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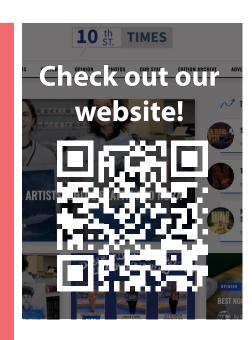
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# WAUKEE'S WALLS

urals, which have existed for over 30,000 years, are seen as a story on a wall—a visible telling of emotion and passion. But art is not just stuck to a canvas, as many artists express themselves through sculptures and 3D pieces as well. Iowa presents these murals and artworks with many vibrant colors and pictures. These photos, which follow shops around the Waukee Triangle, explore just a few examples of what art pieces may be.



Kenny's Garage is a bar found in the Waukee Triangle. The murals on its wall were painted in 2022 and 2023 by artist Joan Skogstrom. The bar, which is known for hosting live music on the weekend, requested a music theme from Skogstrom. Her main goal was to create a mural that represented happiness and joy, so her focus centered around fun shapes and bright poppy colors.



Joan Skogstrom also painted a mural adjacent to the music-themed wall. Skogstrom found inspiration from her passion for biking and color for this side of the garage. "I don't want someone to look at my art and be perplexed. Happy murals give people something to talk about and not gripe about something," she said to Waukee Living Magazine in August of 2023.



The Waukee Ice Cream Shoppe had its first mural painted on its walls in October of 2023. The mural is very recognizable, showcasing a pair of ice cream cones and the shop's mascot cow. It gives the shop a familiar and welcoming look, which people are delighted to see.

**Story by Lily Bailiff** 

# **CLASS OF '25: SENIOR PORTRAITS**



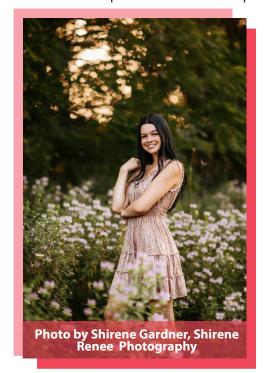
Juniors at Northwest High School are preparing for their senior portraits for the 2024-2025 academic school year.

Senior portraits are a popular tradition to memorialize the final year of high school. These portraits capture the unique personality and achievements of each graduate. They often showcase each person's style, interests and aspirations. Senior pictures are cherished keepsakes that serve as a lasting reminder of a significant milestone in a student's life.

### @Piczbyry

Macy Coppola, a junior graduating early from Northwest High School, holds a unique perspective regarding the choices and styles available for senior portraits. "I considered, honestly, not as much as a true senior would," Coppola said. Coppola believes that downtown Des Moines is an exceptional location for cap-

turing a wide array of sights and elements. Her opinion stems from the fact that her older sister, Rylie Coppola, who is a graduate of Northwest, skillfully styled and photographed her portraits.



## **Shirene Renee Photography**

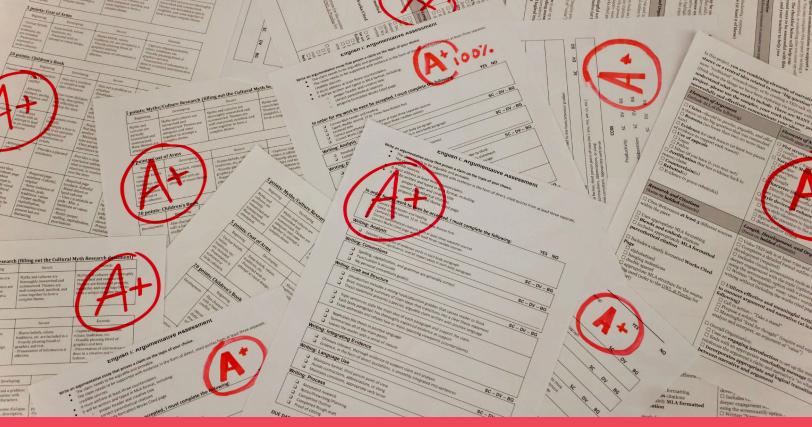
A senior at Northwest, Kaylen Robinson, embraced a long car ride down to Illinois in the quad cities area for her senior pictures. Taking portraits outside offers a different perspective than the atmosphere of a bustling city. Robinson expressed,

Photo by Brice Musgrove

"I wore a dress with boots since it was in the country." These rural landscapes are attracting numerous seniors who have captured their memories through photography. Robinson's experience has proved to be immensely satisfying in a highly positive environment, as many of her pictures capture the beauty of her surroundings.

## **Images By Brice**

Senior portraits can evoke a mix of stress and excitement, but ultimately, they offer many benefits and positive experiences. The pressure to capture the perfect image can be overwhelming, as senior portraits provide a final opportunity for self-expression. Senior Hailey Davis said, "Senior portraits were stressful but exciting." Senior portraits are a time to celebrate all achievements. These mark a representation in life of maturity and growth into adulthood. Despite the initial stress, completed senior portraits can be immensely rewarding as they capture a unique moment in time.



# **EDUCATORS AND THE A+**

any teachers at Northwest High School dislike the A+ when grading because of the ways it is misused and the stress it causes for students.

The grading system at Northwest is unique because most local schools either do not have a GPA boost from the A+ or do not have the A+ at all. These schools include ADM, Dallas-Center Grimes, Dowling Catholic, Des Moines Public Schools and many others. The A+ is a representation of perfection or near perfection. It ranges from 98%-100% meaning students who want this highly coveted letter are expected to be almost spotless on every single assignment.

Ms. Colsch, a Creative Writing and English III teacher at Northwest High School, shared, "Students put this ridiculous amount of pressure on themselves to get from a 97.8% to a 98% when there really is no discernible difference in their skill level."

There is an immense amount of pressure put on students to push themselves past the 98%. This not only takes focus away from the actual learning of the subject but also makes students' prime focus grades. When students' focus is placed on achieving a grade, the learning of concepts is a secondary priority, making schools fall short of their entire goal.

"It really [causes] this focus on deficit thinking like 'what have I done that's bad,' but if you have a 96 or a 97 you're not doing anything bad," Mr. Werley, English III and IV teacher explained.

The use of the A+ can also perpetuate a belief that anything less than perfection is failure. It creates a culture in which there is no room for error, no room for mistakes, and no room

to grow. In this grading system, students have to be perfect from the first day of the class to the last. This is a flawed system for students to become accustomed to especially when it is widely known that mistakes are the way not just students, but people learn best. By instilling a belief in students that in order to be successful they cannot fail, it unintentionally puts students on a path for fear of failure and perfectionism.

Mr. Edgerly, ELP and Finite Math teacher said, "It sets up an unrealistic expectation that [receiving an A+] will always happen."

High school students should be expected to grow in their knowledge and progress through the school year, yet the existence and use of the A+ contradicts that belief. As grades differ from class to class this can instill a feeling of failure each time an A+ is not received.

"I very rarely [give out A+'s], especially at the sophomore level where they are still growing...it is very hard to say they have mastered it," Honors English II and AP Language and Composition teacher Mrs. Ehlers voiced.

It is an unreasonable expectation for students at the sophomore level to have mastered junior and senior-level material, yet when students receive anything below an A+ it feels like a failure due to the culture created around this system. There is no universal solution to fix all the problems surrounding the grading system and the impact it has on Northwest's students. However, due to the overwhelming negative impact it has, ridding of the A+ would be an obvious place to start.



very March celebrates Women's History Month, which honors powerfulwomen today and from the past.

But why? For centuries, women have played a huge role and changed the course of history. Moms, queens, athletes and many more constantly make an impact throughout the world. For example, Kamala Harris became the first woman and woman of color to be vice president of the United States. This has broken barriers and inspired many other women to do the same.

"My mother and Angela Bassett [are women that inspire me]. She always plays the leading role in every movie that she is in," shared Amata Morris, a Northwest sophomore. Morris also mentions that she picks out leadership skills from Bassett's award-winning movies and shows to use in her life.

Tia-Clair Toomey, an Australian lifter who won six in a row CrossFit Games of 2017-22, is another example of an empowering woman. Ms. Jaclyn Miller, a math teacher at Northwest, shares that Toomey has inspired her to love herself and cope with her struggles with her body image.

"Seeing women like [Toomey] lift almost 400 pounds inspires me to keep getting strong and reminds me that we all have a right to take up space and be bold. The world needs strong women!" exclaimed Ms. Miller.

Strong women include mothers, journalists, politicians and more, no matter what job or role a woman takes, she can make a difference. Senior Margaret Jalloh shares how strong her mom is. "Growing up, it was usually just her with me and my siblings. We watched her always doing things independently to provide for us," said Jalloh. She is also thankful for her mom because she inspired her to do better in school and to achieve much more.

The list goes on with empowering women, as they continue to work hard and make a difference in the world. It is important for the world to recognize Women's History Month and appreciate all of these accomplishments.

**Story by Alexis Enriquez** 



When was Women's History Month first celebrated?

A. 1945

**B. 1974** 

C. 1987

D. 1992

Mary Beth Tinker was involved in a Supreme Court case about which constitutional right?

- A. Freedom of Religion
- **B. Freedom of Speech**
- **C. Freedom of Press**
- D. Right to an Attorney





Rosa Parks' refusal to give up her seat on a bus sparked which protest?

- A. Freedom Rides
- **B.** March on Washington
- **C. Albany Movement**
- **D. Montgomery Bus Boycott**

Answers: C, B, D



# **WANT MORE TRIVIA?**

Visit the Blooket from Northwest's Women's History Month advisory lessons to learn even more fun facts about accomplished women in history!



any students at other schools in the Des Moines area have had the opportunity to take foreign language courses that are not available at Northwest.

At Northwest, students in the past have typically started their foreign language education in sixth grade when they take World Language, a semester-long course where students learn the basics of Spanish and German. For years the Waukee Community School District (WCSD) had only offered classes for World Language, Introduction to German, Introduction to Spanish, German 1-5 and Spanish 1-5. This offers only two languages, whereas other schools right here in the Des Moines area offer up to seven.

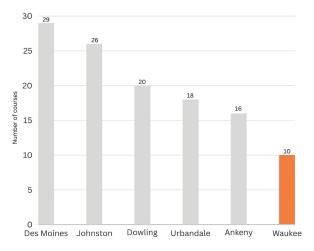
The WCSD's foreign language department will see even fewer language courses offered in the fall for the school year 2024-25, as the board has announced they will not provide the exploratory World Language class to sixth graders next year. This is not necessarily because the board does not value these classes; rather there is a deficit in teachers able to teach them.

Melina Mena-Davis is a Spanish teacher at Northwest. She is fluent in Spanish and teaches Spanish 3 to Northwest students. "I think there's definitely a huge shortage of world language teachers across the state. So I think we run into challenges hiring for what we have, and I know that's probably

why they're hesitant to add any more [classes]," Mena-Davis stated.

Other schools around the state may have more money budgeted for their foreign language departments, which would be why they can offer so many more courses than the WCSD. For example, the Des Moines Public School (DMPS) district, as they offer classes for seven different languages.

# IN IOWA SCHOOL DISTRICTS

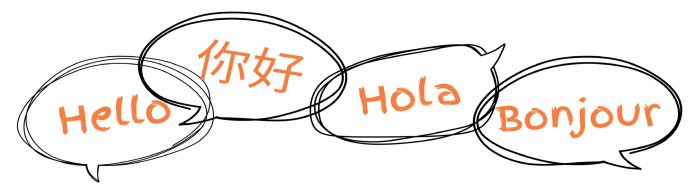












Sam Finneseth is the World Language Curriculum Coordinator at DMPS. She helps support teachers with their instructional methods, curriculum development and implementation of the best practices for student learning.

"[DMPS] has a bit of a unique structure because we have five [high school] buildings plus a virtual high school. And then we also have two centralized programs. So at all of our virtual schools and our five buildings, we offer both Heritage Spanish and new to Spanish courses. And then at our central academy location, we offer French, Italian, German and specialized Spanish classes like Medical Spanish Interpretation. And then we also offer Japanese, Arabic and Chinese," Finneseth explained.

"It's such an asset to be bilingual... you can just communicate with so many more people, and that's essential for business."

Part of the reason DMPS can offer so many different languages is simply because of its size. For the 2023-24 school year, over 13,000 students attend a school in WCSD whereas almost 31,000 students are enrolled at DMPS. Not only that but DMPS employs almost 5,000 teachers while WCSD only has about 1,800. More students with more teachers to teach them means more courses can be offered.

No matter what district they attend, each stu-

dent in lowa still deserves the same opportunities for learning and expanding their perspective on the world. The importance of language learning and connective communication cannot be overemphasized.

"We live in a world where we run into people from all over. It's such an asset to be bilingual... you can just communicate with so many more people, and that's essential for business. That's essential for lots of industries. You will always be able to find a job if you have the ability to speak another language," Mena-Davis commented.

Many students also recognize the importance of offering more specific language classes. Kyleigh Dannen, a freshman at Dallas Center-Grimes (DCG), took a Spanish class last semester. Currently, DCG offers classes in both French and Spanish.

"I think it's good that [DCG] offers more than one language because it helps people be able to communicate in different ways," Dannen remarked. "I think having multiple language classes is beneficial because people can visit the places that speak the language they're learning and are able to communicate with and understand those there."

No matter if students are taking a heritage class to improve the communication skills they already possess or if they are aiming to learn an entirely new language, all students deserve to be provided with the opportunity and resources to connect to others worldwide. The only way to do this is to increase funding, staffing and awareness for these vital classes. Cutting out these courses means cutting out opportunities for students to learn worldwide communication.

**Opinion Story by Bailey Mahoney** 

# **AHEINZ57 PET RESCUE**



Heinz57 Pet Rescue in De Soto, Iowa does remarkable work by saving animals' lives every day.

Amy Heinz, the founder of AHeinz57 Pet Rescue, started this company in her garage after discovering an abandoned dog. Now in 2024, AHeinz57 is a full pet rescue organization that not only takes in dogs and cats but has been privileged to take in other animals like birds and horses to save thousands of them from being euthanized. On average about 2,000 dogs are euthanized every day in the United States.

Melissa Wagner, a volunteer at AHeinz57 who has fostered many dogs, stated, "AHeinz57 has the best facility and organized system for rescue and fostering. The other rescues I've worked with and for were awesome rescues. However, they just didn't have the size or capacity or organization skillset that AHeinz57 has."

AHeinz57 has kennels in their facility so animals have a place to stay, however, transferring the animals to a foster home is encouraged. When fostering, AHeinz57 covers all the costs of the dog. All that is asked is that the family provides a safe loving environment for the dogs to stay until they get adopted. For anyone interested in fostering an animal, it is an easy process to sign up. The AHeinz57 website will guide them through the application process. A verification team will look into the

person who applies to make sure they are a credible person to foster an animal.

Wagner expressed, "I would love to have more people in the fostering program so that we could rescue more dogs. There's always a need for places for dogs so that we can save them from being euthanized."

Taking dogs to events is also a crucial thing that AHeinz57 does. Allowing dogs or cats to interact and be comfortable around different people helps with their socialization skills, but also gives them exposure to possible homes. These events are the main way people can meet dogs and eventually adopt them.

Event Coordinator Sharon Hymer stated, "[AHeinz57] is a big part of my heart, it's a fun experience to be able to see a dog come in and go from being scared or shy to breaking out of its shell to becoming a dog and living that life that they desperately deserve."

Volunteers are always needed at AHeinz57 to help. Volunteering could start with hanging out and cuddling with the dogs to helping at events. There are also opportunities to volunteer behind the scenes, such as helping with graphic design.

**Story by Addison Kingery** 

# MAKING IT MEAN

## MEAN GIRLS: DIRECTORS AND CHOREOGRAPHERS

As Northwest High School's theatre production of *Mean Girls* the musical approaches, the anticipation builds. For this year's production, there will be a few students helping out with directing and choreography: Jonahs Custer, Melanie Marks, Paige Olson, Micah Vera and Zaida Wetzel.

Paige Olson is a senior at Northwest High School and president of Northwest's thespian troupe. Olson has been involved in theatre since middle school and *Mean Girls* will be her second show as assistant director.

Olson never thought about assistant directing until this year's fall play, *Rosencrantz and Guildenstern are Dead*, when she was offered the role of assistant directing and decided to fully take it on instead of performing.

Olson said, "[Rosencrantz and Guildenstern are Dead] was such a great experience and I got to learn so much about theatre and the process which was awesome."

When Mean Girls rolled around, Olson originally turned down the offer of assistant directing because of her love for performing and singing, but when asked to do both, she happily agreed. She went through the audition process as normal and landed a lead role: Janis.

Olson said, "I could never talk enough about how much I love the theatre program at our school. I have met some of my bestest friends through theatre. I think there are so many spots for people to find what they love whether it's on stage or off stage. I also just love performing and watching other people perform and I am so lucky to have the opportunity to perform with so many great people at our school."

Zaida Wetzel, a junior at Northwest, will be one of the assistant choreographers for *Mean Girls* this year. Wetzel has danced since she was in kindergarten and was offered the role from the head choreographer, Mrs. Jensen. Wetzel's responsibilities include learning the choreography, teaching it and adjusting it as needed.

Wetzel said, "[An assistant choreographer] differs from being in the cast because you have to do a lot of work outside of rehearsals to make sure you know your stuff because the cast leans on you to learn the choreography and to help them out when they need it."

Wetzel says her favorite part of Northwest's theatre program is being part of a community.

"Everyone in the theatre program supports each other like family, and it is really refreshing to feel like you are part of a group of such welcoming people," Wetzel said.

Junior Melanie Marks is the other assistant choreographer this year and was selected by Mrs. Jensen. Marks has been dancing since she was three years old and has been actively involved in the theatre program ever since she came to Northwest. Like Wetzel, she learns choreography and dances and assists Mrs. Jensen through the teaching process.

Marks said, "The first few weeks of practice can be tedious and chaotic, but once everyone has everything down and we are just making the production look like a show worth seeing, it's great seeing everyone pitch in and doing their part to make the show amazing."

So far, the *Mean Girls* production process is coming along smoothly and it is so exciting to see everything come together. *Mean Girls* will be performed on April 19, 20 and 21. Make sure to catch a show!



Mean Girls Assistant Director Paige Olson (middle) and Assistant Choreographers Zaida Wetzel (left) and Melanie Marks (right)

# **AE DAIRY: GOT MILK?**

n lowa school cafeterias like the one at Northwest, Anderson Erickson Dairy (AE) milk is a staple. But very few high school students know the true lowan origins of AE.

AE Dairy was founded in 1930 by Iver Erickson and Bill Anderson, right here in Des Moines. Since then, AE's sales have expanded across the Midwest, in places such as Nebraska, Illinois, Minnesota and Kansas City. Their products are also available at retailers like Fareway, Hy-Vee and Casey's. However, AE has remained a local company and still produces all of its dairy at its Des Moines location. They also source all milk from local lowa family farms.

Miriam Erickson Brown, CEO of AE and granddaughter of founder Iver Erickson, believes that staying local is a major part of what makes AE special.

"Growth is always good; however, we never want to compromise on the quality of our products or our direct delivery service required to distribute," Erickson Brown reflected.

She went on to note how producing dairy out of lowa is not only a matter of quality but a way to support the lowa community.

Erickson Brown described, "The Erickson family has always been extremely proud to be from lowa and to invest in local people and businesses for nearly 100 years... We feel fortunate to be part of a community that appreciates quality dairy products and supports local lowa companies."

AE has certainly become rooted in many different aspects of lowa business. Along with its general dairy sales, AE has been serving Iowa schools since the 1950s. The Waukee Community School District serves AE milk cartons in all of its schools, as well as additional items like orange juice and sour cream in its secondary buildings.

Serving milk in school cafeterias has long been a tradition because of its dietary benefits. Because of its calcium and vitamin D content, milk and other dairy products are great at building bone mass.

"Drinking milk is important, especially during childhood and adolescence," WCSD Nutrition Services Dietitian Kaitlyn Scheuermann explained. "It is important to consume dairy foods (or non-dairy foods if you cannot consume dairy that provide calcium, vitamin D, magnesium and other nutrients provided by milk) now so that your bones can be stronger when bone loss starts to occur."



variety of over 250 dairy

products that carry these benefits, such as cottage cheese, sour cream, dips, yogurt and ice cream mixes. To ensure that all AE products meet their high standards, the company holds a weekly taste test. This tradition began back in 1930 at AE's inception and continues today.

Erickson Brown explains that the weekly taste test, along with AE's other product standards, keeps AE dairy consistent and high-quality.

She stated, "Our customers recognize that while we are not the least expensive, we use the freshest milk and best quality ingredients and it's a difference they can taste... We want to provide them with something exceptional."

AE has had a long history in the lowa community, and they hope to keep that connection growing strong in the future. To do this, AE has partnered with lowan influencers, including Waukee alumni like basketball players Tucker DeVries, Payton Sandfort and Pryce Sandfort.

Above all, AE stands out as a uniquely lowan company. Erickson Brown hopes that everyday consumers--like the cafeteria-goers at Northwest--can appreciate how much care goes into making AE dairy.

She commented, "Our first commitment is to our customer... We put our heart and soul in everything we make and we hope you taste our passion in your favorite AE product."

**Story by Tyler Pittman** 

# 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 Anna O'Dell, a sophomore at Northwest.

#### Q: What was your favorite childhood TV show?

A: Definitely *Teen Titans Go* because I thought that Beast Boy was really cool.

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

A: I wish I had super strength so I could lift a lot in the gym.

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

A: I really wanted to be a meteorologist mainly because I was obsessed with the weather.

#### Q: What is your phone wallpaper?

A: It is a picture of my boyfriend.

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

A: I would choose the Marvel universe mainly because it would probably grant me some kind of cool superpower.

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

A: I have been listening to a lot of Lil Uzi Vert because he is my favorite artist of all time and I just love his music.

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

A: It would have to be Raven from *Teen Titans Go*. She is just very realistic and I love her.

#### Q: Would you rather live without music or TV?

A: I would rather live without TV because I love music so much. Everywhere I go, anything I do, music is always playing.

#### Q: What's your most irrational fear?

A: Spiders because they are terrifying and I don't like their long leas.

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

A: I really enjoy lifting, and some people don't know I lift.

#### Q: What do you want to be known for?

A: I want to be known for how caring I feel for people.

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

A: Let go of things things that are holding you back.

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

A: Stop wearing hats, they will never be cool.

#### Q: What's something you can't do, but wish you could?

A: Probably fly, because that would be cool and a lot of fun.

#### Q: What is your most prized possession?

A: It would definitely have to be my Lego collection. I love doing Legos.

#### Q: What's a bad habit you have that you can't break?

A: Probably biting my nails, because it's really bad.

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

A: I would meet Billie Eilish because I think she is cool and she has a cool story. I would love to meet her.

# Q: Would you rather be able to speak every language or be able to speak to animals?

A: I would rather be able to speak every language because it would be so cool to communicate with people all over the world.

# Question from the previous participant: What's your favorite pastime activity?

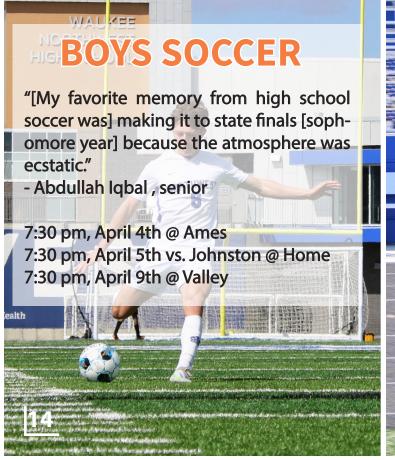
A: Definitely playing video games, I love it.

**Story by Laurel Richards** 



# **SPRING SPORTS PREVIEW**

As March rolls around, NWHS athletes involved in spring sports begin training and competing, with hopes of winning state titles. Also listed below is each team's upcoming events.



# **BOYS TRACK**

"I would say I'm looking forward to competing the most. The meets are my favorite part of the whole season and it is the perfect platform to demonstrate the work put in all season."

- Cole Lynch, senior

4:00 pm, March 28th @ Home 4:30 pm, April 4th @ Indianola 4:30 pm, April 8th @ Fort Dodge

# **GIRLS GOLF**

"I am looking forward to our team dinners, and being able to play golf with my friends from other schools."

- Hannah Pettitt, senior

11:00 am, April 1st @ Legacy Golf Club

1:00 pm, April 4th @ Sugar Creek Golf Course

3:30 pm, April 11 @ Otter Creek Golf Course

# **GIRLS SOCCER**

"As a team, we always have the goal of winning state, but individually I'm hoping to break my shutout record for one season and also keep improving my skills before college soccer."

- Victoria Spahn, senior

4:00 pm, March 29th-30th vs. Multiple Schools @ Ankeny Centennial

7:30 pm, April 5th @ Johnston TBD, April 6th @ Council Bluffs





# **GIRLS TRACK**

"I am most looking forward to the new friendships and seeing what our team can accomplish this year."

- Josie Vande Krol, senior

4:00 pm, March 26th @ Waukee 4:00 pm, April 2 @ Home 10:00 am, April 6th @ Valley



"I'm looking forward to being on a team with my friends, trying to get better, and getting a chance to win state this year."

- Kaden Taylor, senior

4:00 pm, April 4th @ Home 10:00 am, April 6th @ Shawnee Mission-East

4:00 pm, April 6th vs Pembroke Hill

Story by Anna Hansen Photos by Tenth Street Times Staff

