

THE BLUESTREAK

Volume 42, Issue 1, September 2024



The Official News Publication of the Andover High School Student Body

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Blazing Boundaries

Keep It Hot and Keep It Classy



As the sun sets on another summer and we start trading in our shorts for sweaters as Fall begins, it's important to look back and reminisce over the eventful summer we had. In the realm of pop culture, it was a big year: new music, new movies, brat summer, and new trends! I mean, what else could we possibly ask for? This summer saw the emergence of so many social media challenges. The "Give Me my Money" trend which saw friends embarrass an unlucky victim, or the Apple Dance in which people danced to Charli XCX's famous song. As much as we love our trends, there is one that we don't want to see this school year: LACK OF SCHOOL ETIQUETTE. Not having ANY etiquette for your school and peers is quite possibly the worst thing you can do at Andover, which is why it's important to learn what not to do.

Let's paint a picture for the offense of no school etiquette. Imagine this: It's passing period, and you're walking to 6th hour. But, don't worry, you're not alone! Instead, you have a friend with you. You and your friend keep walking and walking to class. Then, suddenly, without warning, you stop... and talk... in the middle of the hallway. Now, you and your friend are stopping hallway traffic. No big deal right? WRONG. Absolutely wrong. You are the equivalent of slamming your brakes in the middle of an intersection. But I guess that doesn't bother you. The next time you slam your brakes on Main Street, don't be surprised when you get pushed.

The second offense is school fights. I mean, first of all, what is even the appeal? You want the school to know you have the emotional intelligence of a five year old and have to fight instead of using your big kid words? Alright. And secondly, in no way are we endorsing school fights, because again, lowkey cringe, but, like, don't be bad at fighting. Sun Tzu didn't write "The Art of War" for you to throw punches like you're playing Just Dance.

The worst offense of ALL school etiquette is by far PDA. A refresher course for those who don't know, PDA or Public Displays of Affection, is the worst thing a couple could do at AHS. You don't need to hold hands. You don't need to make out behind the stairs. You don't need to be lovey-dovey in public. This is a school and you're at most seventeen. Calm down, Jaladdin.

Overall, school etiquette is a must. And if you insist on showing no respect to your peers and teachers at AHS, then just know that you are the problem. And that's the end of the story.

And that's hot,

Sean Mansoor and Airryn Powell

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..... Letter From the Editor.....

Dear Andover High School,

Welcome back! I hope everyone, especially our new students, have had a wonderful time and a smooth transition to waking up at 6 am instead of 10 am! I am so excited for this school year and this first issue. I am honored to be Andover High School's News Publication editor and we have so much in store for this year. Our staff has worked so hard to give you the latest information not only surrounding Andover High School, but the world. On page 6-7, dive into the 2024 election and a overview of the Democratic and Republican National Conventions. Check out the Pop Culture spread on pages 12-13 to read into the hottest hits and drama from this summer. To prepare for your fall sport season, turn to page 16 and read about how to better your mental game! We are so excited to have you read this issue and we can't wait to show you what is in store. Catch you on the flip side Andover High School.

Addi Wissman

The Bluestreak Staff

Meet your
2024-2025
Bluestreak Staff



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EVERYONE HAS A STORY WRITERS

Erica High & Brecken Bogner



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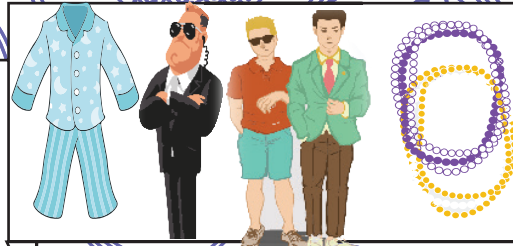
Seniors: Addi Wissman, Sophia Mandanis, Airryn Powell, Avery Vogt





BLUE CREW

THEMES



Our student section needs to be the best in 5A. The better the atmosphere the harder it is for away teams to win a game at A-Town. AHS is expecting our teams and students to feed off one another and make it the toughest environment in the state. Students must respect one another and be smart, after all, we still are on school grounds. The hype students bring to the crowd is what chant is best for that moment. For instance one of the best times to do “do it” is whenever we’re in a tight game and need some momentum. But a new chant called “A-Town” would help our players calm down and level the momentum when playing in a game where nothing is going our way. It’s very simple but can be complex and it’s how our Trojans can succeed.

Blue Crew’s mission is to create the most exciting atmosphere ever. To conduct the best performance on the field and in the stands, we need to make sure we are practicing safety, actively participating, utilizing good sportsmanship, and cleaning up after ourselves.

- Always be aware of your surroundings, and follow the directions of school administrators. Make sure if you see something, say something.
- Blue Crew is built off of school spirit! We expect our students and the Andover community to interact with the chants and themes.
- There is of course a competitive environment with whoever we are competing against, but make sure that nothing is being taken too far. Good sportsmanship reflects well on Andover and sets the standard for us to be the best in 5A.
- After events, even if they are not at our field, please be picking up trash. Leaving the area cleaner and better than when we found it makes a lot of lives easier.

Volleyball VS Eisenhower and Goddard

Pajamas

September 27- Football VS Ark City

Guard the Yard (Security)

October 1- Volleyball VS Andover Central and Eisenhower

Frat/Sorority

October 4- Football VS Eisenhower

Mardi Gras

Photos by Scarlett Nguyen





FIGHTING FOR OUR COUNTRY

Election Information and Political Events

With the election steadily approaching on November 5, the country is divided. Former President Donald Trump and running mate JD Vance represent the Republican party while Vice President Kamala Harris and running mate Tim Walz run for the Democratic party.

Occurring on national television from August 19 to the 22, the Democratic National Convention averaged 21.8 million viewers throughout the four-day assembly. On the contrary, the Republican National Convention averaged 19.1 million viewers from July 15 through the 18. It should also be noted that since 2016, cable subscriptions have dropped by 27%, and 70% of the audience for both conventions was older than 55 years of age.

Though viewership was the lowest for Americans ranging from 18-34 throughout the conventions' broadcasting, many seniors at AHS will be 18 years old before the upcoming election. Voting is a constitutional right valued by countless Americans, and it is a great way to make your voice heard. When voting, remind yourself to make an educated choice using unbiased resources.

References:

1. <https://www.forbes.com/sites/bradadgate/2024/08/25/democratic-convention-had-14-more-viewers-than-republican-convention/>
2. <https://www.cnn.com/kamala-harris-dnc-ratings-trump-beyonce/index.html>
3. <https://www.newsweek.com/dnc-tv-ratings-compared-rnc-1942197>
4. <https://www.nbcnews.com/politics/2024-election/final-night-democratic-convention-outpaces-closing-night-rnc-rcna168018>

what celeb do *YOU* think should be president?

27.9%
LANA DEL REY



25%
NIKOCADO AVOCADO



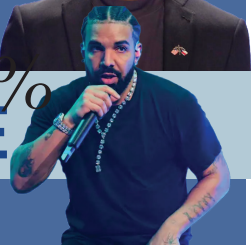
22.8%
TAYLOR SWIFT



16.9%
KAYNE WEST



7.4%
DRAKE



Suicide

PREVENTION MONTH

Breaking the Stigma

Although there have been many strides towards advancing knowledge about mental health, there are still stigmas that misconstrue mental illness. Often times suicidal thoughts come from traumatic events or deep depressions where victims want to escape their complex and unbearable pain. According to the CDC, 54% of people who die by suicide did not even have a diagnosed mental condition. People who may appear happy on the outside could be struggling internally. Mental illness varies from person to person, so it is crucial to remember that you never know what someone is going through.

Symptoms of suicide and suicidal thoughts include feeling like a burden to loved ones, feeling consistently alone, increased anxiety or anger, not wanting to get out of bed, extreme moodswings, abusing substances, talking or posting about no longer wanting to live, making plans to end their life, and more. If you have noticed these symptoms in a loved one or peer, please extend a helping hand. Here at AHS, all teachers and administrators know exactly how to get someone experiencing dark thoughts the help that they need. Please call the National Suicide Prevention Hotline, 988 or text HOME to 741741 to reach a professional crisis counselor 24/7.

Support

A great plan of action is always to follow the acronym ACE: Act, care, escort. First, talk to them and ask them why they are feeling this way. Ask them if there is anything you can do to help them feel better. Don't gossip about their feelings to others or make their emotions seem invalidated. Second, remind them that you are there for them and that they have a friend who would miss them. Third, show them the resources online and in your community to help them feel better mentally and emotionally. Help them reach out to a trusted adult who can find them a therapist or counselor to properly teach them coping skills. Follow up with them later and make sure to tell them that you are glad to see them again.

September is National Suicide Prevention Month.

Suicide is one of the leading causes of death in the United States. Throughout the month, families everywhere mourn the loss of family, friends, and loved ones live's taken by suicide. You are never alone.

World Suicide Prevention Day is Sept 10th.

8 | Page by: Avery Vogt and Izzy Kwaw

Importance

One life is taken by suicide every 11 minutes, writes the Center for Disease Control. Suicide rates have increased 36% from 2000 to 2022. Males are at a significantly higher risk of suicide than women. Nearly 800,000 people die by suicide every year according to the Happiness Project.

As these statistics show, suicide happens daily and is nothing to be taken lightly. No matter if it happens to someone we do or do not know, the fact of the matter is that suicide is everywhere and constant. This month stands as a reminder that we must break the stigma that surrounds mental health and make it a priority for those statistics to plummet. It has never been more crucial to educate yourself and others about symptoms to look out for and resources to help those experiencing suicidal thoughts. It has never been more important to support people that may be going through a tough time and to tell your family and friends that you love them.

Throughout the month, it is significant to self-reflect as well. Are you treating people with kindness in person and online? Do you know someone that needs a helping hand, but you have made excuses to brush them off? Are you yourself feeling mentally unhealthy or contemplating suicide? If so, please utilize the resources below to receive care.

It is also a great time to celebrate those that have beaten their mental illness and are still living today. Remind them that you are proud of them sometime this month because they have won!



How to Help

Increasing awareness around Suicide Prevention is not as difficult as it appears. You can start small by learning more about mental health and shifting your own understanding of what mental illness truly looks like. You can hold gatherings or clubs, maybe even here at AHS, that focus on bettering its member's mental health. You can visit the Suicide Prevention

Resource Center online and research new ways to get connected. You can join Zero Reasons Why, a teen-lead suicide prevention campaign, by talking to one of their representatives when they stop by AHS. Sharing what you learn about suicide prevention will always be a great way to help; all it takes is the courage to reach out to break the stigma.

Disclaimer: The AHS Bluestreak does not claim to be therapists, psychologists, or doctors. All information from CDC.org and NIH.gov

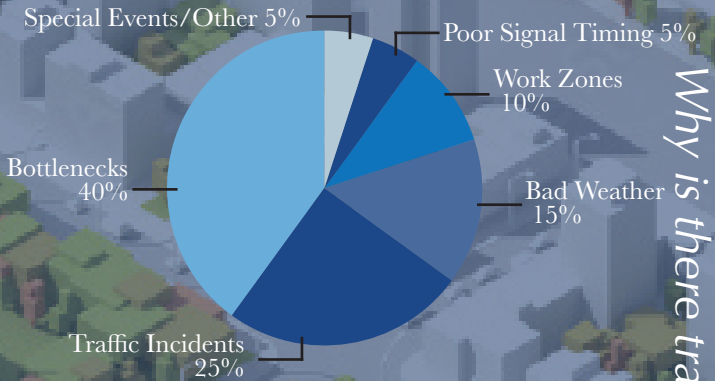
TRAFFIC AT ANDOVER HIGH SCHOOL

Statistics

New York has experienced the most time lost due to traffic at **101 hrs**

The Average Age Teenagers Begin Driving in Kansas

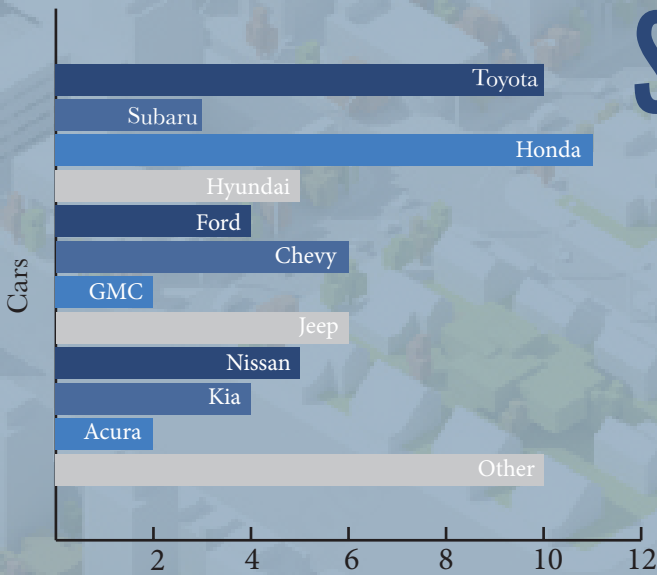
16.5



Information Courtesy Texas A&M Transportation Institute, Infrrix, and World Population Review

Why is there traffic?

Stats from the School



What make do you Drive?

Poll of 69 Students

25% Hold the Steering Wheel at 10-2.

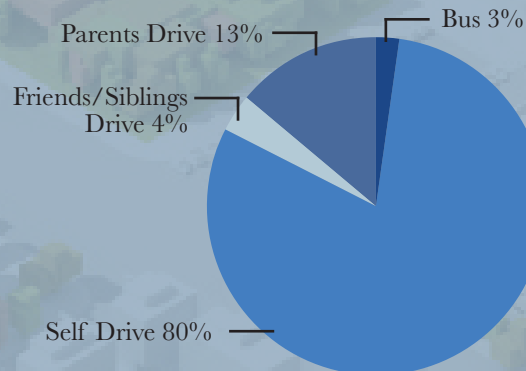
Poll of 58 Students

54% of Students prefer to hold the steering wheel with one hand.

Poll of 58 Students



How do you get to school?



Poll of 87 Students

EVERYBODY HAS A *story*



To be featured in the next issue of The Bluestreak, please fill out the Google Form in the Trojan Bluestreak Instagram bio or contact:

Editor- Addi Wissman,
addiwissman@outlook.com

Leaving everything behind is hard to do; however, staying positive in the midst of it is even harder. Abbigail Bryant, a sophomore at AHS, knows a lot about change. Having two parents in the Air Force Senior Master Sergeant Michael Bryant and Master Sergeant Raechel Tobey, she is always on the move. Moving 4930 miles between her relocations to Alaska, New Mexico, Louisiana, Kansas and Arizona, it can be difficult to find the motivation to put roots down with the knowledge that they'll be dug up eventually.

Of the places she has lived, Abbigail can't pick a favorite. She loves Kansas because it is a safer place with friendlier people. She also loves New Mexico because it allowed her to hike and go to White Sands National Park. Abbigail also holds her time in Louisiana close to her heart because of the rich culture and tradition. In October, she will be starting her next chapter in Arizona.

As though the constant relocation wasn't already enough, military kids also have to deal with family members being deployed for long periods. In 2014, her parents divorced, leading to another move. Later that same year, Abbigail's father was deployed to Guam for 6 months. Abbigail was only 5 years old, but she recalls missing him and calling often. A few years later, when Abbigail was 9, her mother was deployed to Qatar and Afghanistan for 6 months. "That was definitely a hard time since I was old enough to realize how much it impacted me on a day-to-day basis," Abbigail shared. To help her cope with the time away, her mother made her a jar filled with Hershey Kisses. Each day that she was gone, Abbigail would get one kiss, counting down to the day that she returned.

Despite it all, Abbigail remains strong. Her mother, a big supporter in her life, reminds her to focus on the positive and remain strong in her faith. Even though the foundation of her physical home is not constant, her foundation in Christ is. Being an active attendee of Chapel Hill United Methodist Church and a member of the Fellowship of Christian Students club, Abbigail finds a lot of comfort in her faith. She is also a talented runner, having lettered and competed at the varsity level for the entirety of her freshman cross-country season. Abbigail also enjoys playing soccer.

While she has cultivated many great memories at Andover, she especially loves Trojan Nite. She stated that she also appreciated Wednesday morning Bible study. "Getting here [AHS] on Wednesdays and going to the Bible study helped start my day off good," she shared.

When asked if she would consider joining the military, she responded, "It's such a great opportunity, but it obviously has its challenges." She mentioned that in the past, she had contemplated the matter, but now her feelings have changed.

Abbigail is passionate about travel and helping people, so she would like a job where she can do both things. "The military has really broadened my horizons when it comes to traveling. I want to travel but I also want to help people," she commented. Abbigail has also admired her parents' great accomplishments throughout their careers. She spoke of them with pride, saying they work very hard and are present in their work.

Reflecting on everything she has been through, she says, "Even with all the bad things that happen, I also know that there will be good things that come from my life experiences," she continues, "It has taught me to cherish every moment and opportunity I am given. Know that you are not alone. Good things are yet to come. Keep staying positive!"



Lessons Learned From My Favorite Childhood

How Fictional Characters Have Made Their Impact Looking Back as a Senior

We all had favorite books growing up. No matter how much you may wish to deny it, each of us likely begged someone in our lives to read the same book to us night after night. We all had memorable characters such as inaudible objects, personified vehicles, or childlike animals that taught us something important. For me, reading has held a special place in my heart all of my life because the spark was ignited at a very young age. As a child, I rotated through many books with lessons that I can vividly remember even now as a senior in high school. I chose a few books that deeply resonated with me, and I hope that a few of my favorite childhood stories allow you to reminisce as well.

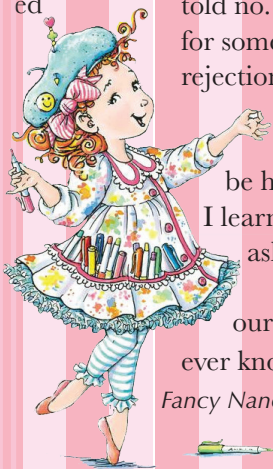
Firstly, I chose my favorite childhood book, *If You Give A Mouse A Cookie*. This book was impactful to me because it simplifies the cause and effect aspect of life. The story is about a mouse and a little boy who spark a friendship over cookies. The mouse asks for a cookie from the little boy, but the singular cookie does not satisfy him. He asks for a glass of milk, a straw to drink his milk, and so on. The story is about how one action can result in multiple outcomes. I learned that our actions have consequences, but that doesn't mean all consequences are bad. Sometimes, we will come out victorious with our "cookie" when we consistently strive to improve. It also struck me that the mouse was brave enough to ask, despite the possibility of being

ed told no. Many of us struggle with asking for something because we are afraid of rejection. The mouse fearlessly inquired what he wanted and succeed.

Not everything in this life will be handed to us like the mouse, but I learned that does not mean we can't ask or dare to push our own limits.

If we don't ask others and ourselves how to do better, we won't ever know if we would have succeeded.

Fancy Nancy illustrated by: Robin Preiss Glasser



Secondly, I loved the *Fancy Nancy* books because she taught me to be myself and have confidence, despite what others may think. Nancy taught me that it was good to express myself in different ways and to be proud of the person I am. She was constantly wearing high heels, jewels and feather boas. She didn't care what anyone thought of her flamboyant outfits. She taught me that individuality is cool and that we do not have to fit into the crowd. I learned from her that I do not need to compare myself to others around me because I am not designed to be a copy of others. I am still trying to grasp these complex concepts as I grow and can admit to not always taking her advice. I might just have to go back and reread her stories whenever I need a reminder that I don't need to change for anyone.

Lastly, *Corduroy* taught me that everyone deserves love despite their flaws and that we don't have to be perfect to be loved. In the story, *Corduroy* is missing a button on his overalls, so shoppers don't buy him, which leads him to believe that he is unworthy. *Corduroy* travels to find his missing button so that others will believe that he is perfect. Many of us do things like this to feel accepted, even though broken pieces make us who we are. I learned that we don't need to cover up what makes us unique because we are all worthy of love. Anyone can help someone else heal, similar to how the little girl in the story buys *Corduroy* despite his missing piece and sews on a new button. The best friends we can have in this life help us restore the broken parts of us when we ask for it but have accepted the flaws long before and love us regardless.

Each of these characters' stories hold a special place in my heart and always will. I think all of us can benefit from taking a step back from the complicated lives we live, whether we are just beginning high school or we are closing a chapter, and realize that sometimes the best lessons come from simple stories with pictures.

POP CULTURE



Controversy arose with the newest *It Ends With Us* movie starring Blake Lively as Lily Bloom. This movie focused on bringing awareness to women in abusive marriages. Many viewers have accused Blake of redirecting the attention on her new hair brand, Blake Brown. Aside from the hair brand drama, an interview was released of Blake making rude comments. The interviewer stated that it “made her want to quit her job”. All these problems have left watchers wondering...is Blake Lively canceled?

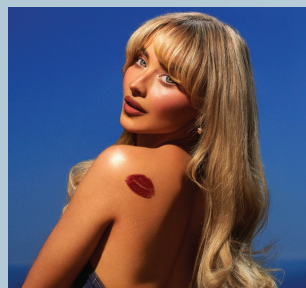


Taylor Swift has blown up in popularity all across the world within these last few years. In February, She surpassed the Beatles record for most weeks spent in the top ten on the Billboard 200 chart. On April 19th 2024, Taylor released a new album “The Tortured Poets Department”. This album has caused an uprising of fans and drama due to conspiracies over the song’s meanings.

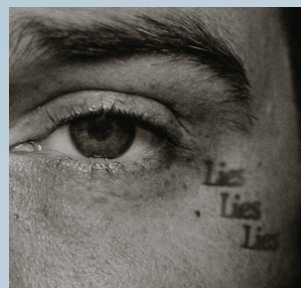
Top Hits



Billie Eilish



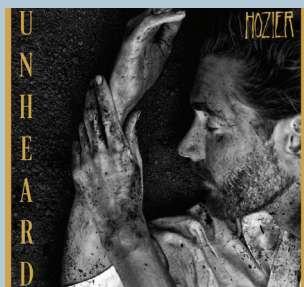
Sabrina Carpenter



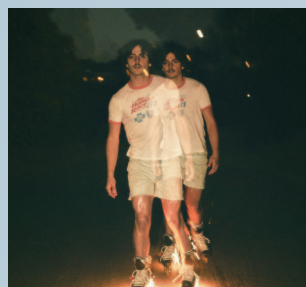
Morgan Wallen



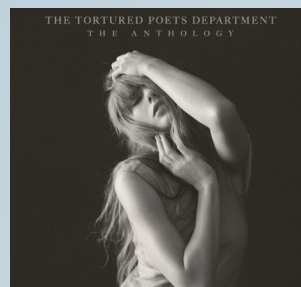
Chappell Roan



Hozier



Benson Boone



Taylor Swift



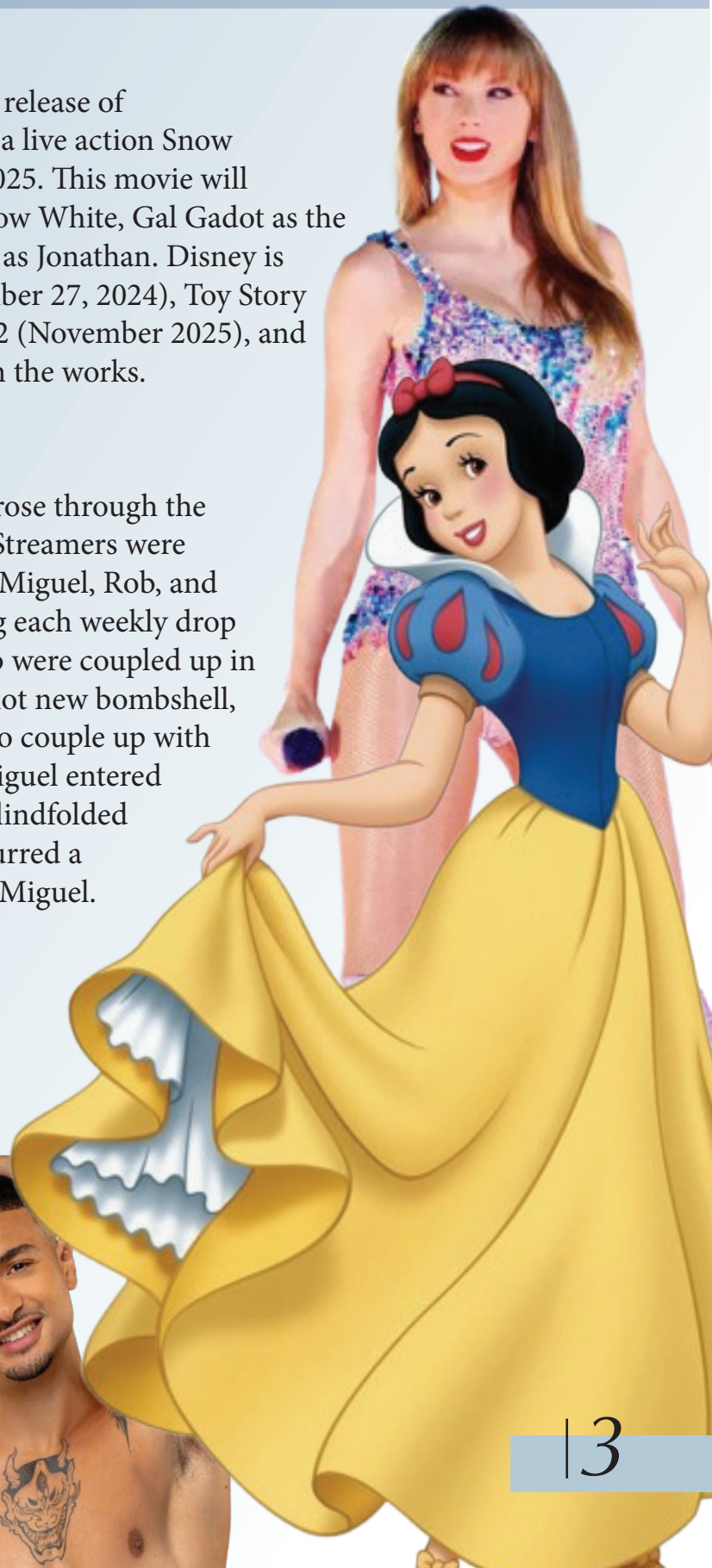
Zach Bryan



Disney recently announced the release of multiple new movies including a live action Snow White coming out March 21, 2025. This movie will be starring Rachel Zegler as Snow White, Gal Gadot as the Evil Queen, and Andre Burnap as Jonathan. Disney is also releasing Moana 2 (November 27, 2024), Toy Story 5 (Summer of 2026), Zootopia 2 (November 2025), and Incredibles 3 that is currently in the works.



Over the summer, Love Island rose through the charts of streaming platforms. Streamers were invested in the drama between Miguel, Rob, and Leah. Viewers were anticipating each weekly drop of a new episode. Leah and Rob were coupled up in the beginning until Andrea, a hot new bombshell, entered the villa. Rob decided to couple up with Andrea, leaving Leah single. Miguel entered the villa as a guest during the blindfolded kissing challenge. The game spurred a relationship between Leah and Miguel. Leah and Miguel placed 2nd in the finale and after the reunion announced that they are dating in the real world. Even after all this drama unfolded viewers still question who is better for Leah.



NEW FASHIONED FOOTBALL FRENZY

New Faces, New Changes, Same Places

After eight long months of agony, along with the longing desire for America's favorite pastime, football season is finally here. Fall and football go hand in hand, and the feeling of plopping yourself down on your couch to watch seven hours of football comes with the change of season. Watchers enjoy the pleasure of not only NFL season but college football, both with new uniquenesses that will change the game. New rule changes and playoff formats along with new faces in new places all mean this football season will overall be one for the ages.

Objectively, the biggest change in all of sports this year is the new addition of the Two-Team College Football Playoff. In years prior, only four powerhouse colleges were selected to compete in a three game bracket, the final being a matchup between the winner of the two semi-final bowl games to compete for the National Championship title. This old format, however, was the bud of subjectivity when it came to who was considered the top four teams at the collegiate level. In the past there have been programs who deemed themselves as snubs from competing for a national title, such as the 2018 UCF Knights or even Florida State last season, both who went 13-0 yet weren't regarded as strong enough to participate. The new bracket will include twelve teams, the top five being the highest rank conference champions. This puts arguably an even larger emphasis on colleges winning their conference championships, which also have new rules, such as the Big-12 no longer being the winner of the East versus the winner of the West but rather the top two teams with the best record in that conference. The other seven contenders will be the next highest ranked teams.

Alongside the large change brought to the collegiate level, there have been numerous minor changes to the NFL. The most notable is that there has been a new form of the kickoff, which is the dynamic free kick, made to promote more kickoff returns and less injuries. Overall, the game is evolving in skill and technology, which means the rules have to change with it. There will certainly be much variety from the past in these coming years, but at the end of the day, football will always be football, and the time spent enjoying the game will be time well-spent.

The only thing that fills the void of the NFL offseason is watching and tracking where star players will end up next; will they join a powerhouse organization to contribute in building a super-team or sell out for a large contract? While the running back market has been shaky due to many stars receiving what they consider to be cheap deals offered to them, this offseason was large for many talented RBs shifting teams. 3x All-Pro Derrick Henry left the Tennessee Titans after eight seasons to team up with Lamar Jackson and join the agile rushing attack in Baltimore. Former New York Giant Saquon Barkley shockingly left the big apple to play for their in-division rival, the Philadelphia Eagles, leaving many fans betrayed.

Long-time Packers back Aaron Jones made a similar move, leaving Green Bay yet staying north to play for the Minnesota Vikings.

It's interesting to see star players and their choice to either stay with their current team, or leave some where in which they will flourish on the field, or chase the bag and sign with a large contract.

What differentiates the pros from the collegiate level is the draft; the worst teams in the NFL become awarded for their dilapidation by receiving a higher pick in selecting their franchise's next hopeful superstar.

The Chicago Bears held the first overall selection in the 2024 draft, and had a no-brainer in picking star-studded quarterback Caleb Williams. Chicago has had many hardships for many years behind center, and fans can do nothing but hope this player will change their organization and lead them to success.

The Chiefs went into this offseason with no issues or holes in their roster, coming fresh off of two straight Superbowl wins. Last spring's draft, however, granted Kansas City the fastest receiver in history, Xavier Worthy. The twenty-one year old out of Texas ran a 4.21-second 40-yard-dash, the fastest in NFL combine history. Kansas City also picked up speedy Marquise Brown in free agency. These acquisitions not only give Mahomes' arsenal more weapons but opens the field up with both receiver's generational speed.

BUILD AN NFL TEAM with \$15

\$5

\$4

\$3

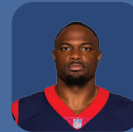
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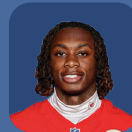
QB



RB



WR



WR



TE



WHO'S WINNING THE SUPERBOWL?

"DALLAS COWBOYS,"
-Gabe Simmon, 10

"SAN FRANCISCO 49ERS,"
-Addison Pumphrey, 12

"KANSAS CITY CHIEFS"
-Adalei Law, 9

"KANSAS CITY CHIEFS,"
-Carter Anderson, 10

Tools For A Mentally Successful Fall

The season of Fall can be a stressful time for lots of people, but especially students. With school, fall sports, activities, and constant homework starting, unprepared students might feel a bit overwhelmed. To ease anxiety and keep a healthy mindset this fall, take into consideration the following tips.

1) Set a good sleep schedule.

Having a good sleep schedule is vital- especially for teenagers. As tweens/teens, you enter something called the “delayed sleep phase”. This is a shift in one’s circadian rhythm that starts around the age of thirteen. This basically means that it is harder for you to fall asleep at early times. On top of this, students might face issues with going to bed at a decent time when they have activities, sports, or homework that prevent them from getting to bed. However, for our brains to be able to function properly during the day, we need to be resting them at night time. If you’re coming to school with your eyes barely able to stay open, you will not be able to take in information you’re learning efficiently or perform well on tests. If you’re striving to be academically successful, the first step is to prioritize your sleep.

Additionally, during sleep, our body repairs itself. As we go about our day doing various physical tasks, our bodies need a good night’s sleep to rebuild the muscles that we wore out throughout the day. If you are doing a fall sport and are looking to have an all-around healthy Fall, getting at least nine hours of sleep should be one of your top priorities in order to be successful.

2) New school year, new habits

A new school year brings a new opportunity to create habits and eliminate bad ones. One habit that you

might consider if you’re wanting to enjoy a healthier fall is getting a planner. This habit isn’t for everyone, but if it works for you, it can be a great tool. Planning out your weeks or months in advance can help you to spend your time wisely, not forget important deadlines or events, and even enjoy more free time. Another habit to contemplate starting is getting a consistent workout routine or physical activity of some sort. As the weather gets colder, people will begin to stay inside more and miss out on physical activity. Staying active in the Fall is important because physical activity makes you feel accomplished and less anxious. A good tip for working out is to get someone

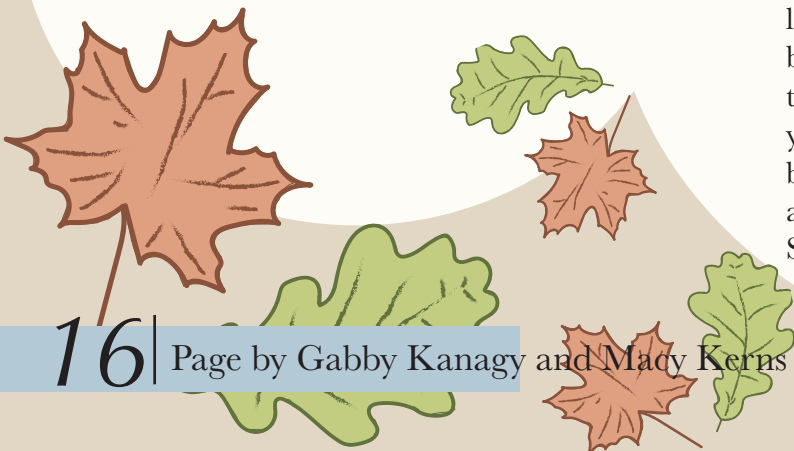
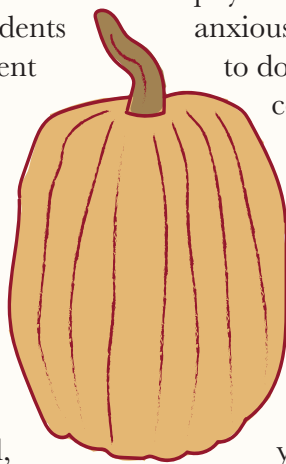
to do it with. Especially if you’re just starting a consistent workout plan, having an exercise buddy can help you to be held accountable (not to mention it can be more fun!)

3) Tools for homework completion

Juggling your workload as a student who is striving for success can be hard, exhausting, and can take a toll on your mental health.

It is vital that you have a strategy when it comes to homework completion. Getting your homework done immediately after school

can help you to avoid late-night procrastination which leads to stress. Having to cram studying, rush through homework, or trying to catch up with late assignments does not feel good and can take a toll on you when it happens often. With this being said, it is no easy task avoiding falling into the trap of procrastination. It’s important to consider how you handle your distractions. For most people, phones are the number one distractor. If it is too tempting to you, set it in a completely different room until you finish. When you get your homework done first, you have the rest of the night without school work looming over your head. When it comes to studying, be careful not to overwork yourself. Desperately trying to cram information into your head can make you too frustrated to focus properly. Take a short break if you need to. Go outside and get some fresh air or grab a snack. Lastly, seek help if you need to. Seeking help is nothing to be ashamed of. Teachers



New Starters & Old Starters

Alana Shetlar



Q: What is your advice to younger athletes?

A: "My biggest piece of advice would be to never limit yourself. Growth can happen suddenly and extremely quickly. God will use the talents he has gifted you with for a bigger purpose than what you have planned."

Q: What kept you motivated through the many years of your sport?

A: "My main motivation is all the different types of rewards I have received from basketball. I don't mean trophies and medals, but instead all of the lifelong friendships, the priceless memories, the pure joy and the guidance from coaches and mentors that basketball has gifted me with."

Breckynn Pugh



Q: What made you choose the college you signed with?

A: "I chose UMKC because I loved the coaches and the team culture. It was also a very good fit academically and I loved the campus."

Q: What is the process like when signing to play in college? Easy or difficult?

A: "The recruiting process was very difficult. It begins very early for women's soccer, with most division 1 players committing their junior year of high school. This means that you have to make a major life decision earlier than most people your age. While the recruiting process was stressful at times, all of the ID camps were a lot of fun."

Andover High has had many great athletes pass through it's halls. In the class of 2024 alone, 11 athletes are playing at the collegiate level. Some athletes stayed close to home, while others traveled far. All athletes are experiencing new opportunities and bringing their talent from Andover to their new "homes." Whether this is their first year in college or they are returning for another season, like 2023 graduate, Chris Harris, our Trojan athlete alums are playing at new levels and challenging themselves each day.



Haley Ziser



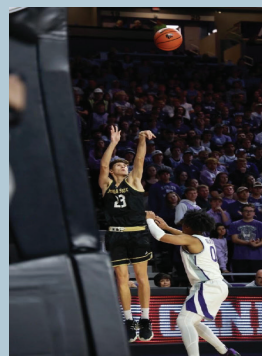
Q: What advice would you give when contacting coaches?

A: "My advice when contacting college coaches is to not be afraid to reach out first. You never know what will come if you just reach out."

Q: What impact has a coach/coaches had on you?

A: "The biggest impact that my coaches have had on me is when they believe in me. Coaches have the power to make you love or hate your sport. When my coaches believe in me, I know that I will perform better."

Chris Harris



Q: How has your experience been so far?

A: "My experience has been great. College is obviously a whole new level and I've learned to accept and thrive in the challenges that come up."

Q: Advice to younger athletes?

A: "My advice to younger athletes would be to just have fun in your sport. There will be times that it seems like nothing but useless and hard work. Just be able to really try to enjoy that you get to play the sport you love."

LASTING LEADERSHIP

Photos by
Scarlett Nguyen

Never fear, the AHS Link leaders are here. Link leaders, AHS's upperclassmen, seek to help new students and incoming freshmen adjust to high school all year long. At AHS, Link is sponsored by Mrs. Neibling, Mr. Kirkendoll and Ms. Hammond. Students going into their junior or senior year are invited to apply to become Link Leaders. In total, groups are composed of two Link Leaders and fifteen students.

Junior Nic Sporleder said, "With my Link group, I would say our relationships were based on mutual respect. With my group being the students who have transferred to AHS, some of them have been in high school longer than me. Our goal is to help them with the transition and getting used to a new school. We have to quickly build trust with them because we have such limited time with them."

Mr. Kirkendoll, described Link's mission saying, "[We want] to provide a welcoming and inclusive environment for 9th graders at AHS." Furthermore, he addressed how Link leaders do this by "making connections with 9th graders and offering their experience and leadership to guide them in their high school experience." Throughout their time as a leader, Link Leaders undergo three training days. Between meetings during the year, Link leaders can participate in a Link club during T-time. For current sophomores and juniors wishing to be Link Leaders next year, look out for applications in April to May. While there are relationships between kids reach far beyond day of school or a single build relationships on will remember forever. to set the precedent for everlasting connections students.

many school events, Link Leaders and their the scope of the first year. Link Leaders a first day that they Leaders have the power high school and build with adults and



“Be kind to everyone and be positive, it goes a long way for both you and the people around you.”

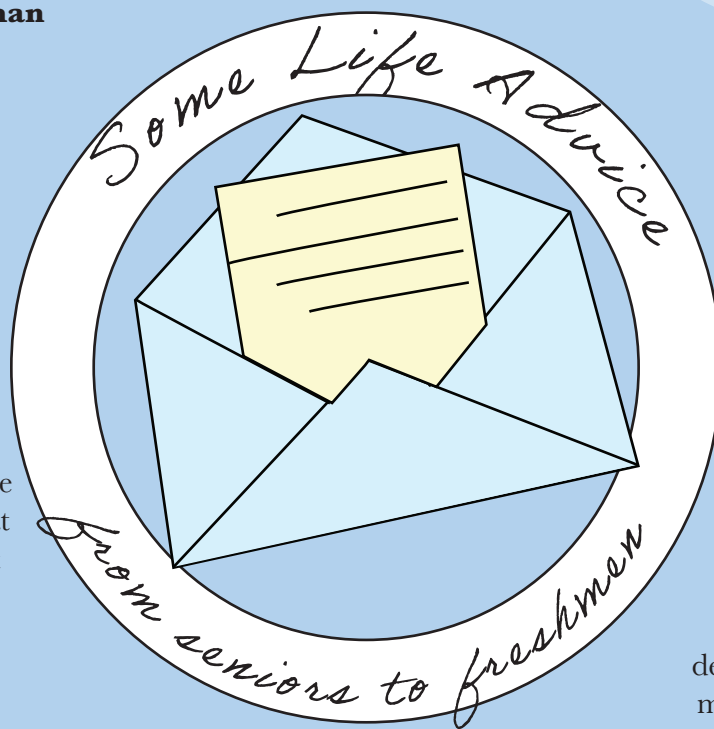
-Josh Kim

“Get involved. You will have a better high school experience if you’re involved with a club like Kids 4 Kids or a sport like baseball.”

-Maverick Hurt

“Challenge yourself! There is a balance between a healthy mental space and pushing yourself, and this is the time to explore that boundary. Challenge yourself in difficult classes, breaking out of your shell, and trying new things!”

-Addi Wissman



“Goes by fast, enjoy it.”

- Ethan Duerkson

“Have fun, you don’t realize how fast time flies. Do what YOU want to do, don’t let anyone hold you back in anything.”

-Cody Yaus

“Bring a water bottle, dehydration can affect you mood and attitude for the day!”

“Get to know your teachers! Some of the most important bonds I’ve made these last 4 years are my teachers.”

-Addison Pumphrey





























































“Stay involved in everything you do, make sure you really do everything you can. If an opportunity arises don’t just say no but think about it and try to say yes, high school is what you make it.”

-Isaac Phelps

“Have fun on Fridays, do your homework on Saturdays, so you don’t stress out on Sundays.”

-Ben Ricke

September/October Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23 No School  *	24    *	25  *	26  *  	27  *	28  
29	30   	1  *   *	2	3    *	4    *	5  *   *
6	7  *	8   	9 National Testing Day (no school seniors)	10  *  *	11 	12    (regionals) Band States Marching Festival
13	14   * (regionals)	15  *  Orchestra Concert @7:00pm	16 Parent Teacher Conferences 5-8pm	17  * 	18 No School  *  (state)	19 Homecoming    (state)
20	21   (state)	22  *   (state)	23 Southern Plains Marching Festival	24  *	25  *	26    (regionals) (substate)
27	28 	29  *	30	31 Halloween  * (regionals)		

Key:



Girls Volleyball



Boys Soccer



XC



Debate



Girls Tennis



Girls Golf



Football



@ Home