

PEOPLE *of the* YEAR

TENTH STREET

TIMES



ABOUT THE COVER



Design by: Jack Andersen

This cover features the four people that showcased Northwest's talents in various categories throughout 2023. These individuals were selected by the student body based on the Tenth Street Times People of the Year category criteria. Congratulations to all those nominated and selected!



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REINDEER CHOW

Ingredients

- Chocolate chips
- Peanut butter
- Chex cereal
- Gallon Ziplock bags
- Powdered sugar
- M&Ms

Step 1: In a large bowl combine 1 cup of chocolate chips with ¼ cup of peanut butter.

Step 2: Melt them in the microwave on high for 30 seconds and stir. Continue melting them in 15-second intervals until completely melted.

Step 3: Add 4 cups of Chex cereal in a separate bowl and slowly add the melted chocolate and peanut butter. Mix evenly until the chocolate and peanut butter cover the Chex cereal.

Step 4: In a gallon Ziplock bag add 1 cup of powdered sugar then add the coated cereal.

Step 5: Seal the bag then shake until the cereal is completely coated.

Step 6: Once the cereal is completely covered add it to parchment paper and let the cereal completely cool.

Step 7: Once the cereal is completely cooled add any festive toppings of choice and enjoy!



CHRISTMAS CRACKERS

Ingredients

- Saltine crackers
- M&Ms
- Chocolate chips
- Brown sugar
- Butter
- Sprinkles

Step 1: First, preheat the oven to 300 degrees.

Step 2: Next line a 12x12 pan with parchment paper and line crackers in a single layer until the pan is completely covered.

Step 3: In a small saucepan combine 1 cup of chopped butter with 1 cup of brown sugar, stir and bring to a boil.

Step 4: Pour the toffee over the crackers and spread evenly. Bake for 4 minutes then remove from oven.

Step 5: Immediately after removing from the oven cover the crackers with chocolate chips. Once melted, spread them evenly until the chocolate chips cover the toffee.

Step 6: Sprinkle candy, nuts, pretzels or any other topping of choice.

Step 7: Let cool completely, and enjoy!



Recipes by Laurel Richards

Photos by Jack Andersen and Avery Herman



**FEATURE: SENATOR
SARAH TRONE GARRIOTT**

Sarah Trone Garriott is a Democratic Iowa Senator for State District 14, which includes parts of Adel, Waukee, West Des Moines, Clive and Van Meter.

She ran for office in 2020 after sensing a disconnect between Iowans and the decisions made at the capital. Throughout the last three years, Senator Trone Garriott has worked to bridge the gap between people and politics.

"I've always felt called to serve," Senator Trone Garriott stated, "I saw some other folks run for office, and they were people like me. It made me realize that it's not just one kind of person who can be an elected leader. We need different kinds of people representing different interests and experiences because we need to have decisions that reflect the state of Iowa."

On Monday to Thursday during the legislative session, Senator Trone Garriott works at the capitol. Outside of that time, she works as a minister and for the food pantry network in Polk County. Her day-to-day life is a mix of everything.

"I might be preaching on the weekends. I might be visiting with different religious communities. I might be doing presentations about food security and poverty. I just try to show up to all of these community functions as a state legislator," she stated.

"We need different kinds of people representing different interests and experiences because we need to have decisions that reflect the state of Iowa."

Senator Trone Garriott has goals for the next legislative session, which begins on January 8. She would like to see the federal government offer the states a year of postpartum Medicaid coverage.

"For those who have had a baby, they are kicked off of Medicaid after about 60 days. We want them to stay on after a full year because we are seeing a lot of folks who've given birth dying," she said.

Throughout the process, Senator Trone Garriott hopes to see more people, particularly Iowa's youth, involved in the political process.

"The big challenge is always the lack of awareness," she stated. "A lot of people don't know that they have a state senator. That's why I have to show up to try to overcome that. That takes a lot of time," she stated.

To increase awareness, Senator Trone Garriott makes an effort to be present. She knocks on people's doors and meets new people. She does her best to show up for every invitation and meet different kinds of people.

Senator Trone Garriott believes increasing voter turnout among 18-25-year-olds is an essential step towards political engagement and positive change.

"In these state-level elections, it would shift dramatically who's getting elected, what issues they are focusing on and what they are talking about in the election. There's a tremendous power young people and other groups don't realize they have," she said.

Senator Trone Garriott won her first election by just 164 votes. She views this margin as the reason why voters should show up for local elections.

"There's a tremendous power young people and other groups don't realize they have."

"It's a small number of votes that make those decisions. You could get 20 people voting, and you could change it. You could pick the candidates. You could decide and you could change the way our state government or our local government looks," she stated.

Senator Trone Garriott thinks part of the reason why citizens are not engaged is a lack of hope. While campaigning for reelection in 2024, she wants to cut through the frustration and despair.

"People just feel like: 'What's the point? Everything is terrible. There's nothing I can do to change it,'" she remarked, "but that's not really true. I think one of the toughest things working against us is the forces that are saying, 'Give up. Don't try. It's not worth it.' That's our true enemy."

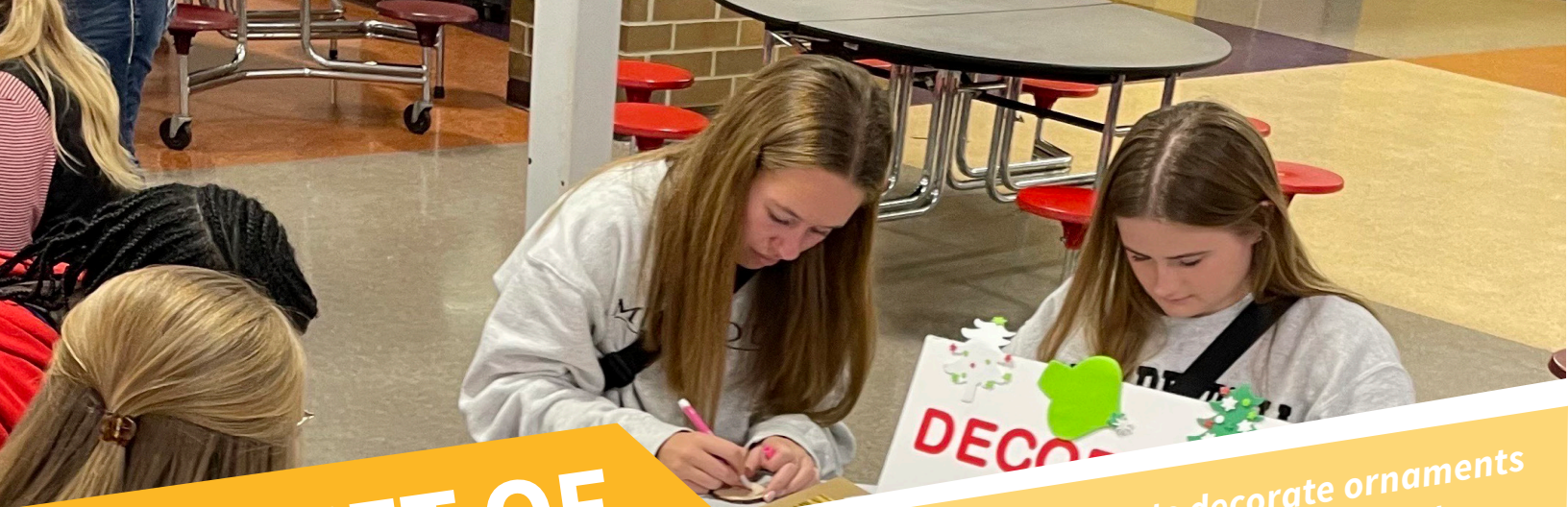
She cited a story about cards provided by the federal government to help low-income families buy groceries for their children. In the summer of 2023, the Iowa Government was not planning on applying for the federal government's help. Senator Trone Garriott, Senator Izaah Knox and Representative Sean Bagniewski wrote a letter requesting that the state apply for the funds. After different faith communities and non-profits signed onto the letter, the state applied for the cards.

"240,000 kids got those cards that their families could use to buy groceries. I know that made a difference for those families," Senator Trone Garriott said.

"I think one of the toughest things working against us is the forces that are saying 'Give up. Don't try. It's not worth it.'"

To fight for change, she suggests that young people google their local legislators, email their representatives, vote in local elections and tell their parents and friends to vote.

*Story by Grace Fisher
Photo courtesy of Sarah Trone Garriott*



THE GIFT OF GIVING BACK

Above: Participants decorate ornaments at the Mentor Iowa holiday party.

During the holiday season, many ways exist to help families less fortunate in Iowa that many students do not know about.

All year round, people need food, places to sleep and hygiene necessities. Especially in winter, many people come together and help these families by donating and taking time to help others.

When first starting to give back to their community, many feel overwhelmed and do not know where to start. Volunteering and helping others should never feel like a chore, there are a large variety of opportunities. For those passionate about organizing, the Waukee Food Pantry has opportunities sorting food products. For those who love spending time with animals, going to a local animal shelter is a great way to help.

There is a multitude of non-profit organizations to volunteer at or donate to. Waukee Christian Services, a local food pantry that also supplements clothing and medical supplies for people in need, is a great place to start. Another option is Many Hands

for Haiti. People can donate clothes, furniture and toys which will be sold to families in need at a reduced price. All their profits go to Haiti and mission projects to further help people in need.

“There’s always going to be people in need, and it’s important just to give back in whatever field that you choose,” stated Marty Lester, Executive Director at Mentor Iowa.

“To be involved in that and to have that sense of giving back is such a great thing for me with our holiday party efforts,” added Lester.

“There’s always going to be people in need, and it’s important just to give back in whatever field that you choose.”

Churches also offer opportunities to help. Hope Waukee’s student ministry allows to help families in need. Students and youth groups pack boxes with food, donate to toy and canned food drives and pack-

age meals for Meals from the Heartland. Many other churches, including Westwind, reach out as well.

Sophomore and Westwind Church member Ella Eckhart said, “It is more important to help others during the holiday season because we recognize the people that don’t have families or gifts.”

Each year, many businesses put up angel trees with wishlists of what kids want for Christmas to help out local families. Lots of these kids ask for clothing, shoes and other items they are not able to get often. Similarly, each year, Mentor Iowa has a program where families in need of help during the holiday season can get referred to the program. Different sponsors can “adopt” a family and get them gifts.

Lester expressed, “By doing this for the adopted family, I think there’s just a certain ease that is taken off their mind with the holidays... In some cases, if you don’t have any money, the kids aren’t going to have any gifts for Christmas. So this helps alleviate some stress.”

**Story by Addison Kingery
Photo by Avery Herman**

SMALL BUSINESS FEATURE:

KEE NUTRITION

There are popular chain corporations all around, but there are also many amazing small businesses within the Waukee community. Many small businesses make an effort to give their clients an authentic experience that some chain corporations can not provide.

One of these small businesses is Kee Nutrition in Waukee, Iowa. Kee Nutrition opened in January 2021 and sells drinks like protein shakes, energy drinks, iced coffee and more. These drinks are made of Herbalife plant-based herbal tea concentrates. Herbalife is a healthier alternative to add flavor to drinks without harmful substances to someone's health.

The Herbalife website reads, "We have been on a mission to improve nutritional habits around the world."

Kee Nutrition puts an effort into providing healthy drinks to help better the nutritional habits of its consumers without the loss of the drink's flavor. Kee Nutrition has been owned

by Kristina Storm since she opened it three years ago.

"I opened [Kee Nutrition] because I wanted to work in the community and give back to the community," Storm expressed.

"I am passionate about what I do because it creates an opportunity to develop relationships, and bring so many different types of people together."

Being able to own a small business and maintain the excellence of one is not easy without the support of the public. The public choosing to support small businesses is a big factor in their success. Small business

owners like Storm herself are also very passionate about what they are doing for their consumers.

"I am passionate about what I do because it creates an opportunity to develop relationships, and bring so many different types of people together," Storm stated.

Consumers of Kee Nutrition have a common goal of consuming something nourishing while supporting the facility. Doing this brings a variety of people together. There are various age groups and people with different hobbies that come through Kee Nutrition. These people are brought together because of the personal connections that they have built through Storm and also the value of the products they can get at Kee Nutrition.

Ryker Haas, a sophomore at Northwest High School said, "Usually small businesses are more genuine than chain corporations."

The environment and customer service of many small businesses are what keep clients coming back. Not to say that big chain corporations can not give a customer the same experience, but smaller and family-owned businesses make an effort to be diligent about providing pleasant service to their loyal and their first-time customers.

Many small businesses are overlooked in the area because of some big chain corporations. Customers can build new connections that are worthwhile if they choose to support local and small businesses in the area.

Story by Sophie Nguyen



PEOPLE *of the* YEAR

TENTH STREET

TIMES

Northwest students and staff are responsible for some of the best talent in the state of Iowa. This year, our Tenth Street Times People of the Year were selected for their outstanding achievements and leadership in their crafts. We recognize our 2023 recipients as Mr. Jack Daubitz, Staff Member of the Year; The Northwest Volleyball Team, Athletes of the Year; Jack Andersen, Performer of the Year; and Finley Habgood, Change Maker of the Year. We sat down with each of them to learn more about their impacts on our school.

MR. JACK DAUBITZ

STAFF MEMBER OF THE YEAR



Above Vocal Music Teacher Jack Daubitz's window hangs a sign that reads 'Love The Process.' This idea is of utter importance to Mr. Daubitz.

"I don't like to perform professionally that often. And it's 'cause it just doesn't excite me. The idea of like singing for an audience doesn't excite me. The rehearsal excites me, which is why that teaching component is so big," said Mr. Daubitz.

He encourages students to focus on these rehearsals so they can reach out and connect with the audience.

"[Mr. Daubitz pushes] us every time to become even better, to push us closer towards our potential. He loves his students and encourages us to not just sing to people but [to] touch them, make them feel something when they hear us," a student-nominator wrote. Mr. Daubitz has created a program that does that. He hopes these skills will help them make a big impact in their future.

He said, "You don't need to sing professionally... But if you can have that healthy appreciation for life... and feel that deep connection

to people around you, I think we won."

THE VOLLEYBALL TEAM

ATHLETES OF THE YEAR

11 state appearances and 4 state championships could hardly top one of Northwest's biggest athletic accomplishments: the first volleyball championship title in Waukee School District history. The Northwest volleyball team focused on teamwork and dedication to the sport this fall.

"I think we're all best friends, we just love playing with each other, so it's just a great community," Katrina Pelds stated.

The team faced many challenges throughout the season, however the team quickly banded together to work around the roadblocks.

"It was kind of a wild season, it was really long obviously. We had a few obstacles, but I feel like this season as a team we've all come together more than we ever have," Pelds explained.

The team's bonding helped bring them closer than ever and more determined to win the state title.

"[Winning state] was our dream," senior Chloe Hayes said. After a busy, competitive week, the trophy came home in the hands of Northwest.

Coach Vogt added, "The whole week was magical. Like Disney World magical."



JACK ANDERSEN PERFORMER OF THE YEAR

Ever since he was a child, performing in at-home productions for friends and family, Jack Andersen has shown a passion for the performing arts.

"Creating theatre is one of my favorite forms of art. You can be anyone, you can do anything. The world of theatre is up to the players and audience to decide," explained Andersen.

In the fall of 2023, he played Rosencrantz in Northwest's fall play *Rosencrantz & Guildenstern are Dead*. The show was one of three shows selected to perform at the Iowa Thespian Festival. The company was able to put on their show for the thousands of attendees at the festival.

Andersen also played SpongeBob in Northwest's first musical, *The SpongeBob Musical*. Less than two hours before a show, tornado sirens went off, forcing the cast into emergency shelters.

Andersen explained, "We had less time to get ready and had to start the show while water was coming through the ceiling backstage. A few things got messed up, but it was a great bonding experience for our first musical as a school."

He also loved performing in Northwest's vocal music program. Andersen is in both Northwest Singers and EOS.

"The family bond that we make during rehearsals, camps and competition days is unbeatable. Those long Saturdays in the winter have formed some of my favorite memories," Andersen noted. Show choirs work together from July until February of each school year. Andersen believes there are spots for anyone in performing arts.

Andersen expressed, "Being able to be a part of the performing arts is amazing. You make connections with people you never thought you'd meet."



FINLEY HABGOOD CHANGE MAKER OF THE YEAR

Involved in many of Northwest's activities and clubs, Student Body President Finley Habgood has learned a thing or two about being a change maker and helping Northwest become a safe space for students. Habgood has always had a knack for leading the pack.

"My sophomore year I kind of took charge of Northwest Fest. I just asked so many questions... From there... I proved that I could work hard," Habgood explained.

After the third year of this event, Northwest Fest has had thousands of attendees. This success can be partially attributed to Habgood's dedication to making connections at Northwest. Because of her work on student council, Habgood has been able to see what students want and collaborate with the principals to make things happen.

"Making people happy [inspires me]... making [people] feel included and have a good time is really important to me," she explained. Many of her nominations for Change Maker of the Year noted her open arms and kindness to all varieties of people at Northwest High School.

"[Finley Habgood] has created such a positive space... to make people feel safe and welcome at our high school," said one student-nominee.

She has helped to make Northwest this positive space, but one piece of advice has stuck with her.

"Questions are the most important thing," Habgood said, "If you don't ask then nothing can be changed."

As Habgood looks ahead to graduation in the spring, she has one last hope for Northwest.

Habgood expressed, "I want people to be more involved in the school. I want people... to feel loved at our school."

Read more of this article, a list of top nominees and other articles on our website, tenthstreettimes.waukeeschools.org.



Story by Jack Andersen and Naomi Pittman
Background photos courtesy of FRK Architects



WEE WOLVES

Northwest High School provides a childcare program in the building called Wee Care, and many teachers utilize this childcare service in the school. This service assists teachers to accommodate their personal and professional needs.

Mr. Hauptmann, an industrial technology teacher at Northwest High School uses their services.

He said, “[My wife and I] thought [Wee Care] would be a great option for our kids to go to.”

He has been teaching at Northwest since the building opened and has been using these programs for his son all three years. The Wee Care kids can occasionally see their parents throughout the day and have visited Hauptmann’s classroom to test out some of the gear in the engineering department. The children are able to learn from and interact with the “big kids” at Northwest.

Mr. Ehrlichman is a math teacher at Northwest High School, he was also excited to enroll his child into Wee Care.

He stated, “We feel like [our child] is in a good spot, and [Wee Care] does a really good job, so we started happy and so far still are.”

The Wee Care programs make the mornings for many teachers much more convenient. They can get ready for the day and take their child to school with them without having to drive to another center to drop them off. Teachers can also stop by to see their little ones to minimize stress during school hours. Wee Care makes an effort to keep the parents updated, by using an app to send pictures and updates of their child to them. They update feedings, activities and much more on this app to give parents peace of mind.

Jennifer Ledbury is the Wee Care Site Supervisor. She has been working for Wee Care for over eight years. For Wee Care employees, it is crucial to create bonds and special connections with the children to run the daycare successfully.

“Usually we are lucky enough to watch kids grow,” Ledbury

said.

It is rewarding to be a part of the family’s lives and to make a good impact on their day and even early stages of life. Watching the kids hit milestones and learn how to be human is a special connection that many childcare professionals get to experience.

Wee Care is a crucial program that is important to teachers so that they make sure their children are cared for while maintaining their teaching schedules. Wee Care really is a caring childcare program for children around the Waukee Community School District.

Story by Sophie Nyugen

***Children’s faces only pictured with parent permission.**

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 Chloe Gilbert, a junior at Northwest.

Q: As a kid, what did you want to be when you grew up?

A: That's actually really easy; I, for the longest time, wanted to be a teacher.

Q: What extracurriculars/clubs are you in?

A: I'm in soccer for the school, and I'm in band, so marching band as well.

Q: How would you describe high school in 3 words?

A: Not as terrifying.

Q: What's your favorite school lunch?

A: I love the spicy chicken sandwich.



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

A: The characters from *A Series of Unfortunate Events*. I really like Violet Baudelaire.

Q: What was your favorite childhood TV show?

A: I really liked *Dinosaur Train*. I liked watching that at my grandparents' every once in a while.

Q: What's your phone wallpaper?

A: Right now, I have it set as winter.

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

A: Really any of the cast members from *Avengers*.

Q: What was the last movie you went to and how was it?

A: Into the *Spiderverse*, and I actually really enjoyed it.

Q: What is the best place you've ever traveled to?

A: Probably Breckenridge; I went there to go skiing and it's such a nice little town.

Q: Are you an introvert or an extrovert?

A: I am an introvert.

Q: What makes you feel the most like yourself?

A: Music, whether it's listening or playing it.

Q: What is your most irrational fear?

A: I really don't like going over bridges over water.

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

A: AJR.

Q: What's your all-time favorite movie?

A: Because I love music, I really liked *The Greatest Showman* when it came out.

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

A: Probably the MCU: Marvel Cinematic Universe.

Q: What is the most memorable thing someone has said to you?

A: That I looked like Hermione Granger.

Q: Where do you see yourself in 10 years?

A: I hope to see myself working from home as a web developer.

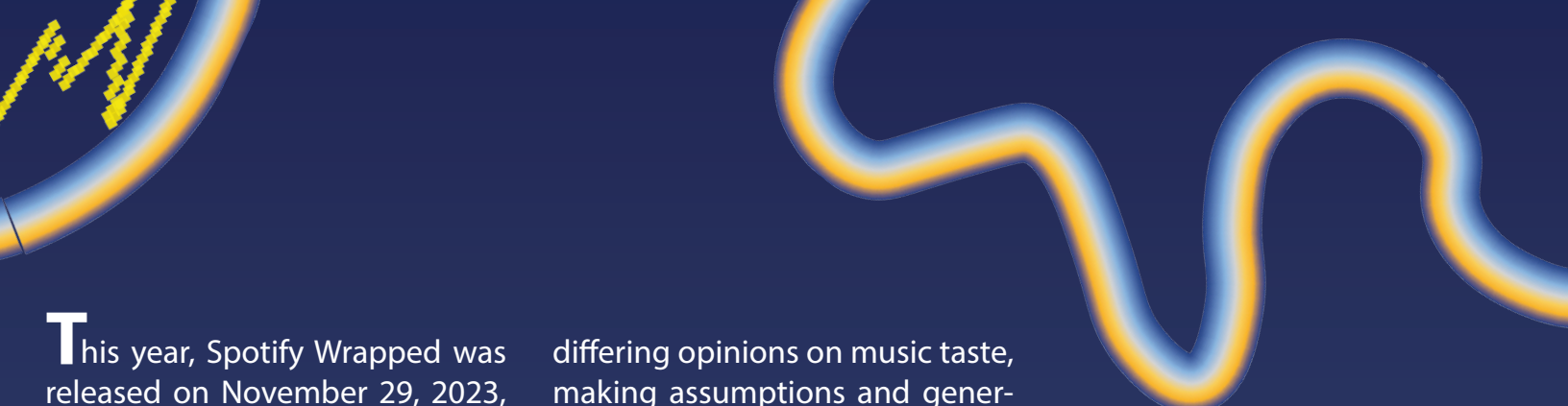
Question from the previous participant: Why are you doing this interview?

A: I thought it would be a cool experience!

Story by Bella Montiel
Photo by Jack Andersen



Spotify Wrapped



This year, Spotify Wrapped was released on November 29, 2023, sparking debates on its significance and that of similar musical recaps.

Spotify Wrapped pioneered this concept when it was initially released at the end of 2015, under the unbranded name “Year in Music.” Following its success, several other streaming platforms adopted similar features: Apple Music introduced Apple Music Replay, YouTube launched YouTube Music Replay, SoundCloud unveiled SoundCloud Playback, and Pandora used to have Pandora Playback. Its popularity has transcended the music industry, with apps like Snapchat and Reddit recently releasing their take on the annual recap format. Wrapped has undeniably created a market for yearly synopses that continues to expand, prompting questions about its perceived value.

For starters, this year’s Wrapped is not the first to have its relevance questioned. This dispute arises from the broader topic of music in relation to the listener and what constitutes good and bad musical taste. Due to

differing opinions on music taste, making assumptions and generalizations about people based on what they listen to can become arbitrary.

Sophomore Liam Hanson remarked, “[In general], I don’t think your music taste says a lot about you. However, I find the statistics interesting.”

To address the issue of musical identity, this year’s Wrapped introduced three new features. The first is “Me in 2023,” which assigns users one of 12 listening personality cards, ranging from Vampire (for those who prefer emotional and atmospheric music) to Luminary (for those who primarily enjoy upbeat music). The second new feature is “Blend,” an algorithm that combines two users’ tastes, providing a percentage of how well they match and suggesting a connecting song, as well as creating a playlist of songs from both users’ tastes. The final new feature is called “Sound Town,” which assigns each user to a town whose residents share similar listening trends.

Asher Bosen, senior, expressed, “I think the features are in a good place right now, I believe they are

accurate.”

An alternative to Spotify Wrapped has gained popularity recently in the form of an app called Airbuds. Released in October 2022, Airbuds includes many of the general features found in Wrapped, such as minutes played, number of artists, number of tracks and top artists. Unlike Wrapped, Airbuds releases weekly recaps, each containing the aforementioned features, along with an animal mascot that corresponds to the average beats per minute of the songs a user listens to.

Junior Amaney Kashoob said, “I think [Airbuds] is lot better than waiting a whole year for a new Spotify Wrapped that sometimes isn’t accurate.”

In the end, Spotify Wrapped, despite any shortcomings, is here to stay having created a staple for many platforms.

Story by Xavier Lago



Recently, Northwest substitute teacher Ms. Woods brought her dog Ricky to class with her at Northwest High School.

Before Ms. Woods became a substitute teacher, she was a science teacher at Des Moines Hoover High School but began to sub in 2011. Later in her subbing career, she got the idea to bring her therapy pet, Ricky.

Ms. Woods stated, "I really didn't do much with him until I started subbing a little bit more, and I thought, 'I wonder if I could take him to school,' so Urbandale was the first [school] to let me bring him."

Waukee Schools were the second, soon followed by Johnston. Ms. Woods had to provide the schools with all of Ricky's paperwork and vaccinations for him to be a part of the classroom.

Ms. Woods said, "We noticed how he just worked wonders with kids. There was one time a girl was sitting on the floor outside a room crying, and he had a good eight or nine kids petting him, and he was just sitting there.

I watched him get up and go over to that girl and just sit with her and kind of lean in,

and she stopped talking on her phone and put her phone down. She started petting him, and then she said, 'I feel better. I'm gonna go back to class,' and I went, 'I didn't even ask him to go do that. He just did it.'"

"She started petting him and then she said, 'I feel better. I'm gonna go back to class,' and I went, 'I didn't even ask him to go do that. He just did it.'"

Soon after that interaction, teachers began to ask if Ms. Woods and Ricky could come visit their classrooms, and students would attend their classes knowing that Ricky would be there. To stay prepared for all of his classes, Ricky had to go through both online and in-person training to check his temperament and commands.

Ms. Woods's favorite part of

teaching is being able to work with and getting to know high school kids.

Some interesting facts about Ms. Woods are that she likes to go skydiving and she has traveled everywhere but the Antarctic. Ms. Woods is introverted and an advocate against bullying. She does college work and observes student teachers traveling all over the state.

Ricky was born on October 24th, and his full name is Sir Richard of Urbandale. He is a five-year-old Cavalier King Charles Spaniel and enjoys walks to the park, running around, snuggling and treats. Ricky's favorite treat is a gooey bone filled with marrow, and he likes to bring his bone inside to enjoy it on the bed. Ricky owns 40 different ties and loves to wear his goggles when riding out the car window. Ricky does not enjoy lying on the floors at school, he would rather be on the table. If Ricky is not subbing with Ms. Woods, he is spending his time with his grandma, who is an 88-year-old woman who lives across the street from him.

Story by Tessa Battani
Photos courtesy of Ms. Woods

A HELPING PAW

MS. WOODS & RICKY



Northwest student-athletes can have difficulty balancing school work and extracurricular activities during the school year.

With sports that practice every night, or ones that last all year, finding a balance can be a real challenge for high schoolers. Most sports practices average around two hours long, however many will be longer closer to "game day" or whatever their form of competition is. Specifically, on game days, there is no chance to complete homework unless the athlete is willing to sacrifice their sleep. When these student-athletes have two or three games a week, this creates a very negative cycle of choosing between schoolwork or sleep. These practices also vary in starting times, with some starting as late as 7:00 p.m. Each sport has different demands for game days, practice length and out-of-town games, all of which can create issues in completing schoolwork.

This poses the question of athlete-student or student-athlete: which comes first, sports or school?

"I would say I am a student-athlete because in order to participate in my

sports, I have to do good in school," said junior Gavin Schaller, a football player and wrestler.

This is the ideal situation for athletics at Northwest. In theory, students should be able to balance both school work and the extracurriculars they want to participate in. Each student-athlete should have an adequate amount of time to do school work. Unfortunately, this does not seem to be the case for all athletes. The current standards for students who are a part of the athletics program can be found in the high school student handbook.

"In order to participate in my sports, I have to do good in school."

"If at the end of any grading period a student is given a failing grade in any course for which credit is awarded (including PSEO, Career Advantage, Correspondence, etc.) the student is ineligible to dress for and compete in the next occurring interscholastic athletic contests and competitions in which the student is a participant for 30 consecutive calendar days," reads the 23-24 High-school Handbook.

This states that at the end of a term, if an athlete has a failing grade, they must sit out for 30 days. So, an athlete could be failing for multiple

months before any repercussions are issued. Along with this, athletes who have a surplus of homework do not feel able to miss practice to complete it unless they are willing to jeopardize their spot on the team.

"In my opinion [it's not acceptable to miss practice to do homework]... students need to arrange for it," Mr. Phaydavong, assistant football, and boys track coach. If an athlete is not showing up to practice they are not going to be able to play.

Vana Bilic, a Northwest sophomore, participates in varsity basketball and volleyball. She currently has five to six two hour practices a week.

"There is no time [on game days to complete homework]," Bilic stated.

Forcing students to choose between having time to complete homework and achieve grades they want or being successful in the sport they love is not a fair choice for the athletes who should be able to do both. Creating an environment where student-athletes can be a student and an athlete should be the priority of the Northwest athletic program.

Story by Cali Kuhl

STUDENT-ATHLETE

OR STUDENT-ATHLETE?

Z	N	U	T	C	R	A	C	K	E	R	F	L	E
N	T	M	F	A	N	N	E	W	Y	E	A	R	S
J	O	I	R	L	H	A	I	C	O	A	T	C	N
D	A	R	B	E	R	O	M	G	K	P	Z	A	O
R	C	N	T	U	I	F	M	W	L	N	H	N	W
A	A	W	U	H	A	N	L	I	O	O	Y	D	F
Z	N	O	E	A	W	D	D	U	T	N	O	Y	L
Z	D	L	D	A	R	E	G	E	R	T	S	C	A
I	L	V	H	L	E	Y	S	I	E	R	E	A	K
L	E	E	I	D	E	L	S	T	F	R	I	N	E
B	J	S	W	I	N	T	E	R	U	T	O	E	S
N	E	S	R	E	D	N	A	K	C	A	J	T	S
V	O	L	L	E	Y	B	A	L	L	T	E	A	M
D	O	O	G	B	A	H	Y	E	L	N	I	F	Y



BLIZZARD	FINLEYHABGOOD	JANUARY	SLED
CANDLE	FLURRIES	MITTENS	SNOWFLAKES
CANDYCANE	GIFT	NEWYEARS	SNOWMAN
COAT	HAT	NORTHWEST	VOLLEYBALLTEAM
DAUBITZ	IGLOO	NUTCRACKER	WINTER
ELF	JACKANDERSEN	REINDEER	WOLVES

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