

Guts, Glory & Golden Corral

Nov. 20 - When the sun went down on Seneca, the Indians’ quest for a state championship had ended with a 20-7 loss to the MHS Bulldogs. Despite getting on the board with the first touch-down of the game, and going into half-time with a 7-7 tie, it was the Bulldogs who came back to the field with new strategies and renewed strength.

In a post-game interview with KXEO/KWWR radio, head coach Steve Haag expressed his pride in the team and listed the factors that could have worked against the Bulldogs, simply in the mental game of football.

Unable to find a bus driver for the four-and-a-half-hour trip one-way for the scheduled Friday night game, MSHSAA agreed to schedule the game on at 2 p.m., Nov. 20, at Seneca. Problem solved; new problem created. With prep before the game vital, that would have meant an early-morning ride to be able to spend a couple of hours on the field, getting a bit of the Seneca dirt under the team’s fingernails. Not to mention the problem of feeding the team at some point before the game: breakfast? lunch? brunch? Add to that a rough, sedentary morning sitting on a bus and it was a symphony of problems that were slowly drowning out the sound of victory, or a strong chance at it.

To say the team was determined would be an understatement. Haag booked



photo credit: Deb Hill-Haag

hotel rooms, arranged for an early supper in the school cafeteria and hit the road for their Joplin hotel at 4:30 p.m. on Friday.

Sleeping in a strange bed before the most important game of post-season play thus far was not ideal, but it would have to do. When the Bulldogs took the field under the light of the brief afternoon sun, it was an adjustment. Playing in broad daylight on a strange field after sleeping in a strange bed after having to strike a strange deal with MSHSAA to change the game - all were factors.

But sometimes determination is the greatest factor. The Bulldogs walked onto a field with a full student section and a host of travelling fans cheering them on. And they played to the point of exhausting their determination. But it paid off with a win and a trip to the semi-finals Nov. 27 in St. Louis against St. Mary’s.

It will be a day game again, but for the Bulldogs, that just doesn’t seem to be a factor. And no worries about the food situation. The team stopped at Golden Corral to eat after their victory, a celebration of sorts, that allowed them to choose breakfast, brunch, lunch, steak, potatoes - the whole nine yards as it were.

Youth And Government

Digging in now to build a better future

by Jackson Lamb

There are a plethora of reasons for students to be absent: illness, doctor’s appointments, field trips, family emergencies. But the two days that students are excused to participate in the Youth and Government convention in Jefferson City are more than just two days out of school. Those are two days when teens get a taste of politics, policies, and how to affect real change for their futures and the futures of their parents and teachers.

What is YAG?

Youth and Government (YAG) is a student-driven simulation of state government.

This year, approximately 1,100 Missouri youth, ranging from 8-12 grade, traveled to the State Capitol for a three-day convention, Nov. 11-13. Delegates had the opportunity to participate in democracy by debating the legislature, trying cases in a mock trial before a student judge, and covering the event using media tools.

Additionally, delegates experienced the different branches of government, voted for candidates, and ran for officer roles. These first-hand experiences allowed students to truly experience democracy and to better understand our government.

Thomas Peuster, Lieutenant Governor Elect

With the unfortunate cancellation of last year’s convention, students were deprived of the in-person YAG experience. One of those students, junior Thomas Peuster, shared his thoughts on being back. “YAG is a lot better in-person. We’re finally able to express our ideas.”

At the convention, Peuster ran for Lieutenant Governor. With early morning coffee and a swift campaign, Peuster emerged victorious.

As the newly elected Lieutenant Governor, Peuster predicts that his position will be a lot of work. Although the next convention is a year away, Peuster is already working with his co-officers to plan an engaging

event.

Civic Leadership Institute The Middle School Opportunity

Not only do high schoolers have the opportunity to attend YAG, but eighth-grade students from both St. Brendan’s and MMS are eligible to participate.

In an interview with Maggie Ramsey, Katie Crews, Emma Seibert, and Mac Haag, all agreed the convention was fun.



MHS senior Emily Nunan addresses the assembly.

“It was fun going to the capitol and learning new things about bills,” said Haag. The students

also learned more about the democratic process. “It’s very complicated,” Seibert explained.

Not only is YAG an educational experience, but it’s also a time to socialize with like-minded friends. Ramsey, Crews and Seibert all liked hanging out with the governor. The students agreed they would attend YAG next year for another exciting experience.

Ben Clampitt Governor

Last year during the virtual YAG Convention, MHS senior Ben Clampitt won the election for Governor. Since that time, Clampitt has been working hard to produce a successful return to an in-person convention.



Freshman Andrew Peuster confers with fellow representatives.

Clampitt describes his time as governor as “surreal” and “really cool.” Throughout the convention, Clampitt worked hard with two of his best friends, whom he met at his first year of YAG.

“Being governor is a lot of work and a lot of helping people,”

Clampitt reflected. He says he will miss attending as YAG is truly a once in a lifetime experience. Meeting new people and developing social leadership skills has massively aided Clampitt to form a strong future for not only himself, but other rising leaders.



Chances are, one of the students pictured above will be recruited by a college and given a hefty, if not full, scholarship in return for bringing their mad gaming skills to that college’s E-Sports team. Some of the best universities in the nation are hungry for the skills developed by participating in E-Sports.

E-Sports

this ain't your parents' basement

E-Sports is growing in popularity every year as new games come out to play. Ms. Amy Harris, a computer teacher at the Hart Career Center, started the E-Sports team six years ago. The HCC E-Sports team plays five different games.

Overwatch is a sci fi based, first-person shooter game that involves being tactical and using teamwork. Super Smash Bros. Ultimate is a character fighting game that involves using combo and skill moves to beat opponents. It is the team’s most played game.

Valorant is also a sci-fi shooter game focusing on precise gameplay and agent abilities. Rocket League is a sci-fi car game that involves cars playing soccer, basketball, and hockey. League of Legends is a tactical RPG game with the objective of destroying the other team’s base.

MHS junior Logan Finch plays Super Smash Bros. Ultimate and Valorant. Finch is the captain of the Valorant team which plays in the spring season. He plays in tournaments and participates and leads crew battles. “I practice during my free time to keep improving, or just whenever I feel like it,” and Finch has been feeling like it a lot lately to be prepared for

his upcoming tournaments. “It feels good to be a part of a team, a lot of my friends are on it and most of all I like to work with them and keep improving. We use PC and Nintendo Switches to play our games.” The PC’s used are specifically designed for gaming with high-powered graphics cards and rapid speed processors. The Nintendo Switch is a portable gaming system that can be cast to a large screen or played on the smaller console unit.

MHS sophomore William Bingham is the captain of the Super Smash Bros. Ultimate team. “I play my game a lot to get better. I have been watching pro sets to see what I can do to get better before the next tournament,” says Bingham who has been playing video games since he was very young.



“Some of the challenges of E-Sports are that there are definitely some very tough opponents. It feels good to have

people to rely on when it comes to a team.”

As the sponsor and coach of the team, Harris gives much of her free time to the growing program. Different seasons rotate throughout the year; there is no true and defined season.

“Smash is what is going on right now in the fall/winter and then in

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Art Appreciation

a meet and greet with some of the most talented artists at MHS

by Myah Smith and Hailey Long

Brett Iman, 12

"I got into art is back when I was in seventh grade. Me and my cousin both made our first original characters, and I kept drawing and improving since. What I think is enjoyable about art is having the freedom to create a story with it and be able to draw what I am feeling at the time. I would describe my art as kind of comic book style mixed with cartoon. It can be both gritty like a comic book but can also be bubbly like a cartoon."



Eladio Clark, 10

"I was inspired to get into art from people that I look up to. What is enjoyable about art is the fact that art pieces and artwork can come to life. I would describe my art as frustrating and expressive."



Emily Yeo, 12

"Watching my dad draw inspired me to draw but I was also influenced by Disney movies. It's very satisfying seeing a piece come together. My personal drawings are very... 'unfinished' looking, but for art class I draw much differently and try to make it look nice."



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WHO'S NEW?

Meet Gil Hooker, the new behavior interventionist at Mexico High School. Mr. Hooker makes his presence known by stopping by classrooms, helping out the teachers, and making students his top priority. Here are the deets about Mr. Hooker.

Preferences

Summer over winter
Comedy over horror
Day time over night
Tea over coffee... only if it is green
Sweet over sour
Netflix over Hulu
City over country
Hot coffee over iced coffee
Non-fiction over fiction

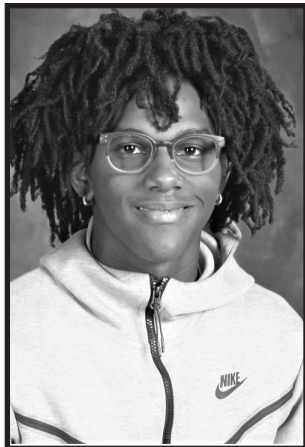
Favorites

Music genre: Classic Rock or R&B
Movie: *The Dark Knight*
Favorite song: "Tennessee Whiskey"
Favorite book: *You Are the Placebo* - Dr. Joe Dispenza
Dream car: Dodge Charger Hellkat
Favorite animal: Lion
Favorite holiday: New Years
Dream vacation spot: Tropical with clear water
Go-to order at McDonald's: Two McChickens, cheese only, large fries, three cookies for a dollar or two apple pies



In the Halls...

Over 800 stories walk through the halls of MHS every single day... Here are a couple of them.



Jordan Shelton, 11

Were you born and raised here?

"No, I was born in Columbia and raised in St. Louis and Springfield Mo"

Do you play physical sports/What's your favorite sport?

"Yes, I play basketball and have been playing for 14 years"

Something most people don't know about you?

"I am the younger brother of three sisters"



Madison Wheaton, 9

Were you born and raised here?

"Sort of, I was born in Missouri, then I moved to Oregon for a year, then came back to Missouri"

Do you play sports/What's your favorite sport?

"I play tennis, but nothing else at the moment"

Anything most people don't know about you?

"I have seven half siblings, six brothers and one sister"


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E-Sports

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spring we have some more Smash but we also have Valorant and Rocket League.” But her involvement is not limited to a time of year. “We practice every day after school to get better.”

Positioning the right students in the strategic places requires understanding not only the needs of the game but the talents of the students and that takes time and observation. “The main people on the Smash team are my varsity returning players, William Bingham who is the captain, Logan Finch, and Logan Blackburn and we have some slots open that we will be doing tryouts to fill in,” Harris explained.

E-Sports, like any other competitive sport, has tiers based on skill. Harris has expanded the program over the years to include varsity, JV and middle school teams. There are try-outs for the open spots and players are not the only people involved in making a successful team. “E-Sports is open to anyone who wants to game,” Harris said, and that includes broadcasters, filmers, commentators and a plethora of other talent.

MHS junior Landen Wilson is passionate about gaming. He plays on the Smash team. “E-Sports is something that has to be taken seriously,” Wilson explained. “Some people just come in and goof around, you don’t really have to win, just play respectfully.” Wilson did not start on the E-Sports team as a freshman, a decision that he regrets as team placement is not based on grade level but on game skill. “There are crew battles which are like a team of five that I’m hoping to get on. Some people take E-Sports seriously as a sport but some people don’t. Esports has everything other sports have just without the physical aspect. We are using our brain just as much or even more as other sports which is a lot more fun for me because I can’t do anything of the physical activity sort,” Wilson explained. He hopes that as the program grows, other games will be added to attract different students. And Wilson has a goal, not just for himself, but for the program. “Hopefully we make it to the grand finals because I want to be on that big stage with all of that equipment. The HCC E-Sports team is always taking new people to show off their skills. Practice is held in Mrs Harris room at the Hart Career Center. For more information email Ms. Harris at: aharris@mexico.k12.mo.us



The Fight of His Life

by Gage Walker

Senior Dakota White does not look sick. His laugh is just as loud as usual, his smile is just as wide as usual, and he is making the most of his senior year. But what is going on with Dakota White is frightening and unusual, especially for someone his age. White is suffering from nonalcoholic steatohepatitis, or NASH. NASH is what doctors call a “silent killer;” there are rarely symptoms that present with enough severity to be concerned. There are usually no symptoms in the onset of the disease but by the time the symptoms present, the disease is well into the advanced stage.

NASH is a build-up of fat in the liver which results in scarring. Scarring of the liver, or cirrhosis, can cause permanent liver damage. This is what White is facing. And this is his “sum it up” story in his own words.

“Back in April, I went to my doctor’s office to get my shots for senior year. While I was there they decided to do some blood work because of some of my symptoms that I have been having for years.

“It took about a week for the results; when they came in it showed that everything was elevated above normal for things involving my liver like my enzymes. We waited about six weeks to go back for some more tests to see if they would be elevated more.

“Sure enough they were; so I got sent over to Cardinal Glennon in St. Louis to be seen by their liver specialist. When I was there they were thinking that my liver may have been just fatty because of my diet but they did a bunch of blood work on me. So much so that my arm had turned purple. We waited around a week for the results and they called.

“Turns out everything was extremely elevated and they thought something really bad was wrong with my liver such as “NASH”. So I have to go get a biopsy on the 28th to see what is wrong with my liver.

“What they are doing is cutting a slit in my side, using an ultrasound to find the best spot to take a sample. Then they stick some kind of big needle in my liver which extracts part of my liver. Not the worst thing in the world but knowing that I have to stay monitored for 4-8 hours just in case something goes wrong bothers me. We will see what happens when I go into surgery.”



features

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Better Late Than Never

Reclaiming what was lost to COVID

It has been nearly two years since Mexico High School hosted a foreign exchange student. Our 2020 foreign exchange students were sent home in early March, 2020. But this year, MHS is hosting, once again, a brave traveler from a foreign land. Our own **Madison Wheaton** sat down with Emma Stenberg to find out what she is all about...

Q: Were you nervous about coming to America because of Covid?
A: Yes, I was planning on coming last year but my trip was postponed. I was scared that we would end up having virtual school, and not be able to be here because of Covid, like it was last year. So I was scared that Covid would affect my time in school.
Q: Is there anything in particular you miss about Sweden?
A: Yeah, I had a little bit more freedom in Sweden. I miss the way we would get around, like here you have to have a car to get places and you can’t really take a train or bus like in Sweden. It gave me a lot more freedom because I could go wherever I wanted to, but here I need someone



to drive me around since I can’t drive.
Q: Why did you decide to be a foreign exchange student?
A: Partly because I wanted to experience high school in America, in Sweden we don’t have sports or dances or even school spirit so it’s much different. I also wanted to learn English better.
Q: What’s your favorite part about America so far?
A: My favorite part about America so far would have to be how welcoming and talkative everyone is, and how easy it is to make friends.
Q: What is your favorite food in both America and Sweden?
A: My favorite food in America is Chick-Fil-A, in Sweden it would have to be the meatballs.




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Cooking with Love

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Easy Stromboli

Ingredients

1 can refrigerated pizza dough
1 1/2 cups shredded mozzarella cheese
1/3 cup marinara sauce
1/2 cup chopped cooked ham
1/2 cup sliced salami
1/2 cup pepperoni slices
1 egg
1 tablespoon water
1/2 teaspoon Italian seasoning
1/4 teaspoon garlic powder

Instructions

-Heat oven to 350 degrees F and line a baking sheet with parch-ment paper.
-Roll pizza dough out on a lightly floured surface into a roughly 12" x 16" rectangle (it doesn't have to be exact!).
-Spread marinara sauce over pizza dough, but leave one inch all the way around and 2-3 inches at the long side furthest from you.
-Top with 1 cup of the shredded cheese, then ham, salami and pepperoni. Finish with remaining 1/2 cup cheese.
-Roll up as tightly as possible, doing your best not to push out the toppings as you do so. Stop just before you reach the end. Whisk together egg, water, Italian season-ing and garlic powder. Brush over pizza dough where the edges will meet, then pinch together.
-Place on prepared baking sheet with the seal down and brush with egg wash. Bake for 20-25 minutes, until golden brown and slightly puffed. Let rest for 5-10 min-utes before slicing.



Ms. Karen Ford
FACS instructor



Things You Didn't Know You Needed to Know

Thing: Tire Pressure

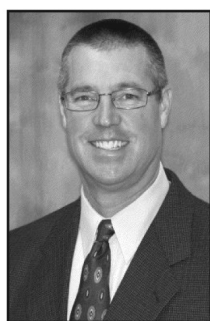
Why: Tire pressure can affect your mileage, your alignment, how your car steers, and your safety.

How do I know if I need to check it? In most new cars there is a driver information screen that will tell you to check your tire pressure with a warning that says "tire pressure is low." If you have an older car, you will have to do a sight check or use a tire pressure guage to check the pressure.

Use a what? A tire pressure guage is a tool that you need to purchase and put into your glove compartment or somewhere in your car. You can get an old-school pressure guage which looks like a thermometer with a silver ball on the top. You can also purchase a new digital tire guage which has all sorts of settings, but the one you want to use is the PSI.

Now what? Get out of the car and bend down next to the tire. Find the air valve which should be sticking out just a bit and should have a cap on it. Remove the cap and using the end of your guage to tightly seal it over the air valve. On the old school guages, a white marker will shoot out and you will have to quickly read it. On the digital guage, a number will show up.

What does it mean? In order to figure out if you have to add or remove air, you will need to check the recommend-ed PSI. There is a stick-er on the frame of the inside driver's side door that will tell you what the ideal air pressure is for your tires.



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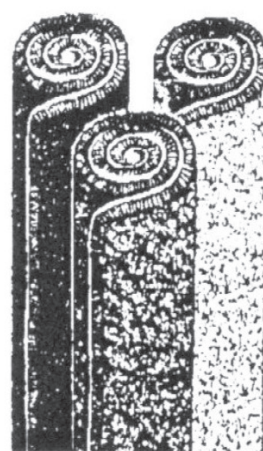
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