

# THE NORTHERN EXPOSURE

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## Northern Exposure Policy

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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

Pottery made by LSN ceramics students is showcased in the Art Hallway.

Photo by Blair Clark

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# Five Teens Fight for Governor Positions

Jillian Jamaledin-JuniorEditor

Even though the legal voting age for the US is 18, in some states people who are younger than 18 can run for governor. These states are Kansas and Vermont. Teens are able to run for governor in these states because there is no legal age requirement for governors.

In Kansas, there are four teens running for governor. The teen candidates running for governor are Dominic Scavuzzo, 17, Jack Bergeson, 16, Tyler Ruzich, 17, and Ethan Randleas, 17. In Vermont, there is only one teen in the gubernatorial race so far. This candidate is Ethan Sonneborn, who is only 13.

One issue the teens face is appealing to the adults who can vote. Many people think the teens are only in the political race as a joke. To add, numerous people believe the entries were made by the teens purely to say they ran for governor.

"I think the teens are running as sort of a joke, I do not think they actually want to be governor. I do not think they should be able to run if they can't vote," Anna Donaldson, senior, said.

Some of the other, more experienced, candidates also expressed similar ideas. One candidate even went as far to say the teens would be better

suited to run for student council instead.

While the opinion that the candidates may be too young to be governor of their state seems to be a reoccurring one, others believe teens should be allowed to run for governor. The reasoning is that teens get the

experience early on and have more to base their political future on from previous life experiences.

"I think teens should have the chance to run, so that they can get experience with the political climate in their state," Julia Mattis, junior, said.

This argument fits with the viewpoints of the teen candidates as well. Sonneborn even argues it is his "dream childhood". Along with that, the teenagers are interested in getting other young generations engaged in politics. One way Sonneborn does this is by incorporating his fellow classmates who are interested in politics into his campaign team.

On the contrary, some of the other candidates have appointed family members or trusted advisors as part of



their campaign team.

Another obstacle the candidates may face is balancing their campaign with school. However, the candidates have expressed that they are managing to successfully create their campaigns while completing their school work on time.

"The determination of the younger individuals running for such a pristine role in society showcases character qualities that are needed in our government system.

Balancing the stresses of high school and the demanding role campaigning takes on someone, especially someone giving up their teenage life, gives great attributes needed throughout high schoolers," Aylish Hulme, senior, said.

With all these challenges the teen candidates face,

one of the major obstacles is appealing to older voters. Not being taken seriously by these voters can negatively impact the outcome of voting. On the other hand, several people speculate the candidates will have an easier time getting the attention of younger voters. However, they may have a better chance of being elected if the voting age was under 18.

The election of governor in Kansas and Vermont is not until Nov. 6, 2018, giving the candidates plenty of time to campaign and win over more supporters. These candidates have already attracted the attention of countless people because of their youth, now all they need to do is prove they are serious about running for governor.

# The Fundamentals of Choosing a College

Tiyah Gipson-Staff Reporter

Students have a lot to think about when approaching senior year. One of the main things is college. Deciding on where to go to college is one of the biggest struggles seniors face. When looking at colleges, thinking about majors, location, cost and graduation requirements can be very overwhelming. When a person decides to attend college, being precise can be difficult.

“You can look at statistics as far as job placements,” Delinda Garlich, A+ coordinator, said.

Knowing what they are looking for when choosing a good college can really help. One of the main things they look at is high school grades from past years, which plays a huge role in whether or not students get into the college they want. They look at the overall GPA that was maintained, but not only that, they also look at how hard students pushed themselves throughout their high school career. Taking academically rigorous classes, or classes with learning standards and high expectations can put chances of getting accepted higher.

One of the last things they look at is ACT/SAT scores. Most four-year colleges

require a score to be submitted. On the ACT, a score of 21 or lower is not a passing score, however 24 and higher is better. When taking the SAT, 400 or lower is a non-passing grade while 1000 or higher is the best.

When going into college knowing the major or career path to take is going to help many students determine the college they would like to attend.

“Keep majors in mind and what it will offer,” Robert Rossiter, IB coordinator, said.

Students have to keep in mind that not every college is going to have the major they want. Some colleges do not have strong programs with some of their majors. If a person going to college does not have a major it is a possibility that they could fall behind. Some also look at acquiring a minor while in college, when students have a sub-focus after gaining a



Check out the Guidance Office for college information.  
Photo By Rebekah Panek

certain number of hours in a certain area, a minor can be obtained. People can choose what is right for them.

Another thing students look at is location. Location is one of the most important factors in looking at a school. When looking at whether someone should go in-state or out-of-state it is critical to look at tuition. When deciding, the price for in-state and out of state ranges from \$4,000-\$40,000. For example, on average a year at K-State would cost about \$30,000, and a year at Mizzou would be about \$28,000.

“Honestly, it’s individual. Some people can’t afford to go far away. If money is not a big thing it doesn’t matter

whether or not you go far,” Robin Gray, Guidance Counselor, said.

One of the last things to do before deciding on a college would be looking at the colleges credibility. The college credibility is based on things like reputation. When going to a college students will want to know things like who went there, what their previous scores are and one major thing is if they can be successful there.

There are a lot of things when and before choosing colleges. It can be hard and students will face a lot of challenges, but taking the time to think about the important factors will help them make a decision.

# Taylor and DeWitt Impact Student Athletes

BlairClark-CoEditorInChief

Steve Taylor and Jessica DeWitt are the athletic trainers at LSN, but they do much more than just work with athletes. This year will be Taylor’s 23 year and DeWitt’s fourth year of working at North. Long days of dedication and hard work have allowed them both to be successful as not only athletic trainers, but also teachers. Before coming to North, DeWitt was the Head Athletic Trainer at William Jewell College and spent five years at Eudora High School in Kansas, one year at the University of Saint Mary and one year as a Graduate Assistant at the University of Kansas. For Taylor, he was a grad student at the University of Tulsa for two years while working with the track and football team.

## Where it all Began

DeWitt did not have plans to become an athletic trainer at first, although she knew she wanted to work with athletics in some way.

“I decided to become an athletic trainer when I was 16 years old. I had to write a paper in junior English about my future. I initially explored physical therapy but really knew myself well enough that I didn’t want to be confined to a clinic setting. My family was very athletically involved and I knew I wanted to do something that involved athletics. Naturally I discovered a combination of athletics and helping others through rehab in athletic training,” DeWitt said.

For Taylor, his first interest in athletic training came after an injury while playing baseball in college.

“I felt like athletic training would be an interesting way to be part of athletics. I got to know some of the athletic trainers while I was at Hutch JUCO and by getting to know them I found out what they were doing and went from being an athlete to being an athletic trainer,” Taylor said.

## An “Average” Day

Taylor and DeWitt have everything but an average day. Their days depend on the season, what sports are going on and just what day it is. They get started early in the morning doing treatments, fulfil their teaching duties during the school day, and then go back to athletic training once the school day is over.

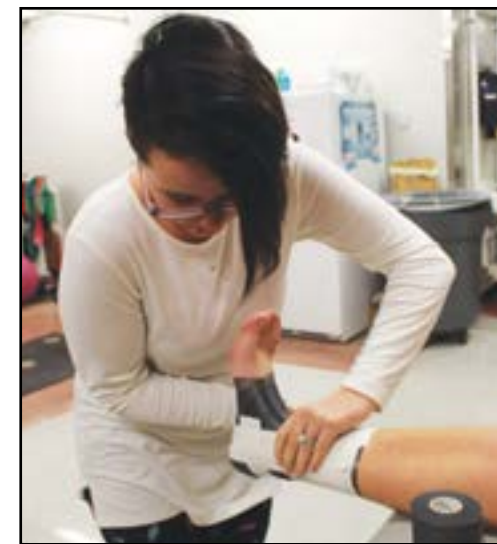
“We start our mornings with rehab at 6:45a.m. where we work with athletes on rehab of their injuries. I substitute teach during the day. As soon as the afternoon bell rings, we switch back to athletic training mode getting athletes ready for their practices and/or games,” DeWitt said.

As an athletic trainer, they have some late nights, but it is all part of the job. There are some days they are at a sporting event until 9 or 10p.m. and then there are some days they get to go home around 4.

“We like to take advantage on days where there are no games where we might be able to get out of here by 4-4:30p.m. It is just different each day depending on what is going on on campus,” Taylor said.

## Career Defining Moments

In every profession there are moments that define what you do and who you are because of what you do. Both Taylor and DeWitt have had many of those moments, but not all of them have been while helping an athlete. For Taylor, longevity has defined some of his career.



“I started here in the fall of ‘95 and now there are kids here that were born in 2002 and 2003 that are freshman and so that kind of defines you when you are in one role for a long period of time. You start to define yourself by your longevity as much as by the little things that you do,” Taylor said.

One of the many moments that has defined DeWitt’s career happened pretty early. She had recently become certified and was working a cheerleading camp when one of the cheerleaders fell.

“It was obvious she had hurt her shoulder but I couldn’t tell if it was fractured or just dislocated so I packaged her up and sent her off to the ER. X-rays showed that it was actually fractured and not dislocated so I was thankful I didn’t try to reduce it for her. That moment taught me that I had the skills I would need to be a good AT,” DeWitt said.

There have been multiple times where both Taylor and DeWitt have made life changing actions. Taylor has performed CPR on two athletes, saving both of their lives. DeWitt jumped into action to help a college student when he needed emergency surgery. In every situation, they trust in their training and first instincts so they are able to help whoever is in need.

Photo by Rebekah Panek

# The Sister Hood at LSN

JackLangle-CoEditorInChief

Ms. Andrea Hood-Johnson and Ms. Tara Hood are more than just sisters, they are co-workers. At LSN, the two bring fun and loving excitement that students and staff alike have come to enjoy. They are two of the school's most exciting and well-liked personalities and few students do not have something positive to say about their classes.

Hood-Johnson is an IB English 12 and IB Psychology SL & HL teacher while Hood teaches Ceramics I, II, and III, Foundations of Design, Pottery I and Visual Arts.

"I hope that teaching keeps me young. Every day is a new adventure and I have the potential to learn so much from my students. I have the good fortune to work with students that really care and that's wonderful," Hood-Johnson said.

The two sisters are originally from Blue Springs. They grew up on land near Fleming Park and Lake Jacomo. They spent their childhood making memories they still bond over to this day.

"I loved to read growing up, so much so that my mom would often tell me I needed to take a break but I would always hide in the house reading, sometimes

covering myself in dirty clothes in the laundry chute with a flashlight and when my mom would be looking for me I'd bribe or sometimes threaten my sister to not squeal to my mom where I was at," Hood-Johnson said.

After high school, the two sisters both attended college. Hood-Johnson at William Jewell and Hood at Central Missouri. The two always had an idea they wanted to go into their current fields, but did not immediately decide to go into teaching.

"I always knew I wanted to do something in art, my entire life growing up. After my first semester of college, my freshman year, teaching was the direction I decided to go," Hood said.

Hood-Johnson was the first of the two sisters to arrive at North, in 1997. Hood followed her sister, becoming a Bronco in 1999, something she says was totally by chance and not planned.

"I was excited. It just happened, there was an opening here at North and they just happened to offer me the job,"

**"We probably bring out the devil in each other, but isn't that the cool thing about family? In regards to your siblings, no one in your lifetime besides maybe your parents love you more than your siblings and are there for you more, at least in my case. In times of need there is nothing better than family," Hood-Johnson said.**



Sisters, Tara Hood (left) and Andrea Hood-Johnson (right), showing off their fun-loving relationship.

Photo by Rebekah Panek.

Hood said.

Due to the fact that they are on opposite sides of the building, they rarely get to see each other as much as they would like. Yet, they will be quick to assure that they still love knowing they are close to one another.

"We don't get to see each other that much on a daily basis, but I think it's great to have a family member with you at work. If I know I need her for any kind of emergency or jam I know she'll be there. Even if that jam is something small, like eating your lunch at 9:30 and needing food at lunch I know she can help me and get me snacks," Hood-Johnson said.

Today outside of the classroom Hood-Johnson and Hood are as close as ever. They both still live in Blue Springs, only four miles apart. Hood-Johnson has a daughter, Hannah, a senior at Blue Springs South who the two adore.

Hood-Johnson says Hannah

has not officially decided where she is going to college, however it will most likely be St. Louis University. The sisters are very upset she is moving, but happy for her future.

"She's my everything [Hannah] and I'll just miss everything. I'll probably be in counseling twice a week. I'll miss the day to day things, the silly things, the things that aggravate us but I'm thrilled for her," Hood-Johnson said.

The two sisters share a bond that go beyond each other, Hannah and the classroom. They have a bond that is unexplainable and they consider themselves lucky to work together each and every day.

"She is my best friend, but she knows that. She's my rock, but she knows that too. I just really don't think me and her could get through life without each other and I love her," Hood said.

# Mr. Ballinger Enjoys the 'Spice' of Life

DevinCarroll-StaffReporter



Jeff Ballinger, math teacher, holding up a bottle of Louisiana Gold hot sauce. Photo by Rebekah Panek.

Jeff Ballinger is well known by his students and peers for his love of hot sauce. It is an interesting fact about one of the many teachers in the math department that separates Ballinger from the rest.

"He puts hot sauce on everything. You name it; pizza, bread, anything. It is like when Elf [Will Ferrell's Buddy the Elf] puts syrup on everything," Jeff Mumaw, math teacher, said.

Mr. Ballinger also hosts large annual hot sauce parties with anyone who is interested in going, and he

talks about hot sauce from time to time, even in class. The parties have started to host so many students that Ballinger's classroom cannot even hold them all.

The hot sauce party history, however, is not quite as interesting as what happens at the parties.

"We were asked to do something that was fun, but not necessarily related to academics, so I thought a hot sauce party would be the fun thing to do," Ballinger, said.

The hot sauce parties are all about bringing whatever is fun to try and is spicy.

**Fun Fact: Spicy food is measured in Scoville Units, created by Wilbur Scoville to measure how hot a spicy food is. The test is determined through liquid chromatography.**

Anything can be brought in too, as long as it will not hurt anyone or make them sick.

The plan is to have a new hot sauce party at the beginning of the semester, although whether this happens or not is all about what the school decides to do for sense of community bronco time.

Mr. Ballinger's love of spicy food started when he was in college and he has been sticking to the spice ever since.

"I like spicy food, we used to go out to eat a lot in college, especially at Buffalo Wild Wings, and I just kept getting the hotter, and the hotter, and hotter wings," Ballinger said.

Students are fully aware of Ballinger's love for spicy food and hot sauce, and he talks about it frequently.

"Sometimes he'll come into class and tell us about a new hot sauce he tried," Sophia Wachtstetter, junior, said.

Some new students of Ballinger's might find his

love funny or odd because it is very surprising to hear about hot sauce from a high school math teacher.

Ballinger also goes out of his way to try new hot things and tackle the truly 'hot stuff'.

"Grinder's had this sauce called the Insane Death Wings; I ordered it and the lady even came out and said 'you do not really want this'," Ballinger said.

Tackling a new hot sauce or hot item at a restaurant is not easy, so it is impressive for Ballinger to be able to do it. To go through the Insane Death Wings challenge, Ballinger had to put the hot sauce on most of his meals to tackle the whole dozen wings.

Students and teachers alike know about the love of hot sauce Ballinger has, and is a fun conversation starter for anyone at school. Be aware of the second hot sauce party of the year because it might be overflowing before you know it!

Graphic by Savannah Mullen.

**Did you know? Chili peppers are good for you. They contain lots of vitamins, beta-Carotene, potassium, calcium, and for some, reduces cholesterol levels.**

# The Incredible “Incredibles 2”

AprilCowan-StaffReporter

Pixar finally releases new *Incredibles Two* teaser trailer and the content looks promising. After “11 years too late” the release has been set for June 15, 2018. The new teaser trailer has everyone intrigued as to what the new movie has to offer.

“[I’m hoping] it lives up to the old one so times sequels can be terrible,” Adrienne Ray, science teacher, said.

*The Incredibles* has been a wonderful family movie for many years and people can still remember the first time they saw it. It first came out on November 5, 2004.

“I was eight or nine when I first saw the movie. It was a good movie and I liked that the brother and sister were always using their powers to annoy each other. I thought about doing the same thing to my sister,” Darrion Hubbard, freshman, said.

The first movie was all about how the Supers can not show their powers and how later they use them to save the world. So now with all the supers coming out of hiding, the movie can take many turns.

In the first movie it consisted of a family of five: Mr. and Mrs. Incredible, their oldest daughter, Violet, the younger son, Dash, and the youngest, a baby named Jack-Jack. Jack-Jack was shown to have strong powers in the first movie so an age gap would give him better control over them.

“I’m looking forward to Jack-Jack maybe being older because he has



Graphic by Savannah Mullen.

a lot of powers,” Andy Guardado, sophomore, said.

Everyone got to have a taste of what kind of superpowers Jack-Jack has in the first movie. He turned into steal, caught on fire and turned into an actual demon child. In the new trailer he was shown to still be very powerful, with new powers like lightning. Now that he has gained his powers the family is a full team of superheroes.

“I like how it was a more cartoon version of a superhero. I also like how it’s a family and not just one hero. So I’m excited to rekindle our love for the family,” Joanie Westcoat, junior, said.

Pixar has always been well known for their wonderful graphics. Many fans have noticed the new graphics in the new trailer and are hoping that the long wait was due

to the perfecting of the drawings. “The first movie had very good graphics so I’m hoping the second movie will be just like that,” Guardado, sophomore, said.

The thought of being a superhero is something that has crossed many kids minds for decades. And *The Incredibles* movie helps bring out the want to have powers in everyone.

“I would want to have the power of invisibility or maybe to fly. If I could fly I wouldn’t have to sit through traffic. I could just fly over it,” Ray said.

*The Incredibles* is a movie that pulls people back to watch it time and time again. The new movie has a lot to live up too but with the amount of time it has taken to make fans are excited to witness the new movie.

# Cheap Corners for Consumers to Check Out

JacobSellingner-StaffWriter

Many people say nothing is free, but that does not mean that people cannot get close to it. Most students do not have a lot of money, so in a world where everything costs money how does a person have fun? Most people, when asked what they do for fun or how they have fun, every single one could tell a multitude of ways to have fun and how often they have regrettable nights that become their greatest memories, all without a single penny.

Lee’s Summit has many great stores and attractions to offer, but many of those attractions are well known and not off the beaten path. They do not offer the unique flavor or the cheap prices that many people crave. This does not mean that money is a prerequisite to having fun. If anyone has a little bit of money to spare, a couple of cheap unique places will help give the freedom to have a good time. The places featured are Gusto Coffee by Longview Community College, Unity Village Bookstore in Unity Village and the B & B Twin Drive In Movie Theater which is a little bit farther out in Independence off of I-70.

Gusto Coffee Shop is a quaint coffee shop near Longview Community College on 3390 SW Fascination Drive. It is a trendy and cozy shop that is small and warm. Many college students from Longview, as well as professors, love to go there and relax. The atmosphere of coffee shop is livened by the occasional live music that they have from local bands and artists that come in. They also sell art, from a resident artist, and they have other events as well that they post on a monthly schedule. This locally owned coffee shop has some of the friendliest service around; they cater to all different kinds of tastes,

they even offer dairy free options on their menu, and all at an unbeatable price.

“I like Gusto because it’s a local coffee shop that actually feels local because of the eclectic and personalized decor. The baristas are extremely friendly and helpful. And of course the coffee is great,” Elizabeth Smith, Drake University student, said.

A very well known place around Lee’s Summit is Unity Village. The Unity Village Tower is a very visited place for homecoming, prom and courtwarming pictures. Although a popular place for pictures, it is rarely known or visited for anything else. A place that does not see too many visitors is the Unity Village Bookstore and Coffeeshop. The Unity Village Bookstore and Coffeeshop, located at 1901 NW Blue Pkwy, specializes in selling Unity Village merchandise such as branded t-shirts, hats and more. They also sell Starbucks branded coffee, but they sell it for cheaper than Starbucks itself. They also sell interior and exterior decorations and many books that explore spirituality and evoke a lot of thought about the world. It is a quiet store tucked away in the beautiful scenery of Unity Village and encourages visitors to stop and stay to enjoy the well-maintained, quiet peace of Unity Village.

“When I go there I normally go for the coffee, which is basically Starbucks and is cheaper. There’s a hiking trail that they just renovated too,” David Vest, junior, said.

Another great place to go would be the B & B Twin Drive In Movie Theater on 1320 E Kentucky Rd. This is a great place during the warmer months to see movies in a retro kind of fashion. It is only \$10 for adults and children eleven and under are free. They have a concession stand



Unity Village is a popular place to take photos in the area, located at Colbern Road and 350 Highway. Photo by Rebekah Panek.

and an arcade as well, but most come to see a movie with their friends under a starry night sky. And all that is needed is \$10.

“I would enjoy it because it is pretty cheap and they have a really cool arcade and some good concession food,” Jake Lally, junior, said.

Lee’s Summit may seem well known and well trodden, like an old book read many times, but in reality there are a lot of quaint and tucked away places many have yet to visit. These are only a couple places that have yet to be explored by many and are always welcoming new people that want a unique experience and a good time at a low price.

# Student Spotlight: North Students Answer Life Questions

HannahBerry-StaffReporter

*The Northern Exposure* asks the student body some random questions...



**Q:** If you had a magic wand and could change anything about the school, what would you change?

**A:** I would change how long we have lunch. It is insane how short our lunches are.

**Bethany Gass, 9**

**Q:** If you were the principal and found yourself in charge what would you do?

**A:** Once a year have a day where everyone gets a free cookie from the cafeteria.

**Ryan McCain, 9**



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

**A:** I would own chincilla because they are small and managable but they are exotic and cute.

**Harper Manley, 12**

**Q:** If you could bring one person back from the dead who would it be and what would you do?

**A:** Cleopatra, just because I think she sounds cool and we would conquer a nation.

**Jedi Chuckusom, 12**



**Q:** What is fame and what is the route you intend to take?

**A:** I would be famous for helping special needs groups and helping them to be more recognized and I would use my fame to help that be more aware in everyones lives.

**Riley Harker, 10**

**Q:** If you had the power to hire anyone to be your teacher who would it be and why?

**A:** I am a violinist so I think having Mozart [as my teacher] would be pretty trippy. It is something that I really like and I liked him as a musician.

**Mia Hamaker, 11**



**Q:** If you could have any technological device in the world what would it be and why?

**A:** I would have a time travel watch and I would go back in time to random places like WWII. Why would I go to history class when I could just go back in time.

**Kameron Robinson, 11**

**Q:** If you had all the money in the world what would you do with it while alive and after you died?

**A:** I would definetly buy myself happiness. People say that you can not buy happiness but that is not true and when I died I would give it to my kids.

**Andy Rogers, 10**



**Q:** If you could choose any career what would it be and why?

**A:** I would be a performer. On stage or on the street somewhere performing.

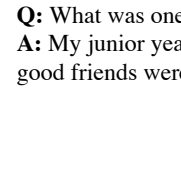
**Jennell Johnson, 12**



**Q:** What kind of musical artist are you into at the moment and why?

**A:** I like Ed Sheeran a lot. I like his music and his message, same with Jason Mraz. They are some of my favorites.

**Lukas Parrish, 11**



**Q:** What was one of your favorite school years?

**A:** My junior year, because all of my friends and good friends were seniors.

**Garrett Peters, 12**



**Q:** If you could travel anywhere with 4 other people who would you take and where?

**A:** I would go to the beach and I would bring Natalie Eisenmenger, Ally Lawrence, Sydney Allen and Anna Draney.

**Natailie Bruce, 10**

**Q:** If you could live off of one food for the rest of your life what would it be and why?

**A:** It would be spaghetti and meatballs because you have both meat and the spaghetti as the grain and you can drink the sauce.

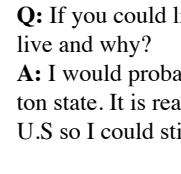
**Kennedy Adams, 11**



**Q:** What is your favorite social media?

**A:** Instagram because I can see what everyone is up to and I can actually see it. It is a lot easier to be connected on Instagram than on Snapchat.

**Lauren Drainey, 9**



**Q:** If you could live anywhere, where would you live and why?

**A:** I would probably live somewhere in Washington state. It is really nice there and it is still in the U.S so I could still visit my family.

**Will Little, 9**



**Q:** If you could have any superpower what would it be and why?

**A:** Flying. I feel like scaring people would be the most fun. You could be up high and then just dive down on your friends.

**Brook Binger, 10**

*Photos by Rebekah Panek.*

# Zakiyyah Winston Earns Full Ride Through Quest Bridge

CaraPanarisi-OpinionEditor

Senior year of high school is always a roller coaster of emotions. Whether it is excitement and happiness, or anger and disappointment, there is always something going on up until graduation day. For Zakiyyah Winston, senior year is definitely a year she will never forget.

In early August, Winston began her application for a scholarship/partnership program called Quest Bridge. Quest Bridge is partnered with 39 different colleges, which includes more of the selective and premier schools across the nation. One of these partners is Winston's future home, Haverford College.

The program's goal is to take promising students who have demonstrated themselves in high school through grades, ACT scores and other forms of extra-curricular activities; and to match these students with one of the 39 colleges that they are partnered with. Each college is willing to give massive amounts of scholarship money to multiple individuals.

"This scholarship program helps students earn the education they want and deserve to have beyond high school," Robin Grey, counselor, said.

In order to be eligible to apply for Quest Bridge, an individual can visit the website in order to see all of the specific criteria needed. Some general criteria that seems to be consistent across the board is income.

"If your income is in the lower bracket of whatever they determine, then that is one main factor they focus on. Besides that, they obviously look at what you have done in high school.

What kind of grades you have, what is your ACT score is, what you participate in, what your teachers and counselors have to say," Grey said.

It is a lengthy process in order to apply, but the results are well worth the wait and hassle that comes with it. It is a unique opportunity that gives students the chance to go to more of the selective schools, while simultaneously also helping families save money and from being thousands of dollars in debt.

"\$68,000 a year this school costs and she [Zakiyyah] got a full scholarship," Grey said.

Although this program is beneficial, it is not an easy task. Students must be determined and committed to get everything done for the application. Whether it is meeting deadlines or writing several essays, there is a lot that needs to get done in a certain amount of time, and many students are not willing to jump through all of these hoops in order to get it done.

"I knew Zakiyyah would get it and I have been waiting since her freshman year to recommend her for this," Grey said.

In early December, the results



*Zakiyyah Winston, senior, working on class work in Ms. Hood-Johnson's class. Photo by Rebekah Panek.*

came out with a list of four thousand finalists, and with the nine hundred people who actually got matched. Zakiyyah was one of the 15 people that got matched with Haverford College.

"I was super nervous, and so on December 1, right after school got out, I got an e-mail and saw that the application was updated. I went to the website to log-in and I saw that I got it and I started screaming, it was really exciting," Winston said.

For any interested underclassmen, Quest Bridge is a great scholarship program to look into for the years to come. Check in with one of the counselors or visit the website to see when the next opportunity is to apply.

# Northern Stars Build Success Through Teamwork

MadiSmith-CopyEditor



Northern Stars performing at the 2017 Homecoming assembly. Photos by Rebekah Panek.

myself and the adrenaline that comes with it I can't get any other way," Fenimore said.

Outside of performances and practices, the girls participate in team bonding activities. They go out to eat, have sleepovers, go to tailgates, and participate in a dance camp.

"My favorite team bonding is camp, it's not super fun because we have dance for so long, but by the end of the weekend we feel close as a team and it's such an amazing feeling all coming together," Calyssa Marra, senior, said.

The Northern Stars normally participate in a team bonding activity before they perform.

"We have this workout ball that we take with us to our competitions and we put it in the middle between all of us whenever we're waiting for awards. We usually take a sharpie and write down all the funny inside jokes we

have from practice and other performances," Fenimore said.

The dance team only has one fundraiser each year. They host a competition, called the LSN Dance Invitational, where dance teams from all over Missouri come to LSN to compete. That one fundraiser raises enough money for the team that lasts them the rest of the year.

The girls perform multiple types of dance, some of those being lyrical jazz, jazz contemporary, and sharp pom.

"My favorite type of dance is jazz/contemporary because you can add your own style to it," Maupin said.

The dance team works hard to do what they love, giving 110 percent at every practice, all year long while building each other up. Be sure to support fellow broncos when they perform at games or competitions as they show off their hard work and do what they love.



The school dance team, the Northern Stars, perform all throughout the school year, and over the summer. The team works hard to show off their talents by strengthening their team's relationships and focusing at practice.

"I love to dance because when things aren't going so well I can just dance and forget about it all," Alex Maupin, freshman, said.

The dance team's season starts in spring and then lasts the rest of the year. Their auditions are in April, and dance practices last all summer after the girls tryout. When school starts, they jump right into football season, performing at games. After football is over, the girls compete in multiple competitions including state, and when they are not competing, they perform at soccer and basketball games one to

three times a week. The last performance the girls prepare for every year is Mr. Bronco, which transpires in March or April.

"In March we start preparing for Mr. Bronco which is everyone's favorite part of the year because it's so much fun," Rachel Fenimore, senior, said.

At practice, the girls begin with a 10-15 minute workout and then they stretch. After stretching, they practice synchronising turns in their routines, and begin to perform at sports games and competitions. The Northern Stars practice about four days a week, one of those days being Sunday.

"My favorite part about dancing is entertaining. I love to be able to change people's mood and make them feel something when I perform. It's also the way I express

# Why New Year's Resolutions Don't Stick

RhaylaHuff-StaffReporter



New Year's resolutions have been around for what seems like forever, but it has become increasingly difficult to stick with them as time has moved on. According to Huffington Post, only eight percent of people actually keep their resolutions, as of December 2016. It feels as though many people create resolutions, but lose sight of them a few weeks into the New Year.

Some people form a resolution in order to change in the oncoming year, and that often includes removing bad habits such as smoking or eating junk food. The New Year begins with a goal in mind, but as time progresses, January becomes May and then people decide to push it off until the next year, creating a fictitious cycle from the year before.

"I think they can help people, but usually get pushed to the side after the first few days of a new year," Ezri St. John, senior, said.

Change is always hard, but when moving onto the new year it seems to be overwhelming and even more difficult. While trying to juggle

school and work, adding the stress of a major life decision seems unimportant.

"I think the hardest thing about change is making an area of your life different on purpose," St. John said.

New Year's resolutions are mentioned during the holiday season, and especially on the first of the year. A 1977 study found that New Year's resolutions for middle-class

American children and Amish children differed based on results and the goal in mind according to the Scientific Journal Publishers. For instance, an Amish child would want to "study more" but a middle-class American child would "want straight A's." With this in mind, resolutions could possibly be kept if people focused on the journey, rather than the end result, or product.

Last year, Twitter attempted to sort through user's tweets for their resolutions and the results were far from interesting. It appears as though most of America is fixated on the idea of a perfect weight, so it was no question that diet, weight loss and exercise are the most prioritized. Alas, the world has not become that much happier and so the "be a nicer human"



Graphic by Savannah Mullen.

trend left New Year's at yet another failure. The more regulated ones, such as "make new friends" and "give more money and time to charity" were unsuccessful.

"I feel that there should not be one day of the year for you to make goals for improvement, you should make resolutions all year round," Chelsea Shannon, junior, said.

In addition to the new year bringing in impossible shifts in both personality and physicalities, people neglect what is truly important on a day-to-day basis, focusing instead upon the negative aspects of their lives.

"I think they usually get pushed off to the side after the first few days of the new year, so I do not make New Year's resolutions," St. John said.

New Year's is the time when everything seems fresh and new, full

of new beginnings and opportunities. New Year's resolutions are an idea that many people have in the back of their minds, but never follow through until the end.

"They do cause the gym to fill up in January, which makes getting to the machines hard for everyone else, but it tends to taper off starting in February. And I know a lot of people keep paying for it for a long time even if they're not going. Seriously, though, I would never say trying to change yourself for the better is a bad thing any time of year," Ashley Washington, Creative Writing teacher, said.

For most people, New Year's Resolutions is nothing more than an idea to change who someone is, and 2018 will probably be no different.

# The Big Impact of a Little White Lie

MariaSmith-StaffReporter



White lies are harmless lies told to benefit other people's feelings. A lie is not telling the truth and hurting someone. One problem with white lies and normal lies is the blurred difference between them. It is very easy for a white lie to go too far, and very hard to predict.

Another concerning thing about white lies is that it normalizes lying. People feel like they have to spare other people's feelings, when in reality they have no right to. Telling people that they do look good in that dress or blaming not answering a call on bad service may spare their feelings but if they found out it could leave a sense of distrust.

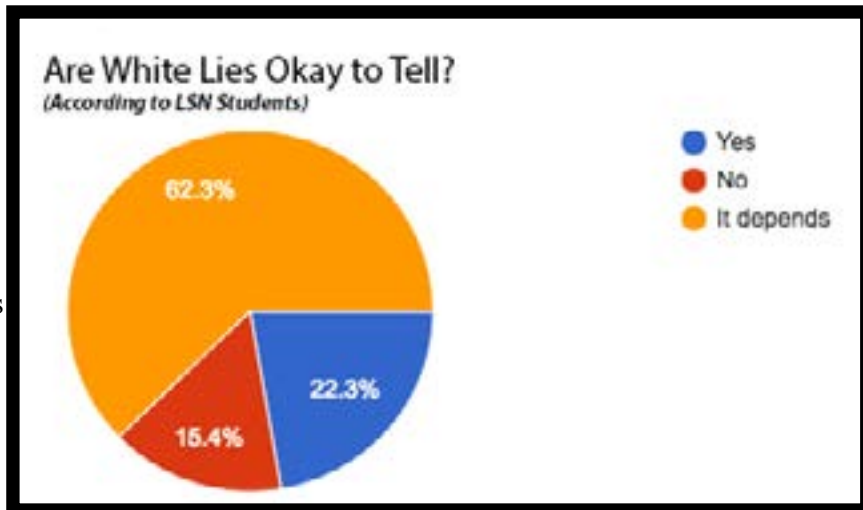
"People feel the need to be nice: they believe that being nice means making people feel good. For example, if you tell someone something they are doing is good, when it is not, they keep doing it. The end of the day,

when someone tells them the truth, they feel hurt, embarrassed, and betrayed. They look in the moment and say what makes people feel good," Kelsey Bowman, junior, said.

White lies also make people feel better about themselves, because telling lies to save people's feelings means that they do not have to see if they hurt someone. "The truth hurts, and we live in a pretty sensitive society, and were scared to see what happens when people know the truth, so the best way to avoid those consequences is to lie," Ovie Oghenejobo, social studies teacher, said.

The circumstances around whether it is a white lie or not can be confusing. For instance, if it starts out as a harmless white lie told to someone to save their feelings, but ends up hurting the person is it still a white lie?

"The difference is the magnitude of what you are lying about. People tell white lies about things they do not believe matter. Big



Graphic by Jack Langle.

lies tend to be about things that have immediate and more severe consequences," Bowman said.

The people who get told these small lies do not want to be lied to. When I ask someone how my hair looks or if they like my new shirt I want their opinion, not a lie that saves my feelings.

"Yes, [it is okay to tell white lies] because you cannot go around just telling someone that they look horrible," Tiffany Ford, freshman, said.

Telling white lies does make someone a liar. Lies equal lies no matter what.

"White lies are lies that people tell because they think they are good in the moment I do not think that they are good because they do not do good in the long

run," Bowman said.

White lies also eat away at a person's credibility and makes it hard for people to trust them. One white lie might seem fine, but the more that people think that it is okay the more they will do it, and then more people will lose their trust.

"I think that we all lie and that is a problem in itself. If you love yourself enough though, then all the sudden it becomes the truth, and it kind of gets more uncomplicated," Oghenejobo said.

I do not think that white lies are okay. They give off the impression lying in general is okay and leads to people doing it more often, and it is just another way to hide what people truly think and feel from others.

# The Benefits And Reasons For A Vegan Diet

MarinCarey-OnlineEditorInChief



A crucial part of each person's day is finding time and money to eat. Food drives us as a society through socialization, time management and self-care. Health is a concept relative to each person, but nonetheless a contributing factor to how people choose to spend their money and get energy. One diet, in particular, gaining more attention and popularity is the vegan diet.

The vegan diet is centered around the concept of cutting out all animal-related products, or anything that comes from animals. This means no meat, dairy, eggs, honey, or even gelatin. The list goes on, as "veganism" cuts out almost all of the food groups that

are well known to us, especially in America.

Part of the reason why this way of eating is so ridiculed is because many see it as nutritionally lacking. There is however solid evidence of people carrying out fully vegan diets and maintaining peak physical health, such as Carl Lewis who was a vegan track star in the 1980s and 1990s who won nine gold medals. The health aspect of a vegan diet has been life changing to many including Lewis, even moderate changes in diet can have a very positive result.

In order to examine why so many are transitioning to a vegan diet, people must look at two primary reasons: ethical and health-related. With the wide variety of easily accessible content online, there is no shortage of documentaries or studies showing the effects of meat and dairy consumption on physical health.

One documentary that has a large following and popularity is "What the Health" on Netflix. Following one man's personal analysis of the corporate corruption in the food and health industries, the documentary includes

expertise from leading health specialists on why heart disease and cancer are the leading causes of death in America and why diabetes at an all-time high. Patients working with this team of experts contributing to this film were able to stop taking their medicine associated with pain, diabetes, and heart disease over time and proper nourishment.

It has been shown through scientific data at the Washington Center for Clinical Research that a clinically monitored vegan diet reported improvements in general health, physical functioning, mental health, vitality, and overall diet satisfaction.

"Being vegan admittedly started as a way of restricting and I used it as an excuse but as I became more immersed into the community it became more about health and wellness and also about animal rights because I believe in that heavily," Autumn Edwards, junior said.

Those who supplement their diet correctly and combine it with other healthy lifestyle factors can have quite the turnaround in their health and condition of living.

The second aspect of this diet that has captured the attention of many are the ethical justifications for cutting out anything from animals. The first thing most say goodbye to is meat, and this is partly because an animal had to lose its life to provide that food. By buying a product and giving money to the company doing the



Sprouts' Veganaise, a vegan mayonnaise substitute. Photos by Rebekah Panek

providing, you are supporting the cruelty and poor conditions that can be associated with animal agriculture and particularly factory farming. The suffering doesn't just come when the animal has to lose its life. Animals that are raised for eggs or milk in major factory farms and less monitored areas endure poor living conditions, little care for their well-being, and even forced pregnancy as cows must give birth to produce milk. These ethical dilemmas paired with footage of animals in these awful conditions tug on the heart strings of many and lead them to veganism.

I am not fully vegan myself, but I do not eat any meat and have reduced my intake of other animal products. I am gradually embracing the diet as I learn more about what foods I like and what sorts of replacements can be found to supplement. Veganism is the best thing for me in order to align my morals with my actions and live a healthy lifestyle. I encourage everyone who is interested in these topics to do their own research and see if a vegan diet is right for them too.



Veggie "smart" bacon, 100% meatless bacon substitute.





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