

HOOVER HUSKIES

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RESILIENCE

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RYLIE MEYER

SOCIAL MEDIA & FILM EDITOR IN CHIEF

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MANAGING EDITOR

CALLIE GARCIA

STAFF

JULIEANA MUNOZ

KALEB NICHOLS

ETHAN ROGERS

RIPLEY MILLER

AMBER HAGLER

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LETTER FROM THE EDITOR

ISSUE N° 3

RESILIENCE

How we have handled this hard year and shown resilience from it.

This past year has shown us how cruel the world can be. A year of our teenage lives, high school years, and many traditions have been taken away. We have not only experienced a once in a lifetime pandemic, but a never-ending cycle of events. The government came in-between students and sports. We experienced protests for the fight of racial equity. We became victims to a governor that shows she does not care about our health. A dramatic election where it was a vote for rights.

We have pushed through all of these setbacks and milestones without missing a beat. We have not looked at a problem and turned away from it. We make sure our voices are heard. We have shown

resilience at every chance we get. We are unstoppable and they cannot make our voices unheard. We push for change when needed and we stand up for what is right.

Through quarantine, our generation has found ways to make things better or to get back their school years and experiences. When the government tried to come in-between the students and their sports we fought. We stood up to racial inequality to make sure our voices are heard. We have pushed for real change and achieved it. We are resilient.

GRAPHICS & DESIGN BY RYLIE MEYER, DESIGN
EDITOR IN CHIEF

HOOP DREAMS

The 2020-2021 season of basketball proved to be one of the hardest seasons our Huskies have faced. With such a new team, there were certain challenges that would be inevitable. No one expected their biggest challenge to be off the court.

This season, Hoover had a younger team than in previous years. All they wanted this season was to be better than last year. Even with the lack of experience that came with being young, this team has amazing offense. Specific players like senior Manny Austin, sophomores Chase Henderson and Elijah Vos were big personalities on the court and could not be missed.

“We can be exciting to watch sometimes. We are better than we were in the past in terms of guys being able to put the ball in the basket,” head coach Courtney Henderson said.

The biggest challenge faced by the Huskies this season was the loss of their teammate and friend, Emmanuel Nyariel. Nyariel was loved and admired by his teammates and was extremely passionate about basketball. He was described as the bridge between the players. He brought the team together and brought positivity to every practice. The memory of Nyariel lives in Hoover and in these players as a great friend and player. The boys put his jersey on the bench every game and said his name when breaking out of every huddle. After his death, the team did not slow down but worked even harder this season.

“I’ll remember him as one of my closest friends. I have so many memories with him. My favorite being the car rides and all the music we

would play, He hated country music and I loved playing it just to see his facial expressions. I miss him so much,” Vos said.

The season ended 13-5 at the second round of sub state. Even though the Huskies did not make it to state, they laid everything they had on the court. Quite literally, Vos lost a tooth.

The potential of this team goes past what anyone think it can be. The talent on this team is shown every chance they get.

**THAT WAS MY BROTHER. I WOULD DO
ANYTHING IN THE WORLD TO PICK HIM UP FOR
PRACTICE ONE LAST TIME.**

-ELIJAH VOS

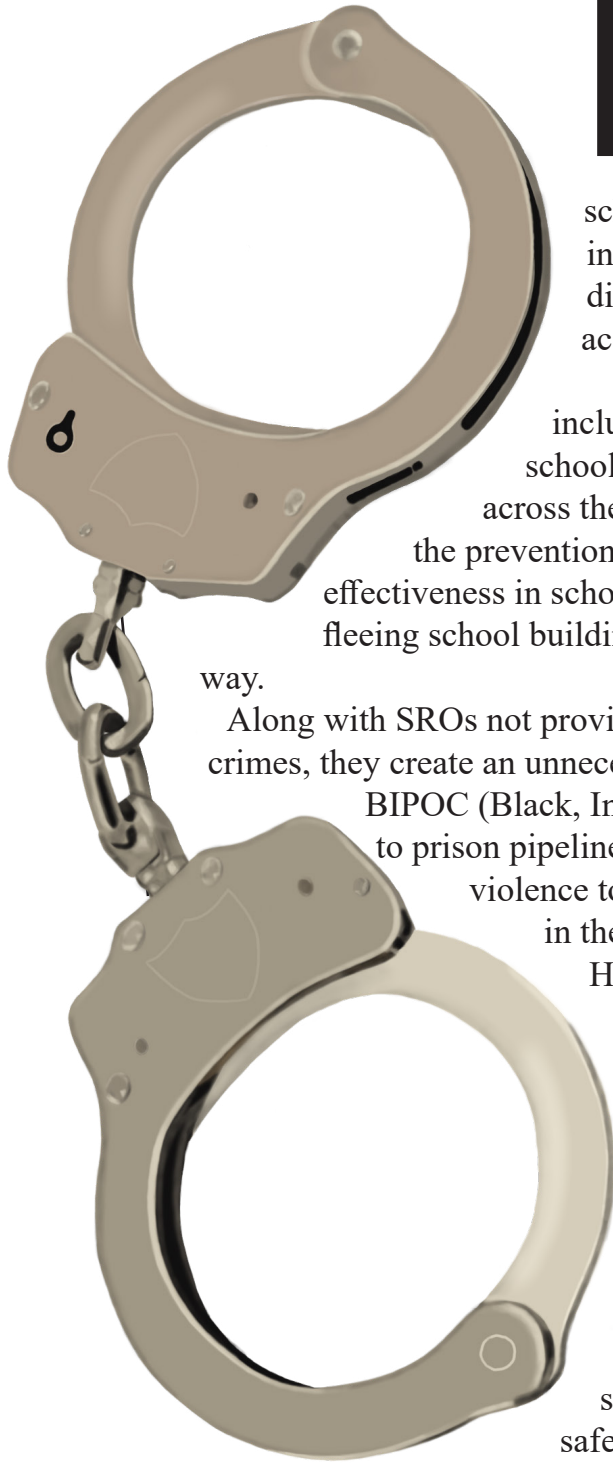


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GRAPHICS, DESIGN & PHOTOS BY RYLIE MEYER, DESIGN EDITOR IN CHIEF

HOOVERCHALLENGER.COM SPRING 2021 NEWS 7

TOUGH ON CRIME



Police do not belong in learning environments. In early 2020, East High School students Endi Montalvo-Martinez and Lyric Sellers created a racial justice and equity proposal presented to the superintendent for the full removal of school resource officers (SROs). After the racial injustices in summer 2020 and the Des Moines Public School district's anti racist proclamation, their work has rapidly accelerated.

With an increase in school shootings in the 1990s, including the well-known Columbine shooting in 1999, school resource officers began to be widely implemented across the nation. Though their purpose may have been to assist in the prevention of these events, there is no outstanding evidence of their effectiveness in school shooting situations. There are even examples of SROs fleeing school buildings during shootings, leaving students and staff in harm's way.

Along with SROs not providing protection from school shootings and in-school crimes, they create an unnecessary entryway into the criminal justice system for BIPOC (Black, Indigenous, and people of color) students, AKA the school to prison pipeline. Historically, there has been a history of heightened violence towards BIPOC by the police. As the most diverse school in the state, this should be of even more concern for the Hoover community. Students should not be made to feel as if they may become another George Floyd when coming to school.

"Another way this perpetuates the pipeline is that having an officer in the building leads to students thinking they must be bad and need monitoring/policing...that idea being engrained in these children leads to that continual assumption of criminality," social studies teacher Jeanette Carrington said.

According to Sellers and Montalvo-Martinez, "a sense of safety is subjective." Though some may find safety with police presence in schools, many others feel the opposite. The results from a November survey sent to DMPS

students, staff, and families found that only 38% of high school students and 33% of staff found SROs helpful.

"For many students SROs give a very hostile and traumatizing environment. We believe we

Student leaders reimagine school safety.

By: Arabia Parkey
Media Editor in Chief

can address safety, not just physical but emotional safety in school through restorative justice practices and mental health service. The reality is that almost $\frac{2}{3}$ of charges made by SROs are minor misdemeanors, the majority of them simply described as ‘disorderly conduct’ which is subject to the discretion of the officer,” Montalvo-Martinez said.

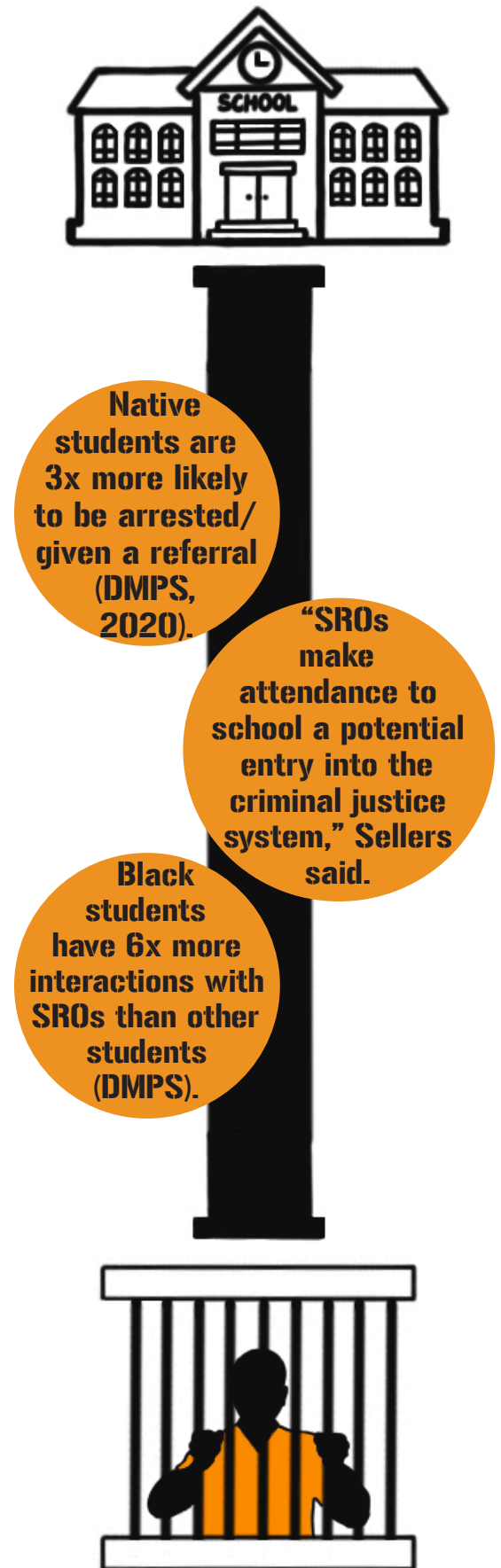
If preventing in-school crimes and shootings are truly of concern, stopping these incidents at the root should be of utmost importance. Many crimes committed by students are commonly related to mental health, home-life problems, and other circumstances that can be addressed by trained professionals instead of police intimidation.

According to staff, counselors are forced to spend much of their time creating schedules and less time addressing other essential services. Reallocating the nearly \$750,000 spent by DMPS on 11 SROs to mental health professionals and restorative justice practices could be monumental in limiting the need for police intervention.

“The funds for SROs need to be reallocated into mental health services and support services for our students, staff and families. We need to invest in restorative justice practices and de-escalation training that is also catered to cultural competency because of our diverse student body,” Sellers said.

As of now, the voices of Des Moines’s student leaders are being heard. The current contract with the Des Moines Police Department has been suspended for the remainder of the 2020-21 school year. The district has also presented a plan for full removal of SROs and the school board is set to vote on the status of the SRO contract in mid-February for the upcoming school year.

Community support for student-led movements is imperative as students are being actively affected by the racist institutions present in schools. Amplify student voices and continue to support this movement as changes are being made. Follow @dmpracialequity on Instagram to find more ways to support the district-wide racial equity team or contact Ms. Carrington and Ms. Paradise-Flores to join the Hoover student racial equity team.



GRAPHICS AND DESIGN BY ARABIA PARKEY

THE NEW NORMAL

How virtual students feel their year is going.



The country is closing in on one year with Coronavirus. As a result, every school district is offering multiple options to students so that they can feel safe. How does the virtual option affect student's mental health? Can being alone for long periods of time and not having the social interaction from a classroom affect one's mindset? While some students find virtual learning easier, many have struggled.

Freshman Paisha Goodrich, junior Grace Clingan, and sophomore Jaquelyn Rosas were of the 30% of students that chose the virtual learning model. Each of them said they picked this model for safety reasons.

"I want to be as safe as possible. I have people in my family that could get seriously ill if I were to give them Covid, and I honestly want to avoid it for my own sake," Clingan said.

Although they are staying safe from Covid,

there are many struggles that come with online learning.

"I struggle to keep up with all my work and I usually struggle to stay focused," Goodrich said.

Clingan agrees that time management and staying focused is harder in the virtual model.

"When you're at home it is easy to ignore work, but on a good day I can manage to stay focused enough to get things done," Clingan said.

With the workload increasing due to shorter terms, time management still remains an issue.

"I think to myself that 'Oh, I can get that done later during the day so I can do something else instead,' or laziness will get the best of me from time to time," Rosas said.

According to The American Psychological Association, psychologists are concerned about how students will cope psychologically with the ongoing loss of access to the friends, teachers and routines associated with going to a physical campus.

"Luckily, I am an introvert and I have not been affected to the extent a lot of other people have been. I like being with myself, so I have been able to cope," Clingan said.

However non-introverts may have a harder time coping with online learning. With this, their anxiety and stress levels have gone up.

"My anxiety has gone up a lot because we are learning at such a fast pace and I can't

"DMPS NEEDS TO HELP US HELP OURSELVES BECAUSE IT HAS BEEN HARD ON US AS STUDENTS AND WE DON'T UNDERSTAND HOW TO HELP OURSELVES." - PAISHA GOODRICH, FRESHMAN

always keep up with what's happening in my class," Goodrich said.

Clingan also agrees that there has been a big change and it does impact aspects of her life. Along with becoming exhausted and worn out, losing sleep has become a common issue.

"The most that has affected me is the lack of sleep I get due to staying up late to finish an assignment that's due the next day, or the sudden lack of motivation," Rosas said.

While many problems occur while learning virtually, there should be ways to make the process easier.

"I feel like DMPS can add certain days where kids can catch up on school work, because so many kids have failed or have been close to failing in this model," Goodrich said.

Clingan believes teachers pushing for more participation may result in less students failing.

"I know students hate it, but when my teachers did that, it forced me to learn the material," Clingan said.

Virtual learning is a huge change for all students. Like all major changes, it takes time to adapt. It will take a lot of effort to return to normal but until then it's vital to take care of yourself and one another. Check in on your friends and remember things will get better with time.

Resources for teens:

-COVIDrecovery.org- free counseling to Iowans; virtual options, Iowa Warm Line 844-775-9276 request a counselor

-The Trevor Project- How LGBTQ youth can cope with anxiety and stress during covid19

-ICISF.org- International critical incident stress foundation inc. Suggestions for sustaining resilience during the covid19 response (resilience building tips)

Resources for educators/ counselors:

-pchsia.org- cultivating resilience webinar

-mhffcnetwork.org/ pacificsouthwest – school mental health crisis leadership lessons

-MHTTC Network- National school mental health curriculum: guidance and best practices for states, districts, and schools

GRAPHICS AND DESIGN BY CALLIE GARCIA
PHOTOS BY LILLY JOHNS



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Self Care Tips

1 Buy some flowers

2 Play with a pet

3 Find a new hobby

4 Journal

6 Meditate

7 Go for a walk

5 Self affirmations

11 Scream into a pillow

8 Listen to a podcast

10 Read a book

12

9 Go to bed early

14 Listen to music

Drink water

13

At home spa day

15 Light a candle

16 Practice gratitude

17

Eat a healthy snack

18 Paint

19 Sing

21 Drink a cup of tea

20 Meet with friends

23 Unplug

25 Dance

22 Have a Netflix day

24 Declutter

GRAPHICS AND DESIGN BY
CALLIE GARCIA

Have you ever heard of the phrase “Treat others the way you would want to be treated”? But have you ever taken a moment to think what that is exactly? Love is something that comes from within, so it’s important to begin with yourself.

Struggling with the mental side of self-care is actually not as uncommon as you may think. In fact, it has been reported that the pandemic has taken a toll on people's mental health.

According to a KFF.org tracking poll, “In Mid-July, 53% of adults in the United States reported that their mental health has been negatively impacted due to worry and stress.” This was significantly higher than the 32% reported in March of last year. Many people, including myself, really enjoy having daily social interaction. The sudden lack of those connections was a drastic change on top of the many changes we had to make in our society.

SELF-CARE ACTIVITY IDEAS

- HANG OUT WITH PEOPLE YOU ENJOY
BEING AROUND (SAFELY, OF COURSE:)
- ORGANIZE YOUR PERSONAL SPACE
 - EAT YOUR FAVORITE FOODS
 - PAMPER YOURSELF
 - MAKE YOUR BED
- TAKE A BREAK FROM THINGS THAT
CAUSE YOU TO BE STRESSED

MORE SELF LOVE MORE SELF LOVE MORE SELF LOVE MORE SELF LOVE
SELF LOVE MORE SELF LOVE MORE SELF LOVE MORE SELF LOVE

HOW TO PRIORITIZE YOURSELF: PANDEMIC EDITION

Especially now, most of us have had to face pretty big shifts in our routines as well.

With isolation and a variety of cancellations for gatherings and events, quarantine gave us so much time set aside for ourselves that some took this opportunity to focus on exactly that. Trying different hobbies, practicing new skills, and spending time setting personal goals became a great use of time.

English Language Learners teacher Ann Mincks took that time to create a new routine. “I think the biggest game-changer for me in terms of balance was breaking down my free time into different ‘compartments.’ This way, I was able to make sure that I was allocating time each week to do the things that I wanted to. i.e. On Tuesday, I play tennis, etc.,” Mincks said.

The ability to organize your time and making room to try out things that will make you happy is one of the best things to try when you want to get better at self-prioritizing.

- LISTEN TO MUSIC YOU LOVE
- WATCH YOUR FAVORITE MOVIE
 - BINGE A NEW SHOW
 - MEDITATE
- DRINK SOME WATER!
 - TAKE A WALK
- LEARN A NEW SKILL
- SPEND TIME OUTSIDE
 - EXERCISE
- MAKE A NEW PLAYLIST
- SAY YOUR DAILY AFFIRMATIONS

Once you have these goals in place, it makes it so much easier to stay in a positive mindset and increase your productivity. Senior Amber Hagler has found that setting long term goals for herself has become one of her main focuses throughout the past couple months.

“The biggest goal I have set over the last year is to stay in shape and maintain health. I try to go to the gym at least twice a week and eat relatively healthy,” Hagler said.

Self-love can be promoted in different ways such as adapting elements from past experiences and implementing them into evolving your ability to self-prioritize.

“When I was a sophomore in college, I traveled to El Salvador. I visited an organization in the small community of Suchitoto that was focused on social work and community support. They had a mission statement of sorts that said, ‘To heal yourself is to heal the world.’ For whatever reason, this really stuck with me, and changed my perception about the importance of taking care of myself. It is not like helping others is unimportant, but I realized that I have a responsibility to care for myself as well,” Mincks said.

“LOOKING AFTER YOUR-
SELF IS THE GREATEST
ACT OF KINDNESS YOU
CAN GIVE THE WORLD.”
(HOLLY BOURNE)

SELF LOVE MORE SELF LOVE MORE SELF LOVE MORE SELF LOVE
MORE SELF LOVE MORE SELF LOVE MORE SELF LOVE MORE SELF LOVE

Whether big or small, steps to better your relationship with your self aren’t an exact science. Small acts of self-care can help progress you forward to your end goal. Hagler’s methods of self-care may be on a smaller scale, but they are just as important.

“It’s essential to focus on yourself sometimes. Otherwise it’s easy to get caught up in the world around you. My favorite ways of treating myself are falling asleep early and eating chocolate. Even though it doesn’t sound like a lot, it’s something I look forward to,” Hagler said.

Although it may seem like this can become a daunting process, even the smallest movement towards your goal can make the biggest difference. Even for me, self-prioritization has not always been simple. But throughout the pandemic, I have made it a big goal to focus more on taking care of myself and well-being. Some of my favorite things to do for myself are going to the gym, hanging out with people that make me happy, and going on drives. Making these simple tasks a main part of my routine has exponentially improved my mood and relationship with myself.



GRAPHICS BY RYLIE MEYER
DESIGN BY JULIEANA MUNOZ

BUY BLACK

Supporting Black businesses 24/7, 365.

Within the Black community, the dollar circulates for an average of six hours. Black dollars are quickly spent outside of the Black community, hindering the accumulation of generational wealth. In comparison, according to thefamuanonline.com, the average lifespan of the dollar is 17 days in white communities, 19 days in Jewish communities, and 28 days in Asian communities. In the midst of a pandemic and a continuous racial justice crisis, it is more important than ever to buy from Black businesses. Here are four popular Black businesses in the Des Moines area that deserve your support!



CRYSTAL RNPS

INSTAGRAM: @CRYSTALRNPS_

Type of business: I run a jewelry/accessories crystal custom shop! Using my hands, I curate designs that incorporate the use of crystals and metals to adorn on the body as anything from earrings and necklaces to crystal windshield car decorations-here crystals are customized to your life!

Most popular items/services: My most popular service is crystal batches: collections of curated crystal designs. Some popular items are crystal custom necklaces!



What is a goal that you have for your business? A goal of mine is expansion! Expansion of crystals, of customers, of service. For example, teaching and leading a creating crystal workshop! Truly, to reach more people and help them help themselves on their jewelry.

KIANN'S COOKIE CREATIONS

WEB: KIANNSCOOKIECREATIONS.COM

INSTAGRAM & FACEBOOK: @KIANNSCOOKIECREATIONS

What inspired you to create this business? I always loved making sugar cookies with my mother as a child and continued the tradition with my own children. I would hand out cookies to friends around Christmas and got so many compliments so I thought hmmm I wonder if I could sell them. At the time I was also looking to earn some extra money for my kid's dance hobby.

Most popular items/services: My signature item is my custom decorated sugar cookies. They can be tailored to any occasion or theme my customer requests.

Overcoming the impact of COVID: COVID actually forced me to step out on faith to do this full time. I always knew some day that is what I wanted, but that some day became a quick reality when schools did not go back to in person this fall. My boys needed me and the decision was made for me to do this cookie thing full time. I am so blessed that it has been successful and more than I hoped for. So for me, COVID turned a challenge into a triumph.





SIMPLY SAMONE

WEB: SIMPLY-SAMONE.COM

INSTAGRAM: @SIMPLY.SAMONE_

Type of business: I run a lip line. I create homemade products such as vegan based lipgloss, organic chapstick, and lip scrubs. These products all help to keep your lips hydrated, moisturized and healthy, while promoting self care and self love, in specific to BIPOC folx and centering Black Women.

Most popular items/services: My most popular items are my lip gloss styles “Brown Bombshell” which is a brown tinted butterscotch scented lip gloss. Another popular item is my gloss style “Peppermint Princess” which is a clear gloss with small sparkles.

Overcoming the impacts of COVID: I have a lot of challenges with boundaries while being Black in a white dominated business world. I feel like a lot of people overstep and do not respect my boundaries simply because I am not only Black, but I am young, and also a woman. People tend to skip over my business and not take me seriously. I have to work 5x harder - because I know if a white girl in my shoes- doing what I do- and my age- would have made national news by now or even been on Ellen or something of that sort! But because of who I am, I have to put in that much more work because people tend to not take what I do seriously or down play me. I also have trouble with people expecting favors or special treatment- which also shows the lack of seriousness they associate with what I do.



GOOD VIBES MOVEMENT

INSTAGRAM & FACEBOOK:

@GOODVIBESMOVEMENT

Most popular services: Most popular thing we do is free/donation based yoga.

Overcoming the impacts of COVID: COVID has really slowed everything down, but financially we haven't been impacted cause we run off donations. So whether we're getting paid by you or not, work doesn't stop. I'll just use money from my contracting company to feed the people instead of buying a new pair of shoes.

Other cool services: We do a work out Tuesdays and Thursdays, 7-8 am at the GrubbY. Whole body workout, speed and agility, all around athlete type stuff for anyone who wants to get fit really we'd love to spread the word. We got some college athletes that come help, some semi pro hoppers, and trainers. It's dope, it's free, and it's for everyone. Slide through.

By: Arabia Parkey

Media Editor in Chief

DESIGN BY ARABIA PARKEY
PHOTOS BY LINDA BROWN, SAMM YU,
KIANA HINES, ASHLEY HILL, MEGAN
POOLE, SUSANNE CORUM-RICH, AND
CARTER LARSEN



Tim, Ann, and Kevin



Leslie and Anne Thien

Paws-itives of the Pandemic

By: **Sage Johnson**
Copy Editor in Chief

A rise in pet adoptions within the pandemic has improved the lives of many animals from rescues.

Masks, hand-sanitizer, and toilet paper. The Covid-19 pandemic changed the priority of purchases in households nationwide. For some people, this included a furry friend! With the national lockdown last spring, people found themselves in isolation and needing a companion during the difficult times. Animal shelters and pet rescues all over had a major increase in adoptions.

This summer, my family decided to adopt a kitten. In true quarantine fashion, we spent a lot of time binge-watching our favorite shows such as Parks and Recreation, where our new kitten received the name Ann Perkins, a character from the show. My cat Ann is from AHeinz57 Pet Rescue and Transport, a non-profit organization based in Central Iowa with a foster-based animal rescue to prevent the large number of shelter animals from homelessness.

DMPS elementary teacher, Melissa Simmermaker, fosters cats and kittens through

AHienz57 in her home.

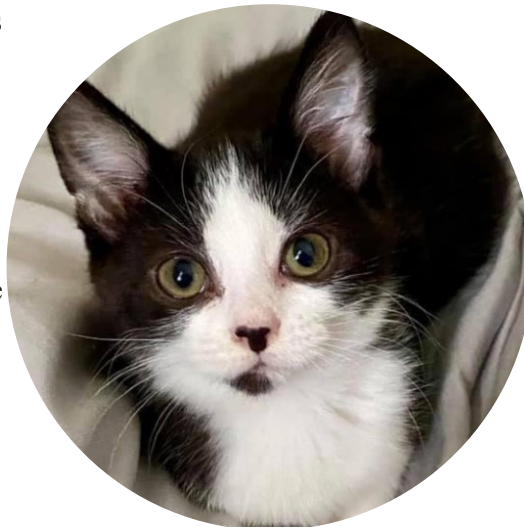
"I began fostering in the fall of 2019 because I saw a story in the news about an animal hoarding incident in Dallas County. AHeinz57 had just taken in an overwhelming amount of cats and needed additional foster homes to make more space for new arrivals," Simmermaker said.

Simmermaker continues to volunteer and has fostered nearly 20 kittens during the pandemic, including Ann Perkins. While the pandemic has brought more attention to pet rescues, it has also caused a few difficulties for kittens before they find their forever home.

"The pandemic has made it much more difficult for my foster kittens to become socialized. I

typically invite friends over, as often as possible, to handle and play with the fosters. It's important for kittens to meet as many people as possible when they are young, but the pandemic has made that very challenging," Simmermaker said.

Simmermaker's roommate, Kelsey Thien, has





Kevin Thien



Livi Davison

become very familiar with the fostering process and has even adopted her own cat, Kevin, from AHeinz57.

"They all have very different personalities, and it is fun to watch them grow and learn new things. I'm lucky enough that I was able to work from home for a couple of months, so it was really nice to have them during that time. They helped me forget about the world's problems for a while," Thien said.

"I encourage anyone who is looking to add an animal to their family to adopt from a pet rescue. While it might sound cliché, adopting an animal from a shelter honestly saves that animal's life," Melissa Simmermaker said.

The fostering process is a crucial part of the adoption process. Adopting from a pet rescue like AHeinz57 helps animals that are in tough conditions and are taken care of by volunteers before they are adopted.

"While the fosters are with me, I take care of them like they are my own pets. I focus on helping them become more socialized and healthier, so they

are ready for a forever home," Simmermaker said.

Fostered rescue animals are treated for a wide variety of medical issues before they can get adopted. A non-profit like AHeinz57 uses donations to cover medical and transportation expenses.

"Pet rescues do an amazing job of helping animals that may not have had a chance otherwise. Some of our fosters were found under a bridge, on the side of the road etc., and came to us in pretty bad shape. Through the rescue, they were able to get veterinary care, and we were able to help them get healthy again," Thien said.

Social Studies teacher Amber Davison and her family recently adopted a six-year-old pit bull terrier mix through AHeinz57 and faced a similar experience.

"We know a few families who had also adopted from this rescue. They do a lot of fostering so they are able to give you a lot more information about the dog's needs. We were also lucky, the day we went to pick her up they found a cancerous tumor. They removed the tumor and provided us with medication for free after," Davison said.

Adopting a pet is a big step and commitment and not something to enter in without thorough research. A lot of time, effort, and resources are an essential part of being a pet owner and making sure the animal is in a safe and loving environment. Though it can be challenging, adopting from a rescue is great for the pet, and great for you!

For more information about adopting, fostering, or donating, visit the AHeinz47 website, www.aheinz57.com.

DESIGN BY SAGE JOHNSON,
COPY EDITOR IN CHIEF

Student Essential Workers

Teen essential workers practice resilience while juggling school and work during a global pandemic.

The term ‘essential worker’ is yet another phrase that has been used regularly during life in a pandemic. The first thing that comes to mind tends to be adult employees such as doctors, nurses, or even restaurant owners. However, working high school students have found themselves under the essential worker umbrella, whether it be working in their local grocery store, restaurant, or nursing home. But now with Governor Reynolds’s actions to transition all schools to 100% in-person learning, how does that impact student “essential workers”?

With large class sizes, it is difficult for social distancing to take place in the classroom once everyone came back in the building. Junior Logan Kleese works as a dietary aid and server at a senior living facility called Edencrest and has concerns about returning to in-person class full-time.

“Going back to school five days a week means having more chances of getting Covid and taking it to work with high risk people. Earlier we did get Covid in the building and had residents pass from it. The hardest part for me was not being able to have family members there with the residents. Everyday I’m at school passes a risk of me getting and giving Covid to somebody who isn’t strong enough to survive it,” Kleese said.

While contracting the virus can be extremely critical, junior Kadee Collier believes that high schoolers are the best candidates to be working right now.

“I know it can be a risk but with college coming up its necessary to save up as much money as you can, and just try to be as safe as possible. I think of all people, it might be safer for teens to work right now. Although we’re not bullet proof, it is more likely that we’ll live through Covid,” Collier said.

The transitions from virtual, to hybrid, to in-person learning has affected work schedules and time management. Senior Amber Hagler found virtual school to be more accommodating for her work schedule.

“To be completely honest, working during the pandemic was really good for me. Although there was an obvious health concern, working allowed me to get out of the house and socialize with people other than my family. It was a great way to make money and still provide a sense of normality. I’ve always been good at balancing school and work, but virtual school made it easier for sure. Not having to go from school to home to work cuts down a lot of unnecessary time. But I also just make sure I get my work done either before I go to work or that I have enough time to do it after,” Hagler said.

Along with major changes in schools, many student employees are also experiencing a lot of change within their job. Places of business and public spaces have all adapted to a new normal of safety precautions and protocol to ensure the safety of the staff and customers.

“We have to wear masks now and it is required that all of our customers wear one as well. In a food place, we had a lot of the same safety precautions such as washing hands every 30 minutes and

putting dividers between tables,” Collier, who is an employee at the Panera in West Des Moines, said.

Hagler has worked in the Customer Service Department at the Windsor Heights Hy-Vee for almost two years and experienced a big shift once the pandemic hit.

“My job has changed a ton since Covid started. The initial changes were massive cleaning efforts and wearing a mask of course. Cleaning was increased and done more often than ever before. They also installed plexiglass “barriers” in front of cashiers. The entire atmosphere changed as well. Working at a place that was so oriented toward customer service, the separation between customers and employees distanced more than ever,” Hagler said.

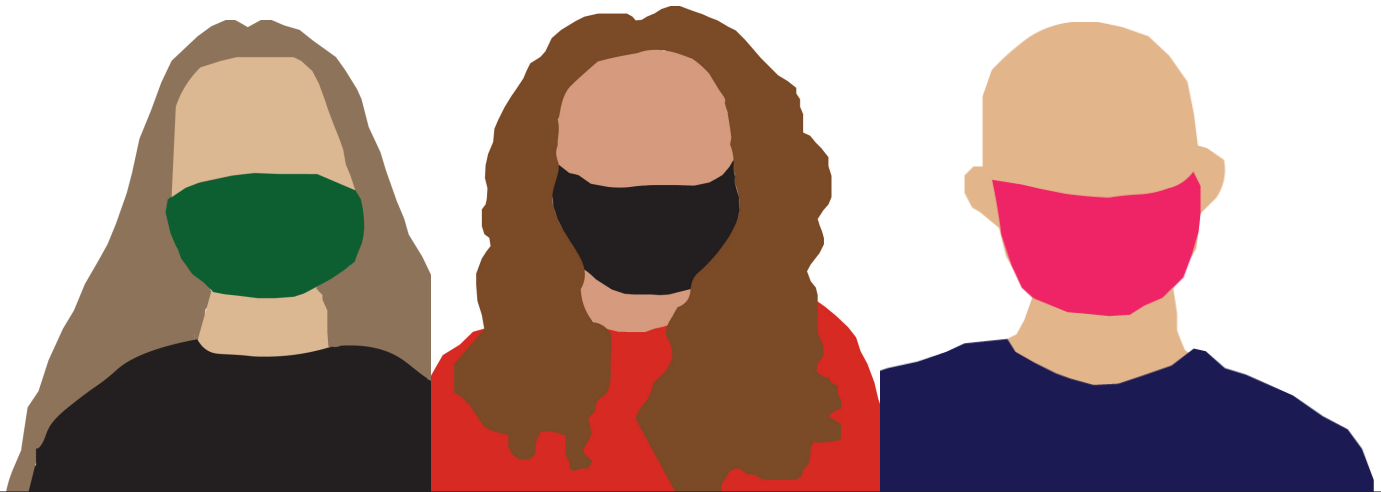
As well as public spaces, senior living facilities have also had to adjust meal protocols and cleaning

procedures. A facility with higher risk residents calls for extreme safety measures.

“During the beginning and middle chunk of Covid, our dining room was closed, and we would do meals as room service on disposable plates, silverware, and cups. We’ve also not allowed any visitors in the building. We all wear standard PPE [Personal Protective Equipment] and packages that come have to be sprayed down and kept in the vestibule for 24 hours before going to residents,” Kleese said.

Though working during this time has brought many fears, Kleese still find the joy in her job and is looking forward to the future.

“I love working with the residents because the future goal for me is to be a nurse. This is helping my path towards that because it’s taking care of people,” Kleese said.



Kadee Collier, Junior
Panera

Amber Hagler, Senior
Hyvee

Logan Kleese, Junior
Edencrest

Featured Employees

STORY, GRAPHICS, AND
DESIGN BY SAGE JOHNSON,
COPY EDITOR IN CHIEF



ATTEND AN HBCU!

The Black College Experience

Now, more than ever, black students are finding ways to prioritize the need to be self-educated. Black students in DMPS are changing the school system and breaking down walls to build a better future for black youth. From the process of getting SROs removed, to advocating for DMPS to add black history courses to our school curriculum, many changes are rapidly happening. But for seniors, changes happening currently in high school won't truly affect them. So, what can seniors do after high school is over? If they wish to pursue an education and environment specifically focused on their cultural background....the answer to this question may be an HBCU.

HBCU stands for historically black colleges or university that are across the United States. They are colleges or universities that primarily focus on catering to black students. They provide black students with education and resources that directly benefit and relate to them. One of the biggest pulling factors in students attending HBCUs is the

cultural differences a student may find from leaving a predominantly white high school to attending an HBCU. The mental benefits that can stem from being around people that look like you are ideals upheld in HBCUs.

Some of the biggest HBCUs are Howard University, FAMU, North Carolina A&T, Morehouse, Spelman, Tennessee State, Prairie View A&M University.

Here at Hoover we have two well-known staff members who attended HBCUs for their college experiences. Basketball coach Courtney Henderson and counselor Michael Dean are black male staff members who have a strong presence in guidance for young black males within the building. They were asked to elaborate on their HBCU experiences and answer a few questions to enlighten other young black students on the potential college options they will have as their senior year approaches.

"I stand here today knowing that my Howard University education prepared me to play Jackie Robinson, James Brown, Thurgood Marshall and T'Challa," - Chadwick Boseman, Spring 2018



Name?

Michael Dean

Position at school?

Professional School counselor

What HBCU did you attend?

Langston University in Langston, Oklahoma

What advice would you give to students about their futures and wanting to attend college?

College and your future can be challenging, thought provoking and even stressful at times. The question you have to ask yourself is whether you feel you're going to be happy in the career that you choose for the next 30-40 years. Sometimes it's not about making a lot of money, it's about being happy and able to provide for yourself and your family if you decide to have one. I also want students to understand that college is not for everyone and you need to look at all aspects of going to college or pursuing a trade.

Name?

Courtney Henderson

Position at school?

At-Risk Coordinator

What HBCU did you attend?

Southern University

How was your overall college experience in your HBCU?

My overall experience was good! It was a big culture shock coming from Iowa and seeing so many educated African Americans.

What are some differences between the different universities?

The biggest difference for me going to a HBCU is the social experiences. I was not used to seeing and being around so many people of color that come from two parent homes and educated backgrounds. I got a chance to meet and develop lifelong relationships with people, mostly educated people of color, from all over the country.

What did you major in while attending college?

History with a MA in Educational Leadership

Hoover Staff who Attended HBCUs



GRAPHICS AND DESIGN BY KALEB NICHOLS
PHOTOS BY ARABIA PARKEY

Are Ghosts Real?

GHOST

We all live in a state where nothing really happens. Entertainment consists of driving around, going to Walmart, and... well... that's about it. But just like anywhere else you go in the world; history has taken its place. And in some locations, history is still roaming the halls and frightening its guests.

One of the most well-known haunted locations in Iowa is the one and the only Villisca Ax Murder House located in Villisca, Iowa. On June 11th, 1912, sometime between midnight and 5 a.m., a man hiding in the attic of the Moore family's home, snuck down and murdered eight people with his axe after returning from church. The entire Moore family consisting of the mother, father, four children, along with two of the neighbor's children. It's said that all of the murdered, along with the killer himself, still remain in the house to this day.

Unfortunately, this monumental massacre was never solved even though three men were under investigation,

THE VILLISCA AX MURDER HOUSE



including senator Frank Jones, Andy Sawyer, and Father George Kelly, a traveling priest who was last seen with the family at the church and even admitted to the murder but inevitably was considered not guilty by the jury due to corrupt investigation theories.

After the trial, and the house was cleaned of the mess made, families began moving back in, but none of them lasted very long after reporting disembodied footsteps, items moving, voices, shadows, and overall bad vibes. Finally, in 2008, the Travel Channel hit *Ghost Adventures* hosted by Zak Bagans packed their bags and set up at the Villisca house to try and obtain as much evidence as possible. During their investigation, doors would slam, two of the children made themselves present through EVP sessions on a recorder. The most bone chilling event of the episode was then a voice came through one of their devices saying, "I killed six kids" in front of skeptic Roy Marshall. And again, these were only the highlights of season four episode 12.

To grab a little inside perspective, Hoover students have also had paranormal experiences inside of this haunted tourist attraction. Senior Gloria Cruz who isn't too big in the horror part of life visited the Villisca house. "I picked up a purple ball and rolled it across the floor in the kid's room and it circled around back to me. The floor was leveled and there were no vents or fans," Cruz said.

Ghosts don't only roam in places that are filled with popularity. The Edinburgh Manor located in Jones County

COUNTY

Scotchgrove was built in 1850. This building housed the incurably insane, poor, disabled, etc. until it was finally shut down in 2010. There are over 100 documented deaths inside of the manor and majority of the deceased were then buried in unmarked graves across the road in a field. Before their deaths, the patients were forced into small rooms and separated from the rest of the world after being labeled insane. Majority of the “inmates” were no more insane than you and me, but the staff were so uneducated in the field of mental illness they didn’t know what else to do.

One of the most famous ghosts is recognized as a more violent entity and is known for its slim tall figure. He is referred to as the Joker. The Joker was claimed to have committed suicide in a padded cell in the basement and those who come in contact with him report scratches on their body and the feeling of being strangled. Fortunately, *Ghost Adventures* have also visited this location as well in season 14 episode one.

During the episode, the entire crew went through technological difficulties. Monitors would freeze, fully charged cameras would die, and frequency pulses would be heard throughout the microphones. Along with a strong amount of poltergeist activity with doors being slammed, glass being thrown at cast members and other objects thrown at the walls. And one of the more memorable moments of the episode was when Aaron Goodwin was walking toward the suspected place of where the Joker killed himself, he saw a shadow apparition standing in a doorway. He continued to describe the resemblance of slender man but much thinner.

Though this location is riddled with energy, it is still extremely unknown to the public, including horror fanatic and recently graduated Melissa Pardock. “I’ve got entire list of haunted places in Iowa that I want to go to but I’ve only heard of the Edinburgh Manor. I don’t know anything about it other than the title,” Pardock said.

Now the spookier side of life is definitely not for everybody. Even Cruz isn’t a fan of horror activity but after coming

THE EDINBURGH MANOR



in contact with spirits, she will forever be scared and carries this message. “To someone that gets scared easily, ghosts are very real and possession is very real. Touch the wrong object, enter the wrong room, talk to the wrong person, all it takes is one wrong encounter. All it takes is being in the wrong place at the wrong time for things to go south, don’t forget that,” Cruz said.

THE GHOST ADVENTURES CREW



DESIGN BY
RIPLEY MILLER
PHOTOS BY PINTEREST

By: Kaleb Nichols
Donut Editor



GIVING BACK HOW WE CAN

When I think of what needs to be done for the black youth in the world, I often lean towards a vision and idea of unity. I begin to think, what ways can the many black boys and girls who look like me, become unified? So, I decided to do what I felt would be best for my city - something that would start the year off right for the youth, especially after school, sports, and other activities were stripped away from students due to the world wide pandemic. I decided to organize and create a shoe drive, that would be named the “SNKR DRIVE”. An event that allowed me to do my part in community unity with a specific target of black youth in mind. The “SNKR DRIVE” took a lot of planning and had a lot of help from local community members. I decided it would be best to reach out to other young black men within Des Moines. I started with young black men that have influence on the youth and are role models to many people within the community. With the help of a few young black men and myself, we collectively came together and decided to give back to the city. Accomplishing not only a feat of building community within the city but demonstrating a display of black youth coming together to strive for greatness, we collected roughly 300 shoes over the course of a month and supplied the shoes to the community...free of charge. Our specific target audience was young black men, as we knew young black men within the city of Des Moines are often targets of poor educational resources, lack of stable homes, and low income. So, we set out to create a change and successfully demonstrated an act of unity.

Although the shoes may be materialistic objects, the thought and idea of presenting someone with a brand-new pair of shoes, for free, is a heart-warming act that sticks with people for a lifetime. An act that potentially can be reciprocated to affect and give back to even more people. The “SNKR DRIVE” I created, allowed me to get a glimpse into my future of organizing and creating change any way possible, especially for the small community of black youth in Iowa.



WHY SNKRS?

I chose to do SNKR for a multitude of reasons. Although shoes are seen as materialistic items, everyone would surely love new shoes for free! I knew it would be great to give back nice shoes, shoes either brand new or lightly worn, such as Yeezys, Retros, Adidas, Vans, and more. Shoes that people that high schoolers and middle schoolers would actually want and enjoy. Something they can wear that is stylistic and boost their confidence. Something that just makes them feel good inside and outside. Affecting their well being and mental mindframe. To be given a free item and it's something you genuinely want can affect your whole day, week, month, or even year!

IMPACT OF EVENT

The impact of the SNKR DRVE was a demonstration of unity within the community. A huge step into the direction I would like to lead black youth in Des Moines. To lead by example and show them how support helps the community grow. How giving back to the people who look like you is one of the most important things in life. I also hope the act of giving away free shoes inspires other young black leaders in the community to do the same as well, to continue the cycle of giving back. The impact this event has had on the community of Des Moines is immeasurable. With help and support from Hoover High School, students from all over Des Moines, local black business, local black artist and more, I was able to successfully create my SNKR DRVE and give back to my city.



"We had seen a little boy with shoes in his hands with the biggest smile running home and the feeling of seeing a little kid happy just made me realize how much good these events are doing for everyone and the community" Senior Portia Star said.



"It gave young black males a beacon that showed you can really rise and do things for the community and become a leader" Sophomore Joshua Nichols said.

GRAPHICS AND PHOTOS BY
ARABIA PARKEY
DESIGN BY KALEB NICHOLS

DRINKS TO TRY FROM JULIE'S SECRET MENU:



With about 14,608 locations spread across the country, Starbucks is one of the biggest corporations out there today. It is very likely that we know someone that has had Starbucks at least once. And whether you think it's outrageous to spend \$5 on a coffee or it's a part of your daily routine to stop in, we all can agree that they have some pretty tasty options.

One of my favorite parts of being a barista at Starbucks is all the new drink combinations to try now that I know the ins and outs of the ingredient menu. So here are some of my very favorite drink combinations that are not exactly on the menu but are 10/10 worth a try. My secret menu items if you will.

FOR COFFEE LOVERS:

- Pistachio Drink:

- Iced pistachio Latte
- Blonde espresso
- Oat milk
- Vanilla sweet cream cold foam
- The brown butter topping.

- Although it is only here for a limited time, this is by far one of my favorites. It has the perfect balance between sweet and a very small hint of saltiness that's not too overbearing. The oat milk and blonde espresso really help lighten the richness of the pistachio syrup while still maintaining the flavor, making the perfect happy medium.

- S'mores Latte

- Iced latte
- Irish cream syrup
- Oat milk
- Vanilla sweet cream cold foam with 2 pumps of Irish cream syrup inside.
- Cocoa powder and Mocha Drizzle

- Just when summer cannot come fast enough. The s'mores Frappuccino is perfect for hot weather but unfortunately it's only offered during that season. But no worries because this is the perfect dupe for our favorite drink, in latte form! The taste is almost identical.

- Tiktok's favorite:

- Iced white mocha
- Vanilla sweet cream foam
- Extra caramel drizzle

- You have probably seen this drink all over the extremely popular app, TikTok. And I must say, it's with good reason. This drink is bomb.

NOT A FAN OF COFFEE? NO WORRIES, WE'VE GOT YOU COVERED.

• Strawberry acai x tango:

- Strawberry acai
- Lemonade
- Add passion tango tea base.

- Everyone loves a good refresher but combining the strawberry and passion fruit as a twist will definitely make your top 5.

• Faux Boba:

- Black tea
- Vanilla
- Heavy cream (Thicker consistency)
or
- Half and half.

- Not an exact recipe but pretty similar. Milk tea without the boba, but still very worthy of trying.

• Twist on a classic:

- Pink drink
- A scoop of vanilla bean powder.
- The classic pinkity drinkity is not only pretty to look at but also a fan favorite. Two of the most “basic” ingredients at Starbucks but when combined, they are magic.

• Chai tea latte:

- Oat milk
- Add vanilla
- Whipped cream
- Cinnamon dolce topping

- For the hot drink type of people, this one's for you. A classic as well, but oat milk just makes everything better.

Frappuccino Fanatics:

- Mocha cookie crumble Frappuccino
- Sub white mocha = perfection

Many people get a little nervous when ordering items that are off of the menu or made differently. And I have to admit, sometimes I do too. But I can assure you that if you have directions for the order, it will make things much easier for the barista and yourself. So hopefully you can take these written out recipes and order with a little more ease. And who knows, you might even help others find these drinks too. At the end of the day, its always fun to try something new to enjoy.

GRAPHICS & DESIGN
BY JULIEANA MUNOZ

Kir Diew



"I would say we were more successful than previous years because we were more focused and locked in on the prize."

Ellie Smith



"My favorite part about playing basketball is the coaches. They truly care about you and push you to be the best."

Charles Walker



"This year wasn't as fun as last year because of mask regulations and less people on the team."

Playing through a

P A N D E M I C

As students return to the classroom, athletes make a return to the lanes, courts and pool.



Q & A with Arabia Parkey

Q: How long have you played basketball?

A: I've played basketball for 10 years.

Q: What position do you play?

A: I play a mix of positions but I'm mainly a shooting guard.

Q: Was your senior season everything you expected?

A: No, it was actually better. The team stayed in good spirits even after taking losses.

Q: What is your favorite memory from this year?

A: My favorite memory is our senior night and second win against East.



Taysia Young



"My favorite team memory from this year was when we went to open gym and played boys vs girls."

Logan Broyles



"I chose swim because it's not the most competitive sport out there. During practice I just think about my form and how to make things faster."

Jaden Loveless



"This year feels way different than others as I'm finally a senior."

DESIGN & PHOTOS BY AMBER HAGLER

RESILIENCE

THE CAPACITY TO
RECOVER QUICKLY
FROM DIFFICULTIES;
TOUGHNESS.

*In Memory of
Joseph Dow*

*Hoover Challenger Staff Member
2016-2018*



Former staff members Nick Johnson and Joey Dow chill during newspaper class in 2018. Dow passed away in February 2021.