

ILLUSTRATION BY NIK SHAY

**Varying talents set students and teachers apart from others**

STORY BY ZYLER PRICE

Whether it's drawing, sculpting, music or even sports, everyone is good at different things. Whatever the skill is, there's at least one thing in common — it's something people enjoy.

"The main thing for everything is you have to practice things to get good at them," senior Klaudia Manis said.

Practice makes perfect.

It's a statement that has been used over and over again, but it does apply to a lot of things people do, including hobbies.

Manis is good at a lot of things — music, drums, guitar and piano, as well as Tai Chuan Do, which is mixed martial arts, and photography.

Enjoying art is also something she has in common with many others, including Natalie Brown, the pottery wheel and sculpture teacher.

"I was always artsy as a kid, and then when I was about 12, my mom decided she wanted to take a weaving class at a local art center and she made me sign up for an art class," Brown said. "One I thought would be cool at the same time was a pottery class, so that's the first class I took."

Brown works with clay and water color mostly, and a lot of her work has to do with floral themes.

Brown got really into clay during college where she would skip her core class just to go to her art studio to work on her pieces.

That is when she switched majors. She realized how much she enjoyed it.

"If you enjoy something it's really hard to get good at it because you don't want to do it," Manis said. "I think, since these are all things I enjoy and I like doing, I was able to push myself even harder than if I didn't like them."



PHOTO BY ZYLER PRICE

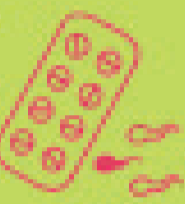
Teacher Natalie Brown has been involved in art, starting from a young age. Pottery quickly became her area of expertise.



PHOTO BY ZYLER PRICE

Senior Klaudia Manis started a music career during elementary school and has continued to find a passion for it through high school.

**BETTER SAFE THAN SORRY**



Birth control is a hard topic for anyone, but especially teens. This is due to the stigma surrounding teen sexuality and the lack of proper sexual education. However, being equipped with the proper information can help prevent STDs and foster a healthy sex life. All the lessons about birth control are found here, however more information can be found in the QR code below.



**Why do people take it?**

- To prevent early pregnancy
- To schedule/planning pregnancy
- Health benefits such as regulating periods and reducing acne

**Types of birth control**

- Pills**
  - Daily
  - Hormonal
  - Prevent pregnancy
  - Prevent STIs
- Condoms**
  - Latex
  - Polyurethane
  - Lambskin
  - Prevent pregnancy
  - Prevent STIs
- Implant**
  - Small rod
  - Lasts 3-5 years
  - Prevent pregnancy
  - Prevent STIs
- IUD**
  - Hormonal
  - Copper
  - Prevent pregnancy
  - Prevent STIs

**The Facts**

An estimated 58% of male and female teens have had sex by age 18

Approximately 83% of teens used some form of contraception at first sex

91% of female teens have used condoms, 85% used withdrawal and 53% used the pill

**Where to get some**

Planned Parenthood - Wichita Health Center  
 1000 S. Broadway  
 Wichita, KS 67202  
 (316) 260-9980

Truist Planned Parenthood  
 1000 S. Broadway  
 Wichita, KS 67202  
 (316) 260-9980

County Districts  
 District 1  
 District 2  
 District 3  
 District 4  
 District 5  
 District 6  
 District 7  
 District 8  
 District 9  
 District 10

College Hill  
 1000 S. Broadway  
 Wichita, KS 67202  
 (316) 260-9980

Planned Parenthood - 2200 E. Central Ave. Wichita  
 Truist Planned Parenthood - 1000 S. Broadway, Wichita



For more information on birth control, scan the QR code

**Student testimonials**

"It [birth control] does work for a lot of people, so I'm not against it."  
 — Freshman Aislinn Chankhosing

"I think it's important for teens to know about birth control, like I know other girls who take the pill. It's not my age."  
 — Freshman Miaja Cleveland

"I take the pill because my parents told me to but I'd like to know that it will protect me from teen pregnancy."  
 — Sophomore Marlyse Sanchez

- Sources:**
- Centers for Disease Control and Prevention (CDC)
  - Planned Parenthood
  - WebMD

ILLUSTRATION BY ALYSSA LAI

**Strut. Shine. Repeat.**

Dream careers are worth striving for

STORY BY JEWEL HARDIN

Senior Amelia Phommachanh has her sights set on becoming a model. While the journey won't be an easy one, her intentions are clear: to inspire others to follow their dreams like she does.

She will compete in a Miss Kansas Outstanding Teen pageant on March 20.

"Miss Kansas Outstanding Teen (is) for teenage girls in high school from ages 13-18 to basically just showcase their talents," Phommachanh said. "I'm super excited to just put my name out there and try and win a title for my state."

For most, achieving one's dream is difficult. Some dreams seem tangible, and yet others are considered unrealistic.

You want to play video games full-time? That will never work out.

You want to start your own business? You'll probably never even get off the ground.

You want to be a model? Too much competition.

Such comments are not uncommon.

"I dealt with bullying in middle school, I've dealt with depression, suicide, every mental (illness)," Phommachanh said.

Senior Jimmy Konekeo, who competes for the Panthers' eSports team, added: "I'll try to continue doing (eSports) if I don't get discouraged along the way"

No matter one's dreams, goals, even career choices, there are obstacles to overcome.

"A lot of what I want to do requires going to very elite schools, so like Ivy League (schools) or going abroad and whatnot," said sophomore Gillian Noffert, who wants to be a professor.

The goal is reaching those dreams, regardless of how tough it is.

"I believe that when you plug your light



PHOTO ILLUSTRATION BY ALYSSA LAI AND NIK SHAY

Amelia Phommachanh showcases her poses. She hopes to win a title for Miss Kansas Outstanding Teen.

into the world, it's what makes the light in the world shine, I need to be able to show people that," Phommachanh said.

"I'm going to go through all these hard times, but I'm going to wear them as a badge to let these kids know that you can also do it."

**All good things come in pairs**



PHOTOS BY LARRY MARCZYNSKI

Juniors Aubrey and Lucas Potts revel in their differences and similarities.

STORY BY LARRY MARCZYNSKI

Juniors Lucas and Aubrey Potts were born only seconds apart, or a minute, depending on who you believe.

"(I'm older by) one minute. I was born at 12:55 p.m. and he was born at 12:56 p.m. Lucas says it's 30 seconds, but it was a minute," Aubrey said.

Most people don't even recognize that they are twins.

"Whenever people find out I'm a twin, they are usually like 'oh my god you're a twin?' and I'm just like yeah I am... it's normal," Aubrey said.

Looking the same usually comes with the territory of being a twin, however, for fraternal twins this isn't always the case.

"We don't look a lot alike except for maybe the blond hair," Lucas said.

Growing up, some birth-days were awkward. Having to share a cake and a venue with her brother.

"We would have either too many girls at the party or too many boys and it would be weird," Lucas said.

More recently, their mom has made efforts to make birthday parties less weird.

"For example her mom had us sleep in the camper for her birthday so we wouldn't have to share a party with his (Lucas') friends," junior Bella Lenker said.

Some may think that sharing a zodiac sign makes you act the same way. For the Potts' twins this isn't true at all.

"She's way more hyper than me," Lucas said "She

always has energy,"

Aubrey sometimes enjoys teasing her brother.

"Sometimes whenever he walks into a room I'll go, 'yes, girl work it' just to make fun of him," Aubrey said.

"I don't get it," Lucas said. Around fifth grade, their personalities started to diverge and they became individuals.

This was most obvious in their choice of extracurricular activities.

"Our mom made us both do soccer, but I was more of a natural at it, so he quit and started doing karate," Aubrey said. "He quit around fifth grade."

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