

VOL. 80 | ISSUE 2 BONNER SPRINGS HIGH SCHOOL | NOVEMBER 2017

# POWPOW

## CINDERELLA

*A look into  
how the drama  
department is  
working with two  
Cinderellas, two  
Prince Charmings  
and two casts.*



# SHEDDING LIGHT ON DIABETES

*As National Diabetes Day approaches on Nov. 14, senior Gracie Myers shares her story and how life has changed since being diagnosed*

TRINITY JONES | @BSHSPWOWWOW



Above. Senior Gracie Myers shows her insulin pump.

**MANY** people might see a diabetes diagnosis as a terrible thing. However, senior Gracie Myers sees her Type 1 diabetes as something that makes her extraordinary.

Myers found out she had Type 1 diabetes in seventh grade when she got very sick and was admitted to the intensive care unit.

"When I was in the hospital and I had finally realized what was going on, I was very scared," Myers said. "I had to relearn how to live my life

and I did not want to deal with all the baggage that seemed to come along with Type 1 diabetes. But my mom reassured me when she said, 'Everyone has a thing that makes them extraordinary. This is yours. If I can do it, you can do it, so everything is going to be fine.'"

Since then, her life has changed drastically.

"I have to do things that most people do not. I have to prick my finger and test my blood sugar more than four times a day, and I also

have to wear a pink insulin pump on my hip and tell it to give me insulin whenever I eat," Myers said.

Myers isn't restricted to certain foods as long as she takes the correct amount of insulin for it. However, she does not drink sugary drinks because they make her feel sick and the sugar in the drinks raises her blood sugar faster than the insulin can bring it down.

Myers said she is not sure how she got Type 1 diabetes since it is not hereditary.

"Type 1 diabetes is caused because your body mistakenly destroys the insulin-producing cells in your pancreas, which causes your pancreas to stop working altogether," Myers said. "The cause of Type 2 diabetes is very different because your body is still making insulin, but your pancreas is being overworked so your body cannot use the insulin properly."

Although Type 1 diabetes is not

supposed to be hereditary, Myers said her family is an exception to that because not only does she have it, but her mother and sister have it as well.

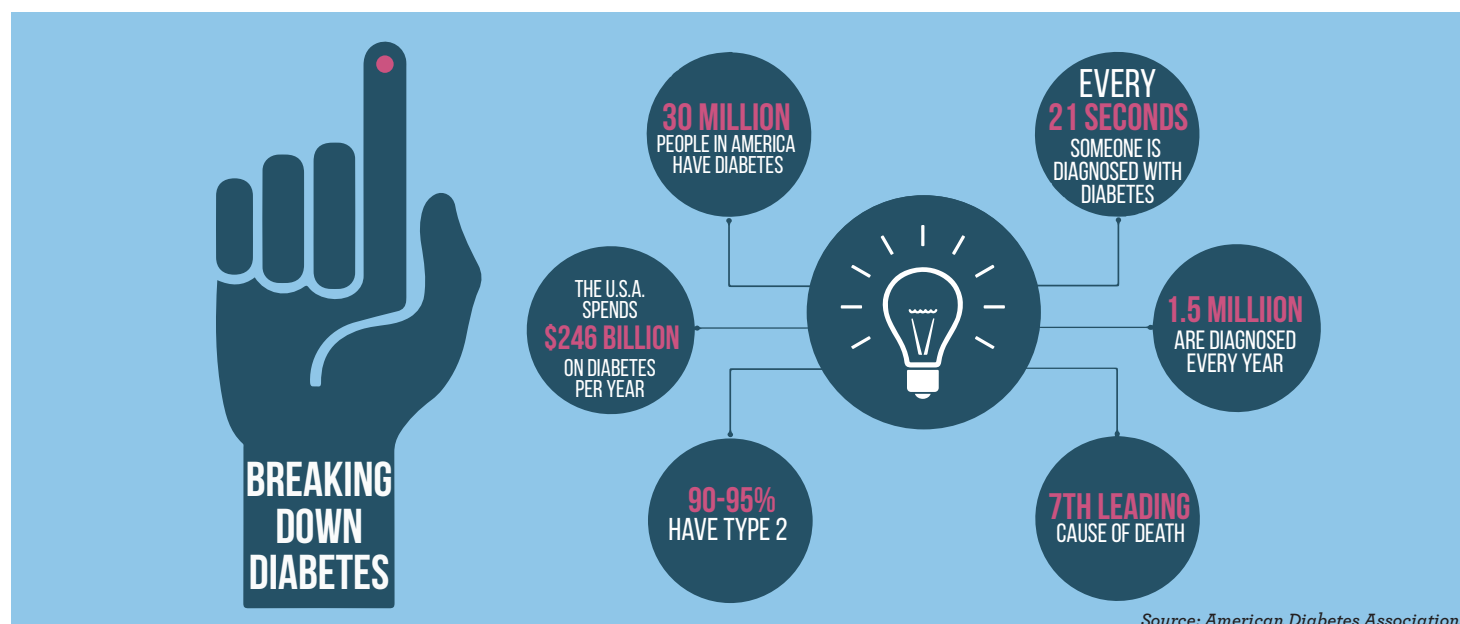
"Having this has taught me that there is always going to be something there to challenge you and if it does not challenge you, it will not change you. I am a firm believer in 'Everything happens for a reason,' so I know there is a reason as to why God gave this illness to me," said Myers.

For her senior project,

Myers has raised money and awareness for Type 1 diabetes by participating in the One Walk in Omaha and the Diabetes Dash 5K in Leawood. Myers has raised \$455 so far, but says she is not finished supporting her diagnosis.

"My senior project is something that I'm passionate about and that affects me every day and one day I hope to see a cure," said Myers.

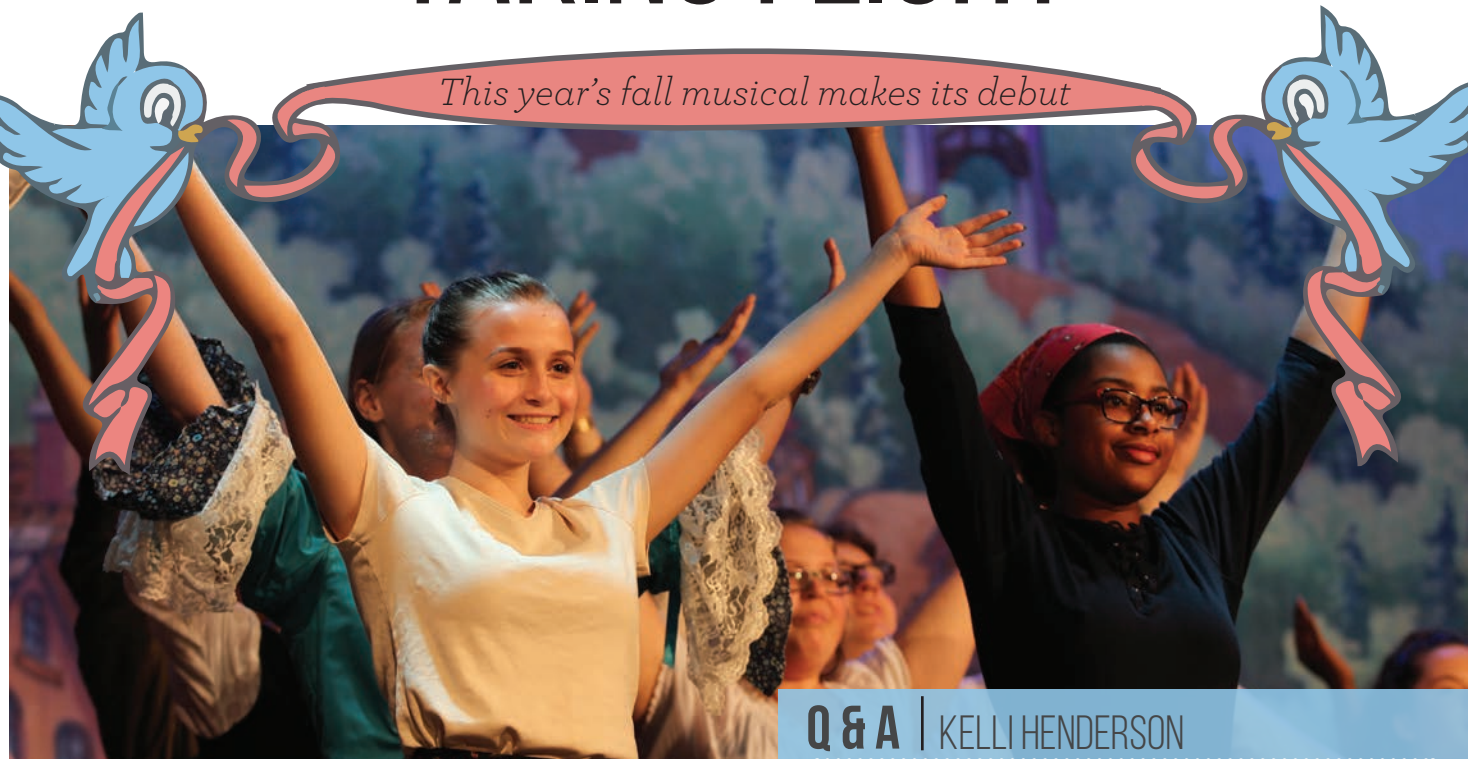
"I don't try to hide it because I've learned that it's something that makes me, me."





# TAKING FLIGHT

*This year's fall musical makes its debut*



WYATT HALL | @THEWYATHALL15

**THE** drama department's fall musical is officially in full swing with Wednesday night's performance opening the four-day event. The show is "Cinderella," a drastic change from last year's "Big Fish."

"It's the story that everyone is familiar with, just set to music," said Brian White, the show's head director. "Last year we dealt with death, so I thought this one would be more appropriate."

In addition to a change in scenery, instead of one main set of leads, White decided that having two separate casts that perform on alternating nights would be appropriate. He said that it would allow more people to be involved.

"It doubles the leadership opportunities and growth in our department," said White. "We also have a built-in understudy so if someone is absent we have someone else who can jump in and take their role."

With two casts, comes four lead roles. These include seniors Megan Nolan and Lillian Kaus playing Cinderella while paired with Isaac

Florez and Michael Urton playing Prince Charming. Overall, there are around 50 students performing.

Auditions started the last week of August and the cast has been rehearsing since the first week of September. The double cast has proven to add an extra difficulty factor with only one cast being able to practice a night.

"This double cast business is very challenging because it really limits the amount of time you get to work on your songs and lines and acting," said Kaus.

Nolan, along with assistant director Kelli Henderson, is new to the BSHS drama department.

"I wanted to try something new," Nolan said. "I just went for it, not expecting a whole lot. I've heard so many good things about past musicals that I really, really wanted to be in on all of the amazing things."

Henderson may also be new to BSHS, but she is no stranger to directing shows. This will be her eighth show in a directing position.

"It's a new school and a new cast," Henderson said. "Finding out how

## Q & A | KELLI HENDERSON

**Where are you from?**

I'm from Hoisington, Kan.

**Where did you go to college?**

I went to Fort Hays State for all four years.

**Did you teach anywhere else besides Bonner?**

I taught in Hays for four years before coming to Bonner.

**Why did you decide to come to Bonner?**

I looked at schools that were needing a drama teacher and Bonner Springs was right there.

**What plays or musicals have you been a part of?**

I have been an actor in "Shrek: The Musical," directed The Wizard of Oz, and many others.

**What is your favorite musical?**

"Legally Blonde: The Musical" or "Wicked."

**What do you think you bring to the drama program?**

I would say that I bring a fresh, energized and unique perspective to the program with several years of teaching, directing and acting experience. I have a passion for theatre that shines through and will hopefully inspire those around me to be active in the theatre life to some capacity whether it be on stage or behind the scenes.



RUSSELL SIMMONS | @BSHSPWWOW

things work here provides that element of everything being bright, new and shiny."

"Cinderella" will play tonight and tomorrow at 7 p.m. in the auditorium. The cost to see the performance is \$5 per student and \$7 per adult.

"Everything from the music to

the characters to the choreography brings together an amazingly immersive show," said Florez. "There are multiple points with crowd interaction, and you can't have those without a crowd, so come out and support the BSHS music department. You won't regret it."

# REMEMBERING SETH DAVIDSON

*Students band together to pay tribute to their very own superhero*

MAKENSIE FRANK | @MAKENSEIYNN

HUNTER MURPHY | @HUNTIEMURPHIE



**WHEN** a door was being held for you, if you felt a tap on your shoulder or if you were receiving a random compliment on your looks or personality, it was probably because of senior Seth Davidson, our superhero.

Two weeks ago, Bonner Springs tragically lost its protector. Seth was the person to stick up for a student if they were getting picked on or having a bad day; every day Seth showed us what it meant to be superhuman.

If you had the pleasure of meeting him, you would know that your day seemed to be better after seeing him. He never failed to put a

smile on your face—whether it was from his kindness, humor or his infectious laugh.

Seth wasn't afraid to stand up against anything he didn't believe was right. He was kind to everyone—students, staff or complete strangers, and he was able to touch people's hearts whether he knew them well or not.

As you remember Seth, think about the differences he's made in our school, our community and how lucky we were to have him in our lives.

He taught us that we can have superpowers without flying or shooting lasers out of our eyes, that sometimes being a hero is

showing compassion where there is none, and most importantly, that it's being willing to step out of the crowd and doing things for other people rather than for yourself.

Although Seth will be greatly missed, his legacy will forever live on at Bonner Springs High School. Open doors, as Seth did, to new things, new people and new opportunities. Don't be afraid to make a difference in not only your life but someone else's.

As Batman said, "A hero can be anyone. Even a man doing something as simple and reassuring as putting a coat around a little boy's shoulders to let him know that the world hadn't ended."

*“Seth was the most beautiful soul I’ve ever met. His kind heart and hilarious personality made my bad days turn into great ones. He made sure every girl in school knew that they looked pretty with and without makeup. All he ever wanted to do was make people smile and that’s exactly what he did. My friends and I will miss him tremendously.”*

SKYLER OCHOA | SENIOR

# PRAY THE GUNS AWAY

*Dead civilians: Gun tested, NRA approved*



BELLA THOMAS | @BELLAGTHOMAS

40 days have passed since the largest mass shooting in recent U.S. history. Five days have passed since 27 people were gunned down in a church. No legislative action has been taken by the government. Condolences were abundant though; unfortunately, thoughts and prayers don't stop bullets.

Of the 271 guns used in mass shooting in the last 50 years, only 39 were obtained illegally. It is not as if the majority of mass shooters are hardened criminals, dealing on the black market; many of them are law-abiding citizens. The issue

occurs when weapons of mass murder are not only legally bought, but also endorsed by government officials. I suppose that's what happens when the National Rifle Association (NRA) directly donates \$4.23 million to current members of Congress. After the Las Vegas shooting, Republican Senator Richard Burr said, "My heart is with the people of Las Vegas and their first responders today," but his heart was also with the \$6.9 million the NRA spent on him when he voted against banning high-capacity magazines.

The NRA has successfully blocked, not only legislation but also information. In 1996, the NRA lobbied Congress to pass the Dickey Amendment, which forbade the Centers for Disease Control (CDC) from using its research to advocate for gun control. The CDC was already prohibited from promoting any kind of legislation, but as a result of the Dickey

Amendment, their budget for gun violence research has gone down 96 percent. This allows the Republican excuse that "there is no evidence to support that gun control will reduce gun violence."

The NRA also has many passionate and active members. For example, in 2013 there was the proposal of a bipartisan bill called the Manchin-Toomey Amendment, which called for mental and criminal background checks for gun sales. Even though a New York Times poll showed 88 percent of Americans supported universal background checks, the Manchin office states that of the calls received, they ran 200-to-one in opposition.

The truth about democracy is: it's about volume. It's about who is present and who is the loudest. Until people care, nothing will change. Until people care, dead adults, dead students and dead children will continue to be the price of freedom.

# DR. SEUSS OR DR. SNOOZE?

LOGAN WEST | BSHSPOWWOW

LIFE was easier when we were young. Everything we did, everything we saw, everything we experienced was new and amazing. It didn't matter what the quality of that experience was, it was all good in our eyes. We would watch terrible movies, play terrible games and listen to terrible music, because we didn't understand that they were terrible. Which brings me to the subject of this article: Dr. Seuss.

I am so tired of hearing about how much people love Dr. Seuss. Dr. Seuss is the very face of children's literature. We even have a Dr. Seuss Day. I just don't understand it.

I remember reading "Green Eggs and Ham" and "The Lorax" as a boy, and I remember thinking

they were the best books I'd ever read. But I was an ignorant child. I hadn't read enough books yet to gather an objective analysis of the actual quality of the books. Sure, the books are entertaining to four-year-old children, but that's because four-year-old children are terrible judges of quality.

I'm not criticizing Dr. Seuss because he was a children's writer, I'm criticizing him because he was a lazy writer. Dr. Seuss' books are filled to the brim with made-up words and elementary level rhymes.

The themes taught in the books are so painfully obvious, even a kindergarten would find it patronizing. Yes, "The Lorax" is about environmental conservation, I'm pretty sure a toddler could



figure that out.

Dr. Seuss' stories are lazily written and overly simplistic. The themes are bland and unoriginal and have been covered by countless other children's authors in much better ways.

There is no reason behind the massive success and adoration of Dr. Seuss besides random luck and happenstance. It's time to stop blindly loving things just because we loved them as children.

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Wyatt Hall  
Russell Simmons

### ADVISER

Jill Holder

### CONTACT US

Bonner Springs High School  
100 McDaniel  
Bonner Springs, KS 66012  
913-422-5121, ext. 4330  
www.bshsnews.com  
Follow us on twitter  
@bshspowwow or  
contact editors-in-chief at  
makensiefrank@usd204.net  
huntermurphy@usd204.net  
or adviser Jill Holder at  
holderj@usd204.net

### EDITORIAL POLICY

The Pow Wow is published monthly by the fourth-hour publications staff at Bonner Springs High School. Editorials reflect the consensus of the staff; the commentaries reflect the individual writer's opinion.

### LETTERS

The Pow Wow is a public forum designed to serve as the voice of BSHS. Letters-to-the-editor of up to 150 words may be submitted. However, the Pow Wow will not print letters that are libelous, irresponsible, or advocate illegal acts. All letters should be submitted to Room 101 and are subject to editing.



# TRENDING COFFEE SHOPS

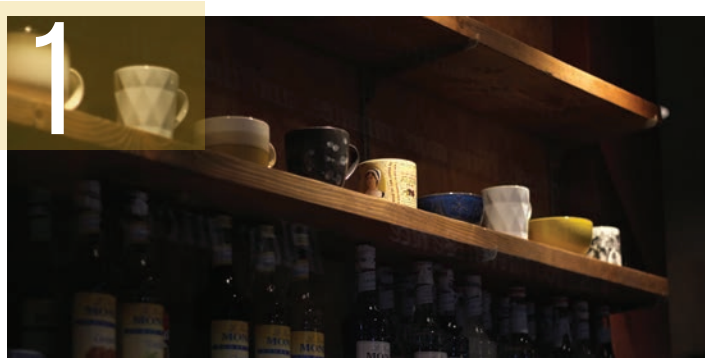
*A compilation of the most popular places for coffee in and around Bonner*



## 1 Country Club

COLE CLIFTON | @BSHSPWWOW

Country Club Cafe, located inside Country Club Bank in Shawnee is a nice place to relax and enjoy a cup of coffee. There are couches and paintings, giving it a homey feeling. The cafe has a variety of hot and cold brew beverages and there are also many options for breakfast and lunch. Country Club is open every day and allows people to request the shop stay open past closing for gatherings with friends and family. Country Club Cafe is a great place to go.



## 2 Third Space

MATTHEW HECK | @SGTPUPPYWAFFLE

The Third Space coffee shop is great place to study and hangout with friends. The atmosphere there is warm and welcoming similar to walking into a log cabin during winter. Third Space has all the common coffee beverages including a special Bonner Brew. If you're not a fan of coffee, fret not, Third Space carries a variety of other warm and cool beverages along with some lunch food. I tried an espresso milk shake, which had a unique flavor. Third Space is an excellent place to visit.

## 3 Black Dog

HUNTER MURPHY | @HUNTIEMURPHIE

If you are ever looking for a place to get good coffee, a place to relax or just a place to hang out with friends, Black Dog is the place to be. Now this is a fairly large coffee shop, but it still manages to offer a hole-in-the wall feel with its warm lighting and chic atmosphere. Not only does the shop offer coffee, but it has partnered with a neighboring bakery and sells both Black Dog merchandise and Ibis Bakery products. And let me tell you, as a carbs-enthusiasts, I love the bread and coffee pairing.

## FOR THE LOVE OF COFFEE



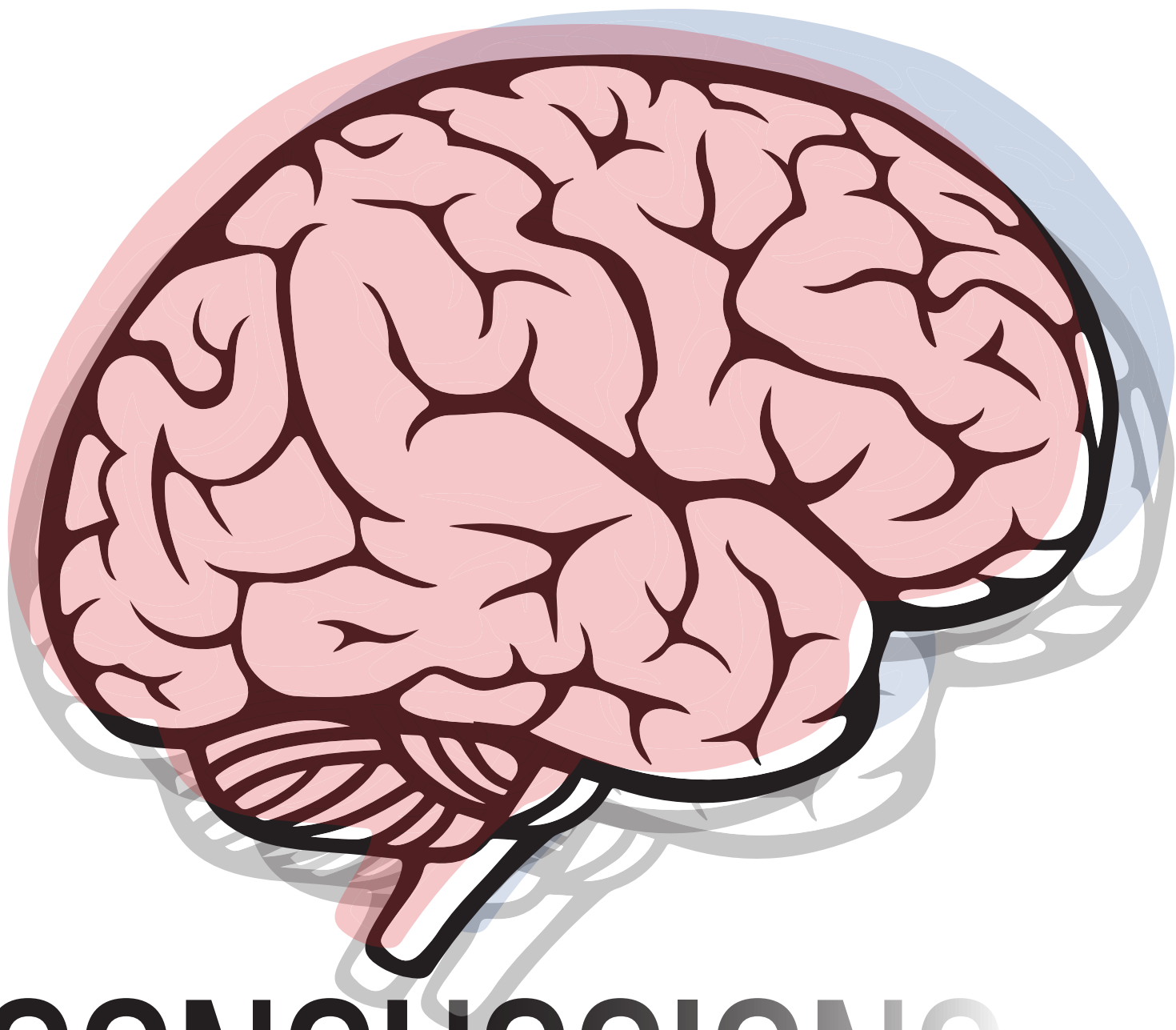
*"Every coffee shop and every type of coffee is different. I love being able to relate to people through something so universal."*

LAUREN GALLAGHER | SENIOR



*"I can not successfully start my mornings without the energy I get from my coffee."*

GINNY HARTLEY | JUNIOR



# CONCUSSIONS

HOW THEY ARE AFFECTING THE WORLD OF SPORTS  
AND WHAT BSHS DOES IN RESPONSE TO THEM

# CONCERN OVER CONCUSSIONS

*A glimpse at the detrimental head injury and our protocol*

RYAN VILLARREAL | @RYANRVILLARREAL  
JAMES RENO | @BSHSPOWWOW

MADISON FRANK | @MADIFRANK2000  
AJA HUBBARD | @BSHSPOWWOW

WHEN junior quarterback Dalton Blakemore threw an interception at the Basheor game on Sept. 29, he didn't think he would suffer through something even worse than a turnover.

"I threw an interception and I went to go tackle the dude [who intercepted], and he kned my head pretty hard. I blacked out and got a concussion," Blakemore said.

This injury kept Blakemore out of action for three games.

Concussions are a rising threat among athletes who participate in contact sports. As reported by a study from the University of Michigan last March, one in five high school athletes will report being diagnosed

with an concussion in their lifetime and 5.5 percent will have suffered more than one concussion.

According to the Kansas Sports Concussion Partnership (KSCP) a concussion is the most common form of traumatic brain injury suffered by athletes and occurs when the brain is "violently jarred back and forth or rotated inside the skull" as a result of a blow to the head or body.

Athletes do not have to be knocked out to have a concussion. In fact, 90 percent of concussions occur without a loss of consciousness, according to KSCP.

With proper rest, nine out of 10 athletes will recover from a

concussion within two weeks.

When it comes to concussions, professional athletes, football players in particular, face an even greater risk.

Chronic Traumatic Encephalopathy (CTE) has been a big problem in football players ever since it was discovered in 1928 by Dr. Harrison Martland.

CTE is a degenerative disease in the brain where a protein called Tau forms clumps and slowly spreads through the brain, killing brain cells.

Symptoms of CTE consists of mood and behavior changes, impulse control problems, aggression, depression and paranoia.

One of the biggest effects CTE has

on the body is memory loss and confusion. Some of these symptoms start showing up a few years after the initial head impact.

Released last July, a study conducted by Dr. Ann McKee at Boston University brought theses issues dramatically to the forefront.

McKee examined 202 brains of deceased American football players. Out of the 202 players, 111 played in the NFL and 110 had CTE. The brains that were studied were from athletes as young as 23 and as old as 89. The injuries came from players of diverse positions, ranging from quarterbacks and running backs to linebackers and even punters.

Scientists can only see CTE in

brains of the deceased, but they are currently working on a way to see CTE in functioning brains.

If scientists can accomplish this, that would mean that football players would be able to see the beginning stages of CTE in their own brains, making a player want to retire as early as 24 or 25.

"There's no question that there's a problem in football. That people who play football are at risk for this disease," McKee said. "And we urgently need to find answers for not just football players, but veterans and other individuals exposed to head trauma."

## OUR PROTOCOL

USD 204 athletic trainer Sarah Neri says she sees 10 to 20 concussions per school year. When a student has a concussion, she and USD 204 coaches strictly follow the protocol set in place by the Kansas Sports Concussion Partnership (KSCP).

According to the KSCP protocol, if a student-athlete is suspected of sustaining a concussion, they should immediately be pulled out of practice and games to prevent further injury.

Neri said the KSCP protocol also spells out guidelines on when an athlete should return to school or competition.

"The protocol is extensive and it all centers on rest," Neri said.

"If they [the athlete] have a slight headache and one or two symptoms, they may be okay to be at school. If they've lost consciousness, they're dizzy, they're throwing up or the lights are bothering them, then they should stay home," Neri said.

According to KSCP protocol and

VICIS ZERO1  
(NFL)



Price:  
\$1,500

Rating:  
**1ST** OUT OF 33

from the NFL/NFLPA  
2017 Helmet Laboratory  
Performance Results

courtesy of vicis.co

SAFETY GEAR

A comparison of two vastly popular helmets that limit the likelihood of concussions occurring. One used in the NFL and the other used here at BSHS.

THE VICIS ZERO1 provides a wider field of view than traditional helmets. In laboratory testing, the ZERO1 was shown to offer players a 212 degree field of view, nearly the maximum of human peripheral vision (220 degrees).

The ZERO1's multiple layers work together to slow impact forces. The helmet features a soft outer shell and an underlying layer of columns designed to mitigate collisions from multiple directions.

RIDDELL SPEEDFLEX  
(BSHS)



Price:  
\$410

Rating:  
★★★★★

from the Virginia Tech  
Helmet Ratings

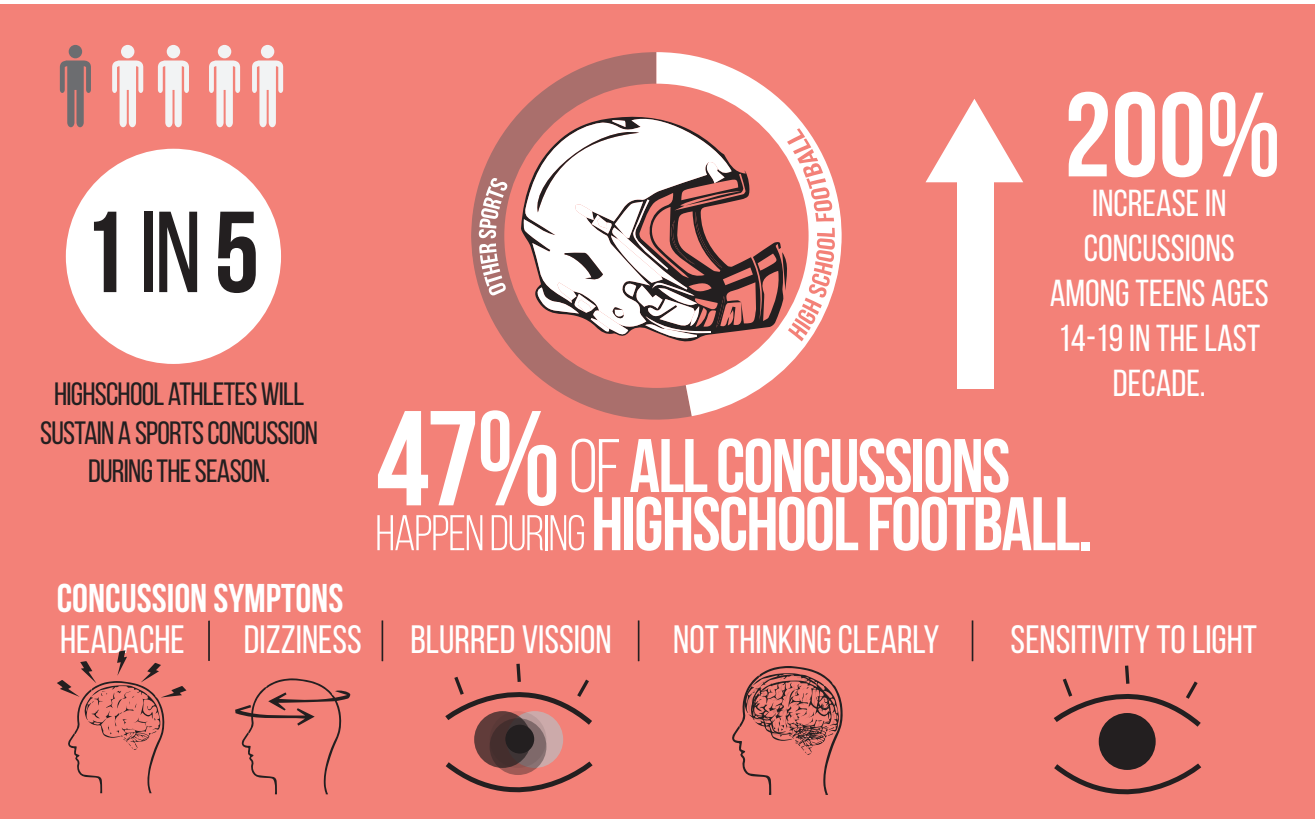
courtesy of riddell.com

THE FLEX SYSTEM

Flexibility is engineered into the helmet's shell and face mask; the face mask attachment system with hinge clips reduces impact force transferred to the athlete.

COMPOSITE ENERGY MANAGEMENT

Strategic combination of padding materials inside of the helmet absorb impact energy and retain their position and purpose over extended durations of play.



1 IN 5 HIGH SCHOOL ATHLETES WILL SUSTAIN A SPORTS CONCUSSION DURING THE SEASON.

47% OF ALL CONCUSSIONS HAPPEN DURING HIGH SCHOOL FOOTBALL.

200% INCREASE IN CONCUSSIONS AMONG TEENS AGES 14-19 IN THE LAST DECADE.

CONCUSSION SYMPTOMS: HEADACHE, DIZZINESS, BLURRED VISION, NOT THINKING CLEARLY, SENSITIVITY TO LIGHT.

Kansas law, students who have suffered a concussion must be cleared by a doctor before they can return to action.

Given the severity of concussions, coaches and athletes take every precaution to prevent them.

Surprisingly, girls soccer actually has a significantly higher concussion rate than any other sport, according to a study presented by the American Association of Orthopedic Surgeons last March. Many of those injuries result from headers.

"The neck muscles of girls just aren't as developed as boys are," said Wellington Hsu, one of the authors of the study. "So if girls experience an impact, it makes sense they might be affected by it more than boys if they don't have the muscles to cushion the impact."

The information provided by the AAOS stays true to our Lady Braves.

"Last year, I did see a fair share of concussions between our junior varsity and varsity team," said

girls soccer head coach Lindsay McCracken.

Junior Shelby Cox has experienced four concussions while playing sports. Three of them have occurred in soccer games and one during a basketball game. During one of her concussions, Cox "blacked out" and the other times she "just knew" what had occurred.

"During soccer games, either somebody stuck their leg out and tripped me or I was pushed," Cox said.

Cox's last concussion occurred last spring and was particularly painful.

"I had to stop playing for three to four weeks; not being able to play was really the thing that hurt me the most," Cox said.

As girls cannot wear helmets during a soccer game, the ways to prevent concussions are limited.

"Players should avoid using their head to contact another person and they should avoid making illegal contact with others," McCracken said. "While these steps may not

prevent a concussion entirely, safe, smart play can reduce them from occurring."

A popular method to prevent concussions is a concussion band. Though many athletes use it, McCracken does not force her players to.

"While certain studies show concussion bands to be effective, their effectiveness is widely debated; knowing that, at this time we have no plans to implement an whole team concussion band requirement," said McCracken.

Head football coach Chad Eaddy said concussion prevention in his program begins with smart training, good technique, safety caution measures and the new-and-improved Riddell Speedflex helmet (see more above).

"You can lower the instances of concussions happening, but at the end of day, if you're playing a full-contact sport... they're [concussions] bound to happen," Eaddy said.



# FIRST-HAND ACCOUNTS

*Students share their concussion stories*

AJA HUBBARD | BSHSPOWWOW

## MIGUEL CALDERON | PERSPECTIVE

I've had four concussions. Two were sport-related and the other two were me not being a very smart person. My second one is the one that affected me the most. I had just turned 14 and was playing goalie on a club soccer team when one of the guys broke free from the defense and kicked the ball towards the goal. I jumped to block it with my hands but the ball fell in front of me and I dove to grab it. While I was pulling it away, my opponent kicked my head instead. He hit me right above the temple and I blacked out totally. Afterwards, I had a severe migraine for a few days and a really big bruise. After I woke up, they tried to walk me to the car but I couldn't stand on my own. Everything was spinning around me. I was out for a month and missed all of the last few games. It took me three or four practices to get back into playing goalie, and I am definitely more cautious when playing and more aware of who and what's around me."



## WYATT HALL | Q&A

### How did you get a concussion?

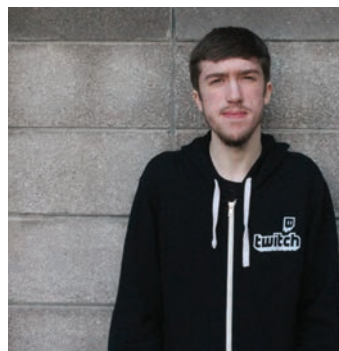
I was at a mother-son dance at BSE, and my mom and I were dancing and a student there grabbed my mom's arm while we were doing a spin thing, and I got flung down and I hit my head on the gym floor.

### How did you know you had a concussion?

Well, we got home and I basically had all of the symptoms of a concussion, so my mom and treated me overnight.

### What effects did the concussion have?

I don't remember specifically. I just remember I had the short-term effects and that they weren't long-term: I had the headache, my memory was foggy, and at times I would feel a little nauseous.



## MADISON FRANK | Q&A

### How did you get your concussions?

One was from running into a cement pole while I was on my phone, and the other two were from soccer—getting elbowed in the head.

### How did you know you had a concussion?

The first time I had no idea. I went to Sarah [USD 204 athletic trainer] and she went through the symptoms with me, and I realized that I had one, just because of dizziness and stuff like that. With the last two concussions, I just knew the symptoms and I was dizzy and forgetting things and had the headache and the neck pain, so I knew that those were probably concussions. I went to the doctor and it turned out that they were.

### How was your concussion treated?

During soccer season I would check up with Sarah throughout the week and I'd go to the doctor at the same time just to make sure everything was okay. I was not allowed to be at practice or involved in anything as far as practice goes. I could still go to school, just not do anything active.

### What effects did the concussion have?

Dizziness, migraines, your head gets really heavy, you're always light-headed, you forget things easily, it's hard to sleep and things get blurry when you try to read, and things like that.

### Were there any long term effects?

The only long-term effects I've had from all three of them is I've had more neck pain than I usually do, and I get a lot of migraines, like at least once a week.



## MORGAN HUDSON | Q&A

### How did you get a concussion?

I was playing basketball and a girl must have punched me in my head or something.

### How did you know you had a concussion?

There was a big ball on my head and they said I was concussed at that point.

### How was your concussion treated?

I stayed home for a day with no lights, no phone, no noise, and then I went to the doctor.

### What effects did the concussion have?

I couldn't remember any of my school work that we learned for that specific week, and it was hard for me to focus in class.

### Were there any long-term effects?

No. I'm fine now.



# 300,000

*Adolescents suffer concussions each year while participating in high school sports.*

Source: American Association of Orthopedic Surgeons



www.amfam.com

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# TRADER JOE'S PUMPKINTOPIA

*We chose the craziest pumpkin spiced things from Trader Joe's and ranked their trueness to this fall phenomenon.*



SYDNI BOLEWSKI | JUNIOR

*"I like pumpkin spice because I love the feeling of fall and pumpkins definitely a fall seasonal item."*



MEREIAH MCCONICO | @MEREIAHJAZON

**1** Pilgrim Joe's Pumpkin Ice Cream contained pure pumpkin puree, nutmeg, cinnamon and ginger. It was very flavorful, rich and left an unforgettable taste. Everyone agreed that it deserved first place.

**2** The Frosted Toaster Pumpkin Pastries were delicious. The crust tasted like bland graham crackers because they were organic, but the center had a strong nutmeg and cinnamon tang to it.

**3** The Pumpkin Joe-Joe's are two pumpkin cookies bound together with pumpkin filling. The filling is creamy and has a fair share of pumpkin seasoning. They were a little bitter but the filling made it sweeter.

**4** Although we didn't try the Pumpkin O's with milk they tasted like Cheerios with a kick of pumpkin in it. If we had tried it with some milk, some of the pumpkin spice would've kicked in some more.

**5** The Pumpkin Spice Caramel Corn tasted more like a weird caramel popcorn with a hint of cinnamon. The kernels were blended with pumpkin and caramel but the caramel overpowered the pumpkin spice.

**6** The Pumpkin Tortilla chips and Fall Harvested Salsa almost tasted like regular chips and salsa. The salsa tasted generic, but the chips actually tasted like pumpkin seasoning was added.

**7** Pumpkin Flavored Dog Treats had a mixture of real pumpkin and wheat in them. There was no taste to them. It was hard to bite into, although that makes sense because it's for dogs.





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# A DAY IN THE LIFE

*A look into the person making sure students are staying safe in sports*

KALEB HIGHTOWER | @KALEB\_HIGHTOWER



**TRAINER** Sarah Neri stays busy by helping athletes prepare for their sport.

"Depending on the season, spring and fall are usually really busy but winter not so much, but on average I help around 10 people each day," said Neri.

When there is an injury, Neri is always prepared for anything that could be thrown her way, and she always has her bag with her when she goes to games and practices.

"I always have tape and things for wound care, and I always have emergency medical stuff," said Neri.

Neri usually stays after school for about an hour to help tape athletes who need it, then she goes off to practices.

"After school I am here for tape and treatment for whoever needs me and that usually takes me about an hour. Then after that I'll head out to practices," said Neri.

With all of the sports she has to tend to, Neri balances the games and practices by putting varsity sports over non-varsity sports and contact sports over non-contact sports.

But out of all the sports in high school, she feels that football has the most injuries due to the level of contact.

Even with lower contact sports, there is still a possibility for an injury.

"I mostly see ankle sprains, and also a lot of pulled hamstrings and quads," said Neri.

When Neri is not helping an athlete, she is at her office in the YMCA, writing injury reports or talking to doctors.

With all of the injuries, she says her favorite part is helping the athletes.

"Trainers will say it's the sports medicine part, but I really enjoy helping the athletes get better," said Neri.

## Stretching Out.

Sarah Neri helps junior Devante Washington by stretching his hamstring in the game against Lansing.

## FAST FACTS

**Where did you go to high school?**

Blue Valley West

**Where did you go to college at?**

Undergraduate at KU, Graduate School at East Stroudsburg University

**Favorite food?**

Pizza

**Favorite sport?**

Football and Baseball

**Favorite restaurant?**

Jalapenos



# CHANGING SEASONS

*A look into the preseason preparations of winter athletes*



*"I want to be a three time state champion, but I have to get number two first."*

CALEB WILLIS | JUNIOR

*Junior wrestler Caleb Willis is the defending state champion in the 220-pound weight class, losing just one match last season.*

**What are you doing to prepare for the season?**

I wrestle year round. Over the summer, I wrestled in California against Russians, Scandinavians and Swedes. I also competed in North Dakota, Denver and Oklahoma.

**What is it like coming in as defending state champion?**

I have a target on my back; everyone is coming for me. All wrestlers, everyone wants to take your spot.

**What are your thoughts on the one person you lost to last year?**

He graduated, and I beat him in the state finals. We also wrestled in the summer and I beat him again. I am very confident this year.

**What do you work on during conditioning?**

Technique drilling, live wrestling and conditioning.

**What kind of cardio work do you do?**

We do cross fit cardio, which is running and lifting combined.

**What goals have you set for yourself?**

I want to be a three-time state champion, but I have to get number two first.

**What does the team need to do to win a state championship?**

We need to follow Coach Jobe's plan and his instructions during practice. He has a set schedule every day for us and we need to follow it to be successful.

KALEB WILSON | @BSHSPWWOW

*Senior Josh Williams is preparing to take on a senior leadership role in his last year of basketball.*

**How does it feel stepping into a senior leadership role?**

I feel honored; it's been a long journey and I'm excited for it.

**What does your conditioning normally consist of?**

We do a lot of drills and do our plays and a lot of conditioning.

**What is your normal practice punishment?**

We normally do killers, which you have to hold a ball above your head and jump for about two minutes or so.

**How long is preseason practice?**

Before the season it's normally one hour.

**What type of cardio do you do?**

We do six and 40's where we have to make it in 40 seconds, three times down and back.

**How do you prepare for a game?**

I normally just listen to music to get my mind right.

**What's your goal for the season?**

I want to make it to state by taking each game one by one.

**What do you predict your record to be this year?**

Hopefully we'll go undefeated.

KASSONDRA GREEN | @KASSONDRAAAAA



*"We can make it to state by taking each game one by one."*

JOSH WILLIAMS | SENIOR



# SETH STRONG

Suited Up: Students remember peer with superhero-themed football game on Oct. 27.

**Right.**

Montana Patch, senior, participates in the game theme by wearing Superman gear along with the rest of the dance team.



**Below.**

Seniors Skyler Ochoa and Makensie Frank are touched after the band plays a superhero-themed tribute.



**Above.**

Bella Thomas, junior, consoles another student during the halftime tribute.



**Above.**

Dressed in a Batman costume, senior Coleton Nelson cheers on the football team.

**Left.**

A Batman shaped sticker with the letter "S" was seen on the football helmets to honor Seth.



**Above.**

Omar Brantley, senior, is interviewed by Fox 4 anchor Molly Balkenbush.

