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On the Cover

Photo of Varsity Cheer by Maria Bisby

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THERE IS NO EASY FLYING AROUND HERE

Jacob Sellinger-Staff Reporter

One student is flying higher than the rest this year, and it is no coincidence he is a part of the Lee's Summit North AFROTC. The student is Austin Merit, who is on the path to being accepted to the United States Air Force Academy. It is a very long and difficult path that few follow, but Merit continues to pursue it and it is the hope that he will make it and represent the city of Lee's Summit and LSN as well.

"I think that a lot of people want to do what he does, but not many of them get as far as he has and everyone here is really supporting him," Ashley Anderson, senior, said.

The process alone to even apply to the Air Force Academy discourages many prospective students.

You must find and make contact with an admissions liaison officer, complete a pre-candidate questionnaire form and then be nominated by a legally authorized nominating entity like a U.S. senator. After these initial steps, if you pass it all, then you are moved to candidate status where you must submit your transcripts and teacher evaluations, take a fitness test, submit an extracurricular activities form, submit a writing sample and complete an in-person interview with an admissions representative, submit a personal record of any legal violations and finally complete a medical evaluation.

These are the steps at just a glance. After these initial application steps it only gets harder, but these steps



Merit poses in front of plane. Photo courtesy of Austin Merit.

ensure that only those who are leaders in every aspect are chosen and will be dedicated to pursuing college at the academy. "To quote Top Gun 'If you think, you're dead,' and that is why you just have to know why you are pursuing something, because if you stop to think about it too much other things will kill your dream," Merit, said.

Merit, like many others, has struggled through the process. He is now in his final stages and receives devout support from the whole entire community, but most importantly his family and friends. They have helped foster his passion and helped in anyway possible to remove obstacles. He decided early on that his dream was to pursue a career in the Air Force and he has taken every opportunity given

to him without question. His friends and family give him every chance they can to make his dream happen. "I've been friends with Austin since elementary school and all of us that have been friends with him for that long never tell him that we are proud of him, but we are extremely proud of him and we wish the best for him--whatever happens," Luke Banderas, senior, said.

He pursues his dream relentlessly--not only for his country, but mostly for his family, and family to him means more than just his mom and dad; it means his best friends and everyone who has helped him along his journey. He believes that everyone can do what he does, not go to the Air Force Academy per say, but everyone can follow a dream and he is proof of that.



Photo courtesy of Austin Merit.

KINSEY FIEDLER: SOPHOMORE SOFTBALL STAR

TiyahGipson-JuniorEditor



Kinsey at bat during one of the season games - Photo by Mike McGurk

Last year, as just a freshman, Kinsey Fiedler began to get offers from many colleges saying they wanted her to play for their school when it came time for Kinsey to play at the collegiate level.

September 19, 2018 was a day everyone was surprised to see, even Fiedler. That was the day that Fiedler was put on Flosftball, a website containing a lot of different softball news articles and videos. Being put on the internet out for the whole world to see, naming her number one out of 100 recruits for the class of 2021.

"I am very honored to be on the list. I think it was an amazing opportunity and I never could

have imagined something like that," Fiedler said.

Flosftball, goes on to tell us about how the Fiedler legacy lives on. Fiedler's mother also played softball in high school and was getting scholarships from schools as well. Flosftball also talks about how much Fiedler used to hate softball, and now, after her parents had continued to persuade her, she then began her softball career with KC Elite. Then, not too long after, she started to play for the DeMarini Aces, and since has averaged batting .534, 16 home runs and a .600 on-base percentage.

Last year Fiedler had some stats pretty close

to the ones after she started playing with the DeMarini Aces. She averaged batting .462, .533 on-base percentage, 17 runs batted in and 36 home runs.

Feidler is a very well known player around the school and the greater Lee's Summit area. Her teammates always have positive things to say about her.

"She's always dancing and laughing and just having fun with it, even when something isn't necessarily going the way she wants it to or the team wants it to. She's always going to make the most out of it," Sydney McGee, sophomore, said.

"She's a weird girl, I don't know she's always



Kinsey catching a ball from the opposing team - Photo by Mike McGurk

in a good mood. I don't think she's ever been in like a bad mood or upset about something, she's different," Sydney Ross, senior, said.

Either way they say that the season with Fiedler has always been fun, she brings a lot of energy and excitement to the team and is always upbeat and willing to help.

In the next couple of years to come, Fiedler is looking to continue her softball career and has committed to the University Of Missouri on a softball scholarship. Fiedler's last two seasons with the Broncos are going to be ones for the record books.

ABUNDANT LIFE CHURCH OFFERS AN EVENT EVERY WEDNESDAY NIGHT

LeeloCox-StaffReporter

First called Driven, Fusion is a Wednesday night church event held by the Abundant Life church in Lee's Summit.

"We switched the name to Fusion when we moved to the Core Building because fusion happens at the core, you know, the scientific process," Carrie Weeda, a volunteer at Fusion, also a high school teacher, said.

She said her favorite part of Fusion was interacting with all the different students.

"Fusion is a family where students can come and find community, but most importantly they can come to learn about Jesus on their own level and see how he wants their lives to be changed for the better good," Weeda said.

Weeda loves kids and she loves her students. She enjoys helping students learn about Jesus.

"Fusion exists to see lives changed by Jesus, which is why we do what we do, that is what drives what we do here," Steven Branch, student pastor at Fusion, said.

Branch loves hanging

out with the students and the volunteers at Fusion and helping them take their next steps into learning about Jesus and what he wants for us all.

"I love giving the Gospel, anytime I can share the Gospel, share what Jesus did for us on the cross, it is encouraging for me," Branch said.

Branch's favorite part of Fusion is seeing students lives changed by Jesus and he says that is encouraging enough for him.

Fusion is an opportunity for 7 to 12 grade students from all over our city to come and learn what Jesus did for them on the cross and learn the Gospel and make their lives change forever.

"ONEWEEK is the best one week of my summer," Branch said.

Abundant Life church has a summer event that is called ONEWEEK, it will cost \$365 for the students and \$100 for the volunteers.

"ONEWEEK is my favorite week of the summer," Weeda said.

For more information on ONEWEEK or Abun-

dant Life church itself, go to <https://abundantlifels.com/>.

"ONEWEEK is an amazing week because you get to get away from all your teen life here and your stresses of everyday life and just get away and really focus on what God wants to teach you in a really fun atmosphere with other people who want to do the same thing," Weeda said.

Volunteers and workers at Fusion wants everybody to feel included.

"Sometimes there can be cliques, so that is unfortunate because God wants us to be a family, so that makes me sad for that," Weeda said.

At Fusion there are Fusion groups.

"Fusion groups are an awesome thing that not

everyone has plugged into," Weeda said.

Fusion groups are a small group that meets here. Just a few people out of the big crowd that goes to Fusion that meets after the event.

"In a Fusion group you can get more connected, it feels more like a small family and we do activities in our groups outside of church and get to know each other better and just be there for each other," Weeda said.

Fusion wants everyone to feel included. Some people are just at Fusion for the social reasons and that is okay, but they have a bigger purpose, and if everyone is caught up in distractions or being on their phones, you miss out on that purpose of Fusion.



Abundant Life Church hosts Fusion - Photo by Leelo Cox.

“Scent”ational Fun in Downtown Lee’s Summit

KatieLangle-StaffReporter

Scent is all around us. It is a way to boost moods or stimulate memories. At Embers Candle Bar, there are over 70 fragrance options. You are bound to find the perfect one for you.

On the third week of July, Embers Candle bar opened. The shop was founded by Vicki Derks and her two daughters, Shara and Bailee Derks. It is located at 315 SE Douglas Street in downtown Lee’s Summit.

“I actually stumbled across this idea when I was living out in Golden, Colorado, a woman opened up a similar shop and I thought it was a great idea. I got to chatting with her and she directed me to a man out in Columbus. He’s been running ‘The Candle Lab’ for about 10 years. He helped us kind of get started and get up and running,” Shara Derks, shop owner, said.

In Lee’s Summit, there are no shops that will give you the same expe-



Embers Candle Bar in Downtown Lee’s Summit - Photo by Katie Langle

rience as Embers Candle Bar. Embers allows you to be creative and make your own candle just how you like it. It is more than just a candle shop.

“It was a fun, personalized experience. The candle smells amazing, and it’s more special because I know I made it,” Kerry Michael, special education facilitator, said.

Making a candle takes around 45 minutes plus one or two hours for the candle to set up. You start the process by smelling possible scents for your candle and then mark your favorites on a clipboard. Some of the favorites are mug and brush, bourbon and old

books. Next, you decide which of the scents you like best and would like to mix together into a candle. Finally, you pour the liquid wax into the candle container and allow it to harden.

“It’s definitely an interesting place to go by and if you have more time I would say yeah go,” Rashelle Weissenbach, art teacher, said.

Candle prices vary based on the candle size and material you choose. The prices range from \$16 to \$28. If candles are not for you, you can still make a room spray or a room diffuser.

November 24 is the biggest day of the year for small businesses like Embers. It is Small

Business Saturday. Small Business Saturday is all about helping and supporting local businesses.

“It’s great to have that day that is directed specifically towards small businesses,” Derks said.

Embers will be having some promotions including a gift card sale.

“I’d recommend this place to others! We enjoy the candle we bought there so much we bought another one,” Jazz Rucker, choir director, said.

For a unique thing to do, grab your friends and go to Embers Candle Bar. Have fun while being creative and supporting a new local business.

Black Friday Madness

MariaBisby-StaffReporter

Large masses of people fighting for resources. There is a constant movement around you and there’s a chance if you stop you will be trampled. Superiors trying to keep order, everything is chaos. No, this is not the apocalypse this is America’s version of Black Friday.

Each year hundreds of people line up outside major retail stores such as Walmart, Best Buy or even some clothing stores and fight for items because of the “amazing deals” that are offered. But is the fight really worth it?

“I like shopping sales and like getting coupons to save money,” Hannah Brizuela, Spanish teacher, said.

Black Friday has its own advantages and disadvantages, with the overall “deals” that major retailers have to offer. Black Friday gives deals on items that are normally higher priced. It makes it easier for

shoppers to get high priced items cheaper. In reality though, how much do you actually save? U.S. news shared that Black Friday is not the cheapest day of the season. Stores launch sales earlier in the season so they are ahead of the game. That does not

“I hate that the sales are now starting on Thursday. I like keeping Thanksgiving shopping free,” Brizuela said.

Walmart, one of the largest stores known for Black Friday has recently started having its sale at six on Thanksgiving night. This gives people



Graphic by April Cowan

mean you do not save on Black Friday, but that you are not getting as good of a deal as you think you are.

Bigger stores have advisement for Black Friday as early as late October and early November. The biggest disadvantage to Black Friday is how early they start during the year.

less time to prepare and skims over an important holiday to spend time with family and friends.

Even with less preparation as a consumer, some stores do make up for the time by preparing the store well.

“[I think], most stores prepare well,” Brizuela said.

Stores also start to

prepare as early as November for the Black Friday season. The issue with preparing stores so earlier is as a consumer, you have little time to prepare. Even with preparation there are some things you can not control

“The disadvantages are the crowds and the parking lots. It is always very difficult to find a parking space!” Valerie Meuschke, guidance secretary, said.

The large number of people that participate in Black Friday is growing more each year. It has become more popularized. There is more people in the stores than their is less space in the stores. The hassle of getting in and out of the crowd for some can be too much.

Black Friday uses the insight of the holidays to make money on expensive products. It also cuts the holidays short for some. In the end, Black Friday is not as great as it seems.

School Start Times Leave Students Sleep Deprived

DavidStevens-StaffReporter

Sleep deprivation is a horrible epidemic in the teenage population of this country. Schools start early and extracurriculars end late, thus creating a recipe that sabotages the minds of the student body. This completely pulls the rug out from under the teaching staff as well because early morning classes are more likely to go completely over the students' heads. An institute created for the purpose of education cannot fulfill that purpose, if the minds of the student body cannot function to their potential. This is clearly a self-destructive practice and the difficulty in getting this changed is detrimental, and seemingly impossible.

"I think we should have later start times. It's been proven time and time again that teenagers have a shifted sleep schedule and ignoring that could lead to things like depression, anxiety, and all that good stuff," Ashley Washington, English teacher, said.

Teenagers need more sleep. In "The Science of

Adolescent Sleep," The New York Times states that to regulate the sleep-wake cycle, people have a sleep drive that compels them to rest. For adolescents, it takes longer for this drive to kick in so many adolescents do not feel compelled to rest until later at night when compared to adults. Considering that teenagers need a range of eight to 10 hours of sleep and the average school start time is eight am, this can have negative health effects. In fact, Betterhealth stated that adolescents sleep on an average of six-and-a-half hours a night.

There is a myriad of health and behavioural problems that arise when students are chronically sleep deprived. Some of the worst of these include: Poor judgment and decision making, difficulty learning and retaining memory, aggressiveness, social withdrawal and a greater tendency for risky behaviors. All these things cause academic performance to drop significantly.

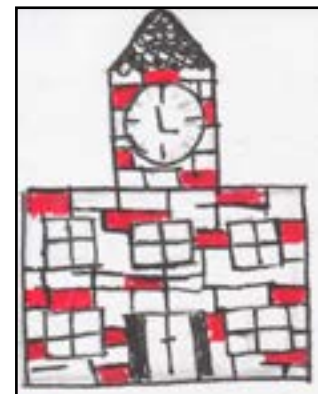
Not only are grades endangered, but so are

the kids. In a recent study, high school students were asked if, over the past 30 days, they had driven while struggling to keep their eyes open. A quarter of them responded saying that they had experienced this at least once, and two percent said regularly or often.

This is an exceedingly dangerous state for anyone to be in, let alone inexperienced drivers. CDC.gov states that one of the leading causes of death in adolescence is motor vehicle fatality. Depriving teenage drivers of sleep is clearly putting them in danger.

One solution is for schools to take these facts into account and consider making changes to the schedule to accommodate sleep needs of adolescents. Giving students an extra hour or two of sleep could result in noticeable improvements in performance. Schools with later start times see fewer students going to the nurses and counselors, the number of car accidents drop and students have an easier home life.

"I definitely notice a

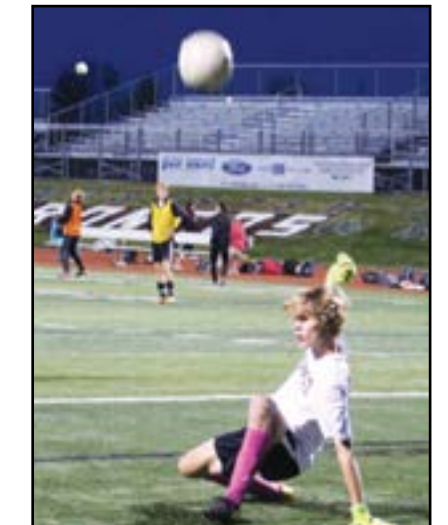


Graphic by April Cowan.

difference between my first hour, and the others in energy and participation. I think even like an 8:30 start time would be awesome. I know there's research on this, and I wish schools would be more open to exploring these," Lauren Hollingsworth, social studies teacher, said.

Since school times are unlikely to change, it is recommended that students try to avoid screens as they're going to bed, avoid stimulants such as coffee, tea and energy drinks and be more active during the day. Or, for the more self-destructive reader, binging on caffeinated drinks can bring out a tired-but-wired mindset that is perfect for academia. Be safe driving home.

NORTH IN PHOTOS



Photos by Maria Bisby and Tiyah Gipson

Dog Chow for Charity: Local Event Gives Back to Shelters

AJConner-StaffReporter

Just about everyone knows of some version of Oktoberfest, yet not many know of an event that happens each year in the Kemper Outdoor Education Center called Dogtoberfest. The whole event centers around man's best friend, with vendors selling all sorts of doggy goods and shelter owners bringing dogs to be adopted. However, the best part of Dogtoberfest is the dog food drive, as attendees are encouraged to bring in dog food donations.

"We have two main shelters, which are Great Plains SPCA and the Lee's Summit Animal Shelter, and since they're two big groups, we give them tickets and then we let them take care of this.



Kevin Meyerhoff with 12-year-old CoCo - Photo By Tiyah Gipson

They're tickets that say things like 'you get 250 pounds of dog food' and they can give those tickets to other rescue groups as they please," Sarah Gauld, event coordinator, said.

At the end of the event, the two shelters take their donations to be distributed, which amounted to three and a half tons this year.

"We had a whole pickup truck: the whole bed of the pickup was filled up to a dome so it wouldn't fall out on the way back, and we had to put some in the cab. We had Heart of America Humane Society come with us this year, and they brought some of our dogs. They had more volunteers to handle the animals, so we were able to use an



Store room of Lee's Summit Animal Control where donations were kept- Photo by Tiyah Gipson

animal control truck of ours without dogs in it to hold more food in all the kennels," Kevin Meyerhoff, Animal Control field supervisor, said.

The food drive does a lot for local shelters and rescue groups.

"It supplies a lot of the food that we use for the dogs here at the shelter. We hopefully get a lot of senior food, puppy food, canned and dry food, just to cover all the basics we may need throughout the year," Meyerhoff said.

Typically, the food collected at Lee's Summit Animal Shelter lasts until midsummer, which is quite appropriately when planning for the next Dogtoberfest starts.

"People are really generous, so as long as people know about the

event, they'll come. A couple months out we start planning for this; we start getting the vendors, we figure out the different events we're gonna do and we put out Dogtoberfest flyers. Those flyers get distributed to pretty much every dog place you can think of: grooming, vets, big dog stores. That's the biggest way we get the word out. Plus, the event has been going on for so long, a lot of people locally just know and it's word of mouth," Gauld said.

Even in the months between Dogtoberfests, it is always a good idea to donate food to local shelters since dogs have to eat every day. If you did not go this year, perhaps next October your contribution can join the mound and feed some hounds.

THE NEUROTIC DISORDER

PrajuktaGhosh-StaffReporter



Graphic by April Cowan.

Insanity grows in one's thoughts, manifests in one's mind, develops in one's behavior and displays in one's body language. A traumatic disorder that takes place of a person's habitual existence. Today's threatening sting that sucks one's soul and mind, then finally metamorphoses that person into its victim. Being dramatic is not usual in today's date but is considered to be an actual illness that might leave us having an unbalanced mind and soul.

"I feel like there is always ways to help that person or bring that person back in their normal life," Robin Gray, student counselor, said.

Communicating with someone who you trust,

regardless of their age or gender can always be beneficial for those who are experiencing or going through this whole procedure. People should realize that there is always a ray of hope that may bring back the person in his normal form.

"During suicide awareness month we actually list several approaches that a person might consider beneficial for his/her friend or someone he/she knows is suffering from this disease," Gray said.

It is quite normal for the person to feel embarrassed, hurt, or feel bad about, when he/she is actually going through such disorders. Often times it gets difficult to deal with the person or make them understand that there are ways to cope in life.

"It has nothing to do with the age group, there is no specific time period when it can happen, but I think it has become more apparent just because

we know that it happens at a younger age," Sarah Ahern, senior, said.

It can affect emotions, thoughts and behaviors. Sleeping problems, inability to cope with regular problems, alcohol and drug abuse, change in eating habits, feelings of guilt, fear and worry, suicidal thoughts and more can result of mental illness. Seeking help from someone is always beneficial.

"By making people understand that you are concerned about them, and not creating any differences between people physically or socially can help decrease these problems from our society," Ahern, said.

Though mental illness is no longer as stigmatized as it once was, those who deal with mental illness and their families still often feel like they have to hide their illness from others.

"I think knowing that you are not alone is one the most critical thing at this situation, but also should not be any

fear, embarrassment or shame but to reach out to someone who you trust is very important," Andrea Hood-Jonhson, psychology teacher, said.

Even after treatment has started, some individuals with a mental illness can exhibit anti-social behaviour. When in public, these behaviours can be disruptive and difficult to accept. Schedule time away to prevent becoming frustrated or angry. If you schedule time for yourself it will help you keep things in perspective and you may have more patience and compassion for coping or helping your loved ones.

"It is a temporary disease, people should seek help and also know that it is no different than the person suffering from diabetes," Hood-Jonhson, said.

Exercising, focusing on spiritual health and getting enough rest can make huge differences in those lives.

A Season for the

KaylerSmith-StaffReporter



Brandon Winston trying to get open for a pass. - Photo by Maria Bisby

Historically, LSN football has never been a topic of discussion amongst the school, community, or state. However, the 35-member class of seniors on the team found the key to success and is flipping the script.

"Talent can only take you so far, you have to be stematic, sound, do things disciplined because teams get beat like us against Liberty and Park Hill, not off talent. On paper we're the most talented team but you have to realize, football is a mental game," Rio Russell, senior, said.

Head Coach Jamar Mozee came into the program in 2015 when LSN had been struggling for years. In his first two seasons, the team lost 13 of their 20 games. His next two seasons he helped the team achieve a winning record in 2017, and turned the history of the program upside-down with a 7-2 regular season record this year.

"I knew we were not respected and

I knew we were not considered very good and so the goal was to change it and change the football program. Make it something that people can be proud of, and the community. I think the football program helps change the culture of the school, it just makes for a better year when the football team is good," Jamar Mozee, head coach, said.

Mozee did just that, achieving several new feats in the school's history, including beating our historically conference dominating rival, Blue Springs.

"First we were beating them 14-0 so we handed it to them early and then we kind of fell off when they came back. But then around the end of the third quarter you could tell we all came together as a team to come back and beat them in overtime. So that game we really became a family," Christian Carter, senior, said.

Carter completed a touchdown pass

An Inside Look at the Making of a

to Russell to win the game in overtime, 28-27. The team was on a high but it was not enough to push them through the following two weeks. The Broncos took back-to-back losses to Liberty and Park Hill.

"After we beat Blue Springs we all kind of got a big head and didn't take that serious so we kind of got knocked back," Nyles Thomas, senior, said.

The boys have since gone on a 4-0 run to finish the season, including two other first-time achievements, Lee's Summit city champions and conference champions.

"We've always been the little brother of the teams. To beat them both this year and to set a statement that we're a team to beat, it feels good. For the rest of the year until next football season we have bragging rights," Russell said.

Finishing out the regular season, the team earned an average of 273 yards per game, well above the national average. They were led on the ground by Christian Carter with an 839 rushing yard regular season, and in the air by Rio Russell with 219 receiving yards. The boys put the nail in the coffin beating Blue Springs South 19-2 for the Suburban Gold Conference Champion title.

"We started working last December for this season so we've put in a lot of hours lifting, running, fundamentals, just different things like that to get ready for this year. They've really paid a price to get to this point. You have to be good. I think that they're hard work is paying off and everybody is seeing it," Mozee said.

They are now hopeful for the postseason. In their first district game, they take on Ray-Pec at home who they beat 42-21 in week eight of the regular season.

History Books

Record Breaking Season for LSN Football

Playoff Game One

The Broncos achieved another school feat in their win against Ray-Pec in round one of the 6A football district tournament.

"Once we found out we were playing Ray-Pec, everybody started to buckle down and really give everything they had. We had good practices all last week, it was all business," Nyles Thomas, senior, said.

It was exactly that. With the absence of senior starting quarterback, Christian Carter, the offense had to find ways to move the ball down the field.

"Luckily, on our team we have

a lot of guys that can step up and rise to the occasions when you need them to," Rio Russell, senior, said.

Russell had an explosive game himself rushing for a 60 yard touchdown in the first four minutes of the game and a 69 yard touchdown to put the Broncos back on top in the third quarter. On top of the effort from offense, defense held Ray-Pec to 14 points with impressive performances from Lane Overton with a sack, Dubem Okonkwo with a sack and forced fumble and Thomas with an interception.

"They couldn't run the ball

on us so they had to put it in the air and we made them pay," Thomas said.

The win against Ray-Pec marked the first playoff win in school history. It was a special moment for the team, but by no means the end goal.

"It meant everything, I mean moments like that are what you live for," Russell said.

The boys hope to pull the momentum from this win into round two against Liberty. Liberty beat them 35-39 in week five of the regular season.



Ontario Russell on the field. - Photo by Maria Bisby

"I personally think we have gotten way better since week five and our defense is playing really well so I believe we will have better results," Christian Carter, senior, said.

Playoff Game Two

After losing starting quarterback, Christian Carter, to injury in week nine, the ball was passed down to Jack Kemper, sophomore, to keep the offense rolling and he had no problem with that in round two of districts against Liberty.

Kemper threw for 95 yards with two passing touchdowns, well surpassing our average passing yards per game of 58.5.

"I think it really gave the coaches a boost of con-

fidence in our ability to pass the ball and to be successful next week we will need to open up the playbook to become a multi-dimensional offense," Kemper said.

Kemper's main target was junior Keyon Mozee who put up a long touchdown pass and three rushing touchdowns, two for over 60 yards. He also targeted junior Myles Shaw for a touchdown pass, and John Eldridge put up an early first quarter touchdown run to get the game started. The Broncos glided to a 28-0 lead by halftime.

"We just played a physical brand of football. We got straight out of the gates and put the pressure on them to make plays. We suffocated them for the entire game and didn't give them any room to breathe," Kemper said.

They could not have done it without defense showing a stellar performance, only allowing seven

points as oppose to the 39 they allowed in week five against Liberty. Seniors Lane Overton and Dubem Okonkwo combined for 13 tackles and three sacks.

"Last [time] we just got caught off guard. We have the best defense in the state and we showed that last night. My guys got pressure on the quarterback and all of the defensive backs took care of their man," Nyles Thomas, senior, said.

The combined effort led the Broncos to a 42-7 victory, advancing them to the district finals against Rockhurst.

"Confidence is high in our team so I think that is going to carry over to next week," Kemper said.

LSN has a history of playoff games against Rockhurst, none with a good outcome. They hope to rewrite history once again this Friday at home and continue their state run.



Friday, November 2, Broncos defeated Liberty. - Photo by Jacob Sellinger

Boys Soccer is Scoring Big Goals

MadiSmith-CopyEditor



Will Fuller and Cameron Brennan in action on the field - Photo by Tiyah Gipson

Soccer, a well loved sport across the world, holds many stakes. And as the weather gets colder, and the season comes to a close, the LSN boys soccer team finishes off the 2018 soccer year with more wins than losses. While the team has had a lot of successes, they have put a lot of work into the season.

"I think the team has performed well this season. We started off strong by winning the Liberty tournament and we have had some other good performances through the season," Ryan Kelley, soccer coach, said.

The boys soccer team practices practices six days a week, normally taking Saturdays off. At practice, the team usually practices or plays matches. The coaches design activities for the team to do in order to improve specific skills

coaches think need work. The team also tries to play upcoming opponents so that they can be more successful in matches.

"My favorite part of being on the soccer team is how we all treat one another. For about three months in a row, we have been with each other for an average of 5 days a week, so it was extremely crucial that we all grew a liking to one another. Thankfully, this team has done just that, and I love the time I have to be with them," Kyle Rock, senior, said.

Although the boys have done very well this season, every team has a weak spot. For this season's boys soccer team, the coaches think the boys could improve most on playing with a purpose.

"We sometimes sit back and allow the other team to dictate how the match is

played instead of imposing our game on our opponent," Kelley said.

However, Kelley also says that the boys have improved most in defense, as a few boys stepped up this year, providing the team with a strong and organized backline.

"[I think the team has most improved on] playing as a team," AJ Maupin, senior, said.

The team participated in an Exit Room this year in order to improve the team's relationship with each other. Team building activities are done with almost any sport and allow the team to bond a little more outside of the activity they are in; In this case, it would be outside of soccer. This often times helps to improve the team's overall performance.

"My favorite part of the soccer season watching the team become a family. Each year we have lots of players join and leave the team. So, at the beginning of the year, the team chemistry is not ideal. However, by the end of the season, we are a family with inside jokes and get to enjoy each other's company," Duncan Crosby, senior, said.

The boys ended their regular season with a senior night against Blue Springs

South and they won 5-4. The boys districts started on October 30 against Fort Osage and they won that also 5-0, meaning they did get to continue playing on November 1, losing that game 0-2. However, the soccer season is now over, as the beginning of November was the end of the 2018 boy's soccer year.

Since the season is over, the team has multiple opportunities to continue to improve in soccer. The coaches encourage the players to play as much competitive soccer as they can, so the majority of the team plays on club teams where they can play throughout the summer. The team is also highly encouraged to watch competitive soccer on tv in order to mentally toughen players. In February, LSN also holds futsal practice to help the players improve over the winter.

This season has been extremely successful for the boy's soccer team, and as they continue to practice in many different ways throughout the year, who knows how awesome they will be next year. Make sure to stop by next season and support your fellow Broncos.

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Across

2. Thursday
9. Tofurkey
10. Football
12. Apple cider
13. Friendsgiving
14. Mashed potatoes

Down

1. Autumn
3. Stuffing
4. November
5. Leaves
6. Politics
7. Pumpkin pie
8. Black Friday
11. Family
14. Macys

Friendsgivings: Traditional Thanksgivings are a Thing of the Past

MariaSmith-JuniorEditor

More and more people are choosing to shy away from the traditional Thanksgiving traditions and making their own. Friendsgiving is a term that, according to Merriam Webster Dictionary started to float around social media, especially twitter, in 2007. The informal holiday usually occurs on the Wednesday before Thanksgiving or the Friday after. It gives people a time to celebrate their friends and it is a low stress

alternative to the family filled holiday that is known for talks of politics over pie.

While teens go on to celebrate the day with their families, the unconventional holiday has really grown with people who can not afford to go home for the long weekend or are simply avoiding their family on a day famous for talk of politics.

"[I like Friendsgivings because] it allows me to spend quality time

with my friends before going to spend time with family," Madison Goff, sophomore, said.

The day serves as a time to unwind with the family that you choose and it is a time to show your appreciation for them in a way that you normally do not get to do.

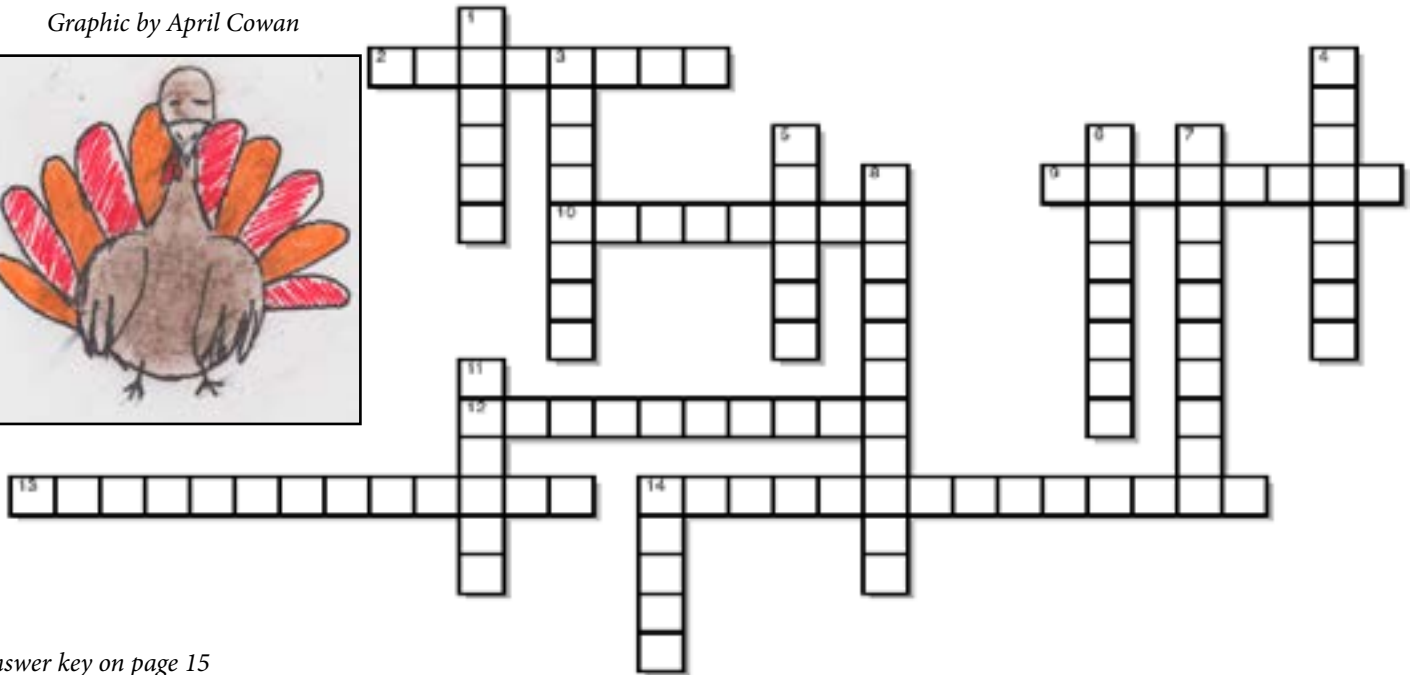
"People have always seen the value in family, but they have started seeing that friends are almost like family," Logan Hunt, senior, said.

Friendsgiving allows you to go outside school and hang out around your friends house, for a cool, more adult feeling experience.

"I think that it's really cool that you're able to sit around a table with your friends, which is just a setting and circumstance that you never really get to do," Hunt said.

The day makes for good groups of people bonding over good food, and is worth taking a chance on this year.

Graphic by April Cowan



Answer key on page 15

Across

2. In order to have a Black Friday, you have to have a Thanksgiving...
9. A vegetarian version of the traditional Thanksgiving turkey
10. Lots of families watch or play this sport every Thanksgiving
12. This drink is made from a nice fall fruit and is sure to warm you right up
13. It is just like Thanksgiving, but friendlier
14. A dance move that was very popular in the 60's and it is also a delicious side dish all year round

Down

1. A very proper sounding way to say "fall"
3. It is clumpy and lumpy and served on the side of the turkey
5. It never looks quite like fall until these change colors on the trees
6. A cringy topic that most families try to avoid talking about at the holidays
7. If you turned fall into a dessert that it would probably end up being this pie
8. A day where shopping centers become fatally dangerous war zones
11. The weirdos you spend the holidays with every year
14. This place puts on a pretty killer parade