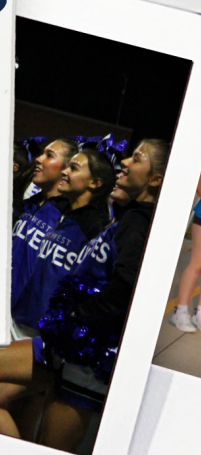


10th ST. TIMES



In Focus

October 2024 Volume 04 Issue 01
Northwest High School





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A LETTER FROM THE EDITORS

First term has been a period of growth and learning for all of Northwest High School. At the Tenth Street Times, we have also been learning and growing our skills as journalists to bring you our latest edition.

As a very new print team, we encountered new obstacles while creating this edition. We have been forced to adapt, struggle, and ultimately overcome challenges.

We are very proud of our skilled team of reporters for everything they have produced this term. With 19 new reporters, this term has been a big learning experience for everyone.

Despite the learning curve, our reporters have grown exponentially in the few short months we have had them in the class and have done some amazing work.

This edition is a cumulation of all the hard work our team has put in this term. It is also a time capsule of first term and all of the amazing things that have happened at Northwest in the first couple months of school.

Thank you for checking out this edition and supporting the Tenth Street Times. Go Wolves!

-Avery Herman, Alexis Enriquez and Sarah Wigton



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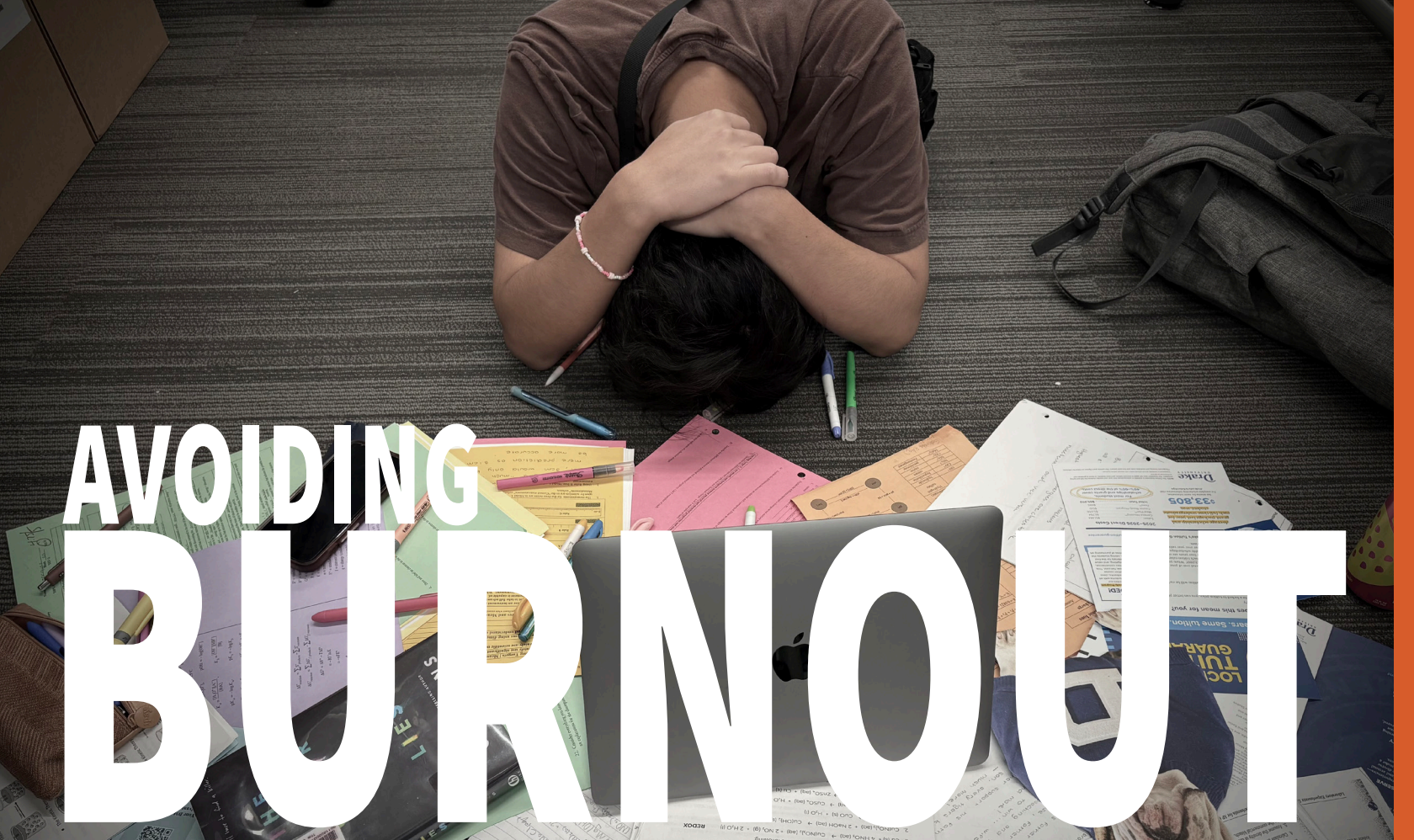
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AVOIDING BURNOUT

As high school students' lives get busier and more stressful, an increasing number of teens become victims of burnout.

Burnout is defined as "exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration."

Burnout can happen to anyone at any age with the necessary amount of pressure and stress. Because of this, burnout has become an issue in work and school environments.

A study on high school students from research.com shows, "On a 10-point scale, where normal values for adults are 3.8, American teens rated their stress rate at an average score of 5.8. In other academic pressure statistics, it was found that three-quarters (75%) of American high schoolers and half of the middle schoolers described themselves as 'often or always feeling stressed' by schoolwork."

"I know students are under a lot of pressure, especially now. And I think there's a lot of, since I was a high school student, more emphasis now on internships and creating a resume even in high school. And I think that's a new level of stress and burden that we didn't have growing up," explained Waukee Board of Education President Wendy Marsh. She connects the rise in stress to not only schoolwork but also the push to have many extracurricular activities and stay busy outside of school.

Kristen Walker, a Northwest counselor, claimed, "I feel like there's a lot of pressure on kids, and kids are starting these activities younger and younger with more time that they have to devote to these activities, and then to balance that with schoolwork and social activities, it becomes really difficult on students."

While schools may not necessarily be overworking students on the workload alone, it is unrealistic to assume that most students do not have extracurriculars or other responsibilities after school. It is also unrealistic for students to expect schools to lessen this workload without sacrificing learning.

So, how can limiting burnout and overwork be balanced with learning? The main way is through time management. A busy schedule can be accomplished if it can be mapped out and planned beforehand. Prioritize what needs to be done first and set off time to complete it. Knowing when and how things will be finished can relieve a lot of stress by making workloads seem less daunting.

"It's more of time management, and communication with parents, coaches and teachers that you do have several requirements and expectations from different people. And to communicate that and be proactive and be on top of your time management skills is really needed. The agenda and the to-do list are huge. That's been my way to be, you know, to not procrastinate. Because when we procrastinate, we're never fully enjoying the moment," Walker explained.

Additionally, setting aside time for yourself, whether a silent car ride or a shower, is very important. Maintaining self-care and spending time with loved ones can help keep up spirits.

"I would go back to just getting out for a nice walk, just getting out and enjoying nature. I think nature just kind of makes us all feel better and connected with each other and doing things to kind of get away from the source of the stress. Get outside and talk to your friends, and enjoy them," Marsh commented.

NORTHWEST COLOR GUARD

FT. AUDREY CHAMBERS

Audrey Chambers has been the Northwest High School (NWHHS) Color Guard coach for three years while also working as a full-time surgical technologist at Iowa Ortho.

“Making a difference” is an idea that we hear frequently. We often recognize individuals with loud accomplishments and flashy titles as those who make the biggest difference, but Chambers is a difference-maker who does it all without the deserved recognition.

Color guard is an art that centers around dance with various equipment. Chambers started with a baton as a child, flag in middle and high school, then started coaching at nineteen while in Crossroads, an indoor guard program. Six years later, Chambers is coaching the Fall and Winter Guard here at Northwest.

Chambers stated, “Seeing [the team] succeed has blown anything I’ve ever done myself out of the water. Even [their] minor wins have meant more than anything I could have won on my own.”

Chambers is also a full-time Surgical Technologist at Iowa Ortho. Chambers helps in surgery for six to twelve hours a day. Despite enduring the challenges that come with being a healthcare provider, Chambers then will go to coach guard until eight or nine at night.

“I love knowing that I am making an impact in people’s and I’m there making someone’s quality of life better,” she expressed.

Her ability to balance work and guard at extraordinary levels inspires her students constantly.

Delaney Boldt, a current color guard section captain, commented, “How involved she inspires me to be just as involved if not more involved.” Chambers aims to be the person she needed in high school for her students by being a



Photo courtesy of Audrey Chambers

positive role model.

Anya Koehler, a junior in NWHHS Color Guard stated, “[Coach Chambers] compliments herself so that we can see that and we can compliment ourselves...that’s really smart and setting a good example for teenagers.”

Chambers explained how this mindset is not always easy but is worth it in the long run. She stated, “I want to overexaggerate that insanely positive attitude because [the team] [mimics] it, and that’s what I want...to instill that confidence, long term.”

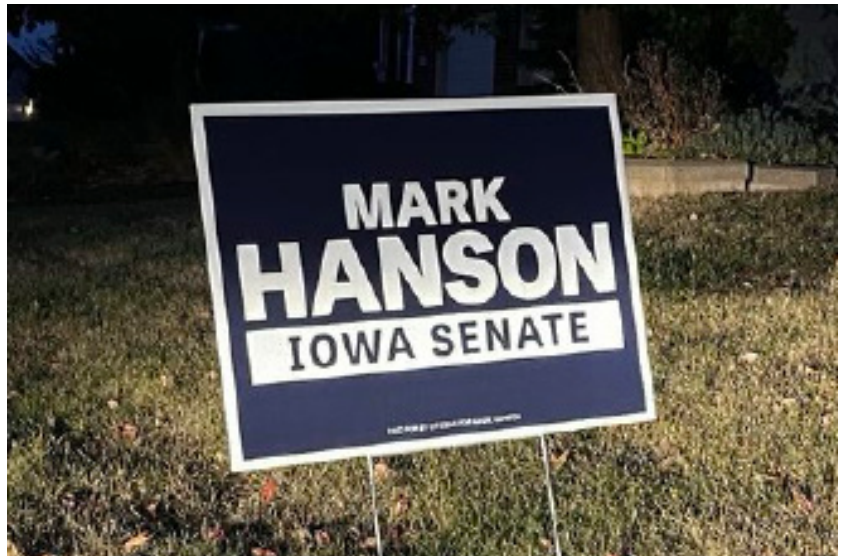
Although color guard may not be the most well-known activity, and most patients in the operating room do not know all the work Chambers does, she is touching the hearts of many all over the community.

Chambers explained, “[The team does not] understand how much [they] mean to me, [they have] changed my life in so many ways.”

This statement is true not only for Chambers, but those she is constantly impacting with utmost positivity. Making a difference is not always about the recognition but the people impacted by your actions. This makes Audrey Chambers not only a leader but an inspiration.

Photo and Story by Ava Hansen

IOWA SENATE CANDIDATES



On November 5, 2024, 18-year-old Northwest seniors will cast their ballot for the first time to decide who they want to represent them in office.

Eligible students will get the opportunity to vote for County, State and Federal offices this election season. While the opportunity seems important, many seniors find themselves overwhelmed with the information and whether or not they know enough to make informed decisions about candidates.

Local elections, which consist of County, City and State, impact communities in vastly different ways. Federal elec-

includes Waukee, Adel, West Des Moines, Clive and Van Meter.

Current Iowa Senator Sarah Trone Garriot explained, "In the state legislature, [Iowa Senators' role is to] decide how we will spend the state's tax dollars and what kind of programs we're going to invest that money in, how we'll best use those resources and then we also create policies." State Senators have the responsibility of using citizens' tax dollars and making policy that impacts the entirety of the state. The Senators listen to the constituents of the district to make legislative decisions and laws.

Mark Hanson, a member of the Dallas County Board of Supervisors, is running for the seat in District 14 as well. Hanson said, "The Senate is divided. There's three million people in Iowa, so they divide the 50 Senate seats by population. So it's an area



tions often overshadow these elections, leading to little turnout and low voting numbers. Many skip directly to the presidential election on the ballot, which impacts the election process and can lead to an unfavorable candidate in office.

One of the local elections that eligible voters will be voting on this year is a seat in the Iowa Senate for District 14 which

“In the state legislature we decide how we will spend the state’s tax dollars, what kind of programs we’re going to invest that money in and how we’ll best use those resources and then we also create policies.”

of about 60,000, so it would be working with listening to the citizens of that area to create good policy.”

Every seat in the State Senate can make a difference and have an impact on the community. The State Senate is working hard to listen to Iowans and make decisions that are beneficial to their respective districts. Each candidate is working hard to earn this seat in this election, which will be influenced greatly by every citizen who votes. These local races are close, and every vote has the power to make a difference.

Story and photos by Krista Giltner

SARAH TRONE GARRIOT



Q: Do you have any final statements that you want Northwest Students to know?

A: “Across the country youth turnout for most of our elections is pretty low, but you have tremendous power to change the outcome of elections when you participate. So if you are an eligible voter getting registered and making your plan to vote, you can make a big impact. A lot of issues get decided at the state level that folks care about and I won my first race by 164 votes so some of these state races are very close. You can shift the balance and get the person you want elected. If you’re not a voter yet, there are a lot of opportunities to get involved to help get voters engaged in the process volunteer campaigns help get folks registered to vote, and encourage your family and friends to think about the issues that are on about, think about the races because a lot of our neighbors have no idea who’s running. They might know who’s running for president but then beyond that, it’s kind of fuzzy. So you can help educate folks in your life to make good decisions because we shouldn’t just be guessing on those. Getting involved now means that you’ll be ready to take a very active role in our democracy when you’re able to.”

MARK HANSON

Q: If elected, what are policies you would or would not implement that would affect the school system?

A: “Well, I think that, to look at the overall budget of the state, 57% of the state budget currently goes to public education. We’ve had fewer students in the system, maybe not in a law key, but statewide we used to have as many as 700,000 K-12 kids. Now that’s a little over 400,000. So the state continues to put a lot more money and resources in the education system for fewer kids. And I’m not sure that the money’s being as efficiently used to meet the needs of the students and the children that are in the school system. My belief is that there’s an argument in Iowa that 99 counties is too many. You could maybe argue that 300 in some school districts is too many as well. And maybe some of that money could be reallocated to get to the teacher and the students in the classrooms.”



**SCAN FOR
THE FULL
AUDIO
INTERVIEWS.**



Photos courtesy of Mark Hanson and Sarah Trone Garriot.



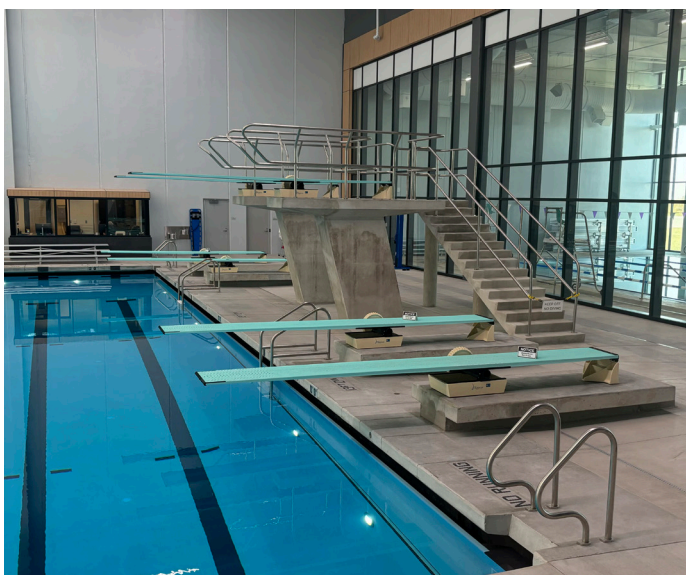
WAUKEE

NATATORIUM MAKES A SPLASH

On August 5, 2024, the Waukee Natatorium welcomed the Waukee community into its doors for the first time, opening up a world of opportunity for the district's students and athletes.

Construction first broke ground for the pool on January 28, 2023, and after 20 months of construction, Waukee welcomed the new state-of-the-art facility to the school district. The Waukee Natatorium is one of the most impressive aquatic facilities in Iowa, featuring a 50-meter Olympic-sized competition pool and a smaller

25-yard lesson pool. At the end of the competition pool, there is a diving well with four 1-meter diving boards and two 3-meter diving platforms.



The pool's diving well sets the natatorium apart from other aquatic facilities in the state. It has also given divers much more practice time than they previously had, as they can now practice at the same time as the swim team.



A sitting room overlooks the competition pool. The facility has a variety of sitting options for swim fans to use, including bleachers in the pool, and plenty of couches and tables outside the pool looking in.

"This facility has so many opportunities for students. Whether you want to be a competitive student or you're just coming to be a part of a great learning process, this facility offers so much for everyone," said the Waukee Natatorium Aquatics Director Bobby Kelley.

A new opportunity this facility brought to the district was swim lessons for Waukee students. The program started this fall, bringing in second and third-grade classes from all around the school district and teaching them how to swim. In late November, these lessons kicked off with a third grade class from Grant Ragan Elementary.

Swim lessons will be offered to the community in the spring and summer. Among those lessons will be "adapted" swimming lessons, which will be catered to anyone

unable to take traditional swim lessons. Whether it is due to a physical disability, learning disability or anxiety, swim lessons will be made available to everyone.

No one anticipated the opening of the natatorium more than the Northwest and Waukee Girls Swim and Dive teams. Previously, the team had been conjoined between the two high schools, as they never had enough space to facilitate two teams. With the construction of the pool, there was finally enough room for the team to split. The split was bitter-sweet; it marked the end of an era for the three-time state championship team, but is also the start of two programs destined to leave a big legacy in the sport of swimming.

The previous head coach, Shelley Twigg, moved to Northwest for her daughter, so the Waukee Swim and Dive team introduced Emma Ashman to be their Head Coach. Ashman stated, "I'm really proud of how the girls have handled this transition and how they've also supported each other and Waukee as a whole. They're gritty, they don't give up, which I love."



Head Coach Shelley Twigg and Assistant Coach Courtney Frets lead a morning practice for the Northwest Varsity swim team. Frets is a new member of the Waukee Community School District, moving from Olathe, Kansas, earlier this year.

In their debut season, the Northwest Girls Swim and Dive team has made a fierce opponent for other teams in the state. They are currently ranked second overall and are looking at taking home their first state championship.

Northwest Swim and Dive Head Coach Shelley Twigg commented, "With the split, [our goal this season] just is to start new traditions as the Northwest High School team, always having leaders that step up into the roles



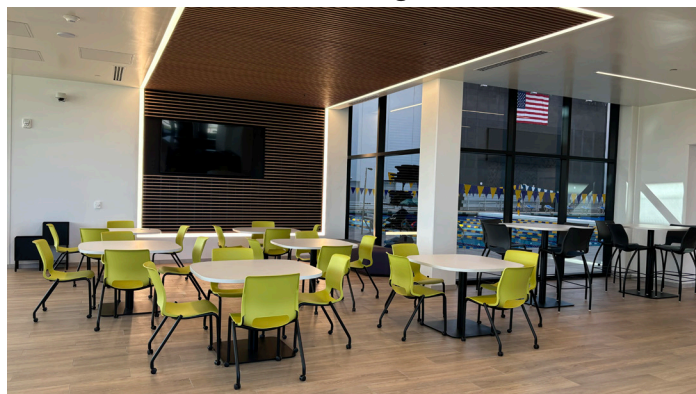
The Waukee Natatorium hosts practice for the Waukee High School team, the Northwest High School team, and the Waukee Waves Club team. While sharing a facility has presented some challenges, the swimmers appreciate being able to see their old teammates.

left for them and then just making sure that we're doing the best we can and having fun."

The natatorium also has a competitive club team, the Waukee Waves. Kelly Nordell is the Wave's head coach and was previously on the coaching staff for the Iowa State Girl's swim team. However, the Waves is not only for swimmers. They also offer competitive diving and plan for a synchronized swimming team in the coming spring.

After waiting an extra year past the Waukee Natatorium's originally scheduled completion date, the Waukee community is excited to welcome its long-awaited aquatic facility and take advantage of all the opportunities and benefits it offers.

Northwest Swim and Dive swimmer Hayden Bailey said, "[The natatorium] is an incredible place, and we've already made so many memories here. We are very lucky and fortunate to have something like this."



Outside the pool's concession stand is a sitting room with tables, a TV, and a view of the pool. The natatorium also has meeting room and a multi-purpose room, which the teams get a lot of use out of.

Story and photos by Avery Herman

OCTOBER 8 2024: CONGRESSIONAL DEBATE

On October 8, Northwest High School hosted a Congressional Debate with Lannon Baccam and Zach Nunn on KCCI Des Moines live television, which selected students got to view.

These students got the opportunity to immerse themselves in the political dynamic. The event provided students with valuable insights into the electoral process and showed the importance of researching candidates before making informed decisions at the ballot box.

In today's political landscape, understanding candidates and their positions is more crucial than ever. Research allows voters, especially those who are new to the process, to make educated choices rather than looking at TV attack ads and political signs. For the AP Government students, the debate was a valuable opportunity that helped them apply what they had learned in the classroom to real situations.

Students learned about the process behind hosting a Congressional Debate. Students observed fact-checking during the debate and even got a peak into what it looks like to fact-check such an important event. Students went into backrooms, seeing KCCI employees set up lights, cameras, and teleprompters, all set for the debate on live television.

The debate featured candidates Lannon Baccam and Zach Nunn from the Democratic and Republican parties, respectively. As candidates took the stage, students observed the intensity of the discussions and the different styles of communi-

cation among each candidate. Each candidate presented their visions for the future and addressed pressing community issues. Some key topics included healthcare, education reform, climate change and economic development. KCCI's livestream can be watched on their website.

After the debate ended, students got the opportunity to question the candidates one-on-one. Each student asked questions the candidates, covering topics on reproductive health, healthcare, economic pressure and immigration.

Healthcare was a topic mentioned a lot in the debate, which made it fitting to ask additional questions about each candidate's views on how to help those who need it.

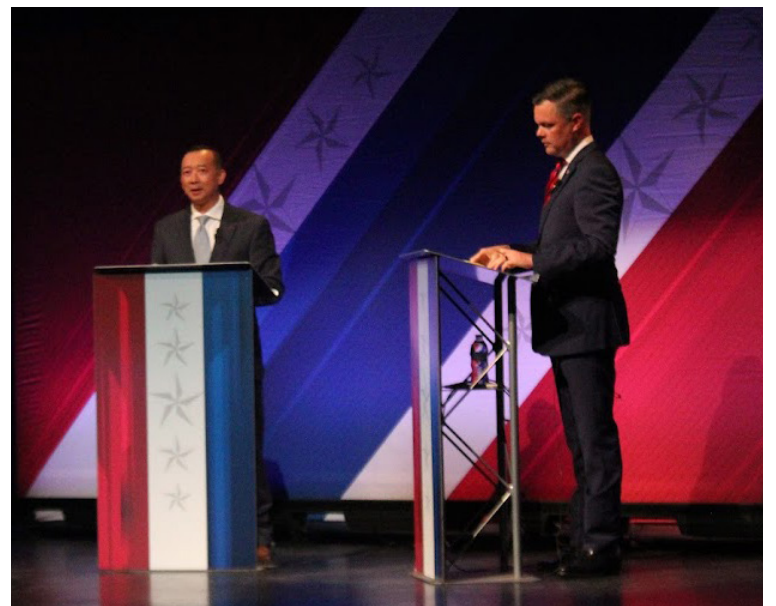
A common theme addressed by the students was how they came into the debate with preconceptions about each candidate. Zaida Wetzel, a Northwest student selected to watch the debate, stated, "I thought it was super interesting. I was expecting to side with one candidate, but I saw some other points of view that I respected in the other candidate, which is surprising."

This was a common idea the students discussed after the debate ended. Many students came in with a preconceived notion about specific candidates but, after hearing the debate, developed a more nuanced perspective on the candidate, challenging their initial preconceptions.

Attending the Congressional Debate emphasized the importance of civic engagement among the students selected. Wetzel stated, "I think it's important [to participate like this] because we are the future of this country, and learning about these things before we vote and being aware of the things that are happening [in our country] that are going to affect our future is super important."

Story and photos by Krista Giltner

Visit the Tenth Street Times website to read the full article!



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 Katelyn Pearson, a sophomore at Northwest.

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

A: I'd probably say Taylor Swift or Gracie Abrams.

Q: What's your comfort movie or show?

A: *Mean Girls* or *10 Things I Hate About You*.

Q: If you are doing Halloween this year, what is your costume idea?

A: My friends and I think we are going to be different princesses.

Q: Did you have a favorite stuffed animal growing up?

A: I had a lot of different stuffed animals, but I liked *Ty Beanie Boos*.

Q: What are your top five most used apps on your phone?

A: Probably *TikTok*, *Instagram*, *Snapchat*, *iMessages* and probably *Pinterest*.

Q: Do you trust your own memory?

A: I'd say yeah because I can remember stuff from when I was really young.

Q: If you could have dinner with anyone, dead or alive, who would it be?

A: Maybe Kim Kardashian.

Q: You are on death row, what's your ideal last meal?

A: Probably a steak, like filet mignon.

Q: What is something from your bucket list that you want to complete by the end of this year?

A: Going to a fun vacation spot.

Q: How do you see yourself in around five years?

A: In college and study[ing], but having fun.

Q: What is a fashion trend you dislike?

A: I'd say... something like jorts.

Q: Favorite school lunch?

A: I usually pack my own lunch, but probably a turkey sandwich.

Q: Do you have a favorite memory?

A: Probably Christmas when I was younger.

Q: What type of music do you listen to?

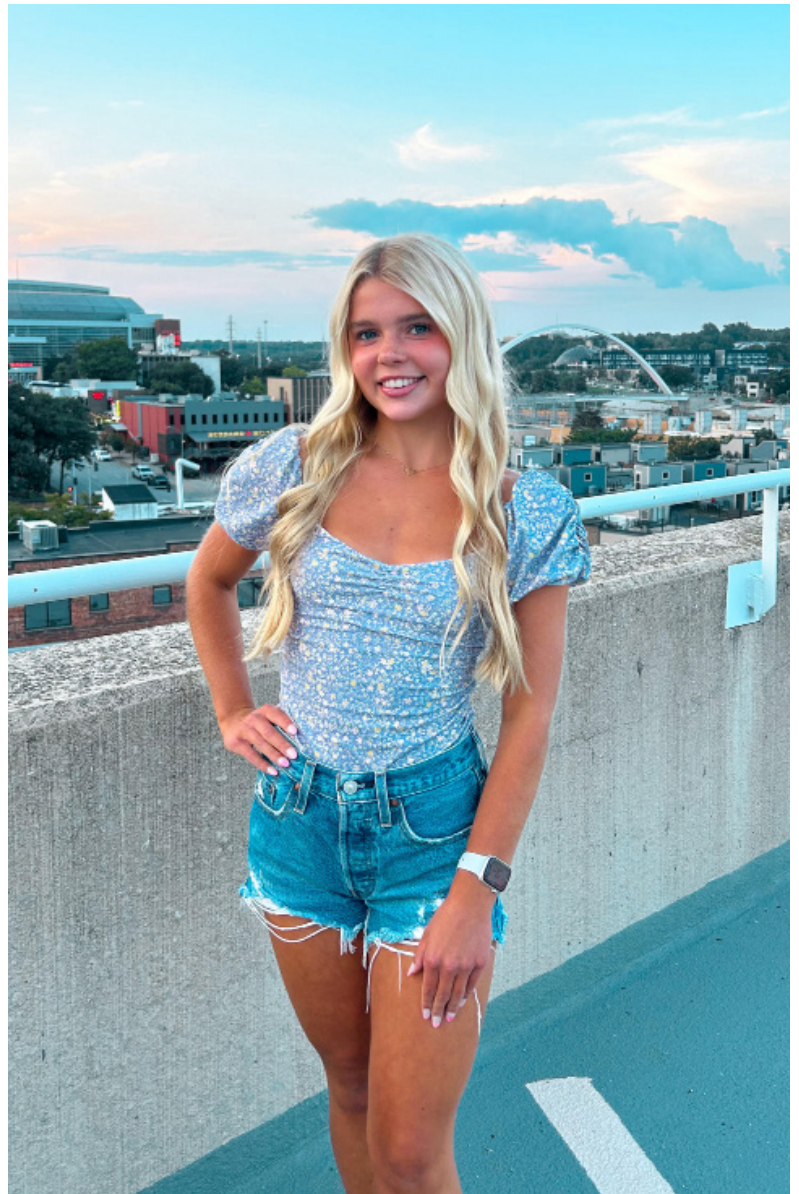
A: Popular stuff.

Q: Do you have any pet peeves?

A: Slow walkers.

Q: What is your greatest fear?

A: I'd say probably dying.



Q: Are you an early bird or a night owl?

A: I'm more of an early bird.

Q: Are you an extrovert, introvert or an ambivert?

A: I'd go probably as an extrovert.

Q: What is your dream career?

A: Maybe a nutritionist.

Story by Alexis Enriquez
Photo courtesy of Katelyn Pearson

GERMAN EXCHANGE STUDENTS

German exchange students have come to Waukee for the first time since 2018. The students were here until October 23rd. In recent years, there have been issues getting permission to have exchange students come to the US since The COVID-19 epidemic in 2020.

The German exchange students are hosted by the families of German-learning students in the Waukee school district. Students taking German classes in high school were offered the opportunity to host a student from Germany. In turn, Waukee students will visit Germany in 2026 and learn about the culture there.

The German students have learned a lot about life in America, and our students have learned about Germany in turn. As can be expected, there was some culture shock when the German students came to America for the first time. Three of these students will reflect on their experiences in American culture and how it differs from their own culture.

1. What do you like to do for fun?

- a: "Meeting my friends and just walking around."
- b: "Doing stuff with animals or friends."
- c: "Hanging out with my friends."

2. What is your favorite movie?

- a: "Frozen."
- b: "Immenhof - The Adventure of a Summer."
- c: "I don't have one"

3. What is the most surprising thing about America for you?

- a: "The Toilets, there's so much water in it."
- b: "Everybody is very friendly!"
- c: "The water has a lot of chlorine in it."

4. What is the difference between teachers in America vs teachers in Germany?

- a: "[The teachers are] not as strict."
- b: "Talking to teachers in America is less formal."
- c: "They're more relaxed than teachers in Germany."

5. What is one difference between your school in Germany and school here in the U.S.?

- a: "The cafeteria here is like the center of the school and is used a lot. In Germany, it's just another room somewhere."
- b: "The school is modern. German schools are mostly very old."
- c: "That the participation in the class doesn't count as much. In Germany, it's at least 50% of the grade."

6. How is the clothing in America different from what students wear in Germany?

- a: "Everyone here just wears joggers, and in Germany, we kinda dress up for school, not every day, but still a lot."
- b: "Germans wear jackets more often, and it is not so common to wear here."
- c: "Many people wear sweatpants and leggings to school, which is rather uncommon in Germany."

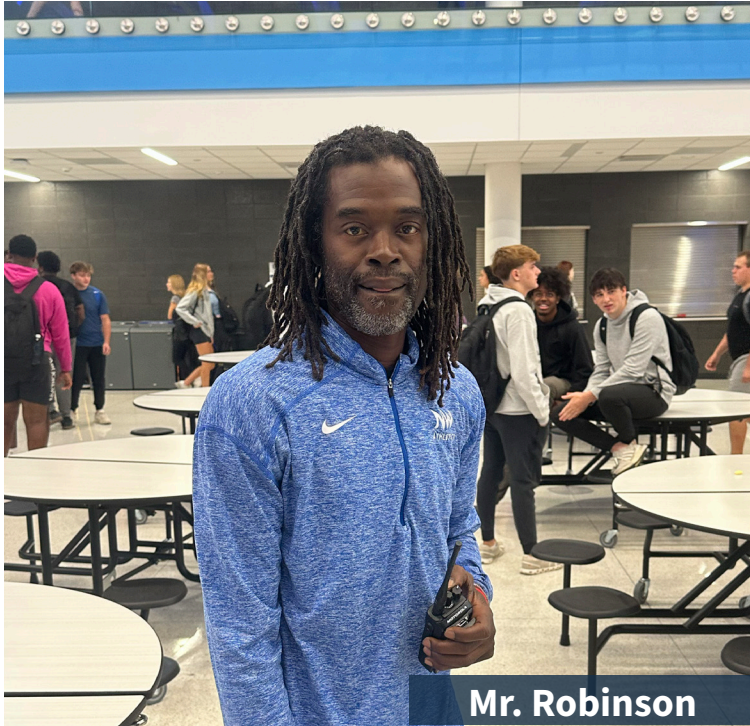
7. How do students treat each other in Germany, and how is it different in America?

- a: "I'd say that the students here are way nicer, and everyone talks to each other while we just talk to a few friends. There are always people who sit alone or don't have friends, but I've never seen this here."
- b: "American students are more helpful to each other. In Germany students could be envious, especially when they get less back."
- c: "I think students here have more friends and know more students here. The people seem nicer in general."

Story by Ethan Seydel
Photos courtesy of NWS host families



FEATURE: NW HALL MONITORS



Northwest High School (NWHS) has two amazing hall monitors that roam around our school to make sure the school is functioning properly and befriend students within.

Vernon Robinson is the one of the two hall monitors at Northwest. This is his first year at NWHS. Last year, Robinson worked at Prairieview, and moved to Northwest High School for the 2024-2025 school year. He also Girls Basketball, helping out with track or cheering on many other sports, such as soccer or any sport he can get to.

“I enjoy all the conversations with our students. Believe it or not, I count on students as well, you all find [a way] to make me smile.”

Robinson claimed, “I enjoy interacting with students that most don’t speak to. I want them to be noticed as well.” Throughout his time here so far, he has adapted to the students and the new school around him.

Robinson also commented, “I enjoy all the conversations with our students. Believe it or not, I count on students as well, you all find [a way] to make me smile.”

He also welcomes everyone to come up to him and have just a quick conversation. He can help with anything, from bullying troubles to having a question or anything a student may need to talk about.

The second hall monitor at Northwest is Cameron Hansen. He has been here since the school opened in 2021. He is known to work at Triumph Park and is also a coach for Northwest Football, Girls Bowling and freshmen Baseball. People will find him working around the school throughout the school hours.

Hansen commented, “A big misconception is that all we do is walk around. Our jobs are very complicated and we work on some severe and [very] sensitive issues. We are here to support everyone and make sure our school is a safe place.” Again, the hall monitors are another reason why Northwest is a very well-run school and is an important part of the school community.



Hansen also added, “My least favorite thing to do is write parking tickets. Sadly, it is a necessary evil that we have to deal with, especially with our growing size. Before long, there will be very limited parking.” He mentioned that he loves seeing sophomores grow up and become graduating seniors.

So, the next time Robinson or Hansen walk around the halls and are not busy, thank them for everything they do and will continue to for Northwest High School.


Story by Grace Mgana

CHAT WITH GEMINI


On February 8, 2024, Google launched its new and reworked its new Artificial Intelligence (AI) language model: Gemini.

Gemini was initially released on March 21, 2023, under the name Bard as a way to respond to the rise of OpenAI's ChatGPT AI. Gemini was then created the Google announced its new AI language model: Chat with Gemini. Then on December 6th, 2023, the world got its first glimpse at Gemini AI, when Gemini Pro was integrated into Bard. Two months later, Bard and Duet AI, another Google AI language model, were unified under Gemini's brand, which went on to replace Google's Assistant AI.


Gemini is a three-version (Ultra, Pro and Nano) AI model that helps in many ways, from answering a quick question to doing math equations. Using a multitude of advanced codings, Gemini uses the provided data to serve users' answers. Gemini has been found in search results, YouTube and many other Google products.

 CEO and Co-Founder of Google's Deepmind, Demis Hassabis, mentioned, "Gemini is the result of large-scale collaborative efforts by teams across Google, including our colleagues at Google Research. It was built from the ground up to be multimodal."


Gemini can generalize and seamlessly understand to operate across and combine different types of information, including audio and videos. Some students at Northwest have either noticed or used the product.

 "[Compared to a normal Google search,] Gemini is more cohesive with a better format. It shifts through a dozen sources and gives you your answer," explained senior John Mulder. Mulder also added that Gemini can and may give out false information.

Gemini goes through a mountain of sources, which could include false information from websites like Wattpad and Facebook. From that, students may use that information for their essays and bring down their grades. Gemini does not also include the appropriate filters. Because of Gemini's feature of 18+ users, it has been blocked from students' technology. Though the AI overview is not blocked, the website is blocked for research.

 6-12 Technology and Innovation Coach Erica Beals stated, "Gemini is [an amazing] tool, but the Terms of Use for Gemini is for ages 18 and older..." Beals also mentioned that she has used Gemini for some research purposes and created some AI images just for fun.

Although Gemini could be used for good educational purposes, it can also be misleading and harmful for younger students nationwide. Gemini's AI overview is available on Google for students at Northwest, and teachers wonder about how the resource could affect their classes.

 English Teacher Kelly Thompson mentioned, "I think it's just all in the training students the ethical way to use any sort of online resource. I definitely think if they're struggling with something and ask a question from this source, not to use it to write their thinking, but to add to it. I think that could open up for discussion."



"Sometimes
you

will never
know

the value
of

a moment
until it

becomes a
memory."

-Dr. Suess