

# THE KEYNOTE

Kankakee High School

Editor: Emely Cabrera  
Co-Editor: Autumn Alsip

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see Page 8  
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**World News**



**SPORTS**



**Christmas  
Spirit**



**School  
Events**



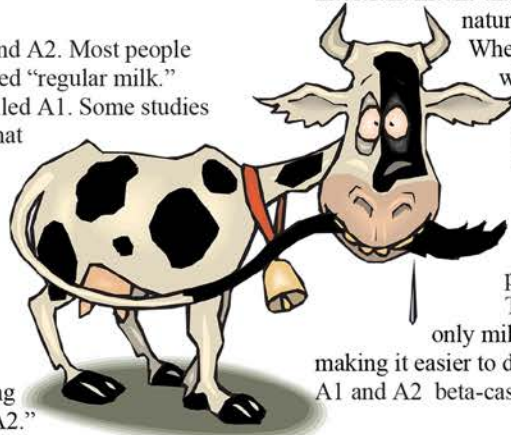


## What's Milk Got To Do With It?

Most people in the United States believe that milk is just milk. Those same people believe that very same milk is healthy for them; however, milk can cause adverse health effects. According to healthline.com, "The health effects of milk may depend on the breed of cow it came from."

In general, there are two types of milk called A1 and A2. Most people drink A1, which is the type of milk most considered "regular milk." Cows naturally produce the beta-casein protein called A1. Some studies indicate that A1 beta-casein may be harmful and that A2 beta-casein is a safer choice.

What makes A1 unhealthy for the human body? Sandy Schoth, a farmer in Aroma Park township says, "It is NOT a God-given gene. It's a mutated one to produce more milk for the dairies. Studies show A1 casein protein gene mutation causes asthma, eczema, skin problems, type 2 diabetes, and stomach/intestinal issues. All lactating females, whether human or animals are naturally A2."



An emerging body of research suggests that many of the 1 in 4 Americans who exhibit symptoms of lactose intolerance could instead be unable to digest A1, according to Josh Harkinson, author of the article entitled "You're Drinking the Wrong Kind of Milk." Lactose intolerant means that the body cannot easily digest lactose, a type of natural sugar that is found in cow milk and dairy foods.

When lactose moves through your digestive system without being properly digested, it can cause multiple symptoms such as uncomfortable gas, tummy grumbles, bloating and diarrhea issues.

Currently, A2 milk is being marketed as a more healthier choice than regular milk. A2 milk is produced by a company called A2 Milk Company. The A2 Milk Company says that their milk is the only milk that is guaranteed to be free from the A1 protein, making it easier to digest in the long run. Regular milk contains both A1 and A2 beta-casein, but A2 milk contains only A2 beta-casein.

By Cody Ramos and Shawn Wells

## Healthy Holidays Essential Oils Style

By Maggie Thompson

Keep yourself lively during the holidays with these homemade recipes. These easy remedies with essential oils are organic and better for you than common medicines.

### Peppermint:

- **Headaches:** apply 1 drop of peppermint to finger & hold to roof of mouth
- **Fever:** 1 drop of peppermint to 4 drops carrier oil (olive oil) & apply to spine as needed -for adults- add lemon and frankincense to boost

### Lavender:

- Diffuse or inhale to help sleep

### Lemon:

- **Coughs:** may break up mucus, fight infections, & soothe throat

### Thieves:

- Diffuse to kill bacteria
- **Cold Sores, fever blisters, fungal skin, & toe infection:** dilute and apply to affected area 3 times a day or as needed until gone
- **Bronchitis:** dilute 2-6 drops of thieves with a carrier oil (olive oil), have the same amount of drops for both the oil & the thieves, rub on chest & upper back

### R.C.

- **Coughs:** dilute 1 drop of R.C. to 1 drop of a carrier oil (olive oil) & apply to chest
- **Allergies:** diffuse or inhale
- **Asthma:** diffuse or dilute 1 drop of R.C. to 1 drop carrier oil (olive oil) -apply to chest daily
- **Sore Throat:** dilute 1 drop of R.C. to 1 drop carrier oil (olive oil) -apply externally to the throat/neck







**Junior  
Jacquan Binion**

Junior Jacquan Binion on the KHS varsity basketball team was chosen by his teammates and coach as an admirable player.

Coach Pickett states, "It's great! He's been working hard, and we always preach about how hard work pays off." Coach Pickett also says Binion is a great example of knowing how to manage time and staying focused not only as an athlete but also as a student.

Jacquan says, "I want to give a big shout out to my coaches and teammates for helping me be the basketball player and person that I am today." To my teammates, I would also like to say, "If we keep working, we can shut down all the haters and go far!"

Binion plans to attend Duke University and study forensic science.

Wrestling has been brought back to Kankakee High School after many years of not having an official school team.

"It's a great opportunity for student-athletes because it teaches discipline, teamwork, and persistence," says Coach Mendez.

Student-athlete Odell Jones states, "Wrestling helps you to work with a team and also as an individual."

"Wrestling requires 4 things," Coach Murphy explains, "which are hard work, dedication, sacrifice, and commitment."

Support our wrestling team at the next match. Let's keep the Kays' spirit alive!

## WRESTLING



Front Row (L-R): Cesar Martinez, Brian Perkins  
Second Row (L-R): Darrius Mickey, Alejandro Rivera, Jaylin Hairston, Angel Guzman, Cody Ramos, Mattias Clark  
Back Row (L-R): Coach Gilreath, Antonio Martinez, Coach Mendez, A'Veon Pittman, Tionna Lee, Star Griffin, Jesus Garcia, Tywon Mosley, Eric Fandrey, Coach Murphy

**CAPTAIN:** Eric Fandrey  
**Coaches:** Sean Gilreath, Greg Murphy, Gabriel Mendez, Brad Burns

**Junior  
Tabetha Jones**



Tabetha Jones, KHS junior, was chosen by Coach Maniatis to be recognized for the exceptional work she puts into the sport of basketball.

"Tabetha, as a student-athlete, is a leader to the team. She is a role model in the program. What makes her a great player is the love she has for the sport. When it comes to competition, she will have a goal in mind and will find a way to meet that goal," says Coach Maniatis.

Tabetha states, "I feel honored that my team looks at me that way because my only goal has been to take my team to victory and show other schools that teamwork can take us a long way."

Tabetha hopes to be scouted for basketball and do something she loves.

## Upcoming Sports

### Boys' Track

#### Coaches

Head Varsity: Mike Krol

Assistant: Lawrence Johnson, Del Trowell

### Girls' Track

#### Coaches

Head Varsity: Benny Phillips

Assistant: Albert Zika, Oletha Grant

Track and field is a sport which includes athletic contests established on the skills of running, jumping, and throwing. The name is derived from the sport's typical venue: a stadium with an oval running track enclosing a grass field where the throwing and jumping events take place.

### Softball

#### Coaches

Head Varsity: Deb Johnston

Assistant: Donya Tetrault, Erik Van Der Stuyf, Rebekah Ruettiger

Softball is a variant of baseball played with a larger ball on a smaller field. It was at various times called indoor baseball, mush ball, playground, softball, kitten ball, and because it was also played by women, ladies' baseball.

### Girls' Soccer

#### Coaches TBD

The object of the game of soccer, also known in some countries as football, is to drive a soccer ball into the opposing team's goal in order to score a point.

### Boys' Tennis

#### Coaches

Head Varsity: Brian Mathis

Assistant: Guy Jasmin

Tennis is a racket sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles). Each player uses a tennis racket that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent's court.

### Boys' Baseball

#### Coaches

Head Varsity: Brian Manering

Assistant: Joshua Lindstrom, Koshawn Mosley, Jacob Niemann, Thomas Standfield

Baseball is a bat-and-ball game played between two teams of nine players each who take turns batting and fielding. A game is composed of nine innings, and the team with the greater number of runs at the end of the game wins.

**GET INVOLVED!  
JOIN A SPORT!**





## Easy way to an **A**

By Kerie Wittaker

Pay attention in class. Take notes, ask questions, and participate in class discussions.

Turn in ALL of your work on time.

Restrain yourself from procrastinating and even start work ahead of time. If possible, ask your teacher if you can turn in late work.

Plan a time to study or complete homework. If you are involved in sports or have a job, make sure your schedule is flexible enough to fit in school. Education comes first!

Involve yourself in extra help given by the school. Use study support to focus on your school work and ask your teachers for help. Use the after school study resources.

Don't be afraid to ask. Whether you're asking your teachers for help, extra credit, or to extend a due date, it HELPS!

**All I Want For Christmas is Good Grades**

# Christmas

## SHOULD WE BE DASHING THROUGH CHRISTMAS MUSIC IN NOVEMBER? By Autumn Alsip & Sonia Sanchez

Since the beginning of time, there has always been something to celebrate. Whether you believe in the birth of Jesus or the creation of the universe by the Big Bang Theory, mankind has always commemorated certain days. The holidays of 2017 are no exception. Though, there is one subject that most disagree. That same subject is the very reason some people start the holidays with a "Grinch" like attitude.

When is the right moment (day, month, what have you) to start blasting jolly holiday music? During investigation of yours truly, I've asked several anonymous students in each grade level when is it the right time to play these festive tunes?

First, I started with the freshman class. Of the 10 I asked, the first 4 did not really care. Two of them were totally against playing Christmas music in November, and the remaining 4 were all for spreading holiday joy. One anonymous freshman said, "There ain't no Thanksgiving music to sing to, so we might as well start dancing to 'Santa Baby.'"

Next was the sophomore class. Five of these 16 year-olds did not have a solid opinion on Christmas music in November.

Two of them thought this was a good idea and proceeded to sing "Feliz Navidad." The last 3 were very offended I even asked such a thing.

Half of the 10 juniors I asked were strongly in favor of singing X-Mas music early while the other half had a different opinion. Shortly after this question was presented, they started a verbal disagreement of how people are weird if they watch Christmas movies right after Halloween.

The final group was seniors. Only 2 of the seniors, with all their infinite wisdom, of the 10 I interrogated were brave enough to go against the other 8 and render their views on the early practice of listening to Christmas music. In short, they feel that any early Christmas spirit activity is unlawful, especially before Thanksgiving. I then pointed out how no one ever listens to Thanksgiving music. They are now currently coming up with a few Thanksgiving jingles to be released early November of next year.

*Bored on Christmas break? Head to the Windy City and check out some of these events. Don't be a Grinch!*

*Holidays Around the World*

*Winter Wonderfest*

*New Year's Eve Fireworks*

*Zoo Lights*

### Location:

Museum of Science and Industry

Date: Dec. 1- Jan. 7

Cost: Free w/admission to museum  
\$16 Adults  
\$9 Children

### Location:

Navy Pier

Date:

Dec. 1- Jan. 7

Cost:

Admission \$10  
Activity Tickets \$25

### Location:

Navy Pier

Date:

Dec. 31

Cost:

Free

### Location:

Lincoln Park Zoo

Date:

Dec. 26-31

Jan. 1-7

Cost:

FREE



## Best Gifts For Him

10. Sweater
9. Ugg Boots
8. Necklace
7. Beanie
6. Wallet
5. Wrist Watch
4. Fitbit
3. Nike Gear
2. Jordans
1. **NBA 2K 18 Game**

## Best Gifts For Her

10. Manicure
9. Shoes
8. Necklace
7. Purse
6. Nike Gear
5. Makeup
4. Cardigan
3. Life Size Teddy Bear
2. Bodycology
1. **PINK by Victoria Secret**

## Recipe

### Santa Hat Cupcakes

### Ingredients:

- Favorite Cupcake Mix
- Approx. 24 Strawberries
- White Frosting
- White Chocolate Chips (optional)

## Safe Winter Driving Tips By Kevin Smith

That time of the year is approaching! Soon there will be ice and snow all over the place. Whether you love the snow or hate it, driving is one of the most dangerous activities that takes place in the winter, so here are a few tips to stay safe.



Pictured above from L-R: Seniors Jeremy Neufeld and JaNeah Shaw

### Winter Driving Tips

**Check your tires:** make sure you have adequate tread on your tires and check their pressure. Consider snow tires if there is a high amount of snowfall.

**200 meters**

**Keep your distance.** Stay 200 meters away from snow plows.

**Remove ice and snow** from all windows, mirrors, and lights.

**Change your oil:** Fill your engine with an oil of lower viscosity. The number before the W represents viscosity, so 5W-30 has a lower viscosity than 10W-40.

**Skidding.** Try to avoid accelerating too hard. Keep it as smooth as possible. This also applies to braking and steering. If your car starts to skid, it is recommended that you gently lift off the accelerator and turn into the direction of the skid.

**Avoid cruise control** in wet, icy or snow conditions to maintain control of acceleration and deceleration at all times.

Canadian College of English Language





# SCHOOL EVENTS

**FYI, SENIORS**  
Many colleges offer scholarship opportunities for perfect attendance up to \$1,000!

## ALARMING FACTS ABOUT SCHOOL ATTENDANCE

Courtesy of attendanceworks.org

- Absenteeism in the first month of school can predict poor attendance throughout the school year. Half the students who miss 2-4 days in September go on to miss nearly a month of school.
- Over 7 million (1 in 7) U.S. students miss nearly a month of school each year.
- Absenteeism and its ill effects start early. One in 10 kindergarten and first grade students are chronically absent.
- Poor attendance can influence whether children read proficiently by the end of third grade or be held back.
- By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school.
- Research shows that missing 10 percent of the school, or about 18 days in most school districts, negatively affects a student's academic performance. That's just two days a month and that's known as chronic absence.



## Be Here or Be Square

By Jeremy Neufeld and Leslie Calderon

How important is it for Kay Kazies to be in school? School attendance is important in determining student success. The consequences of poor attendance are serious for all students.

According to author Mikhail Zinshteyn of the article "The Long-Term Consequences of Missing School," **Missing just two days a month of school for any reason exposes kids to a cascade of academic setbacks, from lower reading and math scores in the third grade to higher risks of dropping out of high school.**

Kankakee School District supports the phrase, "Miss school-Miss out." Students miss the opportunity to learn if they don't go to school, and schools can't improve if students don't show up for classes regularly.

Zinshteyn reports, "Nearly 9 in 10 districts report chronically absent students, based on data from the 2013-14 school year, a figure that some experts believe is an undercount."

**HOSTED BY KHS STUDENT COUNCIL**

**Sponsored by Red Cross**

## BLOOD DRIVE



"My donation may let another person have 10 more minutes."

*Ziyan Chen*

"I just wanted to know my blood type."

*Eddie Villagomez*

"I like doing anything that helps being in the service of others. There isn't anything better than that."

*Trevor Shaw*

By Kecie Whittaker

The 2017 Blood Drive held on Nov. 17 was a success as many willing students agreed to sign up to donate an important part of themselves for a special cause.

KHS students and staff collected a total of 37 pints.

**The next drive is  
April 20, 2018.**

Student Council receives scholarship money at the end of the year **to give to a senior who is going to college** based on the number of donations received.

Anyone who is 16 or older can donate. A parent waiver is needed for anyone aged 16.



# ..... SPONSORS .....



## KHS Boosters/ PTO



Join us at  
6:30pm on the  
2nd Tuesday  
of each month  
in the KHS  
Library

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## KHS Scavenger Hunt 2018 Go Hunting After X-Mas Break for the Snowflakes!

**Instructions:** Using the clues below, find the staff members who will give you a signed snowflake. The first 5 students who return all 6 signed snowflakes to Ms. Wells in room 126 will win a \$5 gift card to McDonald's. **This must be done before or after school OR during your lunch period!**



## CLUES



- First place to look is where you find your books.
- The second isn't too far. It's where you learn to draw.
- The third is real fun. It's where Lindstrom makes you run.
- Search for a newlywed, a counselor with scholarships for seniors who want to get ahead.
- You're doing real well. It's with the person you report to when you're late for the bell.
- Last but not least when playing hide and seek, just go look for Mrs. Reick.
- Hopefully this name rings a bell. Go receive your prize from Ms. Wells.

By Korey Rose

## 68th Annual Kankakee Holiday Tournament

Date: Dec. 27-29, Wed.- Fri.

Time: Approx. 9 a.m. - 9 p.m.

Tickets: Adults- \$7 each  
Kids/Seniors- \$4 each



### Big Schools

Kankakee  
BBCHS  
Chicago Carver  
Military Academy  
DuSable  
Peoria Central  
Bremen  
Reavis  
Shepard

### Small Schools

Herscher  
Clifton Central  
St. Anne  
Illiana Christian  
Manteno  
Peotone  
Grant Park  
Momence

## Final Exam Schedule

Tuesday

Wednesday

Thursday

19th	20th	21st
8th Hour Final	1st, 3rd, & 5th Hour Finals	2nd, 4th, & 7th Hour Finals
*During Hours 7-8	*1:20 Dismissal	*1:20 Dismissal

### Lunches

A	11:32-12:03	English, Dr. Ed., Art, Health
B	11:59-12:03	Math, Business, Foreign Language
C	12:26-12:57	Special Ed., Social Studies, Home Ec.
D	12:53-1:20	PE, Science