



Last Highland/Midway High School Students Today, Next Doniphan West Alumni Tomorrow

SPRING FEVER

Students and teachers anticipate the quickly approaching break.

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SENIOR SNEAK

The Class of 2007 participates in last get together before saying goodbye.

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ADVICE TO NEXT YEAR'S SENIORS

How to make the most of your final year in high school.

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SENIOR MEMORIES

The Class of 2007 share their favorite high school memories.

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by Katelyn Fitch

School is almost out for the summer and this year's seniors will be done with high school for good! But what will life be like for them after high school?

Many plan to attend Highland Community College (HCC) for their first two years of college. Some will go on to other Kansas community colleges and universities. A few will be going out of state for college, waiting a year to start college, and some will be going straight into the work force.

Amanda Dunn will be going the farthest away for college to Northern Arizona University, her father's alma mater, where she will be living in the dorms and plans to pursue a degree in education with an emphasis in literature and psychology.

Nicholas Dickerson will be attending HCC and will remain living at home. He plans to major in Wildlife Ecology and Conservation.

Hailee and Kayla Dunlap plan to live on their own for a year in Highland to work and wait for Jennifer Larson to graduate next year. Then they plan to go on to the American Academy of Hair Design in Topeka, KS to pursue degrees in cosmetology and will live in an apartment together.

Chase Smith will be attending HCC and will be living at home. He plans to pursue a degree in Milling Science and Management.

Andrew Gilmore will be going to Kansas State University, where he will become a member of the Farmhouse Fraternity. He plans to pursue a degree in mechanical engineering.

Katelynn Fitch will be attending Ozark Christian College in Joplin, Missouri where she will be playing soccer and living in the dorms. Currently, she plans to pursue a dual degree in Bible and Psychology.

Susan Boos will be going to HCC for one year and will be living at home. Then she will go on to Hillyard Technical Center



The Class of 2007 waves goodbye to their final high school year as they prepare to begin a new journey through life. After spending a lot of time in the halls of Doniphan West High School and making many lasting memories together, they are finally ready to walk out of the doors on their own.

in Saint Joseph, Missouri where she will pursue a degree in radiology.

Jillian Peters plans to attend Missouri Western State University and is undecided on her major but will most likely aim toward medicine. She will be living in either the dorms or an apartment.

Charles Kent does not have plans to attend college. He plans to live on his own and more than likely will take on a job in Kansas City with the Union as a welding technician.

Whitney Elrod will be attending HCC and plans to live on her own. She is currently undecided on her major.

Bridget Glynn will be going to HCC and will be living in the dorms with Morgan Twombly. She is undecided on her major but is interested in graphic design or agriculture.

Terry Crossland plans to attend Washburn University where he will be living in the dorms. He is currently undecided on his major.

Sarah Reiter will be attending Kansas State University at Salina where

she will be living in the dorms. She plans to pursue a degree in aeronautical science and become a professional pilot.

Jackie Gronniger will be going to HCC and will be living at home for the first semester and in the dorms for the last three semesters. She plans to pursue a degree in agribusiness.

Sterling Dorrell will be going to Missouri Western State University where he will be living in the dorms and pursuing a degree in communications.

Matt Simmons does not have plans to attend college. He plans to live on a ranch in Kansas and become a farmer. He will also continue to be a volunteer firefighter at the Denton Fire Department and hopes to someday become a bull rider.

Shara Royer will be attending HCC to help her decide what major she will choose and will be living in the dorms. She will most likely pursue a degree in photography or business.

Kip Peters will be

going to Missouri Western State University where he will be playing college football and living in the dorms. He plans to pursue a degree in pre-medicine.

Julianne Gross will be attending HCC and will be living in the dorms. She plans to pursue a degree in graphic design.

Kassi Zeit will be attending HCC and will be living on her own in Highland. She is currently undecided on her major.

Camille Sellers is currently undecided on her college choice but plans to remain close to home. She plans to major in billing and coding and will most likely live in the dorms or at home.

Morgan Twombly will be attending HCC where she will be a member of the basketball and dance teams. She will be living in the dorms with Bridget Glynn. Then she will go on to Kansas State University to pursue a degree in biology (pre-medicine).

Alex Autem will be attending HCC and will remain living at home. He plans to pursue a degree in graphic design.

Ashton Lackey will be going to Kansas State University where he will become a member of the Theta XI Fraternity. He plans to pursue a degree in mechanical engineering.

Tiffany McNett will be attending HCC where she will be living in the dorms. She plans to pursue a degree in photography.

Eric Edie will be going to HCC and will be living at home. He is currently undecided on his major.

Cody Gorman will be attending HCC and will remain living at home. Then he plans to go on to the University of Kansas to pursue a degree in psychology.

Jason Bolden will be going to the Northeast Kansas Technical College in Atchison, Kansas and will most likely start off living at home. After completing Vo-Tech, he plans to go on to Devry University to major in game design.

As the class of 2007 begins their new life and becomes Doniphan West Alumni, it will be exciting to discover what truly becomes of them later on in life.

News Briefs

Cheerleaders- The new cheerleaders for the 07-08 school year have been selected. The team is as follows:

Stephanie Schneider
Jessica Libel
Morgan Rush
Bethani Zeit
Marijke Fox
Courtney Langley
Maggie Gilmore
Mariah Cunningham
Shayln Fritch
Ashlie Witham

Dancers- The new dance team for the 07-08 school year is as follows:

Stephanie Schneider
Jessica Libel
Kaley Witham
Brittany Schmitz
Jordanne Miller
Taylor Twombly
Bethani Zeit
Jackie Lysaght
Malia Sisk
Lindsay Libel
Maggie Gilmore
Marijke Fox
Kayla Schmitz
Shayln Fritch
Morgan Helmstetter
Ashlie Witham
Hannah Lackey
Emily French

HCC Art Day- The art program at Doniphan West did very well at the art day held at Highland Community College. Doniphan West placed 4th overall out of 44 schools in the 1A, 2A and 3A divisions. The art day was held on May 3, 2007.

State Journalism- Alesha Miller received 1st place in 1A-2A in headline writing at state. Morgan Twombly received honorable mention in 1A-2A advertising.

GRADUATION - WHAT THEY WANT, WHAT THEY WILL GET

by Kayla Dunlap

Graduation is just around the corner and what do most seniors have on their mind? No more school is one thing that is on their mind, but another thing is presents!

When graduation is near many seniors will be heard talking about what they want as a graduation gift. Such as cars, money and trips! But there is a big difference between what they want as a gift and what they will actually get.

Senior Katelynn Fitch said, "I already know that I am getting a new lap top from my parents but I also want anything that will go towards my dorm room such as a mini refrigerator, bedding, and etc. I definitely want money and gift certificates as well."

Senior Jill Peters said, "I want money and stuff that I will need to live on my own."

Some seniors think that things they could use towards college would be a good gift, but others think that getting money or gift certificates are good so they could spend them any way or on anything that they want.

"I want money for graduation because I am going to Seattle, but I will probably just get congratulation cards." said Senior Susan Boos

Some seniors expect to get really big gifts because they have worked so hard during all the years they have been in school and think that they deserve something as big as a new car.

Senior Hailee Dunlap said, "I really want a new car for

graduation, but I will probably just get money or something."

While graduation gifts vary among each senior, each of them hope to receive something that would be useful to them in their next step of life.



What happens in Osage Beach Stays in Osage Beach

by Morgan Twombly

One last trip for one great class is what senior sneak is going to be this year. Senior year is very stressful with senior project, college classes, and scholarship deadlines, so sneak allows the seniors one last chance to be together as a class and celebrate the last few years they have been together.

Picking a destination for the senior class trip was very difficult for the seniors. There were lots of good ideas for the senior trip but they were limited on funds and had to research to see which place they could do the most at without costing lots of money.

After months of deliberation the senior class finally chose Tan-tar-a resort in Osage Beach, Missouri as the spot to go to for senior trip. Tan-tar-a is near Branson Missouri. It is about 4 hours and 32 minutes away from Highland or about 257 miles. The trip will end up costing around

\$5,000, or around \$200 per student.

The seniors left Doniphan West High School on May 14 around 9 a.m. and they will return on May 17. Three sponsors are with them: Vicki Winchester, Mark Martin, and Joe Sailors. They will stay 4 days and 3 nights at the Tan-tar-a resort.

"The seniors will like the water activities if the weather is nice, and also in the past all the classes have really liked the country music show. Oh, and you can't forget Randy's Frozen Custard!" said Winchester.

At Tan-tar-a there are many different things to do. Outdoor recreation is golfing, swimming, tennis, boating, jet ski rentals, and parasailing. Indoor recreation consists of the Timber Falls Indoor Water park, a heated swimming pool, arcade, bowling, and billiards. The rooms at Tan-tar-a consist of two double beds, cable TV, and Pay per View movies.

Senior Bridget Glynn said she

was looking forward to "getting away from Highland for a couple days before graduation, and of course showing off my hot bod in my swim suit."

Other activities the seniors will be doing are an Ozark Music Show, paintballing, Big Shot Amusement Park, outlet malls, Old Time photo, and Randy's frozen custard.

No one should think it's a piece of cake to get to go on senior trip; there are many requirements each senior had to complete before leaving. Each student must have completed and handed in 10 hours of community service for each year. They also had to pass every class, and have made up all of their unexcused absences and tardies. Each student also had to have worked at least 90% of all the class fundraisers throughout high school.

When the seniors return don't expect much feedback because what happens in Osage Beach stays in Osage Beach!

May 16, 2007

D. West Express

Lost in Elegance

Scenes from prom
April 21, 2007



maggie & jonathan



seniors strike a crazy pose



ashton & allison



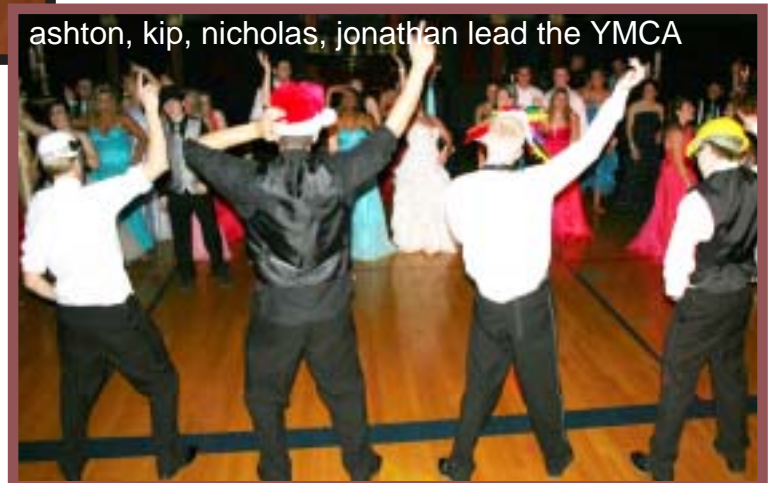
kick off the high heels for some serious dancing



eric simmons and scarlett davis
arrive in a rumble seat



jessica, steven, tressa,
amanda, laurence,
bridget, paul



ashton, kip, nicholas, jonathan lead the YMCA



Brianna Cluck and Morgan Helmstetter connect for a smooth handoff.

race to the finish is on.

Good luck at regional track on May 18

girls regional participants boys regional participants

4 x 100m relay: Katylin Blevins, Morgan Rush, Morgan Twombly, Kaley Witham
 4 x 400m relay: Katylin Blevins, Katelynn Fitch, Morgan Rush, Kaley Witham
 4 x 800m relay: Katelynn Fitch, Morgan Rush, Morgan Twombly, Kaley Witham.

Individual events:

Katylin Blevins: 100m, 200m
 Kristy Denton: high jump
 Katelynn Fitch: 800m
 Marijke Fox: shot
 Alesha Miller: long jump, triple jump
 Amanda Pickman: long jump, triple jump, 300m hurdles
 Kayla Schmitz: 400m, 800m
 Lisa Scholz: shot, discus
 Allison Thompson: discus
 Morgan Twombly: javelin
 Taylor Twombly: shot, javelin

4 x 100m relay: Kyle Fitch, Ashton Lackey, Zach Lee, Kip Peters
 4 x 400m relay: Nicholas Dickerson, Laurence Dickson, Ashton Lackey, Zach Lee
 4 x 800m relay: Nicholas Dickerson, Laurence Dickson, Ashton Lackey, Zach Lee.

Individual events:

Spencer Autem: shot
 Nicholas Dickerson: 1600m
 Laurence Dickson: 800m
 Kyle Fitch: 200m
 Geoffrey Hargis: 300m hurdles
 Ashton Lackey: 400m
 Zach Lee: 200m
 Kip Peters: discus, shot, 100m
 Jake Rush: triple jump
 Brady Smith: 3200m



Laurence Dickson gets the handoff from Ashton Lackey at the Doniphan County meet hosted by Wathena.

Express Yourself

Do you ever think about the dangers of sun exposure or tanning?

by Kayla Schmitz



Jake Rush

"I didn't know it was dangerous."



Anna Caudle

"Yes, because it causes skin cancer and leathery skin."



Chelsea Diveley

"Somewhat because I'm fair-skinned and I could get cancer easy."



Spencer Autem

"I debate whether I should get out of bed due to the dangers of sun exposure."

Mustang Moments Staff

The content of this student publication does not necessarily represent the views of the school board, the administration, the faculty adviser, or the entire newspaper staff, but has been selected and determined by staff members.

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The darker side of tanning

by Kayla Schmitz

What's brown and wrinkly with skin cancer all over? You, after tanning in a tanning bed for 20 years.

Everyone knows that there are dangers involved with tanning in a tanning bed too much, but does anyone care about what could happen to them in the long run? Not a bit.

Just how bad for you is "fake baking?" It may look hot to have that perfect summer glow, but in the long run it can cause some serious backfiring.

First off, tanning beds give off ultraviolet radiation (UV rays) that penetrates deep into the skin to cause sunburn and other problems.

The most deadly risk of sunless tanning is, of course, skin cancer. Skin cancer shows up in abnormal looking moles or ugly, red, and scaly lesions on the skin.

Most people who get skin cancer get the less deadly type. This type only leaves disfigurement in the area where the cancer was surgically removed. It may leave you looking pretty bad, but at least it won't kill you.

The other more serious type of skin cancer is called melanoma. If you don't treat this type of skin cancer early it can spread to other organs and potentially kill you. According to www.lifegetinit.fitdv.com, nearly half of all new cases of cancer are skin cancer and approximately one million Americans will be diagnosed with skin cancer this year.

It isn't just skin cancer that can be caused by sunless tanning. Tanning beds also speed up aging by causing wrinkles at an early age. Tanning dries out the skin and makes it lose its elasticity so your skin just seems to hang on your face.

Although sunless tanning makes you look great now, it's a good idea to think about the long term effects that can go along with it.

Kayla Dunlap, an avid tanner who has been tanning since 8th grade, said, "I know the effects it can have on me but I'd rather be tan instead of white so I don't really care."

So many teenagers are falling into the tanning trap and need to be concerned about what can happen to them if they keep tanning as much as they do. So make sure you stop and think before getting into that tanning bed and, of course, always wear your sunscreen this summer!

Skin Cancer Hot-Spots

Nose - 1/3 of all skin cancer occurs here

Lips - 4% of skin cancer happens here. Use lip balm to protect the lips

Eyes - 1 in 10 skin cancers show up around the eyes

Hands - The third most common spot for skin cancer

Lower Legs - This is the most common spot for deadly types of skin cancer

Chest, Neck, Back, Shoulders - These places get a lot of sun which means they get a lot of skin cancer

source of info.
"Where Skin Cancer Strikes Most"
Glamour Magazine, May 2007

Contagious Spring Fever making its way through Doniphan West



by Morgan Rush

Birds chirping, flowers blossoming, warm weather, and students still in school? Many students are starting to feel that spring fever. It seems that almost every year around the time we get our first warm days, student minds go wandering, thinking about carefree summer days and fun in the sun.

Anticipating summer, keeping one's mind on school work and just focusing sometimes seems like the hardest part of the last of the school year. Falling asleep in class, spacing off, and day dreaming seem to be the symptoms of the fever that



"I think that students get spring fever because they can't wait to get out of school for summer vacation,"

Dakota Zeit, sophomore.

students have.

"I think that students get spring fever because they can't wait to get out of school for summer vacation," said Dakota Zeit, sophomore.

Even the teachers seem like they can't wait for a taste of that summer sun, because of all the things that they have to get done at the end of the year.

"I can't even think about summer break yet because there is so much going on between now and the end of the school year it just stresses me out thinking about it," said Mrs. Taylor.

Much of the reasoning for this so called "Spring Fever" is that towards the end of the school year, there is so much going on with graduation, last days of

school, and summer vacation. With all this talk, how could anyone resist that summertime itch?

"I am so excited for summer I am counting down the days and hours to that last bell," said Jenna Scherer, junior.

Well the good news is that summer is almost here and we only have six more days of school. So for the teachers and students: Try to stay focused on the finals ahead, and for those who have that spring fever, all we can do is anticipate a great summer and try staying focused, for our teachers' sake.

by Morgan Rush



Don't cry because it's over... smile because it happened

Whitney's West Side Word

by Whitney Elrod

Well, this is it. My last ever Whitney's West Side Word, my last week of high school for the rest of my life, and just a few more days with some of the best people ever.

At the beginning of the year everyone kept saying how fast this year was going to go by, but so far I've felt like I had to start over again from my first grade year; even the days seem to be getting longer. The only motivation I have to get myself out of bed every morning at 7:30, well I guess it's usually more like 8:05, is just reminding myself that this nightmare adults like to refer to as "high school" is all going to be over in just a few more days.

Knowing that fact does comfort me with the most amazing feeling of relief and satisfaction of completing high school, but, of course, there is still part of me that is sad, scared, and nervous all at the same time.

There are so many things that I have to worry about now besides getting to school on time and turning in my English homework. The summer hasn't even started yet and I am already keeping myself awake at night just stressing about everything I'm about to have to deal with.

Not only am I going to have to worry about living on my own, being responsible enough to take care of myself, and what I want to do with the rest of my life, but my biggest fear so far is trying to prepare myself for not being able to be around 28 of the best people I could have ever hoped would be in my class.

Some of the people in this

high school have tried to seemingly ruin what are supposed to be the best years of my life, but I am glad to say, they did not succeed. No matter how much trouble I've gotten into, how many ISS days I have had, or how many times I've been sent to the office, I am proud to say that I made the best out of my four years at high school and I am going to graduate with the funniest and happiest memories that I know some people only wish they could have had in school.

I have been with some of my classmates for the past thirteen years of my life; some of them I've known longer, some of them I've only known for a few years, but all of them I will know forever. I hope everyone in my class makes sure to try their hardest to have a successful and happy life.

Whenever they're feeling down, I hope that they think back and remember all the great times that we've shared together and look forward to more, because even though graduation is the end of high school, there is never going to be an end to this silly, funny, some-what stupid, but still really smart, crazy, talented, easy going, and ridiculously good-looking family that people refer to as the 2007 graduating class of Doniphan West High School. The end of high school, the end of our class running through the halls, the end of our first and last year we've had exceptionally good lunches, the end of a legacy, and a new beginning to all of our lives. Good luck and congratulations seniors.



I am so excited for graduation, but nervous at the same time,
I want to show my class how much I care, so I wrote this rhyme.
Since my high school years are coming so close to an end,
I want everyone to know how great we all are, but I don't know where to begin.
I love and know all of my classmates pretty well.
They're the only ones that kept high school from being pure hell.
Every one of us is special for our own little things,
Like how good Kassi's voice sounds when she sings.
Or how much fun I had, shifting my truck for Bridget.
There are so many things that I'll never forget:
Andrew's laugh ringing through the halls.
Jason's fear of being hit with dodgeballs.
Kip fouling out at almost every basketball game.
Sterling and his band making their way to fame.
Chase sternum jabbing almost every one of us.
Me sleeping in and missing the bus.
Getting Morgan's HULK stuck on the side of the road,
Hailee, Kayla, and Jill's faces made alamode.
Matt walking around with his boots made of snakeskin,
Most of us will agree, it's hard to pick a favorite Dunlap twin.
We'll probably be hearing Shara on the radio someday soon.
Susan gets a new cell phone nearly every afternoon.
Terry doesn't realize we're not laughing with him but at.
Katelynn's name on the back of her cross-country shirt is Kat.
Sarah dumped her boyfriend, like, the day right after prom.
Camille's so faithful and religious, she's probably memorized psalms.
We all agree Tiffany and her boyfriend are so cute.
In grade school Charles ate a worm for our class newt.
Jackie's redneck attitude of not giving a care.
The senior boys shaving off all of their hair.
Eric telling everyone, "Hey Buddy!"
Alex getting hurt in football and us calling him a wussy.
Nicholas riding his bike all over town square.
Amanda's in love with her goat and a mare.
Cody's getting married and starting a family of his own.
We've all talked to Julianne, Ashton, Kip, and Andrew on the Casey's payphone.
When we get our diplomas we'll be relieved, happy, and probably shed some tears,
But I can honestly say, I've had the most amazing thirteen years.
We came together as sophomores to make a remarkable class
And if you don't agree I'll have to kick your butt.
I couldn't wait for what happened after the 31st of December. . .
2007, the year that I graduate with a class full of best friends and family that I'll
always remember.

300: A Bloody Masterpiece

by Tressa Baker

The first thought in my head when the final credits rolled for *300* was "Wow". The fact that it was an epic movie (probably one of the best in this decade) didn't even really set in until we were walking out of the theater. Then it hit and hit hard. The movie was based on the graphic novel by Frank Miller which tells the tale of the Battle of Thermopylae from the view of the 300 Spartans that were there. The storyline in a nutshell: It's all about the 300 Spartans fighting down to the last man and paving their way to Hell with the bodies of their dominated enemies. Sure there were other Greeks there, but they aren't really warriors.

A Spartan boy is raised from birth on being the strongest. When a child was born its mother would bathe it in wine to test its strength, then its father would take it before the council to be looked over for any signs of weakness. If any were found the child was left to die on the mountainside. If the child passed the test then it stayed with its parents until the age of 7, then the male children were sent off to barracks where he was given minimal of everything. He was trained in the art of war and beaten daily by his older comrades. He left when he was in his early teens to roam the countryside killing Helots, the Spartan's slaves, and surviving on his wits. When he hit 20 he fully joined the army and was encouraged to marry.

The film was said to have many historical inaccuracies, but one thing was definitely true. When King Leonidas, the main character played by Gerard Butler, is leaving his wife, Gorgo, played by Lena Headey, she hands him his shield and says "With it or on it." Wow. Imagine having to say that to your husband. But it was definitely historically accurate. The saying meant that the soldier could only come home if victorious because the Spartans didn't believe in surrender. They fought till they won or died. It definitely showed in the movie.

In all truth the movie isn't meant to be historically accurate because it is based on a graphic novel which is based on history, and really it can't be historically accurate simply because no one who was there survived. And



Dilios (Narrator): We Spartans have descended from Hercules himself. Taught never to retreat, never to surrender. Taught that death in the battlefield is the greatest glory he could achieve in his life. Spartans: the finest soldiers the world has ever known.

any way, it doesn't really matter. No one really cares about the accuracy because the movie is too cool to care.

The entire movie is a masterpiece. It is visually pleasing and may have used more blood than all of the *Saw* movies. The audience is drilled up into a frenzy with only a few breaks in the fighting to show intrigue and political war on the home-front. Blood lust and adrenaline fuel this artistic masterpiece. The majority of the movie was filmed in front of a green screen with the backgrounds digitally altered on computers.

You walk out feeling a bit sad and bitter that so many brave men died

in a battle they knew they wouldn't win. They weren't fighting to win; they were fighting to buy some time for their homeland. They were fighting for their home and way of life. The Spartans were perhaps the best army of ancient Greece and one of the most honorable peoples of all time.

This movie is one of the greatest movies I have ever seen, possibly one of the best since *Star Wars*. I am glad that, finally, the movie drought is over. I can only guess, if *300* is any evidence of what is to come, that the coming years we can expect more masterpieces from Hollywood.



Captain: They look thirsty!



Spartan King Leonidas: Well let's give them something to drink! To the cliffs!

Blades of Glory ‘Kicks some ice’ in theaters

by Jessica Rauch

Two men couple skating—that sounds like quite the show. Well that is what the movie *Blades of Glory* was about. This movie, which hit theaters March 30, 2007, features Will Ferrell as Chazz Michael Michaels and Jon Heder as Jimmy MacElroy.

In the movie Chazz and Jimmy were major rivals in the ice skating business. When each of them tie for first place at the National Championships they begin a fist fight in the middle of the ice skating rink, getting themselves stripped of their medals and were each banned from competing in championships as single ice skaters.

Three and a half years later Chazz and Jimmy are out in the world trying to figure out how to ice skate without competing in the championships. When a fan of Jimmy’s realizes Jimmy can still couple skate, Jimmy sets out to find a partner who can match his experience. Instead of finding a female partner like he had hoped

Jimmy gets Chazz. Now the two of them have to set aside their differences and join forces if they have any chance in competing in the National Championships again.

Blades of Glory is a movie full of laughter and setting aside peoples differences to accomplish things you couldn’t do on your own.

Some of the funniest parts in this movie are when Jimmy and Chazz began skating together.

To sum it up the skating wasn’t like the couple skating of a guy and a girl. Since the skating was between two men it looked very wrong and wasn’t normal under any circumstances.

One of the great things about this movie is that there was almost no dull moment with Will Ferrell playing the part of Chazz. Another thing that made the movie interesting is that the new rivals of Jimmy and Chazz’s is that they have a younger sister which Jimmy falls in love with, causing some major trouble.



WHAT'S HOT

by Bridget Glynn, Morgan Twombly, Kayla Dunlap, and Whitney Elrod

- Seniors finally being done with high school... forever! Have a fun 1 more week underclassmen!!
- Senior slideshow-slowly but surely it's getting done
- Driving with your windows down-because its hot...weather.
- Boche ball and croquet at Mrs. Gormley's house-thanks Mrs. Gormley! It was a lot of fun and the food was great.
- Seniors getting to spend quality time with Aunt Vicki on sneak-yay!

WHAT'S NOT

- Mixing up all of the tapes in the IHT room for senior slideshow
- Wearing your swimsuit in public places-unless you're going to the pool, put some clothes on!
- Finals-so stressful
- The flood-dead animals floating down the river are not cool
- Mosquitoes-there are tons because of all of the water, and they are huge!



retiring senior gives advice to future seniors

by Katelynn Fitch

Throughout my senior year, I have learned that it isn't always good to know all of the answers and, whether you want to know them or not, the right answers aren't just going to pop up like daisies. There are no right answers about your future to be found but there are major decisions to be made.

Don't plan your life out too far ahead. Prepare for your future, but don't live in the future. There's life after high school, but there is also life in high school. Don't waste the short time (which seems like forever sometimes) that you have been given. Take some time to relax and breathe!

Don't choose one career and limit yourself to that one career choice. Most students end up switching their major three times during college anyway.

Don't freak out when your friend receives a scholarship and you don't. You might just find out later that that person needs it far more than you do and that God planned for him/her to receive it. Make wise choices and pursue scholarships, but don't think that you can't pursue the education you want just because you don't have as much money as you wanted to have. There are always loans, grants, work study, etc. to help you out with that.

Don't allow Senior Project and obsessing over maintaining good grades to consume your life as a senior. Senior Project is just another class with another grade that says that you can graduate from Doniphan West high school. Don't worry! You will do fine and you will graduate if you work hard, but make sure to choose a topic that you enjoy, because you will be spending an awful lot of time on it! Study hard when needed and do your best, but don't overstress yourself. Class valedictorian and salutatorian are great honors to receive but no one is going to even think about who received those titles later on in their life.

Don't set out to pursue a serious relationship during your senior year. The majority of people end up marrying someone other than their high school sweetheart anyway. I mean, I'm not saying that you absolutely shouldn't have a boyfriend or a girlfriend especially if you've already been dating a person for a very long time, but it is more important to spend time maintaining and building up the longtime friendships you have developed over the years. For those single seniors out there, some day you will find the right person at the right time. The right thing at the wrong time is nearly always the wrong thing, so don't let singleness depress you. Besides, if you're not tied down you will have plenty of time to develop your own interests and have fun hanging out with all kinds of people.

Don't hesitate and make no regrets. Don't put off doing something you've always wanted to do during high school and make the most of the short time you have been given. Once high school is over, you will be facing a whole new realm of responsibilities and decisions and won't be able to return to your "innocent" high school days.

Try to get along with your classmates and don't hold grudges against any of them. When you look back on your high school years, you don't want to be remembered as the one that everyone hated or the annoying one. What do you want to be remembered for? That choice is left up to you.

As for the class that I have been blessed with, I am proud to say that I will remember everyone with a positive light and that each and every classmate will go on to accomplish great things whether it is through medicine, aeronautics, cosmetology, counseling, teaching, ministry, communications, graphic design, etc. What you make of your senior year and how you spend the time you are given is entirely up to you.

Speak OUT

WHAT IS YOUR ADVICE TO FUTURE SENIORS?



"don't procrastinate--
especially senior
project--because it
builds up really fast"

sterling dorrell
senior, 2007



"enjoy spending time
with your classmates
while you can."

amanda dunn
senior, 2007

How to get or keep that summer bod? *skiing, swimming, summer ball, weight lifting*

by Jordanne Miller

Summer's almost here so don't stay inside and be a couch potato all summer. Get outside and stay in shape.

"I like when it's nice outside so I'm not cooped up working out inside," said Morgan Rush.

Many students plan on various ways to keep active this summer.

Some activities to keep you in shape are weight lifting, yoga, swimming, playing summer ball and just doing simple workouts.

Junior Brittany Schmitz plans on staying in shape this summer by doing Tom Bond's workout and coming to the high school to lift weights. Schmitz is also planning on playing summer basketball this summer to keep active for the upcoming basketball season.

Keeping yourself active can also keep you in shape. By doing simple workouts each day will keep you in shape also.

Summer jobs can also be a good activity. Freshman Brennan Davis plans on reading water meters for a summer job and Schmitz plans on mowing yards instead of staying inside all day.

Many students use the HCC Wellness Center as a way to keep in shape. Senior Katelynn Fitch said, "I like using the Wellness Center because I can run inside no matter what the weather is outside. I also like the new updated workout equipment."

Going on family vacations are another way to keep you up and going. Going to the lake to ski and to swim keeps your body fit. Hiking is a good family activity and uses a lot of body strength.

Having a summer goal sheet is a good way to remind yourself that each day you need to do a workout or just go for a walk. Get outside when the weather is nice and you can find somewhere to go when the weather is bad out.



Junior Brittany Schmitz pumps some iron to keep her muscle strength. Schmitz also plans to lift weights over the summer to keep in shape.

Summer concerts are affordable, fun for everyone

by Morgan Twombly

Summer is a great time to do things outdoors. Concerts provide a fun and exciting atmosphere, especially if they are outside, because it adds to the summer mood.

Many times because we live in such a small area people don't really know how many concerts are put on each year or how close they really are. There are many concerts located in the Kansas City area, but there are also some concerts in Atchison, Manhattan, and Topeka, as well as St. Joe.

Many students from our school will be attending concerts this summer. Senior Bridget Glynn said she will be attending "The Killers" and "Hot Hot

Heat's" concert this summer on May 11 at City Market in Kansas City. Bridget said, "The difference between seeing someone live rather than on the radio is that you actually get to see them and you get to see their stage presence and how they perform, and seeing them live doesn't compare to hearing them on the radio."

Sterling Dorrell will also be attending a few concerts such as "Warped Tour," which will be held in Kansas City. Something Sterling is doing that not many other people will do this summer is his band "Salinger" is going on tour with "The Ghost Tapes." "We will try to make it all the way across Missouri and maybe go up into Nebraska we know a couple of bands up there."

Taylor Twombly is going to see Dierks Bentley and Miranda Lambert at Lakefest in Atchison. "I've been to Lakefest for the past two years and it's always really fun. A lot of my friends go so we all get to hang out and listen to good music."

"Rock the Light" is another concert that a few of our students will be attending. Katelynn Fitch and Sarah Reiter will be attending "Rock the Light" in Kansas City. "The thing I like most about Rock the Light is the atmosphere and hanging out with Christian people. There are also a lot of really well known Christian bands that perform."

Students at Doniphan West aren't the only ones attending concerts this summer, math

teacher Carl Swenson will be attending quite a few throughout the summer. He said he will be attending "Family Values," "Ozz Fest," "Rock Fest," and "Edge Fest." Mr. Swenson is a regular at many concerts throughout the whole year, not just the summer.

Many times people think that going to concerts costs a lot of money, but really a person can spend as much money as he or she wants to spend. Tickets range from around \$15 to as high as \$150 or more, so a person can choose how much they want to spend.

So whether you're into moshing or Ozzy or chilling out on the lawn listening to country music there is sure to be a concert for anyone this summer.



by Bridget Glynn

Four years is a long time. In four years, there is so much that can happen and so many memories that can be made. As a member of the Doniphan West class of 2007, I can honestly say that our class has made the best of our last four years together, and hasn't missed a chance to make the best of our time with each other.

It's always been so easy for everyone in our class to get along, so there are hardly any negative memories. Memories of sports, friends, activities, classes and just hanging out are ones that will be remembered forever. While reflecting on the past, seniors shared these memories:

Many still laugh about sophomore year when they made the most creative homecoming float ever with the theme "Trash the Bears." To go along with the "trash" theme, it was topped off with a good T.P. job. Also getting topped off was Morgan Twombly. Many of the seniors still laugh about Morgan getting pooped on by a bird while decorating.

Jill Peters, Hailee Dunlap, Kayla Dunlap, Kassi Zeit, and Morgan Twombly reminisce about Strength and Speed class their junior year. One day Jackie Denton's shoe was dropped

Seniors Sarah Reiter and Julianne Gross embrace one another on one of the final days of their senior year.



The senior class tries to intimidate the competition before the dodgeball tournament.

down the "tunnel of darkness" and had to be dug out with a really long pole. Another day, the girls in the class hid the entire class period from the teacher. They also T.P.'ed the boys' locker room.

Kip Peters recalls beating Troy in basketball his freshman year, as well as making it to football playoffs his junior year as being "A-mazing!" Playing sports is also something that Morgan Twombly considered to be her favorite memory.

Bridget Glynn, Morgan Twombly and Julianne Gross remember holding Andrew down against his will to wrap him in industrialized strength plastic wrap while he was sitting in Mr. Shelton's chair on wheels. After he was secured, he was rolled into the girls' bathroom.

One of the senior girls' most favorite memories is when they "decorated" the senior boys' houses before homecoming. There were many funny memories that were made that night. All of the girls were

running/sneaking up to Ashton Lackey's house, and were unaware of the muddy hill they had to run up. Hailee Dunlap almost had an "accident" after laughing so hard because she fell completely down the hill, and soon after tripped over a stump and fell flat on her face. After Hailee's fall, several of the other senior girls came following after. Bridget Glynn lost her cell phone in the uphill battle, and while Morgan Twombly was scrambling to find it, she also lost the battle with the hill and fell down too. Right when they thought they were done with ditches and hills, Morgan Twombly's vehicle nicknamed "the Hulk" got stuck. Bridget suggested that it wasn't a deep ditch, and it would be a great spot to park to sneak up to Andrew Gilmore's house. She was very wrong. Five seconds later, the Hulk was stuck, and the hero of the night, Seth Twombly, had to come and pull the girls out.

Camille Sellers remembers dissecting starfish and crawdads

her freshman year in biology, as well as when they had a lock-in at school. They were up most of the night running down the hallways and riding mini scooters everywhere. Camille also laughs about being scared when helping at the art and drama club haunted house her senior year.

Another fond memory of the class of 2007 was their freshman science teacher, Dr. Mac, or D-Mac as some people called him. The class of 2007 still says that to this day, some of the most important lessons they've learned were learned in his class. It was his class when the "ditch lesson" was learned. We were always allowed to take "nature hikes" during class when we felt that our brains were getting tired, and we were also able to go outside to learn instead of sitting in a classroom, whenever we wanted, to gain a different perspective of course. On the last day of school Dr. Mac let everyone walk to the grade school since their end of school activities were going on. The seniors soon joined in the fun

Memories

and games and got their faces painted, only to find out that they weren't as welcome as they thought when several grade school kids chased them off the playground with water balloons. The tests in Dr. Mac's class were always very challenging and most of the students were clueless as to what the answers were; however, everyone always seemed to pass...The memory that will ALWAYS be remembered about Dr. Mac's class was shocking...Charles Kent. It was probably a mistake to let the class know where the electricity current shocker device was kept, as they always managed to find it and perform experiments on Charles.

Shara Royer and Tiffany McNett giggle when they think about the time when Tiffany fell off a huge exercise ball during class, and also when they watched all of the senior boys being recorded dancing during econ class.

Terry Crossland remembers Ag class his freshman year when he and Alex Autem were scared about the acetylene torch exploding, although it never did. Also, they remember how they never really memorized any of the flowers they were supposed to. Terry will also never forget being in Mr. Shelton's room his sophomore, junior, and senior years.

Jill Peters recalls when Terry Crossland climbed out of the window in Mrs. Gayden's classroom their freshman year.

Whitney Elrod remembers the fun time that was had when a few seniors had their fishing/camping trip, and how Jackie Gronniger practiced her unusual ways to put out a fire, as well as when she tripped over a log.

Eric Edie remembers all of the time he spent with senior friends countless weekend nights in the high school parking lot, just

hanging out trying to find something to do in a small town.

Julianne Gross and Sarah Reiter laugh about the time the senior girls went frog hunting to prepare for their junior prank. Whitney Elrod, Jackie Gronniger, Katelynn Fitch, Julianne, Sarah, and Bridget Glynn became professional frog hunters that day, which ended in everyone



The seniors dance their last dance together at prom to "Total Eclipse of the Heart."

swimming across the pond.

Camille Sellers has good memories about her freshman year when she and her friends would go to the bathroom during 7th hour to sit on the heater to keep warm, get out of class, and chat with friends.

Julianne Gross, Sarah Reiter and Katelynn Fitch also remember all the times they used scooters to roll down the slope to the band room.

Sarah Reiter and Sterling Dorrell share memories of Spanish their freshman and sophomore years, whenever they would get to color in Mrs. Larson's coloring book, or whenever Sterling would have to make up a Spanish article because he forgot to bring one, and also whenever Andrew Gilmore would bring enchiladas instead of an article. Bridget Glynn, Kayla Dunlap, Morgan Twombly and

Terry Crossland remember when they would keep a notebook in the back of the room to communicate with the other Spanish classes and compete to be Mrs. Larson's favorite class.

Sterling Dorrell and Sarah Reiter will never forget making state forensics their junior and senior years and all of the inside jokes that were made along the

they ended up getting in trouble and accused of laughing at the injured player.

Julianne Gross, Sterling Dorrell and Bridget Glynn laugh when they think about all of the times they have distracted Mr. Swendson during class their senior year in trigonometry. The distraction tactics included talking about his girlfriend, what concerts he was going to, his top 100 favorite songs, rugby, stomping and clapping the "We Will, We Will, Rock You" beat, doing the wave, and giving him standing ovations whenever he got done doing a problem on the board.

The seniors will be making many more memories on their last days of school, on their senior trip, and probably during graduation. Even though the seniors are going separate ways and it is unsure whether some will keep in touch or not, but they have made strong bonds throughout high school and even stronger memories that will keep them together forever.

way.

Chase Smith remembers the food strike that his class demonstrated their freshman year after they had enough of the school lunches. Everyone would bring their lunch and sit outside to eat, walk to Casey's or everyone would bring food to share. The strike wasn't very successful, but everyone had fun doing it.

Kassi Zeit remembers cheering her freshman year at the Kickapoo football game when it was freezing cold. During that game one of the Kickapoo players got hurt, and while everyone was expecting an ambulance to come, they were all very shocked when a little silver station wagon with lights on top of it came racing onto the field and ramped a bump in the grass. Some of the players, fans, and cheerleaders laughed when this happened; however,



Seniors Bridget Glynn, Jackie Gronniger, Terry Crossland, Kayla Dunlap and Morgan Twombly goof around during the dodgeball tournament.

Students make life changing choices: Stay at home or 'hit the road'

by Alesha Miller

One day, when high school is over and done, you will have to make decisions that will affect the rest of your life. A certain decision that you will have to make is where you will live someday. Will you decide to stay in your hometown or will you leave Doniphan County and never look back?

A few of our seniors are already making these choices. Whitney Elrod is deciding to stay in her hometown, Highland, "Because," she said, "my whole life is here. My family, my friends, and everything I love."

But others like Amanda Dunn and Sterling Dorrell are deciding that it's time to hit the road. "There's nothing for me here. The small town image is the opposite of what I want to do with my life," said Dorrell.

In life, there might be things that you may possibly miss out on. By living in a specific place, you might think you are missing out on some things in other areas and if you choose to reside someplace else, you may think you're missing out on something back at home. For Elrod, she

realizes that there are so many more things outside of Doniphan County to see and do, but she doesn't feel the lure of what else is out there. "But comparing things that I've never even seen or done before to everything I know that I love in Highland just doesn't seem right because I have everything I need and more in Highland. If I ever left I would be more concerned about what I was missing back here than out there," said Elrod.

Dorrell, on the other hand, would like to end up anywhere larger than here. "I'll go to Kansas City first, but I want to end up somewhere with a better music scene like Chicago," said Dorrell. He doesn't think he will really miss his hometown however. "I don't spend time here anyway." Although, he believes he will miss some of the people. He is going to miss his classmates, since he has been with them for 13 years. Dorrell has decided that he will miss some of the older people in the area who support our school too. But don't begin to think he will leave and never return to Highland, because he will be back to visit his family.

Dunn, who plans to go to Flagstaff, Ariz., and go to school at Northern Arizona University, has some of the same views as Dorrell. She, too, wants to leave her



Amanda Dunn and Sterling Dorrell prepare to leave their hometown, seeking their brand new futures that await them.

hometown for a fresh start. "I love to travel, I'm tired of the same scenery everyday, and I want a bigger guy selection," said Dunn.

She thinks from time to time she will get nostalgic but she plans on getting her masters degree in Arizona. Meaning, she doesn't plan on returning to Kansas for school. Dunn assumes that she'll miss the people in Highland, but she hopes to make new friends in Arizona also. "I'll miss my classmates because they have made me who I am today. Thank you senior class for being the best friends anyone could have! I'll miss you guys! But now it's time for us all to start our own lives. I'll miss Mrs. Parish because she has been my role model and I hope to travel as much as she does when I am older. And there is one special guy that I went to school with that I'll miss. I hope everything works out for him," said Dunn.

Elrod does agree with Dunn and Dorrell that in this vicinity, it

isn't always a fun and thrilling place to be. Yet she feels safe in Highland. "Even though it does get sucky living here sometimes, I know that I could never leave," said Elrod. She loves not being able to walk a block without someone kindly stopping her to say "hello". Elrod enjoys how everyone drives by and waves at her too. "I couldn't ever live anywhere where I don't know everybody."

To every decision a person will make, there is always a good and bad side to it. One down side to living in a small hometown is people find out about other people's business quickly. If your choice is made to live outside of Doniphan County then the positive side for you is that you will get a brand new start in a brand new town. So whether your preference is to live in a new area or in your hometown, the choice is yours and make sure you feel that you have made the right conclusion.



Whitney Elrod shows her hometown pride

KAT'S QUIRKS

by Katelynn Fitch

<http://www.goofball.com/jokes/facts/20040112101>
http://www.sjgs.com/olden_days.html
<http://www.factsdome.com/>

<p>The average person spends three years of his/her life on a toilet!</p>	<p>In 1845 Boston had an ordinance banning bathing unless you had a doctor's prescription!</p>	<p>Only one out of every three people wash their hands when leaving a public bathroom.</p>	<p>Aztec emperor Montezuma had a nephew, Cuitlahac, whose name meant "plenty of excrement."</p>	<p>In early France, most folks had June weddings because they took yearly baths in May and they still smelled OK. The women carried bouquets to hide the B.O.</p>
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Horsin' Around



Spew the Chew



Swing Choir Tour



Taxidermy



Senior Project Day



Night of the Arts



Night of the Arts



Gus Gustafson assembly



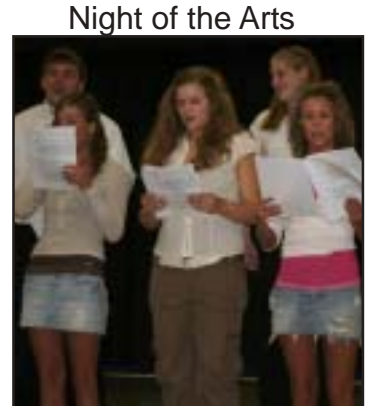
Senior Project Day



Spew the Chew



STUCO Olympics



Night of the Arts