

THE NORTHERN EXPOSURE

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Coach Lillygren Achieves 400 Wins

Tricia Lillygren, math teacher and girls' varsity basketball head coach, gained her 400th win on Monday, January 29, 2018. This is her 23rd year coaching the Lady Broncos.

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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.

On the Cover

The LSN Girls' Basketball team celebrates Coach Tricia Lillygren's 400th career win on January 29 against Staley.

Word Scramble Answers: Marriage, Chocolate, Candy, Lovers, Romance, Relationships, Cupid, Feelings, Valentines, Flowers

February

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The New Heart of Olathe

Jacob Sellinger-StaffWriter

Some people take on a new endeavor every year, setting some sort of goal. Many of these "new year resolutions" have to do with fitness, which for many is a lofty goal. However, a new \$305 million plan for the redevelopment of the former Great Mall in Olathe will be used and will have a heavy emphasis on sports and fitness.

On July 11, 2016, the Great Olathe Center LLC that owned the Great Mall of the Great Plains filed for bankruptcy. They demolished all the buildings on the site leaving a vacant lot. The mall was expected to draw in millions of visitors each year, but it never recovered from the 2008 recession and a multitude of other factors. The lot was put up for sale and had an uncertain future ahead of it, until VanTrust Real Estate LLC bought it. They are currently developing plans to turn it into a thriving complex of business and commerce.

"The new mall should be a convenient place to get to and should have great deals. It should be a fun place to hang-out, and especially appeal to teens. I like malls," Jake Lally, junior, said.

Their new plans will be overshadowing the last mall, which emphasized convenience with 160 stores, a 16-screen movie theater and four rest areas. It had a large food court that was decorated with carpets and posters surrounded by a



The Summit Fair Shopping Center is set up similarly to how the new Olathe Outlet Mall will be constructed. Photo by Rebekah Panek.

circular path that lead to each section of the mall, those being: fashion, home and hobby, sports and adventure, and technology and entertainment.

Now that this whole complex has been swept clean, the question rises on what they should do with the roughly vacant 812,000 square feet. The VanTrust Real Estate LLC has applied for a STAR bond from Olathe. They are also partnering with the Woodbury Corporation and Loretto Properties, who owns the Mavericks, in the development of the site. The Woodbury Corporation has outlined basic plans for the sight: 150,000 square feet of multipurpose facilities; 250,000 square feet of entertainment, retail and restaurant space; 150,000 square feet of office

space; 300,000 square feet of apartments; and two hotels.

"Woodbury Corporation has been vested in Kansas City for years, and we are excited about this potential opportunity to work with the City of Olathe. We are working with the current land owners of the Great Mall site about a redevelopment solution. However, as we are in the early stages of this project it would be premature and irresponsible of us to talk about any more details at this point," Woodbury Corporation for The Kansas City Star, real estate development team, said.

Loretto Properties has expressed interest in the possibility of opening a 4,000 to 5,000 seat hockey arena and a community ice sheet for youth hockey tournaments and prac-

tice, and they have expressed interest in other activities such as interactive golf and rock climbing.

"I think it is a great idea and that it will be good for the public and help spread the love of hockey to the community," Trevor Luzum, junior, said.

The city of Olathe has issued a precautionary statement that these plans are very preliminary and that diligence is required, however many people would like to see these plans go through. This will help revitalize the unused section and help bring economic prosperity to the local community. The city may not see the final product in its entirety for a couple of years, but the community is looking forward to it.

BREAKING NEWS

RhaylaHuff-JuniorEditor

Coffee is a drink loved by many Americans, and the fact that it could dwindle out is strange and unfamiliar. According to recent studies (courtesy of nature plants, a scientific journal) the fifth-largest coffee producer could lose up to 60% of its farming land. The reduction of coffee is caused by lower rainfall and rising temperatures, and this could have drastic effects on the country. As stated in a report from World Coffee Research, consumers will have doubled their interest in coffee by 2050, but recent news has stated that the supply will not meet the demand. A plus side to this, however, is that the prices will most likely remain at a steady rate, but the manufacturing of the product will decrease immensely.

For many decades, Rosie the Riveter has been an icon for women's suffrage. Her unknown identity was perhaps better for the idea of her, which was feminism during the 1940's wartime worker. She was known for her blue shirt and polka dot headband, flexing her arm with the words "We Can Do It!" as a caption. The poster was created by Pittsburgh artist J. Howard Miller, based on an uncaptioned photograph of a woman standing at a lathe, published by a number of magazines in 1943. It was not until many years later that the identity of the woman in the photo was discovered. Professor James Kimble, from Seton Hall University in New Jersey, found her after six years of searching in 2015. Naomi Parker Fraley, the face behind the name and the iconic woman known around the country passed away on January 21, 2018.



"Rosie the Riveter" was a large part of the feminist movement during WWII, recruiting women to join the war effort.

Graphic by Savannah Mullen &
Photo by Rebekah Panek

Sir Elton John, a beloved musician of 70 years, has proclaimed retirement after decades of touring. He had been travelling on tour since he was 17, and has finally decided to stay home to take care of his husband and their children. During his time performing, he has accomplished many things such as the original music of Lion King, winning five grammy awards, being knighted by the Queen of England, having more than 60 songs on the Billboard's Hot 100 list and numerous other achievements. He has now decided to take

time for himself and his family after his three-year tour ends. He will begin the lengthy tour in September and performed at the Grammy Awards with Miley Cyrus.

The White House has held numerous discussions about Deferred Action for Childhood Dreamers or DACA. A year after President Trump's vows to build a wall and deport all immigrants, the important decisions have yet to be made. For the entirety of last year, Trump pushed and shoved for immigrants to leave; insisting that he (and the rest of the US government) would force Mexico to pay for the Border Wall that will keep "illegal immigrants from entering the US." Rather than any of these actions being put forth, the government shut down in January for three days, until the Democratic Party agreed to a deal that did not include a consensus about the immigrants raised in this country. As of January 25, the White

House released its latest proposal; a path for citizenship that is available to even those who have yet to apply for protection; \$25 billion for a wall and border security; an end to the visa lottery system; and restrictions on chain migration.

The Lion King Claws its Way to the LSN Theatre Program

HannahBerry-StaffReporter

The childhood movie that inspired many is now coming to life. LSN is putting on a junior production of the musical "Lion King" and they are all working hard to make sure it exceeds expectations.

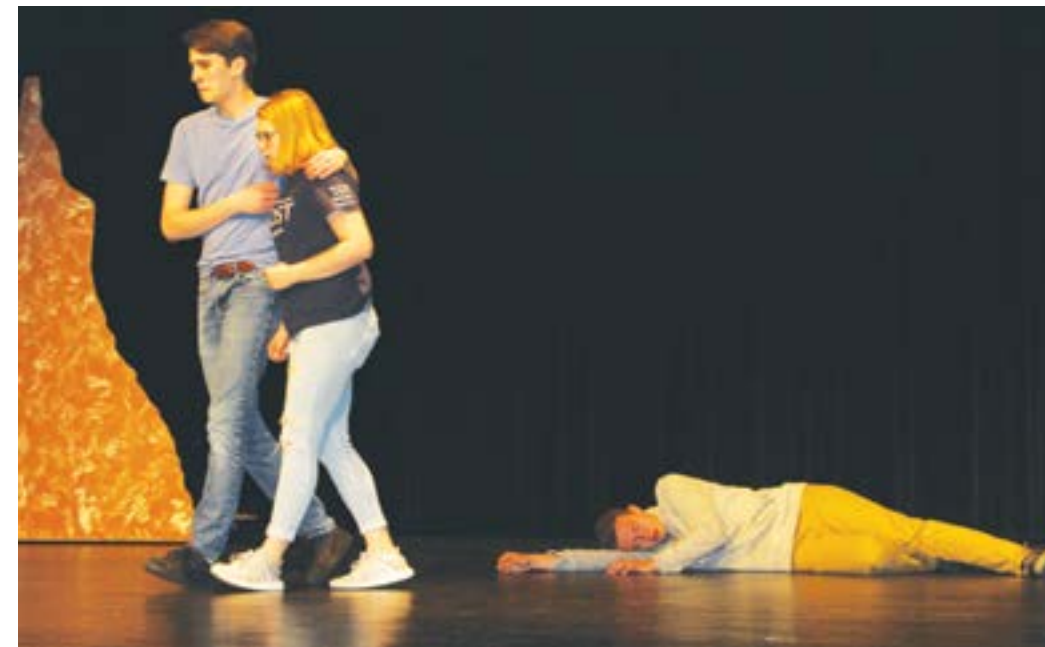
"It is really interesting since we grew up with this movie and only one person in that cast had never seen it, which typically is not a thing. The fact that it is so well known makes it so difficult to get it right and I think that is really cool [considering that] there are cultural differences and that it is a musical and a junior production," Bre Baughn, sophomore, said.

The actors and the behind-the-scenes crew have been preparing for weeks to get things set up for the production.

"If you are in props or costume they have been working for months now because not only are they renting Broadway costumes; they also have to make the skirts for the grass and the clothing that goes along with masks they are renting, so they have been working for months to try to set that up for the actors," Baughn said.

With the "Lion King" being such a well known musical and movie, the cast has been working hard to get into character.

"In order to find a relation between myself and the character I find out three different things. I find out what they want? Why do they want it? And how far they are willing to go to get it. I look at the



Scar (Alec Bridges) is consoling his nephew Simba (Catie Wolff) after the death of Simba's father.
Photo by Rebekah Panek.

answers to those questions and think about how I can relate them to myself," Alec Bridges, senior, said.

The "Lion King" has been putting productions on Broadway since 1997. Since then, many have enjoyed the movie and the Broadway production.

"I feel extremely lucky. It is not everyday you get to work on such an incredible show in an venue like this. The fact that we are able to put on such an amazing show with the resources that we have is truly incredible," Bridges said.

The 1994 movie set the stage for the Broadway musical. The "Lion King" movie, made almost 6.2 billion dol-

lars in gross profit.

Many of the cast and crew are hoping for a positive response to their junior production of the show.

"I am hoping that we make a good impression, and I am hoping that people will want to come see it. [That they will have] great reaction," Tehya Robinson, senior, said.

The theater family has all been working together to make sure the show goes smoothly.

"My favorite part is being friends and being part of a huge family of people that help and support each other and we grow together," Robinson said.

Being in theatre is not only about performances. Many people in the cast feel connected to each other.

"We are all a family. We all love each other very much, and as much as we drive each other insane it is the perfect little family that you could ever want, and they all work really hard for their goals and being assistant director that helps a lot with my job because it does not make it difficult with the things that I have to do," Baughn said.

The "Lion King" will be coming to life in the PAC. It will be debuting February 9, 10, 16, 17 at 7p.m. and on the 11 at 2p.m. in the PAC.

These Bronco Alums Have Left the Stable:

JackLangle-CoEditorInChief

Thousands among thousands of students have walked through the halls of LSN. Many who have after graduation gone on to do amazing things, carrying on a Bronco Legacy. These 10 individuals are a few of many alumni that have made their marks in their respective industries. They have made names for themselves, and it all started here.

Michael Hunsaker and **Shawn Luchtel** (right) were a part of LSN's class of 2005. Since graduating the two have started a TV Show on the Outdoor Channel called, "Heartland Bow-hunter" in which they both star. Along with this, Hunsaker and Luchtel produce two other shows as well as commercials and short films.

"I think what made it so enjoyable was the great teaching and coaching staff that truly cared about their programs and the students. They were the ones who made it fun and just not another day at school. Being a part of the football program taught me way more than just football. Many life lessons were instilled along the way - Hard work, perseverance, team leadership, and many others," Hunsaker said.



Cory Jo Hawkins (left) was a very involved student at LSN. From choir to orchestra to theater and cheerleading, she found a way to be a part of many groups. After graduating she found a place in the media production industry.

She owns the production company, Mammoth Media, which works in both film in photography based out of Kansas City with her husband, Trevor.

Recently the two wrote, produced and directed the film "Lotawana", a movie about a young man escaping busy life to live in nature on a sailboat on a rural Missouri lake. The film is set to premiere this year.

Caroline Stanley (below) is one of a few 2011 North grads that found success in athletics. After a stint with the United States National Soccer Team, she played four years in the National Women's Soccer League. Stanley announced her retirement in early 2018 and has moved into a career developing creative content for companies' social media platforms.



Claire Coggins (right) was a leader on LSN's only Girls' Basketball state title team in 2002. Coggins graduated in 2003 and played at Kansas State. Success there led to a career in the WNBA followed by coaching at her alma-mater.

"I absolutely loved my time and experience at LSN. I loved all the school pride surrounding all the sports programs, particularly the women's basketball team. Our games were packed every night, it was so fun to be a part of," Coggins said.

Today she resides in Austin with her wife Karen Aston, the head coach of the University of Texas women's basketball team and their seven-month old daughter, Marilyn.



James Andrisevic (right) graduated in 2000. While at North, Andrisevic fell in love with the game of basketball, a game he has continued to be a part of in his career.

After three seasons as a coach in the Golden State Warriors organization where he won a championship in 2015, he became the head coach for a team in Japan, where he still is today.



Chris Wedding (below) is a producer and camera man in Los Angeles that graduated in 1998. Wedding moved to New York after high school before eventually moving to LA where he has worked on a variety of projects. Wedding also founded, "Chiefs Los Angeles" which is an organization of Chiefs fans living in the LA area that meet together for games and events.

"When I think to 1998 and think about LSN - I remember all the people more than anything. My best friends in high school are still some of my best friends 20 years later. I'm also still in touch with some of my old teachers. Lots of good times and life lessons were made with my LSN crew. High school contributed to some of the most formative years of my life," Wedding said.



Photos provided by those interviewed and the LSN Yearbook.

Making Marks Across The Globe

David Kravish (right) graduated from North in 2011. The former Courtwarming King and standout on the basketball team went on to play in college at the University of California-Berkely. He now plays for a basketball team in the VTB-United League overseas, which is one of the most acclaimed leagues in the world outside of the NBA.

Kravish is also married to his high-school-sweetheart, Ashton (Pohlman) Kravish, who won courtwarming Queen with him senior year.

"If you love somebody and you're wondering if you can survive long distance during college, you can. My wife and I started dating at North and we dated all through college, me at Cal and her at the University of Arkansas. Everybody is going to tell you it won't work and that they tried long distance, but if you actually love them, you will find a way to stay faithful and make it work," Kravish said.



Elaina Levingston Thomas (left), from the class of 2009 was involved in both the step-team and theatre as well as a variety of other things. Upon graduating she continued dancing, going on tour with both Beyoncé and Genuine.

She has recently stopped touring, becoming the head dance coach at multiple public, charter and private schools in Kansas City and plans on opening her own studio in the near future.

Najah Sherman (right) has also found a way to make a career on television. Sherman graduated in 1997 and after spending time as a cheerleader and member of the debate team she became a Kansas City Chiefs cheerleader, followed by taking on the role of an anchor for ABC's affiliate news station in Nashville.

"My advice to LSN students is to persevere. Whatever you are going through now is preparing you for what is next," Sherman said.



Valentine's Day Word



- rrmaaige _____
- lhtceoaco _____
- cdayn _____
- vseorl _____
- mcenoar _____
- tiprshsneioal _____
- ucpdi _____
- nisfleeg _____
- tisnaleenv _____
- esrfow _____

Answers located on the bottom of page 2.

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It's All About You Being You

AprilCowan-StaffReporter



Recently, LSN has hung a variety of posters encouraging the "You Be You" idea, including these four. Photos by Rebekah Panek.

LSN has begun a new program called "You Be You" and it is all about accepting yourself, others and bringing this school together as a whole. "You be You" is a sponsored program for schools to help with self-worth and unity.

"It's a foundation called 'Speak Up' that is based out of Kansas City that is run by scientists, a couple actually, that lost a son to suicide," Dr. Jeff Meisenheimer, head principal, said.

"You Be You" is all about being comfortable with yourself. This new program helps make high schools a comfortable place for students to be themselves.

"With this program I hope I get to learn new things about myself before I graduate," Emma Cothran, Student Council sophomore, said.

In the next few months Student Council is looking to implement things into LSN that help move the message of "You Be You" along. Student Council will continue to do more for "You Be You" as the years go on.

"We will be having a spirit weeks.

They will have days like Sunshine day, High-five day and just things like that," Sydney Allen, Student Council sophomore, said.

In order for this program to have any impact the students have to make it move along. Without the student body the program will never work and then nothing will change. Student Council encourages people to tell them about ideas to help better "You Be You".

"I think we need to change our attitude towards school. Our school doesn't have much school spirit so if we did I think this program would work a lot more," Kate Martin, sophomore, said.

The Broadcasting staff put together a video for "You Be You" that was shown on January 17. The video has insight to the program and shows people throughout the school being a part of "You Be You".

"All the teachers went to a meeting and saw a video from Blue Springs. When seeing this video it was nice to see all the familiar faces," Jill Hummel, art teacher, said.

"You Be You" should not be something that stops after high school but continues throughout your life. Self-positivity can lead to a longer happier life.

"If you are not yourself then who are you going to be? What's the point in being someone else? You have to be true to yourself because it makes you better and our whole school better," Shelby Wiseman, Student Council senior, said.

The purpose behind "You Be You" can mean something different to everyone. Everyone has a different way to be true to themselves and help others be who they are. "You Be You" is meant to help everyone be comfortable with what makes them who they are.

"I'm in color guard and winter guard. I try to get as many people involved in that as possible," Haley Jahn, sophomore, said.

The most important part of this program is being you. Spreading self-love and love for the everyone at school is only the beginning. Hopefully these good habits will continue through life and make this world a better place to live.

From Tray to Trash: Students are Throwing Away More Food Than Ever

MariaSmith-StaffReporter

Food waste is a growing problem in America. Where some some countries are lacking food, America has too much. It takes thousands of gallons of water to make all the crops that are made into the food that goes uneaten everyday, and one big perpetrator of wasted food is school cafeterias.

One of the reasons school food goes uneaten is that better tasting, but less healthy options are available elsewhere, such as vending machines or the snack counter, so students are opting out of a real lunch in favor of the better tasting snacks.

"I honestly think that it would just be that most students would buy more snacks, instead of lunch," Jill Bruce, assistant manager nutritionist, said.

Some students feel required to get foods that they do not like to fill a requirement,

which they then throw away. "I do not eat all of my food because it is mandatory to buy some of it, and it is not always very good, or just not really what I want to eat. Like carrots, I hate carrots, but they will make me buy them to meet nutrition standards," Luke Natali, freshman, said.

While some students may feel required to get foods that they do not particularly like just to then throw away, there are other solutions.

"I really wish that students would give their extra food to someone else who needs it, or take maybe two of what they do like, like an extra milk or juice to meet the meal requirements instead of getting something that they do not like and throwing it away," Johnna Hess, prep assistant nutritionist, said.

Some students say that they just do not have enough time to eat all of the food they buy



Photo by Jack Lamgle.

from the cafeteria, which leads them to throw some of it away.

"It kind of depends where your classroom is in proportion to the cafeteria if you have enough time to eat your lunch and go through lines. My class is really close to the cafeteria most days, but on Wednesdays with the block schedule it is hard to go all the way across the school and have time to eat and come back," Natali said.

While some students feel like they sometimes do not have enough time to eat, others just do not think that they have time to add a wait in line to their lunch schedules.

"I have heard students say that they would buy their lunches if they had more time, because they would have to go through the line and everything, and it all takes time," Bruce said.

Almost all of the food waste

in the school is through students throwing away their unwanted food, because of how the cafeteria calculates how much food to make each day there is almost never any extras.

"We use a production sheet which tracks day to day how many people get each item, like macaroni, we look and see how many people bought macaroni last week and make that. What does not get bought we usually eat, because there is a lot of us and after we eat lunch there is not really anything left," Bruce said.

Whatever the reason, the amount of food thrown away on a daily basis is a concerning issue in America. It is wasted money, with fairly simple solutions. The hard part is acting on these potential food waste solutions and turning them into good results for a better future.



The trash can in the lunchroom after fourth lunch full of wasted food. Photo by Rebekah Panek.

The Free App "HQ Trivia" Allows People to Earn Cash

CaraPanarisi-OpinionEditor

In 2015, the iPhone application "Trivia Crack" went viral. The game consisted of answering general questions and each person could play against friends, family or even random players across the world.

Although people soon grew tired of playing this new craze, a new trivia app has recently emerged in popularity by the name of "HQ Trivia." This free application hosts live games twice a day; once at 2 p.m. central and another game at 8 p.m.

Those who are serious about playing get push notifications in order to get notified when the next game is about to begin. If you are late to the start of the game, then you are stuck on the outside watching people answer the multiple-choice questions.

Each game is 12 questions of increasing difficulty the further along each individual player gets. Get one wrong and automatically get booted from winning the prize for that game. If someone happens to make it to the end, without missing a single question, then they get either all of the money to themselves, or they often have to split the pot with other players who share the winning title. Not only does each person have 10 seconds to answer, but also once an individual selects an answer, there is no going back to change the selected answer.

"In my opinion, it is incredibly difficult to win HQ. Usually by

question 4 or 5, I am forced to take a random guess. As far as the prize money goes, you could win anywhere from \$3 to \$2,000. It all depends on how many winners there are, and how much the prize money is worth," Kyle Rock, junior, said.

A video of Rock and his family emerged on Twitter showing everyone celebrating his HQ Trivia victory. In the video, Rock and his family are jumping up and down yelling with joy as the HQ Trivia host announces the final correct answer.

"It was honestly more shock than anything else, considering I guessed on the last 7 questions. It took me around 20 minutes to finally settle down, because it felt pretty surreal. I heard the host eliminate one of the answers that I hadn't picked, so I thought to myself: 'Man it would really suck if I made it this far just to lose,'" Rock said.

As HQ gains more popularity, the winner(s) of the grand prize for each game will only start to receive smaller and smaller portions of this money pot. In the end, sometimes winners only receive cuts as small as \$1.50.

Besides the money aspect of the game, the idea and concept of this unique application is a huge turning point in the media industry.

"The app is simultaneously a



Graphic by Savannah Mullen.

TV show, a mobile game, and an advertising and product giveaway platform," (Courtesy of the verge.com).

The release of this application creates a new vast idea of trivia applications for the iPhone. People now have the chance to win money within the comfort of their own home.

"Honestly, I would assume no other applications like this will be released. Partially because they probably would not have the money to fund it, and because HQ is already so well-known, people would most likely play that over any other app that may be like it," Rock said.

The application is available for any Apple iOS device, and the company has stated that an Android version will be coming soon.

National Days to Brighten Up Any Calendar

MadiSmith-CopyEditor

Every day there is a fun and unique holiday that makes the day special. With National Mason Jar Day, Fettuccine Alfredo Day and many more, calendars can be filled with hundreds of different little holidays.

"The day that stands out the most to me is National Create a Vacuum Day because I'm curious on why or what you should create a vacuum for. According to my complete guess, I think this is a national day because someone probably created a vacuum that did something unique," Jiaxin Liu, sophomore, said.

Many of these National Days are intended to inspire people, like February first, which was

"National Get Up Day" and it was meant as a reminder to pick oneself up when they have fallen and to try again. This day is also an opportunity to share stories of perseverance to inspire one another. Other days are simply to remember and show gratitude towards people and things. For example, "National Battery Day" on February 18th is a day to show appreciation to the convenience and everyday use of batteries.

"I think Love Your Pet Day stands out to me the most because I have three dogs, all of which I love more than anything else in the world. I think it could be a National day because many people have

pets, and they want to give recognition and love to them," Eryn Throneberry, junior, said.

All of the days come with suggestions on how to celebrate or observe them. February 19th, National Chocolate Mint, can be celebrated by baking a chocolate cake and decorating it with mints. Another National Day, National Tell a Fairy Tale Day on February 26th, can be celebrated by telling a story, specifically, a favorite fairy tale.

"I'm not sure there is really a method beyond just picking something random. It could be because something important happened on that specific day to represent

that day, like kite day. Maybe someone had something important occur on February eighth when they were flying their kite," Jessica Carnahan, junior, said.

Often, each day comes with multiple different National Days attached to it. From two to more than six, the picked days can be random, silly or serious.

These small National holidays that occur all throughout the year can make any ordinary day a little more exciting. All of these National Days and more can be found at nationaldaycalendar.com. Be sure check it out and to lighten up the daily calendar.



- | | | |
|--------------------------------------|--|--|
| 1st: National Get Up Day | 11th: National Don't Cry Over Spilled Milk Day | 21st: National Sticky Bun Day |
| 2nd: National Groundhog Day | 12th: National Plum Pudding Day | 22nd: National Cook a Sweet Potato Day |
| 3rd: National Carrot Cake Day | 13th: National Tortellini Day | 23rd: National Tile Day |
| 4th: National Create a Vacuum Day | 14th: National Ferris Wheel Day | 24th: National Skip the Straw Day |
| 5th: National Weatherperson's Day | 15th: National Gumdrops Day | 25th: National Chocolate Covered Nut Day |
| 6th: National Lame Duck Day | 16th: National Do a Grouch a Favor Day | 26th: National Tell a Fairy Tale Day |
| 7th: National Fettuccine Alfredo Day | 17th: National Cabbage Day | 27th: National Polar Bear Day |
| 8th: National Kite Flying Day | 18th: National Battery Day | 28th: National Public Sleeping Day |
| 9th: National Pizza Day | 19th: National Chocolate Mint Day | |
| 10th: National Umbrella Day | 20th: National Love Your Pet Day | |

Graphics by Savannah Mullen.

Student Athletes Prepare for Spring Sports

Jillian Jamaledin-Junior Editor

With the Spring sports season approaching, more and more students are beginning to prepare themselves for tryouts. The Spring season is the last opportunity for students to participate in a sport for the school year.

One aspect people look forward to with the Spring season is being able to play a sport outdoors after being inside for winter. However, even with the temperatures rising, there are still some weather conditions that interfere with the activities.

“The spring season is awesome because we finally get to be outside after the long, cold winter. ‘Sometimes you win, sometimes you lose, sometimes it rains!’” Michael Westacott, head baseball coach, said.

The Spring sports include baseball, track and field, girls lacrosse, girls soccer, boys tennis, and boys golf. Tryouts for these sports are around the end of February.

To prepare for tryouts, student athletes are doing several different things such as conditioning and practicing their technique. Even with the cold weather, students are finding ways to make sure they play their best when the time comes. There are also conditioning sessions available at school and some of the Spring sports hold their own conditioning sessions.

“I’m practicing every Monday at Metro East Tennis Club with

other peers and friends from school. This is especially important because it’s good competition for the season,” Logan Leslie, junior, said.

Tryouts present a mix of emotions for the student athletes. On one hand, students can be eager and excited for the season to start. On the other hand, students can also be anxious or nervous for their tryouts.

“This being my first time trying out, I am nervous, excited, and anxious to start, but I know I will be alright if I just do my best and have fun. I am nervous about the season since I am new and I do not know everybody. I am not sure what to expect, but I am still looking forward to it,” Olivia Fee, freshman, said.

For students new to trying out, it can be very intimidating to compete against other students. With this in mind, there are no-cut sport options such as boys golf or boys and girls track and field.

To add, not all students are new to trying out for a school sport. Some students have already gone through the process and know what



Girls lacrosse team conditioning for the upcoming season. Photo by Rebekah Panek.

to expect and how to do their best.

“My best piece of advice would be to not get frustrated. Most new students trying out get frustrated easily because lacrosse can be very challenging at times,” Shannon Buehre, junior, said.

Along with that, the coaches are looking for students with a lot of passion and heart. The best chance for a student to get noticed by a coach is showing how much work they are willing to put in and giving it their best effort.

“We, as coaches, have a very limited amount of time to evaluate each player. So, everyone who is coming out must do so with the mindset that I must put my best effort out there. If I am competing against everyone else at this tryout than I am going to out-hustle and out-work every one of them. Never lose an opportunity to show a coach what you can do,” Westacott said.

For the best results at a Spring sports tryout, student athletes should have a positive attitude and outlook of the season to come. If the players hustle and are coachable, along with good sportsmanship, the team has the best chance of having a successful season.

The PyeongChang 2018 Winter Olympics

Tiyah Gipson-Staff Reporter



Graphic by Savannah Mullen.

This year the 2018 Winter Olympics will be held in South Korea. The games will begin February 9 at the Pyeongchang Olympic Stadium. The first ever Winter Olympics in 1924 was held in Chamonix, France. The Winter Olympics are a major international sporting event held once every four years for sports on snow and ice. Many new sports and events have been added since 1924.

The sports involved in the Olympics include the top 10 most popular: Alpine Skiing, Bobsleighbing, Short Track Speed Skating, Ski Jumping, Ice Hockey, Luge, Speed Skating, Freestyle Skiing, Figure Skating and Snowboarding. Then there is Biathlon, Cross country Skiing, Curling, Nordic Combined and Skeleton. Out of those 15 sports,

there will be 102 events, there is also up to 11 medal events contested. Biathlon is a winter sport combining cross country skiing and rifle shooting. Curling is a winter sport where the athletes will be sliding stones towards a target separated into four different parts. Nordic Combined is the winter sport where people are combining cross country skiing and ski jumping and then there is Skeleton which is a winter sliding sport where an athlete will ride a small sled face down on a frozen track.

Last year for some sports, there were players that ranked higher than others, some of those players include: Gold medalist and the youngest American to win a crown at 16 for Alpine Skiing, Mikaela Shiffrin; sil-

ver medalist for Bobsleighbing, Elana Meyers Taylor; bronze medalist going to the Olympics for her fourth time for luge, Erin Hamlin and World Champion in Cross country skiing, Jessie Diggins.

There is an estimated amount of 90 nations competing. Out of those South Korea, Germany and France are the top three countries that have a bid going, South Korea being the highest with 63 votes. There is a speculation that there is evidence about the Russians cheating, but it is yet to be discovered whether or not the Russians are actually cheating. If so, they will not be allowed to compete in this year’s Winter Games.

“I feel tensions are gonna be elevated and people are gonna be scared, but if everything is calm it will be fine,” Trevor

Luzum, junior, said.

Another thing, it is now known that North and South Korea will be marching under the same flag, and the women’s ice hockey team will be the first combined team from the Koreans. People say there are many good teams fighting, it will be pretty interesting to see how things play out and hopefully nothing will escalate further than it already has.

“There are safety concerns based on what is going on in South Korea to make sure the teams are safe,” Michelle Eurich, Spanish teacher, said.

A future host of the Winter Olympics will be Beijing in 2022. People say the outcome of the games should turn out good and the U.S. will pull through. The Olympic games will wrap up February 25. Fans can watch the Games by going to NBC either online and seeing it live or on TV.

The Evolution of The Feminist Movement

RebekahPanek-StaffReporter



Feminism; the advocacy of women's rights on the basis of equality of the sexes. In the last year alone, the feminist movement has come so far. From the women's march in Washington in response to Trump's election, to the #MeToo and the #TimesUp movements about the sexual assault in Hollywood.

Many people in America and all over the world identify as a feminist, wanting to create equality between men and women everywhere. Sometimes, the world feminist comes with a negative connotation. Some believe that feminism is women trying to make themselves the sex that is more powerful, rather than equality for both sexes.

"I would say that feminism is being seen more positively than it has in the past. I hope the general public now recognizes that feminism is not a fight against men (and men can be feminists), but a fight for equality," Jessica Struckhoff, FACS teacher, said.

In Washington D.C., and in all other parts of the country, millions of people came together for the women's

march. The women's march was on January 21, 2017 the day after President Donald Trump's inauguration.

"One of the takeaways was that you are not alone because a lot of people thought that after the election that our voices would not be heard and that our rights would be taken away and seeing the amount of people who has the same belief system as you do is heartwarming," Anna Donaldson, senior, said.

To me the women's march was to show everyone that we are women and we are powerful, we are not going to let anybody silence us. We will stand up for what we believe in and also fight for it. The march was a peaceful protest that will mark a day in history and will not be forgotten.

One of the more recent movements going around is the #MeToo movement that is surrounding actresses and actors in Hollywood coming out and talking about sexual assault and harassment in show business. The beginning of the #MeToo movement started when accusations came out about Harvey Weinstein sexually assaulting actresses he had worked with while filming shows and movies.

The silence breakers were also a huge part about the #MeToo movement they were named as the Times Magazine Person of the Year. On the cover of the magazine there are five women; Ashley Judd,

Rose McGowan, Tarana Burke, Alyssa Milano and Taylor Swift. On the edge of the page there is an arm of an unknown woman who is there to represent all the people who suffer through sexual assault and harassment in silence.

At the Golden Globes on January 7, 2018 everyone wore black in response to the #MeToo and #Timesup movements. The black color represented a silent declaration standing up against sexual assault and harassment.

The #TimesUp Movement is the second half of the #MeToo movement. The #MeToo movement is relating to the women standing up and coming forward whereas #TimesUp points to the people doing the action, taking away someone else's liberty to say no and taking away their property by physically assaulting them.

I have always been an advocator for survivors of sexual assault and I know that trying to talk about or overcome an experience of sexual assault and harassment is hard and takes great strength. Women are scared to walk alone at night in cities and are worried about getting cat-called walking down the sidewalk. Every day, little girls are taught to always go in pairs and to be alert if someone is following them. Feminism was the beginning of a new and empowering era for women that will only get stronger from now on.



Linda Donaldson showing off her women's march sign in front of the Washington Monument. Photo courtesy of Anna Donaldson.

Listen In: Podcasts at Large

DevinCarroll-StaffReporter



Podcasts are a fun and interesting way to consume media. People can listen to podcasts on phones, computers, car radios. Podcasts have even become one of the most common ways of relieving boredom. For example, on a rainy day, an hour long commute to work or even throughout an uneventful school day. Podcasts can always pass the time.

Although podcasts have gained a lot of popularity among all age groups, the medium of entertainment has not been a long standing mainstay like television or radio.

Podcasting has only been around since 2004, picking up massive popularity over just a few years, even attracting the attention of then president George W. Bush.

With the fast development of podcasts, not many have considered the benefit or detriment of podcasts on the lives of people.

112 million people listened to a podcast in 2017, which means the relatively new

form of entertainment is one of the largest of all time, covering roughly 34 percent of all the United States.

There are also a variety of ways podcasts can be listened to as well.

"I listen to it [podcasts] on my iPhone, so I go through the podcast app, and I will play it on my bluetooth speaker at home or I will take the speaker in my car," Kristen Falkenberg, science teacher, said.

Since so many people listen in to podcasts, there is a wide variety of shows to listen to, such as NPR's programs, or other shows like the "Joe Rogan Experience" or "The Ben Shapiro Show".

Podcasts can mean many different things, be they the value of information through political talks about world views, and these views can be interpreted from any person of any age group, ethnicity, or social background, and thus, podcasts can be a good or a bad thing to some. Most podcasts are harmless, but others offer deep thought or political commentary, which means an opinion can be attached to them.

"I think podcasts are nice, and, on occasion, you could



A Blue Yeti microphone set up; a common microphone for most podcasts. Photo by Rebekah Panek.

possibly learn new information," Cecilia Nord, senior, said.

These audio shows can be informational, entertaining and even offer a way to pass the time. Any person can find new and exciting avenues such as learn about rocket science or keep themselves updated on the current news cycles or political climate.

Podcasts can also be a way to keep a diversity in thought and be able to view both sides of any argument rationally.

"I will listen to NPR on the road when I am driving, not necessarily the podcasts, but on the radio, and then I will probably go on the other extreme, a little more libertarian with Ben Shapiro, I just like to think about things in different ways," Falkenberg,

People can open up new ways of thinking through podcasts and do it at their own leisure.

Another benefit to podcasts is the nature of the medium. Podcasts are an audio only experience, which makes them versatile and easy to consume.

"I like listening to podcasts because it is a convenient way to hear something, and I do not necessarily have to watch it to understand it, especially when I am driving," Kayli Green, senior, said.

Podcasts can be a great way to learn, entertain, and gather insight into more information, current events, and even grab the comedic side of life, which is why people should be exposed to podcasts as a good thing.



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