

# The Northern Exposure

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## NORTHERN EXPOSURE POLICY

THE NORTHERN EXPOSURE WILL STRIVE TOWARD EXCELLENCE BY REPORTING NEWS ACCURATELY, OBJECTIVELY AND THOROUGHLY. PROVIDING LEADERSHIP THROUGH EDITORIALS AND ESTABLISHING A FORUM. "LETTERS TO THE EDITORS" ARE ACCEPTED AND ENCOURAGED, BUT SHOULD BE WRITTEN RESPONSIBLY, IN GOOD TASTE, FREE FROM LIBEL, OBSCENITIES AND INVASIONS OF PRIVACY. "LETTERS TO THE EDITORS" SHOULD BE LESS THAN 300 WORDS AND MUST BE SIGNED. LETTERS MAY BE DELIVERED TO ROOM 2103.

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## On the Cover

**Courtwarming Pep Assembly**  
**Photo by Maria Bisby**

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# College: Popularized But Not the Only Option

Jillian Jamaledin - CoEditorInChief

After high school graduation, there are multiple paths students can follow. However, a majority of the students decide to go to college as their primary option. Going to college has become the most familiar option for students and many students may not even be aware of the other choices possible for them. Nonetheless, there are still some students who do not attend college after high school and have a different plan instead.

It is often speculated that going to a college or university allows students to be the most prepared and improve their chances of prosperity in their future. However, this is only true in some situations depending on what the person decides to do after high school.

"I would think that people go to college to give themselves a better chance to

succeed in life," Bob McIntosh, science teacher, said.

One of the primary options following high school aside from college is going straight into a job or career path. By doing this, the student chooses to start earning a living in a job that does not require an education beyond a high school degree. Students at LSN often prepare for this path by attending schools such as Herndon to gain experience before leaving high school.

"It helps prepare me for more options, I have the choice to go to college or to go to trade school and Herndon provides a lot of speakers who give us a lot of options and opportunities after high school," Carson Keating, senior, said.

Schools such as Hern-



Herndon helps students prepare for after high school. Photo courtesy of Carson Keating.

don are beneficial for these students because they allow them to gain experience in programs such as automotive technology and collision, construction technology, cosmetology, welding and many more. These programs are important for students not going to college because they give them the appropriate knowledge needed for their interest.

While this is a viable option for several students, college is required for many other career paths. Even if it is not mandatory to get a certain career, many students believe it gives them a better chance to be successful in the future.

"I am going to college to further my education and get a degree in psychology because you need an education beyond high school," Lana Seibly, senior,

said.

Another option for students after high school is to join the military. While this may eventually connect them with college, some students see this as their purpose after high school. Several students who decide to join the military after high school participate in ROTC to help prepare them for this path.

"ROTC is preparing me for life after high school, it adds to my resume, and it provides me with a higher military rank, E3" Ricky Lynn, senior, said.

Whether students go to college or not after high school, most students have an idea of what their future will look like. While attending a college is the most publicized option, adjusting from high school to a career or the military is also a feasible choice for students.



Students get hands-on experience. Photo courtesy of Carson Keating.

# STUDENT COUNCIL:

MadiSmith-CopyEditor

Ever wonder who cleans the microwaves at school, or who hangs those cool holiday themed posters on the school walls? Well, it is Student Council, or STUCO for short. They do these things along with a long list of other things in hopes to help make LSN a happier and more student friendly school.

“I enjoy trying to make the school the best possible environment for students. I want people to look back on high school and think of all the fun they had in high school rather than having a miserable experience,” Duncan Crosby, senior, said.

They also act as a voice for students, where members get a feel of what the whole student body wants or would enjoy. And as students, they may have a better ability to do this than the teachers or administrators would.

“Students wouldn’t get a say about what they wanted in what we currently plan [if LSN did not have STUCO]. I think people wouldn’t enjoy their experience because some middle-aged teachers and administrators do not fully understand what a student body wants,” Crosby said.

STUCO organizes both Homecoming and Courtwarming as well as the spirit days that correspond with the dances. They plan

the assemblies, clean the microwaves and give out hot chocolate or lemonade during lunch every now and then. In addition to this, they also provide a snack cart for teachers during parent teacher conferences, are in charge of the “You Be You” campaign at LSN, organize freshman transition day, and they also hang up posters around the school.

Recently, they also began to organize “Boo” and Valentine grams. These are just some of the things STUCO does for LSN, and these things keep them busy all year round.

“The most common thing

LSN STUCO is known for is all the spirit weeks and school dances. Student Council goes beyond the school and helps within the community. This year, our Seniors went to visit John Knox Village and visited with some of the residents during the holiday season,” Chelsea Madden, junior, said.

School dances are probably what STUCO is known best for. They collaborate to plan both Homecoming and more recently, Courtwarming. They create different committees to get different objectives for these dances done in an orderly fashion, such as a

decoration committee and an advertising committee. They also come up with a list of supplies needed for the dances, pep rallies before hand, and flowers for the attendants.

As of last year, STUCO changed Courtwarming from a formal dance to a more casual one. This is one example of the benefits of STUCO, as they have the ability to upgrade different activities to make them more appealing to the student body. The biggest change made was moving the dance from Saturday to Friday night, after the basketball game. “I enjoy getting to work with other leaders around LSN. Everyone in student



STUCO meeting. Photo by Tiyah Gipson.



# THE STUDENT'S VOICE IN LSN



STUCO preparing for the Courtwarming Dance. Photo by Tiyah Gipson.

council is there to create change in the school and create a school for the students. I also enjoy what our mission is, to give a voice of the student in the school because we represent those who do not usually have a voice,” Trevor Luzum, senior, said.

In late December, basic idea planning begins giving student council a little more than a month to prepare for this dance. They start making decorations, planning spirit days, and begin publicizing the dance in January.

“Courtwarming is probably my favorite activity to plan since it is

a blacklight dance. With neon splatter paint designs, glowsticks, and the upbeat music, it is a fun and enjoyable time for everyone in attendance,” Crosby said.

“You Be You” is a campaign that LSN started last year during the 2017-2018 school year. The program’s goal is to help students accept themselves as well as others. STUCO emphasizes this program here at LSN, handing out shirts and buttons. The “You Be You” organization sends them materials to help create an atmosphere where everyone feels they belong.

“We participate in it

because we want to make sure the students feel accepted about themselves and understand that it is okay to be different. Lee’s Summit, Blue Springs, and other local high schools participate,” Luzum said.

STUCO also gets the opportunity to go to state and collaborate with other student councils around Missouri. With this brings the opportunity to bring new ideas for activities and fun at LSN.

“What I enjoy most about Student Council is the collaboration between other school districts

across the state. Through Missouri Associations of Student Council, LSN STUCO gets to meet other schools and collect new and different ideas. Through these events I have been able to create great friendships throughout the state,” Madden said.

The impact STUCO makes on the school is important, and without it, school may be significantly less enthusiastic. Take the opportunity to thank these leaders if you see them today.



STUCO making posters for the school. Photo by Tiyah Gipson.

# Travis Scott Goes Sicko Mode at Sprint Center

AJConner-StaffReporter

If live concerts give you goosebumps, you may be excited to learn that Travis Scott is performing in Kansas City this month. His performance at the Sprint Center will mark the ninth location of the second leg of his Astroworld Tour.

“I follow Travis Scott on Twitter and the day he tweeted about it I started looking for tickets. Then my girlfriend surprised me with them,” Brody Ethridge, senior, said.

To most, including Ethridge’s girlfriend Nhukim Nguyen, the price and location do not matter as much as the experience of the concert.

“I paid \$80 per ticket. I’m going with my boyfriend, my sister and her boyfriend so I had to pay for four tickets. I’m going to be sitting in the back which is like the 109th row. I chose the back because it’s cheapest,” Nguyen, senior, said.



Graphic by April Cowan.

Obviously not everyone can be down on the floor, but the Sprint Center never ceases to pack a lively crowd. Even though she will not be up close, Nguyen does not have any less enthusiasm.

“I’ve been a fan for a while. I am following Travis Scott on Instagram so I’ve seen his concerts being super loud and the lights are super crazy so I’m excited to see if it’s going to be like a rave,” Nguyen said.

Those who have seen Scott live before are still

in for a great time, since different venues allow for different features.

“This will be my seventh concert. I think it’s going to be bigger. I’ve seen a lot of concerts in smaller venues like the Midland, but this one is going to be in the Sprint Center. It’s going to be different because he’s got a rollercoaster as part of the stage and he sings a few songs while on the rollercoaster,” Ethridge said.

Of course, there is always some other reason to attend a concert. Sheck Wes,

artist of current banger Mo Bamba, will also perform alongside Scott. Not only is Scott a crowd pleaser, his girlfriend and one-year-old daughter, superstars in themselves, have been touring with him around the country.

“I’m super excited to be in the same vicinity as Kylie Jenner and her daughter,” Nguyen said.

So if Travis Scott’s songs are the antidote to your boring weekends, you will want to get tickets quick and be at the Sprint Center on Feb. 17 at 7 p.m.



# Guide To a Perfect Valentines Day

KatieLangle-StaffReporter

Valentines Day can be a lot of fun but it can also be a day with high expectations. Here are some ideas to help you plan the perfect day.

## *The Red Bridge*

In 1859, the original Red Bridge was built but later torn down. A different bridge, that was painted red, was built to replace it. When the newest Red Bridge opened, the Old Red Bridge in Minor Park was repurposed into what is now known as the Love Lock Bridge. It is located at Red Bridge Rd & Blue River Rd, Kansas City, MO, 64131. Couples can bring their own lock to attach to the bridge and lock their love.

“I just think that’s a unique experience to go do on Valentines Day,” Taralynn Bailey, sophomore, said.

Once they are done, the couples can toss their key into a box that will later be used to create a sculpture of a monarch butterfly. This is a fun and creative way to spend your Valentines Day.

## *Westport Floral Designs*

There is no better way to show your appreciation for someone than giving them flowers. Westport Floral Designs has a large variety of flowers perfect for Valentines Day. They provide a beautiful arrangement of fresh flowers that have same day delivery. The flowers are delivered fresh to the shop daily. These flowers would be the perfect gift to give on this special day. The shop is at 1001 Westport Road Kansas City, MO, 64111. Bouquet prices can range from \$35 and up. Giving a bouquet of flowers is a classic way to show you care about someone.

## *Edible Arrangements*

If a bouquet of flowers is not your thing, for as low as \$20 you can gift a delicious fruit bouquet instead. You can select different fruit variations starting at \$20 and up. This is a creative way to show someone that you care and it is delicious too.

“[I would like] getting an edible arrangement because I love fruit and it’s so pretty,” Rachel Geringer, junior, said.

Edible Arrangements offers different fruit arrangements, chocolate covered fruits and more. This is a tasty treat to give on this special day.

## *Heart Shaped Pizza*

Many local restaurants offer Valentines Day specials and you can check their websites or social medias for details, but if an expensive sit down meal is not in your budget you could check out Minsky’s or Papa Murphy’s. Both offer heart shaped pizzas that you could share with your sweetheart or family.

“[I enjoy] going to dinner because that’s a tradition that my family and I have. We go to either pizza or pasta and we have dinner together,” Cheyenne Valentine, sophomore, said.

A Valentines Day dinner can be the best way to show someone you care because everyone knows the fastest way to someone’s heart is through their stomach.

## *André’s Confiserie Suisse*

A classic Valentines Day tradition is to bring someone chocolates. André’s Confiserie Suisse is not your ordinary chocolate company. The owner René Bollier has wanted to be a confiseur, someone who makes candies, just like his father and grandfather since he was young. René brings his passion and creativity into his chocolates. The company has been in Kansas City for over 60 years. They can be found at 5018 Main St, Kansas City, MO, 64112. Some items are available for purchase online while a wider selection is available in store. Online, an assorted box of six chocolates costs \$14. André’s Confiserie Suisse puts a spin on a typical box of chocolate.



Love Lock Bridge in Kansas City. Photo by Tiyah Gipson.

# Government Shutdown, National Impact

DavidStevens-StaffReporter

For 35 days, the government had been shut down over a funding dispute between Trump, the GOP and the Democrats.

Not wanting to pass a funding bill for the wall, Trump responded with the longest government shutdown in U.S. history. The government has recently been reopened temporarily to allow for negotiations regarding border security, but it is likely to be closed again.

To summarize the issue, no one wanted to pay the \$5.7 billion needed for the wall. In response Trump partially shut down the government. This sets a very disturbing precedent for future presidents, while also embarrassing our country further by having a commander-in-chief that attempts to browbeat the opposi-

tion in such a way.

Imagine this scenario for a moment: A child demands cookies, the parent says no and child begins to hold their breath until they get a cookie. This is a temper tantrum, in the same way Trump is having his own political temper tantrum. A tantrum that has terrifying implications for Presidential precedence. We cannot have our executive authority stamping their foot every time they do not get their way, that is not the professional or diplomatic way to get things done. A dialogue should have been opened, a debate should have been started. Civil discussion and debate have been the hallmarks of democracy since time immemorial. The fact that the current administration is conducting things in this way, is very

disappointing.

But the damage has already been done and it is not fun to look at. Federal workers and contractors are not going to be as enthusiastic about working for the government as before, knowing that this reopening is only temporary none of these people are going to spend as they have. There has also been economic damage. Several businesses claim that they have lost several percentages points worth of growth, the district of

Columbia has seen a dramatic decrease in expected tax revenue during the periods of the closing. The numbers are ranging from \$6-12 million in tax revenue per week.

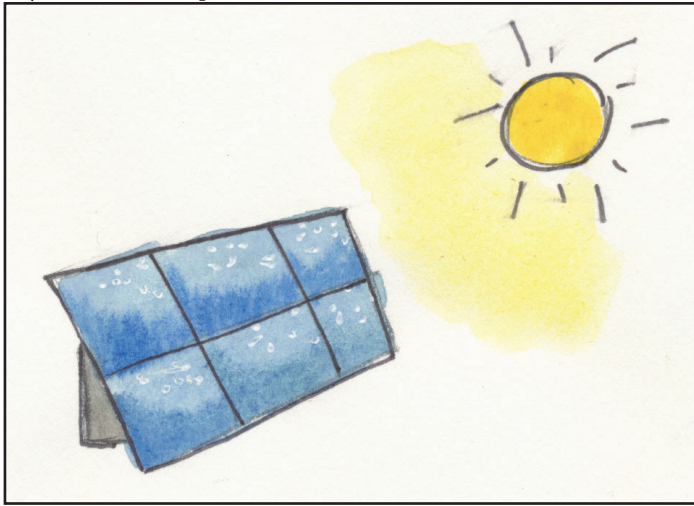
This precedent needs to be shut down. Our government cannot run things this way, it simply is not civil. People need to stop thinking of each other as the enemy, rather than fellow Americans. The country needs to get used to the idea of talking to one another, rather than creating division and conflict.





# Looking on the Bright Side

KaylerSmith-StaffReporter



Graphic by April Cowan.

With over 25 campuses spanning from a couple hundred to a couple thousand students and employers, LSR7 is one of the largest landowners and energy users in Lee's Summit.

"With the number of buildings that we have and the number of students we have, [our energy use is] significant, probably more so than anything else in Lee's Summit, the school district is going to use the most energy," Chris Gerding, IB Environmental Systems and Societies teacher, said.

In the district's annual budget, an estimated \$4.4 million was projected to be spent in state assessed utility. This budget includes energy, gas, water and others, with a large portion of the estimation being energy. Most of this energy is fueled from natural gases which are

non-renewable resources. Making the switch to solar power on such a large scale would make a significant difference in Lee's Summit.

"Any time you look at your energy usage and your environmental impact that's a good thing. We have such an enormous impact as a school district that it could make real change," Gerding said.

This seems like an obvious solution but it would impact more than just the environment. While there is not a direct estimate of the cost of installation, the upfront investment could impact the economic distribution of the district.

"That's the thing with any sort of alternative energy. If all things were equal, people want clean renewable energy, but they're not always, and the biggest thing would be cost. You have

to realize if we go towards that, which I think would be a good thing, you're also talking about taking money away from something else, so what would be the trade off?" Gerding said.

Installing solar panels at every district building would be costly; however, in a report done by the Solar Foundation, 450 school districts have gone solar and they are expected to save \$1 million over a 30-year period. Several districts and large universities have made the switch and are seeing the benefits.

The federal government and some energy companies themselves have provided opportunities for schools to become solar-powered by offering incentives and grants to fund the programs. The U.S. Department of Energy awards grants up to \$500,000 for school solar programs.

The prospect of a fully solar-powered school district is years away, however by nickle-and-diming, LSR7 can get there between sprinkling in solar-powered buildings and making incremental power saving features. For instance, the district currently supports automated system monitors that regulate buildings' HVAC systems to save energy.

"Going all solar, it's not go-

ing to happen any time soon but anything that is going to increase your energy efficiency is going to be a good thing," Gerding said.

Along with environmental benefits, implementing solar panels could provide a larger awareness of LSR7's environmental impact on the community and become a teaching point to students and staff.

"I think it would be cool just to see how students reacted to it and making that something that they are a part of and can see the benefit of... Maybe it would be students that are providing information over the intercom, posters, that sort of thing. But basically just talking about the impact. A lot of times people know some of that stuff but don't realize what they could actually do day in and day out, and that a lot of times it's pretty easy," Gerding said.

There is a compelling amount of reasons why the district should make the switch, but ultimately, the families, students and staff need to be the voice of the movement. This is not a high priority for the district, but it should be for the sake of the local and global environment. One large district such as LSR7 could lead suit for many others to follow, all moving in the right direction.



# NORTH IN PHOTOS



Photos by Maria Bisby.



# The Big News in 2019

TiyahGipson-JuniorEditor

## Government Shutdown

The government shutdown on December 22, 2018 became the longest shutdown in history on January 12, 2019 after passing the 21 day mark. The government shutdown right before this one lasted only 16 days, starting October 1, 2013 and ending on October 17, 2013.

The government has officially reopened as of Friday, January 25, 2019. Unfortunately, it may not be over.

“The government shutdown enrages me for the simple fact that 800,000 government employees were either furloughed or worked without pay while 435 house of representatives and 100 senators all still received their government checks,” Brian Glenski, World History teacher, said.

If in two weeks President Trump does not have the additional funds to build his wall that he wants, it is likely he will shut the government down again.

## Candy Hearts

In 2018, Necco, a company known for their famous Valentines Day conversation hearts went out of business. Unfortunately for the people that enjoyed those candy hearts, there will not be many around this year. The candy, now owned by Spangler Candy Company is set to return in 2020. Meanwhile, if you want these candy hearts you will have to turn to the company called Brach's. Brach's has had these specific candy hearts around for decades, but they differ from Necco's sweethearts in many ways. They have different flavors, they are smaller, easier to chew and are laser printed instead of stamped.

## Polar Vortex

The Polar Vortex is set to bring a life threatening cold outbreak to the Mid-Western United States. A Polar Vortex can be one of the coldest cold fronts to occur in minutes. This weather is set to put many people in danger. It can get cold enough to give people frostbite and hypothermia.

“At least 21 people have died in one of the worst cold snaps to hit the United States, 250 million Americans overall have experienced the ‘polar vortex’ conditions,” BBC News, said.

The main victims of the vortex were the homeless or anyone without shelter, but without a proper way to stay warm one is in a lot of danger.

## “The Secret Garden”

Coming to the school theatre near you. Lee's Summit North will be performing “The Secret Garden”. It will star Lainney Obenshain, Joel Kilgore, Noah Bridges, Rhayla Huff, Thomas Clark and Elaine Watson.

“The Secret Garden is our children's show for the Spring. It is a very intense play, it has a lot of different twist and turns within the plot,” Elaine Watson, sophomore, said.

The play will be an hour and a half long and will be about a girl named Mary Lennox, who lived in India with her parents and was forced to move to England after they die. Join us February 15 and 16 at 7 p.m. and February 17 at 2 p.m. to see the LSN Theatre in action.

# The Seal of Biliteracy Comes to Lee's Summit Schools

MariaSmith-JuniorEditor

The seal of biliteracy award is a new opportunity for LSR7 students. A state issued award can grant scholarships and help boost job applications in the future.

"[It is] proof for employers and universities and scholarship committees that a student has achieved an intermediate level of proficiency and a language other than English as well as proficient in English," Caitlin McKinney, French teacher, said.

It is also a tangible thing that shows how hard someone has worked to learn another language.

"This award is extremely exciting. It is tangible and validates what our students have been working toward on their language learning journeys," Hannah Brizuela, Spanish teacher said.

While it might seem really hard to obtain this award it might be easier than you think.

"I mean the test was definitely hard, but I didn't really have to

prepare for it because I had five years of Spanish earlier," Jake Lally, senior said.

Not everyone is as lucky to not have to prepare for the test and still do fine. Less than half of seniors managed to snag the award.

"On the first attempt, about 30 percent of seniors district-wide in level 5 classes met the

requirements. We think that after retesting, about 40-45 percent will get the award," Brizuela said. While most students testing for the award will only be testing in one foreign language it is possible to get it in multiple.

"You can get it in as many languages as you speak so I know that there are students that speak another language

at home so they might test in that language as well as whatever language their studying in school. You can get as many as you can speak well," Mckinney said. This award has the chance to provide the winners with not only a sense of accomplishment, but can also give them a step up in their

employers eyes.

"The seal is recognized by employers and can result in pay increases. It automatically increases military pay grade. Several Missouri universities will award credit for achieving the seal," Brizuela said.

If you tried to test for this award and were in the 70 percent of seniors that did not

get it there is another chance to get it with retesting.

"Students who achieved the award definitely feel very accomplished. Many who were close to receiving the award have been anxious to retest and excited about the opportunity to improve," Brizuela said.

The seal is not made to make students feel like they are not good enough and even if you do not get the award it is still something to feel accomplished with no matter what.

"Even those who did not get the seal were probably one domain away from getting it they were really happy with how they did on the exam and if they missed the seal by one they were surprised by how well they did and how much they achieved with the language," McKinney said.

The Seal of Biliteracy is an exciting new possibility for Lee's Summit students, and worth the time to try for it.





# Hardwork and Dedication Can Make a Difference

PrajuktaGhosh-StaffReporter



Varsity Girls Basketball. Photo by Tiyah Gipson.

People might experience many hardships and challenges in order to accomplish their goal, but how they choose to harness their weaknesses or fear and build confidence in themselves is up to that individual. Anija Frazier, a senior at LSN, has been playing basketball since her freshman year, despite many hardships and obstacles in her life.

"She is an explosive and powerful player, she gathers a lot of opponents focus but she plays through adversity and rarely shows any frustration," Tricia Lillygren, basketball coach said.

Frazier has demonstrated great leadership as a senior this year. She has been a role model for practice intensity and work ethic. Her leadership during games has been a key to win. She is not only a good scorer but also a fantastic rebounder and passer. When it comes to her inspirations, she admires Kyrie Irving. Even while being

a basketball player she has not lost her sight from studies. She is very serious with her senior year and thinks it is the hardest time for her because of managing more than one thing at the same time.

"Honestly speaking I have not yet mastered in those skills of how to manage studies and important games together, but the teachers and students here are really friendly and helpful when it comes to my studies or assignments," Frazier said.

Gaining experiences in a particular field is the most important thing in order to grow up and harness skills in that field. Every day starts and comes with a new opportunity in everyone's life to discover, change and explore things which could not be done by just grasping new strategies to win. Frazier describes playing with other players who are more experienced as an important key to learn quickly and defeat your fear. She thinks it is an important and useful strategy

because it creates an example which can be really beneficial when working as a whole team.

"Truly playing with other players, more experienced than me has given me a lot of strength and positive outlook towards my important games, they taught me how to deal with my concerns and fight with obstacles," Frazier said.

She has also mastered the leadership skills which are extremely significant for the team members and the leader itself to win a match. There are lot of beneficial strategies and techniques which are used by her to create a comfort zone and team collaboration among the members. Challenging the team with a specific, measurable goal is what helps her team stay focused and on task. Frazier thinks that delegation is the key that grips all player's skills and

doubles the team value.

"Anija has been a good team leader because she has lots of experience and wants us not only to succeed but also to have fun," Emma Gooding, senior, said.

It is almost impossible for anyone to experience every stage of life without having failure because life is nothing without getting some lessons of failure. It keeps reminding one of their past mistakes and how to deal with it. Failing in something can help people discover some unexpected motivations to succeed in life.

"Anija has played really great in these following four years, and I believe that her success mantra is that she accepts her failures and faults she does throughout the game and still does not allow fear to engulf her confidence," Gooding said.

This positive outlook towards issues like failure can make people stronger.



Anija warming up pre-game. Photo by Tiyah Gipson.

# Girl's Agility Training

MariaBisby-StaffReporter

With the upcoming spring sports season, female athletes have an opportunity to prepare themselves with the winter agility training. The winter agility training is a way for athletes to keep in shape and prepare for their goals in the upcoming season. The training is every Monday, Tuesday, and Thursday. Athletes have the opportunity to show up to any of the sessions.

Most of the female athletes use this training to prepare themselves and keep in shape which for some athletes can be difficult.

"If you're not an in-season athlete it just prepares you to get better and normally prepares you for a better season," Kelbi Meisenheimer, freshman,

said.

The goal of the training is to make sure that athletes reach their goals towards their upcoming season,

"It can be really challenging and it's a really good work out and pushes you more than you expect. I'm using this to prepare me for varsity softball next year," Meisenheimer, said. There are big advantages to this program for upcoming athletes such as staying in shape but it also gives them a head start into the season.

"The goal is to get girls stronger. We want females to be ready for the season before the season even starts," Shelby Hoffman, PE teacher said

The program makes it a lot easier for athletes to achieve their goals with the off season and make them feel

as if they are making progress towards their upcoming season. It also gives a sense of accomplishment.

"It feels like a big family and brings people together from all sports and it's just fun," Tiffany Hughey, senior, said. The training has made a big impact for some athletes.

"It was hard playing all the time to being in the off season. It made it a lot more challenging but, the turn out was good," Meisenheimer said.

The overall turn out with the condition was larger than expected and overall most athletes made improvements towards their upcoming season.

"I feel more ready for the upcoming track season, like I'm more prepared," said Hughey.

There has been more improvement overall for some of the student athletes.

"We have had a consistent 40 girls showing up on Mondays, Tuesdays and Thursdays. We have girls doing workouts they weren't able to complete in the first week of conditioning- it's awesome," Hoffman said.

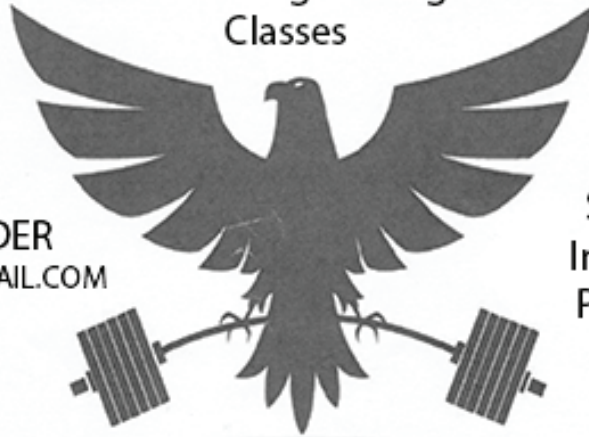
Athletes have a big opportunity to make themselves better before their season even starts and it is a great way to kick off the season.





# CHAMPION WELLNESS AND WEIGHTLIFTING

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Small Group  
Individualized  
Programming

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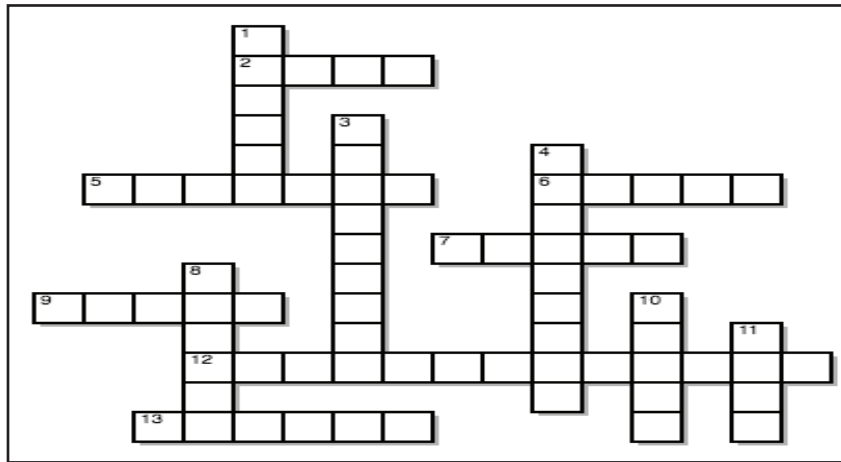
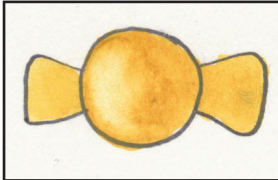
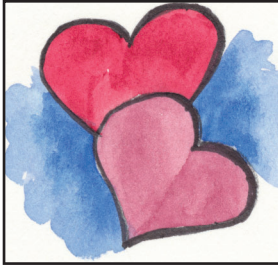
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# Puzzles and Games



Graphics by April Cowan.

## ACROSS

2. \_\_\_\_\_ is an open door
5. The only one to give you a valentine if you're single.
6. I've been hit by Cupid's \_\_\_\_\_
7. First they're sour then they're \_\_\_\_\_
9. A tiny baby that is very into archery. Who gave him those arrows?
12. The day before Valentine's day, a day made to celebrate all of the powerful women in your life. Founded by the one and only Leslie Knope.
13. Who do you think you are? Running round leaving scars collecting your jar of \_\_\_\_\_

## DOWN

1. You might give your S.O. these to apologize or to surprise them.
3. A sweet treat that'll rot your teeth.
4. Enitnelav backwards
8. If you're this then you are probably not looking forward to Valentine's day itself but the major candy sale the day after.
10. \_\_\_\_\_ are red. Violets are blue. If you can't guess this clue then I feel sorry for you.
11. Can be found on calendars and on fruit trees.

			2	9				4
								3
	5	7						
2			4		1			5
			9					
							7	
	1			7	5			
						6	9	
4		3		6				7

	7	8		2				
					4		5	1
					1	3		2
4	1		3		5	9		6
			9		2	7		8
	3	4	7		6			
							6	
5							4	

1. Flowers 2. Love 3. Chocolate 4. Valentine 5. Your mom 6. Arrow 7. Sweet 8. Single 9. Cupid 10. Roses 11. Date 12. Galentines day 13. Hearts