really well together and played great on the court because of it. Teamwork helped them succeed and go very far.

"We all connected on and off the court all season long, as a senior I gained really strong friendships," Erica Odell, senior, said.

The girls were close, which many believe is part of the reason they made it as far as they did. They also learned lessons together. Lessons like attitude, loyalty and positivity. They loved how they had so much in a family atmosphere.

"This is a family affair,

where the girls support each other and are about a group bigger than themselves," Tricia Lillygren, head coach, said (Courtesy of Fox4).

In 2016-2017, the girls had their eyes on a state title, but unfortunately, they did not make it as far as they wanted to. They say this season will go better than last. The girls are working hard every day in practice and have high expectations for each other as a team.

"We are pretty much sticking to the things from last year, going hard in practice and making

adjustments as we go," Frazier, said.

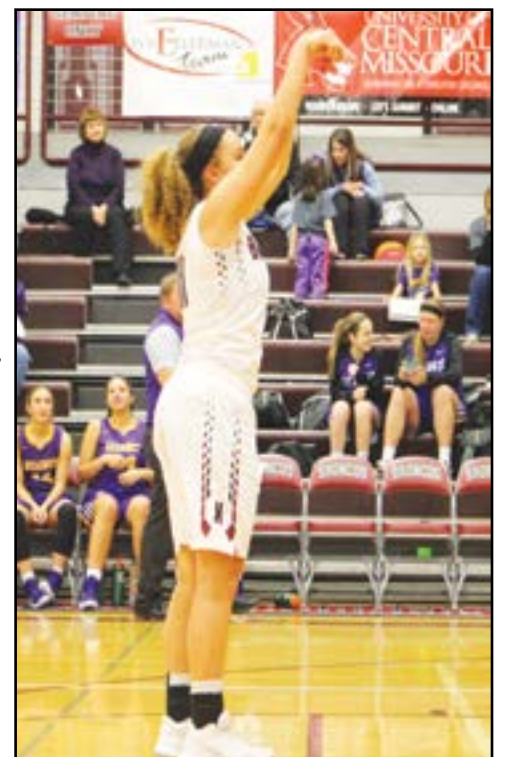
The girls say with a new start, state is their only goal this year. Instead of a pink out game this year, the girls will be hosting a suicide awareness game.

The girls kicked off their season with a tough loss against Kearney High School. They fought through many trials, but could not quite take the

win. The game ended with a score of 46-52

This year is the last year for some of the new and some of the returning players. Some of these girls have played for the team all four years, and others are either returning to continue or they are brand new. There are quite a few who are seniors and will be leaving like, Aiyana Johnson, Erica Odell, Tiana Gipson, Alexis Griffin and Micaela Dickerson.

Since this is their last year as Broncos these girls want to make it a great season with wins at home, away, and eventually go to state.



Alexis Griffin follows through on her free throw shot.

Photo by Rebekah Panek.

Fundamentals Guide Wrestlers Towards a Successful Season

AprilCowan-StaffReporter

The new season of wrestling starts November 21 and the lineup is looking good. Wrestling is a challenging sport. It takes determination to be in the best state to succeed. Wrestling is a team effort but many do not realize that. As long as the most work is being put in age does not contribute to skill.

"I feel like a lot of the incoming freshmen are going to be good to watch and that our incoming senior, Jaden Duran, is going to do well," Tristen Jones, sophomore, said.

A couple of freshman are Caden Schweitzer and Cody Steinbrugge. Neither have wrestled in highschool yet their new teammates are excited about what they will bring to the team.

"I'm feeling good about our lighter weight count. We have a lot of competition down there and it allows our older guys not having to worry about dropping any kind

"To be successful in wrestling, someone needs to have a drive, be focused. They need to have grit, show determination and be coachable," Mick Cronk, Head Coach, said.

of weight," Cambridge Wheeler, sophomore, said.

Being a wrestler takes a lot of time and work. It requires a lot of practice and patience. Most of the wrestlers have been wrestling for over many years and are still learning how to improve.

"I started wrestling in the sixth grade. I think that the younger you start the better you are going to be," Adrian Castaneda, junior, said

As a wrestler, one has to be self reliant on winning the match but also be thinking about the team. A good or bad performance can affect the team greatly.

"It's a team sport but it's also individual. So you have to focus on yourself to do well for the team," Jaden Duran, senior, said.

Teamwork is one the most important parts of being on a wrestling team. A wrestler has to want to come to practice and better themselves and their team.

"You just have to stay with it because you are going to get beat a lot, but it's nothing to get beat up about. You just have to stick with it and keep going," Caden Schweiter, freshman, said.

Many of the wrestlers believe mental strength is one of the most important characteristics to possess. When it is just two people opposing one another out on the



David Spiller-James and Caden Schweitzer practicing wrestling takedowns. Photo by Rebekah Panek.

mat, keeping a clear head is hard. Doubting one's performance is not an option.

"Don't get discouraged, it's a hard sport. It's going to be hard. Be committed, do not quit," Cody Steinbrugge, freshman, said.

When one person on the team is not performing well it affect the whole team. Every type of team has its missteps and the wrestling team is not an exception.

"A miss step we had last year was getting too anxious about our opponent and not really believing in ourselves as a team," Hunter Ross, sophomore, said.

Wrestling, just like any other sport, is very competitive. Keeping a good mind set and not getting discouraged after losing is hard.

"I use to think I was better then I really was. I would get really upset when I lost. This year I want to not undermine anybody. If I lose, I lose," Schweiter said.

In the end, wrestling is a fun competitive sport. It is for those that like competition and enjoy being a part of a team atmosphere. In wrestling it all comes down to technique and how a wrestler performs.

Destruction of Earth: Harm Caused by Humans

JillianJamaledin-JuniorEditor



While there are many differences between bees and humans, one of the less notable differences is the way the planet would survive without one. For instance, if bees were extinct, the planet would suffer. Bees keep a majority of the plants and crops alive humans and other living species use as a source of food. However, if humans were not on Earth, there would not be as much damage done to the Earth. This comparison is just one example of how much humans are ruining the planet.

One of the major issues society faces today is caused by the carelessness of humans; the

problem is the destruction of the Earth caused by humans. While countless attempts to bring light to the unfortunate situation have been made, there is still a multitude of changes that need to be made in order to improve the planet. Taking action will not only help improve humans lives now, but also for generations to come.

"It's important that we take care of the Earth for future generations to live in a healthy environment," Meredith Scarborough, senior, said.

There are multiple reasons thought to cause the destruction of the Earth such as pollution, deforestation, the amount of garbage increasing, decreased water quality and more. Even though society is aware of these issues, little action is made to help solve the destruction of Earth.

"The inhabitants of the Earth need to be educated on the detrimental effects of not making good choices regarding waste and trash management.

Knowledge and education of how our actions affect the Earth will intrinsically motivate individuals to make better choices on a daily basis such as recycling, composting, using reusable water bottles and using less disposable products," Amy Charpie, science teacher, said.

There are some laws and regulations to promote environmental cleanliness, such as the National Environmental Policy Act (NEPA), the Environmental Quality Improvement Act and the Environmental Protection Agency (EPA). However, these laws were made in 1970 and may not address all the current or modern issues degrading the Earth.

"If stricter laws or fines were imposed and companies, corporations, and individuals started to see an impact on their finances, they would be more conscious of what they do," Bob McIntosh, science teacher, said.

Although the EPA was created

to reduce the negative impact of humans on the Earth, it does not stop all of the harmful things humans do. The fact is, no matter how many acts or laws are designed to lessen the deterioration of Earth, there are already irreversible disturbances made to the environment. To add, it would be extremely difficult to cease all the damage done to Earth.

Even though numerous people know about the effect they have on the Earth, more could be done to spread the consciousness of the results of their actions.

"I believe we should increase global awareness through ad campaigns letting people know the consequences of bad habits and the benefits that can be achieved," McIntosh said.

It is very important to start working on improving the planet now rather than later. If we, as a society, wait to limit the effects we have on Earth, the situation will only get worse. There is action taking place for the cause to better the Earth already, however, getting more people to support the issue and spread awareness is crucial to success of preserving the planet.

"Saving our planet is ultimately saving ourselves. When we destroy nature we are burning our own bridges," Amy Kilgore, senior, said.

If humans continue to destroy the Earth, there will not be much left for use in the future. Therefore, focusing on enhancing the Earth now, will ultimately establish a better Earth, not only for humans, but for all living things.



Trash at a skate park pollutes Downtown Kansas City. Photo by Rebekah Panek.

The Death of True Journalism

Rhayla Huff-Staff Reporter



Journalism has been a force to reckon with since the beginning of our nation, transforming into something much deeper during the Progressive Era when journalists dug further than anyone else, releasing the truth behind our nation. Now in the 21st Century, the country's perspectives have shifted, and media has become less progressive, and more aggressive.

Despite being one of the few things keeping our country honest, journalism has become almost a joke, and the truth that used to keep the country whole, has grown to be deceitful and false.

"I think news outlets on both the right and left are not completely reporting the whole truth right now. News outlets need to stop being so touchy and afraid to report the whole truth. Journalism shouldn't be liberal or conservative or any other label you want to put on it. It should be all about the truth, no matter what," Jessica Root, yearbook sponsor, said.

The United States President has commented on many prestigious and respected news outlets, calling them "fake news" and "the enemy of the

American people," consistently mocking them and their stories.

"I'm not sure that term carries much meaning anymore; it has been carelessly overused. Maybe we should talk about propaganda instead. Oxford-English defines propaganda as: 'Information, especially of a biased or misleading nature, used to promote a political cause or point of view.' We unfortunately have seen a great deal of propaganda lately, and alarmingly even some sponsored by foreign governments. We should learn how good journalism is created, and we should also learn the history of propaganda. It will help us," Nathan Miller, librarian, said.

Due to social media and the internet, anyone can create a story and call it factual and many people believe anything that comes across their screen. Many people do not seek out the truth, and instead believe the first article they come across, sharing this with their friends and family, convincing even more people of something that is completely false.

"I would be lying if I said I haven't believed some fake news. However, I think the difference between myself and a lot of Americans is that I do not share and talk about the articles I read all over my social media," Root said.

The truth is difficult to find beneath the biased, incorrect information that people need to see, and thousands of

people in the country do not search deeper than the pop-up screen they saw for an instant.

"It is hard not to be biased and provide opinion into everything you do, but you have to research and look up the facts, or else you could be the idiot who believes the earth is flat or that there are multiple moons," Joy Covington, junior, said.

America was built on freedom, and without the right to voice opinions, this freedom seems to diminish.

"If we cannot trust our reporters to tell the truth, how can we trust anyone else? As soon as our reporters stop reporting the absolute truth, we lose our independence and freedom. America could definitely survive without journalism, but we would not be living in a country we are proud of anymore," Root said.

Journalism has devolved, it seems, to something less honest and more deceiving as the years of its popularity has decreased.

"Imagine if we only knew what was happening in Washington D.C. from the statements of politicians, or if we only knew how a business was doing based on its public statements, or if we only knew about sporting events based on teams' statements. If I want to have an informed opinion, I need to hear from multiple sides, experts, and eyewitnesses--though not perfect, a good news sources provides all of those pieces in an easy to consume format," Miller said.

In an effort to regain respect and authority, journalism has lost almost everything it once stood for, and it is left to the people to fix it.



Graphic by Savannah Mullen.

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