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the official student media of blue valley northwest







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EVENTS

CHOIR CONCERT MARCH 26

SOCCER GAME VS. BISHOP MIEGE MARCH 26

SWIM MEET MARCH 28

SOFTBALL GAMES VS. STA

APRIL 1

BASEBALL GAME VS. STA

APRIL 1

TRACK MEET APRIL 3

GOLF TOURNAMENT VS. WASHBURN RURAL

APRIL 9

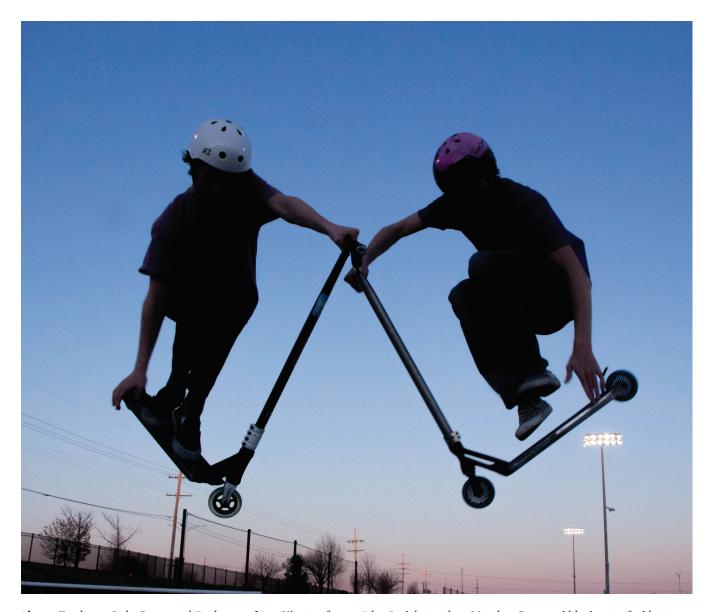
TENNIS DUAL

VS. BVSW APRIL 13

NO SCHOOL APRIL 20

PROM DANCE APRIL 25

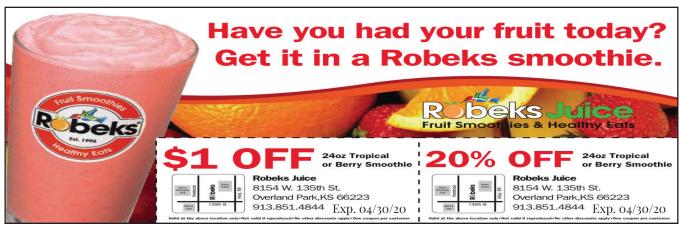
3.26.20 | Issue 6 03



Above: Freshman Lake Brace and Sophomore Jace King perform a "tbog" trick together, March 4. Brace said he is not afraid to try new tricks as long as he is wearing a helmet. (Photo by Rachel Sarff)

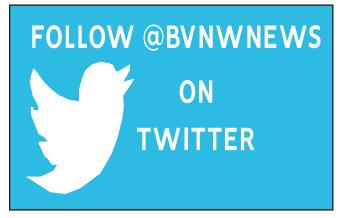
Cover: In a recent survey of 138 students, 65 percent of students surveyed said the were taught how to interact with police when being questioned or pulled over by an officer. (Photo by Mitri Krishna)

BREAKING	LET'S	SCOOTER	SHOT
UP THE	TALK	BOYS	IN THE
NUCLEAR	TERRORS		WALLET
FAMILY			
PAGE 8	PAGE 12	PAGE 24	PAGE 26









3.26.20 | Issue 6 05

STAFF EDITORIAL

KNOW THE FACTS

t's no secret that our nation has a political divide, separating its citizens into Republicans and Democrats, or as some media puts it, "misogynists" and "libtards." Social media has been a platform for advocating one's ideas, but now it's a breeding ground for radical liberals and extreme conservatives, who are more interested in bashing one another for their "narrow minded" ideas, than supporting their own beliefs. In light of the upcoming election, it is time for us to set aside our differences and know the facts about varying

political beliefs, in order to vote for the best interest of our country instead of how the media portrays these groups.

If one were to try to talk to someone with respect and an understanding of the opposing beliefs, you may find that the political differences aren't that great. According to the "Perception Gap" study

published in 2018, this hatred between liberals and conservatives is rooted in their respective core beliefs, but there is often a misrepresentation of their true values, skewed by the online presence of the most radical activists. Following the midterm elections, the study showed how Americans' perception of the "other side" was not the truth of their beliefs. Given today's political climate, this false perception may still be true.

In this study, Democrats believed Republicans refuse any immigration, discriminate and have false prejudices of minorities. It further stated those with rightist views contribute to the racism and sexism still present in our country. So, when asked to estimate how many Republicans believe immigration can have a positive influence on America so long as it is controlled, Democrats only estimated around half. In reality, nearly 90 percent of Republicans agreed with this sentiment, a statistic that defied the "stereotype" of a conservative.

Republicans have unsupported reasoning to dislike Democrats, too. For example, they guessed that only around half of Democrats were "proud to be an American." Because America's more conservative stance on current issues such as abortion and our current president disagreeing with many democratic beliefs, it is often thought that Liberals dislike the state of our country. However, the study showed that 80 percent of Liberals felt pride in the U. S.

If the reasons for mutual hatred are just a mutual

misunderstanding rather than a genuine difference of values, America's division should theoretically be easy to remedy. It's all just a matter of education; know your facts.

You need to make sure you're getting the right facts, though. The media has the power to impose ideas upon each political party and can subtly (or not-so-subtly)

bash any opposing ideas. Thus, it is important to read about politics and current events from a news source that is reliable and provides a clear understanding of the issue, such as Reuters or NPR. Of course, one has the right to their own opinions and personal bias, but for the sake of respect and consideration for others, know the facts before jumping to conclusions.

Having a clear understanding of the world of politics is more important now than ever, especially for those eligible to vote in the democratic primary election this May and the presidential election this November. A country deeply divided stops anything from being solved; the first step to a more united country is not to play into the media's sensationalism, but instead form our own opinions from unbiased facts.

A COUNTRY DEEPLY DIVIDED STOPS ANYTHING FROM BEING SOLVED; THE FIRST STEP TO A MORE UNITED COUNTRY IS NOT TO PLAY INTO THE MEDIA'S SENSATIONALISM, BUT INSTEAD FORM OUR OWN OPINIONS FROM UNBIASED FACTS.

OPINION

4 REASONS WHY

MARCH MADNESS

IS THE BEST POSTSEASON

Disclaimer-The deadline for The Express issue was prior to the decision to cancel the March Madness tournament.

O1 TIME OF THE YEAR

March Madness is perfectly positioned to occupy sports fans' attention at a time of the year that would otherwise be very dull. The month of March consists of ongoing off-seasons for the NFL, MLB and NCAA football, while the NBA and NHL are awaiting their playoffs. In comes March Madness, providing the excitement of the postseason to fans of all sports. From Selection Sunday to championship Monday, this three-week tournament can be missed in the blink of an eye, so prioritize your time and don't miss out or you'll have to wait months until the NBA Finals in June.



BY JACK NITZ



NUMBER OF TEAMS **QZ**

The great thing about March Madness is that with such a large number of teams, there are a lot of games that have to be played (67 to be exact). This allows for games to be played four days of the week, leaving little time for fans to have to wait for games. This is a vast improvement from the NFL playoffs, where teams only play once a week, leaving fans waiting for what seems like forever in between games. Due to the large number of teams, March Madness features a single elimination system. In the NBA and MLB, teams play best of five or best of seven series. While these series are entertaining, they last a very long time and each game doesn't have the same significance as it would in March Madness.

03 UPSETS

With such a large number of participants in March Madness, there is usually a skill gap between teams in the tournament. Part of the beauty of March Madness is the unpredictable upsets that occur every year. March Madness is set up with the one seeds (the best teams) playing the 16 seeds (the worst teams), two seeds playing 15 seeds and so on in the first round. While many people predict the higher seed to win, upsets occur quite frequently. But up until 2018, a 16 seed had never upset a one seed. In the first round of the 2018 NCAA Tournament, the 16-seed University of Maryland Baltimore County Retrievers played the overall one-seed, perennial powerhouse Virginia, and did the impossible: not only did they win, they blew college basketball fans out of their seats, beating Virginia by 20 points proving that anything is possible in March Madness. The games that end in upsets are some of the most entertaining and create storylines as the lower seeded teams advance in the tournament. These upsets help define March Madness and add to the craziness that makes it so entertaining.





BRACKETS **04**

Brackets are a fun way for families, friends and coworkers to compete during March Madness, playing for bragging rights or a small wager. Unlike other sports, brackets give fans a reason to keep watching after their team is eliminated. In 2019, 17.2 million brackets were entered into the ESPN Tournament Challenge. The American Gaming Association took this number and statistics from other bracket challenges to estimate that 40 million Americans create brackets every year. But, many people create two or more brackets, meaning that there could be over 100 million brackets created every year.

THE FLAWS IN FEMINISM



BY RAABIA QURESHI

am going to be honest: as a brown girl living in Johnson County, my life is pretty easy. But the same cannot be said for so many of my sisters of color, whose strides toward equality aren't receiving coverage and pleas for equality in the workplace aren't being heard. Muslim girls' hijabs are being torn off, black girls are being told they're not good enough and women across the board are being paid less than men.

Instead of covering the challenges these women face on a day-to-day basis, modern-day feminism only caters to white women, advocating for issues important to them. In history

classrooms everywhere, we applaud the strides taken by white, female activists such as Susan B. Anthony or Elizabeth Stanton, highlighting their advocacy for women's equality during the women's suffrage period.

What the history
books fail to mention is
that while these white
activists prioritized
their own freedom, the
oppression of black
women continued. Their
ignorance paved the way for today's
forminist movement by making one

feminist movement by making one thing clear: only an issue that doesn't directly impact white women will always fall low on the list of priorities. By struggling to support those whose identities and issues seem foreign to them, these so-called "feminists" defeat the purpose of the movement as a whole.

A prime example of this showcases itself every year. The well-known Women's March holds its annual protest in Washington D.C, bringing

IF FEMINISM IS ABOUT

RECLAIMING YOUR

I DON'T NEED THE

MEDIA'S PITY.

OWN CHOICE, THEN

together thousands of women of various backgrounds in the fight for numerous issues, ranging from abortion rights and LGBTQ rights to health care reform and ending violence.

From the outside,

these protests scream equality, power, and transparency, but in reality, the organization is crumbling due to allegations of antisemitism, which have driven off some of its board members, including Muslim activist Linda Sarsour. Also, many women, specifically those of color, have also complained the organization's goals fail to align with their issues.

It's disappointing to watch an organization built on the foundation

of supporting all women slowly dismantle itself because its leaders can't work together. If feminist leaders can't agree on advocating for all issues of equality, then what does this say about this so-called "movement" as a whole?

In the past year, more and more women are gaining the confidence to display themselves unapologetically on social media. Famous figures will post pictures advocating for nudity as a form of liberation, explaining how the ability to post nude photos is a power move and a step toward

equality.

As a Muslim, I don't believe in publicly displaying my body in such a manner—but I do believe in having a choice. If posting photos like that is liberating for you, go right ahead. That doesn't give more power to you.

nor does it downplay my stance as a feminist. There is no rigid label to what a feminist looks like nor a set a stands they need to reach "liberation." This narrow view of equality is leading the world to feel bad for Muslim women like myself who garner power through

sticking to their ideals. If feminism is about reclaiming your own choice, then I don't need the media's pity. I can cover myself from head to toe and still take full advantage of my rights.

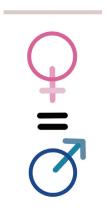
On the other hand, pseudo feminism also

deserves to be called out. Pseudo-feminists hold a strong reserve to correct all the injustices done to women by lashing out and demeaning men. Under this view, all men are trash, egoistic and misogynistic. Don't get me wrong, some of them truly live up to the title. But, if the mission is to achieve equality between both genders, stigmatizing one of them won't achieve the goal.

Needless to say, there are women whose comments are justified.
Instances of being abused, harassed or labeled as "liars" when making rape accusations continue to be a reality for many of them, rightfully shaping their perspectives on men.

It should be our responsibility to address the discrepancies found in today's feminist movement in order to do right by the women who's issues are constantly being overlooked.

But at the same time, I'm tired of advocating for these issues alone. It's exhausting to be at the point of pleading to my fellow peers to let go of their first-world problems and focus on the bigger issues at hand. I could care less about what race you are and the excuses that accompany it, because the act of not caring about issues that don't pertain to you is getting old. The expectation should be to focus on the collective goal as a whole—equality for ALL women.



BREAKING UP THE NUCLEAR FAMILY

With nearly 50 percent of marriages ending in divorce, the children involved have to alter their lives in many different ways to adapt to the life change.

BY JENNA WEYFORTH

FAMILY RELATIONSHIPS

n a now or never decision, senior Lily Torres packed her bags to move halfway across the country to live with her mom, unsure if they could still rebuild their relationship.

"Now she's better; she doesn't drink anymore and do any stuff like that," Torres said. "Not that it wasn't safe for me before...but in the beginning, I didn't get to visit my mom that much, and we had to go to a therapy place where we had someone watching [my family] interact, to make sure everyone was in a safe space."

Her mom, Martina Torres, said it was difficult to maintain a close relationship with her daughter during her divorce, but started to spend more time with her after quitting drinking nearly eight years ago.

In any custody case, family lawyer Kelli Cooper said keeping kids and teens as far away from the case as possible is best, so they don't have to deal with getting caught in the conflict.

"Best case scenario, parents are protecting their kids from that; they're not disparaging the other parent or putting them down," Cooper said. "Even if their parents are separating and getting divorced, what they see from their parents is still respect for the other parent."

After divorcing when she was in second grade, senior Danya Radhi's parents, Mohammed Radhi and Zahra Alattar, said they eventually became friends and moved a street away from each other. While they frequently spend time together as a family now, Radhi said it hasn't always been this way.

"I'm pretty sure they didn't talk to each other," Radhi said. "They didn't hate each other, but as time went on, they came to the realization that what was best for me and my brother was that they work together, rather than separately."

According to the Johnson County Family Law Parenting Guidelines, when parents can cooperate for the best interest of their children, this allows the family to work through differences and be flexible as the relationships inevitably change.

While co-parenting is the ideal after a divorce, it is often easier said than done, as a majority of divorced parents of students at Northwest currently don't have a good relationship, according to a survey by The Express of 167 students.

When sophomore Mikayla Kia's parents separated, she moved to Overland Park with her dad and said she is happy with the change, even though it is a complete shift from her life before.

"When we came to Overland Park, we were just really happy," Kia said. "But with my mom, it's kind of all over the place. We have an on and off relationship because I rarely ever see her. Nor do I really want a good relationship with her because of what has happened in the past."

Kia's father, Matthew Kia, said when he decided to move out, he wanted to make sure his kids knew it was their choice whether to live with him or not Design by Alyssa Peterson

to avoid problems in the future.

Kia echoed this, saying she wants to live with her dad, but since her parents aren't officially divorced, her family is still at the beginning of the legal process.

"There were times my dad was like, 'OK, this is the plan that's going to be happening," Kia said. "'I just want you to brace yourself if anything goes wrong. I'm going to fight for you guys to stay with me."

As a lawyer, Cooper said she doesn't communicate with the children in a custody case, but family assessments are in place to evaluate the needs and best interests of the kids. The older the child is, the more their opinion in the decision of custody will come into play.

To avoid such issues with custody and relationships, Radhi said she doesn't think divorce should be the



3.26.20 | Issue 6 09

first option for a conflicted marriage, but she said it can oftentimes be for the best for both the children and adults.

"I can't even remember what it is like to have a traditional family, which kind of sucks because I see my friends who have a mom and dad together with their siblings," Radhi said. "But looking back, I'm thankful that they [divorced] because a house with them arguing was much worse than two houses with them separate and enjoying themselves."

EFFECTS OF DIVORCE

Relationships with family members aren't the only road block in repairing a family from divorce, as various long term effects are common for teenagers who have gone through a divorce. About 90 percent of Northwest students with divorced parents say they have been affected emotionally, according to the survey by The Express, and this can often affect them down the road.

For Torres, the divorce was best for her family, but she said the process also played a large role in her ability to share her deeper emotions. While she said she has continued to present an easy-going, 'it-is-what-it-is' persona through the troubles she has come across, she said her family has noticed her having difficulty with expressing emotions.

"You never want to look weak in front of other people during certain





Senior Danya Radhi, right, poses for a 2004 photo at Clinton Lake in Iowa with her family prior to her parents divorce. "We rented a boat they had and were just adventuring in the Park." Radhi said. (Photo courtesy of Danya Radhi)

THAT THEY [DIVORCED]

BECAUSE A HOUSE WITH

THEM ARGUING WAS MUCH

WORSE THAN TWO HOUSES

WITH THEM SEPARATE AND

ENJOYING THEMSELVES."

situations," Torres said. "So you just learn to build it up inside and not release it, so I think it's just carried

through like a habit."

Northwest psychologist Monica Symes said finding a way to release emotions is a common struggle for children of divorce, as they are often grieving the loss of the marriage, just as their parents are.

"There's a lot of change and uncertainty," Symes said. "It's a huge life change, and it is a loss of a marriage for everyone involved: the people who are getting a divorce plus the children in the house. The grief cycle exists for everybody, and they will all go through the phases differently."

With her parents recently separated. Kia found journaling to be a comforting way to process her emotions and get past the traumatizing events she has experienced.

"At my old house, I used to just cry so much before I fell asleep and journaling got me through that because even if it wasn't a person to talk to, I [could] get all this stuff out on paper," Kia said. "Some people burn whatever they write, but I like to keep it because it makes me feel like I'm kind of strong

going through this. And I keep a smile on my face each day, even through what I'm going through."

Because of "LOOKING BACK, I'M THANKFUL the permanent purpose of a marriage, witnessing an abrupt end to this core family relationship can often cause one's ideas of love and partnership to suffer, Symes

> said. While it often changes how a child or teenager views relationships, divorce is not always a generational pattern as Symes said, it likely raises awareness on how one approaches a healthy relationship.

-DANYA RADHI

However, through her experience with divorce. Radhi said it is hard for her to picture choosing one person to be with for the rest of her life.

"I think trial and error is something that comes with a lot of different aspects. And maybe marriage is one of those things," Radhi said. "So if you do try and fail, then I think it's normal. And I think as time goes on, especially with our generation, we are going to see more of that, just because people are becoming more open minded."



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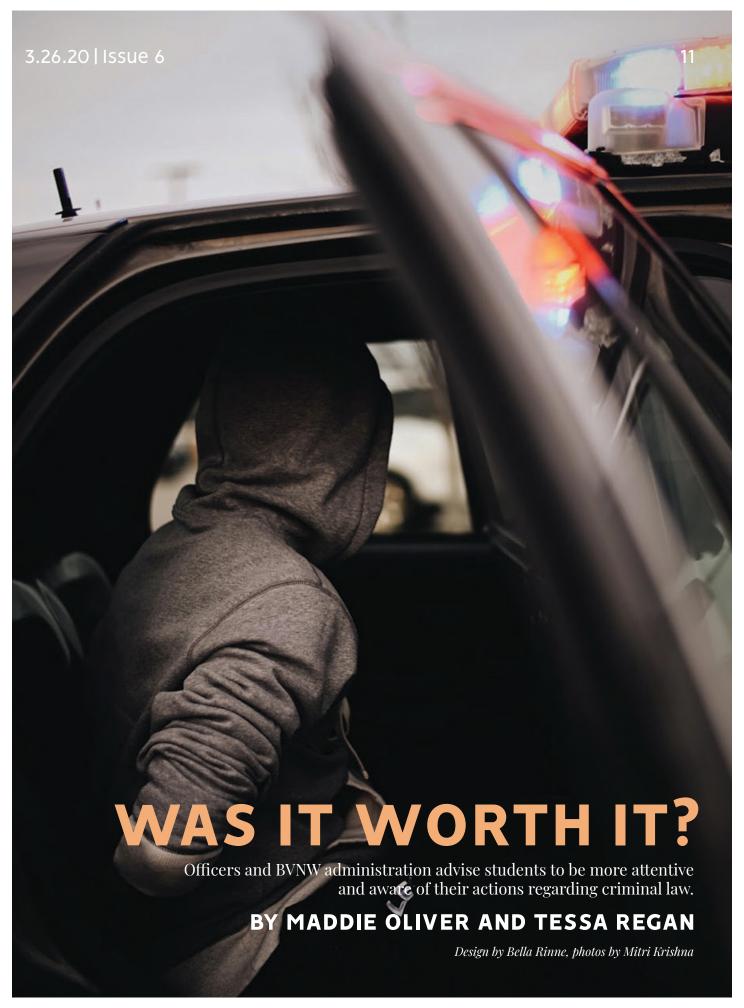


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12

n an incident at the District
Activities Complex (DAC) parking
lot involving senior Raven Flanagan
on Jan. 29, several shots were
fired, causing an increased police
presence on campus the following day.
Flanagan said she faced no punishment
from local law enforcement nor from
the school for the nighttime incident.

Earlier that day, Flanagan said her "mom's merchandise" was found in her car, which led to a suspension that would last the rest of her senior year.

According to Flanagan's mom, Kimberly Ramsey, the items did not belong to her, but rather to her boyfriend. The "merchandise" found in the vehicle, Ramsey said, was a "smoking device." After her daughter was suspended, Ramsey said she believes Flanagan was treated unfairly.

Administrators and police said they could not comment on a specific student's discipline and consequences.

Prior to the incident, the Blue Valley School District had added a total of 10 new cameras to the DAC parking lot this past summer, in addition to the two original cameras. Overland Park Police Officer Richard Spandle said the cameras have helped the SRO's ability in monitoring the different crimes that happen at the DAC, such as when something is stolen or damaged.

School Resource Officer Anthony Garcia said more teens committing

I DON'T THINK THEY'RE

INTENDING TO COMMIT

CRIMES: THEY DON'T

THEY'RE DOING IS A

-OFFICER GARCIA

REALIZE WHAT

CRIME."

crimes could be due to a feeling of spontaneous invincibility and their lack of knowledge of punishment.

"We know teenagers have the sense of impulsive invincibility," Garcia said. "Combine this kind of invincibility with [a lack of]

knowledge of the consequence. Most teens have not had law enforcement contact, so if they get pulled over for the first time, their anxiety is high because they don't know what's about to happen. I don't think they're intending to commit crimes; they don't realize what they're doing is a crime."

Principal Amy Pressly said if a crime occurs on school district property or at a school-sponsored event, whether that be on or off campus, the school



Alcohol incidents at BVNW campus tends to be consistent every year, Garcia said. According to a survey of 139 Northwest students, 87 percent have witnessed someone breaking the law.

punishment still applies to the student.

With Spring Break having recently ended, Pressly said the administration has to deal with students violating the Substance Abuse Policy, required for any student involved in athletics or activities within the school, as the policy still applies even outside the country. Regardless of where the infraction occurs, Pressly said if it interferes with the "process of education," the school has the right to deal with the situation.

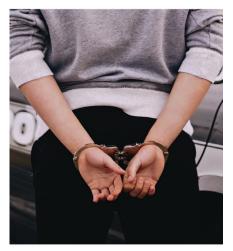
As for students who are not involved in athletics or activities, Athletic Director Kevin Gerke said there are still consequences set up by the school depending on the impact the violation has toward the school.

"It depends on the impact [the incident] has. It depends on the nature of what

[occurred]," Gerke said. "There are a lot of factors involved in whether or not it becomes something that we can do anything about here at school."

As far as teens breaking the rules, punishment in both school rules and civil law differs. Both parts are separate, Pressly said.

At BVNW, a first offense of the Substance Abuse Policy results in a "suspension from participation in activities for not more than 50 percent



The same survey found that 35 percent of students have never learned how to interact with the police.

of one full season." If one confesses to their own violation to administration prior to the school learning of the violation, a suspension reduction may occur.

The penalty for a second offense is a suspension from all athletics and student-run activities for one season. The completion of a drug, alcohol, or nicotine program is needed prior to beginning the activities again.

The punishment for a third offense is a full year suspension from all activities and athletics one may be involved in. A "fulfillment of any additional responsibilities required by the coach/ sponsor" prior to a reinstatement. 3.26.20 | Issue 6 13

POLICY FOR PUNISHMENT

SEX CRIMES

Sex crimes such as possession of pornography, rape, assault and harassment can range in punishment from the school depending on the details of what took place, Principal Amy Pressly said. One may be registered as a sex

of the sex crime they committed, Overland Police Officer Richard Spandle said. If the sex crime is minor, one might be able to get that removed from their record through Diversion: a those who have committed a relatively small crime, according to the Johnson County District Attorney's Office. Diversion is granted in a case only if the offender displays true "remorse" and holds accountability for the actions

As for the criminal penalty, a report will be filed, an arrest will be made and the case will be inspected further

VAPING

If a student gets caught vaping on school grounds, the punishment from the school can vary. Pressly said. If it is a first offense, the consequence is a five day out-of-school suspension. To lower the days of suspension from five days to three days for a student, (A Smoking Prevention Interactive Experience) an online curriculum that helps teens learn the dangers of

DRUGS

The criminal punishment of being caught with drugs, Lacy said, is similar to the punishment of a juvenile being caught with alcohol. However, the juvenile would not be charged on the tested. From there, the juvenile will be summoned to court where one would likely receive Diversion.

With peer pressure and lack of break school rules and the law, Garcia said that setting the standards for what

law-abiding generation.
"I think [the law is] something that



STAY SAFE, NORTHWEST

The Express asked law enforcement officers and a defense attorney for advice on the best way to handle situations with the police on the road.

Tear this page out and leave it in your car for reference.

FROM LAWYER

What do I do if I have an accident?

"When the police arrive, be ready to provide them with your driver's license and proof of insurance. You are required by law to introduce yourself and show your insurance; one can get a ticket for not having insurance on them. When talking to the officer, you are not required to give your version of the accident if you don't feel comfortable, but in doing this, one may believe the other parties version of events and give you a ticket."

What level of severity should you call the police for?

"When you've been in an accident, some states require that you call the police to report it within a certain amount of time. It's always better to call the police. At the least, you need to leave your contact information if the car you hit was parked."

What do I need for my insurance company?

"If you intend to report the car accident to insurance and have them pay for your damage and/or the other car's damage, most insurance companies require a police report."

What should you do if you witness a hit and run?

"If you see a hit and run, try very hard to remember the license plate of the car. The make and model of the car or even the color of it is much less important than the license plate. You should call the police right away with this information and be ready to give your name and contact information."



3.26.20 | Issue 6



WHAT TO DO IF...

YOU GET PULLED OVER

FIND A SAFE AREA TO PULL OVER

Even though it can be alarming, there is no need to slam on your brakes and find a spot to stop your car quickly; find a safely lit and reasonable location away from heavy traffic, such as a parking lot or the shoulder of a road.

GATHER ALL NECESSARY ITEMS

After you've come to a stop in a safe area, wait patiently and retrieve your driver's license and your insurance card.

KNOW WHAT TO EXPECT

Before coming into contact with you, the officer will check for any tinted windows and any additional passengers. Upon them asking for your ID, they will likely shine a flashlight into your car and over your ID, depending on the time of day, to get a complete understanding of the situation at hand.

COMMUNICATION IS KEY

When talking to the officer, it is advised that you're respectful and answer questions thoroughly. When moving your hands in your car, such as to grab for your ID, inform the officer of what you are doing. They are questioning your every movement, so it is important to keep that in mind.

YOU GET IN AN ACCIDENT

MOVE VEHICLES OFF THE ROAD

If the vehicles are drivable, move out of the lane of traffic. If you're on the highway and there's fluids coming out of your car or wheels, the car is probably not drivable. You will need to call the police immediately and wait for an officer to come and provide further assistance.

ON THE HIGHWAY

If you get into an accident on the highway, officers suggest to not move and stay in your car. With high speeds and possible debris from the accident, you are more at risk of injury outside of your car.

CHECK FOR INJURIES

After moving off the road, assess the situation by meeting with the other driver(s). If you or someone else involved is injured, the injury should be your first priority and you should call 911 immediately.

EXCHANGE INFORMATION

The information to exchange between you and the other driver(s) is name, phone number and insurance. Officers advise using your phone to take pictures of the person (discreetly), licence plate and the overall damage of all cars involved; hypothetically, one might change their version of what happened, so getting proof of everything is necessary.

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% 8 SENIOR HEALTH
% 12 HYGIENE

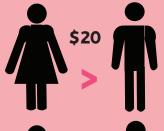
ON AVERAGE,
WOMEN PAY MORE
FOR EVERYDAY
PRODUCTS
42% OF THE TIME.

PRICE DIFFERENCE

PRODUCTS



Schick's Hydro Silk Razors for Women 4 Pack- \$18.49 Schick's Hydro Razors for Men 4 Pack- \$14.99



Levi's Black Classic Women's Jeans- \$88 Levi's Black Classic Men's Jeans- \$68



Radio Flyer My 1st Scooter Sport: Red- \$24.99 Radio Flyer Girls My 1st Scooter Sparkle: Pink-\$49.99

According to the New York City Department of Consumer Affairs

Reporting by Natalie Policky Design by Sophie Dellett 3.26.20 | Issue 6

HUSKY HIGHLIGHTS





Senior Payton Meyer and freshman Cecelia Niemann laugh while creating a skit to develop the skill of accepting and giving out criticism in a respectful way. "Connections has changed my whole view on life," Meyer said. "I've learned a great deal of patience and how to be positive." (Photo by Rachel Sarff)

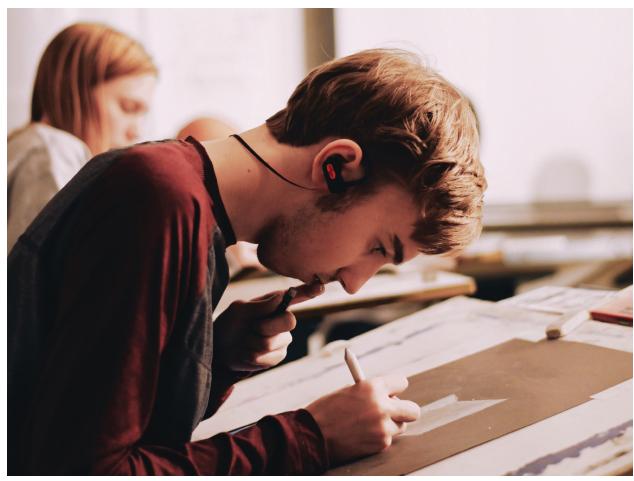
Sophomore Lexi Liess mixes a base with an acid during a titration lab in her seventh hour Honors Chemistry class. "I honestly thought the lab was stressful, but I enjoyed doing things hands-on and being able to mix things until they turned a different color," Liess said. (Photo by Mitri Krishna)

HUSKY HIGHLIGHTS

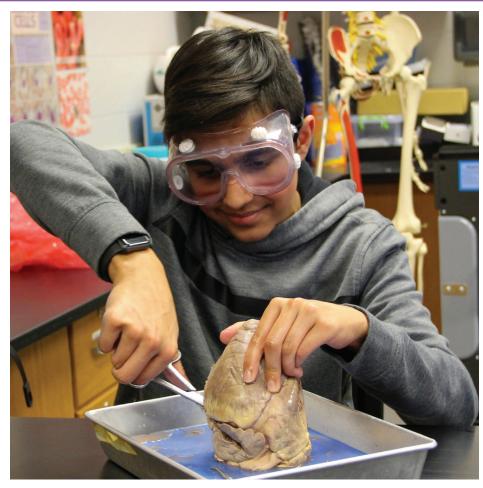
Freshman Micah Sandvig drills into a piece of wood during Wood Technologies I. "This is my first introduction to woodworking, but I am really enjoying it," Sandvig said. (Photo by Grace Miller)

Senior Owen Harris works on a two-point perspective of a still life during his seventh hour Drawing I class. "It wasn't your typical idea," Harris said. "You draw using blacks on a white paper instead [of] using whites and greys." (Photo by Mitri Krishna)





3.26.20 | Issue 6





Sophomore Aiyan Sanjanwala performed a dissection of a pig heart for a lab in his seventh hour Anatomy and Physiology class. He said his favorite part about the lab was being able to feel the heart and explore it with virtually no limits. "It may seem disgusting, but really it helped me and a lot of others, who are hands-on learners, understand the topic more deeply," Sanjanwala said. (Photo by Grace Davis)

Sophomore Anna Ovington plays alto saxophone as a part of Concert Band's performance, Feb. 25. "I like playing alto saxophone because it's just a fun instrument and it's not like any other," Ovington said. (Photo by Grace Miller)

LET'S TALK TERRORS

Detailing fears of their own, students discuss their phobias.

BY NATALIE POLICKY

Design by Courtney Krebs

-HOW IT WORKS-

Whether it be heights, butterflies, or the ocean, it is not uncommon that people tend to avoid a particular thing altogether. According to psychology teacher Tenny Dewey, a "phobia" is not particularly a "fear," but rather a strong and reasonable fright that greatly affects one's behavior.

Phobias are classified into three main categories. The first category is called "simple phobias." Simple phobias are strong, reasonable fears that could be subjects like animals, locations, or heights, according to Dewey.

The next main type of phobia is called "social phobias," or fears brought on by the presence of other people. Usually the subject who exhibits this fear appears apprehensive that they are being observed, evaluated or judged by others. Social phobia can also be classified as social anxiety, Dewey said.

"The number one reason students come to see me during the day is [to say] 'I got some type of anxiety'. You know, it could be an anxiety disorder, or what's now called social phobias," Dewey said.

The last type of phobia is called agoraphobia, Dewey said. Agoraphobia is defined as a fear of wide-open spaces or a fear of being put in situations where there is no escape.

To "treat" a phobia, there are two effective methods called flooding therapy and behavior therapy.

Behavior therapy systematically desensitizes a phobia. The steps in behavior therapy include telling the psychologist of the phobia and instructing them on relaxation techniques. Flooding therapy means being "flooded with fear," Dewey said. An example of flooding therapy is direct exposure to the fear itself, like flying.

"Each individual takes their own approach," Dewey said. "Some may go to the point where they seek professional help, others may just try and avoid the situation."

TOILET PHOBIA

Having what is best referred to as "toilet anxiety," junior Sidney Gana's phobia, of using the toilet in public places, is so specific that there is not a designated name for her phobia. For Gana, she said she is particularly afraid of airplane toilets. She said she believes it is not a serious phobia, but it affects her usage of the bathroom on flights.

"Sometimes I hold my pee for two hours," Gana said, "Which isn't good for you."

There is nothing particular from Gana's childhood that she attributed to the development of this phobia of hers, but she said it might have stemmed from the usage of port-a-potties. Using a port-a-potty creates a sense of fear about accidentally dropping her phone in and then it is gone forever, Gana said.

Despite the flare-ups of this phobia on planes, there is a positive of having this phobia, Gana said.

"I'm not the annoying person that will keep getting up from the window seat to go to the bathroom since I don't want to," Gana said.

However, when Gana does get on a flight, she knows what to do when she has to go to the bathroom, and how to prepare.

"When I am ready to flush, I have the door already unlocked and I am ready to open it," Gana said.

Due to this fear of Gana's, she said she uses her time before flights wisely by using the restroom and not drinking lots of water before boarding a flight. 3.26.20 | Issue 6 21

-ATHAZAGORAPHOBIA-

Moderately affecting her life, senior Lindsey Crowell has the fear of "athazagoraphobia," or the fear of forgetting or being forgotten.

Crowell developed this fear within her own family. A couple of months ago, Crowell's grandfather passed away from Alzheimer's, and witnessing him begin to forget everything and everyone around him ,Crowell said, was terrifying to watch.

"It was getting to the point where he didn't even remember who his wife was, who he was married to for 68 years," Crowell said. "Just that thought of that possibly happening to me and me forgetting my family is terrifying."

Although the passing of her grandfather caused Crowell's moderate fear, she knows to appreciate the condition that she is in where she can still remember things, unlike her grandfather.

"I have just learned how much Alzheimer's and forgetting impacts people; it's really devastating," Crowell said.

To treat this fear of Crowell's, she says that whenever she begins to think about being forgotten, she switches over to thinking "happy thoughts," and suggests that other people with fears do the same.

"Just do something to get your mind off of it, because you can't necessarily get rid of it, but you can control it," Crowell said.



Crowell said she fears being forgotten and fading into the background. To cope with this, she said she has developed strategies to combat her negative ideas. "When those thoughts come to my head, I think happy thoughts," Crowell said. (Photo Illustration by Grace Miller)

OPHIDIOPHOBIA -

With the sight of snakes making her cry, junior Sadie Decker said she has the fear of snakes, also called "ophidiophobia."

Before living in Kansas, Decker lived in Florida, which she said is snake infested. One particular traumatic time was when she said she found a large snake in her house in Florida, and from that point on, mothballs have to be kept around her house to keep snakes out.

Despite getting freaked out by the sight of a snake, Decker has learned to cope with her phobia, Decker said.

"I just think that you have to be cautious with things," Decker said. "Because some snakes are good and some snakes are bad and they all freak me out."

As a suggestion to others with a phobia, Decker advises one to not overthink about the fear, because doing so will cause you to freak out. She ultimately said one should worry about the things that are controllable, instead of wasting time overthinking about the fear itself.

AGORAPHOBIA

Commonly known as agoraphobia, sophomore Rachel Stromberg possesses the fear of large, wide-open spaces with no escape. Stromberg's fear used to be life-hindering when she was younger, but Stromberg has learned to handle her fear.

According to Stromberg, her fear came about when she was young and was playing with her siblings in a wide-open space with no trees. Stromberg said she looked up and was struck with fear by the emptiness of the land around her, and said she still experiences anxiety with her fear today.

"Sometimes, when I am out at monuments or tennis courts, I can't look up because I just have to stare at either level with somebody or stare down at my feet," Stromberg said.

Strongly disliking wide open spaces due to the inability to seek cover, Stromberg said in addition to this, she is also afraid of tall buildings.

"I'm afraid that gravity will reverse or something," Stromberg said. "And I will float up in the sky."

Stromberg said she suggests if one is struggling from a phobia like hers, to simply get help, because they will need it if it affects how they go about their daily life.

SKATER BOYS



3.26.20 | Issue 6 23

raving the thrill it provides, scootering has become a fixture in the daily routines of freshman Lake Brace and sophomore Jace King.

Brace said he got into it because of his experience with skateboarding as a kid and has since shifted to scootering for the past four years.

I JUST LOVE RIDING

HAVING FUN. I'M JUST

GONNA KEEP HAVING

FUN UNTIL SOMEONE

RECOGNIZES ME.

WITH MY FRIENDS, JUST

"I rode a skateboard for a long time, probably two years, and then one of my friends got a scooter and I tried it," Brace said. "It was fun so I decided to get one."

Brace is part of a scootering group, riding with anyone who shows

up at the skate park adjacent to the Scheels Overland Park Soccer Complex. According to Brace, the group's competitive nature is a big part of the group, with members always trying to outdo each other. However, Brace said this does not take away from the enjoyment of the activity, citing that it is still "really fun."

Similarly, King said scootering has allowed him to forge new friendships after moving here over the summer. Around three years ago, King met someone who was riding scooters, which immediately ignited his interest to get a scooter.

"Scootering has [really] helped me," King said. "Moving here as a new kid, I went to the skatepark and met some friends."

The activity has allowed King to build relationships with new people, saying that there is an entire scootering community on social media. King said he uses hashtags as a way to increase his followership and share his passions. Gathering more than 6,000 followers on his Instagram, @jaceking, the scootering community has taken notice.

The activity brings people together around one common interest, King said, making it an ideal resource to build relationships with others, whether it be through social media or in real life.

"Scootering brings people together," King said.

Despite some safety risks that come

with scootering, Brace said he has been able to stay relatively injury-free, with his worst injury being to one of his shins.

"I don't really fall that much, but [my worst injury] is probably doing a trick really high in the air and just coming around and hitting my ankles or my

shin." Brace said.

Michelle
Brace, Brace's
mother, said her
main concern
when her son
rides is possible
head injury and
she prefers her
son to wear a
helmet. While
scootering is not
a particularly
dangerous
activity, Michelle
said the

necessary safety equipment should still be worn.

JACE KING

"We have to buy insoles and stuff for his shoes because it's hard on your heels," Michelle said. "Anything you get into, you need stuff like that."

Brace and King said they will keep scootering in hopes of earning a brand sponsorship. Creating their respective Instagrams, the pair have found a platform to showcase their skills. They hope that getting their name out there will lead to sponsorships from companies to potentially fund college and beyond.

Optimistic about their future in the scootering community, both King and Brace say they will continue scootering in the future.

"I just love riding with my friends, just having fun," King said. "I'm just gonna keep having fun until someone recognizes me."



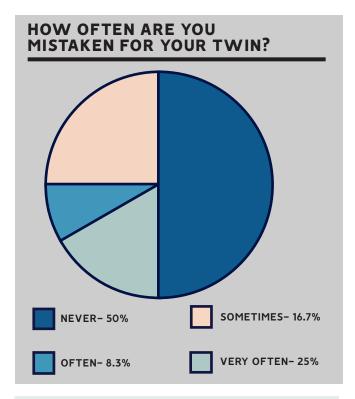
Freshman Jace King performs a trick off a ramp. King reflected on his time coming to Overland Park, "Moving here as a new kid, I went to the skatepark and met some new friends," King said. (Photo by Rachel Sarff)

TWIN PICKS

The Express learned what it is like being a twin by asking some fraternal and identical twins about their relationships and experience.

BY IZZE LENTFER

Design by Savannah Bridges graphic by Lola Shipman



DO YOU HAVE A STRONG CONNECTION TO YOUR TWIN?

Caroline Lubbe (Freshman): We can tell if the other one has had a bad day just by looking at them.

Nate Schemmel (Junior): I have a stronger connection to Nick as a twin. We normally think on the same page, so I'll ask a stupid question during class and the teacher will say Nick asked the same question in an earlier hour.

Nick Schemmel (Junior): There is a stronger connection. In everyday scenarios there is a close bond by what we do and the people we talk to.

WHAT ARE THE PROS/CONS OF HAVING A TWIN?

Caroline and Rose Lubbe (Freshmen): A built in best friend!

Amy Winkler (Junior): People think we're the same person; they don't know my name or who I am as a person. People make assumptions for me based on what my twin's personality is like.

Jane Winkler (Junior): Occasionally, I feel like I am walking through life and nobody knows me because, in a way, they don't, because a majority of people can't call me by name. I have had people in a class for THE ENTIRE YEAR and they will call me the wrong name in the last couple weeks of school. I kid you not. Sometimes, I walk down the hallway and random people say hello to me, but I have no idea who they are, because they know my twin and not me.

Drew Coble (Senior): She will give you the answers to homework.

Drew Coble: She's annoying.

Nick Schemmel: Someone to compete with. A friend. Good study partner. Sports partner. Future wingman.

DO YOU GET JEALOUS OF THE OTHER TWIN FOR ANY REASON?

Nick Schemmel: Sometimes with grades, such as AP Lang. He runs faster.

Nathan Harris (Senior): No, we don't compete at all, which is nice. We are both just doing our own thing.

Grace Coble (Senior): I wouldn't say jealous, but we compete with our grades and sports.

Josh Cusick (Sophomore): No, we chill.

HAVE YOU EVER TRIED TO SWITCH PLACES WITH YOUR SIBLINGS?

Jane Winkler: Yes. In 8th grade, it was the last week of school, and I went to Amy's math class and she went to my history class. The teacher figured out I wasn't Amy, but nobody ever noticed that it was Amy in my history class until I walked in.

Nate Schemmel: We have done it once or twice at a friend's house and it worked. Also we have signed in at meetings that one of us skipped for each other. They both worked. Also, I have covered his work shift when he was scheduled for times he could not make.

DO YOU EVER WISH YOU DIDN'T HAVE A TWIN?

Caroline Lubbe: Only on my birthday.

Nick Schemmel: Yes, just recently in APUSH, I asked Mr. C. what grade I got on our unit test and he said 93; so, I was disappointed when I looked at the actual copy; I had a 76 percent and Nate was the one with the 93.



DO YOU HAVE ANY FUNNY CHILDHOOD STORIES?

Drew Coble: Growing up, we basically wrestled every day. And one time Grace pushed me down the stairs when we were 3.

Nick Schemmel: We were always very competitive and there is a video of me hitting Nate with a foam bat because Nate was not moving out of the way. There is also a video from Easter when competing for the most eggs, Nate cracked an egg on my head to stop me from getting one.

Amy Winkler: One of our classmates in elementary school thought there were two 'Amys' in the class. One time in sixth grade this guy had a crush on my sister, but he didn't know we were twins, so he kept trying to give me his phone number, and I had no idea who he was.

SHOT TO THE WALLET



With the price of insulin and EpiPens increasing, senior Mary Waxman and junior Cydney Willenbring advocate for a decrease in price.

BY KATHRYN CASE

Design by Ben Hobbs

xperiencing tingling in
her mouth, throat closing
in tighter and an extreme
stomach ache is a reaction
that is a monthly occurrence

for senior Mary Waxman who is allergic to cats, dogs, pollen and most nuts

"I unintentionally eat something at a restaurant that's not completely

Senior Mary Waxman holds Benadryl and an EpiPen. Waxman said she takes Benadryl to dispel allergic reactions. "If I don't get Benadryl in time, I start throwing up and my throat and mouth get really puffy," she said. (Photo by Grace Davis)

labeled and I just have to take a Benadryl and wait it out," Waxman said

However, when Waxman was in elementary school and wasn't as capable of handling her own allergies, her parents had her carry an Epinephrine Auto-Injector. This device, commonly known as EpiPen, is a medical device for injecting a measured dose of epinephrine by means of autoinjector technology in order to treat an allergic reaction.

"EpiPens, if given when symptoms first occur, immediately stop the anaphylactic reaction by relaxing the airway and increasing blood pressure and heart rate," school nurse Becky Imlay said.

Mylan, the maker of EpiPen, has raised the list price of this lifesaving device more than 450 percent since 2004, after adjusting for inflation, according to data provided by Elsevier's Gold Standard Drug Database. A pack of two EpiPens could be purchased for about \$100 in today's dollars in 2004. The list price now tops \$600, making it difficult for people to access the treatment they need. The Express reached out to Mylan for comment, but repeated requests for comment went unanswered.

Due to the rise in prices, Waxman said her family no longer stays up to date with her EpiPens.

"The reason we don't keep up with buying a new EpiPen is because we 3.26.20 | Issue 6 27



Junior Cydney Willenbring (Second from left) posing for a picture at the Juvenile Diabetes Research Foundation walk, Sep. 28 2019. Willenbring said the walk raises money toward finding a cure for Type 1 diabetes. (Photo courtesy of Cydney Willenbring)

are just putting our faith in the fact that we'll be able to get something like Benadryl before we ever need an EpiPen," Waxman said. "They expire so fast that you need to keep updating them especially if your allergies are severe."

Although Waxman believes the

"IT'S A LIFE SUSTAINING

SHOULD BE ABLE TO HAVE

ACCESS TO IT WITHOUT

IT BEING SO EXPENSIVE."

-CYDNEY WILLENBRING

MEDICINE, SO PEOPLE

prices are absurd, she understands free Epi-pens would be unrealistic.

"I understand having a cost, but it would be nice if they were free especially for people who, for them, it is a life-and-death

scenario. It would be amazing if they were free," Waxman said.

As of Feb. 27, a federal judge in Kansas City, Kan., allowed a lawsuit over the increase of EpiPen prices to move ahead as a nationwide class action. The U.S. District Judge, Daniel Crabtree, is now allowing consumers to sue for damages under state antitrust laws. The lawsuit addresses whether Mylan is trying to monopolize the EpiPen market by dramatically increasing the prices.

"Of course [EpiPens and insulin] should be cheaper, but it is a difficult road to navigate because every person with a medical condition thinks

their medicine is "necessary," and in reality, it is," Imlay said. "It is a business model between drug companies, insurance and pharmacies, and a very complex business model that does not favor the patient."

Along with the rise in the price

of EpiPens, the price of insulin has nearly tripled since 2002 according to a report from the American Diabetes Association. Insulin prices have increased 64 percent since 2014, and a bottle of insulin runs between \$275 and \$290, making it difficult for many people to purchase this necessary medicine monthly.

Finding out she had Type 1 Diabetes at age 13, junior Cydney Willenbring has been paying for insulin for about five years now.

"The price doesn't affect me too much right now because my parents are the ones paying for it. However, it is scary to think about how I'm going to deal with it when I'm off of my parents insurance, especially coming right out of college and having debt to pay off," Willenbring said. "It's something that I need and not something that I can get by without, so it's really scary to think about what I'm going to do if the prices don't go down."

Even with insurance, Willenbring said her family paid over a thousand dollars for one month's supply of insulin.

"It definitely should be cheaper because it's something that I need to survive," Willenbring said. "It's a life sustaining medicine, so people should be able to have access to it without it being so expensive."

SWEAT IT OUT

Many high schoolers opt to get their workout in at a local gym or on a school sponsored sports team. The Express reviewed three alternative exercise methods so Northwest students can experience some variety when working up a sweat.

BY ETHAN KNAUTH

Design by Erin Reece

CORE ENERGY YOGA 12651 ANTIOCH RD.

"OMMMMMMM." Okay, now the voga review can start. Taking this mind and body balancing pastime to the next level is Core Energy Yoga. The establishment uses the torture method known as "Hot Yoga" to help customers get their workout on. One should be wary and drink a lot of water prior to attending a session, as the studio is heated to 95 degrees. In addition, an eager participant should not be so naïve as to think that they are immune to producing a puddle of sweat on the floor, so please use the necessary amount of provided towels to combat this. As touched on earlier, every session at Core Energy Yoga begins with three OMs which may or may not sound like the noises from a dying animal. If you are lucky enough to hear the latter, take it as a good laugh, because it may be your last. Just kidding, but the tone of the OMs should not be counted against Core Energy Yoga, since it is the participants who provide the vocals. After the OMs have concluded, it is apparently expected that all attendees know an array of basic yoga poses, as there are no demonstrations. A particularly tricky one is the Chaturanga, which



TITLE BOXING CLUB

7812 W 119TH ST.



Designed as a boxing basedworkout, Title Boxing Club's unique take on exercise allows customers to channel their inner Rocky and work up a sweat. Off 110th and Antioch. Title Boxing is a short drive for most of the BVNW populace. The parking lot of the outfit could give some fits, but once inside, one is greeted by a host of helpful trainers. If new to boxing, the purchase of \$10 hand wraps is required, but this is a slight inconvenience in the end as the first session is free. The plethora of natural light in addition to the 80's hard rock blaring throughout the building is an odd combination at first glance, but is appreciated once the boxing begins. A typical workout consists of a 15 minute warmup, 30 minutes of boxing and a final 15 minutes of core

exercises and stretching. Fast paced and ever changing, Title Boxing is as taxing mentally as it is physically. The trainer leading the workout is mic'd up, which makes for a tough task when trying to follow along. Luckily, the verbal explanation of the next punching combination is followed by a visual demonstration, helping those who are hard of hearing. If worst comes to worst, one can simply look left or right to pick it up from another participant. The one negative boxing presents is one must use the proper technique or else risk hurting oneself. To avoid such a possibility, lean on the trainers available to ensure you are performing the combination and punches correctly. Furthermore, an unavoidable consequence of punching a stationary object for a half hour or so

is the shoulder soreness the next. day, but this pain comes with the territory. If hooked after the first visit. starter gloves are priced at \$40 and can be purchased at the boxing club. Working the main muscle groups of the body, Title Boxing Club provides a complete workout to customers while also allowing participants to work off some

steam.

CYCLEBAR KC 5053 W 117TH ST.



Falling victim to the same archetypal complaints charged against treadmills and stationary bikes is Cyclebar. What cardinal sin does it commit? You don't go anywhere. That's the problem. Why would one sacrifice a scenic bike ride around the trails of Overland Park in favor of cycling in a dark room lit by everchanging, colored lighting? Coupled with this, Cyclebar KC completely drops the ball on the set up within its studio, as the bikes are so packed together that one can't extend their arms without hitting their neighbor. This is a major

violation of

personal space codes, if you will. As for the actual workout, it is manageable, but participants are asked to jerk their back in awkward, uncomfortable directions, which only spells impending back pain. Cultish to the core, the Cyclebar KC instructor asks riders to 'wooo' when reaching the

desired RPMs (rotations per minute) one should be hitting at a select time during the workout, causing those going too slow to feel self conscious. Additionally, this humiliation continues when the instructor passive-aggressively encourages riders to sit back in the "saddle" of the seat if tired. Similarly to all three of the workout styles reviewed, the communication was verbal, so it is very easy to get off track. In addition,

the music played, 2010 pop remixes, is questionable. Imagine kicking butt to a slightly more annoying version of "Summertime Sadness." That is not most people's cup of tea. Complaints aside, one would get a workout from Cyclebar KC and might as well give it a try as the first session is free. Remember this cautionary tale, though, as you embark on your stationary cycling adventure.







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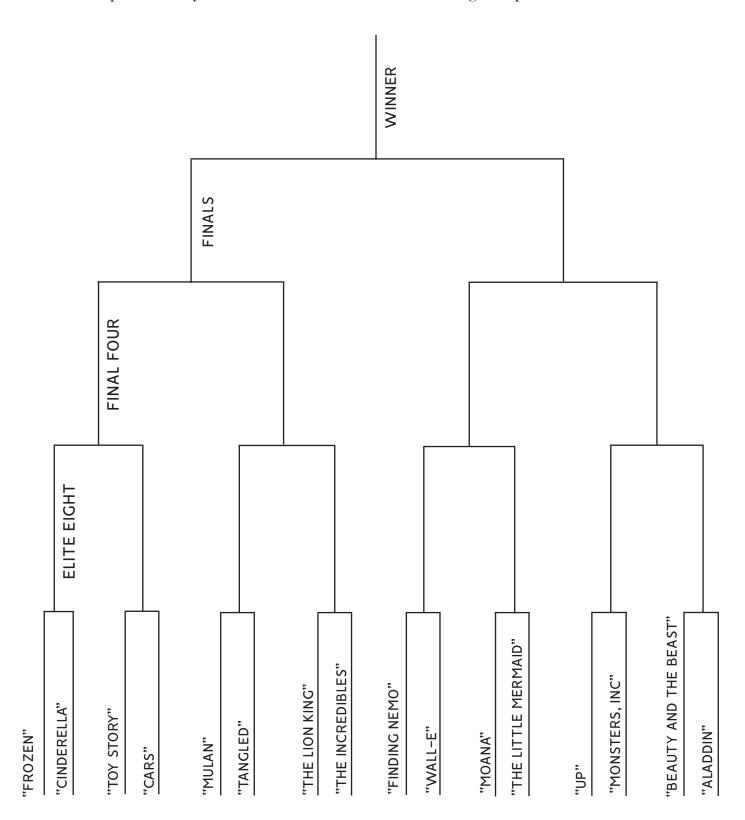


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DISNEY MOVIE TO BRACKET CHALLENGE

With the live action remake "Mulan" coming to the big screens this week, fill out this March Madness-inspired Disney movie bracket to see which movie reigns supreme.



ABOUT THE EXPRESS

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