

TAKE ONE!

FREE SPORTS MAGAZINE

DECEMBER 2011

www.kcsportspaper.com

# KANSAS CITY SPORTS & FITNESS

14  
years  
as "The  
Magazine  
for Sports  
Fans in KC!"

'TIS  
THE  
SEASON!



Daily  
BROADCAST SCHEDULE:  
8:30 AM  
4:30 PM  
8:30 PM

SureWest Ch 7  
**hstv**  
hometown shopping television

SATURDAYS at 8 AM on  
**ESPN 1510**



kcsportsmag



**Harrah's**  
Sports  
Entertainment  
Report  
page 12



ARMY STRONG.

High  
School  
Report  
page 9



**Chiefs  
Report**  
page 4

The Surplus Exchange

**BIG 12 College  
Sports Report**  
page 14

*B&C*

Brimacombe and Cohen

*We're Moving Houses!!!*



We have closed over \$45 million in transactions over the past two years.  
Contact us to buy or sell your next home!

Shannon Brimacombe • 913.269.1740 Stacy Cohen • 816.729.7214

REECE NICHOLS

Real Estate • Mortgage • Title • Insurance

Where SOLID Means More



**Steve Fisch**  
Publisher

11730 W. 135th St., Suite 18  
Overland Park, KS 66221  
Phone/Fax: (913) 764-2050  
Email:  
sfisch@kcsportspaper.com  
[www.kcsportspaper.com](http://www.kcsportspaper.com)

**Editor**

Alan Eskew

**Contributing Photographers**

Scott Thomas, Ed Graunke

**Contributing Writers**

Charles Redfield, Alan Eskew,  
John Landsberg, Jim Potoski,  
James Peuster, Marc Bowman,  
Dave Borchardt, Nick McCabe,  
Dr. Lynn McIntosh, David Smale,  
David Garfield, Greg Pryor

**Cover Photos**

KU by Ed Graunke

KSU courtesy KSU Athletics  
MU courtesy MU Athletics

**Published Monthly**

Entire Contents © Kansas City  
Sports & Fitness 2011. The views  
and opinions of the contributing writers  
contained in this publication do not  
necessarily reflect the views and opinions of  
the editor and/or publisher.



**THE  
KANSAS CITY  
SPORTS &  
FITNESS  
TV/RADIO SHOW**

**BROUGHT TO YOU  
IN PART BY:**



**LIFE  
PRIORITY™**  
Your Life. Our Priority

**WEEKLY BROADCAST  
SCHEDULE:**

**SureWest hstvtv** Channel 7  
hometown shopping television.  
Daily 8:30 AM, 4:30 PM, 8:30 PM

**ESPN 1510**  
Saturdays 8-9 AM

**JOIN US ON LOCATION:**

**SATURDAY  
DECEMBER  
3  
12:30 PM**

IT'S A GREAT DAY AT  
**KCIC**  
KANSAS CITY ICE CENTER  
19900 Johnson Drive  
Shawnee, KS 66218

**SATURDAY  
DECEMBER  
10  
12:30 PM**



11228 W. 135th St., OP, KS 66221 between Quivira and Nieman

**SATURDAY  
DECEMBER  
17  
12:30 PM**

**Vanni's  
CHICAGO PIZZA**  
PASTA & SANDWICHES  
19617 W. 101st, Lenexa, 66220  
K-10 & Woodland by Price Chopper

# THE FAVORITE BEER OF **CHIEFS FANS**

★ ★ ★ ★ ★ ★ ★ **HERE WE GO**



Nothing goes with **CHIEFS** football like the just-right taste of Bud Light, the Official Beer Sponsor of the NFL. It's the sure sign of a good time. *Here We Go!*



**ENJOY RESPONSIBLY**  
©2011 Anheuser-Busch, Bud Light® Beer, 33.3oz (947 mL)  
©2011 NFL Properties LLC. All NFL-related trademarks and  
logos are the property of the National Football League.

# Johnson anchors embattled Chiefs defense

**N**o one feels a Chiefs loss more than Derrick Johnson. While enjoying the best season of his seven-year career, the veteran linebacker anchors a defense that has ranged from the sublime to the ridiculous in 2011.

For Johnson, it's simple: "We have to get better," Johnson said.

The Nov. 13 loss to Denver proved especially difficult to swallow. Facing the only division opponent which wasn't tied for first, the Chiefs lost 17-10 at Arrowhead Stadium despite allowing just two completed passes in eight attempts by Broncos quarterback Tim Tebow.

"Denver controls the ball, that's their identity," Johnson said. "They play safe football. Tebow running the ball, that's how they're going to play. They ran the ball every time. They're a running football team. They stayed true to that."

One of Tebow's two completions went for a back-breaking 57-yard score which provided the margin of victory.

"That one pass really hurt us," Johnson said. "They were running and running on third down. If that happens again we'll be a lot better."

The loss dropped Kansas City out of a first-place tie and cost the team an important division game.

"This was a tough loss," Johnson said. "We need to not get our heads down. We need to do a better job on defense. The last (few) weeks our defense hasn't done that. We have to get better. We've got to get better quick. We let one slip away. That's hard. Winning is hard. You've got to win every chance you get in this league. This

one hurts more than the last. It's frustrating but it happens. You've got to win whenever you have a home game and an opponent

other Chiefs defender. He already ranks among the top ten tacklers in the Chiefs past 20 years and has a good chance to reach the top five by season's end.

"He's having a stellar, stellar year," Chiefs cornerback Brandon Flowers said. "All the defensive backs and quarterbacks get all the glory, but Derrick Johnson has won a lot of games for us."

After allowing 109 points while losing their first three games, the Chiefs limited opponents to 61 points during a four-game winning streak, and Johnson had a big part in all four victories.

Johnson made his presence felt during a 28-0 win over Oakland October 23, pushing back Raiders fullback Michael Bush on three straight goal-line dives to preserve the Chiefs first-ever shutout in Oakland.

A week later, Johnson was front and center once again, collecting 13 tackles to go with a sack and an interception during a 23-20 overtime victory over the Chargers on Monday Night Football October 31.

The win gave the Chiefs a tie for the division lead - the first time in NFL history a team started the season 0-3 and then held at least a share of the division lead four weeks later - and Johnson took home AFC Defensive Player of the Week honors.

"Derrick was as good as I've seen him," Chiefs coach Todd Haley said. "A couple of the plays he made were truly just monster plays. He was right in the middle of it so many times."

A week later, Chiefs management rewarded Johnson by signing him to a five-year contract extension, a move which will keep the potential free agent wearing Chiefs red through 2016.

Despite the mid-season resurgence, the defense has again fallen on hard times, allowing 82 points in three consecutive losses to Miami, Denver and New England.

Yet Johnson still has faith in the resiliency of the Chiefs defense.

"We play a lot better with our backs against the wall," Johnson said. "We know we're going to be all alone thinking we're going to come out of this hole, but we know we can do it. There is a lot of parity in the league. This is the NFL. If we start fast we can play with any team."

CONTINUED ON NEXT PAGE



Photo by Scott Thomas

that you think you can take care of."

A first-round draft pick in 2005, Johnson was a Butkus Award winner as the best collegiate linebacker while playing for Texas. After being a Chiefs starter from 2005 through 2008, Johnson found himself on the bench for much of 2009 and became the subject of trade rumors.

A renewed focus in training camp the next year turned Johnson's career around as he led the team with 94 tackles in 2010. Through the first ten games of 2011, Johnson again leads the club in tackles; his 62 tackles are nearly twice as many as any



**Marc Bowman**  
Contributing  
Writer

**Safe • Affordable • Reliable  
Group Transportation**

**Choose Yellow.  
Choose First.**

For all your group transportation needs!  
Here's where **Yellow** can take you:

- Sporting Events • Picnics
- Wineries • Weddings
- Corporate Events • Shuttles
- Church / Youth Groups
- Bar Hops • ... and more!

**CALL THE LOCATION NEAREST YOU!**

- **Kansas City:** 816.254.5262
- **Grandview:** 816.765.3100
- **Parkville:** 816.741.4023
- **Olathe:** 913.782.1050
- **Gardner:** 913.856.5650
- **Desoto:** 913.422.8501
- **Lawrence:** 785.841.3594
- **Overland Park / Shawnee Mission:** 913.432.1900



**First Student**

Charter Bus Rental

[www.FirstCharterBus.com](http://www.FirstCharterBus.com)



**DECEMBER SPECIAL  
HC CIGAR GIFT SET  
SAVE OVER 25%  
XIKAR 5 CIGAR TRAVEL HUMIDOR  
with 4 HC CIGARS**

WATERPROOF & AIR TIGHT Regular: \$54.75 NOW: **\$39.95**

6898 W 105th St., Overland Park, KS 66212

**913-381-5597**

[www.cigarrandtabacitd.com](http://www.cigarrandtabacitd.com)

**DERRICK JOHNSON** | FROM PAGE 4

This is not the first time Johnson and the Chiefs defense have had their backs to the wall.

"You can never panic," Johnson said. "Nobody wants to start 0-3. That's hard to get out of."

The Chiefs got out of that, but a November slide tumbled them back into the abyss.

schedule, but Johnson is confident his team's defense is up to the task.

"We'll bounce back," Johnson promised. "We've got a tough schedule but we'll bounce back. We've been through a lot. We prepare better with our backs against the wall."

Losing safety Eric Berry in the first week created some vulnerability for the

## Derrick Johnson #56

**Position:** Linebacker **Height:** 6-3 **Weight:** 242 **Born:** 11/22/1982-Waco, TX  
**College:** Texas **Draft:** 2005 - 1st round (15th pick) by the Kansas City Chiefs

Season	Team	G	TACKLES			SACKS	
			Solo	Ast	Total	Sack	YdsL
2005-06	Kansas City	16	80	16	96	2	14
2006-07	Kansas City	13	58	18	76	4.5	23
2007-08	Kansas City	16	83	11	94	4	34
2008-09	Kansas City	14	69	17	86	1.5	13
2009-10	Kansas City	15	30	7	37	1	7
2010-11	Kansas City	16	96	26	122	1	11
2011-12	Kansas City	11	70	22	92	1	7
<b>Career</b>		101	486	117	603	15	108

Season	INTERCEPTIONS			MISCELLANEOUS			
	Int	Yds	IntTD	DefTD	FFum	PD	Sfty
2005-06	0	0	0	0	2	5	0
2006-07	0	0	0	0	2	2	0
2007-08	2	18	0	0	3	6	0
2008-09	1	7	0	0	4	6	0
2009-10	3	175	2	2	1	5	0
2010-11	1	15	1	1	4	15	0
2011-12	1	1	0	0	0	6	0
<b>Career</b>	8	216	3	3	16	45	0

Last updated through games completed on Nov 27, 2011

Rebounding starts with better run defense.

"We've got to be physical on the run," Johnson said. "We've got to play better on the run earlier in the game, get on the ball really, really fast."

The Chiefs were outscored 252-144 the first ten games. The negative 10.8 points-per-game is the worst ever in club history and the team faces a daunting December

Chiefs, and the defense has also suffered with injuries to Flowers, Brandon Carr, Glenn Dorsey, Jon McGraw, Demorrio Williams, Kendrick Lewis and Javier Arenas.

But Johnson isn't looking for excuses. "Every team has injuries," Johnson said. "The only people we need are the people in this locker room. We just have to get better."

**KANSAS CITY COMMAND HOLIDAY PACK**

**Holiday Pack Includes:**

- TWO (2) END ZONE SEASON TICKETS
- ONE (1) KC COMMAND AUTHENTIC JERSEY

**\$356 VALUE FOR JUST: \$199**

Pizza, Stromboli, Calzones, Salads, Dinners, Subs & more...

**Johnny Bruscos NEW YORK STYLE**

11228 W. 135th St. OP, KS 66221

**WE NOW DELIVER!**  
 \$25 minimum order and \$3 delivery charge

**FREE PIZZA**  
 BUY ANY LARGE SPECIALTY PIZZA GET A LARGE 1-TOPPING FREE  
With coupon only. Not valid with any other offer. Expires 11/09/12

**\$5.00 ANY LUNCH SPECIAL**  
 (Includes Drink)  
With coupon only. Not valid with any other offer. Expires 11/09/12

Johnnybruscos.com 913-897-8160

**KANSAS CITY COMMAND**

Sprint Center

25 SEASONS

TO PURCHASE TICKETS CONTACT KC COMMAND CALL 855-KC-ARENA VISIT KCCOMMAND.COM

# One month...One Chiefs touchdown

By ALAN ESKEW, Editor

In four November games, 16 quarters, 45 offensive drives and 290 offensive snaps, the Kansas City Chiefs scored - drum roll, please - one touchdown.

Take a bow fullback Le'Ron McClain, the only Chief to visit the end zone in that odorous offensive span. He caught a one-yard touchdown pass from Matt Cassel in the 17-10 loss to the Denver Broncos on Nov. 13. That was also the last touchdown pass Cassel would throw this year before going on the injured reserve after having surgery on his right hand.

Ryan Succop accounted for the other 19 November points with six field goals and an extra point.

So how is Tyler Palko, Cassel's replacement, doing? It is better not to ask. He is playing like a quarterback who was undrafted in 2007 out of Pittsburgh. He has been cut by the Saints, Cardinals and Steelers in the NFL, the California Redwoods of the United Football League in 2009 and the Montreal Alouettes of the Canadian Football League. He also did not play football in 2008.

## Rugby team recruiting for upcoming season

According to a recent study by the Sporting Goods Manufacturers Association, rugby is the fastest growing team sport in America.

Kansas City has several rugby organizations for both men and women. One of those organizations is the Kansas City Carnivores.

Established in 2010, the Carnivores is one of the few gay sports organizations in Kansas City. The Carnivores Rugby Football Club (KCCRFC) provides opportunities for learning and playing competitive rugby to communities traditionally underrepresented in the sport.

The Carnivores play local KC rugby teams and participate in tournaments in Kansas City and other cities, too. In 2012 the team is planning to represent Kansas City and the United States in a tournament held in Manchester, England.

The team begins playing in February and participates in spring and fall leagues.

They are currently recruiting players of all ages (19+), athletic ability and experience for the upcoming season.

For more information on the team and the upcoming season, visit [KCCarnivores.org](http://KCCarnivores.org).

Palko had thrown a total of 13 passes in the NFL before Cassel's injury. In the second quarter of a loss against the Steelers at

for Dwayne Bowe was tall and intercepted. That brought Palko's totals to seven turnovers, six interceptions and no touch-



**In case you missed it, the pictures above and on the next page show the on-field and fan celebration for the only touchdown the Chiefs scored in November.**

Photos by Scott Thomas

Arrowhead, Palko committed three turnovers on three consecutive snaps - a fumbled snap and two interceptions. Talk about consistency.

When the Chiefs were driving in the final seconds in a 13-9 loss, Palko's pass

downs in his first two starts and possibly his last two. Palko's quarterback rating was a pitiful 47.5 with a walloping 8.3 percent of his passes being picked off. Cassel had a 76.6 quarterback rating with 10 touchdowns and nine interceptions before the season-ending injury to his throwing hand.

"Anytime you turn the ball over four times and you're responsible for it, it hurts," Palko said. "It stings a lot when you are responsible for four turnovers, your defense plays so well, you're in the game late and it has to end like that. There are no excuses for turnovers. That has to change.

"Those (interceptions) are all on me. And the fumbled snap was on me as well. Anytime the ball leaves your hands you are responsible for it. I take full responsibility

for all turnovers. Seven turnovers in two games are unacceptable. We are shooting ourselves in the foot and we are beating ourselves. It is hard to overcome turnovers.

"The turnovers have to stop. You can't keep beating yourselves. That is what I am doing right now. I am not helping our offensive team. I am not giving them a chance to win right now and that has to stop. I have to get that corrected because our defense is playing well right now.

Our offensive line, backs and receivers are doing a good job. We need to get that corrected."

The correction could be in a change of quarterbacks.

No wonder the Chiefs claimed quarterback Kyle Orton, who was discarded by the Denver Broncos, off the waiver wire. Before one starts hallucinating and believing Orton is Superman and could save this wreck of a season, he is 5-21 in his past 26 starts for the Broncos. He was 1-4 this season before being replaced by Tim Tebow.

Orton had just one practice and one walkthrough with the Chiefs before the Steelers loss in which he was on the inactive list. He is getting a crash course in the Chiefs playbook, but bringing in a quarterback from the outside, no matter if he is a veteran, this late in the season will not be a panacea, cure all for a struggling offense already without tight end Tony Moeaki and running back Jamaal Charles, who are out with knee injuries.

"It's difficult not only trying to learn the offense, but trying to get the timing down with everybody," Orton said. "I'm learning the offense as fast as I can. It's different (than the Broncos). All offenses are different. It's just a matter for getting to know my teammates and getting to know the system as well as I can."

Although it is a small sampling, two

CONTINUED ON NEXT PAGE

**Coming December 15!**

**she<sup>TM</sup>kc**  
the magazine that spotlights

**Sports  
Health  
Exercise**

for women and girls in KC!

**IT'S FREE!**

visit: [shekc.com](http://shekc.com)

find: [shekc](#) on facebook

follow: [she\\_kc](#) on twitter



Kansas City's Premier Gay Men's Rugby Club

**Kansas City  
CARNIVORES  
Rugby Football Club**

All are Welcome!! No experience necessary. For information, call (816) 237-8861, or Email: [info@kccarnivores.org](mailto:info@kccarnivores.org)

[Kccarnivores.org](http://Kccarnivores.org)





## TOUCHDOWN | FROM PAGE 6

games (and seven turnovers) are probably enough to convince the Chiefs and coach Todd Haley that Palko is not the answer for the future as a reliable backup to count on should Cassel suffer injuries in future years.

"If we feel there's somebody that gives us a better chance to win, that's the guideline we generally follow," Haley said after the Steelers defeat on replacing Palko with Orton. "I can't really answer any of that

Raiders and Broncos. Say hello to a very high draft pick in 2012.

"I honestly don't know what the problem is," McClain said. "Whatever it is we have to find a way to correct it."

One problem is in the first 11 games, the Chiefs scored a total of 15 touchdowns, only three rushing, and the defense scored two of those on interception returns by Brandon Flowers and Kendrick Lewis. On the flip side, Chiefs opponents scored



other than we need to get back to work. We can't let this disappointing loss drag us down."

"At times he did a lot of good things, but the turnovers are ultimately what cost us in the end. We just can't turn the ball over, the fumble snap was a killer because that's something you can clearly control, and the throw away was the other one. Ninety-nine times out of a hundred, when you're trying to throw it away, you'll throw it away. He'll learn a valuable lesson: when you're out of the pocket, throw it into the stands. You're not trying to make it close."

This has been a Dr. Jeckyll and Mr. Hyde season for the Chiefs, who remember last season won the AFC West. They went 0-4 in preseason, lost the first three regular season games, including getting blown out by a combined 89-10 score by Buffalo and Detroit in the opening two games. Then they turned it around and won four straight, including a 28-0 shutout at Oakland, to move into a first-place tie in the mediocre AFC West Division.

Next up was the disastrous November and the loss of Cassel. Their final four games are against the Jets, undefeated and defending Super Bowl champion Packers,

30 touchdowns.

Linebacker Derrick Johnson found it difficult to accept the Chiefs have not won since Halloween at San Diego.

"There's no explanation for it," Johnson said. "We've had some close games that we should have won. It's tough trying to stop this bleeding. We're bleeding right now and we've got to stop it."

"I can't put my finger on it. When you lose, there are a lot of things going wrong; in the film room, we're looking at certain plays. We've just got to play better. We played better (against the Steelers), but we've just got play even better."

Meanwhile with the mounting losses, the aggravation level rises.

"Anytime you lose, it's a frustrating feeling," safety Kendrick Lewis said. "We've just got to go to the drawing board and see what we've got to get corrected and keep coming back. After all, we still have more games to play and it isn't over yet."

The season ends Jan. 1, 2012 at Denver. The Chiefs will be more than glad to flip the calendar to a new year. This season will rank as a catastrophe from first in 2010 to last in 2011.



## SEASON TICKETS ON SALE NOW

### 816.478.BALL (2255)

**SAME GAME  
NEW ERA**



**Citizens  
Bank & Trust**



**MISL**

INDEPENDENCE  
EVENTS • CENTER

www.CometsIndoorSoccer.com

follow us...




friend us... **kcsportsmag**

like us... **www.kcsportspaper.com**





DINE IN • CARRY OUT • DELIVERY

Nationally rated 4th

"Most Successful Independent Italian Restaurant" -Pizza Today, 2004

"Best Sports Bar in KC" -Pitch Weekly

---

4 Great KC Locations!

METRO NORTH: 221 NE Barry Rd., 816-436-8818

and our Sports Bars that feature  
26 or more HDTVs at each location!

DOWNTOWN: 427 Main, 816-421-1122

KCI: 7007 NW Barry Rd., 816-741-2737

---

and our **NEWEST LOCATION**

LIBERTY: 205 N. 291 Hwy., 816-407-9000

For the Minsky's nearest you, call: 913-339-6999

Gourmet Pizzas Plus...

PASTAS • SALADS  
CAIZONES • SANDWICHES  
& much more

---

MENTION THIS AD

and receive a

LARGE PIZZA

at the medium price!

---

SERVING PIZZA FOR OVER 33 YEARS!

PIZZA BY THE SLICE: Monday - Friday, 11 am to 2 pm

# When did it become politically correct to pick on an athlete because of his faith?

**O**kay, let me start by saying I am a Christian and a lifelong Catholic. Got it? And let me also add that I have certain beliefs and try to live my life according to them.

Sometimes I am able to accomplish that much better than at other times. I never claimed to be perfect (ask my wife, kids, friends, relatives, etc.), but I try.

But I would also like to add it is getting tougher and tougher to turn the other cheek as far as the never-ending criticism and vitriol aimed at Denver Broncos quarterback Tim Tebow over his religious beliefs. Since when did it become politically correct to deride someone simply because they are an avowed Christian?

Other athletes for years have made the Sign of the Cross or pointed heavenward after making a great play. Sure, some of it is purely hypocritical. Some of it is purely for image making, but the sports media seems to respect it and ignore it.

But with Tebow many of the sportswriters seem to genuinely hate him for being a Christian and not afraid to show it. They have made him a piñata over his religious beliefs. They seem to delight in making fun of him.

The act of "Tebowing" where people drop to their knees in mocking Tebow crosses a line that I never thought I would ever see in my lifetime. In an era of political correctness where everything seems to offend everyone, why does it seem to be perfectly fine to poke Tebow's Christianity?

What if some NFL player scored a touchdown, pulled out a prayer rug and imitated someone praying to Mecca?

Are you kidding? The league would at a minimum fine and suspend the player. The media would demand his head on a plate.

Mock Tebow for praying? No problem.



Former NFL quarterback and current handball player Jake Plummer felt the world somehow needed to know his feelings about Tebow and religion.

"I think that when he accepts the fact that we know that he loves Jesus Christ then I think I'll like him a little better," Plummer commented in a radio interview.

Another Tebow amazing aspect is how some sportswriters, broadcasters and former players delight in noting Tebow can't pass. Where exactly did they learn that?

Former NFL quarterback Phil Simms criticized Tebow, predicting that he would likely fail in the NFL because he doesn't have a good arm and isn't quick enough. Today Tebow is a starting NFL quarterback. Simms's son is sitting on an NFL bench acquiring splinters.

Keep in mind, Tebow is a kid who passed for 9,286 yards in college with 88 TD's and just 15 interceptions. He won the Heisman Trophy and just about every other honor given to a college player. And they were all deserved.

His delivery might not be picture per-

fect, but to make it seem as if Tebow throwing a pass is like Mike Tyson analyzing Einstein's Theory of Relativity is absurd.

Former KC Chiefs quarterback Trent (once dubbed "TRINT" for his penchant for throwing interceptions) Green criticized Tebow on a sports radio show for a single errant pass he tossed against the Kansas City Chiefs. Green chuckled "a high school kid could have made that pass."

Actually, if Tebow had tried to force that pass it would have likely been intercepted and result in a pick-six for the Chiefs. Incidentally, in college Green threw 16 TDs with 21 interceptions. Tebow passed for 88 TD's with 15 picks. Who should be laughing? The Chiefs certainly weren't laughing after the Tebow-led Broncos beat them at Arrowhead Stadium.

In the past a player like Tebow would have been universally held up as a role model for others to follow. Only in the screwed up world of today would he be a source of ridicule.

In a commentary, Denver sports anchor

Drew Soicher blasted those who ridicule and disrespect Tebow over his religious behavior, noting "he deserves to be admired, not mocked."

"In a day and age when so many athletes are in so much trouble for criminal behavior we are going to clown Tim Tebow?"

As someone who spent several years as a sportswriter in my earlier career, I can attest the majority of sports reporters I worked with were some of the most immoral people on the planet. Many had no faith whatsoever and often made fun of any athlete who did.

In conclusion, judge Tebow by his play on the field, not his religious beliefs. Just because he is an avowed Christian doesn't mean he is fair game for ridicule.

Oh, and Merry Christmas!

John Landsberg of Bottom Line Communications can be reached at [jlandsberg@bottomlinecom.com](mailto:jlandsberg@bottomlinecom.com).



**John Landsberg**  
Contributing  
Writer

**KCIC**  
KANSAS CITY ICE CENTER

HOCKEY • FIGURE SKATING • PUBLIC SESSIONS • ADULT LEAGUES • PARTIES • BROOMBALL • GROUP RENTALS

## SIGN UP NOW

### for Fall Skate School Classes

Learn to Skate  
Learn to Play Hockey

**ALL SKILL LEVELS WELCOME!**  
Toddler thru Adult - Skate rental included

**SAVE \$10<sup>00</sup>** ON ANY SKATE SCHOOL REGISTRATION

Expires 1/9/2012

Register online at [kcicecenter.com](http://kcicecenter.com)

## HOLIDAY CAMPS

NOW ENROLLING

**913-441-3033**

**913-831-2617**

19900 Johnson Drive  
Shawnee, KS 66218

KANSAS CITY ICE CENTER

## FLATLANDERS

### Ski & Snowboard

**SNOWBOARDING**

Never Summer  
Burton • Arbor  
32 • Vans  
Salomon • D.C.  
Flow

**CROSS COUNTRY**  
Ski packages available

**SKIING**

Salomon • K2  
Obermeyer  
Marker • Fera

And **MANY**  
other brands!

**SAVE 50%**

**FOG FREE GORDINI GOGGLES**

with coupon Expires 1/8/12

**913-831-2617**

6110 Johnson Drive, Mission, Kansas

DEMO SKI & SNOWBOARD RENTAL & REPAIR  
CUSTOM BOOT FITTING



## Giess aiming for first after several seconds

By CHARLES REDFIELD, Contributing Writer

**J**onny Giess knows about second place in the world of high school sports. Giess, a 6-5 Blue Valley Northwest senior basketball player and track high jumper, has seen his share of bridesmaid finishes.

He has been a member of the Huskies boys basketball teams that has finished second at the Class 6A state tournament in 2010 and 2011.

Giess placed second in the high jump at the 6A state track meet in May.

"I want to get back to state in basketball and the high jump and win," he said.

Giess had an injury in his sophomore year and didn't play at the end of the year. He was a starter last year for the East Kansas League championships and second-place state tournament team.

He started almost all the games during his junior year, hitting 60 percent from the floor and averaging 5.8 rebounds a game.

"Jonny is our energy guy, our kids feed off his energy and enthusiasm," basketball coach Ed Fritz said. "He is a high-flying athlete. His jumping ability is fun to watch. He is every active on the offensive and defensive boards and is a shot blocker in the paint."

The red-headed Giess spent a lot of time off-season getting ready for his final high school season.

"We had weights and basketball Monday through Thursday at 6:30 a.m.," Giess said.



"And I played with the KC Spartans (an AAU summer traveling team)."

The summer work could pay off with major dividends this season.

"He has worked very hard on his post skills and will be very effective for us this year," Fritz said. "His positive attitude and hard work ethic is going to be key in him being our leader this year."

Varsity assistant and track high jump coach Dwight Williams said, "Jonny's work ethic is like no other. He is always the first to practice and last to leave. Not only are his on-court skills impressive so are his personal skills. He is well liked and looked up to in the hallways at Blue Valley Northwest as a leader."

Giess started playing basketball in the first grade. He played basketball in the eighth grade at Oxford

Middle School before playing freshman basketball at BV Northwest. He was just 6-1 as a freshman, but has grown four inches in the past four years.

"I have always been tall," he said. "It was the logical thing to do (to play basketball)."

What are his strengths as a basketball player?

"I am quick for a big guy," he said. "And I can jump pretty high."

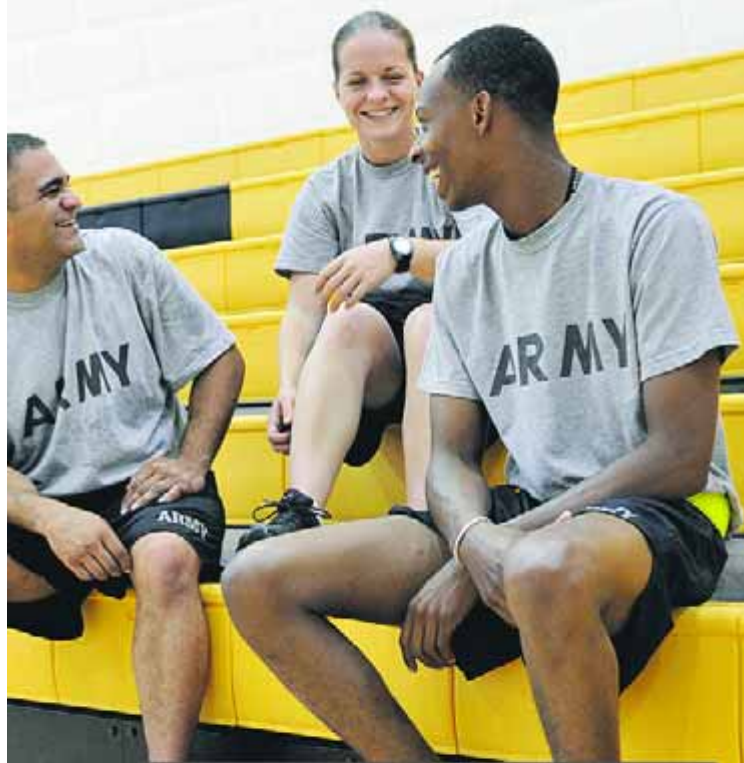
He is working on shooting, especially free throw shooting.

Giess has set some lofty team goals for his senior season.

CONTINUED ON PAGE 15

## ADD RESPECT TO YOUR RESUME

There's a place where people go to get ahead in life. A place where civilians become superheroes: the Army Reserve. There, you can stay in your community to get an education and build your career while also serving your country. As an Army Reserve Soldier, you will gain edge in life like never before. There's strong. Then there's Army Strong. Learn more at [goarmy.com/reserve](http://goarmy.com/reserve).



### CONTACT YOUR LOCAL U.S. ARMY CAREER CENTER

- |                                 |                             |
|---------------------------------|-----------------------------|
| Belton: (816) 331-1165          | Lawrence: (785) 843-0465    |
| Blue Springs: (816) 229-1747    | Leavenworth: (913) 682-3800 |
| Grandview: (816) 763-3193       | Lenexa: (913) 307-9185      |
| Independence: (816) 795-0518    | Liberty: (816) 415-8130     |
| Kansas City, MO: (816) 505-1268 | Olathe: (913) 764-2113      |
| Kansas City, KS: (913) 788-7168 | St. Joseph: (816) 279-2524  |



### KC SPORTS SPECIAL

Buy a Large Gourmet,  
Get a Large 1 topping

# FREE!

Not valid with any other offers  
Expires 1/8/12

**FREE DELIVERY**

Party Room Available

## MAFIA PIZZERIA SOUTHSIDE

112627 Metcalf Ave, OP, KS 66213  
[mafiapizza.com](http://mafiapizza.com)  
913-322-6666



**Mafia Mike's  
Pizza**  
15205 W. 87th St., Lenexa, KS 66219  
[mafiamikespizzaks.com](http://mafiamikespizzaks.com)  
913-660-1441



# U.S. Army, KC Sports honor High School Coaches of Week

The United States Army has teamed up with Kansas City Sports and Fitness Magazine to present a Coach of the Week Award to a metro high school area coach and his team for outstanding achievements on the football field. Over the past month we have presented a trophy to each of the honorees shown.



**Steve Hopkins**  
**Basehor-Linwood - October 27**

Undefeated Basehor-Linwood visited one-loss Perry-Leocompton to close out the 2011 regular season.

"We went into it knowing both of us were in the playoffs already," Hopkins said. "So we just kind of let it go and played hard. We made some mistakes but we overcame them in order to get a big win for our program."

The Bobcats won 35-28 to enter the post-season with a perfect 9-0 record, but it was not easy. After leading 19-7 at halftime, Basehor-Linwood had to withstand a furious Perry-Leocompton rally that gave the Kaws a late lead.

"For the first time in the fourth quarter this year we were down," Hopkins said. "We were behind by one and had to come back and score at the end. But we almost scored too quickly. They got the ball back but our defense stripped the ball the very first play so we ran out the clock. It was also very gratifying that we could run the ball the last three minutes when they knew we needed to run it."

The Bobcats overcame unprecedented late-game pressure after a season full of double-digit victories.

"I was not at all sorry that we played a close game," he said. "I was pleased we won, but I was pleased we played a close game and had to extend ourselves for four quarters and that will pay off."



**Jim DeMarea**  
**O'Hara - November 8**

The weather for most of the 2011 season has been nothing short of spectacular. Mother Nature had different ideas for the playoffs. The second round of the Missouri playoffs for all but the state's biggest schools was scheduled for November 7. But a driving rainstorm that included just enough lightning to cause concern and forced postponements across the metro area, including for O'Hara versus Imagine Renaissance Academy.

"You're trying to get the kids motivated on one night and then the next thing you know they say you're going to have to come back out the next night," Jim DeMarea said. "So then you're trying to re-do the whole thing over again. Emotions are going down. The weather was about as bad because it was still raining the next night, but our kids responded really well."

O'Hara won 27-6 with superb defense.

"The biggest thing we were looking at is they have some good running backs," DeMarea said. "And their coach does a super job of putting them in the right position. We were trying to get our defense to respond to that area and our kids made plays."

O'Hara advanced to the quarterfinal round of the playoffs for the third straight year.

"We take pride in making the playoffs and making a good run, as deep as we can," DeMarea said. "We are not rich in numbers but we have a lot of heart and our kids work hard in the offseason and it has paid off the last three years."



The U.S. Army High School Football Coach of the Week selections and interviews written by Nick McCabe. He is the voice of high school football on Sports Radio 810 WHB. Follow him on Twitter @kcnickmccabe

## CONTACT YOUR LOCAL U.S. ARMY CAREER CENTER

Belton:	(816) 331-1165	KC, MO:	(816) 505-1268	Lenexa:	(913) 307-9185
Blue Springs:	(816) 229-1747	KC, KS:	(913) 788-7168	Liberty:	(816) 415-8130
Grandview:	(816) 763-3193	Lawrence:	(785) 843-0465	Olathe:	(913) 764-2113
Independence:	(816) 795-0518	Leavenworth:	(913) 682-3800	St. Joseph:	(816) 279-2524



PRESENTS THE

# HIGH SCHOOL REPORT

ARMY STRONG.



**Fred Bouchard  
Staley - November 12**

Close football games often come down to one play. That was indeed the case when Fort Osage scored a touchdown with just more than a minute to play to draw within a point of Staley in the Missouri Class 5 quarterfinals and opted to go for two and the win. Staley senior linebacker Eric Hensley made sure the two-point conversion was denied and the Falcons hung on for a 7-6 win.

"Eric Hensley makes as good an individual football play as we've had here at Staley High School," Bouchard said. "He blows up a blocker, tackles the quarterback, causes a fumble, falls on it and, when we recover the onside kick, we win the ball game."

It was fitting the game came down to a great defensive stop since both defenses played so well throughout the day.

"We knew they were a good football team," Bouchard said. "Offensively, we didn't do bad. We just couldn't punch it in and a lot of that credit goes to Fort Osage. Thankfully our defense matched that."

The Falcons advanced to the state semifinals for the second season in a row in just the school's fourth year of existence. Bouchard was thrilled his team survived and continued to marvel at Hensley's season-saver.

"We don't have much history at Staley yet, but I think even when we do that will still be a play that we talk about," he said.

Staley went on to capture the state championship.



**Greg Oder  
Blue Springs South - November 18**

Blue Springs South overcame a fourth quarter deficit to advance to the school's fourth state championship game appearance, beating Frances Howell from the St. Louis metro 28-21.



The Jaguars built a 20-0 halftime lead, but Frances Howell regrouped at the break and had a phenomenal third quarter, scoring three touchdowns for a 21-20 lead going into the final period.

Senior running back Steven Sullivan ran 10 yards for the game-winning touchdown with 6:28 to play.

"We were down going into the fourth quarter and our offense put together a great drive," Oder said. "The kids showed no panic, they just went to work, knew what they had to do and they were able to pull it off."

"At the end of the game, once we had the interception that stopped their drive, we had to pick up two big first downs and our offensive line did a great job of helping us do that. It was a hard-fought game against Frances Howell. We feel like our kids have continued to get better and that's obviously what you want."

The Jaguars won the state title in 2011 with a xx-xx victory in the Show-Me Bowl. This was Blue Springs South's third appearance in six years. The school also had a championship victory in 2006 against Christian Brothers College of St. Louis, who they also defeated this season to take the state championship.

"It feels good," Oder said. "Everybody in the state works to get here and it's not an easy thing to do. Our kids have really played well."



**OVERLAND PARK  
AWARDS**

*Recognition For All Occasions*

**Our thanks to Overland Park Awards,  
the official provider of the  
Coach of the Week trophy.**

**For awards and trophies  
stop at Overland Park Awards  
7514 Floyd (West of Metcalf and 75th),  
call 913-648-3635, or visit opawards.com.**

**ARMY STRONG goarmy.com**



# Harrah's highlights happy holiday events

Three... Two... One... Happy New Year! When the ball drops on the New Year, Kansas Citians will have numerous options to celebrate.

There's no better way to celebrate, however, than at Harrah's North Kansas City Casino at 1 Riverboat Drive.

This New Year's Eve, Harrah's NKC will offer area patrons a wide variety of holiday entertainment opportunities, highlighted by gala bashes in the District area, the 810 Sports Zone and the VooDoo Lounge.

The casino will feature an "Island Escape" theme, available to all patrons free of charge, with indoor fireworks at midnight in the District area.

There will be a 12-times reward credit multiplier in effect from 6 a.m. until 4 p.m. on December 31 for most slots.

Visitors will also find multiple dining options. In addition to popular destinations such as the Buffet, the Corner Grill, and The Range, Mike & Charlie's Italian Restaurant offers an award-winning menu featuring a combination of the best Italian dining from restaurateurs Michael Garozzo of Kansas City and Charlie Gitto Jr. of St. Louis. Mike and Charlie's are accepting reservations for

New Year's Eve at 816-460-5096. No need to wait until New Year's Eve, however, to

The 810 Sports Zone is also a fine choice for entertainment and dining. Sports

entertainment offered at the VooDoo Lounge.



try the tortelloni Gina and seafood pasta Suzanne.

fans know the 810 Zone to be an excellent place to watch sporting events. With one big screen and 35 large plasma TVs showing network, satellite and pay-per-view events, there is always a great game going on and it is bowl season.

"We have eight different satellites," said 810 Sports Zone general manager Angelo Gangai. It's easy to watch multiple sporting events from one place.

"Just turn your head a little and you'll see a different game" Gangai said.

With available pay-per-view events, it has always been a good place to watch boxing and other sports happenings as pay-per-view events aren't available at all venues. Most recently, the 810 Zone enjoyed a good crowd for Manny Pacquiao's close decision victory over Juan Manuel Marquez.

All New Year's Day bowl games will also be available for viewing by college football fans beginning at 11 a.m.

The fun will start the night before as the 810 Zone is putting together a New Year's Eve event of their own.

Gangai promised an alluring menu including shrimp cocktail, a lamb entrée and crème Brule, all priced a la carte.

"We expect it to fill up, especially for dinner," Gangai said.

At midnight, patrons will be given complimentary champagne toasts and party favors.

The 810 Zone is hoping to augment the

Gangai said his 810 Zone would offer "front of the line" passes for patrons who will dine there before going to the VooDoo Lounge for New Year's festivities.

"Come for dinner at the VooDoo, and then go to the 810 Zone for the midnight toast," Gangai said. "Or come for a leisurely dinner at the 810 Zone and go straight to the VooDoo without the wait on line."

The 810 Sports Zone will be open until 1:30 a.m. on New Year's Eve and, for groups of 12 or more, reservations can be made by calling 816-460-5060.

The VooDoo Lounge provides a unique entertainment venue and their New Year's Eve celebration will be especially unusual.

The doors open at 9 p.m. and hors d'oeuvres will be served from 9 to 11 p.m. The party begins with a DJ and go-go dancers, then "Mini-KISS" takes the stage. The KISS tribute band made up of little people was featured in a 2010 Super Bowl commercial, performing with original KISS band members. Mini-KISS will perform all the KISS favorites from 10 to 11 p.m.

Mini-KISS will be followed by local artists Quixotic, who will perform from 11:15 p.m. to 12:45 a.m.

As one of the opening night performers at the brand new Kauffman Center for the Performing Arts September 16, Quixotic is a combination of a five-piece band, a dance troupe and aerialists. While the band plays a wide variety of instrumental arrangements the dancers perform in a fascinating ensemble providing an unparalleled visual and auditory experience.

Advance tickets for the VooDoo Lounge New Year's Eve celebration go on sale December 3 and may be purchased through TicketMaster. VIP table reservations are also available by calling 816-889-4237. The VooDoo Lounge is open only to patrons 21 and over.

The VooDoo Lounge plays host to a variety of popular acts. Recent performers include Randy Travis, Peter Dinklage, Queensryche, Robert Cray and Snoop Dogg. Country artist Aaron Lewis will perform at on January 6. The VooDoo Lounge is also the Kansas City home for MMA (Mixed Martial Arts) Blue Corner Battles.



**Marc Bowman**  
Contributing  
Writer

**THE ALL NEW ESPN 1510**

MIKE & MIKE  
Dennis Miller  
SCOTT VAN PELT

**ESPN 1510**  
KANSAS CITY'S BEST TALK RADIO

HEALTH REAL ESTATE INVESTMENTS FINANCE SPECIAL INTEREST SMALL BUSINESS SPORTS, NEWS & BUSINESS

CATCH ALL THE ACTION  
IN ONE GREAT PLACE!



Get a better view than the officials.  
Catch all your favorite games here in HD!



come <sup>and</sup>  
OUT Play

Harrah's  
harrahs.com



# Jayhawks looking for banner season from Withey

Jeff Withey was the center of attention at Horizon High School in San Diego, Calif. The 7-footer dominated games in the middle, averaging 20.8 points, 13.0 rebounds, 7.3 blocks and 4.1 assists his senior year while shooting a blistering 69 percent from the field.

Ranked the No. 35 player and No. 8 center in the 2008 class by Scout.com, which included the likes of current NBA stars Brandon Jennings and Tyreke Evans, Withey signed with Arizona before transferring to Kansas after the first semester without ever playing for the Wildcats.

After battling through injuries and playing second fiddle to Cole Aldrich and the Morris twins the past two seasons, Withey is ready to shine in his junior season as the Jayhawks' starting center.

"I'm really excited for this year," Withey said. "Hopefully, I'll play a big role and block a lot of shots and rebound, and just do the little things. I think I've been able to learn a lot from people that have played in front of me like Cole and the twins and I'm just excited to show people what I really

have and play a big role and help the team win. Hopefully, I'll be able to (fulfill) everybody's expectations and play my heart out."

Withey lived up to the expectations in his first exhibition contest against Pittsburg State with a triple double (18 points, 12 rebounds, and 10 blocks). Had it been a regular-season game, Withey would have joined Aldrich as the only other Jayhawk in school history to post an official triple-double (Wilt Chamberlain had many unofficial triple-doubles, but blocked shots weren't counted by KU until the 1970s).

Despite his great feat, Withey wasn't getting an inflated ego.

"Some people (were) teasing me a little bit about the triple-double just because it was an exhibition game," said Withey, who entered the season with career averages of 2.0 points and 1.6 rebounds in 5.0 minutes per game.

"I didn't think too much of it anyway. It's the beginning of the season. I want to do it against maybe Texas or

somebody like that. That would be more meaningful to me."

With KU's thin front line, Withey will be counted to come up big every game, to stay healthy and out of foul trouble.

"We're going to need him more than anything this year," junior forward Thomas Robinson said.

Coach Bill Self agrees. "He has potential to lead the league in blocked shots if he plays enough minutes," Self said. "If he's playing well at his length, he can create a lot of problems for people."

Withey has been all about potential since signing with Arizona. However, after head coach Lute Olson resigned in preseason, Withey quit the team and eventually transferred to Kansas.

He felt KU was the "best fit."

"It was pretty much clear cut as to where I should go," Withey said. "Kansas had just won a national championship. You can see how much Cole grew in that one year (2007-08), just working with Danny Manning (assistant coach). Me and my parents looked at each other and said Kansas is the best place for me."

KU was actually on his top three list of

CONTINUED ON NEXT PAGE



**David Garfield**  
Contributing  
Writer

# KC's Steve Moore: a surprising key for Mizzou

If I had told you in the summer Steve Moore would be one of the big keys to the Missouri Tigers 2011-12 season, you probably would have thought I was crazy, and also would likely not have felt very good about the team's potential.

But after the preseason knee injury suffered by Laurence Bowers, along with Ricardo Ratliffe's inability to stay out of foul trouble, Moore, the former All-Stater from Truman High School, will have a big say in how good this year's Missouri Tigers team can be.

You can tell a lot about a player by his nickname. "Big" Steve Moore pretty much said all there was to say about Moore during his first three years at Mizzou. Steve had been a big body, but not much else. Although he had the size at 6-9, 267-pounds to make an impact, Moore only averaged 2 points per game and 2.3 rebounds per game as a junior.

After Bowers' injury, season expectations were lowered, because Ratliffe, an undersized 6-8 forward, was the only big man with any experience and proven production. A team with only one undersized big man is going to get killed in the post and on the boards in most games. Add in Ratliffe's frequent foul problems, the situation down low definitely looked dire.

Enter Moore.

The big fella slimmed down heading into his senior year and early in the season he showed he was ready to make an impact at a position where his team was in desperate need of help.

Mizzou doesn't need Moore to be a star - the little guys will do that. There is no doubt that the strength of Frank Haith's team is the guards. Sophomore Phil Pressey is a true point guard, the likes of which Missouri hasn't seen in many years. Senior Marcus Denmon has the chance to go down as one of the best Mizzou players in recent history, while Michael Dixon can start or be the sixth man, providing a spark off the bench.

And don't forget Kimmie English, the senior guard who has had to start at the small forward spot early in the season due to the team's lack of size. English seems to have shaken off his disappointing junior season, and looks poised to have a big senior season, even if he may be overmatched defensively at times this year.

Speaking of defense, let's take a minute and give props to Haith, Mizzou's new coach who took a lot of abuse from fans

before he even coached his first game for the black and gold for his alleged involvement with the Miami (Fla.) scandals. Haith has the Tigers playing the kind of defense that makes a fan base proud, and honestly has not been seen in Columbia for far too long.

While Mike Anderson, his predecessor, was known for full-court pressure style of basketball, Mizzou gave up so many layups and dunks that frustrated fans. Haith has abandoned that frenetic defensive style and has instilled a ferocious half court defensive mentality that has paid great dividends early in the season.

The Tigers great guard play, combined with the team's improved defense, help make Moore so valuable. On the offensive end, he doesn't have to do much more than crash the boards and toss in an occasional

layup, but the big man looks like he can do more than that.

Moore has shown some decent offensive moves early this season and even drained a three pointer in Mizzou's blowout victory over Cal in the CBE Classic championship game. On defense, Moore's never-say-die mentality fits in perfectly with Haith's hard-nosed defensive approach, and his size is a big help for a roster that is seriously lacking in big men who can defend in the post.

As Moore's career at Mizzou nears its end, the big forward has a chance to go from a minor role player to a folk hero if he can help the Tigers make a statement in their final season in the Big 12.

And if MU fans are lucky, the "Steeeeeeeeve" chants that have become common will continue to echo through Mizzou Arena the rest of this season.

*Dave Borchardt is a former Missouri reporter and show host at Sports Radio 810. Follow him on Twitter @DaveBorchardt.*



Photo courtesy MU Athletics



**Dave Borchardt**  
Contributing  
Writer



**KU'S WITHEY** | FROM PAGE 14

schools in high school. Withey even attended Late Night in the Phog his junior year.

"I had goose bumps, and really liked it a lot," Withey said. "But my parents kind of pushed me not to commit on site because every kid wants to do that when he comes here. I took some time off and some things were different. Some things happened at the time, so I needed to stay closer to home."

But then came the transfer to Kansas. "I love it here," Withey said. "I like the seasons. I actually like the snow a little bit. (The) people are just really nice. It's a good, home feeling...I love the students, I love the whole fan base. That's why I chose KU because it's such a great place to play. Every day is fun playing basketball. The fans are crazy. I'm just excited to be able to play basketball here in Kansas."

He has adjusted well playing for Self and also being tutored by one of the best big man coaches in the game in Manning.

"He's definitely a demanding coach, but he's one of the best in the nation," Withey said of Self. "I respect the guy so much. He's just a great guy to be around. He's a basketball genius, and I'm just glad to be around learning from him."

And Manning?

"He's helped me a lot. Having a coach like that and just teaching me moves every day, teaching me little things, little tricks, helps me out on the court. Every now and then, he'll pull me aside and give me another lesson."

Self said Withey has been a joy to coach. While he's made strides since arriving at KU and gained about 20 pounds, Self

would like him to become more assertive.

"Jeff's a great kid," Self said. "He's coach-able. He's probably a little bit too laid back sometimes. It would be nice to see him get angry, but I like him. He's a good player. His lower body strength probably isn't going to allow him to be a low-post presence like maybe Thomas or Markieff (Morris) that just have the lower body base. (But) he's really skilled and a good passer. Every morning he wakes up, he's 7-foot tall and those guys are hard to score over."

It's been a long and challenging journey for Withey, battling mononucleosis and stress fractures in his foot and knee since arriving at Kansas.

"I believe in faith and that everything happens for a reason," Withey said. "What doesn't kill you makes you stronger. I've definitely gone through a lot, but I'm still here. I know a lot of people have gone through a lot worse than I have."

Withey is healthy and ready to become the center of attention like in high school.

"I definitely want to make my mark and be a force," he said.

He would eventually love to play in the NBA like some members of his 2008 high school class. While Withey acknowledges to being envious of players like Jennings and Evans, he knows his time will come to join his friends in the League if keeps pushing to be the best.

"I played with Brandon Jennings on our travel team and I'm happy for those guys," Withey said. "Of course, I want to be there and want to have that opportunity. That's my goal - to work as hard as I can to get there."

**GIESS** | FROM PAGE 9

"We want to beat the school record of 23-2 (set last season)," Giess said. "We want to win EKL (East Kansas League) and win state."

Giess got into the high jump as a seventh grader at Oxford Middle School.

"My mom didn't think I would do well in the high jump because I wasn't flexible enough," he said.

He cleared 5-0 as a seventh grader improving to 5-6 in the eighth grade.

As a freshman, he had a best clearance of 5-10 and 6-2 during his sophomore track campaign.

Last year was his best ever in the high jump, with a 6-4 leap and placing second - yes that place again -- at the 6A state track meet.

"Jonny never wants to leave the track during practice," Williams said. "He is one of the hardest workers and it has paid off. His jumping ability is amazing, but adding in his work ethic and his love of the high

jump is what has taken him to the next level.

"His experience paid off last year. He was much more mature and calm in big situations. We are looking for him to make another run at the state championship this year."

He is also a good student with a grade-point average of 3.7. This semester he is taking four AP (advanced placement) classes in communication arts, Spanish, calculus and American government.

He is not sure where he'll be going to college yet, but there will likely be an athletic scholarship for him to continue basketball and/or high jumping at the next level.

"I would like to go somewhere for either basketball or track," he said.

But before getting to the collegiate level, he has his senior basketball and track seasons ahead of him and wants to go out with a state title, not a runner up again.



REDEFINING HOME ENTERTAINMENT™

- BASKETBALL
- VOLLEYBALL
- RACQUET SPORTS
- SOCCER
- TENNIS
- ROLLER HOCKEY
- BACKYARD PUTTING GREENS



SPORT COURT

call Marc Loe at 913-963-7529 • marc@sportcourtKC.com

PRO BASKETBALL IS BACK IN KC!



Sign up now for the JUNIOR ABA Boys & Girls, K-8th Grade

THE MISSOURI RHYTHM IS YOUR HOMETOWN TEAM!

GAMES	DEC. 2, 7 PM	DEC. 17, 7 PM
	VS. BLUFF CITY REIGN	VS. LITTLE ROCK LIGHTNING
	JAN. 7, 7 PM	JAN. 14, 7 PM
	VS. CHICAGO FURY	VS. TBA

Tickets: \$10 / 4 Pack: \$20 2 adults + 2 kids



GAMES PLAYED AT FIRST BAPTIST OF RAYTOWN, 10500 E. 350 HIGHWAY  
visit our team website for more information:  
rhythmnationhoops.com



- Family Owned and Operated
- Family Recipes made from scratch daily
- Chicago-Style: Deep Dish & Thin Crust available
- Appetizers, Salads, Pasta, Sandwiches & Desserts
- Group & Corporate Event Catering
- Local Delivery available

★ ★ ★ ★ ★ ★ ★ ★ ★ ★  
**SPECIAL OFFER!**  
**\$3.00 OFF**  
any pizza!  
expires 1/9/12  
★ ★ ★ ★ ★ ★ ★ ★ ★ ★

19617 W. 101st, Lenexa, KS 66220  
K-10 & Woodland next to Price Chopper

(913) 782-9800  
victorschicagopizza.com



# Hard hits come in small packages

## Cornerback Garrett's toughness leads Wildcats' defense

When Kansas State senior cornerback David Garrett was Fort Scott Community College freshman, coach Jeff Sims had a drill where an offensive player could challenge a defensive player to a one-on-one drill. Usually it was an offensive lineman against a defensive lineman, or a fullback versus a linebacker. One day at the end of practice, a 6-2, 210-pound running back called out Garrett. The media guide lists Garrett at 5-8, 175, which is generous.

Garrett, whose nickname is "Rat," gave up at least 35 pounds to the running back, whom Garrett refused to "rat" out. But the outcome was not what the running back expected.

By the time the whistle blew, ending the challenge, the running back was on his back, way off to the side of the field and Garrett was standing over him. And he had a message for the bigger player.

"I said, 'Keep my name out of your mouth,'" Garrett said. "I had to make sure I stood up, because your name is all you've got out there."

It's pretty obvious Garrett doesn't back down to anyone, despite his size.

"Just cause you're big doesn't mean your heart's big," he said. And just because you're small...? "I was born this way. I can't do nothing about this."

Garrett's attitude has permeated the Wildcats this season, who, are 9-2 going into the regular season finale against Iowa State, and headed for a premier bowl game. They'll finish no worse than third place in

the Big 12—after being picked eighth in the pre-season—and could finish in a tie for first.

A big key has been the defense. The rush defense, which was ranked 118th last year at 231.4 yards per game (5.93 yards per carry), is 29th this year at 123.8 yards per game (3.91 yards per carry). While there's still room for improvement, the Wildcats' defense has personified the "bend but don't break" approach that leads to wins.

Let's take a look at a few examples.

After a lackluster 10-7 victory over Eastern Kentucky in the opener, the Wildcats pitched a 37-0 shutout in the second game against Kent State. Garrett started the scoring with a first-quarter interception return for 45 yards and a touchdown.

In the first road game of the year, the Wildcats took a big lead at Miami, only to see the Hurricanes come back and take a fourth-quarter lead. When the Wildcats regained the lead, it was time for the defense to make a stand. Seven straight plays in goal-to-go situations were stopped, and the Cats hung on, 28-24.

A week later, then undefeated Baylor came to town with one of the top scoring offenses in the country. After scoring 35

points in the first three quarters, Baylor was unable to put points on the board in the fourth and the Cats won, 36-35.

The defense stopped consecutive drives by Baylor, with the first setting up the game-winning field goal and the second securing the victory.

Another week, another strong defensive effort, as Missouri came to town. This time, the defense was outstanding in the first three quarters, leading 24-3 less than four minutes into the fourth quarter before Mizzou scored two late touchdowns to make the final score 24-17.

It only got better. With the Cats on a two-game losing streak, the defense shone in a four-overtime victory against Texas A&M. Even though they gave up 482 yards of offense, when they had to have it, the defense came through. They deflected a two-point conversion in the third overtime and forced A&M to kick a field goal in the fourth. The Cats won 53-50 on a Colin Klein touchdown in the fourth OT.

Against Texas, when the offense managed only 121 yards of total offense, the defense kept the Longhorns out of the end zone in the fourth quarter to protect a lead in a 17-13 victory.

Garrett is usually at the middle of it. Often put on the opposing team's best

receiver, he continually steps up.

Garrett won't talk much about his role in those games. Here are a few examples of questions and his answers.

On his 45-yard pick six to set the tone against Kent State: "I just read my keys and broke on the ball."

On his 10 tackles against Miami: "They kept coming at me. I had to make the tackle."

On a big fumble recovery against Baylor: "Tysyn (Hartman) made a good play with stripping the ball. It was right there, so I jumped on it."

He's a solid, tough team player that passes credit to others.

"Whatever they need me to do," he said, when asked to describe his game. "Call it what you want."

"You can't be afraid (to hit people). They're going to hit you if you don't hit them. The position they have me playing, on the line of scrimmage, has put me in position to make a lot of tackles."

Garrett is second on the team with 70 tackles, including a team-leading 53 solo tackles, when many times he's the only one preventing a big gain or even a touchdown in a one-on-one situation. He's led team in tackles four times (vs. Miami, seven vs. Mizzou, 11 vs. Kansas and seven vs. OU). He also has the second most kick-off returns (13) and return yards (297) on the team, plus two interceptions.

Last year, he ranked fourth in the Big 12 in overall tackles for loss at 15.0, while he was third with 10.5 vs. conference opponents. He led the team in tackles with 92.

CONTINUED ON NEXT PAGE



**David Smale**  
Contributing  
Writer



## OVERLAND PARK AWARDS

Recognition For All Occasions

7514 Floyd • Overland Park, KS 66204 • 913-648-3635  
terre@opawards.com • www.opawards.com

Come visit our showroom located one block West of 75th & Metcalf, or visit us online.

PLAQUES SIGNAGE CASTINGS TROPHIES

CORPORATE AWARDS CUSTOM ENGRAVING NAME/BAG TAGS

GLASS CRYSTAL MEDALS RIBBONS GIFTS



We sweat the small stuff so you don't have to...

# ROSATI'S

Authentic Chicago PIZZA

Voted  
**"K.C.'s Best Pizza"**  
every year since 1998

www.MyRosatis.com

DECEMBER SPECIAL!

LARGE Thin Crust

1 topping

\$12.00

Tax Included

Not valid with any other coupons, special or discount Expires 1/8/2012

516 W. 103rd Street, KC, MO 64114    816-941-6363



# Fitting in time to work out

It's nearly time to consider New Year's Resolutions and a habitual workout program is on the priority list. You've spent this last year trying to figure out a regular schedule that includes working out every week. Ninety-five percent of us do not exercise nearly enough to maintain a healthy lifestyle.

The first thing to consider is when to fit in the exercise plan. Exercising in the mornings has many benefits. Research shows morning exercises help you to eat better throughout the day, creates more energy and sleep better at night. By getting up and starting your day with something that has a positive impact on your body, you want to continue that trend through the day by making better food choices and not wanting to counteract your efforts.

More people stick with a morning routine than exercising any other part of the day. Your body has more energy through the day after an adrenaline rush starts and continues that pattern all day. Finally, you sleep more soundly at night when you don't have such a late start to that adrenaline rush.

#### KSU'S GARRETT | FROM PAGE 16

He posted a career-high 16 tackles at Colorado, including 14 solo stops, to go along with a pass breakup. The 16 tackles were the most at Kansas State in seven years.

"He has a lot of responsibilities, being a full-time player on defense," coach Bill Snyder said. "But he is a very competitive young guy and likes every opportunity that he gets. He is good as a returner. He is good as a cover guy on cover units. I'm pleased with his play."

line rush. Your body can find it hard to slow down at the end of the day when you energize it late in the day.



Don't think of exercise as a luxury, but instead as an obligation or responsibility. You are responsible for keeping your body healthy and making healthy choices in exercise and nutrition.

Set time aside to exercise every single

day, park your car a little farther away from the door. Or take the stairs instead of the elevator. Walk down the hall to your co-workers desk and talk to them rather than picking up the phone or shooting off an email.

Include your children in your exercise plan and walk with them or have them do exercises appropriate for their age while you are doing your routine. This not only sets a good example, but maybe it will change how they perceive making time for exercising. If you have a dog, take them for a walk. They love the exercise as well!

Working out at home is always an option

days, park your car a little farther away from the door. Or take the stairs instead of the elevator. Walk down the hall to your co-workers desk and talk to them rather than picking up the phone or shooting off an email.



Don't think of exercise as a luxury, but instead as an obligation or responsibility. You are responsible for keeping your body healthy and making healthy choices in exercise and nutrition.

Set time aside to exercise every single day, park your car a little farther away from the door. Or take the stairs instead of the elevator. Walk down the hall to your co-workers desk and talk to them rather than picking up the phone or shooting off an email.

Include your children in your exercise plan and walk with them or have them do exercises appropriate for their age while you are doing your routine. This not only sets a good example, but maybe it will change how they perceive making time for exercising. If you have a dog, take them for a walk. They love the exercise as well!

Working out at home is always an option

if you don't have time to make it to the gym. There are DVD's to follow along with, weights you can use at home and aerobics in the living room is common.

Many employers encourage exercise and healthier choices. It keeps insurance costs down and promotes good work attendance.

Employees who are healthy and exercise are more productive, attentive and creative than those who do not exercise.

It just makes sense to schedule exercise into your day. Build 15 minutes into your schedule a few times a day if an hour is just too much to try and juggle right away. Exercise is contagious though and you will find the better you feel after exercising, the more you will want to do it!

*Dr. Lynn McIntosh is a board certified Chiropractor, licensed in Kansas and Missouri. In addition to being licensed to provide general chiropractic care, she is also a Certified Chiropractic Sports Physician, working with athletes from multiple disciplines on specific sports-related problems and a Certified Acupuncturist. She can be found on the internet at KansasCityChiropractic.com.*



**Dr. Lynn McIntosh, DC**  
Contributing Writer

Market your business in Kansas City Sports & Fitness Magazine and reach over 70,000 readers each month.

Deadline for our January issue: December 23  
Call 913-764-2050 or email [sfish@kcsportspaper.com](mailto:sfish@kcsportspaper.com)

**HELP WANTED**

Advertising Sales

**KANSAS CITY SPORTS & FITNESS**

**she**

**GOOD SPORTS**  
TV & RADIO



contact Steve at 913-764-2050

or send your resume to [sfish@kcsportspaper.com](mailto:sfish@kcsportspaper.com)

[www.kcsportspaper.com](http://www.kcsportspaper.com)

Sports Injuries/Rehabilitation - Auto Injuries  
Acupuncture - Nutritional Therapy - Massage Therapy

## Dr. Lynn McIntosh

Certified Chiropractic Sports Physician

### 816-753-4600

Chiropractic care increases athletic performance by approximately 17% and significantly reduces sports related injuries.

---

**DECEMBER SPECIAL**

**EMERGEN-C**  
Helps increase energy levels naturally and supports the immune system

## SAVE 15%



4510 Belleview, Ste. 100 KC, MO  
[www.KansasCityChiropractic.com](http://www.KansasCityChiropractic.com)



# Brain Fuel: Your secret to success?

They say in professional sports, and with athletics at many levels, that the game is 90 percent mental and 10 percent physical.

As a professional baseball player from 1971 to 1987, I trained very hard and tried to eat healthy foods to get an edge. During my 16-year career I played in the major leagues for the Texas Rangers, Chicago White Sox and Kansas City Royals. A MLB player must have physical and mental strength to make split-second decisions.

Because of the pressure to perform, many pro athletes try to get an edge through legal and illegal substances. It was not until 1991 (after I retired from baseball) that I discovered that the brain (that mental side of the 90:10 equation), can operate more effectively if you provide it with the right amount of nutrients in the right combinations.

In your brain are ten billion neurons (brain cells). Between each and every neuron are neurotransmitters. Everything that happens in the brain...every memory... every thought...every emotion...every innovation...every "wow, that's great!"... is a result of the release of neurotransmitters.

Neurotransmitters are natural substances made by nerve cells in your brain that transmit messages from one nerve cell to another.



Our bodies make them from food we consume or get the ingredients to make them from or dietary supplements.

It is estimated 86 percent of Americans have less than optimal levels of neurotransmitters. That's why many have brain fade because our brains aren't making enough neurotransmitters.

The three most important neurotransmitters that support brain function and can help athletes or those of us in everyday life are noradrenaline, dopamine, and acetylcholine.

There are two kinds of neurotransmitters inhibitory and excitatory. Excitatory neuro-

transmitters stimulate the brain. Inhibitory neurotransmitters calm and balance the brain. Inhibitory neurotransmitters can easily be depleted when excitatory neurotransmitters are overactive.

## NORADRENALINE (norepinephrine)

Noradrenaline is an excitatory neurotransmitter and is nature's "natural speed." It is your "get up and go" juice. If you have enough of it you're full of energy, you're excited, and you're self confident. This is what you want working for you when you compete in sports or head off to work in the morning.

Low noradrenaline levels are associated with low energy and decreased focus. Noradrenaline is created through an essential amino acid called phenylalanine. Essential amino acids can't be created by your body. You can only get them from food or dietary supplements. With the help of certain nutrients such as vitamin B6, vitamin C, folic acid and copper, phenylalanine is converted into two neurotransmitters noradrenaline and dopamine.

By combining a little bit of caffeine with the nutrients listed above, you will (if you are like most people) experience long-last-

ing energy that really keeps you going. You can work longer and more productively and still have some energy left to enjoy your evening or weekend. But note, caffeine by itself does not help you make more noradrenaline. So while that morning cup of coffee (or caffeinated beverage) can give you a quick surge of energy and ambition, it doesn't last very long and each succeeding cup does less for you than the prior one.



**Greg Pryor**  
Contributing  
Writer

## DOPAMINE

Dopamine is a special neurotransmitter because it is considered to be both excitatory and inhibitory. When dopamine is low we can have focus issues such as not remembering where we put our keys, forgetting what a paragraph said when we just read it or simply daydreaming and not being able to stay on task. Dopamine is also responsible for our drive or desire to get things done - our motivation. Dopamine is made from

CONTINUED ON NEXT PAGE

## Enhancing Stroke Rehabilitation with Traditional Chinese Medicine

In addition to being the third leading cause of death in the U.S., strokes are a leading cause of serious long-term disability. About 700,000 Americans suffer a stroke each year, and almost half of those who survive are permanently disabled.

According to the National Stroke Association, there are nearly 4 million people in the United States who have survived a stroke and are living with the after-effects. Although this is a startling number it does not reflect the scope of the problem and does not count the millions of husbands, wives and children who live with and care for stroke survivors and who are, because of their own altered lifestyle, greatly affected by stroke.

Based on conventional Western medical treatments the majority of gains in a patient's ability to function in the first 30 days following a stroke are due to spontaneous recovery. Those gains are dependant on how early rehabilitation begins, the extent of the brain injury, the attitude of the patient, the skill and availability of treatment and the cooperation

of family and friends.

In the current medical climate, the type and amount of stroke rehabilitation a patient receives is many times dictated by insurance offerings, yet medical practitioners are in agreement that an all-inclusive rehabilitation program provides the best chance of meaningful recovery.

Traditional Chinese Medicine identifies more than 2000 acupuncture points connected to pathways called meridians that conduct vital energy throughout the body. Through a holistic approach TCM works with the patient to restore and maintain an optimum state of health. Many patients have experienced treatments that provided long lasting and effective remedies for chronic conditions that did not respond to other available therapies.

Many studies have been done for post-stroke patients to speed rehabilitation using Traditional Chinese Medicine (TCM) therapy such as Acupuncture, Herbs, Tuina Anmo (Chinese Massage) and Qigong (Energy Healing).

Dr. Qizhi Gao and Wesley Rehabilitation Hospital recently completed a study

to determine the therapeutic effects in the functional recovery of post-stroke rehabilitation patients between conventional western programs. In the study, participants treated with acupuncture saw much more improvement with self care, mobility cognition and discharge placement than those not receiving acupuncture.

Dr. Gao has also successfully implemented a four-fold treatment plan for post-stroke rehabilitative care using a complete holistic program of Traditional Chinese Medicine therapies including acupuncture, herbal medicine, Tuina Anmo (Chinese massage) and Qigong (energy healing)

Watch the amazing story of one of our stroke rehabilitation patients, Malinda Wedal on youtube at: [http://www.youtube.com/watch?feature=player\\_embedded&v=OaHbKpPe1el](http://www.youtube.com/watch?feature=player_embedded&v=OaHbKpPe1el)



Dr. Qizhi Gao is a licensed Doctor of Oriental Medicine. He is the President and Founder of the Kansas College of Chinese Medicine and has been practicing Traditional Chinese Medicine since 1980. Dr. Gao specializes in acupuncture, herbal medicine and Qigong.

**Evergreen Wellness Center**  
**Holiday Gift Certificates**

A great way to help family and friends find health and balance through the wide spectrum of services available!

**Gift Certificate Rewards**  
Get a \$25 gift certificate FREE with every \$100 in certificates you purchase!

**Referral Bonus**  
Tell your friends about Evergreen Wellness gift certificates and for every \$100 in certificates they purchase you get a \$25 gift certificate FREE!

14720 Metcalf  
Suite 130  
Overland Park, KS 66223  
[evergreenwellness.com](http://evergreenwellness.com)

To order Gift Certificates, call **913-871-6308**

**BRAIN FUEL** | FROM PAGE 18

phenylalanine, so when you take phenylalanine, plus other nutrient cofactors, you're able to make more dopamine.

**ACETYLCHOLINE**

Acetylcholine is the neurotransmitter that helps you with memory and organization—the way you order things in your mind, the way you retrieve them in an orderly manner. It's also involved in focus and concentration. Your body manufactures acetylcholine from the essential nutrients choline and vitamin B5. The vitamin B5 (also known as pantothenate) acts to convert the choline to acetylcholine more efficiently.

**Side Note:** *Prior to entering a game during my baseball career, I would occasionally smoke a cigarette (that I would steal from a teammate). My concentration seemed to be enhanced and the game seemed to "slow down." It was not until I was retired that I found out that nicotine causes the release of acetylcholine in the brain.*

As you age, the ability to transport choline from your bloodstream into your brain drops dramatically. By the time most people hit their 60s they have only 20-30 percent of this ability that they had when they were young adults. That's why people sometimes have "Senior Moments." Studies at MIT have shown a correlation between the decrease in production of acetylcholine and Alzheimer's disease. Increasing acetylcholine in the brain improves memory.

**CONCLUSION**

In these times, competition in sports and in business is at an all-time high. The ability to think more clearly and effectively and the drive to succeed are all tied directly to your

brain's ability to create adequate neurotransmitters.

If you provide your body (and brain) with the proper nutrients to make neurotransmitters, it could be the determining factor in your level of persistence and even your success or failure.

**POSTSCRIPT**

*In 1991, I attended a seminar with the world-famous research scientists, Durk Pearson & Sandy Shaw®, Pearson & Shaw were the co-authors of the NY Times best-seller, LIFE EXTENSION, A Practical Scientific Approach. Their book, published in the late 1980s and written for doctors, sold more than 1.5 million copies. Through their research, Durk & Sandy created certain formulas for their own personal use called Designer Foods®.*

*I began using several of their Designer Food® formulas, literally brain foods, and they changed my life. Their formulas LIFT™/LIFT CAPS™ and MIND™ caused such a positive effect on my energy level and my thought processes, that I began offering them to others through my company, Life Priority (www.lifepriority.com).*

*Greg Pryor, who was a member of the 1985 World Champion Kansas City Royals, is the co-owner of Life Priority, Inc. He works with dietary supplement ingredient manufacturers and research-scientists to bring high-quality, research-based dietary supplement ingredients and formulas to the marketplace. See the whole line of Life Priority products at www.lifepriority.com. Contact Greg Pryor at gpryor@lifepriority.com.*

**USE BRAIN FUEL THAT A GENIUS CREATED**

World-famous research scientists and best-selling authors, Durk Pearson & Sandy Shaw®, created several Designer Foods® formulas called

**NUTRIENTS FOR THE BRAIN**



For **FREE SHIPPING** use coupon code **LIFEP** at [www.lifepriority.com](http://www.lifepriority.com)



**LIFE PRIORITY™**  
Your Life, Our Priority

Contact Life Priority at  
913-485-8577, 1-800-787-5438  
or [customerservice@lifepriority.com](mailto:customerservice@lifepriority.com)

Offer expires 1/9/2012. Limit to one per customer. Not to be combined with any other offer.

**M**ike Dickerson gives out a lot of advice. For nearly 20 years golfers from all over Kansas City come to his store, Golf MD, for help with their game and equipment.

So when we asked Dickerson to help KC Sports & Fitness highlight some of the top holiday gifts for golfers which he has available at his store, he obliged.

Here's a list of some of Dickerson's top items, which make great gifts for golfers at all levels. Some can be purchased at Golf MD, but many require custom work. These can be given in the form of a gift certificate:



**DVDs: Phil Mickelson: Secrets of the Short Game** (two discs). Golfers will learn such techniques as chipping, putting, bunker play, specialty shots and the flop shot, with numerous subtopics covered in each area and on-camera discussions and demonstration by Mickelson.

**Tom Watson - Lessons of a Lifetime.** This two-disc instructional DVD includes golf instruction, anecdotes and tribute by Hall of Fame legend, Tom Watson. The set covers everything from grip and set-up, full-swing, short-game, fixes, to anecdotes from a lifetime on the course.

**Regripping:** The old grips on golf clubs dry out and get slick. Good grips can help you control the movement of the club. A worn grip can interfere with your game. "Most golfers should get new grips every season. Depending on how many rounds you play you should put new grips on the clubs once a year," Dickerson says. "When we do a regrip we also check the club loft and lie to make sure it's to spec."

**Custom Clubs:** Custom clubs can be built to the specifications of the individual golfer. This is a thorough process which includes launch monitor testing of various shaft flexes, shaft lengths, lofts, lies and club head types. With this process, Golf MD can find out which club and shaft is the best for the individual to optimize their game. "Custom clubs can usually add a lot more accuracy and distance to your game. We frequency match and weight all the heads of the clubs," said Dickerson. This service is not available with off the shelf equipment. Golf MD also offers the Edel Custom Putter fitting system.

**Club Fitting:** Every golfer is unique in size, body shape and style of golf swing. A custom fitting results in clubs that are specifically designed for you and suited to your specific height, strength, clubhead speed and swing characteristics.

**Lessons:** Dickerson has been a teaching pro for 16 years and offers a number of different lessons for golfers. He is also the only golf instructor in the Midwest who teaches the AimPoint Green Reading System. "Aimpointe is an Emmy-award-winning way to read a green other than visually," says Dickerson. "We teach you how to feel what the green is going to do and you'll never misread a right or left putt, ever. It's very simple once you know how to find the break points in the green and use the aimpoint tools to calculate how much a putt will break." About 45 percent of the players on the tour now use this system.

For more information on these products and services and other golf gift ideas, contact Mike Dickerson at Golf MD at 913-663-5050 or visit [www.golf-md.com](http://www.golf-md.com).

GOLF M.D.

GIFT CERTIFICATES Available for Custom Clubs & Lessons

NOW CARRYING:

Visit Golf MD for:

Club Repairs

Swing Analysis

Custom Clubs

with quality components

CUSTOM FITTING

with the Trackman Launch Monitor

...just like the guys on the tour!

Mike Dickerson  
President of IPAC  
International Professional  
Association of Clubfitters

Premier dealer for:

EDEL CUSTOM PUTTER FITTING

Fitting line, speed & everything in between

11231 Strang Line Rd., Lenexa, KS 66215

913-663-5050

www.golf-md.com

golfmd@everestkc.net



# We do it RIGHT

Anyone can say they are “green,” or offer “green” services. Some local e-waste companies advertise “green” electronics recycling. Sadly, “green” has become a marketing term with very little real meaning.

Certified e-Stewards, like **The Surplus Exchange** however, operate at a much higher level. We say we are environmentally responsible, and **WE PROVE IT.**

As a certified e-Steward, **The Surplus Exchange** must live up to the Basel Action Network’s e-Steward Standard. To become a certified e-Steward, we must allow a certifying body to examine every facet of our business. We can’t make claims without proving them.

The BAN Standard includes ISO 14001-2004. ISO 14001-2004 is not the same as the BAN e-Steward Standard; it is incorporated within the standard. E-Stewards must operate within the ISO philosophy of “continual improvement.” As an e-Steward **The Surplus Exchange** is open to audit and examination at any time. We are audited at least once a year to maintain our status as a Certified e-Steward.

To gain certification, an e-Steward Candidate must pass a pre-assessment, a Stage 1 audit, and a Stage 2 audit. When the auditor is satisfied with the findings, the e-Steward must still pass a technical review before earning certification.



There is only **ONE WAY** to recycle electronics responsibly: **the e-Stewards way.**

## e-Stewards certified

- **The Surplus Exchange** went from pre-assessment in March 2011 to fully certified in October 2011.
- **The Surplus Exchange** proved a less than 1-percent degree of error in ability to track material from the time it is dropped off or picked up until it is fully reclaimed.
- **The Surplus Exchange** proved control and oversight of all material recycled up to reclaiming of raw materials.
- **The Surplus Exchange** proved no material goes to landfill.
- **The Surplus Exchange** proved no material is shipped overseas.
- **The Surplus Exchange** proved all reuse material is tested.
- **The Surplus Exchange** proved no environmental harm is done at any step.