

10th
ST.

TIMES

October 2022

Volume 02 Issue 01

Northwest High School





IN THIS ISSUE



CHECK OUR WEBSITE AND SOCIAL MEDIA FOR QUICK AND UPDATED NEWS

ABOUT THE COVER

Photo by Molly Campbell

This photo of the student section was taken during the Homecoming football game on September 30th. I chose this photo because it represents our school spirit and evokes a sense of community.

EDITOR-IN-CHIEF:
Payton Strobel
strobel23379@waukeeschools.org

PRINT EDITORS:
Anna Hansen
hansen240102@waukeeschools.org
Naomi Pittman
pittman25454@waukeeschools.org

BUSINESS EDITOR:
Paige Finney
finney24201@waukeeschools.org

WEBSITE EDITOR:
Jack Andersen
andersen24896@waukeeschools.org

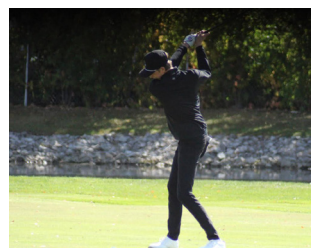
YEARBOOK EDITORS:
Thomas Campbell
campbell22554@waukeeschools.org
Emma Goode
goode24855@waukeeschools.org

ADVISOR:
Matt Blumberg
mblumberg@waukeeschools.org

STAFFERS:
Lucy Braman
Molly Campbell
Silvana Canela Salcido
Ava Flores
Brooklyn Foutch
Gigi Garcia
Cassie Heit
Avery Herman
Armin Jukic
Cece Martins
Amela Medinoski
Felicity Menning
Kalarga Mukhtar
Presley O'Neill
Laurel Richards
Kaylen Robinson
Evan Scanlan
Addi Sell
Brayden Strobel
Grace Swanson
Bodhi Terrell
Sophie Thomsen
Jacklyn Wonders



TERM 1 PHOTO RECAP



STUDENT-ATHLETES & MENTAL HEALTH

The winning touchdown, the buzzer-beater shot or the final streamline into the wall all start with athletes spending countless hours preparing. So much preparation can take a toll on an athlete's mental health, but they have the tools and resources to manage it.

When a student's daily schedule is dictated by school, practice, homework and sleep, it is hard to find time to de-stress. "It feels like I'm in a constant cycle from swim to school, back to swim, then to sleep," stated senior swimmer Mallory Kell. With schedules like this, it is easy for athletes to burn themselves out.

Time management as a student-athlete can be challenging. Between balancing practices, lifting and homework and going to school five times a week, sticking to a schedule can make things much more manageable. "I have to

break down the time I have. I have to find a schedule for when I'm gonna do my workouts, when I'm doing my homework, catching up on things I miss in golf and even basketball," stated senior Pryce Sandfort.

Athletes thinking beyond high school face added pressures. The effort for athletes to make it to the collegiate level requires dedication. One former Northwest athlete who moved on to play a college sport at Iowa State University is Mackenzie Carney. During her recruitment process, she faced obstacles while trying to find the perfect school. "One of the hardest things was trying to find coaches and a place that feels like home," Carney stated. She believes it is important for colleges to have resour-

"It feels like I'm in a constant cycle from swim to school, back to swim, then to sleep."

es that are important not only for athletes but for students.

Whether focused on high school sports or striving to find their next playing field after graduation, most athletes look outside their sport for balance. It is essential to find something outside of sports or school to relax, whether that is hanging out with friends, watching movies or simply being alone. Spending time having fun is important for athletes even if they have a meet or game the next day. "If I really want to go to something I tell myself, 'You are only in high school once, and going to the event is worth it,'" stated Kell.

With all the success that comes with being an athlete, there can also be a lot of failures. Overcoming a mental obstacle like failure can seem difficult, but it is something athletes must learn. Student-athletes cope with failure differently. Sandfort stated, "I just go right back to work to ensure it won't happen again." Kell said, "I set a goal for next time, and I try to move on." Obsessively focusing on a mistake will harm student-athletes' mental health.

Fans may only see the athlete and not the student. But those athletes are balancing their sport with their commitment to education, and it is not easy to find the right balance between strength training, practice, homework, social life and more.

Story by

Laurel Richards



Senior swimmer Mallory Kell competes at the Northwest Valley Dual Meet on October 13th, 2022.

Photo by Felicity Menning

FAST FASHION DROWNING THRIFT STORES

Story and photo by Cassie Heit

Recently, many thrift and resale stores like Goodwill and Plato's Closet have not been able to take as many donations due to the surplus of fast fashion clothing filling their stores.

Waukee's Goodwill and West Des Moines' Plato's Closet have been unable to keep up with the number of donations and clothing being brought to them. A recent trend of buying cheap clothing from online fast fashion brands like Romwe and Shein has left these stores drowning in the brand's clothing. These online brands create hundreds of clothing items in a high volume with very cheap fabrics, often causing them to fall apart.

Current Plato's Closet employee Rylie Ovel has experience buying for the store. Ovel said, "Our manager specifically tells us with brands like Shein and Romwe and fast fashion brands that... we need to be careful on which ones we take, like only the very trendy [items] as they are very cheap material." Plato's takes most items unless they have been damaged. If fast fashion items get damaged while in the store, those items have to go on clearance. Customers may get upset if Plato's does not take their items due to them being fast fashion. Ovel has mixed feelings buying from fast fashion brands. She stated, "If it's from Shein then I feel crappy buying it from there because there's a lot of things I find and I'm like 'oh my gosh that's so cute' but then I'm like 'oh it's not sustainably made, and they underpay their workers' and it really sucks."

Valley High School student T Natvig worked at Goodwill of Central Iowa from July 2021 to April 2022. They dealt with fast fashion brands like Forever 21 and Shein. Natvig said, "I think those brands are very accessible and affordable which is why people own them... In my own experience, I know that fast fashion items tend to shrink or fall apart in the wash, and when they get donated they're not really in a state good enough to be resold." While it is a good thing this type of clothing is coming into stores, it can ruin some people's experiences of what they think a thrift store will be. Natvig stated, "From a customer perspective, I can see how it might be disappointing to go to a second-hand store looking for unique items and finding lots of fast fashion instead." Goodwill of Central Iowa does not reject any fast fashion clothing unless they are in bad condition.

Senior Jillian Mayer has thrifted nearly her entire closet with stores like Plato's and Goodwill. Mayer stated, "I feel like it's become a lot more of a trend to see those recently. It's weird too because it hasn't always been that way." Online fast fashion brands became a massive trend throughout 2020. However, those brands do not do easy returns, making people turn to thrift stores to donate clothing they do not want. Mayer thinks fast fashion is poor quality and does not stand the test of time. She stated, "I would rather thrift something that's more unique and older. I feel I don't want to wear trends that will become very outdated, really quickly."



The Classic SmashBurger meal.

DES MOINES METRO'S BEST BURGER JOINTS

Over the past two weeks, we traveled around the Des Moines metro to four different restaurants to find out who has the best burger. We used three criteria to rank the burgers on a ten-point scale: atmosphere, presentation and taste.

BARRELHOUSE 9.4/10

Our first stop was Barrelhouse in the East Village of Des Moines. Something that jumped out at us right away was the business atmosphere. They had great customer service, which is something they pride themselves on. Corporate Worker Andrew Stoakes said, "What sets us apart is our slogan, 'We Care' which we try to implement into everything we do."

"What sets us apart is our slogan, 'We Care' which we try to implement into everything we do."

There was a very short wait for the food, although short-staffed, we rated the atmosphere a 9.8/10. The plate presentation was lacking, as there was a lot of open space, but the burger still looked very appetizing. We rated the plate presentation a 9/10. Lastly, taste. The taste of the burger was phenomenal, one of the best burgers we have ever had. The bun was nice and fluffy with a well-seasoned burger patty. Our only concern was the fries because there were not a lot of them. For taste, we rated it 9.3/10, making our overall rating of Barrelhouse a 9.4/10.

JIM'S CONEY ISLAND 7/10

Our next restaurant was Jim's Coney Island. The decor was a bland pink setting with a couple of booths. The restaurant had a lack of cleanliness, as well as a grab-and-go feel, rather than a sit-down restaurant. General Employee Thea Frangos stated, "We haven't changed anything for 50 years." Jim's Coney Island did have a 70s feel, leading us to rate the environment 7.2/10. As for the taste, nothing particularly stuck out to us. We thought the burger was average, but the fries were really good, although there were very few of them. We had a score of 8.3/10 for the taste. As for the presentation, there was a lot of space on the plate, along with looking like fast food. The presentation was a bit rough – scoring 5.5/10. Overall, we rated Jim's Coney Island a 7/10.

BURGER SHED 9.7/10

For this next restaurant, we traveled to Altoona to visit Burger Shed. This restaurant had a very modern feel. They had good lighting and everything was very clean. Burger Shed also had good customer service and not too bad of a wait for the food, leading us to rate the atmosphere 9.8/10. For the plate presentation, the food looked phenomenal; it was professional, had plenty of food on the plate and was piping hot. For the presentation, we rated it a 9.6/10. Now for the best attribute of this restaurant, the taste. The burger was by far the best we have had. It was large, well seasoned, the cheese was melty and the bun was toasted to perfection. In our opinion, the best part was the fries. They had large portion sizes, they were hot, crispy and perfectly salted. As far as taste, we had no complaints from this place, rating the food a 9.9/10, bringing the overall score of Burger Shed to 9.7/10.

SMASHBURGER 6.8/10

Lastly, we traveled to Smashburger. We didn't have many strong opinions about this restaurant. They had a decent environment, especially for a fast-food setting. We didn't wait long and it was a cool atmosphere to be in. We overall rate the environment a 6.4/10. The presentation was nice. We enjoyed the little flag placed on top of the burger (pictured above) and our meal had good proportions. We rated the presentation 7.1/10. We enjoyed the burger itself. It was nicely put together, which complimented the taste very well. Staff member Maria stated, "We use more quality ingredients." We rated the taste a 6.8/10. Overall Smashburger was rated 6.8/10.

Story and photo by

Evan Scanlan and Brayden Strobel



Brooklyn Halbur

Grade: **Senior**
Position: **Libero**

Brooklyn Halbur is one of the few seniors on the team. Halbur reflected, "I feel like I have a lot of weight on my shoulders to lead the younger players and keep the team going."

This past offseason, one of the main focus points was team chemistry. "I think our team got a lot closer and bonded a lot better," stated Halbur. This is also the primary motivation for Halbur and the team to improve together and work harder.

Halbur is not planning to play volleyball competitively in college. Halbur stated, "With my career choice I don't think I'll have a lot of time, but club volleyball if I have time."



Chloe Jones

Grade: **Junior**
Position: **Outside**

Chloe Jones initially got into volleyball because of her mom, who also coached her first team.

It appears that Jones' mom did well as a role model. Jones stated, "[My biggest role model is] probably my mom because she's always supporting me."

Jones feels that her most important moment in her volleyball career was when she started on varsity as a freshman.

Jones wants to play volleyball in college, but is undecided on the school. Preferably, she would like to stay in the Midwest.



Katey Lockyear

Grade: **Junior**
Position: **Setter**

Katey Lockyear recently had her 1000th assist, making her the first Northwest player to ever hit that milestone. Lockyear said, "I didn't know I had it when I did, so it was really exciting."

There is a sense of urgency to make it to state after a tough loss last year. Lockyear said, "Many of us have been playing on Waukee and have never made it past substate, and we really want to do it this year."

It seems like coaches also have this mindset as practices have ramped up in intensity. "We've had a lot more practices, a lot more conditioning, and a lot more lifting and work in the weight room," stated Lockyear.

MEET THE NORTHWEST VOLLEYBALL STARTING SIX

Photos by NL Portrait

Story by Brayden Strobel

Sadie Maas is a multi-sport athlete who currently plays basketball, volleyball and participates in track and field.

Maas stated, "[My main motivators to get work in are] definitely my teammates, thinking about how my decisions impact them and just doing the best for them."

The attitude Maas has is heavily attributed to the coaches, since this offseason, one of their main focuses was team chemistry. Maas stated, "[The coaches] definitely drove in team chemistry and having [each other's] back, kind of like a family."

Volleyball plays a major role in Katrina Pelds' life as she wants to play in college.

Being a varsity athlete is not easy and Pelds is a prime example. Pelds stated, "I wake up at six [a.m.] and don't get back till six-thirty [p.m.], and you kinda have to make friends with everyone on the team because you really don't have anything other to do than be with the team the whole time."

Pelds stated, "[My biggest motivation is] definitely my friends and where my college career is going to go."

Kamryn Vogt got into volleyball because of her mom, Head Coach and school counselor Mrs. Jodi Vogt. Vogt stated, "My mom really pushes me, and the team I have, we all push each other to get better."

Vogt was not always a middle, in fact she used to play setter until one of her club team coaches switched her, which Vogt calls one of her most memorable moments in her career.

Kamryn has dreams to play in college, but does not have a specific school she wants to go to. Vogt stated, "I'm keeping my options open."



Sadie Maas

Grade: **Junior**
Position: **Middle/Right Side**



Katrina Pelds

Grade: **Junior**
Position: **Outside**



Kamryn Vogt

Grade: **Junior**
Position: **Middle/Right Side**

Senior Christian Hollister grabs breakfast from the NWHHS cafeteria before heading to class.



STUDENT DIETARY RESTRICTIONS & SCHOOL LUNCH

OPINION

Northwest High School's kitchen struggles to support school lunches for students with dietary restrictions, and mistakes in the kitchen are worsening the issue. Northwest has a wide variety of students and therefore needs to accommodate many different dietary needs. The most common of which being lactose and gluten sensitivities and vegetarianism.

However, there are not many options for these students. Students who can not eat gluten are provided with a personalized lunch, but unlike other students, they only have one lunch option. Such limited options can be a problem for athletes and students who are physically active outside of school. Senior Jessi Wigham, competitive swimmer, stated, "[School-provided gluten-free lunches] aren't going to give me the nutrition I need, or the calories I need." Gluten-free lunches are also considerably more expensive than regular lunches, so providing larger portions could interfere with the school's budget.

Students who are vegetarian or vegan also have a difficult time finding a school lunch. While the menu was intended to have a meat-free option each day, this has not always been the case, and there are some days when there is not a vegan or vegetarian option provided. Senior Chelsea Koech, a vegetarian, stated, "Going to lunch and knowing that maybe today I won't have an option sucks."

"Going to lunch and knowing that maybe today I won't have an option sucks."

One way the school tries to supply meat-free options is with protein alternatives like beans. However, this is a problem for the kitchen because there is not a very high student demand for protein replacements. School Dietitian, Kaitlyn Scheuermann stated, "It's hard to justify putting [protein alternatives] out, and spending the cost on it, and seeing

it end up in the garbage because no one is taking it."

However, this data may not be accurate because the Northwest kitchen staff have recently been changing meals that were originally intended to have a vegetarian option, to have meat. Meals such as walking tacos or street tacos are supposed to be served to students without meat, so then students have the option to either add meat, or the protein alternative, beans. The kitchen staff has been adding meat to the tacos before students receive their lunch, eliminating the meat-free option for vegetarian or vegan students. This is a problem not only for the vegan and vegetarian community but also for students who do not eat certain types of meat for religious beliefs.

With enough support from Northwest students, the school lunch menu can be modified, but only as long as there is enough student demand to financially support the meal changes.

Story and photo by

Avery Herman

THE HISTORY OF MOVIES

Story and photo by Jack Andersen

Since 1888, movies have been an integral part of the culture of communication. In 1888, movies were very short, around two to three minutes each. The flicks were shown at fairgrounds or carnivals in dark rooms.

As people began to pay for movies, cinemas were built and production companies were created. In 1908, *'A Visit to the Seaside'* became the first feature-length film to be produced in full color. Since then, movie theaters have been a place for people to join together and watch a movie. "I love watching movies because they help me to escape from reality," said junior Rowan Nelsen.

In 1970 at an expo in Osaka, Japan, the short film *'Tiger Child'* was shown on the first IMAX screen. The IMAX was known for astonishing its audience. For the first few decades of the brand, IMAX only made nature documentaries, the thing it is most popular for. In 2000, Disney made a partnership with IMAX. Together they made the first IMAX Feature-Length Film, *'Fantasia 2000.'* In recent years, many more movies have begun to film their movies using IMAX formatting. Senior Tess Teta explained, "I love a good movie theater. I love going there with friends and sitting down to watch a movie on the big screen."

In 1985, the first Blockbuster Video store was built in Dallas, Texas. Throughout the late 80s, 90s and early 2000s, it hit the top of the movie-rental industry. At Blockbuster there was a selection of over 8,000 movies to rent. Blockbuster was one of the first places to allow people to rent movies without having to purchase them. Northwest teacher Mrs. Colsch stated, "Back in the day, [renting movies] was the best. I grew up in a huge family, so this was one activity that brought us all together, in the same space, for a few hours, enjoying the same story." Blockbuster became the leading video rental chain in 1988 when it hit over 800 stores. Once Netflix was on the rise, Blockbuster knew they were in trouble. After Netflix and RedBox's popularity began to increase, Blockbuster filed for bankruptcy in 2010.

The life of movies changed in 1997 when the company Netflix Inc. was founded. Netflix began as a company that sent envelopes with movies and TV shows on discs to subscribers.

People could pay for a Netflix subscription plan and rent movies, similar to a library.

Netflix would ship out the movies and TV shows that subscribers selected with prepaid postage envelopes included so that they could be sent back to the company. The company became known for what they do today in 2007. Netflix created the first internet streaming service. Subscribers could now select the compact disc option or the online option. In 2010, Netflix discontinued its CD library and switched to a full-time streaming service. Once Netflix created the original *'House of Cards'*, they realized that subscribers liked the original content and have produced over 1,500 original titles since. Sophomore Addison Busta expressed, "I think that [streaming services] provide a ton of different opportunities. There's a lot of different varieties of movies on there."

19 ?s at NW

19 at Northwest is a segment where a Northwest High School student is asked to answer 19 rapid-fire questions about their experiences and opinions. This time we spoke with Jacob Nannen, a junior at Northwest.

Q: What superpower do you wish you had? Why?

A: Super speed. If I'm not gonna disintegrate immediately when I start running, I think that'd be very convenient.

Q: What did you want to be when you were a kid?

A: I wanted to be an astronaut, but... I just didn't want to put the work in.

Q: Favorite childhood TV show?

A: *Teen Titans Go*. Just because the Cartoon Network's schedule was only that.



Photo by Jacob Nannen

Q: If you could live in one fictional universe, which one would you choose and why?

A: The *Destiny* universe. It just seems really cool. Fancy magic powers, guns.

Q: Favorite school lunch?

A: Probably the chili...I didn't trust [it] at first, I thought I was going to get food poisoning. But I tried it and it was actually really good.

Q: What is your phone wallpaper?

A: I have 15 total. My favorite one is this image of Chainsaw Man sitting on top of a building.

Q: If you could choose anywhere in the world to visit, where would it be?

A: Probably Italy. I really like pasta.

Q: What song/artist have you been listening to most lately?

A: Mainly Keanu Bicol... He's kind of hip-hop-y.

Q: Who's your favorite character of all time and why?

A: Eragon from the *Eragon* book series... It was really fun to read and watch him develop and then see his cool abilities.

Q: If you could say something to your 5th-grade self, what would it be?

A: "You're going to get *Overwatch* for Christmas, calm down." ... I remember on Christmas day... There were no Xbox disc-shaped gifts... Then I went to Nebraska the day after because that's where all of my family is, and I got [*Overwatch*] and I was so excited.

Q: What extracurriculars/clubs are you in?

A: Marching band... jazz band... then I'll be in show band... Marching band is very hit or miss because there's two types of people. There's "I want to be here" and there's "I don't." The people that want to be there, I get along with them really well and we always have a lot of fun.

Q: What's your most irrational fear?

A: Probably spiders. Too many legs.

Q: What's something most people don't know about you?

A: I love to draw... It's kind of relaxing and therapeutic, but it's also just really cool because I can pick some of my favorite images and recreate them.

Q: What makes you feel the most like yourself?

A: Music... it lets me express myself, and music can encapsulate so many different emotions. So no matter what you're feeling, there's definitely a song out there to fit it.

Q: What do you want to be known for?

A: Being nice. I like when people are able to just be like "oh, yeah, he's nice!" And they know that they can talk to me about stuff and I'm not going to judge them.

Q: What is your most prized possession?

A: This watch that my dad gave me... it's his 25 years of working for Hy-Vee [gift]... It has a lot of sentimental value.

Q: If you could meet anyone in the world, living or dead, who would it be and why?

A: I'd really like to meet Tatsuki Fujimoto. He's a mangaka—he draws manga—and he made my all-time favorite one and I'd love to just talk with him about character design... I'd probably fanboy for a while.

Q: What's the most memorable thing someone's said to you?

A: My dad told me once—after I was late coming home and I sped trying to get home—I got out of the car and... he just looked at me, and he goes, "You can't beat *Father Time*," and that was it. That really resonated, because there's a lot of things that you put off, and you're like "oh, I'll do it later, I'll do it when it fits better." But there is no better. You gotta do it now.

Question from the last participant: If you got on *America's Got Talent*, what would be your talent?

A: Either impressions or playing my instrument. [My impressions] aren't world-class or anything, it's just random things.

Story by

Naomi Pittman

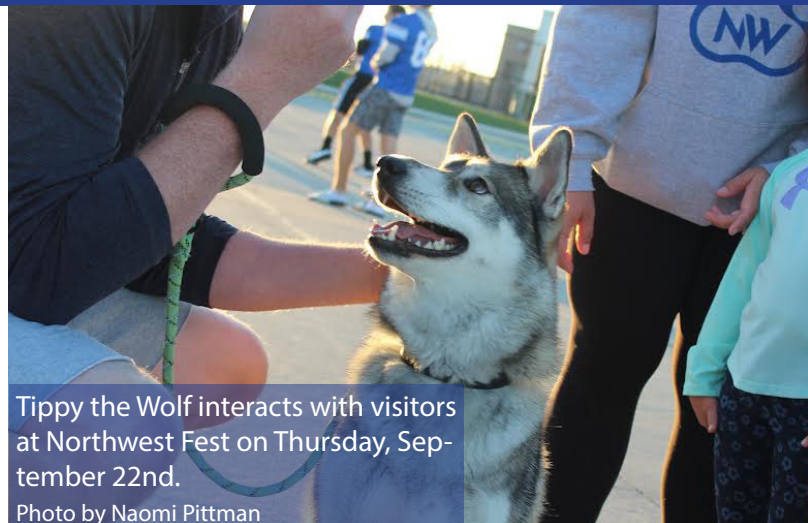
TIPPY THE WOLF: NW MASCOT

At the beginning of the 2022 school year a new live mascot named Tippy was selected to represent Northwest. Tippy is a year-and-a-half-old husky mix, rescued by the Petersen family from the ARL.

Owner Elaine Petersen heard about the mascot position from her neighbor, Northwest teacher Mrs. Savage. Petersen described, "She loves Tippy and really wanted her to apply to be the mascot." After submitting pictures of Tippy to Northwest's football coach, they were quickly given a response that she had been chosen to be the 2022 mascot.

Tippy made her first appearance on social media through @WaukeeNWFB's Twitter posts, after having a photoshoot on the field. She then made her in-person debut on August 26th, for the Northwest Football Team's first home game. Tippy has attended all home football games and Northwest Fest. Petersen described, "She's usually skittish and nervous at the start of the games, but then once we get down on the track she relaxes a little bit."

At the beginning of these games, Tippy and one of her owners walk out onto the field in front of the football team. They then later make their way around the concessions area,



Tippy the Wolf interacts with visitors at Northwest Fest on Thursday, September 22nd.

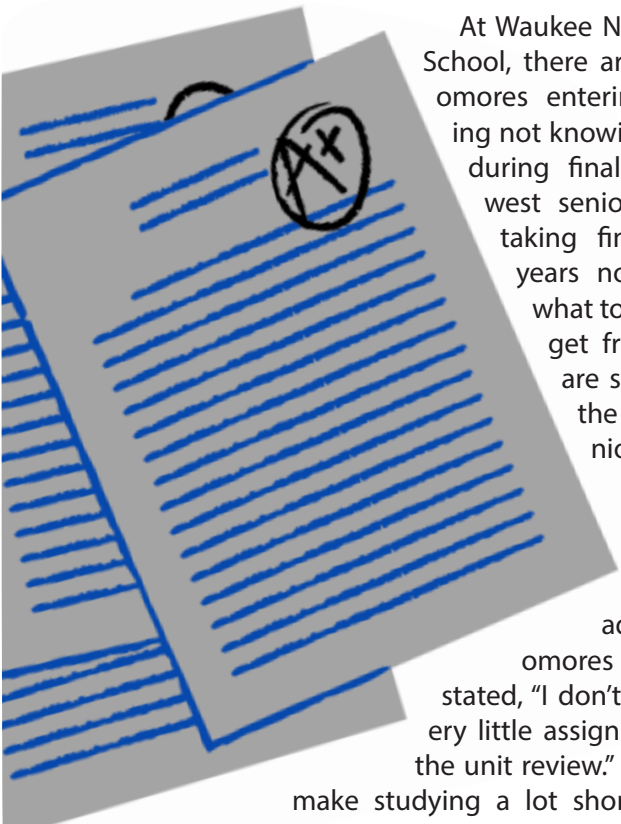
Photo by Naomi Pittman

so spectators can meet and pet her during the game. Petersen described, "It's great to see all the kids get excited and it's just nice to do something to make people smile and be a part of the community."

Story by

Anna Hansen

FINALS TIPS FROM SENIORS



At Waukee Northwest High School, there are many sophomores entering the building not knowing what to do during finals. The Northwest seniors have been taking finals for three years now and know what to do when they get frustrated. Here are some tips from the Northwest seniors for finals.

In order to get ready for finals, Joycelyn Godinez advises sophomores to study. She stated, "I don't like to do every little assignment but I do the unit review." Doing this will make studying a lot shorter for busier people, and it will still help.

Godinez said, "When I didn't do my homework, I struggled with AP Chemistry." Doing homework helps students excel in finals because content from the homework will be on the final exams. Natalie Becker said, "Keeping the study guides helps so I am not stuck." The study guides teachers give out have the same types of problems that are on the final. Keep the study guide to review the day before the final.

Seniors have taken many finals, and they have done some unsuccessful things to study for them. Becker stated, "Don't cram in one night." When students cram all the information in one night, they can feel overwhelmed, which does not help. Godinez stated, "Don't stay up late studying." Studying late into the night makes students tired during finals, and they will not comprehend information as well when they are exhausted.

If students do not study, they could get stuck on a test question. Becker stated, "I move on to the next problem then come back to it." There are many things to do when stuck, but students should not just sit there and stare at the problem. That will only waste time. Remember these tips from seniors when taking finals, and good luck.

Story and graphic by

Kalarga Mukhtar



GSA BLIND BOOK DATE EVENT

This October, Northwest's Gay-Straight Alliance hosted *Blind Dates with a Queer Book* in the library to celebrate Coming Out Day and LGBTQ+ History Month.

This event featured 34 LGBTQ+ books, wrapped in rainbow paper and a brief description of the book. The leaders of this event hope to inspire students to look past the cover and name of stories and try out queer books without the stigma that normally surrounds them. For the GSA, this event comes partially as a response to the recent rise in book bannings in the US, seen in the over 1,600 unique book bans, many featuring LGBTQ+ themes.

As stated by the GSA, this event is not about forcing books on students, but rather giving options to those interested. Northwest librarian Ms. Tara Rechkemmer explained, "When it comes to the library, it is completely free choice. It is up to the student to decide what book is right for them and what book is not right for them."

This collaboration hoped to show the nuance of queer books and how many of their core concepts and ideas fit into common genres, allowing even those with no connection to the community to find enjoyment in these stories. GSA President, Kira Gieseman, stated, "If you find a genre you like, I think any book could really be a good book... I think it could be pretty much exactly like anything else they are reading, so if they just find a book in their genre, it is a good place to start."

This event helped display stories from those with close connections to the LGBTQ+ community, helping to fight incorrect depictions that may be seen in other media. GSA Vice President, Molly Campbell, explained, "A lack of positive representation is harmful to the queer community, especially

in books." This event, the GSA hopes, will give the Waukee community much better and healthier insight into the queer community.

Though this event stops at the end of October, the GSA highly recommends any time of the year that students interested in books featuring LGBTQ+ themes should talk to the librarian Ms. Rechkemmer.

Story and photo by

Bodhi Terrell

ADVERTISE WITH US!



**VARIOUS SIZES AVAILABLE.
MORE INFORMATION ON
OUR WEBSITE**

BEGGAR'S NIGHT HISTORY

Iowa holds a spooky and fun-filled Beggar's Night every October 30th, the night before Halloween. Beggar's Night is an occasion where kids dress up and walk around neighborhoods trick-or-treating for different candy and toys, typically between the hours of 6 to 8 p.m.

This Iowan tradition started all the way back in 1938. In the 1930s, Iowa faced high amounts of vandalism and mischief, especially on Halloween night. This caused many people to worry about the safety of their children on Halloween. Iowa decided to start the tradition of Beggar's Night, which reduced the amount of vandalism and mischief happening in Iowa.

Some cities in Ohio and Missouri also host Beggar's Night. Most other locations host trick-or-treating on Halloween night itself. According to Wonderopolis.org, the tradition of trick-or-treating originated "in the ancient practices of 'souling' and 'guising.'" Souling began in Ireland and Britain when people in the Middle Ages would go door to door asking for food in exchange for prayers for the dead. Guising started in Scotland during the late 19th century when children would dress as evil spirits to

protect themselves from haunting. They would bring lanterns door-to-door asking for fruit and cake. These old customs kick-started the modern trick-or-treating where children dress up as superheroes, monsters, etc. and go to houses telling jokes, receiving candy in return. Sophomore Naomi Templeman stated, "We didn't really celebrate Halloween much because where we used to live, Halloween wasn't a thing because it was devil's day." Templeman believes Beggar's Night is a fun and safe way to trick-or-treat and that other areas should adopt the fun tradition.

Beggar's Night brings frightening fun to many children and families. Sophomore Alison Newgard has fond memories of Beggar's Night. She stated, "I dressed up with my friends in onesies, and we just ran around until everyone was done with trick-or-treating and ate a lot of candy. I just had a really great time."

Story by

Gigi Garcia

ARE YOU TOO OLD TO TRICK-OR-TREAT?

How old is too old to trick-or-treat? Teens and families ask this question every year as Halloween approaches. In a survey conducted by *USA Today*, 73% of people believed that trick-or-treating should stop between the ages of 12 and 17.

Northwest High School sophomore Norah Burr stopped trick-or-treating in 7th grade. She explained, "None of my friends wanted to, so that's why I stopped." Sophomore Avery Winter stopped trick-or-treating in 8th grade. "I just didn't want to anymore," she claimed. Sophomore Ellison Smith stated, "I stopped trick-or-treating in 6th grade." There is no set age for trick-or-treating, and it varies between families.

Some states such as South Carolina, New Jersey and Virginia have laws that forbid teen-

agers from participating in this yearly activity. These states prohibit trick-or-treating at 16, 14 or even 12-years-old. The states claim to enforce these laws because of safety issues. Many people believe it is not fair to young children trying to enjoy trick-or-treating if teenagers are running through the streets and being disrespectful to those around them.

However, many people believe that anyone who wants to trick-or-treat should be able to. Catherine Newman, an etiquette expert and author, stated, "If a 17-year-old wants to dress up with their friends and trade candy at the end of the night, I think that's great."

Story by

Cece Martins

SHOULD ENERGY DRINKS BE SOLD IN SCHOOL?

A SHOC energy drinks started being sold to students in the Northwest High School cafeteria in 2022. A SHOC energy drinks are a natural energy blend with 300mg of plant-based caffeine. At Northwest, A SHOC energy drinks are sold to approximately 80 students per day, according to Food Supervisor Melissa Andrews.

Many people have mixed opinions on whether or not A SHOC energy drinks should be sold in school, due to the caution label. The side of the can states, "Caution: Not recommended for use by individuals under 18 years of age. Too much caffeine may cause irritability, nervousness, sleeplessness, and occasionally, rapid heart rate."

On the side of the A SHOC can, the caution label is small and not eye-appealing. Sophomore Xavier Lago said, "I mean, now [I notice it], but it's kinda small and hidden away." Lago thinks that A SHOC should make the caution label more noticeable so that students and people, in general, are aware of the effects.

The Food and Drug Administration recommends that adults consume only 400mg of caffeine in an entire day. One 12-ounce can of Ashoc has 300mg of caffeine, so if students

drink two cans they are over exceeding the limit. Some students wonder why Northwest is selling this to teenagers whose bodies are not fully developed yet. However, A SHOC is considered to be healthier since it is all plant-based and has ocean minerals.

Junior Declan Keel thinks A SHOC energy drinks should be sold at school. "They have a lot of flavors and especially if you get them in the morning they give you a boost of caffeine to get through the day," said Keel. Some flavors that A SHOC energy provides are Kiwi Lime, Cherry Lime, Orange Mango and Island Guava.

Junior Cohen Martin agrees. He said, "Yeah, I think they taste pretty good and it's always nice to have."

A SHOC energy ingredients consist of carbonated filtered water, citric acid, sodium citrate, potassium phosphate, natural caffeine, coffee fruit, guarana, magnesium lactate, sucralose and acesulfame.

Story and photo by

Silvana Canela Salcido

FAST FASHION LABOR LAW VIOLATIONS

As fast fashion companies have risen in popularity, garment employees around the world have become victims of intense labor law violations.

The definition of fast fashion is low-priced clothing that moves quickly from design to retail stores to meet trends. The problem with these fast fashion companies is the speculation that they are not treating their workers right. Many fast fashion companies use sweatshops which subject factory workers to horrible conditions and very long hours for minimal pay, as well as child labor.

In June of 2022, there was speculation on social media from viral *TikTok* videos. The popular fast fashion company, Shein, was accused of working with suppliers that violate labor laws and failing to make essential disclosures about factory conditions. The videos claimed that Shein had employees hiding messages in the clothes they produced. The messages were typed onto the laundry tags, saying "SOS" and "Help me." Shein denied the claims.

This news has affected fast fashion shoppers of Northwest High School. In a poll of 40 Northwest students, 71% of students had bought from fast fashion brands. Many students do not know why fast fashion brands are bad, or the unlawful



Photo by Anna Hansen

things that they are doing. Sophomore Karsyn Harms expressed, "I don't know why, but I know I've heard that [fast fashion companies are] not good."

Some students expressed that they think something is going on behind the scenes. Sophomore Anna Sheriff agreed, "I think there might be a catch to it because you can't buy super cheap clothes without something else going on."

On the other hand, some students are seeing the positive, and how fast fashion brands can be very helpful to those that are trying to save money on clothes. "I think they're good because they're affordable to other people, who can feel included by wearing out generations' stuff and our style for a lower price," said sophomore Maria Gratias. However, Gratias feels that the products are not worth the turmoil.

Story by

Addi Sell

BEHIND THE SCENES OF THE FALL PLAY

With the onset of the fall season, the halls of Northwest are once again filling with the scares of Halloween. No group may be as responsible for this rise in fright as the Northwest theater group, who have been diligently preparing for the scariest theater performance yet, *Poe: Dreams of Madness*. This play, scheduled for late October, depicts some of the most famous stories of famed horror author Edgar Allen Poe.

Undertaking the rather complicated world of Poe is not an easy task. With the help of returning veterans, the theater crew of Northwest is confident they will be able to succeed. The work began back in August, as eager students attended auditions to select the cast who will be performing this fall. Matching the horror of Poe's writing requires more than just line reading. From dynamic expressions

to menacing line delivery, the theater members train to truly become the characters of Poe's world. According to lead actor Cody Holcomb, getting into his character, Edgar Poe, requires plenty of work. He described, "During rehearsals, I kinda hunch my shoulders a little bit, just because thinking about it, [Poe] was always at his desk writing... but also just playing up the way he speaks, kinda the creepiness of it as he is going mad during the duration of the play."

This performance is also defined by the intricate behind-the-scenes work of the crew. Through several lines of wire, crew heads and their crews work constantly behind the scenes to ensure each effect, prop, set piece, lighting and costume are completed for every scene. This process takes months of creation, practice and detailed notes. As head painter Haylie

Zinkula explained, "We are going for a Tim Burton theme which I think is a great style to showcase Edgar Allen Poe, because of some of his works that he has done." This style will be evident in the gothic set which can be seamlessly transformed between scenes.

Many theater members hope that the play will be a scary, funny and memorable performance. Actor Chelsea Koech stated, "There [are] going to be a couple of body counts, that's for sure, some deaths we will see on and off stage, just prepare to be scared."

For any Northwest students interested in attending, *Poe: Dreams of Madness* will be playing from the theater center at Northwest, and is highly recommended for any high school students and those looking for a scary experience this fall.

Story and photo by

Bodhi Terrell



Actors in *Poe: Dreams of Madness* rehearse in the BlackBox Theatre.

