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## Meet Your School Board Candidates

By Anna Hansen and Colson Thayer

On Tuesday, November 2, 2021, all those 18 and older within the Waukee Community School District have the opportunity to vote for four candidates for the Waukee School Board. This year, there are eight candidates running for four seats. One of the candidates, current board President Lori Lyon, is running for reelection. The 10th Street Times had the opportunity to sit down and interview seven out of the eight candidates.

\*After back and forth communication, Jeff Rubino did not respond to set up a time to interview.\*

Candidates are listed in alphabetical order by last name:



**Morgan Hughes** is running for school board as a mom and wife who has lived in the Waukee School District since 2012. She thinks that her business experience in portfolio management-- dealing with

budgets, coordination and listening to stakeholders for feedback-- qualifies her to be a part of the school board.

Hughes believes that an important responsibility of the school board is to promote the good that is happening in the schools. Coming from a Louisiana public school district, Hughes sees the many opportunities that Waukee has to offer and emphasizes the need to coordinate the opportunities with the growth.

Regarding change being enacted within the school district, Hughes said, "A lot of that goes back to parental involvement." After the chaos caused by the COVID-19 pandemic, Hughes thinks that now is a great time to pull the parents back in. She wants to provide teachers and parents the opportunity to be a part of the solutions.

Above all else, Hughes wants to listen to community members. She does not always have the answer, but that is why she works in teams. "One person can not solve a problem, period," she said.

Hughes explained that the Wolves and Warriors United Campaign came together over two topics: critical race theory and mask mandates. The candidates all have the very same views on those topics, but on other topics, they vary.

In her message to the students she said, "We are here to advocate for you. We want every student to feel safe, to feel welcome, and feel that they have a voice in their classroom... and the same goes for our teachers."



**Andrea Lawrence** is a parent, with three children in the district, hoping to continue her involvement in the community. Lawrence has dedicated her time

to the Waukee Community Schools Foundation for the past five years. During her campaigning, she has enjoyed meeting with various people with an open-minded perspective, to get an understanding of how community members feel and hopes to continue this if elected.

A change she would enact is to find more unity within the community. She feels there is a lot of divisiveness in society today. Lawrence stated, "I want our community to feel as one, as much as possible."

If elected, she has three main passions she would like to pursue on the board, mental health, reading and math. She wants to advocate for a mental health curriculum for kids K-12. It would teach kids about seeking behaviors from themselves or peers, and could be taught during guidance or advisory time. As far as reading and math, she wants to push for these subjects in the younger grades.

Lawrence is also a part of the Wolves and Warriors United Campaign. For her, the idea behind running together was for fiscal reasons. Although she respects the other three candidates deeply and they do agree on some ideas, Lawrence vocalized, "I'm my own person, I have my own ideas and my own thoughts."

Lawrence is hoping to hear any of the community member's thoughts or ideas. She stated, "At the end of the day, I'm here for everybody. Every child, every teacher and every parent."



**Lori Lyon**, the current President of the Waukee District School Board, is running for reelection after serving on the board for the past four years. Lyon was a part of the board for two years before she became

vice president for one, then became president for this past year. Lyon is an educator within the Des Moines Public School System which she believes makes her uniquely qualified.

If re-elected, Lyon hopes to continue to manage the growth within the district and hopes to advocate for funds for the schools. Lyon has had a past of pushing for funding in order to keep up with the rate of inflation. Lyon stated, "Education has been chronically underfunded." This underfunding can affect class sizes, the ability to hire good teachers, and the programming used within our schools. She also hopes to continue expanding the Legislative Action Committee to help educate parents and the community on school finance while giving the community an opportunity to discuss district-specific concerns. If she is successful in receiving this funding, she would hope to add more tech programs to provide more opportunities for students and to hire more counselors and social workers to work

closely with students and families.

When speaking about her past actions on the board, she stated, "We've done a really great job of getting the right people in the right positions." She hopes the community can trust the board in making the right decisions, through hiring the right people and providing oversight.

Lyon believes that having a strong public school is very important for our community, and that when students graduate, they can be successful in whatever path they choose. Lyon vocalized, "I just want to say thank you. Thanks for being great kids, and for having great families."



**Micheal Schrodt** has been living in the Waukee School District since 2006 and is running for the Waukee Schools Board of Education for the second time. After coming up short by about 50 votes in 2019,

Schrodt has remained engaged in the community by attending all board meetings open to the public. He has a strong grasp of finance with 16 years of experience and believes this experience will be useful on the board. Schrodt explained, "I think it's really important to have board members with varied expertise and backgrounds."

A direct change he hopes to enact is to provide more opportunities to students. He would like kids needing extra help, to receive it, and kids excelling to be able to expand on their learning. As far as high school courses, he would like to offer more opportunities for a variety of courses, make sure they are known, and make sure these courses can fit into a student's schedule.

If elected to the board, Schrodt wants community involvement in his decision-making. "Involvement of all the community is critical in the role of the board," vocalized Schrodt. He hopes to be involved in the buildings and to speak with students, teachers and staff when appropriate. As a data and analytics-driven person, he would study the facts and data, while keeping the community perspective in mind to help make the best decision.

Schrodt wants every student to be able to find where they are successful and to have a plan for the future so they can be prepared after graduating. He stated, "I want every student to be successful, and to reach their full potential."

**Jaime Secory** is a Drake graduate, with an undergraduate degree in economics and ethics. She has been very engaged in the district by dedicating her time to do lots of volunteer work on a variety of different boards and a part of Walnut Hills' PTO. Secory stated, "[I'm running for the

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board because] I want to do my part to ensure every student in Wau- kee is provided with an excellent experience.”

If elected, she hopes to advocate for an increase in funding and making sure all funding is aligned correctly. If this funding were received, she would want to hire more teachers to reduce class size and give students more opportunities, overall giving them a better educational experience. She would also hope to have more openness about mental health as a community and to tie in area health care providers.

When it comes to accountability, Secory wants to have actions from the board be transparent to the community and to involve community members in frequent communication. Secory vocalized, “When we say we’re going to do something, it’s important we carry through, so people can see our words in action.”

She believes the rapid growth in the district is both a blessing and a curse. The district is extremely unfunded, but regarding the growth, Secory stated, “[It] brings about diversity, which is a huge attribute to our community.” She hopes all members of the community can develop a genuine understanding of each other, instead of letting differences become a problem.

Secory wants to be a member of the board purely for the good of all students. Secory emphasized, “[Students 18 and older], get out there and vote. Leave your mark by having your voice be heard.”

P.C. Waukeee Schools Website



**Vin Thanker** has been in the Waukeee Community School District since 2010 and hopes to make a difference in the community by bringing diversity and inclusion. He has a financial, accounting and auditing

background and has learned many organizational skills from his volunteer work.

If elected, the biggest change he hopes to bring to the district is to find unity. “Every parent’s goal is exactly the same; the betterment of their child within the district,” said Thanker. He believes he will be able to bring the district together into one community on this idea. He also hopes to address the impact COVID has had on kids of younger ages. He believes COVID has made an impact on younger students in the district because of the lack of routine they had during online schooling. He also believes masks have made it more difficult for young kids to learn social cues, which may be harmful long-term.

Vin Thanker is also a member of the Wolves and Warriors United Campaign. He emphasized that this concept was brought together due to the candidate’s similar line of thought on certain issues. Thanker stated, “The four of us don’t see everything together, just one or two topics.”

Thanker encourages all members of the district over 18 to do their research and vote for who resonates with them the most. Thanker vocalized, “I want all the kids in my district to be so successful, that our school district becomes not the talk of not the town, not the state, but the talk of the country.”



**Armel Traore dit Nignan** moved to the Waukeee School District six years ago and has been involved in the community ever since. This is Armel’s second time running for election after being about 90 votes

shy in 2019. Armel is currently a mentor for the Community Leadership Initiative, head of the analytics for Real Estate Investors Principal and has graduated from Drake University and the Greater Des Moines Leadership Institute Community Leadership program. With these credentials, Armel stated, “I have to think that I have some talent when it comes to technology and data science; that could be very beneficial to the district.”

In Armel’s campaign, he has addressed three main pillars, which are his focus to improve the district: managing the growth, expanding learning opportunities and improving students’ overall mental health. Regarding expanding learning opportunities, Armel said, “I want to be out there creating opportunities. I have to be your biggest cheerleader.” He hopes to continue expanding the APEX program and wants to make sure the standards students are learning today are tied in with what the jobs of the future will be.

“Mental isn’t really the right word these days, it’s brain health because we want to remove that stigma,” said Armel. If elected, a change he hopes to advocate for is to make a district wide approach to prioritize mental health in students, teachers and staff. Armel enthusiastically said, “If you think I’m the right candidate to serve you on the board, tell all your friends. Get out there, get educated and vote!” ■

## President of The Tournament of Roses Visits Waukeee

By Jack Andersen

The President of The Tournament Of Roses, Dr. Robert B. Miller, and his wife, Barbara Miller, visited the City of Waukeee from October 7th until the 9th.

Throughout the weekend they did many activities all around Waukeee. The Millers started off the weekend visiting the marching band on Thursday morning. He was watching the marching band to see what their fall show looks like and congratulate them on their achievements this year. He commended the band on being in the Rose Parade and told them about how amazing it will be. Dr. Miller said, “What you’re involved in is very special. I am so proud of each and every one of you.” After the rehearsal, the band students and Dr. Miller retreated to the band room, where Dr. Miller and his wife talked to students, handed out pins and stickers and signed posters. The band students were very excited for him to visit. Senior Ralayna Doan-Myers said, “I think it’s honestly awesome just for him to fly over here and have someone that important talk to us.”

On Thursday, October 7th, The Band Parent Organization at Northwest and Waukeee co-organized a gala. Dr. Miller claimed, “My favorite

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P.C. Jack Andersen

part of my stay was getting to know the people, the community.” They held a reception at the Waukeee Innovation and Learning Center from 4:00-5:30 pm that was open to the public. After that, party-goers who bought the \$100 entry tickets went to the Rose Parade Gala that was held at Holmes Murphy & Associates in Waukeee. The gala began at 6:00 pm and raised over \$100,000. The gala contained a dinner for all of its attendees as well as a silent auction with over 130 items. 100 percent of the proceeds from the silent auction went towards funding the band students’ trip to Pasadena, California.

On the night of Friday, October 8th, Dr. Miller joined many Northwest fans at the football game against Ankeny Centennial. He presented a Rose Parade flag to the band and administration, con-

gratulating them on their achievements.

On January 1st, 2022, the Northwest Royal Brigade will be joining the Waukeee Warrior Regiment to march all five and a half miles of the 133rd annual parade. Drum Major and senior, Adam Baskin said, “I’ve got a lot of friends in the Regiment, also it’s going to be a cool experience to have one last go together!”

It takes a lot to do Dr. Miller’s job. To become President, it takes a passion and drive to serve. Dr. Miller said, “Most importantly, [the job] is about supporting the Pasadena community.” ■

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# Student Section Controversies

## By Caden Sammler

The Waukee Northwest student section has caused a lot of controversy since the beginning of the 2021 football season. Multiple schools have left the stands irritated at the Northwest student section after playing Northwest.

Many schools and parents have complained about the Northwest stands. Lots of Valley and Dowlings students left complaints after Northwest came to their field. Valley junior, Cale Ortner expressed, "The Waukee Northwest student section was extremely disrespectful when they came to Valley field. They had zero respect for the band nor the players on our team." Also, the Northwest student section booed off the Dowling band. There have also been many complaints about people not sitting in the correct seating arrangement. Upperclassmen left angry because many believe the freshman are not sitting in the correct section.

Others think about Northwest's liveliness in a more positive mindset. Senior Devin Doyle explained, "I personally love the Northwest student section, we are all super cheerful. Booing the other team is a part of being a fan." The



Wolves student section game in and game out has proven to be loud and be very supportive of the Northwest football team. The energy level is next to none other, and the Wolves Student Section has done things a little bit differently than Waukee's Student Section this year.

Junior and leader of the Waukee Student Section, Connor McAlpine said, "The Waukee Student section is better than the Northwest section

for many reasons... the one that I can think of is that we have had our school spirit for decades and you guys are learning your new school spirit." ■

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# Inktober 2021

## By Jack Andersen

As October came around the corner this year, many artists got excited for the 6th Annual Inktober.

Inktober is a list of 31 prompts, one for every day during the month of October. The challenge is for artists to create a new image or drawing every day in whatever artistic medium they want. Sophomore Nora Stoianova said, "I like looking at everyone else's drawings to see what they came up with."

Jake Parker created Inktober to challenge artists in creating a new image each day with just ink or ink related mediums. The original Inktober included coming up with prompts for the ink drawings. "I like the different prompts. They urge you to be creative," commented sophomore Cameron Lindsey. In 2016, Jake Parker began releasing official Inktober prompt lists, and artists around the world joined in the challenge, drawing their interpretation of the same word. Sophomore Lief Foussat stated, "It helps me expand my skill when it comes to makeup, and it gives me more creative ways to do [art]." At the beginning of 2020, Inktober released Inktober52, a challenge expanding on Inktober that releases a new prompt every week to challenge artists all 52 weeks of the year.

In 2019, the creator of Inktober, Jake Parker, copyrighted the name. He allegedly stopped anyone from selling their notebooks or art pieces if they referred to them as from Inktober. This created lots of controversy in the artist community. Many artists began to make their own Inktober prompts for everyone to use. Artist Alphonso Dunn claimed, "He essentially just copied [my pages] without even changing them much." ■

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# Inktober<sup>®</sup> 2021

## OFFICIAL 2021 PROMPT LIST

- |             |             |             |
|-------------|-------------|-------------|
| 1. CRYSTAL  | 11. SOUR    | 21. FUZZY   |
| 2. SUIT     | 12. STUCK   | 22. OPEN    |
| 3. VESSEL   | 13. ROOF    | 23. LEAK    |
| 4. KNOT     | 14. TICK    | 24. EXTINCT |
| 5. RAVEN    | 15. HELMET  | 25. SPLAT   |
| 6. SPIRIT   | 16. COMPASS | 26. CONNECT |
| 7. FAN      | 17. COLLIDE | 27. SPARK   |
| 8. WATCH    | 18. MOON    | 28. CRISPY  |
| 9. PRESSURE | 19. LOOP    | 29. PATCH   |
| 10. PICK    | 20. SPROUT  | 30. SLITHER |
|             |             | 31. RISK    |

@INKTOBER #INKTOBER #INKTOBER2021



# Comeback of Concerts

By Ariana Aponte and  
Anna Hansen

After COVID-19 left concerts on hold for over a year, concerts made a comeback, leaving many students excited to see their favorite musicians in person. Many popular artists like Harry Styles, Sam Hunt and more started holding full capacity concerts, giving them the ability to release new albums and make revenue again. Fans and musicians alike could once again celebrate their love of music.

Many artists like Harry Styles and Michael Bublé require proof of vaccination or proof of a negative COVID-19 test for unvaccinated guests. With proof of vaccinations and COVID-19 testing procedures, many venues still require fans to mask up when indoors. Artists like AJR and Michael Bublé, who performed in Des Moines, needed their fans to follow last-minute COVID-19 restrictions. Contrastingly, artists like Sam Hunt held post-covid concerts at full capacity with few COVID-19 restrictions. When attending Sam Hunt's outdoor concert at the Iowa State Fair, sophomore Aubrey Dolan said, "We didn't have to wear masks or show vaccination cards. The audience was mostly full and everyone seemed really excited to be there."

Senior Natalie Harris saw her favorite artist, Harry Styles, in concert in Saint Paul, Minnesota. "Harry made sure it was a safe event...you had to fill requirements or you weren't getting in," shared Harris. COVID-19 restrictions did not prevent her from having a good time, "It was the best concert of my life," she exclaimed.

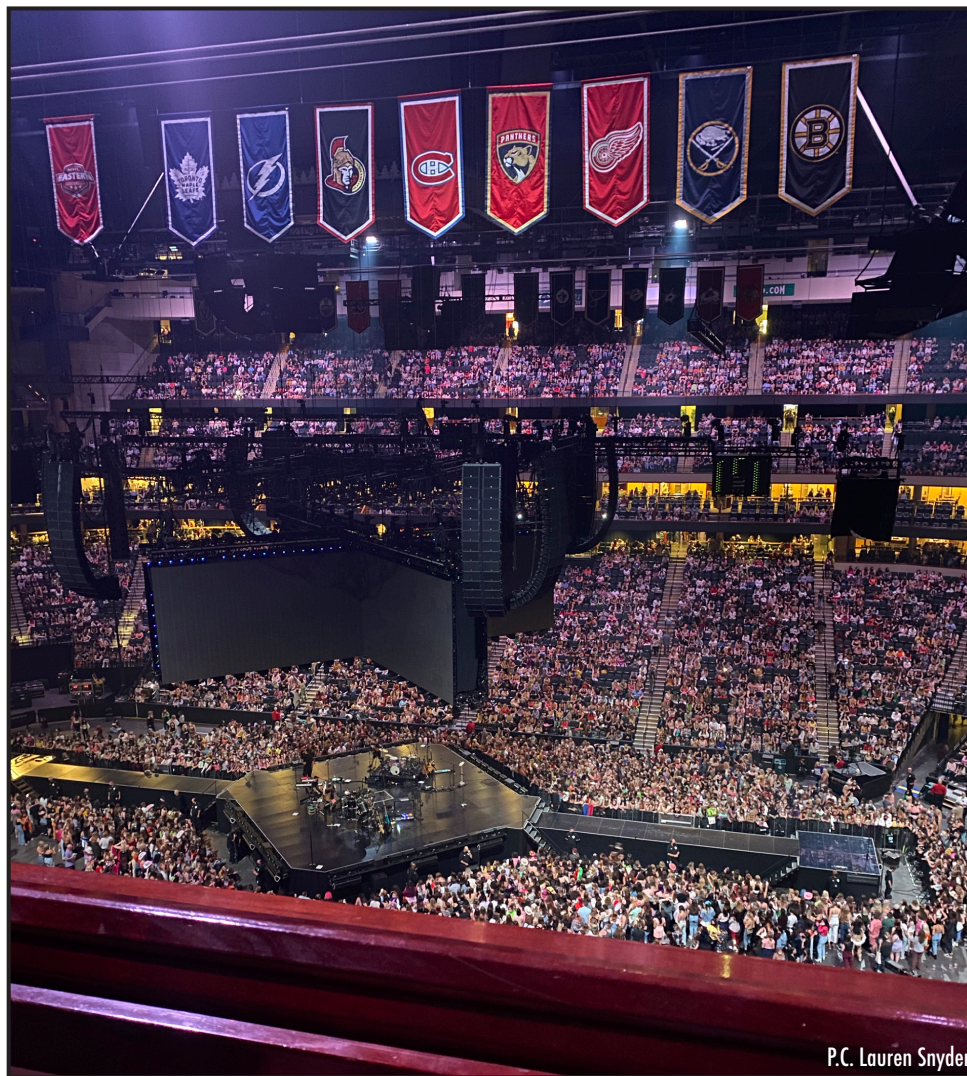
Andrew Flack with the Iowa Events Center experienced the uncertainty that fans and artists experienced during COVID-19. Lack of events lead to lack of profits and the precarious situation of creating necessary health and safety guidelines. With the leverage of the CDC and the local reopening committee they created, various COVID-19 restrictions were put in place. "Our first priority is the health and safety of all our performers, guests, attendees and staff," shared Flack.

Live music makes up 50% of total artist revenue from ticket and merchandise sales. Live shows help gain a fanbase, which results in higher music sales. During the pandemic, the list of artists delaying album releases continued to grow due to the inability to promote new album releases through tours.

Shutdowns have been detrimental to big artists, but also hurts smaller, local artists. Flack explained, "A lot of people talk about bigger artists who can't go out and tour and play full stadium shows, but what we're missing is the local artists who can't play at Wooly's, or other local bars." Bans on large gatherings being lifted offers hope to both mainstream and local artists to begin playing for their fans again.

The return of concerts fills many students with cautious excitement as they can finally see their favorite artists in person while being mindful of COVID-19 restrictions. ■

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P.C. Lauren Snyder

## An Opinion on Devious Licks By Kira Gieseaman

On September 1, 2021, a user on TikTok named 'Jugg4elias' posted a video with a box of masks they claimed to have stolen from their school. The caption on the video said, "A month into school...Devious lick." The video spread quickly, and the trend expanded into stealing soap dispensers, bathroom stall doors and oth-

er important things. Some people go as far as to steal car doors, tires and other very expensive items. The video has since been removed.

The TikTok trend spread quickly from school to school, and it got more vandalous each time. Broken mirrors, destroyed bathrooms, stolen urinals and sinks and much more damage occurred. Schools

caught on quickly, installing more cameras and lecturing students about the damages. Some schools couldn't afford the extra measures, losing more things to the TikTok trend. Now, this is affecting Waukee, causing students to damage soap dispensers and steal faucets. This has caused concern from some of Northwest's teachers, such as Mrs. Wells, who expressed, "It makes me feel sad that students and staff are telling me they don't have what they need. For me as a staff member, that hurts my heart because I really love kids and I want their needs to be met."

Our school is brand new and our com-



P.C. Colson Thayer

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munity was very generous with all of the things they put into the school. Breaking the things our community has given us is not only expensive, but it is also disrespectful. It is frustrating for our staff, community and especially the custodians because they have to replace the soap and fix the sinks over and over again. Students have also expressed frustration because they cannot use the bathroom properly because of this trend. Dr. Bishara-Rantisi claimed, "As parents, sometimes we have to be better, and I say this as a parent myself. We need to be better at letting our kids have consequences for their actions."

Social media is encouraging the public to continue this trend, but some students are calling out their peers, saying they "took it too far." This trend is encouraging bad behaviors and causing students to jeopardize their futures. Vandalism and theft will be on your record forever; when you go to get a job you will have to tell them about the crime you committed in high school. We need to be better and stop this before it gets worse. ■

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## University of Iowa Field of Memories

By Asher Collins

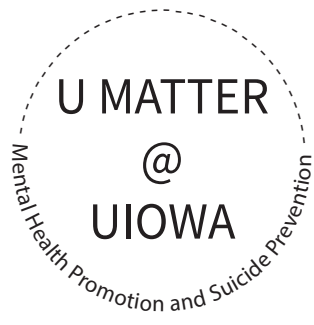
Last week on September 28th at Hubbard Park, the Active Minds organization at the University of Iowa Counseling Services sponsored a display called The Field Of Memories, where 1,200 yellow flags were placed in a field representing the 1,200 college students that took their lives while attending college. Each flag has a personalized message on it. When the volunteers came to the awareness event, they each started writing notes on the yellow flags. "It was nice to be able to show...respect on a campus as large as Iowa's," said freshman Liz Gavin. One note read, "Keep fighting." Another said, "You will be missed." Each flag has a meaningful quote written on the back for strangers walking by.

Tamiya J. Holdcolb, the vice president of the Active Minds program that took part in the organized event, said she is aware of her peers struggling with mental health, and that the lockdown and quarantine have been even worse on mental

health. "It's definitely been a stressful adjustment, going back on campus to in-person classes," Holdcolb stated. A study shown by BestColleges.com says that 95% of college students have contemplated suicide after quarantine. According to Emory Cares 4 U, an organization that analyzes suicide statistics in the U.S. among college students, 34,598 people die of suicide every year.

To prevent suicide on campus, the UI directors have added about 12 full-time counselors, meaning every 1,000-1,200 students have one counselor to talk to. Members of the Iowa Undergraduate Student Government created a campaign last year that raised awareness of students' mental health by creating a central campus resource for students that might need it. ■

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Meet the 10th Street Times' Star Staffer of the month!



## Senior Ariana Aponte

The Star Staffer is someone who exhibits perseverance, leadership, and a positive attitude.

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## A Global Perspective

### A Midsummer Night in Ghana By Benedicta Droh

William Shakespeare was famous for his tragic play Romeo and Juliet. Not only was he famous in the 16th century, but also up until today. A Midsummer Night's Dream, which is a comedy fantasy fiction, is still studied in West Africa.

This play was centered on absurd love and forced love. But why is it studied in West Africa, especially in Ghana, as a Literature-in-English

book?

A Midsummer Night's Dream was one of the dramas selected by the West African Examination Center to be a multiple-question text for the next five years. Students are expected to study the play for their three-year stay in Senior High School and answer the questions on the play at the end of high school. A Midsummer Night's Dream gave a fair idea to students about the era of William Shakespeare and how the English language was written.

A final year student, Amega Shadrack stated, "Studying this play has given me the insight of the 16th century and a feel of the differences between then and now".

Not only is the language complex, but also

the dialogue. However, after the play was read in groups and was explained well, understanding it became easy.

Most students, who do not understand the basics of the play, tend to watch the play online to better comprehend their understanding and to appreciate the work of William Shakespeare.

The play was specifically chosen to make students appreciate their cultures, language and love, as well as refrain from the use of deceitful ways to gain something. Besides all, the main purpose was to obtain knowledge. ■

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## A National Perspective

### Huntington Beach Oil Spill By Cassie Heit

Up to 144,000 gallons of oil spilled into the ocean in Southern California on Sunday, October 3rd, by oil company Beta Offshore.

An oil spill at that grand of size, being a 13 square-mile area, can cause significant damage to the oceans and be determined to be a worst-case scenario. Those in the area of the spill were warned about headaches, dizziness and other side effects that could have been caused by the oil.

Even though booms, devices that help to control and keep the oil in one place, were deployed, there have been videos of the booms not working as intended. So far, around 4,800 gallons have been recovered from the ocean.

Miyoko Sakashita, director of the Center for Biological Diversity's oceans program, told NBC, "Even after fines and criminal charges, the oil industry is still spilling and leaking into California's coastal waters because these companies just aren't capable of operating safely." She added that she has seen the aging oil platforms off of Huntington Beach and described them as time bombs.

California has dealt with many oil spills in the past, most notably Santa Barbara in 1969 when 3 million gallons of oil were spilled into the ocean from drilling. The oil company Unocal, formally known as Union Oil, were drilling with a protective casing 61 feet short of the federal requirement. As a result of the drilling, a massive explosion occurred, spilling 1,000 gallons of oil an hour out of the cracked ground for a whole month before it was able to be slowed.

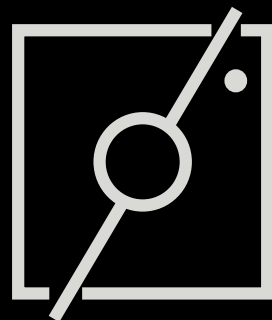
Since the Santa Barbara accident, many envi-

ronmentalist groups were made to bring light to all the ecological damage happening from oil. There have been many reports of wildlife being covered in oil. Biology teacher Amber Fairbanks explained, "Fortunately, oil and water don't mix because oil is fats and water is water; the top layer of oil will just kind of spread out over the surface. That impacts any aquatic wildlife that comes into contact directly with that oil, so like birds landing in it...that's why you see a lot of images of birds being coated in it [and] sea turtles being covered in it." Only one bird has been confirmed to have been injured and many reports are still being investigated.

The spill was near wetlands which are very

sensitive areas, helping to filter the water going in and out of them. "Harming a wetland is going to have a tremendous ripple effect... it is going to feed into multiple different systems and it will come back to hurt people as well because the one thing wetlands do really well is filter water," said Fairbanks. Orange County has recognized how detrimental the impact of oil would have on the wetlands and has built a sand barrier to protect the wetlands from the nearby oil. ■

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# A Local Perspective

## Missing Persons in Iowa By Emma Goode

A missing person is someone who has disappeared and has lost contact with the outside world. The condition of missing people can be hidden for months. This is a huge safety concern and many cases make the news because of it. Some cases involve people voluntarily leaving but in many cases, it relates to an accident or crime. In the past few years, there has been an increasing number of missing person cases.

The name Gabby Petito has been on every social media platform in the past weeks, but there are also many missing cases that surround residents of Iowa.

Former University of Iowa student Mollie Tibbetts made headlines when she went missing while on a run in July 2018. Her body was found a month later, tucked behind corn stalks. It wasn't until May 2021 that the suspect, an Iowa farmworker, was convicted and given life in prison for murdering Tibbetts. This year, the family can finally run free, knowing justice has been served. The fourth annual Mollie Tibbetts Memorial Run was held on Sunday, September 26th, in Poweshiek County, celebrating the progress in the case. This year, half of the proceeds went to a fund to find Xavier Harrelson.

Xavier Harrelson is an 11-year-old from Montezuma, Iowa, a town minutes down the road from Tibbetts' hometown. Harrelson went missing in May 2021 and was last seen riding his bike. A body was found on September 30th and was identified as his on October 16th. His mom, Sarah, recalls one of her last conversations with her son. Xavier said, "I love you googols." He had just learned about googol in school. "It's an infinite number that just keeps going and going and going..." he told his mom. Sarah is reminded of his goofiness and 'out of this world' imagination. ■

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## How to Prevent Athletic Injuries By Caden Sammler

Injuries have brought an end to many athletes' careers, and the way you train and how you treat injuries have a role in it.

One of the most common ways to prevent injury is stretching. Whether it is stretching your upper body or lower, stretching is proven to help prevent injury and ease pain. Northwest junior David Divengenzo explained, "I stretch every morning to ensure that I don't get any back pain. I primarily stretch my quads when I do stretch." David is a player that has experienced many injuries and stretching has helped a lot in preventing those.

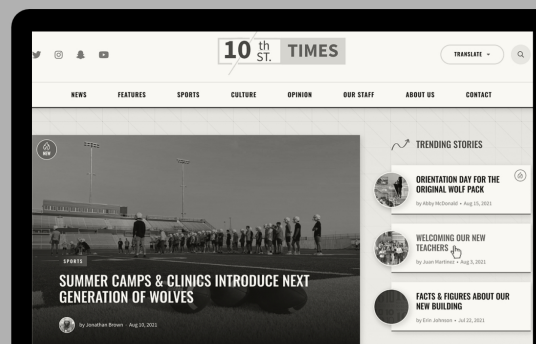
Another key to preventing injuries is sports-specific exercises. There are many different exercises that help your odds of preventing an injury. One of many huge movements in activating your posterior chain and limiting back pain is the reverse hyper. Sportsplex Director to Baseball Performance Joel Baxley explained, "You have to prepare your body to take on the huge load on your posterior chain and the reverse hyper does just that. Every step, every long stride involves your hamstrings and your posterior chain and the reverse hyper prepares your body to do so." There are many other exercises that can be huge for reducing injury and the reverse hyper is one of the key ones.

A key factor to not making your injury worse is rest. Playing through an injury can lead to far worse injuries and rest is sometimes the only

cure to certain injuries. Junior Carter Van Horn said, "I got a stress fracture on my UCL a little less than a month ago and the doctor told me I just need to rest and lay off baseball for a few months." Rest is the only thing that can lead your injury to a full repair. ■

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## Aly the Wolf

By Cassie Heit and Amari Myers

As Waukee welcomed an extravagant brand new high school into their district, they also welcomed a brand new, fluffy mascot, and that mascot is Aly.

Aly made her appearance at Northwest's very first home game on Friday, September 10, 2021, drawing in people of all age groups to meet her. Not only were there kids running up to pet her, but teenagers and adults too. Wolfy is a ten-year-old Alaskan Malamute who has always loved being around people. Alex Sandvig, Aly's "dad" stated, "My mom was actually a behavior disorder trainer, and Aly would go to her elementary school almost every day for about seven or eight years, so she has all the licenses to be in schools and around kids. There's been a lot of training."

Sandvig's wife works at Waukee Elementary and heard about the mascot position from some of her teacher friends, and instantly became intrigued and wanted to learn more. Sandvig explained, "We kind of did it as a little joke between the two of us, but sure enough she ended up winning!"

It really is no surprise that Aly was awarded this position as Northwest's mascot, as she is a beautiful, wolf-like dog who started a tradition that will be held for many years to come. Even Aly herself was excited, because she let out some noise when the microphone was put up to her. Sandvig went on to say, "Aly will probably take on this role for as long as they want her to and as long as she does a good job."

Happy is an understatement when seeing Aly. She truly is the start of something brand new, and Northwest wouldn't have it any other way. ■

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