

NORTH | STAR

FRANCIS HOWELL NORTH | ST. CHARLES, MO 63303 | 03.25.20 | VOL 34 ISSUE 06



THE BOND ISSUE: PROP S

THE NORTH STAR TAKES A LOOK
AT PROPOSITION S AND WHAT IT
COULD POTENTIALLY MEAN FOR
FHN AND THE DISTRICT

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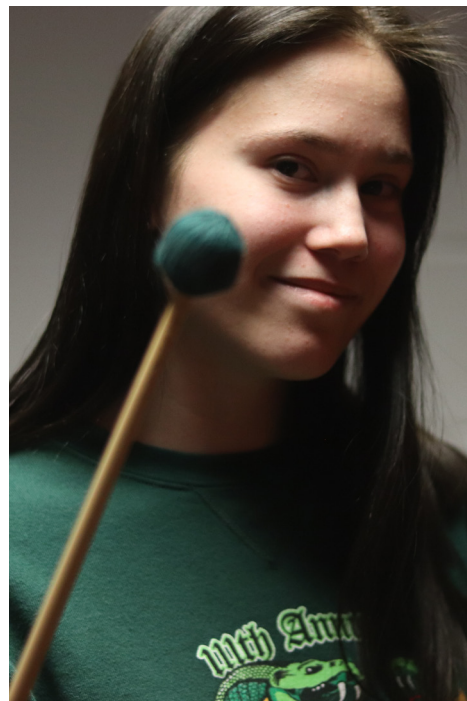
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ON THE COVER

A blueprint with many tools laid on top is on the cover. The blueprint represents the new FHN that might be built. This edition's In-Depth of the North Star looks at Prop S and how it will affect FHN. (Design by Gracie Bowman)

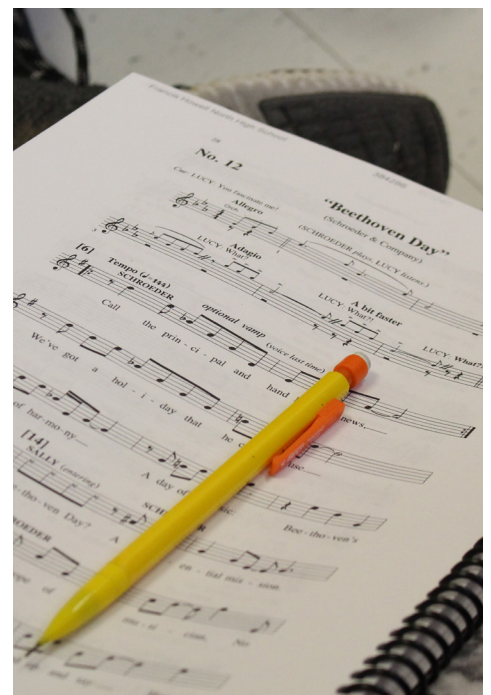
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Superintendent Nathan Hoven explains what will be happening to Becky David if Prop S is passed. Hoven was recently chosen to be the new superintendent for all of the Francis Howell Schools in the district. (Photo by Addy Bradbury)



10

Senior Sarah Arnolds holds up her mallet as she practices for Freedom Percussion. Freedom practices every weekend at Orchard Farms. (Photo by Ella Manthey)

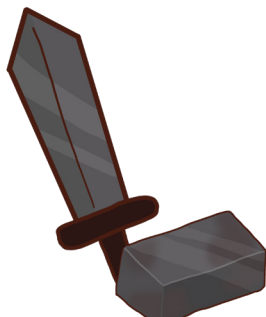


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A You're a Good Man Charlie Brown script lays on the ground. Drama club will be putting on the spring musical March 26 to the 28. (Photo by Sydney Giacomarra)

ANOTHER UPDATE

This first half of 2020 year will be bringing big changes to Minecraft in the Nether Realm (Content by Ryleigh O'Donnell)



Netherite:

Stronger than diamonds and resistant to lava, netherite has become the new rarest item to get into Minecraft. To get it you have to use a diamond pickaxe or a netherite pickaxe. The ores are usually found under lava. Players can also make it by smelting ancient debris, which can be found in one of the new biomes. Combining four netherite scraps with a gold ingot can make one netherite ingot. The way you can make netherite equipment and armor is by combining with the tool or armor piece. Any damage done or enchantments to the items do not pass over to the netherite items.

Piglins:

They are aggressive and will attack on sight unless players are wearing gold armor. They are suspicious of player actions so if players mine gold or open a chest near them they will attack. Piglins that go into the Overworld will be zombified quickly. They don't like soul fire and attack skeletons. The piglin babies will play with baby hoglins.

Hoglins:

Hoglins are aggressive and will attack players on sight. They drop pork and leather, and players can breed them with crimson fungi. Warped fungi is used to keep them away. Piglins hunt hoglins but aren't enemies. Baby hoglins will try to attack players, but can't hurt them.

Crimson Forests:

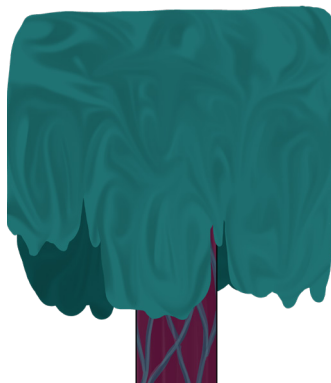
Red forest overrun by huge crimson fungi, weeping vines and nether wart blocks. A new mobs spawn here called piglins and hoglins. There's a particle effect here that makes red spores swirl through the air.

Soulsand Valley:

The cavern is made up of soul sand and a new block called soul soil. Only ghasts, skeletons and endermen can spawn here. There are fossils in this area in the form of giant structures made of bone blocks, and there is a special cave lighting feature of blue fog. If players light a fire on a soul stone block, the fire will turn blue, called a soul fire.

Warped Forests:

Similar to the Crimson forest but instead of being overrun with vegetation, it's more barren and blue. No mobs spawn in this location other than endermen, which makes this one of the more safer biomes than the other two mentioned.



(Illustrations by Ryleigh O'Donnell)

STUDENT TAKE: How do you feel about the Minecraft update?

"I like they've made the nether a lot more important. They've really fleshed it out."

Matthew Clark, 11

"Theres always a thought thats like what if there were more mobs in nether, so thats pretty interesting."

Blaize Cross, 10

"I think its cool that they're adding more content to the game and that theres something stronger than diamonds."

Trent Clifton, 10

"The armor and weapons are like a new fresh layer of stuff, it's cool."

Nick Black, 12

(Illustrations by Nico Boenitz)



ANIMAL CROSSING NEW HORIZONS

Nintendo released its next official edition to the Animal Crossing game series, called Animal Crossing: New Horizons, on March 20. This allows players to experience the freedom of personalizing their very own island.

"Each edition has a different task for you to do such as running a village, designing homes, or creating a campsite," said freshman DaNaysha Creacy. "I heard that in the new one your goal is to decorate an island and I'm excited for that."

Animal Crossing was published by Nintendo in 2005, and Nintendo creates different versions to add new elements to the game, making each edition more interesting than the next.

"I like the idea of being able to freely create a town like in Animal Crossing: New Leaf, so I would imagine that New Horizon would have similar features," freshman Miracle Berry said.

Animal Crossing gives its audience the ability to explore their creative side and experience what it's like to design homes or manage a town filled with all different types of characters.

"The more well-known characters are Isabelle, Tom Nook, then there is KK Slider who is the DJ in Animal crossing," Creacy said. "Of course, all of the characters are important but these are the more famous of them."

The main differences between each edition would be the locations and the job the player is assigned, and those are probably the most important aspects of the entire game.

"I think that the most important part of the game is your job, because that kind of decided where the game would take place and it also tells you what you are supposed to do," Berry said.

The target audience for the game is seven and up. Nintendo adds childish characteristics through the characters and the animation, but they also add components that make it fun for everyone, such as the responsibilities that come with managing a town and the handling of the animal citizens that live there.

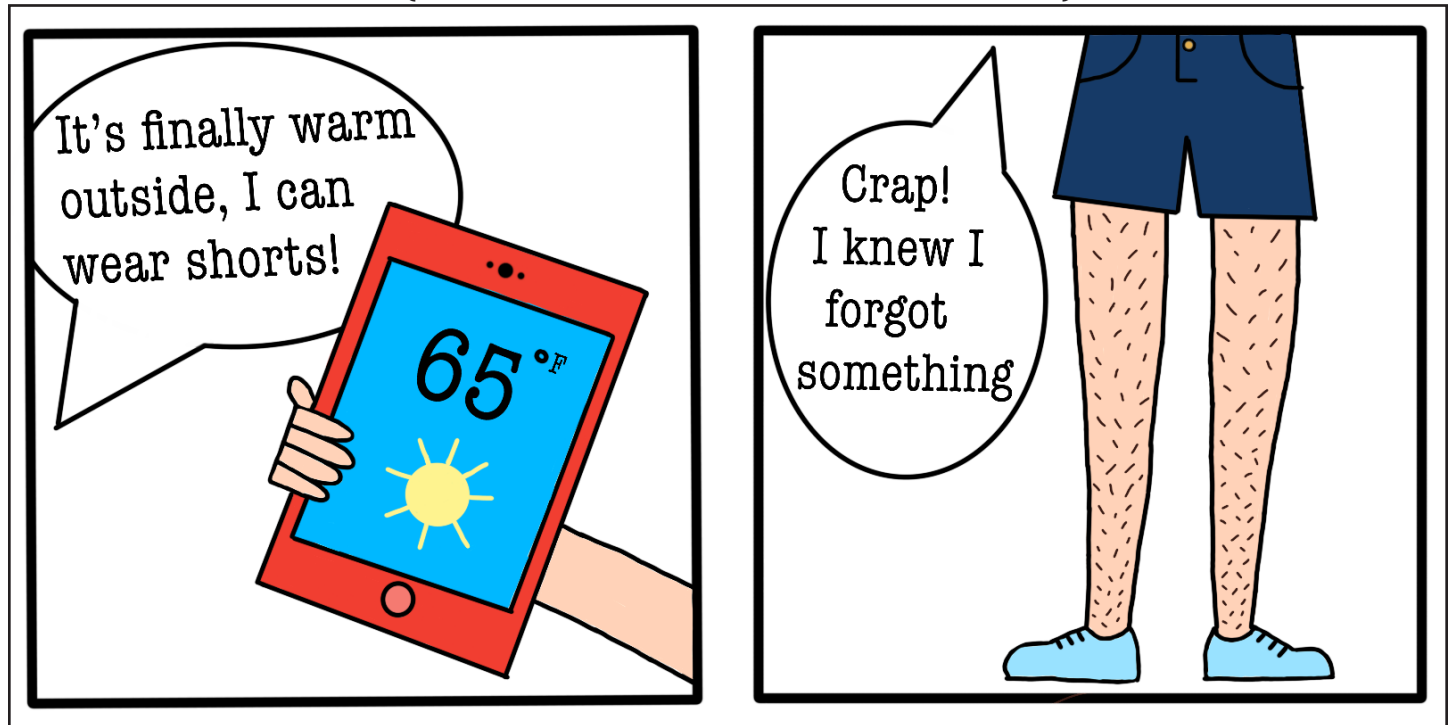
"I feel as though this game is a bit underrated and people don't talk about it very much," Creacy said. "I think this is a wonderful game and if more people played it then it could get the credit that it deserves." (Story by DaNyyla Creacy)

COMIC CENTRAL

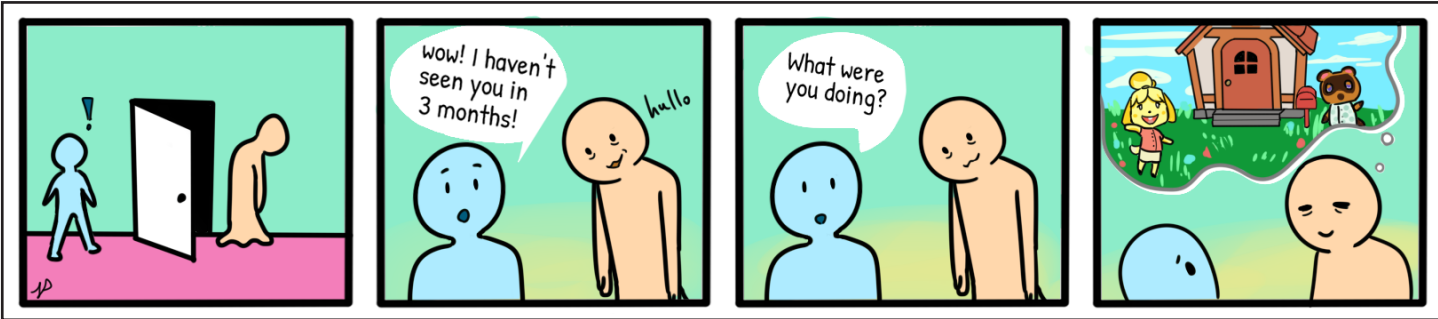
DESTRESS (ILLUSTRATED BY SKY HEBISEN)



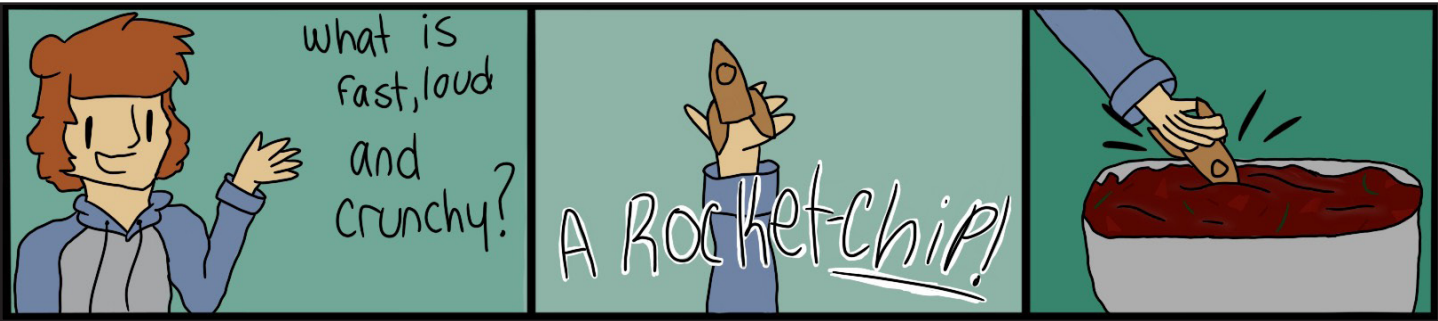
SUMMER STRESS (ILLUSTRATED BY COURTNEY WORTMAN)



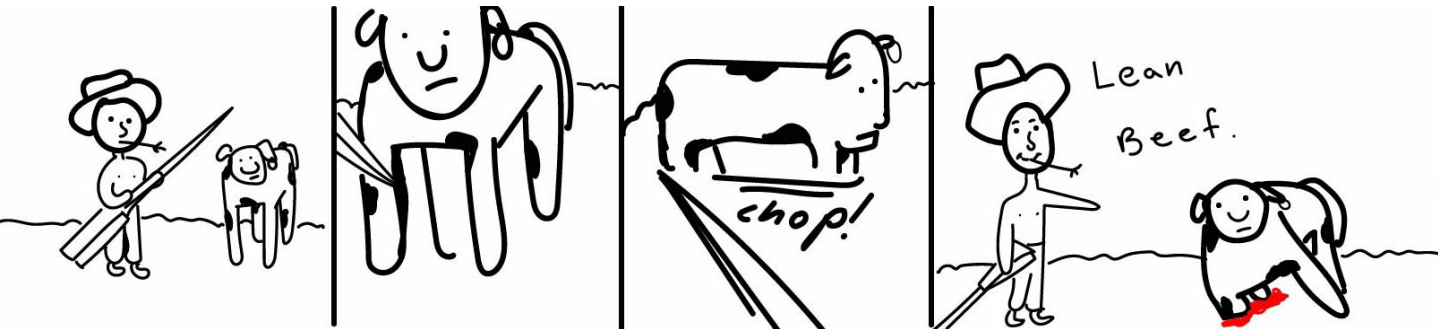
THE NONSTOP GRIND (ILLUSTRATED BY JENA PAE)



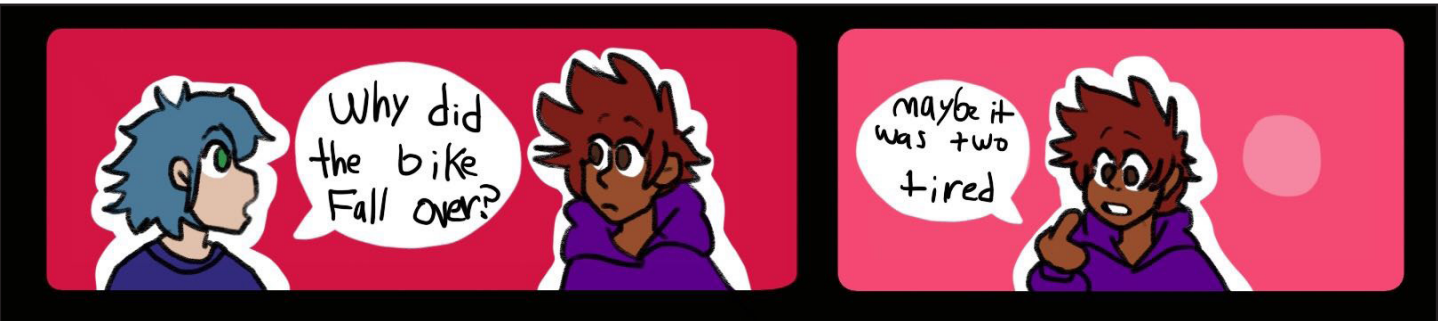
ROCKET CHIP (ILLUSTRATED BY MAYA HELBIG)



LEAN BEEF (ILLUSTRATED BY MINNIE ADAMS)



TIRED (ILLUSTRATED BY RYLEIGH O'DONNELL)



UP AND COMING MUSIC

Musicians are coming out with albums within the next couple of weeks. Find some of your favorites and their new music (Content by Maya Helbig)



"These Two Windows" April 3

On Jan. 21, Alec Benjamin announced his North American tour for his upcoming album "These Two Windows". The tour consists of 24 shows lasting from April 12 to May 21. Benjamin creates pop-indie songs that tell stories of his personal experiences. His album is set to have 10 songs, and six of them have already been released.

"I've been listening to him since one of his first songs came out. His lyrics are unique and they really flow with the song."

Mary Lauritzen, 10

"CALM" March 27

The four boys, Luke Hemmings, Michael Clifford, Calum Hood and Ashton Irwin announced their album release over an Instagram post on Feb. 5 and have continued to promote the album, put out more songs and release a North American tour for their song "No shame" lasting from Aug. 12 to Sept. 26. The band creates types of pop music and has been making music since 2011. The album "CALM" so far is set to have 12 songs.

"I like listening to their music and I've been listening to them for years. I like seeing how they grow as musicians."

Cheyenne Leahr, 10



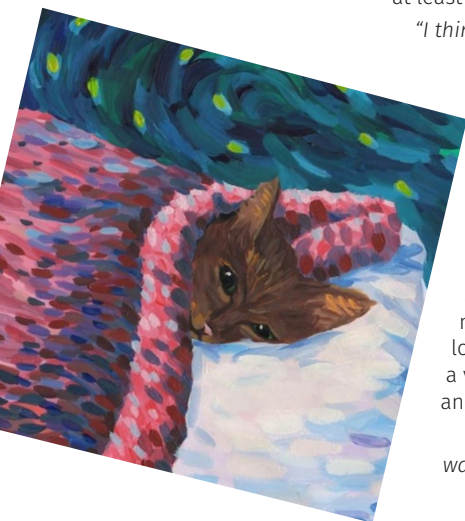
"Future Nostalgia" April 3

Dua Lipa's upcoming album will be the second studio album by the English singer. She wants to give the album more of a live element and she wants to break out of her comfort zone.

Along with her upcoming album, she released a European tour. She has announced that the album will have at least 11 songs.

"I think it's going to be really good because all her music is really nice."

Marina Williams, 9



"Sleepyhead" March 27

Cavetown, also known as Robin Skinner, announced his album "Sleepyhead" on Feb. 14 and released his merchandise along with it. Skinner also put out a song called "Sweet Tooth" right after the album and merchandise announcement. The song is a rock 'n' roll love song that will be on the album. Skinner produces a variety of music styles, including indie rock, indie pop and bedroom pop. The album is set to have 11 songs.

"I'm excited because I love Cavetown and I've been watching him on YouTube, and seeing it come out as an actual album."

Cierra Brown, 10



INVISIBLE MAN SETS NEW STANDARDS

Ever since the trailer for "The Invisible Man" by Leigh Whannell was first released on Nov. 7, fans have waited for nonstop action and suspense, and they were not disappointed. With \$49.2 million made globally on opening weekend and a starting budget of only \$9 million, the movie is considered a major success.

Unlike most circumstances where the book is more recommended than the movie, "The Invisible Man" shifts that whole idea. Not only is it a completely new way of reimagining the 1897 book and 1933 movie both by H.G. Wells, Leigh Whannell's re-creation will leave you on the edge of your seat the whole time. Even if at times you know everything is alright, you are left with a gut feeling something is off, or might happen.

The movie has so many large and significant changes, it's hard to believe that anyone would enjoy it compared to the book. This type of change is what can make or break movies today, like "The Amityville Murders" and "The Haunting of Sharon Tate"; normally you wouldn't like a movie if it doesn't show the same effects of the book, but Whannell's edition would have you disagree. Even if there are some major changes to the original book and this movie that most people wouldn't have thought to work, Whannell managed to get great actors and make the story line close enough to the original story while still creating new ideas as he went.

This movie is rated R for good reason, it shows domestic violence, murder and more. The fact that when someone goes through an abusive relationship of any kind, the aftermath is that it can follow them around and can "haunt them," or follow them around when it's all just their imagination. This movie shows that to an extreme and the idea of something like this actually happening to someone will give so much empathy to the victim, but a domestic abuse survivor battling these problems in real life, they would get labeled a "nutcase," because "that can't be possible," but nobody really knows what it's like. Whannell's unique way of showing horror is setting a new standard for the horror film industry. (Story by Valerie Showers)

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HOW?

Online or pick up
an order form

<https://fhntoday.com/Yearbook>

WHEN?

Price increases
to \$75 at end
of school year

WHY?

Captures
YOUR year



THE BIGFACTS

Throughout the process of buying and finalizing their spots, many seniors spent a substantial amount of money.

PAINT COST
Seniors on average spent \$80 on paint.

"I liked painting our spots because we were the first year to do so. It was also pretty fun having everybody come out and show their artist abilities." Hailey Green, 12

FBLA RAISED
Future Business Leaders of America raised about \$1,200 dollars through this fundraiser.

"The parking lot project was great all around. It provided the FBLA students with organizational and sales opportunities, and the rest of the seniors to customize their parking spots." Tom Jamison, 12

AMOUNT OF SENIORS
There were 61 seniors who signed up to paint a parking spot.

"I think it's cool that it was limited to seniors because it's a great last experience for the seniors and something fun to look back on in future years." Courtney Wortman, 12

For the first time in FHN history, seniors were able to sign up to paint their parking spot and reserve it as theirs for the school year. Many seniors viewed this opportunity as a unique senior privilege. From the students who signed up for it, numbers were randomly drawn to allow every student a fair chance at getting a spot. The seniors were then responsible for designing and painting their spots.





Junior Justin Baniak pays for his lunch after getting his food. The lunchroom has a variety of choices for lunch from nachos to ramen daily. Groups of teachers and students went on trips to research power lunches first hand to figure out how to apply them to FHN. (Photos by Pavan Kolluru)

LOOKING INTO LUNCHES

FHN, FHC and FHHS have plans in the works to input a new 50 minute lunch period next 2020-21 school year

by Macy Cronin
macy.cronin03@gmail.com

Power lunches have been a point of discussion in recent weeks. It is still up in the air if the three FHSD high schools are implementing this new lunch system for the 2020-21 school year.

"The fun thing about this is that we have worked through this process of figuring this out very publicly," FHN Principal Nathan Hostetler. "A lot of what we worked through people have gotten to see the process of ironing out the wrinkles."

Power lunch is a new initiative to have students have more time to eat and be able to get the help they need while in school by moving the now 25 minute lunch to a 50 minute lunch time. This allows students to take a break in school in hopes that their stress levels will go down.

"When I look around my cafeteria, one of the things I look for is to see where kids are sitting and who they are sitting with and I see over time people self segregating less and less and see people more comfortable with one another," Hostetler said. "So what I anticipate is with even more freedom and more flexibility, with limits, people will really be able to lean into that freedom and opportunity to find a place where they belong."

The lunch will be split into two parts. Students will still have the whole time to eat, but teachers also have to take this time to have their lunch. The lunch will be split in half and teachers will be scheduled to eat during the first half of the period or the second half. This allows them time to eat their lunch, but also time for students to get the help they need from those teachers. Olathe High School in Kansas was observed in February to see how power lunches would work. The school has the power lunch initiative in place.

"For me, since I'm in a lot of advanced classes, it's such a good time for me to get a lot of my work done," Olathe junior Jessica Wambu said.

In order for this to go into effect for the next school there are certain steps that

MORE INFO

Here is a high school that has the power lunch system:
bit.ly/NSOlatheHS

the schools must go through. With all these new changes, the schedule must be adjusted due to the increase in lunch time. As of now, the mock schedule for next year will have classes changed to 48 minutes long with fourth hour possibly being 50 minutes. Those two extra minutes will be used for announcements, so that the announcements don't interrupt any specific hours work time. Power lunch will be between hours four and five.

For early release Wednesdays, the classes will be shortened even further, but the exact time is currently unknown. Knight Time will also be changed. Gold Days would be cut because hopefully the new elongated lunch will allow students to have the time they need to make up tests, visit with friends and get the classwork

they need to get done. Only on full Wednesdays will Black Days be present and during that time mentors can lead lessons or any other lessons FHN needs to lead that day.

FHSD administrators and teachers have been visiting other high schools with a similar amount of students in the same urban area FHN is located. These schools all have the power lunch initiative in place and it works for their schools and the students are happy with the system.

However, the district is concerned that the students will all go to lunch at the beginning of the hour instead of staggering. This may have students still having the same amount of time to eat as the 25 minute lunch. Another concern is that, with all the scheduling conflicts and all the new contracts that would have to be put into place, it would end up failing.

"I would estimate that 85% of our disciplinary referrals are regarding non-structured time," Hostetler said. "When students are in class every now and then they do something goofy or something happens, but by enlargement supervised students do what they need to do. When they have unsupervised or unstructured time, dumb things take place. It's in the cards."

UPCOMING EVENTS

April
1
Wednesday

Knightline Informational
Meeting
Time: 6:30 p.m. - 8:30 p.m.
Where: Commons

April
4
Saturday

ACT Testing
Time: 7 a.m.
Where: Main Level

STUDENTS DIRECT NEW MUSICAL

FHN drama class uncovers the backstage of the upcoming play "You're a Good Man, Charlie Brown"

Junior Megan Miller growls as she is dressed as Charlie Brown character, Snoopy. Miller is often seen performing in school plays and musicals. (Photo by Sydney Giacomarra)

The FHN drama club is producing an adaptation of the play "You're a Good Man, Charlie Brown" by Clark Gesner. The musical tells the story of Charlie Brown who decides to find out how to become a good person and what it means to be one. The play will be presented on March 26, 27 and 28, at 7 p.m. in the FHN auditorium.

"Charlie Brown is definitely a play full of music; there's a song every few minutes," junior Jenna Weber said. "I didn't know a lot about this musical before, but when I started to go deeper into songs, I realized I really love it."

Some of the rehearsals were interrupted by the spread of the flu, which created a few

setbacks, but they pushed beyond it. They are regularly scheduled to practice every day after school, from 2:30 p.m. - 4:30 p.m. During rehearsals, the cast works on choreography, they practice songs and they build their characters, but also they start new friendships.

"We have to create the chemistry between the characters, so it's like we discover the other sides of ourselves that we wouldn't show in general," junior Jenna Weber said. "There are a lot of friendships that can start from being in the musical."

The FHN drama club is participating this year in the St. Louis High School Musical Theatre Awards (SLHSMTA) program, where the Charlie Brown play will be evaluated by professionals for a chance for them to attend award ceremonies. While Sulzner is primarily in charge of giving advice and guidance, the musical must be completely student-directed, so preparing the musical is all up to the cast and the crew.

"As a student director, my job is to work with the cast and crew," senior Anjolina Blackwell said. "I really want to bring the Charlie Brown characters to life and

make this a fun musical for people. It's really exciting to watch the cast grow and learn."

(Story by Julia Sampolska)

CAST LIST

Charlie Brown
Jerry Thomas

Lucy
Jenna Weber

Sally
Piper Orzel

Snoopy
Megan Miller

Schroeder
Bryce James

Linus
Nico Boenitz

Ensemble
Natalie Meers,
Ash Bozich,
Piper Stutsman,
Andrew Wahwai,
Isabel Bira,
Kael Schaefering
and Gabe Kasper



April

9

Thursday

Mr. FHN

Time: 6 p.m. - 9 p.m.

Where: Auditorium

April

23

Thursday

K.O.E Picnic

Time: 12:30 p.m. - 2 p.m.

Where: Stadium

April

24

Friday

Prom

Time: 7 p.m. - 10 p.m.

Where: Old Hickory Country Club

History teacher Linda Lott reads a test to her third hour freshman U.S. History class. Lott has been teaching history for 27 years at FHN. Lott was selected as the 2019-20 teacher of the year. (Photo by Sky Hebisen)



SHAPING HISTORY

Linda Lott wins the 2019-2020 Teacher of the Year award

Teacher of the Year is an award given to a teacher that shows outstanding qualities and characteristics. This year, the FHN Teacher of the Year is Linda Lott. She is a Special Education Teacher U.S. History and has taught at FHN for the past 27 years.

"I was nervous, surprised and very humbled," Lott said. "I wasn't expecting it at all."

It was quite a shock to her that she had won the award. First she was nominated, and then the rest of the staff voted to give her the honor.

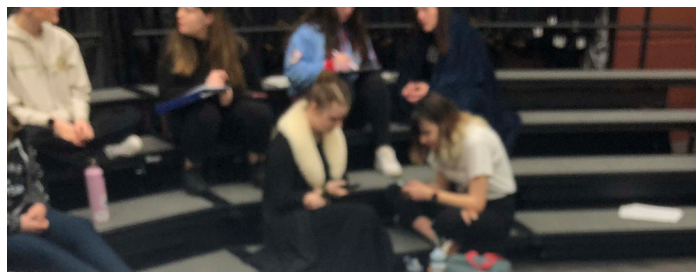
She feels that the characteristics that qualified her for this award are based on her experience, her work ethic and her hope of being an easy person to work with.

"She's fantastic with the students, she works with a lot of kids that need extra help and support and a lot of the kids that she works with struggle in their classes," Dean of Students Mike Parker said. "She kind of lights a fire underneath them, and she really cares about the kids that she works with." (Story by Justin Brewer)



Follow this link to get contact information for Linda Lott:
bit.ly/NSlindalott

During homeroom on Feb 26, students sit and interact as a team builder. Mentors are a team of leaders consisting of Juniors and Seniors. "I like being able to give advice," Senior Ella Manthey said. (Photo by Riley Witherbee)



2/26 Mentor Lesson

Materials:

- Personality test
- Any supplies you need for your ice breaker

Lesson Purpose (share with your Knight Time): The purpose of today's lesson is to understand ourselves a little better. Once we get a clearer picture of what makes us tick and how we interpret the things that happen

LEADING LESSONS

Mentors on Black Knight Time Days will lead a lesson. On the other Gold Days, mentors will work together to plan lessons that will help create a better and happier FHN. Lessons can range from various topics, depending on what mentors think FHN needs to learn about.

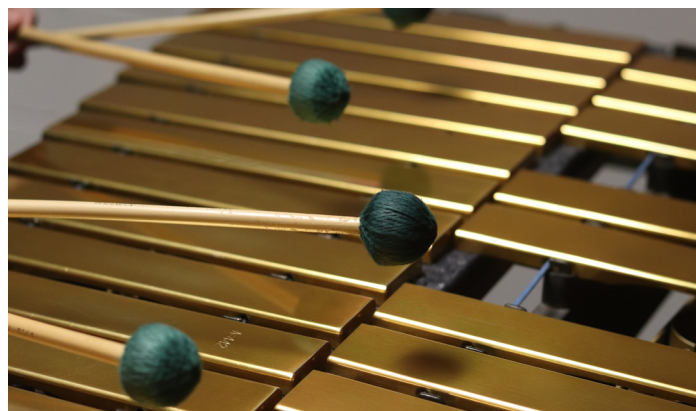
"[Upcoming lessons] will be based on what personality type are you and how you deal with social situations and maybe you can find people in your own homeroom and you can connect with them," senior mentor

Max Hessel said.

A new form of mentors officially went into effect in the 2018-19 school year. This year, mentors are finding their stride in order to build better communities and relationships in Knight Time on Black Days.

"[This year has] been really successful in building relationships," senior mentor Leila Vakil said. "It could be hard though when kids don't really want to be involved in discussions, but overall I think it's helped build a good community." (Story by Macy Cronin)

Mallets hit the keys of the vibraphone at an after school band practice. Senior Sarah Arnold qualified for Freedom Band this year after three years of playing on Marching Band. (Photo by Ella Manthey)



JOINING TOGETHER

Freedom Band is a youth group that trains drummers from all over the Midwest, including students from FHN, FHC and FHHS. Led by Michael Davis at Orchard Farm Middle School, the group rehearses. Freedom Band starts at the beginning of every school year, and auditions to qualify for the group are in the Fall.

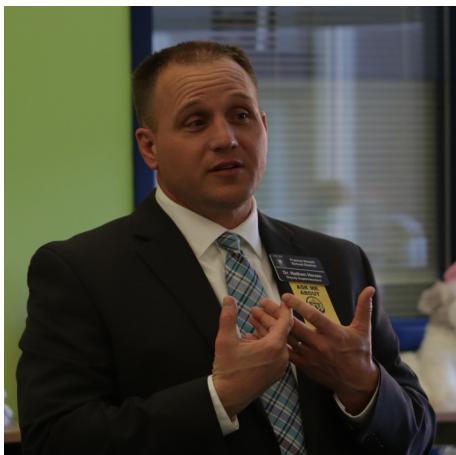
"We have auditions every September," Davis said. "We audition members from 16 years old to 22 years old. In order to make the group, you must have some experience in the marching arts and go to auditions in

September."

The competition ends at WGI World Championships in Dayton, Ohio around the beginning of March. There's a send-off show at Orchard Farm in April. Rehearsals and seasons start in November and end in April. They rehearse on Fridays from 6 p.m. to 9 p.m. and all day on Saturdays and Sundays.

"There's tons of instruments for all different types of drummers," FHN senior Freedom Band member, Sarah Hall said. (Story by Brandon Lite)

During a meeting with Becky-David staff, Deputy Superintendent Nathan Hoven covers concerns teachers have with Proposition S. (Photo by Addy Bradbury)



NEW YEAR, NEW SUPERINTENDENT

As FHSD's superintendent's term comes to a close, a new face is taking over. Chief Academic Officer Dr. Nathan Hoven will be replacing the current superintendent Dr. Mary Hendricks-Harris on July 1. Since his appointment to Deputy Superintendent in January, Hoven has been working with Hendricks-Harris and the executive cabinet to build the district.

"Once we knew that Hendricks-Harris was retiring, it put me in a good place to apply for that job," Hoven said. "At that point, you really start to have a good vision for seeing yourself as a potential in that role."

Although Hoven is working with the current Superintendent to continue parts of her mission, he has some goals of his own for the district. First on the list is a smooth transition into office. He wants to prevent disrupting the good place he believes the district is currently in. The next one is the continuation of the path the district is on. There is much of it that the public isn't aware of yet and he really wants to push that plan through. He also has goals to pass Proposition S and build community support. He wants to see the community expectations met through this bond issue and also wants to make sure he is preparing students for college and careers.

"When things are going well, you don't want students or teachers or families to feel concerned that we're not going to keep doing the great things that we are doing," Hoven said.

Along with completing his other job, he has been working with Hendricks-Harris too. As well as being Deputy Superintendent, he is the Chief Academic Officer and a member of the executive cabinet.

"One of the many things he brings to the position is just his ability to see problems from multiple perspectives," Hendricks-Harris said. "When you have been in an organization for a long time you become trained to see things the way the organization sees them." (Story by Justin Brewer)



On Feb. 26, students in the FHN community wakes up to snow all over the ground. Although the school was not shut down for a snow day, FHSD has had plenty of days to make up for it. FHSD has currently had six snow days, making the last day of school May 28. "I can't do anything about the extended days so just appreciate the day off you had," Anthony Cardoni said. (Photo by Courtney Wortman)

SNOW DAY SCHEDULE

With a the amount of snow days this school year, teachers and administration had to rearrange the schedule and push back the last day

by Sydney Ellison

sydney.ellison55@gmail.com

To make up for the missed school days caused by snow or ice, the end of school date will be moved from May 19 to May 28.

There were a total of six snow days this year with the possibility of more to happen.

"Snow days actually have a really big impact on the schedule itself because we don't have snow days actually built into our calendar as a district, so we have to tack everything on the end," Dean of Students Mike Parker said.

Finals will still be on the last week of school like always. The amount of snow days has had no effect on graduation, which will still take place on June 6. At the beginning of the school year, many families make plans for vacations based on the proposed calendar, but now the added days could impact family schedules.

"I think the biggest [issue] is the fact that people have already made plans for those days and now we have pushed it off and so finals are now going to be right in the middle of those days that people have made plans," Parker said.

For those who might miss finals, talk to a principal beforehand to see if anything can be worked out. There are also final makeup dates during the early summer.

"Typically, we go into school years telling parents there's a real opportunity for snow days to push us into June and we try to communicate with parents, don't schedule your stuff if at all possible until June so that this doesn't become a massive issue," Parker said.

AP classes have their AP tests usually in early May, so these added days can be a struggle for teachers to fill. AP tests don't get rescheduled so the days lost gives teachers less time to prepare their students.

"I literally spend several hours rethinking, you know," AP English teacher Amy Stoker said. "I'm having to push things around, whether I'm gonna have to ditch things later in the semester. So, you do spend an hour or two reshuffling your lesson plans."

On most snow days administration is still at the school working on rescheduling. They get no prior notice for snow days and find out the same way all teachers and students do.

"The biggest issue in the Francis Howell School District is our size," Parker said. "Our district is so massive, we are affected by what happens on the southern end of the district as well and for them, vice versa. I think that's one of the biggest issues, it all comes down to student safety. How can we best protect our students?"



MORE INFO

Check out FHSD calendar here:
bit.ly/NScalendar

FHNTODAYTV FEATURED VIDEOS



FHN E-SPORTS TEAM DISCUSSES THEIR PASSION FOR GAMING

In this video, Coach Bevill of Francis Howell North's E Sports team discusses the passion he has for creating a positive community through E Sports. Bevil discusses the similarities and differences between e-sports and more traditional sports like football.

Kaleb Kruse also talks about the camaraderie that he has found while being a member of the team.

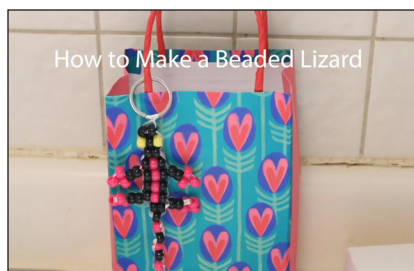
(Video by Gabriel Lobato, Michael Mellor and Raymond Shea)



FHSD REPAINTS THE LOWER LEVEL OF FHN

District painters Jason Wolke and Jose Guererro are repainting FHN for the first time in 14 years. They hope the fresh paint will have a positive impact on the school.

(Video by Morgan Hanson and Coong Tran)



How to Make a Beaded Lizard

HOW TO MAKE A BEADED LIZARD

Learn how to make a lizard out of beads in this video. This step-by-step guide will teach you the proper techniques to create beaded lizards using different types of ribbon and beads. *(Video by Allison Bass)*



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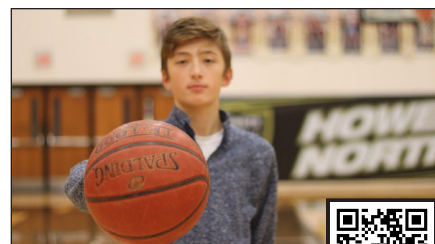
THE HOOD REPORT

with Emily Hood



FOOD FRENZY

with Louis Primeau
and Tom Jamison



TWO MINUTE DRILL

with Cole Sherman





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History teacher Anastasia Hercules poses with the souvenir rug that she got from one of her historical trips to Turkey. Hercules traveled to many different places all over the world. She thinks that as a social studies teacher that it is good to experience other cultures and not only your own. "Understanding our own culture as well as all the different cultures of the places I've been to giving me a bigger broader diverse perspective," Hercules said. (Photo by Oscar Sun)

FROM TRAVELING TO TEACHING

Anastasia Hercules is a teacher at FHN, but she exceeds expectations in hope to change the world

By Ivy Lowery

ilowery408@g.fhdschools.org

History is one of the core classes and most important subjects in every school. From learning about the ancient city of Mesopotamia to the empowerment in the civil rights movement, all history is valuable. Most teachers may teach from the book or assign students to read chapters of the textbook, but not Anastasia Hercules. Hercules is a U.S. History and Contemporary Issues teacher at FHN. Hercules has traveled to 20 different countries around the world, just to understand and gain more knowledge of what she teaches to her students, as well as making herself more aware about the world.

Students in Hercules' class would say that she has several things to share and show to help her students. From PowerPoints to real artifacts and her experiences in other countries, there's nothing left unseen and unknown to her students.

"I always collect all kinds of things," Hercules said. "We do museum days, so if I taught World History, I would have a Museum day for every region that I teach and we bring in food and all kinds of stuff. Every time I go overseas I am always collecting things for class. Even when I'm watching movies, I'm always watching movies that are pertaining to class."

In class, Hercules gets her message across to many students who realize what she does to give her students the best education she can. Freshman Andrew Nevenner is one of Hercules' students in U.S. History.

"I like her class because it challenges me, even though I may get aggravated at first," Nevenner said. "In the long run, it makes me think more, here and in other classes. Compared to other teachers, she actively makes us actively do it rather than copy it from a PowerPoint. We have to do it ourselves and learn stuff, so I definitely think she works harder than most. It's different because I think her class is setting me up for the future, unlike my other history classes."

Hercules is taking students to Costa Rica and Panama during the summer

to explore other countries and learn beyond the classroom. Hercules' first experience taking students on a trip overseas was when she worked at Webster County School District in Kentucky, where she used to teach.

"I would say one of my best experiences was the first time I took students overseas to Costa Rica," Hercules said. "To see some kids I had as freshmen that were now seniors. We were all crying at the end because they finally saw throughout the course of the trip everything I was trying to teach them about being aware of other countries and being aware of other cultures."

To be able to become a high school history teacher, you don't have to get a degree in the subject you plan to teach. When Hercules discovered this, she decided she needed to do more to offer the best class possible for her students and to make herself more educated in what she teaches.

"Well, first of all I have a degree in history, which means I have studied history, not just education. I did that because when I found out how many history classes were required to get just a social studies teaching certificate, I just thought it was shameful. I just told them that's not enough. So I got a full degree in history, and then got my certification in English," Hercules said. "I guess I'm always learning, I think learning is cool."

Not many people wake up in the morning and question how they can change the world. This question came naturally to Hercules and it has been her goal to figure it out and make it happen.

"[I became a history teacher] because I wanted to make the world a better place and then I thought, 'What made me a better person?'" Hercules said. "I thought politicians really don't change that much-- they don't change people. They can change laws but that doesn't necessarily change people. I could be a motivational speaker but you know, that might stick with you for a week or two, but the person that changed my life was my high school European History teacher, Bud Renkin, at Francis Howell [FHHS]. I decided that the people who change the world the most and change people the most are teachers."

STUDENT TAKE: WHERE DO YOU BELONG AT FHN?



"Baseball because that is the sport I played all my life and it means the world to me so I fit in."

Devin Wallace, 9



"I love art like a lot because I'm super excited to take art and drama because I'm a dramatic person"

Isabella Crawford, 9



"Volleyball and track because it's a good way to bond with people that have similar interests."

Bradyn Pearson, 10



"Track because the team is so welcoming and it's something I like to do."

Amanda Willenbrock, 11



"The cafeteria with my friends because there are so many nice people at this school and I like spending time with them."

Matthew Clark, 11



"Stuco because I feel like I can help more people being in stuco than outside. I feel welcomed."

Juliana Morales, 12



After some close practice with flying, Jack Murray is set to begin formal pilot training this upcoming summer. As a current sophomore, Murray has had an interest in flying since he was little. He got his first hands-on involvement when he was in middle school. (Photo submitted)

PILOT IN PROGRESS

Sophomore Jack Murray interns as a pilot over summer

by Aadhi Sathishkumar

aadhikumarblue@gmail.com

In his room, decorated from floor to ceiling with models of planes, ranging from antique biplanes to modern jet fighters, sophomore Jack Murray plays simulation video games of old plane battles throughout history.

"Up until now [flying] has always been a pastime," said Jack. "It's always been something I do for fun, not really anything primary."

For as long as he can remember, flying has been his passion and his dream job. Jack was first introduced to flying by his uncle, a pilot. When Jack was a small child, his uncle took him on one flight, and Jack's aspirations only took off from there.

"Jack's been interested in flying since he was about three," Sheila Murray, Jack's Mother said. "He started loving different kinds of airplanes and we bought him a lot of books of planes, he would just fly through them."

Recently, Murray was offered an internship from his aunt, Livvy Braun, who works at Spirit of St. Louis Airport. Braun knew that some of the pilots needed help with their jobs. Over the summer, Jack will help pilot planes, chart times and do clerical work for pilots at the airport.

"My aunt introduced me to the internship. Her father works in aeronautics," Jack said. "I'll probably just fly co-pilot and learn how it works."

Although it is his first time interning, Jack has had prior experience in piloting and planes as a whole.

About two years ago, as a middle schooler, he participated in a program where old veterans would take people up with them in the cockpit on flights. Outside of this program, Jack has had even more experience flying. He has obtained his pilot's license.

"I've had about 27 hours of flying experience," Jack said. "That's with me in control. I've been in the sky for a total of about three days."

The types of planes Jack has experience flying are mostly small, usually two to four seats. These planes are mostly for beginners and recreational flyers, those who see flying as a hobby instead of a job, but Jack hopes to learn to fly other, more advanced planes as a career option.

"So far, I've only flown single-engine planes with two to four seats," Jack said. "I would like to learn in a bigger plane because that's what most professional pilots fly."

After his time at FHN, he hopes to get into a flight school in either a local school or a flight school in Kentucky to eventually achieve his dreams of becoming a professional pilot.

"It's very probable [I go into piloting as a profession]," said Jack. "I'm already in it."

With his eyes on the horizon, but himself not yet in the sky, Jack is nonetheless looking forward with enthusiasm to his unique summer internship.

"I think he'll do very well [in the internship]," said Sheila. "It should reignite his passion with airplanes and flying, which has taken more of a secondary role in his life since high school."

MORE INFO

Check out the airport
Jack is interning at here:
bit.ly/NSFly

GOLDEN CHANCE

Executive Producer of FHNtoday TV, senior Emily Hood wins State High School Journalist of the Year

by **Liy Taliaferro**

liytaliaferro@gmail.com | [@liy.lee](https://www.instagram.com/liy.lee)

It's 2017, the beginning of second semester and freshman Emily Hood has just joined FHN's video staff. Originally, Hood wanted to be a photographer, however she was placed on the video staff instead. As a scared freshman, she stuck with it and later learned that video was something she wanted to pursue as a career when she started Hood Report.

"I ended up totally loving doing video and getting to go out and do interviews and talk to people and not only get a chance to be creative, but also do something that had an impact on people, [something] people got excited about and [something] that made a difference," Hood said.

For Hood, room 105 has always been a place where ideas, inspiration and people willing to help are swarming. She's grateful for that atmosphere.

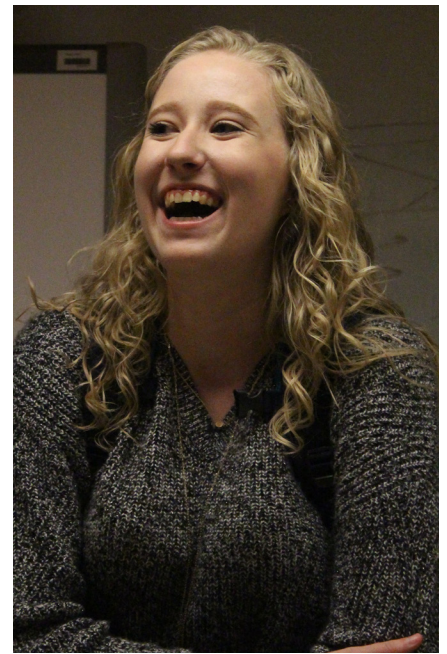
"My freshman year, Jacob Lintner won Missouri [High School] Journalist of the year and I saw him win it and everything that he did and everything that he made

and I thought it was really cool," Hood said. Much to Hood's surprise, she had found out that she won. A dream that she had as a freshman had come true her senior year.

"I found out via email and she [Hood] was [on a field trip] in Kansas [with Dr. H and a group of students]." Manfull said. "I wanted to give her a call and talk to her, but her phone was not turned on, so Dr. H and I texted and I called him. He gave her the phone and I told her that way. I don't think she really expected it to come when it did."

When Hood got the news, she jumped and ran around the lobby of the Kansas high school.

"This room is a space where you can have big, creative ideas that can have a chance to grow here in this room and so if you have that idea, being willing to put in the work and put in the effort to see that [idea] through, you will get so much out of this room. It's been a really, really fun time and I'm so sad to be leaving, but it's been a really cool experience," Hood said.



Senior Emily Hood walks into the pub room as the entire publications staff cheers for her. The staff held a celebration to congratulate her on being the Missouri High School Journalist of the Year. No one at FHN has received this award in four years. (Photo by Kaili Martin)



In Mrs. Heyers room, Rocio Romero creates her senior year prom dress. Rocio loves the creative outlet that comes with fashion and creating your own pieces. She finds that there are so many ideas that can come to you and you can make them happen and work to make them how you want them. "Seeing the final product is definitely rewarding and it just shows the hard work you put in it." Rocio says. (Photo by Amber Scheulen)

CONSTRUCTING THE FAIRYTALE

Senior Rocio Romero works to craft her own prom dress

by **Chloe Horstman**

clshorstman@gmail.com

Dazzling dresses hang on the rack, ready to be showcased on the runway, but they are far from the catwalk right now. Instead, they hang in an elementary school, and their designer is standing in a third grade classroom explaining what his job as a fashion designer entails.

A third grade girl named Rocio Romero listens in awe as an interest for the fashion industry ignites in her. Six years later, as a freshman, Romero decided to take Fashion Construction 1. She learned basic sewing skills and the class was a catalyst for discovering her love for sewing, which grew so much that she decided to try something few people do: she decided to make her own prom dress.

"I took the class and I was like 'Wow, this is pretty cool,'" Romero said. "I made a skirt and then I was like 'Oh, hey, I actually like doing this.' Even if I'm not good at sewing, whatever it is, I want to do something with fashion."

Romero currently works on the dress

in her Advanced Fashion Construction class taught by Marissa Heyer, who has a bulletin board decorated with pictures of students who made their prom dresses. Heyer has helped Romero with techniques and has been able to foster growth in Romero's abilities.

"She's developed a lot of skills," Heyer said. "She has a great desire to learn while also working independently. She knows that sometimes there's going to be setbacks, but she's able to keep going."

Romero bought over three yards of silky red fabric, along with red lace material, and is using a pattern for a one-shouldered fitted dress that flares out towards the bottom. She works on it in the classroom and will take it home to work on parts she feels confident in doing independently.

"This whole thing is going to be a learning process for me because I've never sewn a dress before," Romero said. "Hopefully, it doesn't end up looking like Cinderella when her stepsisters came and tore the dress apart. Hopefully, I can wear this dress to prom, which is the goal."

RAP UP THE PAST AND FUTURE

Junior Zack Gray creates rap music across multiple platforms as an expression of his enthusiasm for music

by **Evan Becker**

evanbecker64@gmail.com

Music is one of humanity's greatest connectors. It's something that brings people together, in joy and sadness. For Zack Gray, a junior at FHN, music is more than a bond with others: it's his passion.

For as long as he can remember, Zack has been a fan of rap music, especially rappers like Jaden Smith and Childish Gambino. Due to the sometimes profane nature of rap music, when he was younger, his father didn't always approve of his choices.

"I was like nine years old, on my dad's computer and I ran into a rap song," Zack said. "He got mad at me for [it], but ever since then I've just really liked it. So, I just kind of kept on listening to it while he wasn't around."

His father, Gary Gray, always knew that Zack was musically gifted. Zack would watch cartoons like *Little Einsteins*, in which he would listen to Mozart and other composers, and recognize the instrument without seeing what they looked like.

"As he got older, I realized that he had something called perfect pitch, which is very rare," Gary said. "When he hears music, he sees it the way that we see colors. So, if you play F-sharp on the piano, he knows."

Zack has taken that gift and turned it into what he hopes will be his future career. He writes and sings his own lyrics with a microphone hooked up to his phone, using what he's gone through in his life to inspire himself.

"Some of my past experiences are what motivates my lyrics," Zack said. "I'll use, for example, my mom passing away that was a very big factor in my life and I wrote a whole song about it."

While Zack's audience isn't huge yet, he is starting a merchandise line and creating lasting relationships with people, such as his friend who

produces for him. These relationships encourage him to continue persevering his goals and to reach for newer and better things.

"I remember something [my friend] told me for one of my songs," Zack said. "He literally told me, 'I'm not being biased but this is like the best song you've ever made.' It makes me feel like a better artist and just makes me want to keep going."

Topics like divorce and death are tough to discuss in a blunt manner. For Zack, rapping provides a way to express his emotions, fears and desires in a safe space. It gives him a chance to channel that energy in a positive style.

"I think it's more self-exploration," Gary said. "I think he deals with a lot of his own demons that have haunted him growing up. It's an outlet for him in terms of some of the anxiety that comes with being a teenager and those



MORE INFO

Listen to Zack Gray's music here:
bit.ly/NSztg111

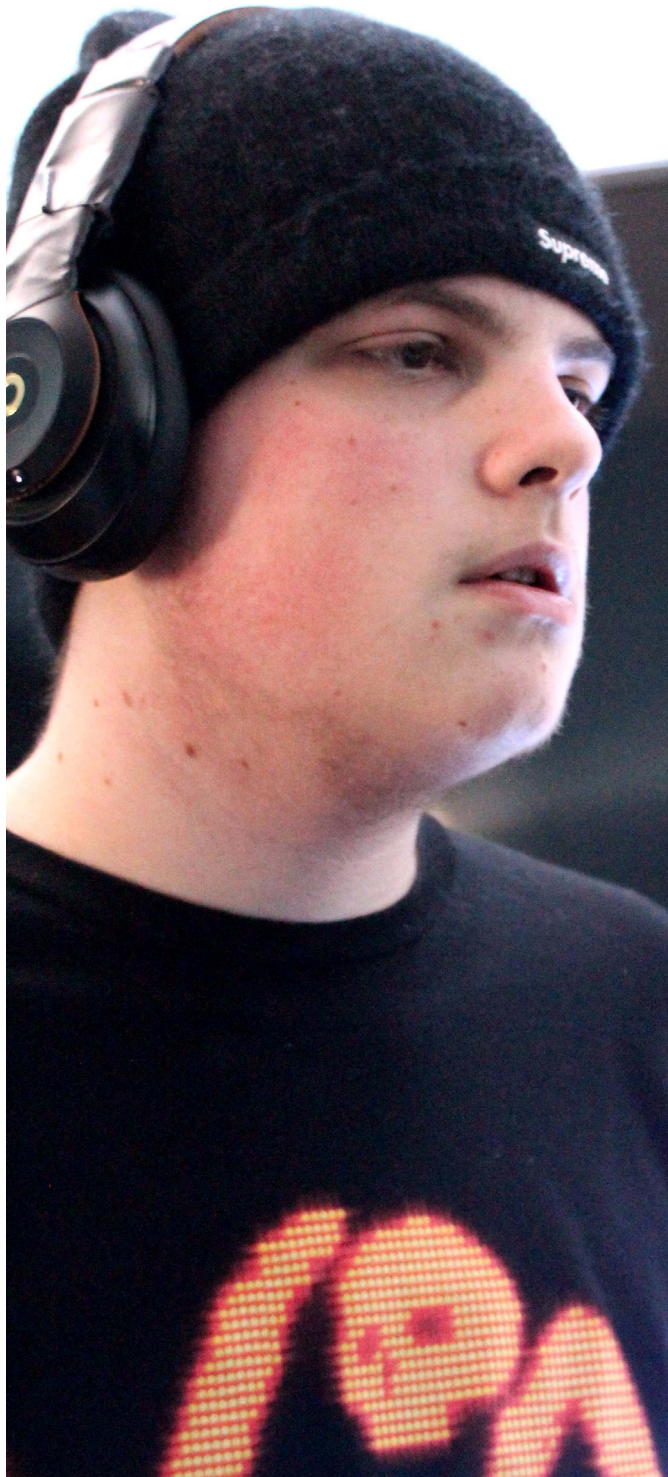
insecurities."

Zack will only consider a song done after hours or days of hard work in writing lyrics, discussing with his friend what he's looking for in terms of a beat and producing the sound that he wants.

"I think the best part of it is, I listen to the song after it's done and it makes me feel really proud," Zack said. "I just see myself improving from there. My stuff is just getting crazier with lyrics and beats."

Gary has always been supportive of Zack's production of music, even if he doesn't always agree with the mature content within and continues to encourage him in pursuing what he wants to do.

"In life you have to find your passion," Gary said. "You have to go after whatever you do and you do that the very best. In terms of being an artist and making it big, that's a very rare thing as well, but as long as he continues to work then success will come his way."

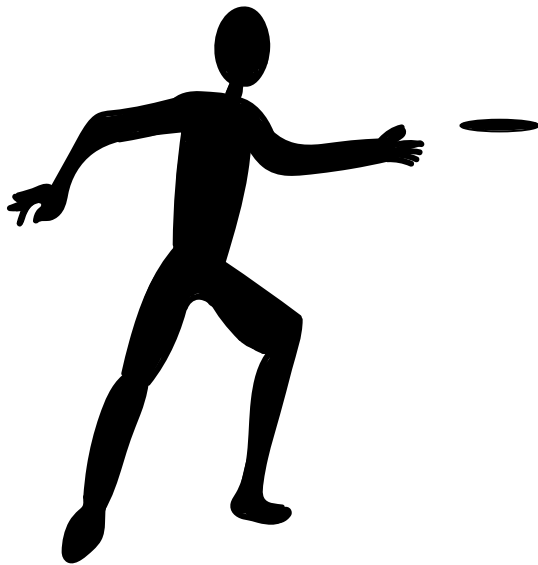


Junior Zack Gray edits a song that he made himself. Along with many other teenagers across the world, Gray is able to release his own raps from the comfort of his own house. Many rappers started on programs like SoundCloud and are now some of the biggest in the world. (Photo by Avery Witherbee)

CONNECTING THROUGH CLUBS

Take a look at some clubs and activities that help members meet others while also doing something they enjoy

(Content by Karsyn Williams) (Illustrations by Ivy Lowery)



Ultimate Frisbee

FHC created an Ultimate Frisbee team for the entire Francis Howell School District, opening up playing opportunities at a simple sport that can be a lot of fun. Any student in the district can try out and enjoy practicing with others and competing against teams in the state.

"I like Ultimate Frisbee because of the unique competitive atmosphere it provides," senior player Tom Jamison said.

MORE INFO

See Ultimate Frisbee's schedule:
bit.ly/NSfrisbee

Students: Which club would you join?

"I would probably do the Library book club because why not? People don't see me reading, but I love reading."

Kylin Reed, 11

"I would like to do the art club because I love drawing, and how to express things through art."

Brianna Wortman, 9

"I would love to do Ultimate Frisbee because it would be so fun to throw a disc, and I could get my friends to do it with me."

Joshua Freeman, 10



Sierra Hiking Club

Hiking is a fun athletic activity and, with many trails throughout Missouri, there's always a place to take a journey. The Sierra Club is a national hiking organization and the Eastern Missouri region has their own group in the club. The group organizes dates and times to hike on trails, clean up the area and destroy invasive species. The organization helps members get out into their community, meet others and enjoy the environment, take a look at their calendar and see the events the club has planned such as a group hike this Friday.

"[Hiking] is just a good time you get to go out in nature and free your mind," senior Joshua Wright said.

MORE INFO

Check out Missouri's chapter:
bit.ly/NSsierra



UrbArts

Founded in St. Louis, UrbArts is a non-profit organization that strives to bring out the creativity in the youth and community. The organization offers classes, studios and exhibits to allow students to grow as artists, while also focusing on helping marginalized groups. They have teachers and events specializing in poetry, visual art and music.

"Art to me is a creative outlet for me and I get to really express my ideas in any way," sophomore Cailyn Hodges said. "Pencil, paint, in any way my ideas just on paper."

MORE INFO

Find classes and more information at:
bit.ly/NSarts



Library Book Clubs

Every local St. Charles library has their own array of book clubs to join. Most meet once to twice a month to discuss a book everyone in the group was given to read. The club helps members expand their reading horizons, meet others who enjoy reading and discuss literature.

"Reading is important just because it gives an expanded mindset," junior Michael Willmann said. "Joining a book club would expand my reading horizon a bit."

MORE INFO

Find your local library's club:
bit.ly/NSbookclub

THE MURAL MILE

Located along the riverfront in St. Louis, MO, a stretch of floodwall is almost completely covered in a wide variety of graffiti and street art. This attraction is known internationally as the Mural Mile. The almost two mile long art exhibit attracts hundreds of artists annually who create larger than life murals that are free for anyone to view with no charge (Photos by Alayna Furch)

Two posts frame a trash can in front of a graffiti mural in St. Louis. Different murals are crafted during an annual event known locally as "Paint Louis". The international gathering began in 1997 and has continued to be held around Labor Day weekend every year since.



A music sheet is painted over with an obscure face. Along with the traditional graffiti art other forms of mural, such as this, can be found both on and around the stretch of wall.



A mural of a goose sits in front of a train bridge. The floodwall is located south of the Arch along the riverfront between Victor and Chouteau Avenues.



The links of a chain fence frame a piece of graffiti art. All of the graffiti pieces have a size limit of 15 feet in height and 50 feet in length, which correlates with the size of each wall segment.



A short walkway leads up to a break in the mural wall. Construction of the art project was first organized by the city of St. Louis in 1997 for hundreds of graffiti artists to attend.



A section of the Mississippi River floodwall is painted with a wide variety of graffiti art. The 1.9 mile long wall is covered in legal graffiti pieces, deeming it the "longest mural in the world."



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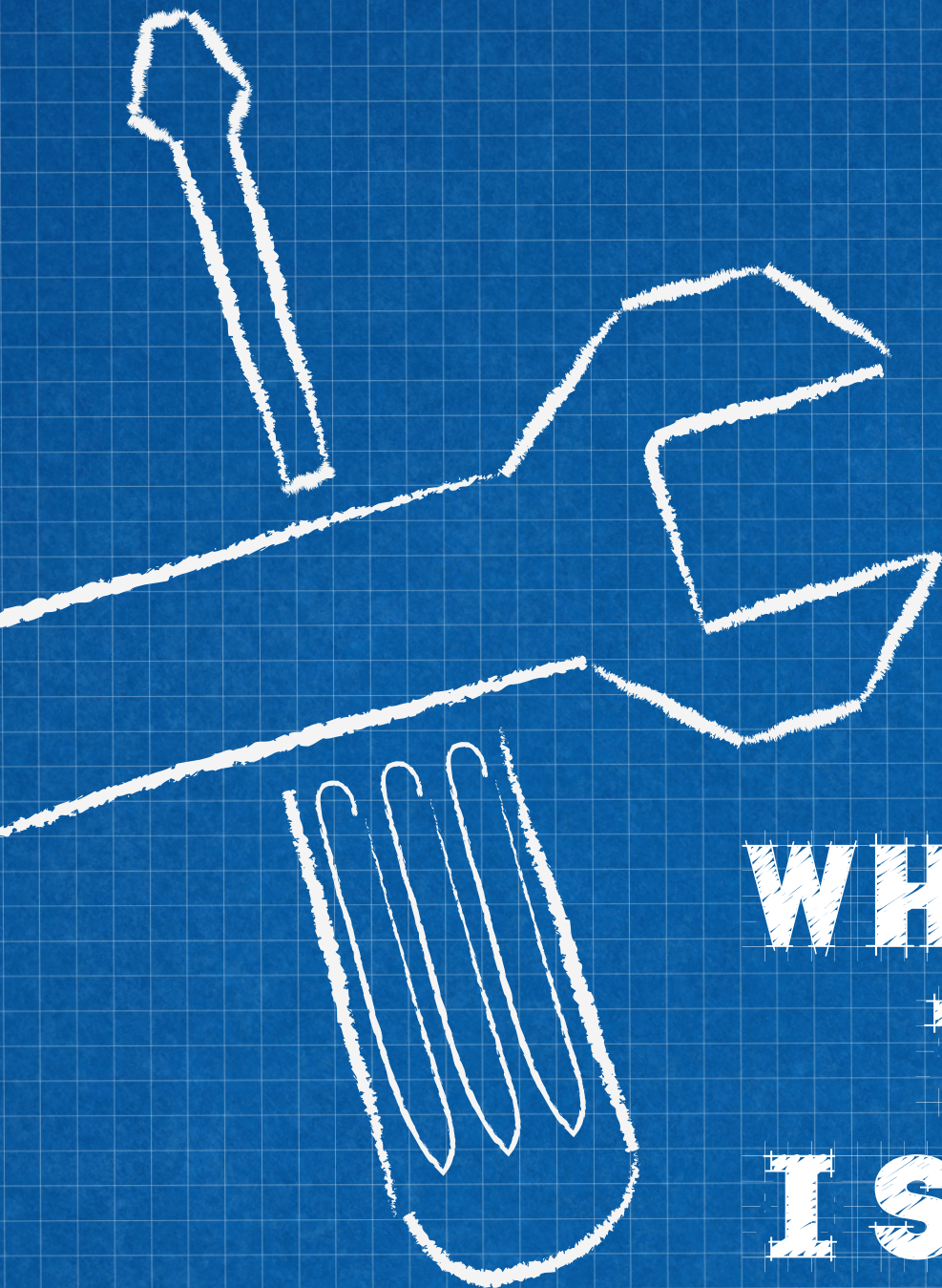
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WHAT'S THE ISSUE?

Proposition S is a no tax increase bond that can help build the district's future. The North Star takes a look at what this could potentially mean for FHN.

(Illustrations by Gracie Bowman)

FHSD PROPOSES A FIX

FHSD schools deal with repair costs that can be solved with bonds

by Shivani Bondada

shivani.bondada@gmail.com

For several years, FHSD schools have been dealing with building concerns. Those concerns consist of leaks, cracks and heating issues. The concerns arose from the buildings aging. As the buildings aged, repairs were done to fix the concerns. Repairs continuously take away from the district budget. To cope with repairs and funding issues, FHSD decided to solve these problems with bonds.

A bond is a way to collect taxes that can be used for large capital projects without raising taxes. It's a common way for many school districts, ambulance districts, water districts and others to raise funds. With an increase of funds, all 23 schools within FHSD can be fixed. FHN can even be rebuilt.

"So it [a bond] says it's an investment for people," FHN principal Nathan Hostetler said. "So, what the bond issue does, it gives the school district permission to sell those bonds to pay."

In the 1980s, the population exploded in the St. Charles area and a few of the schools built around that time were FHN, Hollenbeck Middle School and Becky David Elementary School. Those buildings aged, and the sum of all repairs within a school will cost more over time than it will cost upfront to build a new building.

"It's called at needs basis," Treasurer for the Board of Education, Patrick Lane, said. "In 2008, the last bond issue passed and Francis Howell High School was our greatest need. North was doing its job. It was an adequate facility. Some improvements were made but not near the money was spent at North as building the new high school for Francis Howell."

There were three options for FHN: a basic fix that would range from \$40 to \$45 million, a significant upgrade that would range from \$60 to \$65 million and the last option of rebuilding the school for about \$82 million. The last option for FHN was chosen because of the water, leakage, HVACs and roof problems within the school.

We felt like spending \$40 million up to \$60 million to update the facility itself is that we were making a bad investment," Lane said. "We spent a lot of time

discussing that. And whereas with \$80 million everything will be new."

If the bond issue passes, FHN will be rebuilt. The new facility will likely be built on the practice fields between Henderson and the old FHN. It will include more space for students, changes to the departments and centralized administration. It will be bigger and newer. It will take about four years for the completion of a new FHN.

"I'd really like to be able to be a part of the design of a [new] building that had more open spaces, higher ceilings, more room for students to be in a place that felt more open, a place where classrooms had had easier spaces that sort of that enabled them to collaborate more easily," Hostetler said.

Students may not realize it, but building a new FHN is important. An increase of space will allow student athletes to have a gym space with multiple practices and a larger auditorium. Teachers will be able to collaborate more easily. The bonds will allow for not only FHN to be rebuilt but many other schools in FHSD will undergo repairs over a period of time.

"The kids at FHN will benefit more than probably students throughout the rest of the district," Hostetler said. "The new building would have roughly 50,000 more square feet in this building. The facilities would be better, the organization of the building would be better, there would be fewer issues of HVAC, fewer issues with roof leaks or with drainage. There would just generally be a better place to learn."



MORE INFO

Read more about
Proposition S here:
bit.ly/NSprops



ADDRESSING THE CONCERNS

With all the speculations and questions that the community has about Proposition S, the board responded to any questions or rumors that may be going around (Content by Connor Peper)

FHSD might default on the bonds and I'll lose my investment.

No, it's against Missouri Law for a school district to default on a bond. While possible, FHSD would be taking out so little debt compared to their ceiling that it would be an impressive feat on its own to default.

FHSD isn't financially responsible.

No, FHSD currently enjoys an AA+ credit rating and only holds debt equal to 4% of its assessed value. Missouri actually allows states to be in debt up to 15% of their assessed value.

FHSD will need to increase taxes to pay off the interest on the bonds.

No, due to FHSD's high bonding capacity, the current debt service levy of \$0.67 will be able to pay off any interest.

Renovating FHN would be cheaper and less intrusive than a new building.

No, the cost of completely renovating North would alone cost at least \$40 million and displace students between three and four years. It also wouldn't address the current maintenance difficulties North faces.

FHSD might default on the bonds and I'll lose my investment.

No, it's against Missouri Law for a school district to default on a bond. While possible, FHSD would be taking out so little debt compared to their ceiling that it would be an impressive feat on its own to default.

FHSD hasn't been transparent with the cost of Proposition S.

No, FHSD has all three steps for the funding available on their website.

The bond money will be used for sports.

No. By law, bond money can only be used for capital projects. No activity can use money from Proposition S.

The whole district will collapse if Proposition S isn't passed.

No, FHSD will continue much like it has the last few years, the only difference being that FHSD won't be able to fund projects.

Only FHN will benefit from Proposition S.

No, FHSD has proposed at least one new improvement for every school in FHSD.

FHSD will only go with the cheapest option.

No, FHSD has significant measures in place to evaluate the cheapest but best option. This involves looking at the company's work history and work quality.

FHSD is just using this opportunity to shove more students into the school.

No, FHSD doesn't anticipate holding more students than North currently does.

FHSD will be at the mercy of experts who work on commissions.

No, FHSD's CFO is a Certified Public Accountant and has the knowledge to oversee Proposition S without commission.

FHSD will be at the mercy of experts who work on commissions.

No, FHSD's CFO is a Certified Public Accountant and has the knowledge to oversee Proposition S without commission.

STUDENT TAKE:

WHAT ARE YOUR THOUGHTS ON PROPOSITION S?

"I think it would be beneficial for the school and the school district because we lack on certain departments."

DAVID LOPEZ, 11

"I'm 100% for it, we spend too much money renovating parts of the building, and I feel that's way more money than renovating the school in its entirety."

RUPAK KANNAN, 11

"I think it's definitely a good thing. Our building needs work and it will do students a lot of good."

BREE AMMONS, 10

"The sooner they're able to build a new school the better, because I believe students should have a better place to go to be educated than a falling-apart building."

APRIL HEIEN, 11

LET'S LOOK AT THE FACTS

The North Star looks at the problem areas in our school and what Proposition S could improve (Content by Liv Engle)

THERE'S NOTHING WRONG WITH OUR SCHOOL, RIGHT?

- There are at least **six** HVAC systems not fully working
- Top floor AC continues to go out
- Heat has gone out and has left the **school without heat** for days
- The school is kept a low temperature, so that **mold** doesn't continue to grow
- Rain water **floods** into the band room and the drain tiles can't handle the water
- Trashcans are placed in the middle of hallways to catch rain water from **leaks**
- Rain water leaks into teacher's light fixtures in their classroom ceilings
- Teaching is constantly interrupted by leaks in the classroom
- The building has **no large spaces** in the school, only corners and hallways
- The school is **in need** of larger lounge areas for students, especially within the lunchroom
- Because of the poorly designed building, even with the maintenance work, there is an **increased chance** for leaks and other HVAC **problems**

WHAT DO THE NUMBERS LOOK LIKE?

There are a **number of buildings** built in the 90s that are approaching 30 years old, which will be around the end of their lifespan.

There are **23 buildings** in the district that have work needed for problems, like leaks and flooding. FHHS and FHC are more updated than FHN.

The operating budget of the district is **\$300 million**.

75%-80% of the budget goes to salaries.

For a "basic fix" of FHN, it would be around **\$42-45 million** to get it back in good shape.

A bigger upgrade to make it really good would be upwards to **\$62 million**.

Building a whole new FHN with all the upgrades that the district wants would be around **\$82-84 million**.

TEACHER'S TAKE:

"The biggest deterioration has been the quality of the air because of the air quality system has been working and not working because of its age; we have students walking around with blankets because their classrooms are so cold."

JANI WILKENS

"There's cracks in the walls, trashcans in the halls to catch the rain. We take on a ton of rain in the band hallway. It's depressing we don't have a building we can teach and learn in."

DIANE FINGERS

"I've noticed the issues with the roof leaks and the heating and cool problems."

MARK WRIGHT

"One time the greenhouse was leaking to the first floor into the computer labs. We also had mold, a couple of teachers a few years ago had to vacate their classroom while they 'demolded.'"

MIM EATON

HOW HAVE YOU SEEN THE SCHOOL DETERIORATE OVER THE YEARS?

THE FUTURE OF FHSD

Here's what to expect throughout the district if Prop S passes

by Andrew Reese

officialandrewreese@gmail.com

The biggest issues FHN currently faces are a constantly breaking HVAC system, a roof that leaks with every rainfall and drainage of areas such as the weight room courtyard. Treasurer of the Board of Education (BoE) Patrick Lane recently came to FHN during a light rain, and found a surprising issue.

"You have water problems, and not just water leakage," Lane said. "Water was coming in from underneath the door [to the courtyard by the band room]. We have spent hundreds to fix the roof and we have not been successful. Due to all that moisture, the building has mold problems and we've eliminated the mold, but we have to decrease the temperature so we don't encourage the mold to grow back."

But that isn't to say that those are the only things they plan on fixing given

the passing of Proposition S. The next big priorities the district has for FHN is painting, changing the lights from fluorescent light bulbs to LED

lights to save more money on energy and new flooring. FHN isn't the only school that would be positively affected by the passing of Prop S. Schools across the district will be given funds to help rebuild, add or replace things that aren't working for them. For instance, the elementary schools, like Henderson Elementary, don't have proper safety rooms where visitors are held before entering the school from the entrance.

"Henderson [Elementary] right now is absolutely bursting at the seams," principal Nathan Hostetler said. "Right now their cafeteria is also their gymnasium, and they're eating while they're playing kickball. It's a mess up there, and they do a fantastic job with what they have but there are just too many kids in the building. They're going to get a new wing, so for those kids that would be attending Henderson, that's a difference maker."

Among problems of building integrity and safety, there are also problems of efficiency. Hostetler wants the building to flow better

through open space planning, and make it feel less like a clustered maze of hallways. With this open space, he believes there will be more room for students to collaborate with students, teachers with teachers and departments with departments. It appears that his focus, in the realm of design, is one of community throughout the school which is inhibited right now with tight hallways and departments separated on opposite ends of the school.

"We've talked about the building doing power lunch, and if we do that we'll need to make sure we have spaces for students to sit," Hostetler said. "There are no real large open spaces in this building. It's all hallway."

Planning is always key when it comes to a problem as large as building a school worth tens of

millions of dollars, and while there are aspects left to professionals such as supplies and construction itself, there are other aspects left up to the district and the

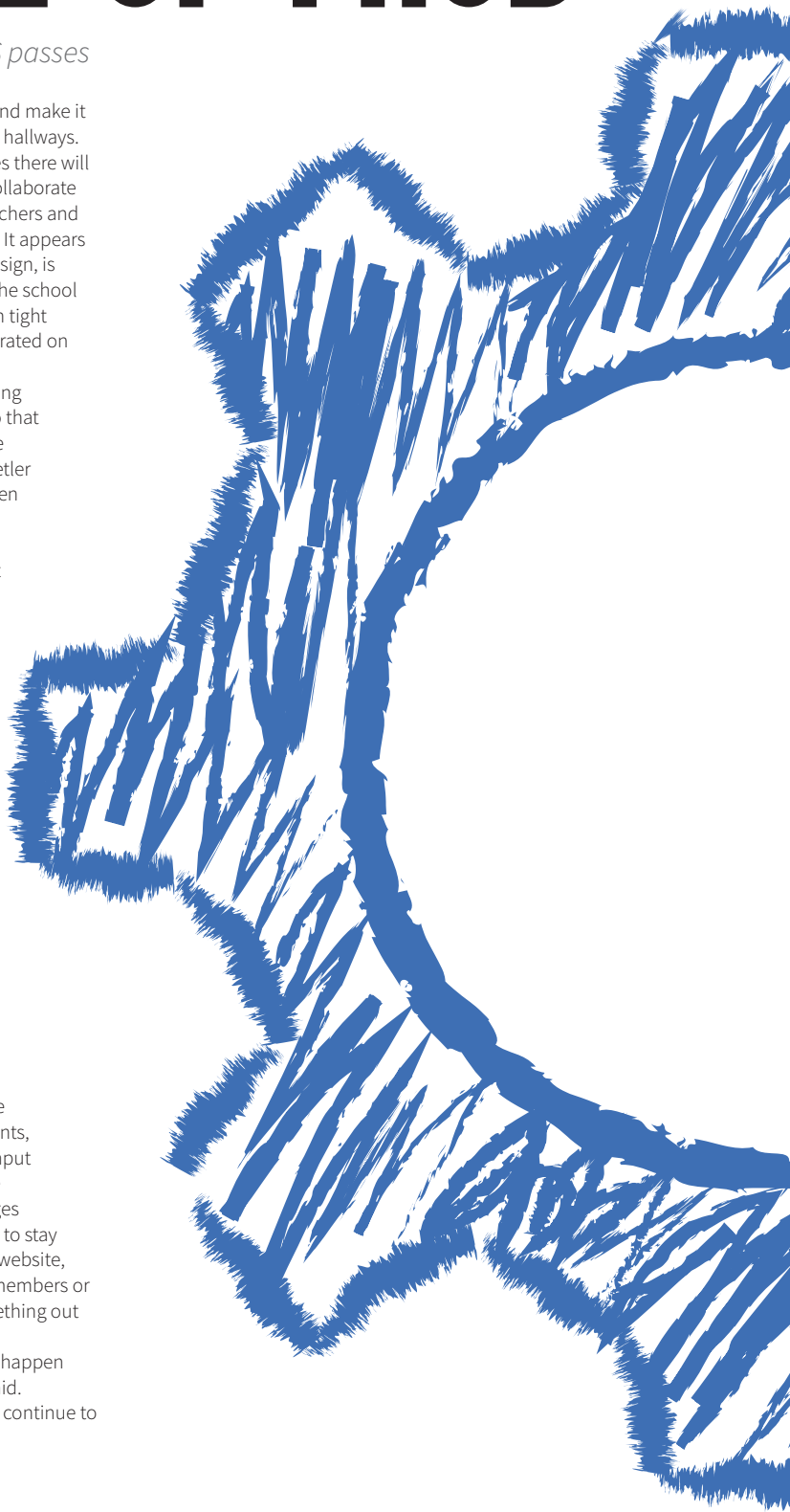
students and faculty within it. Before the vote to enact Prop S, administrators are looking at the other high schools to see where things went right and how they can implement that into a new FHN. There will also be input from faculty at FHN to see what they're looking for or needing in a new building. While not confirmed in any formal events, students do have ways to give input or get information regarding the new building or the other changes across the district. The best way to stay informed is through the district website, but emailing the school board members or asking the teachers to find something out works too.

"A lot of long term fixes won't happen without the bonds," Hostetler said. "Nothing will fall apart but we'll continue to drive a used car."



MORE INFO

Find more out about the construction of the new school here:
bit.ly/NSnewnorth





WARNING!

53%

OF STUDENTS

...HAVE NOT PURCHASED THEIR
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Why is this a big deal?

- The price goes up to \$75 June 1.
- The staff will not be ordering extras once the final number is set at the end of the year

Check on FHNtoday.com to make sure your name is on the list of who has purchased a book. You can find that list here:

<https://fhntoday.com/excalibur-yearbook-order/>

You can purchase a 2019-20 yearbook:

- in room 105 or 131
- on FHNtoday.com under the YEARBOOK tab on the top menu



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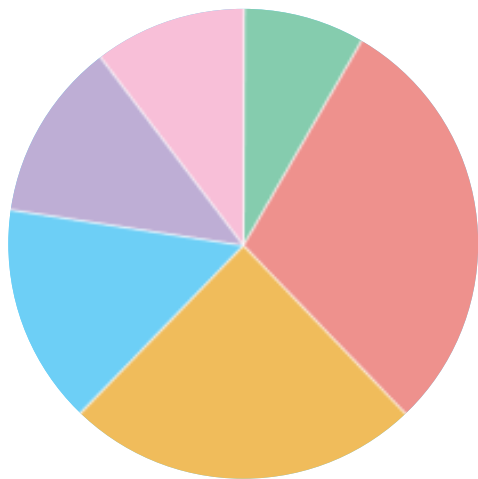
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WASHING AWAY WINTER SPORTS

As last season's sports have come to an end, take a look back at each team's statistics, top players' performances and the athletes' and coaches' reflections on the season (Content by Justin Brewer and Karsyn Williams)

REBOUNDS IN BOYS BASKETBALL

With a record of 2-18, the boy's basketball team had some players that stood out when it came to their game. The team showed improvement from the previous season and broke their losing streak



Sterling Jones 142 Rebounds	Trenton Oglesby 59 Rebounds
Cameron Lewis 118 Rebounds	Rhett Pruett 50 Rebounds
Myles Thornhill 73 Rebounds	Ryan Murdock 49 Rebounds

TOP SCORING PLAYERS IN GIRLS BASKETBALL

With a record of 5-19, the girls basketball team this past season has been an eventful one for the team. With only one senior and a small team of 11 girls, teamwork was important among them. See the players who overall scored the most points



Isabelle Delarue
436 Points



Hannah Ermeling
223 Points



Jay'la Teasley
191 Points



Knightline performs during the Snowcoming Pep Assembly. The varsity team won second place in two events at nationals at Universal Studios in Orlando. (Photo by Phoebe Primeau)

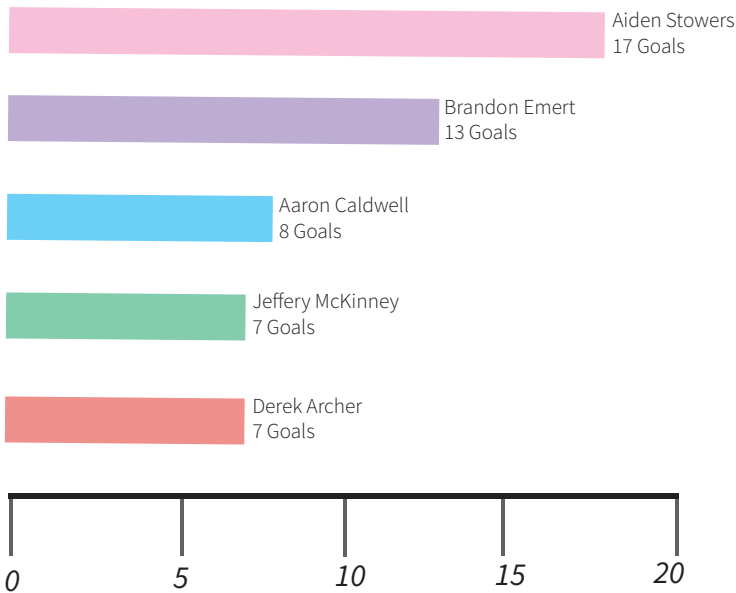
LAST DANCE OF THE SEASON

Placing 2nd overall in their division, knightline placed first for their hip-hop routine, and seconds for their lyrical on March 1 at the Missouri State Dance Team Championship. This was their last competition of the season and drew the 2019-20 season's dances to a close. Knightline had also placed seconds at nationals in jazz and hip-hop. Their hip-hop routine was their top scoring routine, as it placed first in four different events. The team is prepping for next year's season with tryouts April 27-May 1, with a mandatory informational meeting on April 1.

"[The season] was fantastic, it was definitely the best season we've had in a really long time." senior knightline dancer Sam Key said. (Brief by Karsyn Williams)

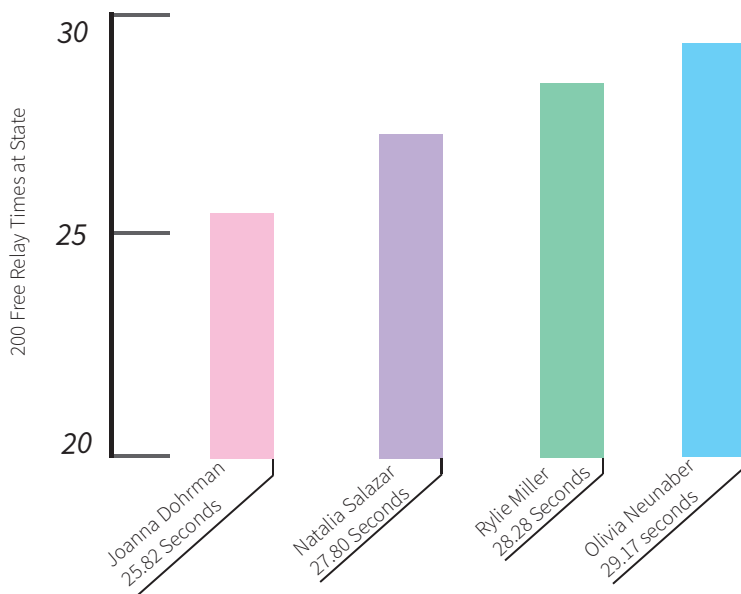
TOP SCORING HOCKEY PLAYERS

The FHN hockey team had a record of 6-18-2 for this year's season. The team won both their last and first games. Take a look at the top scoring players on the team



SCORES OF GIRLS SWIM'S RELAY TEAM AT STATES

With a record of 9-5, the girls swim team made many improvements this season. Senior Joanna Dohrman now holds six out of eight FHN swim records and won the 500 free at state. The 200 free relay team went to state and Dohrman placed fifth, while the team overall placed at 17th



WRESTLERS RETURN FROM STATE AND REFLECT ON SCORES

Three wrestlers of the FHN team went to state from Feb. 20-21 with freshman and GACs winner Lily Steigerwald, sophomore state-returner Mason Apple, and junior Jesse Collins. The three of them each finished the season with over 100 team points



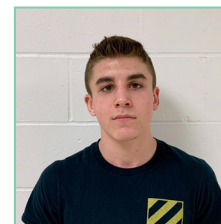
"I would say I did pretty good. I didn't place and I was kind of disappointed. I am definitely looking forward to next year."

Lily Steigerwald, 9
State Score: 2-2



"I didn't place at state but I went 1-2. It was fun, but I feel like I could've done better. Next year my goal is to place top 3."

Jesse Collins, 11
State Score: 1-2



"I didn't actually get to compete. I saw a couple of other matches though, and I feel like they did really well."

Mason Apple, 10
State Score: 0-2



"We did as good as I expected with the loss of many seniors, but we're prepared for another season."

Chris Brown
Head Coach

SPRINGING INTO THE SEASON



Jumping over a hurdle, AZ Anderson races against schools at Parkway Central high school. Track events consist of sprints, middle-distance, long-distance, hurdles and relays while field consists of jumps and throws. Track and Field practices every weekday after school for two hours, which is two days more than the practice schedule for the winter track club season. (File Photo)

READY TO RUN

Tryouts for track and field took place March 2-5. Many of last year's runners are returning this year fired up and ready to run. Last season was one to remember as the team sent two varsity runners, sophomore Amani Jones and junior AZ Anderson, to state. They both represented FHN at the

This year's first meet is on March 25 and many members of the team are excited. Sophomore Kalib Burris, who runs the 100 and 400 meter dash is one of those

people. This year Burris is going to spice things up a bit and do an event called triple jump. He has never done this track event before and he is excited for it.

"My goal for this season is to get below 58 seconds on the 400 meter dash," Burris said.

Varsity runners often have trouble balancing school and track. Sophomore Alise Simon has definitely felt the pressure of balancing school with running because of her other sport, cheer. Simon also had to face the physical challenges of shin splints and

weak hips during the season which caused her to not run as much as she would have liked. This was a setback for her running career, and this year she looks

forward to starting running again.

"I feel mentally and physically ready for the season," Simon said. "I'm ready to start the season and I try and practice by running a couple of times a week to stay in shape and prepared for this season." (Brief by Emma Musselman)

MORE INFO

Check out the events from last years season here:
bit.ly/NSpdrun

KICKING INTO GEAR

This season, the Knights girls' varsity soccer team will have new starters and make changes after losing graduates. According to senior Molly Scott, it will allow everyone to step up and take over key roles.

"I'm confident in the seniors, just because we've played together for quite a few years now, and the juniors as well," Scott said. "They stepped up and took on some key roles into certain spots and just [got] good."

According to head coach Mark Olwig, many of his and the team's top goals are to have enough players for two teams instead of one, and that the Knights can start scoring more goals to become a better soccer team overall.

"Our initial turn out has been low so far but ultimately our goal

every year is to get better as the season progresses and hopefully we are at our best soccer at districts," Olwig said. "Last season probably our weakness was we didn't score enough goals, our strength was our leadership. We had good players, the ball just didn't go our way at times."

Overall, Olwig, Scott and everyone else in the program are excited to have a great season with talented returning athletes, and all of them generally have high hopes for a fantastic year.

"We have a good senior group coming back that has two or three years of varsity experience, so we're hoping their leadership and experience will help their teammates and our whole program," Olwig said. (Brief by Parker Kilen)

MORE INFO

See the girls varsity 2020 schedule here:
bit.ly/NSgirlssoccer

LOOKING FORWARD TO BATTLING UP

The upcoming baseball season is one that many people are looking forward to. Although the team lost a few players because of seniors graduating, they have players such as junior Jackson Mitchell and senior Jackson Donato returning this season.

"Only a few seniors graduated last year so our team is mostly the same," Mitchell said. "We definitely will do the same, if not better, than last year."

The team beat many of their rivals last year, such as Wright City, FZN, Holt and Vianney. The team hopes to continue to beat their rivals this year.

To play a sport such as baseball takes a lot of practice. Players frequently work during the off-season to make sure they are ready to play. A lot of times, they practice with teammates they played with the season before.

"All your skills improve through the off-season," Mitchell said. "I've put in a lot of work to get better."

Not everything is about baseball to them. The team describes themselves as brothers. Many of the players enjoy being back with their team and having time to bond with each other, and they hope to use their healthy team dynamic to win games and have fun.

"We had a pretty good bond last year because everybody got along with everybody," Donato said. "I hope we have a strong one this year as well."

The players have many hopes for this season. Some are very big such as making it to the final four or winning districts, while others are small such as having the same close bond as last year. (Brief by Abby Akers)

March

25

Wednesday

Girls' Varsity Lacrosse
Time: 6:00 p.m.
Where: Parkway Central

March

26

Thursday

Boys' Varsity Golf
Time: TBA
Where: Troy Buchanan

March

26

Thursday

Boys' Varsity Tennis
Time: 3:30 p.m.
Where: Timberland High

VOLLEYBALL VIEW

Tryouts for the boys volleyball season began on March 2 and lasted throughout that week. The varsity team is coached by Robin Yuede.

"I'm excited for the upcoming season," junior Avery Ward said. "I've actually been looking forward to this, not that I haven't been having fun with club, I'm just saying that I'm going to have a lot fun with high school just because I feel like we will be really good again this year."

Leading up to tryouts, open gyms were held to prepare players for the season. According to sophomore Zach Zimmerman, everyone was excited to be there and ready

for the season. The team tries to support each other during practices and games.

"My relationship with my teammates is amazing," Zimmerman said. "During games everybody is just so hyped up and ready to play and they bring so much energy. They are very positive people."

The goals for the team this season is to win as many games as possible and to make it to state.

"I am particularly excited about seeing what my coach does with all this new talent just because there's so much," Zimmerman said. *(Brief by Sydney Ellison)*

BACK TO THE COURTS

Last season, the boys' varsity tennis team had six of their players go to state. The team has returned to the courts for the new season. With new players, they want to work on team bonding. After last season's success, the players strive to continue working towards the same successes. Overall, coach Samantha

Soltysiak and the team are very optimistic for the upcoming games. Their first match is March 26.

"I am very optimistic," Soltysiak said. "It's going to be hard to top last year, of course, but I have all the hope that we can achieve it again." *(Brief by Karsyn Williams)*

AIMING FOR A HOLE-IN-ONE

The varsity boys' golf season started in early March, alongside many spring sports. The team left last season with a 0-9 record, but coach Mark Wright has plans to rebound from it and make major improvements this year.

"I think we have a pretty good team," sophomore golfer Max Ising said. "We have some young kids coming up this year, so it would be nice to see them grow and make varsity."

Through dedication and determination, hard work and high hopes, the varsity boys' golf team is working to improve their record and make this season a good one.

"I think we'll be better," Wright said. "I think we were pretty young last year, so I know a number of the guys have worked hard over the off-season and I'm hoping that we will be improved this year." *(Brief by Ashlynn Perez)*

START OF THE NEW SEASON

The FHN varsity girls' lacrosse team started their journey into their 2020 season on March 2 at tryouts. This is the fifth season of girls' lacrosse at FHN. The coaches are pushing for the girls to work hard to show who they are as a team.

"I expect good games and hard work from the team, showing what a program of five years can do," assistant varsity coach Breana O'Brien said.

At the start of October, the team practiced after school and on Sunday mornings to get accustomed to the new team they could potentially have. As winter came, the girls had to take a break due to the cold weather, but starting in January, the girls interested in playing went to work out with the trainer twice a week to build better technique and strength for the new season.

"We created, alongside the trainer, an eight-week pre-season workout program the girls can do to get in shape," O'Brien said. "The girls are able to join club teams and leagues, as well as come to the camp we have every year at the school."

Last season, the varsity team was made up of 13 seniors. Most of the seniors were playing for all four years of the FHN lacrosse program. This season, the girls hope to overcome the challenges of being smaller and allowing their team to grow at tryouts and grow stronger during their training.

"Last year's team were the girls that started the program," junior defensive player Angela Cuccio said. "We also had 13 seniors leave. That's more people than you have on a field at a given time. So this year we are definitely trying to start early with our training so we aren't falling too far behind from losing all



Cradling the ball, Senior Heaven-Lee Nichols looks to pass to an open teammate at a game last season. This year, the team is adjusting from the loss of last year's seniors from the program. The team practices from 3:30 to 5:30 each day after school. (File Photo)

those girls."

The girls hope to push aside any challenges and fight for a successful season. The team has always found a way to work together and push through the season regardless of any setbacks. Both the players and coaches are excited to see how this season unfolds.

"I'm looking forward to our program growing as a whole," Cuccio said. "Last year we were dominated so much by seniors, so I'm hoping that this year there is more of a good mix and hopefully we can expand our program and be stronger." *(Brief by Abby Martinez)*



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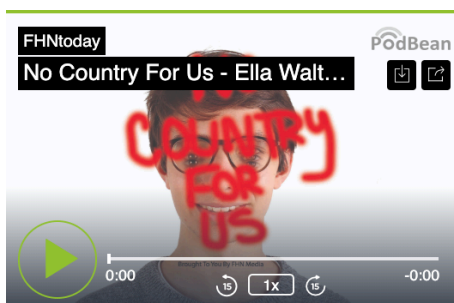


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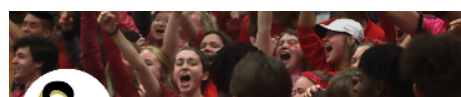
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TAKING THE F WORD BACK

Feminists need to learn how to spread their message in order to turn the word "feminism" into a positive word again

by **Gracie Bowman**
graciebowman310@gmail.com

What are the first few words that come to your mind when you think of the word feminist? For me, it's protests, women, empowerment. For others, it's a stereotype. Angry women who riot while they wear ridiculous hats and belittle men.

It's an image that we need to eradicate from the minds of society. Feminism has turned into an ironic joke because of some feminists' misunderstanding of what feminism is. Feminism is advocating for the equal treatment between men and women. Feminism is not preaching that women are better than men. Feminism is not violence.

Feminism is Susan B. Anthony passing out pamphlets encouraging the right for women to vote alongside the men.

Feminism is the women during WWII that fought to join the workforce rather than being stay at home mothers.

Society has created these "waves" of feminism: the first wave, second wave and third wave.

The first and second wave are very similar; you are described as a first or second wave feminist if you believe in and protest for equality between men and women. First and second wave feminists would be women who fought to vote and women who fought to join the workforce.

During the third wave, women focused on reclaiming and redefining words, terms and ideas that people have surrounded womanhood with.

When fourth wave feminism began, women brought their focus onto body shaming, rape

culture and sexual harassment, as well as the abortion issue and other challenges women face day to day.

Fourth wave feminism is what people call the "crazy feminists." Because women protest in the streets, but they aren't protesting for women, they are protesting against men. That's where things go wrong. They call men pigs, they write demeaning things on their cardboard signs, they use inappropriate language to convey their message. This is what the media seems to capture, so this is what all feminists get branded as, when really, feminists are not all like that. None of them should be like that.

How can we expect to be treated equally to them and with respect if we are throwing things in the streets and calling people names?

Women don't hate men; The message just got miscommunicated somewhere and carried out by these radical feminists.

What can feminists do? Continue to spread your message. Fight for what you believe in.

Empower women. Empower everyone.

Society has taken the battle of the sexes too far. Feminism was never, and should never have been misconstrued as females saying that they overpower men. Feminism is equality between men and women. Women need to understand this, and feminists need to understand feminism's message. We aren't fighting against the men, we are fighting to be treated equally to them.

Spread your message peacefully. Don't put others down. Don't bring yourself up by putting others down. It has never worked for anybody.

And it won't work for us.

(Photo taken by Someone)



POLITICAL APATHY MUST END AMONG STUDENTS

Politics is a messy subject. People have different ideas, viewpoints and beliefs, which leads to lots of disagreement. Many students seem to avoid the subject of politics altogether. Younger people in general are not very involved in it. The Census Bureau reports that only 36 percent of people ages 18 to 29 turned out in the 2018 midterm elections. While students don't have to talk about politics, they should at least know what is happening and how their representatives stand on certain topics.

Students should know more about politics primarily to know the current issues that surround it. One of the largest issues at this time is the 2020 election. We as a country are about to choose who will be president for the next four years. Students, especially those who can vote, should know about all of the major candidates and where they stand on policy. It would also be beneficial to know how our voting system works, where the voting places are and the deadline for voter registration.

Students should also know the opinions and beliefs of their representatives. Students should know where they stand to see if the representative agrees or disagrees on a certain topic or bill. Knowing the representative's stances allows the student to agree or disagree with the candidate, and therefore vote accordingly. Students who can vote should not only focus on the big presidential election but on elections for their Senator and Representative too. Not only those, local and state races will have a more direct impact on our community, making these small races as important to follow as the larger races.

Students may ask, "Why bother about any of this at all?" Soon, every student at FHN will be eligible to vote, if they aren't already. There is an election day on April 7 that deals with things like the FHSD bond issue. Being informed about candidates and their policies before making a decision is much better than not being informed at all. People making uninformed decisions may end up with a result that is highly undesirable in the end. Making a habit of being informed about politics now will increase the chances that someone stays informed for most of their life. It's time for students to know what is going on in our complex world of politics. (Story by Justin Christensen)

(Photo from Shutterstock)



LOVE IN HIGH SCHOOL

Two sweaty hands intertwine in sweaty air. What used to repulse you as a child now brings you ease. The weight of the school week and your work shift is unmatched to the comfort of their sweaty hand and boney shoulder to lean on. They smell like laundry detergent and their cat. This is absolute bliss. It's a wonderful escape from the everyday stresses and pressures of high school.

The validity of high school relationships is often questioned. Young adults and older people have criticized their importance and worth, and that has discouraged many teenagers from seeking this type of relationship.

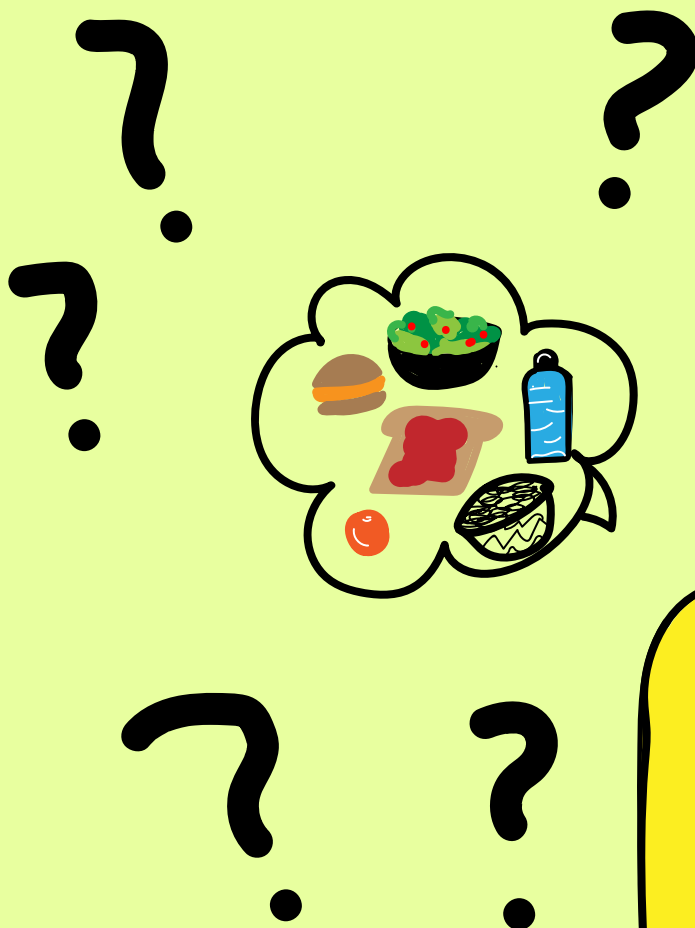
Relationships have morphed into a significantly different concept than they used to be. The entire concept of flirting has gone through a technological metamorphosis in the last 100 years, first starting with landlines making relationships more conversation-based, then texting which removed urgency and intimacy, and now with apps such as Snapchat, Tinder or Bumble, this removal is exaggerated. Because of this change, many feel relationships that start on apps seem artificial. The convenience of these apps and their wide appeal to teens is off-putting, but is this adaptation as bad as most think?

Times are changing, and relationships need to change with it. Like any change, they become a fact of life, so apps are normal to teenagers: it doesn't make relationships any less valid. In fact, they're still very valid. High school relationships can be great; they're a chance to learn and grow with a person on a deeper level. They can be beneficial to developing minds. Learning communicational and relational skills now can be helpful for knowing what one would and wouldn't want in the future.

However high school relationships have their drawbacks. They have a possibility of being extremely stressful, taxing and toxic, even to those surrounding it, like friends and family; however, even in cases like these, the relationship can be an important deterrent.

High school is a wild time. A time for learning, about chemistry and about yourself. Starting relationships in the midst of youth can be one of the most influential lessons of one's life. (Story by Minnie Adams)

THINGS I COULD DO DURING POWER LUNCHES HMMM.....



NORTH STAR TAKE:

POWER TO LUNCHES

The district is considering implementing a change to next year's lunches, giving students free time and a mental break

On Behalf of the Editorial Staff

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Wake up. Get to school early for club meetings. Finish classes. Head to sports practice. Shower. Dinner. Sleep. Repeat.

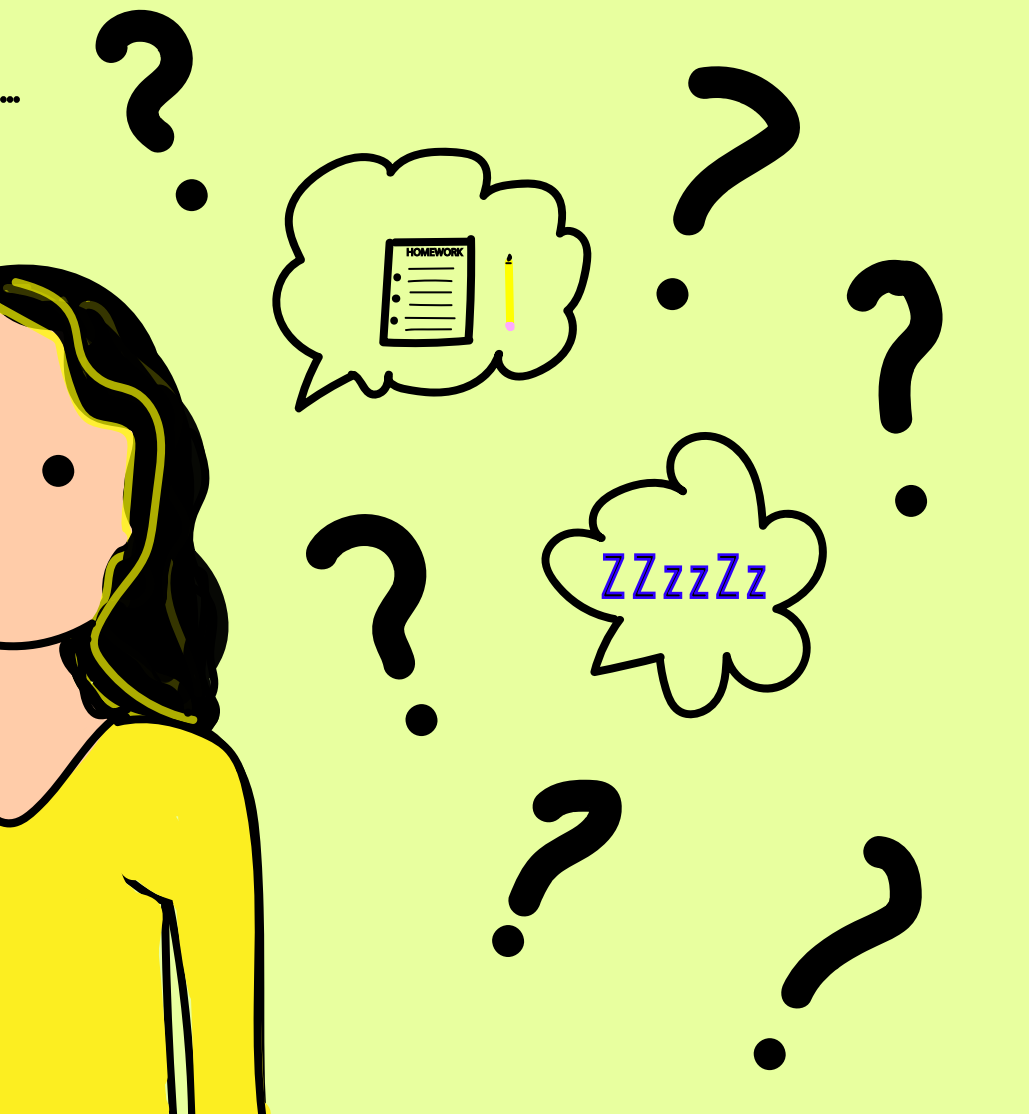
Between extracurriculars, class and sports, students and teachers can be in school for 11+ hours per day. Throughout this time, many students only get a 25 minute lunch break to eat, relax and socialize with friends.

FHSD is looking to implement power lunches, which would provide students and faculty with a 50 minute period used for studying, intervention, eating and relaxing. Students would be allowed

to sit in many places around the school, such as hallways, the library and classrooms. Teachers would be assigned a 25 minute lunch period and could use the remaining time to schedule time with students and hold club meetings.

Power lunch would be a positive improvement to the FHN community and would help the productivity of students and parents and should be instituted in the 2020-21 school year.

Giving students the freedom to go wherever they want in the school for an hour might seem like a daunting idea to many. However, with the right system to hold students accountable, power lunches can be very helpful for student mental health by providing them time to eat their lunches



(Illustration by Emma Musselman)

and take a mental health break. Students can have time to relax instead of constantly worrying about their next class or assignment.

While having time to relax will be beneficial to students, there should be limits in place to help the system be successful. In order to make expectations clear to all students, training should be given at the beginning of the year about the power lunch system, where they can go and what they can do. If a student begins to fail multiple classes, they should also be placed in a mandatory study hall for half of the lunch period to get supervision and support from teachers while guaranteeing work time to catch up on assignments. Students should also be held accountable for keeping the school clean throughout the lunch. Power lunches should be seen as a privilege to students and faculty

should not be scared of taking away power lunches to ensure students can handle the responsibility of having more free time.

This time could also be very beneficial for teachers without increasing their current workload.

Teachers could schedule time with students to make up tests and quizzes during the power lunch, resulting in less time spent before and after school. This time could also be used to meet with other teachers or to spend time with students outside of a traditional

classroom setting to build strong bonds.

Between sports, extracurriculars, and normal classes, days can get long and hectic for many at FHN. Help build our FHN community by giving students a much needed break throughout the day.

MORE INFO

Here's NASSP's thoughts on power lunches:
bit.ly/NSpowerlunch

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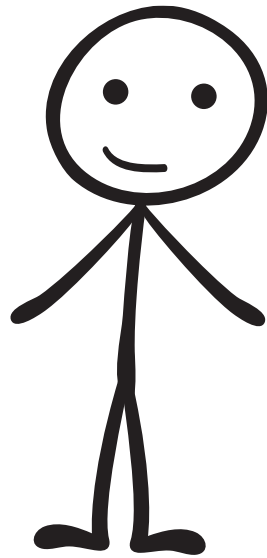
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