

CLASS OF 2021 OUT!

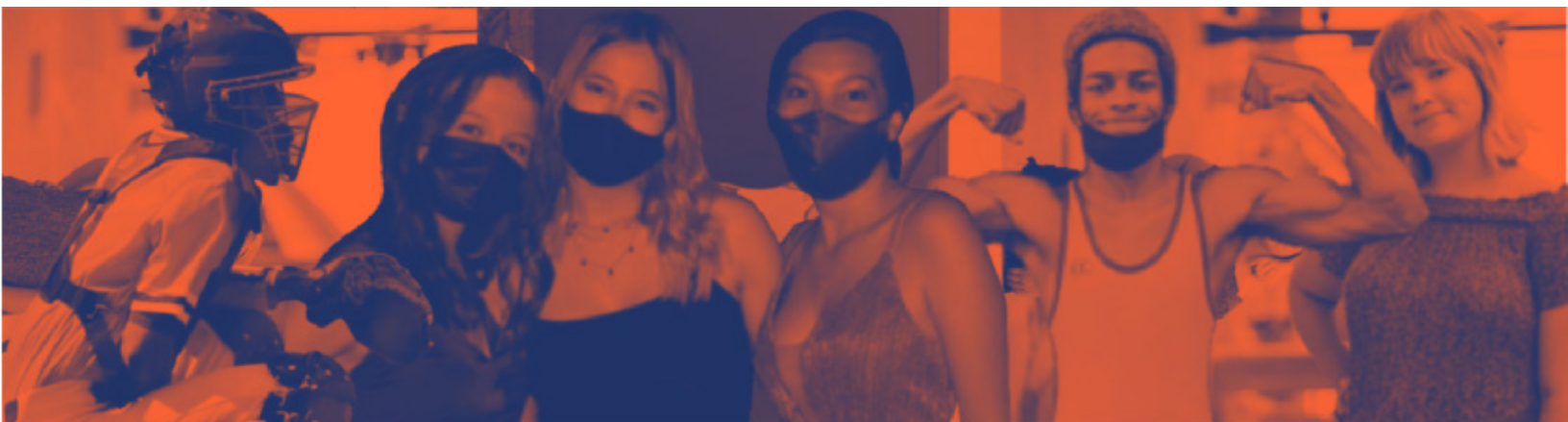


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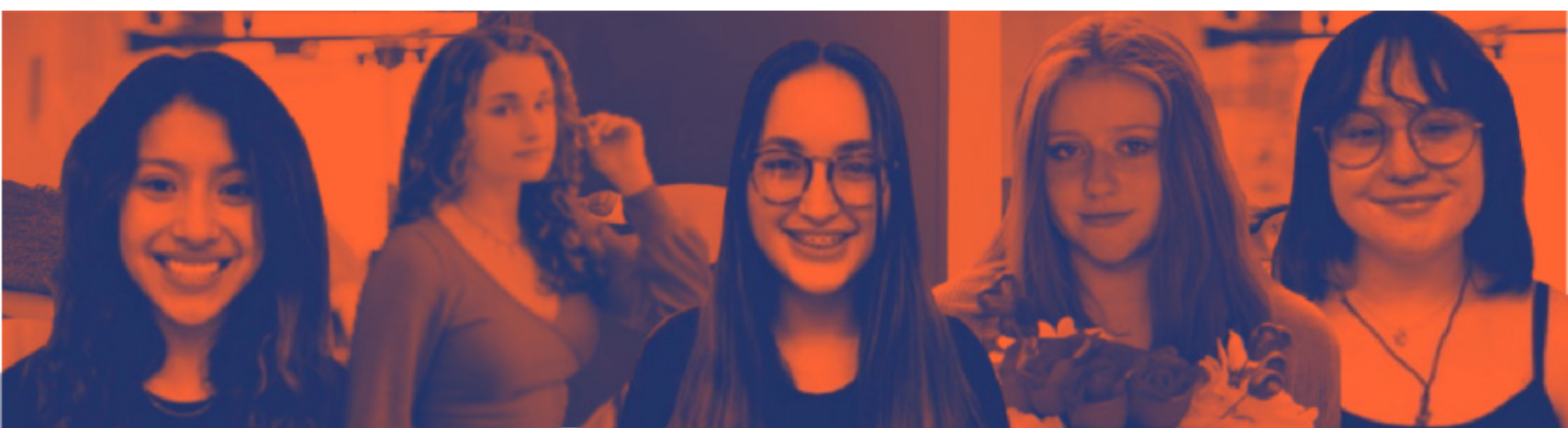
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RIPLEY MILLER

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GROWING PAINS

This is honestly so surreal that I'm writing this. I have been looking forward to my senior year since I watched the Student of All Seasons assembly my freshman year. Now that I'm here, I'm terrified for it to end. These past four years were the most eventful years of my life. The experiences you have in high school change you for the better. I have had my worst moments in this building and my absolute best. Hoover has been my second home. When I was younger, I never thought this is where I would be at the end of my senior year. But I wouldn't change a thing.

When I was picking electives for my schedule, I made it as clear as possible that I had to take journalism my first semester of my freshman year so I could take newspaper second semester. Before I took the class, I knew I wanted to be a part of it. I didn't know if I would be good or even enjoy it, but I always loved the idea of writing. Which is really funny now if you know me? When I met Sarah Hamilton, we were both a lot nicer to each other than we are now. Hamilton has seen me grow from this little larva of a freshman to a very loud butterfly. Hamilton pushed me to get more into design. She guided

me, taught me and humbled me through these four years of knowing her. Now I have been the Design Editor in Chief since junior year, and I've loved every minute of it. This class has shown me what I want to do for the rest of my life. Graphic design. Designing has given me a creative outlet and it feels like therapy.

Newspaper wasn't the only thing that made high school amazing. It was also my classmates that surrounded me every day. Hoover holds some of the FUNNIEST people I've ever met. Students at Hoover make everything interesting. A Hoover vs. North basketball game, a spirit stick assembly, you name it and we made it fun. I'm truly sad to know that I'll be saying bye to a lot of you on May 30th.

Now, I'm at the end of an era. Graduation is around the corner. I have no idea where life is going to take me after this. I do plan on college; I'm just undecided. I'm terrified for the future and lack of a busy schedule. It was a very eventful four years and I will carry these stories with me forever. There is only one thing I'd like to say to *The Challenger* before I leave.

I still hate drop caps.



Silence has never been an option.

It has been a long four years. After almost three and a half of those years filled with exploring the art within journalism, my high school journalism career is soon coming to a close. As I reflect on the impact that newspaper has had on my life, I am reminded of the importance of the platform I have been given.

As a soft-spoken sophomore, new to the newspaper program, but showing promise in writing, design, and work ethic, I was assigned an editor's position within my first semester on staff. As years passed, my role grew as my passion expanded. Soon developing into the outspoken and opinionated Black woman that I am today,

I have become tasked with increasing responsibilities that allow me to combine all of my interests into one. Bringing my words to life on paper and heightening the impact by pairing the stories with eye catching illustrations allows me to utilize my love for both writing and art.

Though our program and school is diverse, early on I noticed that there were not many articles pertaining to Black culture. So, I took it upon myself to write stories, design covers, and create illustrations that tell Black truth. After the horrific murders and injustices towards Black people that have recently gained media attention, using my platform to fight for Black liberation is of the utmost

importance. Staying silent is not an option. Journalism has provided me with a platform to speak my truth and begin to make the change necessary in my community. This platform has allowed me to become the 2021 IHSPA Writer of the Year and second place Designer of the Year.

Though I strive to use my platform to create change within the Black community, it is not and has never been my job to educate closeted racists. After becoming an IHSPA award-winning student journalist, the thought of multiple school officials has been that I must use any and every opportunity to educate those who do not value the lives of people who look like me. It is not a Black person's job to do this, ever. My message has always been to uplift and change Black lives, not to change the minds of those outside of my community.

When quite literally sharing this message in front of crowds of people, I should never be told that I should share a more "educational" message because I am "one of the school's top journalists, so it is expected better of me." Though it may have been intended to be encouraging, this statement is a form of censorship of an uplifting message by school officials supposed to promote equity. Boldly stating that I am rooting for everybody Black may not be a digestible idea for many, but that is the message that I will wholly embody in life and journalism, no matter the expectations that someone may have of me.

I have always been and always will be, rooting for everybody Black.

By: Arabia Parkey
Media Editor in Chief

GRAPHICS AND DESIGN BY ARABIA PARKEY
PHOTOS BY MEGAN POOLE

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BYE BEATZ

Leader of the Dawg pound,
leader of our hearts

2.) Meyer after a roller
derby tournament holding
a Most Valuable Blocker
award.



1.) Meyer and Roosevelt senior Yona Abdulahi at a Roosevelt vs. Hoover basketball game



3.) Younger cousin Lauren Meyer and Meyer



4.) Senior Amber Hagler, Meyer, senior Arlana Beecham, junior Alyssa Hull, junior Lilly Johns, senior Sheena Tran and senior Julie Munoz

Loyal, honest, humorous. For those who that have been lucky enough to know her, these are some of the words that come to mind when describing senior Rylie Meyer. From an all-star roller derby player to the leader of the student section, Meyer has truly shown what drive and dedication can do.

Participating in golf, volleyball, track, drama, pep club, newspaper, student council, and spirit crew, these past four years as a Husky have definitely been eventful, all while participating in derby for five years.

“What inspires me the most about Rylie is how motivated she is when it comes to what she wants,” longtime friend Arlana Beecham said. Meyer’s constant effort to reach her goals is pretty admirable.

“Independence to me means pushing yourself to meet your own goals and not having to be told; I do think I’m a self-starter, I gas myself up for the things I do so, of course,” Meyer said.

Meyer has never been afraid to step out of her comfort zone. As a freshman, she took up newspaper, knowing that she had a love for writing.

“I thought journalism would become a nice career path for me but soon realized my heart is in design and drawing,” Meyer said. And it turns out that making this sudden switch would turn into a big success and one of her favorite parts of high school. “First issue of sophomore year, I was able to design my first cover and once I was finished, I was so proud of myself,” Meyer said.

Not only does Meyer channel this enthusiasm in her art, but also through her abundant amount of school spirit. One place you will always find her is at the very front of the Hoover student section, cheering on as loudly as she can for whatever team is playing. She is THE embodiment of school spirit, even if it means being kicked out of a basketball game because of it. And with her in-your-face personality, it shines through in every aspect.

“My first impression on her was she is VERY energetic. My impression now is she is crazy, but I love her, though,” Beecham said.

As one of my closest friends, her energy is contagious. She is a beacon of light for everyone around her and her future is just as bright. “In 10 years, I see Rylie in Florida, living her best life.” Meyer’s mom Mandi said. “Advice that I would give to her is never let anyone dull your shine.”



5.) Meyer blocking a player from the Kalamazoo Killer Bees in Kalamazoo, Michigan

GRAPHICS BY RYLIE MEYER
DESIGN BY JULIEANA MUNOZ

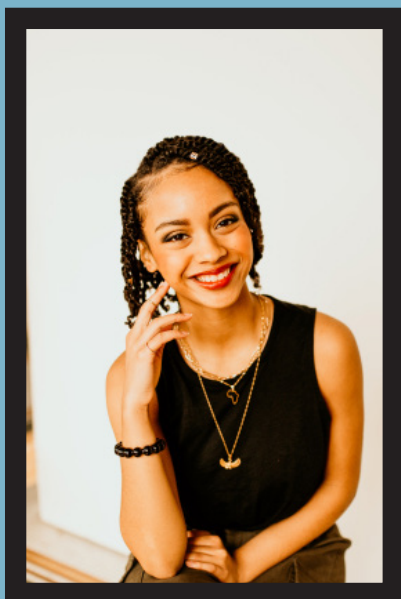
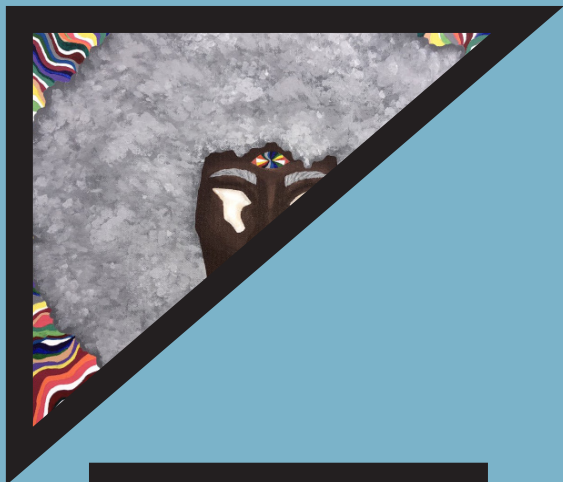
PHOTOS 1, 2, 3 AND 4 BY MEYER PHOTOS PHOTO 5 BY GREG DUNN PHOTOS



Approaching Greatness



Senior Arabia Parkey's plan and path to prompt Black Excellence



Arabia Parkey, an Iowa native, born and raised in Des Moines, has goals far bigger than the city of Des Moines. She wants to impact the world and influence the artistic creativity and expression of young Black kids. A multifaceted scholar, who not only excels in academics but varsity sports, has become a well-known community member who holds the keys to her future.

Parkey has been an active community member of Hoover High School and Des Moines for the last 4 years. She is a talented artist who mixes her Black experiences and displays it through a multitude of art mediums. From painting, digital art, to sewing, Parkey has reached incredible heights and feats for only doing art for roughly two years.

Her art has been showcased in a plethora of shows and she has even gotten the chance to be a judge for some of the biggest national art youth competitions currently available within the US. Parkey has painted her pathway to success, not only on her art canvases but within her daily life as well. Being a top student of her class, Parkey has worked restlessly balancing Hoover and Central Academy in the midst of her busy life. She is a scholar, athlete, activist, and artist all in one.

Now we will take some time to recount Parkey's high school experiences and possible future goals to continue her academics careers, artist passions, and Black liberation.

Interview with Anabia Parkey

“The Cure”



Created April 2020

WHAT IS YOUR BIGGEST PASSION OUTSIDE OF SCHOOL?

Some of my biggest passions outside of school include many different forms of art that showcase the Black experience in beautiful ways. I plan to use my art, activism, and other passions to develop ways to liberate Black lives.

WHAT ABOUT YOUR PASSION MAKES IT SPECIAL TO YOU?

Even though I haven't been painting for very long, I have already gained many opportunities and have even impacted lives. I love that I am able to use something that I enjoy to make a difference.

WHAT DO YOU SEE YOURSELF DOING IN LIFE ONCE HIGH SCHOOL IS OVER?

After high school is over, I plan to go to college—hopefully an HBCU—to study journalism and African American history. After college, I will use my journalism education, activism, and art to educate Black people on our history, improve our communities, and liberate us from the systems that were never built to benefit us.

WHAT IS YOUR FAVORITE ART PIECE YOU HAVE CREATED THUS FAR? AND WHY?

My favorite art piece that I have created thus far would be my piece entitled “The Cure” because it held and continues to hold the greatest meaning regarding the minds, bodies, and souls of Black lives.

WHAT WAYS DO YOU PLAN TO IMPACT BLACK YOUTH IN YOUR FUTURE?

In my future I plan to impact Black youth by directly assisting Black families and organizations in need through monetary donations and any other resources, as well as by collaborating with Black leaders to develop innovative ways to improve the Black community.

Reach out to Arabia and support or purchase art at

Instagram: @Arabiasart
Twitter: @Arabia Parkey



Anabia Ma'at Parkey is a name you will surely remember years from now as she creates change throughout her path of life.

An Improptu Farewell

A goodbye this early seems a little unprecedented, but what isn't unprecedented these days?



Image courtesy of Ashley Nuzum

I think it's safe to say that this wasn't the way I pictured myself saying goodbye when I first joined *The Challenger* staff back in 2018. I didn't imagine myself writing this from my bedroom in my pajamas after sleeping until 10 a.m. Nor did I think I'd be graduating in a matter of days as of me writing this. However, thus is life. This past school year has been beyond stressful and unprecedented, so an untimely goodbye doesn't seem too out-of-bounds.

I joined staff at the beginning of my sophomore year at the behest of Mrs. Hamilton. I don't really understand why she wanted me on staff considering I skipped most of journalism my freshman year, but I digress.

Being on staff these past three school years has allowed me to express myself in ways I never before thought were possible. I could write and speak my mind about nearly anything, inform my audience, and improve my skills as both a writer and a journalist all in one story. It's helped immensely with honing my writing skills as well as helped me earn awards for my writing and ideas. I don't know if I'll ever be able to say how grateful I am for the opportunities and growth

being on the newspaper staff has provided me in addition to the friendships and connections I've made along the way.

Being a Hoover student outside of newspaper is also something I learned to love throughout my years here. I was able to meet so many people, make so many connections, and experience so many things I would never have been able to experience anywhere else. Being a member of the drama department and IHSSA team, a member of the concert and jazz bands, drum major of the marching band, and an athlete upon a rare occasion in addition to a staff member has made me infinitely more well-rounded as both a student and a person than I ever could have imagined. I certainly believe my experiences at Hoover have helped mold me into the person I am right now.

Now I know you aren't interested in the reasons why I'm leaving, but I like talking about myself so I'm going to share anyway. I graduated at the end of the first semester in January. I graduated early for a particular reason, though. Beginning January 11th, I began working in the Iowa House of Representatives as a legislative page as my first full-time job. As much as I would have loved to stay on staff while working, I was probably a little bit too busy to provide you with quality journalistic works.

Goodbyes are never easy, but it's easier to say it through type rather than spoken word. I'm not really a sentimental or sappy person, but writing this does make me a bit misty-eyed. I've been on staff for so long, I can't help but feel like I'm leaving a little bit of myself behind. Despite this, though, I'm excited to start this new part of my life. Try not to miss me too much!

OLD TIMES

In this letter I write to myself when I was a freshman. I offer advice, give warnings, and remind myself that everything's okay

DEAR RIPLEY,

I am so proud of you for finally making it to your first year of high school. Life has been really hard at home recently, but you've been handling it so well! There are times where you will feel like nothing will ever get better, but it will. You are wise enough to understand that you will get out of your rut and keep moving forward no matter how many times you fall into it.

My words to you now include mom, dad, and your sister. Yes, the divorce is final, but no, it's not your fault. And please, give your sister all of the love you can. She's really stuck right now, and you are the main reason she continues to go on.

Right now you are at a stage of your life where nothing will stand still, you just moved to the new house with mom, but you can't find a way to be excited because going back and forth doesn't make it seem like a home. Your sister is in the depths of chaos, and it seems like it shouldn't affect you the way that it is. It feels like it shouldn't be taking such a toll on you, but it is. But Ripley, take it as a warning, because there will be a dreaded climax.

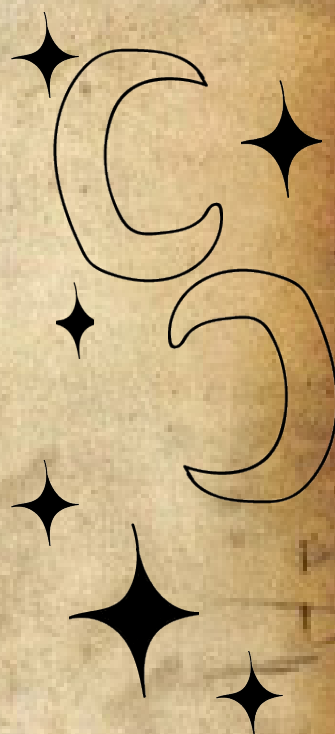
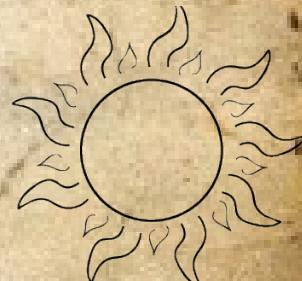
But of course, we both know that life doesn't end at home. Five days a week, waking up for school will be close to impossible. It feels like there's nothing to look forward to. The connection you have with your middle school friends is fading and becoming an outcast in the halls is starting to become routine. You feel like you're too weird or annoying to ever make new friends, so this is where you're stuck.

Then you will start your computer applications class. You sit alone for the first couple days but realize that one girl you used to be friends with is sitting a few rows away. And here Ripley is where your life will change. You have now met your best friend... your soulmate. Once befriending Samantha Thorpe, everything will begin to shift.

You will finally be accustomed to your parents because you decide to focus on helping Sam with her own. You will make your house with your mom a home. And you will realize that it's no wonder how heartbroken you are about your sister. It's because you care for her and seeing her in a life of havoc will put you into stress. Everything will slow down, and you can finally stand still.

But Ripley, you will not stand still forever. But you knew that. You are approaching one of your biggest life lessons, and it is my biggest wish that I could tell you before it happened. But you will break, you will be used, manipulated, cheated, and barely be at a crawl. My advice to you would have been, follow your heart... and separate yourself now. Because things will not get better.

Now allow me to congratulate you on have being away from my mental demons for a year to the day. Sam is still right by my side, I'm in a relationship with someone who contributes to my wellbeing, and I'm graduating in less than a month. But you knew that would happen anyway. Because although you make some very very very stupid mistakes.. you are still the smartest person I know.



GRAPHICS & DESIGN BY RIPLEY MILLER



CHANGING

LANES

Drum major to political science major



Lover of dogs, music, and sci-fi movies. Senior Melissa Pardock spent her high school career participating in band, drama, IHSSA, newspaper, swimming, and soccer. Pardock has always been passionate about music.

“Music has been a big part of my life ever since I can remember, and I love being constantly surrounded by music and other people who are passionate about it,” Pardock said.

She has played in concert and jazz band. On top of that, Pardock was a drum major for marching band.

Pardock’s love for music is made clear through her dedication, but after graduating in January she has shifted her focus to something that stood out to her since eighth grade.

“I took a government and civics class in eighth grade, and I immediately knew I wanted to learn more about it. I didn’t know if I wanted any direct involvement with the government, but I knew I needed to learn more and understand how it works,” Pardock said.

After hearing about the Iowa Legislative Page Program from her mom, she was interested in seeing it first-hand.

“I submitted my application in October and was interviewed later that month. I was then offered employment in November,” Pardock said.

Her job includes a variety of tasks. Some more simple than others.

“I help representatives and House staff with whatever they may need. Pages run a lot of notes back and forth between lobbyists, constituents, and representatives. I also get them snacks and drinks, grab them bills from the House and Senate bill rooms, and run online subcommittee and committee meetings,” Pardock said.

So far, she’s learned that even in the House of Representatives, you can still have fun at work.

“One of my biggest takeaways has been how representatives are truly just normal people. It’s so fun to see them goof around with each other, be it by cracking jokes on the floor (even during debate - which is hilarious to see) or playing full-scale pranks on each other. They have personal lives, families, and jobs outside of session - and it’s been so amazing getting to know them on both a political and personal level,” Pardock said.

She hopes this experience will benefit her with her future career.

“I plan to get another job (hopefully nothing as 'high-profile' and demanding as this job) this summer, then go to college to major in political science,” Pardock said.

Ruth Bader Ginsburg, along with her drive to help others, has inspired Pardock to be a civil rights attorney for the ACLU.

“I hope to pursue a career in which I will be protecting and defending the rights of people who have been treated unfairly,” Pardock said.



DESIGN BY CALLIE GARCIA,
MANAGING EDITOR
PHOTOS BY ASHLEY NUZUM

Rippliest

OF

Them All

Ripley (noun)- Warm, diligent, quirky, and energetic.



Ripley Miller is a jack of all trades. During her high school career, she has written a movie, received a part in a musical, been a part of newspaper, been vice president of Best Buddies and Thespian Board, and has competed in Iowa High School Speech Association.

Her role models are Billie Eilish and her mother because they are both strong and inspiring. These influences have shown through in her passions for drama and film.

In ten years, she hopes to be a big-time film director. She has the support of past drama teacher and director Emily Griffin in pursuing her dreams.

"I see Ripley living in a city somewhere with a really cute apartment, being a dog mom, writing fabulous things, and living her dreams," Griffin said.

Griffin admires Miller's smart creativity in her stories and performances.

"My favorite memory of Ripley is from Individual events speech last year. She wrote both of her pieces and they were absolutely outstanding, but the first time I heard her do her storytelling piece, the ending made my jaw drop. It put all of her hard work as an artist into perspective for me. Over the five years I got to work with her, I witnessed her growth, but it was that moment where I saw her as a true artist and no longer just a student," Griffin said.

There's two sides to everyone. For Miller, she has an ambitious and artistic side as well as her fun, goofy side. Miller feels most like herself when she's with her best friend Samantha Thorpe. Thorpe describes her as funny and quirky.

"There was this one time, Ripley and I were at the airport and she kept poking this random woman's luggage then would almost fall over laughing. I don't know what was so funny but she was as red as a tomato," Thorpe said.

Although Miller is known for her creativity and intelligence, she believes her sense of humor is one of her best qualities.

"I think I am the funniest person on planet earth. It can get kind of offensive sometimes, but I'm funny," Miller said.

Miller is a Virgo and believes the element Earth best represents her.

"I really connect with nature and enjoy that kind of stuff. Witch voodoo stuff you know," Miller said.

Similar to her connection with nature, Miller relates to a variety of music.

"A soundtrack of my life would consist of the songs bisexual by GrlWood, The Real Slim Shady by Eminem, Womanizer by Britney Spears and Wiggle by Jason Derulo," Miller said.

If Miller were a mythical creature, she would be a Siren because of their attractiveness and ability to get any person they want. She would also like the singing skills and the ability to breathe under water.

With Miller's creativity and kindness, she makes an impact on everyone around her.

"She is a leader. She is fearless. She has opinions. You want to hear what she thinks because it is always insightful and well-considered. She has a sense of humor and most importantly, she is kind," Griffin said.

Roger That!

Staff and coaches reflect on the last four years with Ethan Rogers

From a timid freshman to wearing scuba gear and cowboy hats on the Daily News, this graduating senior flourished throughout his four years of high school.

Fresh out of St. Theresa's Catholic School, Ethan Rogers came to Hoover unaware of what was ahead of him. His time at Hoover led to becoming a three-season athlete in the Husky Athletic Department.

"I would say my freshman self would be pleased with who I have become. I have definitely become a better person and stepped out of my comfort zone with the activities I'm in. I've been on the baseball team for four years and did golf and track for two years," Rogers said.

He may be 15 minutes late to school every morning, but his passion for athletics motivates his hard work and leadership. Stepping up to bat since the age of six, Rogers took on leadership roles and brought his skills onto the Hoover baseball team. As a catcher, he guides the team on the field by calling plays and bringing out his competitive side.

Varsity head baseball coach Tyler Brown has coached the Huskies for two years and values Rogers' work ethic on the field.

"Ethan is a very knowledgeable player when it comes to the sport of baseball. He is always looking to support his teammates and share his knowledge and his love for the game. His best qualities would be his willingness to put in the work. Ethan takes opportunities to better himself as an athlete, but also an individual," Brown said.

From the batter's box to the tee box, Rogers spent the fall of his junior and senior year on the golf course.

"Ethan is a funny kid, so he makes the team laugh and keeps them loose. I think he is a great teammate because he gets along with everyone. He is a hard worker but knows that golf is supposed to be fun, so he doesn't take it too seriously," boy's golf head coach Jared Cochran said.

Aside from all of his sport activities, Rogers is also well-known as a news anchor for the Husky Media Group. As a member of the newspaper staff for two years, he was promoted to be the chief video editor this year.

"I really enjoy the newspaper class because of the people in the class with me and Mrs. Hamilton. She helped me find what I enjoy doing in class and keeps me on track. I have always been camera shy, and I think filming the news has helped me to not be as nervous," Rogers said.

Not only has the Daily News helped Rogers to open up, but he has also gained a few fans on the way. School counselor Jan Stribling is an avid viewer of the Daily News and enjoys seeing the fun aspects of Rogers' personality that he adds into the news.

"I love watching all of the anchors, but I love to see the different hats and outfits that he wears all of the time. He makes me laugh and makes the news interesting. Now that [the filming] is back in person, I love how he ends his broadcast with the throwing of the paper," Stribling said.

Rogers may be colorblind, but the one thing he can see is a bright future. After graduation, he plans on attending Kirkwood Community College next fall to get a degree in carpentry and hopefully play more baseball.

“I have definitely become a better person and stepped out of my comfort zone with the activities I’m in.”

- Senior Ethan Rogers



STORY, GRAPHICS,
AND DESIGN BY SAGE
JOHNSON, COPY EDITOR
IN CHIEF
PHOTOS PROVIDED BY
ETHAN ROGERS



Capturing Amber

Senior branches out from her busy school schedule to pursue her passion of photography

If I had the authority to award any student as the most involved at Hoover, senior Amber Hagler would win by a landslide. Senior board treasurer, cheerleader, tennis athlete, member of the Pep Club, National Honor Society, Movement 515 and staff member on the school newspaper and yearbook, Hagler has kept herself busy during her four years.

Branching out and joining activities led to countless amounts of memories and friendships for Hagler. For the past two years, the experience on the Hoover cheer team highlighted these kinds of moments.

"I couldn't pick just one memory from the last two years I love all of them. Joining the cheerleading team made me feel like I had people that truly loved and supported me that I got to see all the time. I'm going to miss the dancing and laughing on the sidelines with people who became my best friends," Hagler said.

Along with making friends and memories, Hagler has also picked up skills and passions through her activities. As the photography editor, and now the editor in chief on the yearbook staff,

PHOTOS BY MEGAN
POOLE PHOTOGRAPHY

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

@alhvisuals on Instagram

she has been able to pursue her enthusiasm in photography.

"I joined newspaper and yearbook both my junior year. I originally joined because of my interest in photography, and I thought I could put it to use, but once I joined, I realized I had a passion for design as well," Hagler said.

Not only has her hobby of photography helped her academically, it has turned into a part-time job. This summer, Hagler created a personal photography business that operates mainly on social media.

"I started taking photos seriously over the summer of 2020. I did it as a way to provide affordable photography options so everyone who wants professional photos can have them. It was also a way for me use my skills to a financial benefit and make money doing something I enjoyed," Hagler said.

Her Instagram account,

@alhvisuals, with hundreds of followers showcases her incredible talent. After years of practice, Hagler shares some advice for aspiring photographers.

"My biggest advice for people interested in photography is that practice is key. Using your friends and family is a great way to learn skills without the pressure of a client. Another major tip is that expensive gear doesn't make the photographer, the person does. Start off with an affordable camera and learn before you invest a lot of money," Hagler said.

Like many other seniors, Hagler has experienced a lot of growth through her high school career.

"My freshman self would be so surprised that I was a cheerleader, chief editor of the yearbook, senior board treasurer, and playing tennis all at the same time. She would also be proud that all the work she put in paid off and she actually got the full ride to college she dreamed for," Hagler said.



PHOTOS BY AMBER
HAGLER

SUMMER 2021 19

Living the dream

If Julie is Ulie and Ulie is Julie, how Julie can Ulie truly be?

By: Rylie Meyer, Design Editor in Chief

Julieana Muñoz has grabbed these past four years at Hoover by the throat. Muñoz is a force of nature. Except in math. Hoover has been a second home for Muñoz. Through a wide variety of activities, sports, clubs, and social events, Muñoz is a force of nature.

“Hoover has definitely shown me the importance of community. Because it’s a little smaller of a high school, I’ve really been able to learn the value of holding the people close to you and growing with them. There’s so much that I have learned from the people around me these past four years and I will definitely carry them for so much longer,” Muñoz said.

Muñoz has always had a passion for theatre arts. As a freshman, Muñoz scored the lead role in the fall musical, *Cinderella*. This role

was a turning point for Muñoz’s acting career at Hoover. If you have been around her for longer than 30 minutes, you know that she loves to sing.

“[My proudest moment for Julie was] when she tried out for the lead as a freshman, even though she was extremely nervous and didn’t think she would get it. Then she ended up Cinderella, which was huge for her and also a very teachable moment. Take that risk because you never know what the result could be,” father John Muñoz said.

If there’s one thing to know about Muñoz, it’s that she is truly one of the hardest workers. As one of the most involved students at Hoover, many have witnessed her hard work in and outside of the classroom.

“She’s always been really determined. She always does her best and always has the best attitude

when she needs to get something done,” senior and close friend Skylar Middle said.

As one of Muñoz’s best friends throughout high school, I can say that she will be a force of nature in her adult life. Muñoz has grown into a powerhouse and not just the nice drama girl.

“Honestly, I’m really proud of how much I’ve evolved as a person from freshman to senior year. Coming into high school, I was very shy and felt I could only really be myself on a small scale. I think I really learned the importance of pushing myself out of my comfort zone and knowing how to be confident in what I do.

Although I have a lot more growing to do, I am very happy with the path I’m on,” Muñoz said.

Fun Facts

- Julie has been a part of Hoover Drama for six years.
- She has an accent in her last name.
- She is the youngest of five.
- She has touched Taylor Swift's hand.
- Her favorite artists are SZA, Shawn Mendes and Ariana Grande.
- She played soccer for 14 years+.
- She was on a undefeated soccer team when she was 12.
- She is Mexican and El Salvadorian.
- Her car's name is Georgie.



GRAPHICS & DESIGN BY RYLIE MEYER
PHOTOS BY JOHN MUNOZ

Black Excellence

The Donut Editor leaves a legacy and plans his future



The embodiment of passion, leadership, and intelligence, senior Kaleb Nichols has left a legacy to remember. From organizing community events to school leadership, Nichols has truly become a positive role model for young Black men within our community.

Nichols strives to provide for Black youth in unique and innovative ways. By collaborating with other Black men in the Des Moines area to combine food, music and shoes, Nichols put a new spin on charity events. The creative spin on community service made it enjoyable for those in need to gain resources they may not have had access to otherwise. The SNKR DRVE was only the beginning. Nichols continues to immerse himself in the art of Black culture, even in his free time, as he strives to create true change within the Black community.

“In my free time, I listen to music, read, and educate myself on Black history. This will allow me to have a cultural aspect within my future career, of creating and providing opportunities for Black youth. I want the connection between myself and the youth to be genuine,” Nichols said.

Nichols hopes to impact more than just Black youth in Des Moines. His aim is worldwide. By creating programs for Black youth that provide a plethora of tools for success through art, non-traditional education and more, Nichols plans to give what he never received. To accomplish his aspirations, Nichols hopes to go to a Historically Black College or University (HBCU), specifically Florida A&M. Additionally, Nichols is actively educating himself on the needs of Black youth.

“I will achieve this by gaining a foundational education and support team to help me bring my vision to life,” Nichols said.

An immensely passionate and admirable individual, Nichols will no doubt exceed all expectations for himself. Within the next five to ten years, Nichols imagines himself wealthy, providing for his family, owning land and businesses, creating art, giving back to Black youth, and simply living a fun life. After truly demonstrating what leadership looks like, anyone who knows Nichols would agree that these goals are more than possible for him. As someone who has already made a name for himself throughout the Des Moines community, the potential is endless for the impact that he will continue to make.

By: Arabia Parkey
Media Editor in Chief



“Kaleb makes a great leader because he makes the people around him better through guidance and support.” senior Gabe Peterson said.



GRAPHICS AND DESIGN BY
ARABIA PARKEY
PHOTOS BY JULIAN D.
NEELY, ARABIA PARKEY,
DUSTIN HAGLER

BEN 10/10

STORY & DESIGN BY RIPLEY
MILLER

TAKE A SEAT AND GET TO KNOW ONE OF OUR SENIORS

Benjamin Renwick is one of those students that everybody knows. If the name “Ben” is mentioned in a conversation, everyone will automatically understand who you’re talking about. He’s got a reputation of being someone that can always make the other students laugh, all while keeping up with his passions of photography and staying active at the gym.

Renwick has been intrigued by photography for over four years and started taking photography classes at Central Campus two years ago.

“Ten years from now, I see myself as a professional photographer. It’s something I’m really good at and is one of my main hobbies,” Renwick said.

But being creative with the camera isn’t Renwick’s only hobby. One of his main goals is to get more in shape, leading towards him spending majority of his time at the gym with his friends.

“Most of the best memories I have with Ben is when we are at the gym with all of the other guys. We have a lot of fun,” senior Logan Reel said.

Reel and Renwick have been friends for five years; the two have built an extremely strong connection and share more than just their passion for heavy weights. Renwick and Reel are both characters that practice the more common trends of this year and rebel against toxic masculinity.

“I like wearing cropped shirts with the boys sometimes and I even have matching painted nails with my girlfriend right now,” Renwick said.

Overall, Renwick is someone that can stand out in a crowd. With his loose personality, creative tributes, and fashion statements, he will be a perfect future photographer for you.

A FEW FUN FACTS

FAVORITE COLOR:
PURPLE
ANIMAL: GORILLA
TV SHOW: THE OFFICE

DID YOU KNOW...
BEN HAS A CLOTHING
BRAND WITH HIS
FRIENDS?
BEN HAS A WEBBED TOE?
BEN WANTS TO OWN A
RESTAURANT WITH
ASANTE?



Benjamin Renwick looking snazzy for his senior photos



SECRET LIFE OF ASANTE

Senior wrestled his way to the top while also wrestling his way into our hearts

Throughout his high school career, senior Asante Gordon has enjoyed wrestling, weightlifting, and spending time with his friends and family.

Q: What motivates you?

A: My friends and my family. Specifically, my younger siblings; I try my best to be a good role model for them.

Q: What are you passionate about?

I'm very passionate about strength training and sports, but I'm also very passionate about art and wildlife which is something I feel most people don't know about me.

Q: Would you rather do something to get it done or do it with intent of doing it well?

Depends on the situation but I would say doing it well because it's so much more satisfying in the end.

Q: What do you do when not in school?

I usually spend my free time lifting weights, hanging out with my friends or watching YouTube.

Q: What sports or activities do you play?

Wrestling and Powerlifting.

Q: What are some of your fears, hopes, or dreams?

One of my biggest dreams is to be able to make a career out of coaching/personal training and to inspire people to begin their fitness journey. My biggest fear is being average.

Q: Give an example of a time you succeeded. How did you feel and why?

When I made it to the second place match at Districts this year I was extremely happy but still hungry because I knew there was still something better for me to achieve.

Q: Who are your role models?

My coaches, my Dad, Spencer Lee, Mike Tyson, Goku.



Q: What do you hope you'll be doing in ten years?

I hope to be a coach either in wrestling or fitness and, even though it may sound delusional, I also see myself as the best 66kg powerlifter in the world by then.

Q: What comes easy to you?

Nothing. Everything that I'm good at right now was developed and built from the ground up through trial and error. I've never been naturally talented at anything to be 100% honest.

Q: What parts of yourself would you like to improve?

I would like to become a better leader and speaker.

DESIGN BY
SAMANTHA THORPE
GORDON PHOTOS

Sam sounds off

Senior Sam Thorpe shares her high school experience

By: Sophia Maher

Beautiful, sweet, and hardworking senior Samantha Thorpe became a first-year newspaper staff member this year. An athlete of the varsity volleyball and golf team, Thorpe has been highly involved in the festivities at Hoover. Get to know her better with this Q&A to learn more and understand what goes on in the mind of Samantha (Sam) Thorpe.

What activities are you involved in?

Volleyball. I used to play violin and I also play golf.

What do you like about the sports you do?

I like my team in volleyball because we are all like a really close family.

Do you like the sports you chose?

I do because golf is very therapeutic because it gets my anger out. I've grown up playing volleyball so it is something I really enjoy doing.

What motivates you?

My friends and family motivate me because I love them.

What are you passionate about?

I'm passionate about helping others and volunteering at group homes with special needs.

What are some of your fears?

Hopes? Dreams?

My biggest fears are not succeeding after college and high school. My biggest hope is that I can impact someone through my job or career

Who are your role models?

My mom is my role model because she's always worked to help others and put others' needs before hers.

What kind of music do you like? Why?

Chill music because I can drive around at night and relax because it just relaxes me.

Define in your own words, what it means to be independent.

You're able to do things by yourself and complete them by yourself as well.

If you could meet three people, alive or dead, who would they? Why?

The president of the USA because I want to see what's going on in there.

Give an example of a time you succeeded. How did you feel? Why?

In sophomore year I went to ALL-STATE for IHSSA (Iowa High School Speech Association). It was really fun getting there because we worked hard together.

Would you rather do something just to get it done, or do it with the intent of doing it well? Why?

I would rather do it with intent of doing it well because I would rather have it be done right then have it be done wrong.

What do you hope to be doing in 10 years?

I hope to be working on animation for movies or commercials because I think that the way they are made is cool.

What is your favorite food? Why?

My favorite food is a Jimmy Johns Slim Five with a Cherry Coke because it's my favorite thing on the menu and personally I think it's the best thing there!



SHOWCASING women

A celebration of women's roles throughout history

Last weekend, the drama department presented a showcase titled "Remember." It included multiple musical pieces performed by a few of our very own stars.

The drama department was not able to put on a spring musical last year or this year so they created their own showcase in its place. Due to Covid, last year's musical ***Legally Blonde*** was canceled. When fall rolled around the schools were all online/hybrid which is what made this year so different.

"Drama has become more of an individual activity because it has been hard to safely have everyone together," director Morgan King said.

King is happy to even be able to have a performance with an audience.

"I am excited to finally open our theaters to the public again and to safely present theatre to a live audience," King said.

A showcase is much different from plays or musicals.

"This performance is going to be more formal than our other productions. We put a lot of work into our costumes, set, props, and overall atmosphere," King said. "The other drama teachers and I picked this option to best fit students schedules, and to ensure we are following Covid protocols. Our students are very involved, and we needed an option that could be flexible throughout the week that way students can be in multiple activities at once."

King and the students picked the pieces with their department in mind.

"Our department is predominantly women and we wanted to showcase the power our department holds while also presenting topic students are passionate about," King said.

A few of the students involved in this production are very passionate about making this production great. Performer and junior Callie Garcia was most excited about tech week.

"It's probably the most stressful part about any show, but for me when I get to see everything start to come together with lights, props, and the set," Garcia said.



DESIGN BY SAMANTHA THORPE
PHOTOS COURTESY OF HOOVER DRAMA

All About

STORY & DESIGN BY SOPHIA MAHER

GSA

Are you looking for a safe place to talk? You should stop by GSA (Gay Straight Alliance) in room 1305 every Wednesday for students looking for a safe space or even to make some new friends. The GSA group helps students express themselves and gives them a safe place to talk, feel loved and be a part of a society.

FRESHMAN HUNTER HORN

Do you enjoy GSA?

It makes me feel loved and like people are there for me and that I have a room where people can listen and not judge me for being me.

Why do you think GSA is important to have in schools?

I think it's important to have in schools so people know that there are people you can go to and that there is a safe place to talk about your feelings.



SOPHOMORE MARCUS DIGGS

Do you enjoy GSA?

Yes, a lot because of the people that are there. It's just warming because some places like at home or some areas in the school, people can't express themselves or be the way they want to be.

Why do you think it's important to have GSA in schools?

It's important to have GSA in schools so people can learn more about the LGBTQ community and understand the hardships. It can help you empower others.

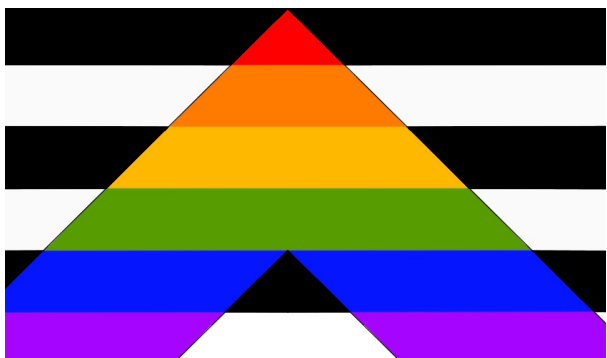
SOPHOMORE ELLA MINER

In your own words, what does it mean to be a part of the LGBTQIA+ community?

Being queer is an experience. I don't really know how to explain it. Like anything, there are ups and downs. People who try to put you down because they don't understand. With this community, there are so many people who understand the struggles. People get it and that's important.

What are some things GSA has completed this year or in the past year?

GSA has talked about important issues and even made posters supporting different issues like Black Lives Matter and Stop Asian Hate.



GSA COORDINATOR AMY ENDRES

How did you know you wanted to lead GSA?

I applied for the position because I believe that every person has the right to be themselves and love who they want to love.

What did you learn from the students?

Oh my, so much... what all of the letters in LGBTQIA mean, why pronouns are important and how to speak your truth, even when it is difficult.

What do you expect from the students in GSA?

That we live up to our motto to "welcome everyone" and respect the rules that govern the group.

GETTING INTO THE SWING OF THINGS

The Hoover coaching staff has a new addition to their team this year! Meet Kerigan Torres. A 2015 Hoover graduate, Torres is returning to her home field as the new Head Softball Coach.

Q: Where did you go to school after high school?

A: After high school I had the opportunity to continue my education and softball career at DMACC in Boone, Iowa. I played for the Bears for two years and then transferred and finished my career at South Dakota State University in Brookings, South Dakota.

Q: How many years have you played softball?

A: I have played softball for 14 years.

Q: What positions have you played?

A: My main position has always been center field. However, in softball, you must be flexible and ready for anything, so I have had the opportunity to play in every position throughout my career. I often encourage players to reach out of their comfort zone and play a position they never have. It gives you a whole new perspective of the game.

Q: What is your favorite part about softball?

A: One of my favorite things is defense. I was the athlete that could not get enough of the sport in general but especially outfield. I loved pushing myself to new boundaries and making diving plays during games.

Q: What was your softball experience like when you were at Hoover?

A: My softball experience at Hoover was amazing. I began playing with other girls on the team back when we were 10 years old and continued our career together to the end of high school. Being around the sport and my best friends

has always been one of my favorite ways to spend my summers!

Q: What are you looking forward to as a new coach?

A: I am looking forward to seeing the growth that not only the athletes will make this season, but also the coaching staff. I think that we are all ready to get started and face any challenges that come our way.

Q: What are your goals and expectations for your new team?

A: I think that we have a really strong team this year and I can't wait to see how the season goes! The main goal that I have is to come out on top with a winning season.

Q: Do you have any prior advice for your new players?

A: Be confident in yourself and in your team! Some of the best advice that I got from a college coach was that the way the season goes is not up to the coaches. We are there to support and provide direction but it is up to the athletes to create a team/environment they are proud of.

Q: How can Hoover students join softball or help support the team this year?

A: If any students would like to join the team, they can contact Coach Moore (room 2085) for more information. We would also love to see all students supporting us at home games! It can be very beneficial for athletes to see that they are supported by their peers!



DMPs VOTES TO LEAVE THE CIML

By: Rylie Meyer
Design Editor in Chief

Des Moines Public Schools announced in late March 2021 that the district will be leaving the Central Iowa Metropolitan League (CIML). DMPS along with other surrounding schools will be creating a new conference to play in.

This move affects all sports besides football. Hoover principal Sherry Poole, athletic director Jacob Burke and head boys basketball coach Courtney Henderson agree that this move will make DMPS more competitive. This decision is intended to create an even playing field for the athletic programs, instead of playing schools that are at a higher advantage than us.

“I think this will affect Hoover in a positive way in the sense that Hoover is already in a weird spot because we only have 1,000 kids and we’re competing against schools that have sometimes 2,300 kids. In a lot of our activities, we just have difficulty having as many participants as other schools do to compete in some of those sports,” athletic director Jacob Burke said.

This decision is also believed to make student participation increase despite the level of competition changing. Moving away from competing with suburb schools will create a more competitive playing field for our players. This should make our programs gain more wins and attract more student participation.

“We are hoping as a district and as an athletic program that our numbers will go up. Kids will see more competitive games across the board, and we’ll go out there and try to get some wins,” head basketball coach Courtney Henderson said.

The way our games work may change. For example, boys basketball will have their set games and then six games at the end of season for games outside of our conference. They can play the larger suburb schools that they want to play.

Members from the DMPS community have brought up the idea that instead of leaving the conference to play at a lower level, DMPS should put money into our training and facilities. There is a committee that has been assembled to upgrade our training facilities. This group is making sure that we will have facilities that are comparable to suburb schools. The new stadium is supposed to give a better quality place to play for our

football players and give a field for our soccer players to practice in their off-season. Burke said all of this will just take time and patience.

Another concern is that certain programs won’t be able to play surrounding schools. While it is nice to play surrounding schools, it’s going to hurt our programs and our motivation if we keep playing these schools with players that have been privileged to intense training at a young age.

Overall, this should create an even competition, create winning attitude programs, and overall benefit our athletes and prepare them for when we can regularly play those bigger suburb schools that we want to play with.

“ In a lot of our activities we just have difficulty having as many participants as other schools do to compete in some of those sports.”

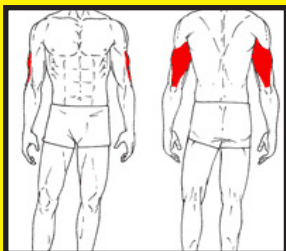
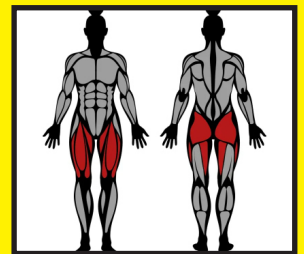
DESIGN BY RYLIE MEYER

TOP 7 EXERCISES TO BUILD YOUR SUMMER BODY

Summer is right around the corner which means it is time to get in shape and get serious about your health. I know half the people reading this have already given up on their New Year's resolutions...so, I've compiled seven of my favorite exercises that I think will help you get stronger and build the body you desire.

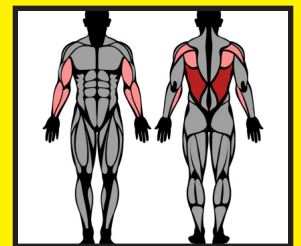
1 Bulgarian Split Squat

This movement targets the quads, hamstrings, and glutes. It can be done almost anywhere and doesn't require any weights. However, you can use dumbbells or a barbell and plates to make this exercise more difficult. I recommend doing this exercise for 3-4 sets of 8-15 reps on each leg with light or moderate weight.



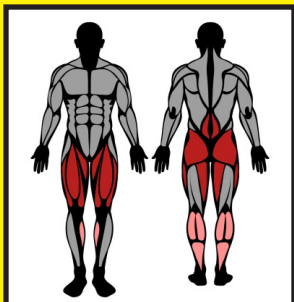
2 Skull Crushers

A lot of dudes go into the gym hoping to get bigger arms so they go out and train biceps every day but ignore their triceps. Did you know that the tricep makes up 2/3 of your arm? So, if you are looking for a thicker looking arm, triceps cannot be ignored. Skull crushers can be done with a dumbbell or an EZ curl bar. Do this workout with moderate weight for sets of 8-12 reps.



3 Pull-Ups

This exercise targets the back and rear delts. Pull-ups can be done anywhere with something you can hang on to, but a pull-up bar is preferable. This movement may be very difficult for beginners, so if you need to, you can make the movement a bit easier by using resistance bands or having a partner assist you.



4 Squats

In my opinion, this is by far the most important exercise for anybody, especially athletes. Squats will help you develop strength, explosiveness, and mobility while also promoting muscle growth throughout the entire leg. The squat is also probably the most functional exercise you could possibly do; you squat almost every day without even realizing it. When done correctly, squats can improve knee stability and strengthen connective tissue. Squats have many variations including pause squats, tempo squats, box squats, etc. This movement can be effective with almost any weight or rep range depending on what your goals are.

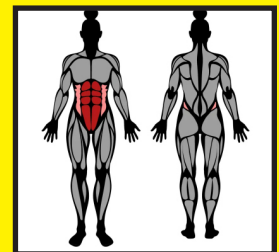
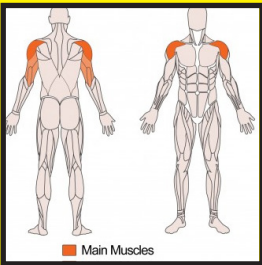
MENTAL/EMOTIONAL BENEFITS OF EXERCISE

- Reduced stress
- Better sleep
- Better self confidence
- Known to help with depression and anxiety
- Sense of accomplishment
- Increased overall happiness
- Sharper memory
- Inspire others



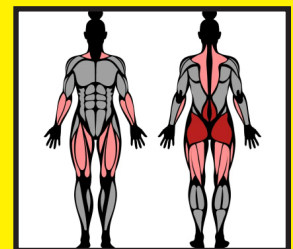
5 Kettlebell Drag

Kettlebell Drag is a relatively unknown exercise used by many elite Olympic weightlifters to build core strength and stability. It only requires one kettlebell of any weight. This movement is pretty difficult and you will get a pretty good burn from it, even though it looks simple.



6 Arnold Press

The Arnold press is a variation of the traditional shoulder press and is named after Arnold Schwarzenegger, who used this exercise to build all three of the main muscles that make up the shoulders. This exercise will destroy your upper body but mainly the shoulders. For the most stimulation, do this exercise for sets of 8-15 reps with light or moderate load.



7 Sumo Deadlift

This is personally my favorite exercise to do in the gym because it works almost the entire body: glutes, hamstrings, quads, lower back, traps and even the forearms. One thing to remember though is that the Sumo Deadlift is one of the most technically advanced compound movements and needs to be done with good technique to avoid injuries. I recommend practicing this with very light weight then using moderate to heavy weight for sets 1-8 reps once you feel like your technique is locked down.

hnpPhoto credit (Getty images/strengthlog.com)

~~NOT ALL MEN~~ TOO MANY WOMEN



STORY BY SAGE JOHNSON.
COPY EDITOR IN CHIEF
GRAPHICS BY RYLIE MEYER,
DESIGN EDITOR IN CHIEF

Too Many Women

Trigger Warning: mention of sexual assault, murder, and violence

In early March 2021, 33-year-old Sarah Everard was walking home from a friend's house one evening when she went missing in South London. Nearly a week later, Everard's remains were found in a woodland area and Metropolitan Police officer Wayne Couzens was arrested and charged with the kidnapping and murder of Sarah Everard.

The news of Everard's death swept across the globe and sparked an uproar of marches and vigils in honor, and in anger, of women who have been victims of the harassment and fear of being a woman in public spaces.

Data from a survey conducted by UN Women (United Kingdom) was released on March 10, 2021 reporting that 97% of women and girls in the UK have experienced sexual harassment in public spaces. This one statistic doesn't even begin to account for the millions of female victims around the entire world that have fallen through the cracks of data and go unnoticed. Many women choose not to report their abuse or harassment because of the danger or humiliation that could come from it. The objectification and harassment of women has been normalized to an extreme in the world that many of us feel numb to hearing of these stories.

In the age of social media, hashtags, videos, posts, and stories from women all over the world began spreading like wildfire. The popular app, Tik Tok, has become a central station of awareness for the life-threatening issues women face daily. Verbal sexual remarks, such as catcalls, non consensual physical touch, unsolicited sexual photos, uncomfortable stares, and sexual assault are all forms of harassment that led these women to identify themselves as the 97%.

With the constant fear of being taken advantage of, harmed, or even killed, many women have gone out of their way to take as much safety precautions as they can. But no matter the safety measures, protection can never be guaranteed in a world of abusive behavior. Following almost every precaution, Sarah Everard was 'doing everything right.' She was wearing bright colors, had messaged her boyfriend when she left, walked in a well-lit area, everything. But regardless, she was still attacked and murdered.

"Women do not do the 'wrong' things and lead themselves into the fray; abusers do the wrong things by harming women," Nichi Hodgson, author and specialist in gender, tech, and relationships stated in her NBC News article titled 'The Sarah Everard case shows society's rules for women don't matter if men intend to harm us.'

The popular arguments 'Boys will be boys' and 'Not all men' have been used constantly to belittle victims of assault and diminish the real problem here. While it is true that not all men have abused, it is more than likely that they know someone that has been abused and they might not even know it. Silence and avoidance of the conversation of sexual assault and violence towards women has been completely normalized in our culture. Many people are unaware of how often and how close these situations happen.

The truth is that people of all genders face the fear of sexual harassment and people of all genders are also the abusers. But men are often the group at fault. As stated in *Psychology Today*, "In instances in which a female was the rape victim, a man was the perpetrator 98% of the time. For male rape victims, a man was the perpetrator in 93% of the instances." The media's portrayal of women and the normalized rape culture in our society has watered down the issues of violence that many people do not even know what they are doing wrong when harassing women.

From early ages, young women are taught ways and methods to avoid sexual assault, rather than young men being taught not to harm women. Instead of pinpointing the causes of sexual assault and harassment, we should be focusing on educating and raising our children to be knowledgeable on topics of consent, respect, and healthy relationships. Not only would this contribute to the safety of women, but also help to prevent these instances from happening on their future.

As stated in UN Women.org, "Prevention is the only way to stop violence before it even occurs. It requires political commitment, implementing laws that promote gender equality, investing in women's organizations, and addressing the multiple forms of discrimination women face daily."

MISSING

Black Children

Shedding light on missing Black children's cases in Iowa

Black children make up about 14 percent of the U.S. population. Despite this, they also represented around 37 percent of the 424,066 missing children listed in 2018 according to CNN. Iowa is not exempt from the overwhelming numbers of missing Black children. After the heart wrenching story of 10-year-old Davenport girl, Breasia Terrell, who was missing for nearly nine months, the Black community should be on high alert in preventing the unnecessary deaths of our children.

A major tool in finding missing children is utilizing the power of the

media. Though when observing the differences between media coverage of Black missing children and other cases, you realize that Black children are extremely underrepresented in this vital resource. CNN reported a 2015 study found that despite Black children making up over a third of missing children in the FBI database, they only represented around 7% of missing children's cases covered in the news.

"Media coverage is vital when looking for a lost person. The first 48 hours are when the person who disappeared is most likely to be found. When Black children go missing, they are often labeled runaways and/or they aren't given Amber Alerts until days after they disappeared (both happened with Breasia Terrell)," Movement 515 Teaching

Artist, Jalesha Johnson said.

When compared to the undeniably heartbreaking disappearance of Mollie Tibbets, the media coverage of the Breasia Terrell case was minuscule in comparison.

"When

Molly Tibbets went missing, it was national news. There wasn't a household or politician or news station in America who did not speak to her story. Because the public was demanding answers, the people in power had to give us them. That's why Molly was a big deal. Because millions of people cared about what happens to a white girl," Johnson said.

In order to prevent the disappearances

LONG LIVE...
BREASIA TERRELL
AND
ABDI SHARIF

By: Arabia Parkey
Media Editor in Chief

and deaths of all young people, community and school action should be taken immediately. According to DMPS school board member Teree Caldwell-Johnson, community action plans such as neighborhood safety initiatives, parenting support, and youth engagement programs are a few of many ways that action can be taken at the community level.

Within schools, both Johnson and Caldwell-Johnson encourage the implementation of safety training, teaching students the signs of possible predators to prevent children from finding themselves in dangerous situations. In both schools and the community, continuously creating safe spaces for children to turn to in times of need is also of importance.

In times where Black children are not receiving the support necessary from the media or public officials, it is up to the community to increase vigilance and make the difference in the safety of children.

“Tell the stories of Diaa, Breasia, and Abdi. Show your students you haven’t forgotten them and God forbidden but if anything happens to them, you will fight to find them every time. Listen to your students,” Johnson said.

Protect Black children.



GRAPHICS AND DESIGN BY ARABIA PARKEY

HOW TO: COLLEGE PREP EDITION

EARLY JUNIOR YEAR,
START THINKING OF
POSSIBLE AFTER
SCHOOL PLANS,
SUCH AS WORK,
POSSIBLE MAJORS,
ETC. ALTHOUGH,
THESE MAY CHANGE
AS YOU GET CLOSER TO
GRADUATION (WHICH
IS ABSOLUTELY OKAY
AND COMMON!) THIS
WILL REALLY HELP GET
THE BALL ROLLING
FOR YOU

You've done it! You have finally made it to the most anticipated time in your high school career. Senior year. With all the excitement of prom, graduation and everything that comes with your last year of being a Hoover student, it is easy to have all your attention on what you are looking forward to.

For the first few years of high school, after high school plans such as college, trade, etc. are the longer-term goals that we push to the side so that we can work towards them. But what do we do when they begin to creep closer and closer? It's a scary thought, I know. But hopefully these tips will take a little bit off the edge of trying to prepare for this big transition. Prepping for college seems like a very long process, considering that it starts when you first enter high school. "It's been challenging to get my schedules figured out to take visits, especially with a busy year. It's also been hard to think about all of the college stuff when I'm still trying to get through high school," junior Sage Johnson said. Although, it takes a little bit of designated time, there are plenty of tools that the internet (and even your school) have to offer! From finding out when campus visits are offered to finding out your eligibility to be accepted or receive scholarships, these resources are easy to find. It is just best to find which ones work for you.

NO NEED TO FEAR, YOUR HOW-TO
GIRL IS HERE WITH A COLLEGE PREP
GUIDE TO MAKE THINGS A LITTLE LESS
STRESSFUL.

Using the resources you find and are offered is a great way to aid yourself in the process. Being a senior, the pressure becomes real very quickly. Even though it seems even more stressful, it is important not to let that intimidate you. When preparing for college, procrastination is your WORST enemy. Deadlines will not wait for you, so it is important to prioritize and remind yourself of getting things done when they need to be. "Getting a head start in my prep would have been so helpful throughout this process," senior Amber Hagler said. "Cramming too many things in at one can make it very confusing and stressful for you. The earlier you start, the better." An extremely essential key to making this preparation process as simple as possible is remember that you can never be too prepared! The biggest piece of advice is to start as early as you can.

A common misconception is that you have to wait until your senior year to begin applying and planning. "I plan on dedicating time to finding the perfect college for me," junior Lilly Johns said. Your junior year is one of the best times to narrow down your choices for school. These things take some thought and time, so utilize that time to help propel you towards completing certain tasks. Getting a head start and adjusting as you go can be the most helpful action in this process. That way, once you get to the stressful parts of the year, you can feel some relief knowing some of it is already completed.

**IF AID FOR CONTINUING SCHOOLING IS
NEEDED, MY ADVICE TO YOU IS
APPLY, APPLY, APPLY!**

**THERE IS SO MUCH MONEY OUT THERE
WAITING TO BE USED FOR SOMEONE'S
EDUCATION AND IT EASILY COULD BE
YOURS. THERE ARE MANY PEOPLE WHO
ARE DOUBTFUL OF GETTING ANY TYPE OF
SCHOLARSHIP BECAUSE THEIR GRADES OR
INVOLVEMENT IS NOT PERFECT.**

**YOU WOULD BE SO SURPRISED JUST HOW
MANY OPPORTUNITIES ARE NOT TAKEN.
THERE ARE THOUSANDS OF SCHOLARSHIPS
AND GRANTS (AND I MEAN THOUSANDS)
WAITING FOR STUDENTS JUST LIKE YOU
TO APPLY FOR. MANY ARE NOT KNOWN
ABOUT. FOR ALL YOU KNOW, YOU COULD BE
COMPETING WITH VERY FEW PEOPLE, ONLY
INCREASING YOUR CHANCES OF
RECEIVING THEM.**

**IF YOU NEED HELP, ASK! APPLYING FOR
COLLEGE, HOUSING, AND THE FAFSA ARE PRETTY
CONFUSING AND LENGTHY PROCESSES. BUT
THERE ARE MANY PEOPLE THAT ARE WILLING TO
HELP YOU COMPLETE THEM. WHETHER THESE
BE FAMILY MEMBERS, FRIENDS, TEACHERS,
COUNSELORS, ASKING FOR HELP IS SUGGESTED!
WITH THIS BEING YOUR FIRST TIME COMPLETING
THESE TASKS, YOU MAY HAVE SOME QUESTIONS
AND THERE WOULD LIKELY BE MANY PEOPLE
THAT ARE WILLING TO HELP YOU. NOT ONLY DO
YOU HAVE THOSE PEOPLE AROUND YOU, BUT
ALSO THERE ARE MANY ONLINE SOURCES TO
ANSWER YOUR SPECIFIC QUESTIONS. SOME
OF MY FAVORITES ARE: COLLEGEPROWLER.
COM, GOCOLLEGENOW.ORG, AND BIGFUTURE.
COLLEGEBOARD.ORG. YOUR UNIVERSITY OR
CAMPUS WEBSITE SHOULD ALSO HAVE SOME
GREAT INFORMATION ON THEIR SITE FOR YOU!**

**MAKE A CHECKLIST!
DEADLINES COME UP VERY
QUICKLY IN THE COLLEGE PREP
PROCESS. PERSONALLY, MAKING
A CHECKLIST OR USING A
PLANNER TO KEEP TRACK OF ALL
THAT IS COMING UP HAS BEEN SO
HELPFUL IN MY JOURNEY.**

STORY & DESIGN BY JULIEANA MUNOZ

FASHION STATEMENT!

Showcasing the current state of fashion

Story and Design By:
Kaleb Nichols
Donut Editor

The world of fashion is rapidly evolving now more than ever before. Fashion has become more combined than ever. Influences from fashion meccas across the world have combined due to the impact of social media. Fashion trends from New York, California, France, and more can be seen in cities and countries all cross the world. The impact of social media has allowed everyone's sense of fashion to widen. With the impact of social media, it is very hard to identify original trends because once a certain outfit or style hits the internet, the rest of the world will take out with the look and create a whole new trend. A

lot of the time, fashion is very recycled and rehashed. If you think your idea of an outfit is original, it can probably be found on Instagram, but that should not stop you from wearing it! It just goes to show the extent to which social media has allowed fashion to transcend to levels never seen before.

With all of this in mind, I decided to investigate the current trends and styles of fashion to gain a deeper understanding into what young adults within Des Moines are wearing and what is influencing their fashion choices.



Madia

Outfit Influences?:

Black social media pages on Instagram that post about fashion definitely influence how I dress. Also I influence my own outfits, because when I buy clothes, I think what my outfit would go well with.

Favorite Brand?:

Personally, I don't have a specific favorite brand. I just like to wear whatever looks good on me!

Who is your Fashion Icon?:

Some of my personal fashion icons are A\$AP Rocky and Teyana Taylor. I like how Rocky wears complex art and pushes the "norm" of what's considered fashion. I also like how Teyana can pull off anything she wears and how she layers her outfits with lots of accessories.

Fashion is an art form unlike any other, it is a direct response to influences from social media, Hip-Hop, modern-day events, and cultural backgrounds. Fashion is a very bold and expressive form of art. The clothing someone wears can create and push boundaries in modern day society. Within fashion, there is a vast variety of styles to participate and dress in. Styles consist of punk, classic, vintage, athletic, street/urban wear, business casual, and professional. Each of these styles can say a lot about a person and their character! But recently now more than ever, a lot of these styles are becoming blended and put together to create entirely new looks!



Keshawn

Favorite shoes?:

My favorite shoes have to be Retro Jordans. My favorite shoes are either the Jordan 4 “Thunder” or the Jordan 1 “Union Blue Toe.” I feel like Retros can go with any type of style and outfit.

Who is your Fashion Icon?:

Alexander McQueen is my fashion icon because I enjoy the stories he told with fashion and art when he was alive. I believe those who have taken over his brand have done a good job staying true to his beliefs of pushing boundaries and telling a meaningful story with fashion.

Best Fashion Style?:

My favorite style is a professional look with a Calvin Klein Polo, tapered dress pants, with a simple chain.

Much like music, fashion is an unique art form because it can display distinctive time periods and almost seem like a portal back to the past. Fashion has drastically changed in America with standout periods such as the 90’s and 00’s where clothing trends shifted from bright pastel and neon colors to oversized triple xl shirts and pants! One thing about fashion is that a lot of times the trends repeat themselves. Recently the trend of vintage wear has resurfaced and has seen everyone running to find the biggest graphic tees with cargo pants to match and get ready to post a picture on their Instagram or Snapchat.

Some Local Clothing Brands within Des Moines you can support

Forest Brothers-Bag SZN-Kash Junkiez-Flashy Finest-Eternal



HEATING UP THE DANCE FLOOR



05.01.21



**DJ Charles
Walker**

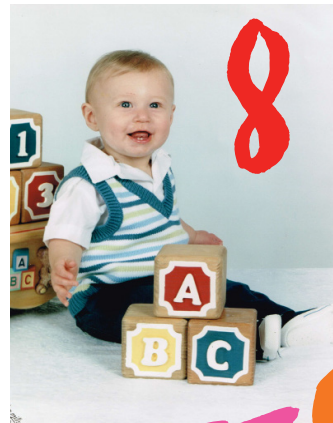
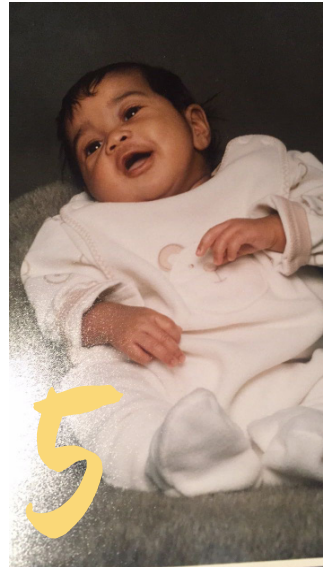
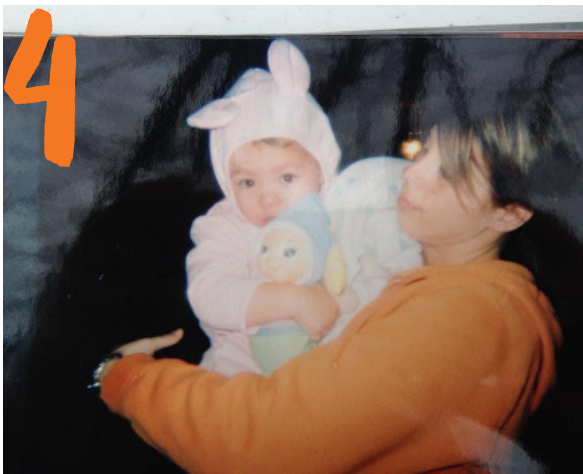
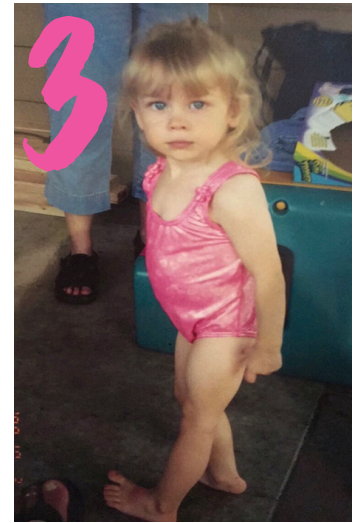
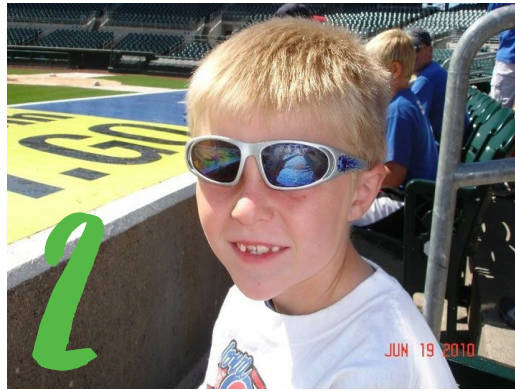


**Prom King &
Queen**



CHILLING AT POST PROM

DESIGN BY SAGE JOHNSON,
COPY EDITOR IN CHIEF



- Ripley Miller -Julie Munoz
- Kaleb Nichols -Ben Renwick
- Sam Thorpe -Rylie Meyer
- Arabia Parkey -Ethan Rogers
- Amber Hagler



GUESS WHO

Answer Key: 1.) Arabia Parkey 2.) Ben Renwick 3.) Ripley Miller 4.) Rylie Meyer 5.) Kaleb Nichols 6.) Amber Hagler 7.) Sam Thorpe 8.) Ethan Rogers 9.) Julie Munoz