

◆ The Mustang Times ◆

ISSUE # 3

DONIPHAN WEST HIGH SCHOOL

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Gas Station Breakfast - The Physical and Financial Costs

McKinley Hennigan and Aliza Tracy

Data suggests that nearly 47.5% of teenagers visit convenience stores at least once a week. Doniphan West High School students are no different. The local Casey's and new Smart Shop offer convenience and quick meals for busy high schoolers on the go. Throughout the day, you will often find many students with Casey's items and fountain drinks. These purchases add up quickly, with many students saying they can spend up to \$30 a trip. Some might argue that these habits are proving that convenience isn't always good.

When asked what his typical purchase is, Doniphan West sophomore, Rex Ruhnke, stated that he typically buys drinks and snacks. Specifically, most of his purchases include chicken, pizza, Pringles, and a multitude of drinks, ranging from Monster energy drinks and Gatorade to chocolate milk. The total of these purchases depends entirely on who he is buying for.

When purchasing for the harvest crew, Rex states that "I can spend anywhere from one hundred to two hundred bucks." When purchasing for only himself, he typically spends \$20 to \$30 once or twice a day. This can add up quickly, as Rex estimates that, throughout the school year, he spends upwards of \$1,000 on his own purchases at Casey's.



Photo via Business Insider

These purchases don't just hurt the student's wallet however. Many studies suggest that this excessive consumption of fast food can lead to many health issues. These health issues can range from elevated blood pressure and cholesterol to low energy, digestive problems, and weight gain.

The food is not the only problem, as many students can be seen drinking energy drinks throughout the day. Common energy drinks tend to exceed the recommended 100 milligrams of caffeine, with some containing upwards of 300 milligrams. This excessive amount of caffeine could lead to sleep disruption, rapid heart rate, and in extreme cases, medical emergencies.

Malle Meyer, a Doniphan West High School sophomore has had several of these scary instances. When asked what her reactions to consuming these energy drinks are, she stated: "Sometimes my heart starts beating really fast, like I'm going to have a heart attack."

She is not the only student who has reported these instances however, with several sharing the same experiences. Many reported feeling shaky and jittery, and some even having panic attacks. These instances, along with the health concerns, may prove that convenience is not always good.



Honoring Our First Responders: Doniphan West First Responders Day Recap

Jasmin Trembath, Raelee Davis, and Yoselin Trembath



Last Friday, middle and high school students participated in First Responders Day, an educational experience that gave students the chance to learn important safety skills and life lessons. Students also saw different law enforcement careers and paths they can take, including police officers, firefighter volunteers, and Army recruits; many attended and shared their knowledge with students.



Throughout the day, students participated in many hands-on activities, including learning how to put out fires in the parking lot, apply a tourniquet, and perform CPR. They also learned about safe

driving and the importance of wearing a seatbelt. To demonstrate the importance of not driving under the influence, students participated in wearing drunk-driving goggles and drove a golf cart around the football field, seeing how difficult it can be to drive while being impaired.

Many students enjoyed being able to participate in the activities and learned a lot from these first responders. When questioned about what he liked most about First Responders Day, Junior Zayden Keller stated, "I like how it really emphasized what these first responders have to go through daily. It's really good to understand their lifestyle and what goes into the job." Sophomore Trace Caudle also appreciated the opportunity to learn from these individuals, saying, "I liked how we were able to get out and hear everything from the first responders, you know, learn everything about what you shouldn't do and how to avoid it and stay safe."

The fun hands-on activities were also another stated highlight; Trace Caudle said, "The drunk driving, you know. Seeing how substances can affect your vision, and it was pretty fun just driving around in the golf carts." And Emmy Gibson said, "My favorite activity is putting out the fire because I'm an absolute G at it!"



Along with these fun activities, students also learned important safety lessons. Freshman Grace Winters said her favorite activity was the crash simulator. "I like the seat belt convincers because it was the most interesting thing." And from this she concluded, "I should be more aware of my surroundings, don't drive distracted, wear my seatbelt, cause that stuff hurts!"



In addition to learning the importance of safety, students were able to hear directly from first responders about their careers and the many responsibilities that go along with it. Sergeant First Class Douglass O'Righley, a National Guard recruiter, helped address common misconceptions people have about the military services, saying, "Some people believe that everybody goes to war and that you're always gonna get deployed and you're gonna die."

Brenden Wolvington, a law enforcement officer, also discussed misconceptions in his profession, explaining how some people believe that "cops are bad people and aren't there to help others," but we all were able to understand that this isn't true, and law enforcement does their job to the best of their ability. He also stated what a typical day for an officer in his position looks like: "Well, it's a little different in my

role, but a typical day as an officer, I could be running traffic stops; I could be serving subpoenas to people, just making sure everybody's obeying the law"



The day came to an end with a very informative presentation in the gym about human trafficking. A special thank you to the presenters from "The Stop Trafficking Project" for the presentation. We appreciate your willingness to raise awareness of this issue.

Overall, middle school and high school students learned many important things during our participation in First Responders Day. We learned lessons about our safety, being prepared for emergency situations, and the very important people behind the protection of our communities. From practicing life saving skills like CPR and learned about the extreme danger of distracted and impaired driving. This event also gave us valuable insight and a better understanding of the responsibilities and actions First Responders take to keep us safe.



We would like to thank all of the first responders and other participants who took time out of their day to attend First Responders Day, giving us all the meaningful learning experience we needed, and to all the First Responders keeping our communities safe every day!



photo via Doniphan West Facebook

Jackson Cole Sets New Doniphan West Cross Country Record

Mrs. Buschbascher

Sophomore Jackson Cole has set a new record for boys varsity cross country at Doniphan West.

The previous record was 18:09, set by Laurence Dickson in 2007.

Jackson's time was 17:50.

Cole has been running Cross Country at D-West since he was in sixth grade.

Cole states that the thing he gets out of sports in high school is "just being healthy." In addition to cross country, he also plays basketball in the winter, but his main sport is track, where he runs long distance. His favorite track event is the mile, where his current best is 4:38.

Jackson plans to continue running cross country for the rest of his high school career, and then hopes to focus on track in college.

The cross country team will go to the regional competition next Saturday 10/24 in Wabauensee.

First Quarter Wrap Up

Mia Potter, Lexi Thatcher, and Emily Tracy

First quarter has come to an end, and second quarter is well underway. Students and teachers are both reflecting on what went well during first quarter, and what they want to do differently in the next quarter and beyond.

Seventh grader Johanna Scholz was optimistic about first quarter, and the quarter to come. "The first semester so far has been pretty good. It's a lot different than last year because I'm in a new building because I'm a 7th grader, but thanks to the SPED room teachers, I'm actually passing this year!"

As you can see, Johanna has had a pretty good quarter this year, and she likes it better than elementary school.

Ariel Koehler had a similar story. "The first semester was good. We had first responders, and somebody fell off of the golf cart. The first semester was fun; it was easy."

Ariel really liked this quarter so far. She also had fun at the first responders day too. She also had lots of fun, so overall her first quarter was also really good.

Cutler Jeschke said, "I like the first quarter because I love my friends."

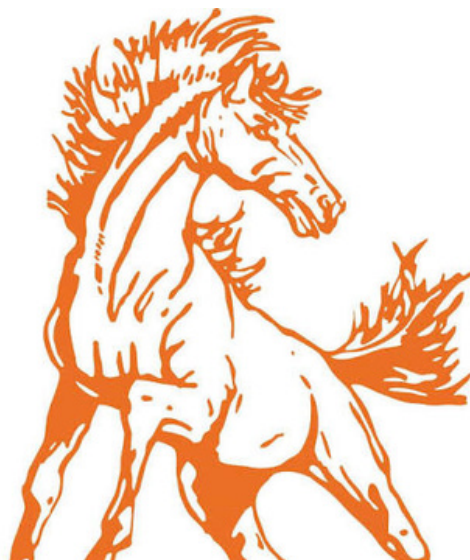
It's not only students who have been enjoying the first quarter so far.

New art teacher Mrs. Schawang is optimistic about her time at Doniphan West. "I think the first quarter has been really good so far. I really love the community at D-West and am excited to be teaching junior high and high school. We're doing a lot of cool stuff in the art room!"

As you can see, overall this year's first quarter has gone pretty well for most people! Lots of kids had fun at First Responders Day. Let's hope all the rest of the quarters will go just as well as this first quarter has gone!



Have a story you think we should cover? Send your tips to kbuschbascher@usd111.org



Keeping Up with the Mustangs

Grace Winters, Riley Atkins, and Kamdyn Yarsulik

This week, our Doniphan West Mustangs are going up against the Republic County Buffaloes. Here is what we know so far: Sophomore Trace Caudle says the biggest challenge of the game is “finishing our assignments, filling the holes, and stopping the route.” Having the stands full and the Freshmen Cord Windmeyer and Ian Johnson say, “The toughest challenge is to not be playing as an individual and play as a team instead.” The team also said, “the biggest challenge is us.” The Mustangs have dedication, heart, spirit, a great work ethic, and better fans.

This week, the team has been focusing on playing until the whistle, not giving up early, and playing together as a team. Republic County High Buffalo has a 1-5 record as of right now. Still, the Mustangs know they cannot afford to underestimate their opponent.

The team stays motivated during a tough week of practice or game by realizing it is the seniors' last year; the school is counting on them to bring their best game and make the school and the community proud.

The game is at home for the Mustangs. Sophomore Trace Caudle says that playing in front of a home crowd “means a lot. Republic County Buffaloes have a long drive here, and we want to send them with an even longer drive back.” Having the stands full and the crowd cheering on our boys brings the team's spirit and energy up more than the fans and cheerleaders realize.

When asked how they handle the pressure of the game, the boys said, “There is no pressure for the Doniphan West Mustangs.” Every game is a fresh battle, and the Doniphan West Mustangs are ready to prove what they can accomplish with the right attitude and when they work together as a team.

The game is at
Highland Community
College at 7:00 pm
tonight, October 16th!



Staff Spotlight: Mr. Powell

Mahayla Labrozzi



Mr. Remington Powell is an adaptable team player and an important part of our community. This is his 4th year as our high school history teacher, and he has made efforts to make it a memorable school photo experience each time. He has lived his whole life here in Highland and has an education from both Highland Community College and Missouri Western, graduating with a bachelors in education.

In years past he was our high school football coach outside of his regular teaching position, though he is now a coaching assistant. This year he has also stepped up to cover a 7th grade PE class. Since he is also currently in grad school, one would think all these responsibilities would be daunting, but not for someone as flexible as Mr. Powell.

Outside of his professional life, Mr. Powell enjoys playing video games with his friends. In the past, he was known to upload clips of the game play to a personal YouTube account, though it serves as more of a time capsule now.

As can be seen from his work, Mr. Powell's dedication to his subject is certain to leave a lasting love of history with his students, and a positive impression on our community as a whole.



Darrick

Student spotlight

Kynleigh Jolly and
Brenna Neibling



Derek Blanton is a senior at Doniphan West this year. He is a great example for younger students and the community, showing excellent school pride and enthusiasm in every activity he takes part in. He is in cross country, Kay Club, pep band, and track, where he throws the javelin. Outside of school, in his free time he likes to woodturn and he works at a retail store in Atchison.

After Highschool, Derek is planning on either continuing his education at Highland Community College or joining the military, specifically the air force.

Derek states he is not ready to graduate from high school quite yet, but is also excited to be graduated. “I’m between being done and not being done.”

Halloween is almost here!

Jillian Keebler, Malle Meyer, and Joise Reno

Halloween is coming up, and everyone has different plans for the spooky night! Some people are getting dressed up, going trick-or-treating, or hanging out with friends, while others are planning to stay home. My classmates and I asked seven people some fun Halloween questions to see what they think about the holiday.

What are you going to be for Halloween?

Kolten Keller is going to be a baby, Jonathan Popejoy is dressing up as a ninja, and Charlie Hoffman is going to be a farmer. Laylia Chambers is going for a scene look, while Grant Boos is dressing up as Wyatt Earp. Will Kuhnert hasn't picked out a costume yet, and Brooklyn Drake isn't dressing up because she plans to take her niece trick-or-treating.

What are you going to do on Halloween night?

Most people are planning to go trick-or-treating or hanging out with friends. Kolten, Jonathan, Laylia, and Will are planning on trick-or-treating, while Grant wants to hang out with friends. Charlie plans to do some farming, and Brooklyn is taking her niece trick-or-treating to get lots of candy, then take the candy!

What are you going to do during Halloween?

Everyone has a different plan for Halloween day. Kolten is hanging out with his family, Jonathan will probably sleep, and Laylia plans to sit around her house. Will might go shopping with his family, while Grant and Brooklyn have to work. Charlie is planning to do some more farming!

How old is too old to dress up?

Most people agreed that you're never too old to dress up! Kolten, Charlie, Laylia, Grant, and Brooklyn think there is no age limit. Jonathan said 85, while Will said he doesn't think there's a certain age, but stopped dressing up around 8th grade.

Are you going to have your porch light on?

Not everyone will have their porch light on this Halloween. Laylia and Will said they probably will, while Kolten and Brooklyn won't because they don't live in town. Jonathan plans to be out trick-or-treating, Charlie probably won't be home, and Grant won't have his light on either.

What is your favorite Halloween candy?

Chocolate seems to be a big favorite! Kolten, Charlie, and Grant all picked Snickers, while Jonathan chose Kit Kats and Laylia picked out Milk Duds. Will and Brooklyn both said they like anything with chocolate.

What is your favorite Halloween movie?

There were a few different movie choices. Kolten picked *Scream*, Jonathan chose *The Nightmare Before Christmas*, and Charlie and Laylia both picked *Hocus Pocus*. Grant and Brooklyn chose *A Scary movie*, while Will said he doesn't really have a favorite Halloween movie.

Would you rather go to a haunted house or watch a scary movie?

Most people would rather visit a haunted house! Kolten, Jonathan, Charlie, Laylia, and Brooklyn all chose the haunted houses. While Will and Grant would rather stay in and watch a scary movie.

Do you prefer trick-or-treating or handing out candy?

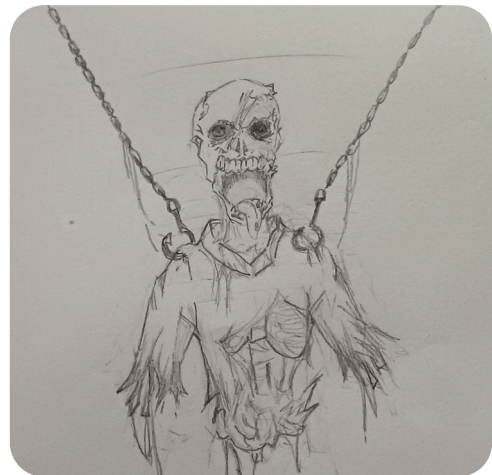
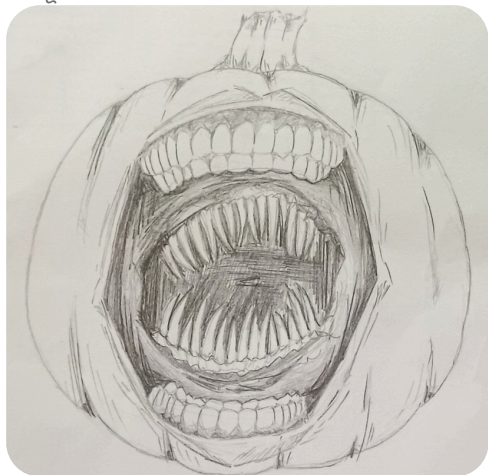
Trick-or-treating was the most popular choice. Kolten, Charlie, Laylia, and Will would rather go trick-or-treating, while Jonathan, Grant, and Brooklyn prefer handing out candy.

What is the funniest thing that has happened at a Halloween party?

Some people had pretty funny stories, while others haven't been to a Halloween party. Kolten remembered a kid doing a backflip and landing on his head. Jonathan shared a story about him and Julian getting caught TP-ing during Halloween movie night and being chased by a guy. Grant had a memorable moment when he caught his jeans on fire! Charlie, Will, and Brooklyn said they have never been to a Halloween party, and Laylia couldn't think of a story to share.

Spooky Art

Jace Hennigan



Fall In Love With Sweet Treats From the Sophomore Class!

Yoselin Trembath

Looking for a delicious indulgence this fall? The Doniphan West Sophomores are excited to be partnering with Kansas Maid Frozen Pastries for a bake sale fundraiser! Students will take orders until **October 19th**. So, you will have time to place your order for your favorite pastry and support Doniphan West's sophomore class. There are various homemade options to choose from; each is priced at \$16, including cherry, cinnamon, cream cheese, apple, strawberry cream cheese, and raspberry braids, as well as an Italian garlic and herb braid. And for those who enjoy sweet and savory, cinnamon rolls and caramel sticky buns are also available!

Orders will be delivered just before Thanksgiving, just in time to add something delicious to your Thanksgiving table. Be sure to order from a sophomore class member before **October 19** and help support the Doniphan West Class of 2029!

For any additional information or questions, you can visit the Kansas Maid website at [KansasMaid.com](https://www.KansasMaid.com) or ask a sophomore student. Don't miss this chance to savor the best seasonal flavors. Join the sophomore class in making this fall a little sweeter!



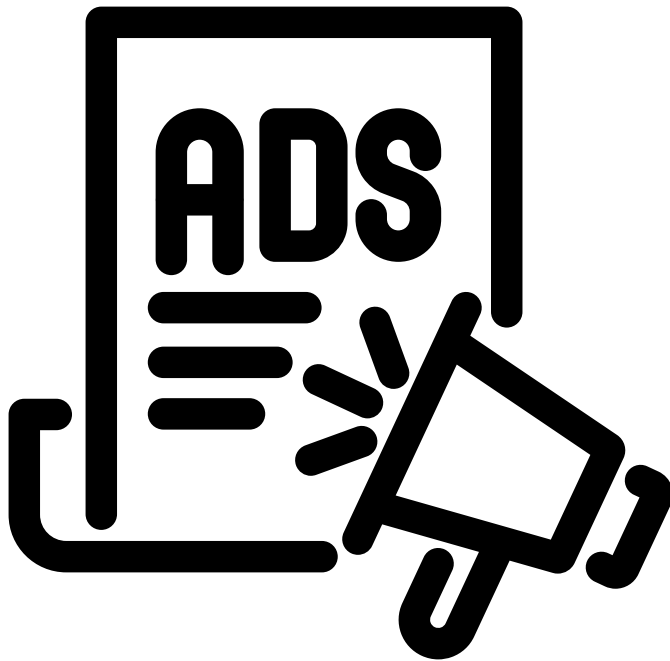
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**SOPHOMORE
BAKE SALE**
Kansas Maid Frozen Pastries

ORDER BY
OCTOBER 19th

\$16
PER PASTRY

Support the Doniphan West Sophomores!
Pay by check when ordering. Contact a sophomore student to place an order.
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Cinnamon Rolls · Caramel Sticky Buns





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Students will reach out to arrange payment once minimum orders are placed.

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 **CLASSROOM GIFT
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Buy a squishy and support our class for junior prom & senior trip!

WE APPRECIATE YOUR SUPPORT!

Contact a Freshman or Mrs. Edie
(sedie@usd111.org) with any questions!

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