

THE SPIRIT

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Brought to You By Community Youth Collaborative

By/LynnAnn Duchene *The Inspiration and legacy of Rachel's Challenge left a mark on Warrensburg High School*

Warrensburg High School owes thanks to the presenter of Rachel's Challenge, Colleen, who helped to remind the High School to show compassion, kindness and care along with acceptance of all, especially those who differ greatly from them. She presented to the High School on reminded us about the Columbine School shooting, and a particular student who "wanted to change the world for the better."

However, the students also owe thanks to the Community Youth Collaborative (CYC) who were the ones who organized and brought this group to the High School. It was the community, and the school together who paid the \$6,500 for Rachel's Challenge to present at our school. The school paid \$3,000, and various members of the community paid the remainder.

Penni Warner, who represented the CYC when they brought Rachel's Challenge to the High School, says that the CYC helped

bring Rachel's Challenge to WHS because they felt that the community, especially the youth, needed to be brought together to better operate as a community. They discovered that they wanted to do so after Warrensburg painfully endured a few recent tragedies, including suicide. She discussed the prayer walk that was held after one of these tragedies.

"We saw how many people had come to that and that were concerned for the kids," Warner said, "so we decided to get a group together of us that were concerned about that and see how we could better bridge that gap between the community and the youth. That's when we started to look for programs that would promote that unity between the kids and the school and the community"

Formed in 2014, the CYC wanted to make sure that every child, and every student knows their importance to the community, and are able to get more involved.

Students should know that they are not



WHS students dedicate to making the world a better place by accepting Rachel's Challenge.

alone, and get the help they need when they need it, not before its too late.

Some of the major goals of the CYC are to deflect, and prevent bullying, to bring people together, and to bring hope into the hearts of student's who would otherwise feel hopeless. They hope that Rachel's Challenge was the perfect beginning of a new courage in the community to extend care, support and help to those in need whenever they can, and their wish just might come true.

CLAPS & SLAPS

CLAPS to Thanksgiving break

CLAPS to the cast of Cinderella for putting on an amazing show.

CLAPS to the Tiger's Den

SLAPS to the weather man. You promised snow

SLAPS to Mocking Jay for being a cliff hanger

SLAPS to PDA in the hallways

CLAPS to Rachel's Challenge for encouraging our school

CLAPS to November for being so close to December

SLAPS to swimming at 5 a.m.

Weight: The Effects BY/RhiannaGrisdale

Obesity and its consequences.

Does being called fat, overweight, big boned or on the heavy side give you the hint to slide away from the dinner table? In our society one third of adults are obese. But wait, it isn't just the adults; more and more kids are following their parent's footsteps and becoming overweight, too. Obesity is something that comes with multiple health risks and a short life span. How many obese seventy and eighty year olds do

you see? You don't see many, if any.

Life can be much harder when you are overweight. You may not be able to do as many activities as someone who is fit and healthy. Maybe physical appearance isn't important to everyone, which is alright, but you just need to know that obesity brings big consequences. Obesity can be a life changer. Don't be ashamed if you carry a little extra weight because it can

be fixable. As long as you understand that the amount of calories you intake should be balanced out by exercising you will be fine. It is never too late to start on a path leading you to a healthy and fit lifestyle. It isn't easy, but it is possible; you just have to do it.



Cure For Diabetes BY/OliviaCupp & KaylaWoolen

Recently Harvard Xander University professor, Doug Melton and his team have made a huge step forward on the discovery to find an effective treatment for type 1 diabetes. Diabetes is a group of metabolic diseases in which the person has high blood sugar, either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both. The team is only one preclinical step away from finding the treatment. Diabetes affects almost three million Americans including students and staff of Warrensburg High School.

Science teacher, Bo Tiller, was diagnosed when he was 23 years old.

Q: How do you manage your diabetes?

A: "By counting carbohydrates, exercising regularly, and eating at similar times of the day."

Q: If Harvard is able to perfect the cure, would you chose to take the implant?

A: "That would be a hard decision because my body may have the possibility to reject it. It really depends on how effective and how long it takes my body to get used to the implant. But at this point I've gotten used to counting my carbohydrates and exercising regularly."

Q: How would the cure impact your life if you were to take the implant?

A: "It would be weird at first. I wouldn't have to think about how many carbohydrates are in something or take shots. But I'm sure I would get used to it eventually. And eating would be easier."

WHS Nursing Program

BY/JenniferHemme

The Warrensburg Area Career Center has been helping young men and women further their education in nursing since 1972. This program has brought great opportunities to WHS. The health science department teaches nursing in a classroom setting as well as a hands on approach. High school students who have any interest in any kind of nursing should definitely get involved with this program.

Students will learn important classroom information as well as tasks such as resident care. To get involved there are steps you must take. First talk to your counselor. Second fill out an application. Eventually you will be informed on your acceptance.

Once you have been accepted into the program there are more steps to be taken. For instance you will need to have a physical and will also be given a drug test. This program is the first step to advance your education. It also looks great on college applications and would be a great experience to have if you're interested in becoming a nurse or doctor.

Shawn Pelton BY/CassieSlana

From a small town to a big city, Warrensburg High School graduate Shawn Pelton pursued his dreams with spirit and determination. Although there were struggles along the way, he never let it get in the way of his true passion.

When Shawn Pelton graduated from Warrensburg High School, he had a hunger for music and mind-blowing talent, but he never imagined how incredible his future would be. Like almost every other teen living in Warrensburg, Pelton held various jobs as a dishwasher or a paper boy, but what set him apart was his drive and passion for one thing: music. In high school, Pelton was a member of various bands, and found his talent in playing the drums. "As a kid I was always bangin' on things", recalled Pelton. "Being a musician was in my DNA, so I just poured myself into it."

Growing up, his mother believed in his education, and made sure that he always had a chance. The summer of his junior year, he went to a camp at the Berkley School of Music, and realized "there's more than just Warrensburg out there!" An inspiring moment in Pelton's life was watching Duke Ellington perform at Hendrick's Hall in March of 1974. "It made me hungry to learn more music," he remembered. For him, everything he did was about playing music to make a living, and he wasn't shadowed by the prospects of fame. But when opportunity came knocking, he absolutely answered that door. After being picked up by Columbia Records and moving to the east coast, Pelton was hit hard by the fact that "music is a tough road." He was dropped by the label, picked up by Elektra Records, dropped by them as well, and then finally set out doing freelance music. He believed that "social skills have everything to do with freelance music," and "the more people you know, the more you get recommended for jobs." Through his musical connections in New York, Pelton knew the bass player from Saturday Night Live and landed an audition to become the drummer. He had to maintain a "very singular focus to make music for a living," and eventually landed his "big break" performing in front of thousands, drumming every Saturday night on SNL.

Joining the SNL cast in 1992, Pelton had the pleasure of meeting and performing with some of the greatest actors and comedians of our time. One of his favorites was Chris Farley. "He was pretty crazy, and he'd sometimes even blow his voice out before shows," he remembered. Along with Farley, some other favorites included Will Ferrell, Kristen Wiig, Tina Fey, and Bill Hader. Not only did Saturday Night Live open the doors to actors and comedians, but it also gave him incredible exposure in the musical community. Pelton has recorded with many well-known artists such as Ray Charles, Sheryl Crow, Elton John, Billy Joel, and Kelly Clarkson. "I liked them all for different reasons," he said. "It was fun to be part of a team and making things come together." When a person enjoys music as much as he does, that's what it's all about, and fame is just an added bonus. As mentioned earlier, Pelton watched Duke Ellington play at Hendrick's Hall, and on November 10th, 2014 while in Warrensburg, he was able to play in the very spot where he was inspired almost forty years ago. Every night, he plays with his "heart and presence behind the drums." To see someone so passionate makes me have continuous faith in the beauty of music. He may not know how much influence he has on the students at Warrensburg High School, but he proved to be an amazing example of what a person from WHS can produce when they strive through every moment and opportunity-- passionate, and hungry for what comes next.

"Being a musician is in my DNA, so I just poured myself into in."



Unlocking the Closet BY/AdamShaul

A Journey of self discovery.

I was born in Columbia, Missouri on October 18th, 1996. My family moved to Warrensburg when I was two. I was part of a traditional family; my mother and father both worked. I had two older siblings, a brother and sister. We went to church every Sunday and I had several friends. I was normal. So what made me turn out so different? What made me gay?

I think I always knew I liked other boys but I didn't realize it until I was a freshman. I had my first kiss with a boy and my whole world changed. Suddenly everything clicked; I knew what was different about me. I felt safe; I felt normal for once in my life.

I had no explanation for why I was the way I was. Today, I know that nothing can make a person homosexual. It's not the way a person was raised or some genetic impurity. At the time, I was confused as to why I was gay, but I was sure that I was. But how was I going to tell people?

It took me months to work up the courage to finally tell my closest friends. I was afraid that they wouldn't want to talk to me anymore. But eventually, I told them one at a time in private settings, mostly in moving vehicles so they couldn't escape. Each one had a different reaction, but

"I felt safe; I felt normal for once in my life."

they all had one thing in common; they didn't mind. In fact they loved it! I was relieved to know that I could be my true self around them at last.

They all kept my secret for a while before I was finally brave enough to tell my parents. I was terrified to tell them because I was raised Catholic and I had no clue as to how they would react. I had heard so many stories of parents rejecting

and kicking out their gay kids. I was lucky though; they accepted me with open arms.

Once my parents knew, word spread fast as it does in a small midwestern town, and soon enough it was no secret that I was gay. At first I was scared. I didn't know how people would react or if they would treat me differently, but I became more and more comfortable until I no longer had a fear of anything. I now know that my friends and family will always be there for me when I need them.

As it turns out, being gay isn't so bad. Sure I can't get married in most states, I'm technically not allowed to give blood, and there is still a slight stigma with being homosexual. I can, however, dress myself rather well, talk about boys with my best friends, and I am so much stronger from what I've been through. I am Adam Shaul and I am proud to be gay.

Heard In The Halls

"You never know when you'll have to sacrifice a goat"

"My grandmother got a snapchat before me"

"I'm not a mormon, although 3 wives would be good."

"Did you know Rick from the Walking Dead was British"

"I love bacon more than I love myself"

"If I had children I would name them all after types of squash"

The Tiger's Den By/Karla Woolen

Do you have any clothing items hanging in your closet still with tags attached waiting to be worn? Or do you have extra pencils or pens lying around your house or in the bottom of your backpack? These are two of the many items which can be contributed to the Tiger's Den.



1. The Tiger's Den, started by Doug Conley and Brooke Mannering, is a local clothing, school supply, and food resource center for the Warrensburg R-VI school district. The Tiger's Den is located in the Tiger field house next to the Warrensburg Middle School. This new resource provides items to serve students who are in need.

2. The Tiger's Den accepts a variety of donations from anyone. Some items which can be donated are shoes or clothing items in which you may not wear anymore but are good quality and still in good shape. Another item that is accepted is school supplies such as notebooks, backpacks, writing utensils, or anything that is used daily that would benefit someone at school. In addition, hygiene items such as deodorant can be contributed, as well as food items.

3. The Tiger's Den had its grand opening in October of 2014 and is anticipated to affect at least one thousand people in the Warrensburg R-VI school district in a year.

Next time you look through your closet and come upon a clothing item you hardly wear, or even an item you don't use anymore that someone else could, think about donating to the Tiger's Den.

Impossible: A Behind The Scenes Look at Cinderella

BY/Kayla Yates

The whole task seemed impossible, from the impossible set to the impossibly large cast, but "Rodger and Hammerstein's Cinderella," performed by Warrensburg High School, made impossible things happen every day. Cinderella was played by Kayci Jo Wright, and her dashing prince Ben Richner met in a market over some fallen hat boxes. Then Isaac Kohl, playing the steward, announces the grand ball being put on by the King (Jacob Fowler) and Queen (Stacey Heishman) to find the prince a wife. Cinderella gets her hopes up, but the Stepfamily (Emily Dunkeson, Elizabeth Carter and Paige Purvis) disapproves and ruins her mother's beautiful dress. When all hope seems lost, the Fairy Godmother (Aubrey Hicks) pulls through for Cinderella's happy ending. The backstage crew, of which I was a part of along with five others, has been challenged like never before. The scene setting backdrops look like a story book, and with each scene change the pages turn as the musical progresses. The marketplace, the castle, the ballroom, even the map showing the kingdom show excellent artistry and craftsmanship and provide one of the most complex sets that Warrensburg High School has ever created. A 16-foot tall clock tower tells the time and the era along with a large tree rooting the audience to the turmoil and trouble in Cinderella's past. It's a classic tale revitalized with a steampunk twist.

True Meaning of Thanksgiving

BY/AbbieScott

Thanksgiving: the best holiday of the year, where all of your family gathers around a table to say what they're thankful for, and then ten minutes later decides that it's a good idea to ask inappropriately personal questions for the sheer joy of humiliating the relatives they haven't seen in a year. That's really what Thanksgiving is all about: saying something embarrassing so that your brother's face turns the color of the cranberry sauce in the middle of the table. And food. Thanksgiving is all about food. I can just imagine this conversation going over with the Pilgrims and the Native Americans:



"That's just too mainstream."

NATIVE AMERICAN: *Yo, bro, I know that in about a week we'll be killing each other and crap, but what do you say we start a holiday called Thanksgiving and all gather 'round the table.*

PILGRIM: *Hey, dude, that sounds good. But what would we do on a day called "Thanksgiving?"*

(a few seconds pass as the two think about the question)

NATIVE AMERICAN: *Oh, I know! Let's eat until we can't move!*

PILGRIM: (silent for a mere second as he ponders this) *So you're saying that on a day called Thanksgiving we should stuff ourselves full with food instead of being thankful for the intangible things in our lives?*

NATIVE AMERICAN: *Yep.*

PILGRIM: *Okay. Sounds like a plan.*

And then they would do their secret handshake and peace out until Thursday, 'cause why not?

That's the true meaning of Thanksgiving: gluttony and embarrassment, 'cause what good American would give thanks on Thanksgiving? That's just too mainstream.

One Man's Shoe, Another Man's Treasure

BY/JordanMilne

Buying a pair of running shoes is like finding a boyfriend or girlfriend. People look for the hot style but they should be looking for a soul mate. You've got to do some research and mess with it a little.

Runners walk into a shoe store and immediately head to the tennis shoes and pick up a pair. Once they hold the shoe they begin to bend it in half, squeeze the heel, and press their fingers into the cushioned part of the shoe. The bending of the shoe shows the buyer if it has flexibility. Flexibility in a shoe is important because it allows the owner to move freely and comfortably. No one wants shoes as stiff as a brick. By squeezing the heel of a shoe it shows how strong and cushioned it is. A shoe with less support is fit for people who have an interest in everyday activities such as P.E., walking, or even just to go to places. These certain shoes have a name called minimalist, which means not having as much cushion and being flat. Most companies refer to it as a "free run" or "barefoot." The sole of a shoe is the bottom of the shoes that provides the most padding. People who pronate, or roll their foot inward when landing, require shoes with more stability. Stability can be built into the sole or you can buy insoles, which are custom made soles fit for your foot. These are just some things runners tend to look for when buying shoes. Let's talk about what non runners or people who buy shoes just for protection look at when buying a pair of tennis shoes. Non runners tend to miss out on details when it comes to buying tennis shoes. These buyers simply look at color, brand, and cost. Just by looking at these minor details you could end up buying a pair of shoes that last you about 5 months and hurt your feet. For instance, Jordan's are the "in" thing right now, but those shoes aren't meant for running. Most people won't even wear them daily because they don't want to "scuff" them or ruin them. What's a pair of shoes if you can't work out in them and have to constantly worry if they're being scuffed? Most "hip" shoes now days cost anywhere from \$100-\$300. Why spend so much on shoes if you can't do everything you want in them and if you try they hurt your feet? The answer is simple. For one, people are lazy, and two, the buyers don't really look into the shoes. They look at brand, color, and size. Just because a shoe has a swoosh on the side of it doesn't make it a good shoe. Spend the extra time and find a shoe that fits your foot.



The Real History of America BY/Nisa Adams

522 years ago, the killing of millions of people began. Though mass deaths have been recorded a few times before in history, this certain event happened on American soil. These people were mistreated, abused, and slaughtered in their own homes. These people are the Native Americans.



Generally people hear many stories about the mass murdering of Native Americans, which are no doubt important, but not the only way they were killed. New diseases brought over from Europe like tuberculosis, smallpox, or typhus killed millions of Native Americans. Whenever Ebola came to America everyone freaked out, but only two people ever died from it.

However, anywhere from 20 to 120 million Native Americans were killed from disease or homicide. The reason that this number is so vague is because their deaths were not recorded. The remaining Native Americans were forced to live on reservations where they once lived freely, and smartly, with their people and their families.

Native Americans had produced civilized and well thought out democracies long before the United States of America had even been created, yet the Native Americans were still treated as though they were mindless objects.

It is impossible to change the past. It is inhumane and foolish to even propose the idea of bringing people back to life, but we can honor these people in a different way. We can honor their lives and cultures by learning about them.

In school we learn nearly everything about America. All high school students are familiar with things like the Declaration of Independence, the Civil War, and Christopher Columbus, but almost no one can name even five Native American tribes, let alone anything about their cultures. If we must learn about the French and the Russians, we should be required to have curriculum on Native American tribes, their history, their customs, and even their destruction. This curriculum does not even need to be a whole semester. Some basic knowledge on the real history of our land should be required though. It would honor the millions of lives that were destroyed by Americans and cause the insane amount of ignorance on the subject to be quelled. Too many things are swept under the rug in our society, and the destruction of entire cultures and whole civilizations should not be one of them.

"We can honor their lives and cultures by learning about them."

New Restaurants in the Burg? BY/Jordan Rucker

When I hear people talk about Warrensburg, they always say that it's boring here and nothing to do. Well next year some people might change their opinion. There has been a recent uproar of rumors about a few new chains of restaurants coming to town. For the past 10 years or so America has become obsessed with franchises such as McDonald's, and other fast food chains. Recently we've embarked on a new obsession; self serve frozen yogurt. Many people travel many miles just to pick up a cup of frozen yogurt but now people in Warrensburg won't have to drive that far. Warrensburg will be opening its own frozen yogurt shop called Orange Leaf. This place is somewhat similar to it's competitor

in Lee's Summit Yogurtini, but in my opinion has a few advantages that they don't. They have plenty of yogurt to choose from with over 40 different flavors. You'll be able to try out all of them in March of 2015.

Another new attraction coming to Warrensburg will be a Spin Pizza. This New franchise will be on the UCM campus but will be open to the public. While it may not be a big deal to us as high school students, Spin will be the first alcohol serving establishment on campus. What is a big deal is the pizza, with over 23 choices to choose from, or having the chance to create a pizza of your own, not to mention the many flavors of gelato they'll have available. We can expect all that Spin

has to offer in summer 2015.

We weren't able to confirm perhaps the biggest restaurant rumor of a Buffalo Wild Wings from Warrensburg officials, but on a local question and answer page many people in town seemed to have some inside knowledge on the situation. When talking to the Warrensburg Chamber of Commerce they were unable to confirm that the restaurant opening, but from what I have seen and heard, I'd put a pretty safe bet on a "B Dubs" coming to Warrensburg. Why not, because that place is awesome.

“Your Mother Will Hate This” BY/MICHAELA Flores

Advocacy for everything parents don't get, that we do.

1. Tattoos

Tattoos are a creative form of expression, just like any other type of art form. Paintings by Van Gogh and Picasso are deemed as beautiful art and I think it ridiculous that when art is on skin instead of a canvas it's deemed inappropriate and rebellious. Tattoos can have just as much meaning as the naked babies painted all over cathedrals around world. If you can't get a job because you have a tattoo of the McDonald's arches on your eyelids, then find another job. Someone somewhere will admire you for it (or think its hilarious); either way it makes a strong statement about your personality. Do you really want to be a doctor or a lawyer if it limits your self-expression? Another argument is that "Tattoos will look ugly when you're older", you will be ugly when you are older anyway. That tattoo may get you some street cred in the nursing home. People say "Getting a tattoo is a big commitment" yeah, so is getting married, and most people plan that fresh from the womb without any problem. People who look down at your for your tattoos are probably 99.9 years old, have no concept of freedom, or have a serious lacking of guts. Get a full body tattoo of Dwayne "The Rock" Johnson, or a hotdog on your inner thigh if you wanted to, tie dye your whole entire body just for the fact that it's your body and you can do what you want with it.

2. Clothing

Since when did spaghetti straps suddenly become scandalous? When did wearing anything less than an ankle skirt deem you promiscuous? The social code which determines how people should and should not dress, advocates unnecessary sexualization of the human body and inappropriate misconceptions about one's form of expression through clothing. Everyone has a body, everyone has arms and a leg (hopefully) so why is it so improper to see those body parts? Wearing a swim suit in public is ok but wearing underwear, wow that makes perfect sense. When we are babies we can go just about anywhere in only a diaper, but when you reach a certain age you can't even go to the gym in shorts without mislabeled as a "scarlet woman". I'm not saying come to school completely naked (public nudity is still illegal) but if you think you have really rocking legs and want to show them off, go for it. Anyone who thinks less of you for it is obviously lacking self-confidence or is blatantly over sexualizing a non-sexual situation.

3. Censorship

Censorship is certainly necessary in some situations, but the society has placed a derogatory connotation on inoffensive things. People can say the words "hate" and "rape" and "kill" but as soon as someone utters an s-word it is the most horrific, unethical offensive thing you could ever say and you should probably spend a couple years in prison only eating soap for every meal? I personally don't use swear words but people around me have and when they do I don't dramatically clutch my chest, contemplating the nearest place for ear removal surgery to protect my precious virtue. Say the F-word casually in my presence and I'll get over it, say you hate my guts and I might shed a couple tears. The words that should be censored are the words that hurt people, not meaningless curse words. Censorship in TV and movies can also be a bit ridiculous. We don't need a kidz bop version of "talk dirty to me". There's a 100% chance that your kid has already heard the real version numerous times. We don't need a middle finger censored on TV. We aren't naïve; when we see the blur we don't think "I wonder what's behind there, a bagel? The entire cast of Glee?" We know, when we see a hand raised with blur it's no mystery someone is being flicked off. It may be scandalous when we are 5 years old, but as teenagers censorship is a bit ridiculous. I mean nothing can desensitize a person more than walking through the halls of any average American high school.

Question Of The Month

What are you most thankful for?



"My dog; she's always loving and happy"
-Courtney Simmons 16'



"Family and friends; they have made me who i am today"
-Cooper Collier 15'



"Books; I like to read and escape reality"
-Marybeth Warner 18'



"My parents because they help me with everything, and they always support me"
-Dayton Brown 17'