



# **THE CHALLENGER**


## **STARTING OFF FRESH**

**Volume 55 Issue 1**  
**Fall Issue 2022-2023**



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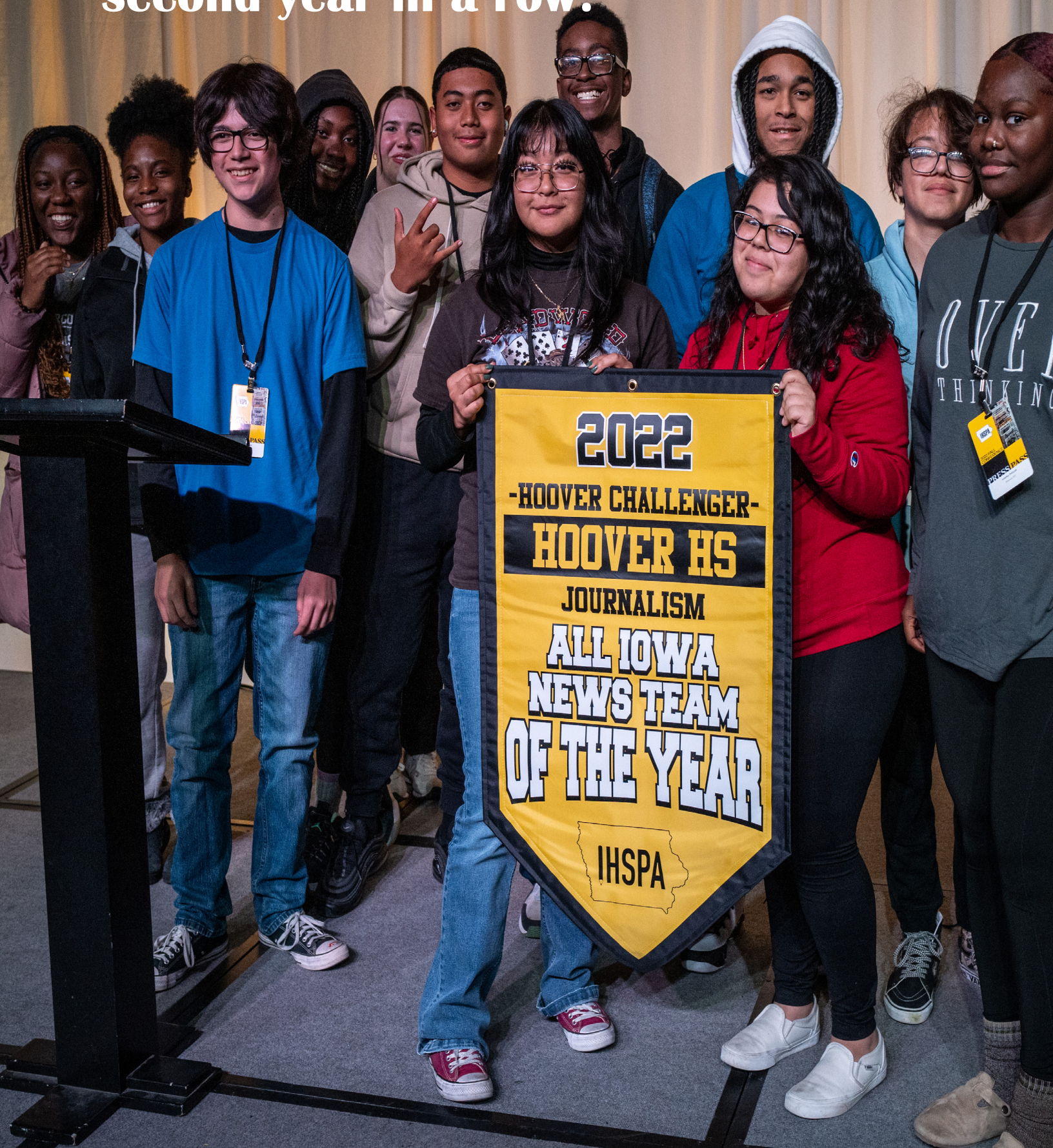
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# Hoover News Team wins News Team of the Year for the second year in a row!





BY LUCAS WOOD, (HE/HIM), STAFF

# Helping Hand HOWARD



First year teacher Cheyenne Howard is a new and welcomed addition to the Hoover staff.

Teacher, parent, master's degree, attended college for 20 years, science lover, and passionate. These are just a few things of the things that can describe one of Hoover's newest teachers, Cheyenne Howard.

Even though Howard has only been teaching at Hoover for less than a year, she leaves an impression on not only her students but coworkers as well. In her short time here, she has already made herself known by showing she cares for her students.

Howard was Cathryne Moore's student teacher in the 2021 – 2022 school year for four months teaching chemistry.

"Committed and energetic. Ms. Howard wants her students to succeed and will try pretty much anything to help them. She also comes in every morning with some serious energy after her morning work-out," Moore said.



**"I always liked science. I always thought it was the most interesting and fascinating. I thought if I liked learning about it, I thought I'd like teaching others about it. I chose to become a teacher because I like school. I'm a total nerd; I always liked going to school," Howard said.**

But in that time Howard has left a positive impression on the new Hoover principal.

"Quirky, fun, puts students first, ambitious, kind, Cause I've seen how she engaged with students, and you can tell she chose this career because purpose driven and wants to help students. I've seen it firsthand," Principal Qynne Kelly said.

Howard doesn't teach science because it was the first thing that came to mind. She chose it because she enjoys the subject and wants to teach others about it.

"I always liked science I always thought it was the most interesting and fascinating. I thought if I liked learning about it, I thought I'd like teaching others about it. I chose to become a teacher because I like school, I'm a total nerd, I always liked going to



school,” Howard said.

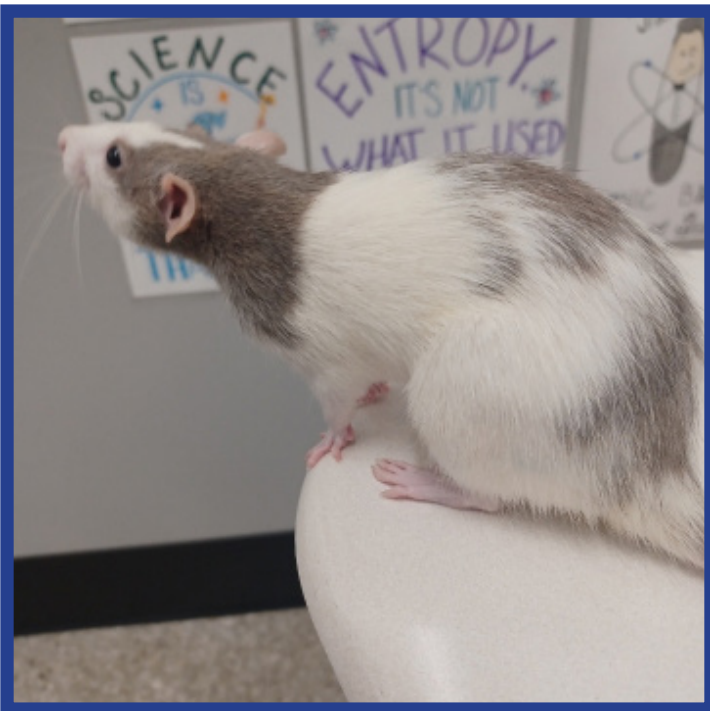
“I started taking college classes when I was 16. So, I was in college for 20 years and it gets to a point where it’s really expensive. But because you have to pay for it, I thought how I could be in school without paying for it. So, I came to the conclusion that I could become a teacher and always be in school,” Howard said.

She not only wants to teach students she wants to help them succeed as much as she can. She wants to be the teacher that helps students succeed. Since she has this mindset, it helps show people she cares, that is shown in her teaching.

“She tries her best to teach us to the best of her ability and not to mention trying to help the students pass the class with activities,” sophomore Tan Ho said.

One of Howard’s inspirations for teaching was to help students. She wants to be the teacher that can help anyone by explaining it in a way that they understand. Everyone has different inspirations for everything, but Howard’s inspirations not only include personal reasons but include how she wants to help students.

“Part of it is because I get to learn more stuff all the time, I really enjoy finding new things out. Another part is because I’m on the autism spectrum and the way my brain thinks about things is not ‘normal.’ So, I thought if there is someone who doesn’t understand something I can be that teacher than can explain it in like 10 different ways so I can find a way to explain it to everyone,” Howard said.



Howard’s class pet Fidget. Photo courtesy of Lucas Wood

## Classes Howard Has Taught

**In Howard’s time at Hoover, she has taught Biology, ELL, Science II, Environmental Science, and Forensics. Next semester she will add Human Anatomy**

## Colleges Howard Has Attended

- Drake University
- Grand View University
- University of Wisconsin
- University of South Carolina
- University of Maryland
- DMACC

# DETERMINED

## DIANA

Ms. Diana is Hoover High School's newest addition.

Ms. Diana already has a lot of experience working with students and is going to use that experience to benefit Hoover students. Diana already has a very warm welcome and everyone is glad to have her including principal Qynne Kelly who was very impressed and glad to have her here at Hoover High School.

**Q: What were you doing before working at Hoover?**

A: I was a career planner/ work force advisor at Iowa Works

**Q: What made you want to go to Hoover?**

A: The beginning of my career I worked five years at corrections and in that role I was able to identify the things I could have done to prevent people from becoming incarcerated. That position lead me to feel that I needed to work with youth and this was the perfect opportunity for me. Not only do I get to work with youth but my role is to assist students to be successful in their school life and what's next to come.

**Q: What are you doing now?**

A: My title is Community School Coordinator and what it entails is connecting our community with our school and identifying resources with our students and families.

**Q: What is your goal for Hoover in the next five years?**

A: My goal for Hoover is that every student feels supported by myself and the staff and community. I also want anybody at Hoover to know if there is anything they need at school or post school there are people here to help them achieve that. I also want to maintain and create community partnerships that allow a space for our community to get to us and mold the individuals going into the community where they can give back.

**Q: How do you feel about the students of Hoover now?**

A: I have only been here a short time, but I can tell the students are warm and they look out for each other.

**Q: What molded you into who are today?**

A: My culture molded me in the way of family is really important to me - not just the family I was born into but the family I can create on my own. Another thing that has molded me is my children. They have made me realize how important it is to have someone to look up to and be a role model.

**Q: Where are you from?**

A: Fresno, California but my mom is from El Salvador and my dad is from Honduras, but I grew up mostly on the east side of Des Moines.

**Q: Is there a tradition you have in your family that you would like to bring into Hoover?**

A: I don't know about tradition but in my family, we always look out for each so that's the feeling we want to bring into Hoover students and staff.

**Q: What are other events you would like to do?**

A: We plan on doing the track or treat or something similar every year. I definitely want to plan and host events where we can come together and have fun.

**Q: Is there a message you would like to share?**

A: I just want everyone to know they are more than welcomed to stop by - even if it's just to say hi. I am more than happy to help and I would love to help as many Hoover students as possible.





# Killing Time with Kyle

It's that time of the year! The time when we receive new members to the Hoover community. Let's learn a little more about new PE teacher Kyle Van-meter.

**Q: What university did you attend?**

A: Iowa State University because my friends all went there.

**Q: What was your favorite part of college?**

A: My favorite part of going to Iowa State was the Rec Center and finding all my friends to hang out with them.

**Q: Why did you become a PE teacher?**

A: I always liked exercising and teaching students, so putting them together was a great idea to me.



**Q: Why did you decide to join the Hoover community?**

A: I really like the culturally diverse students.

**Q: What do you think of Hoover so far?**

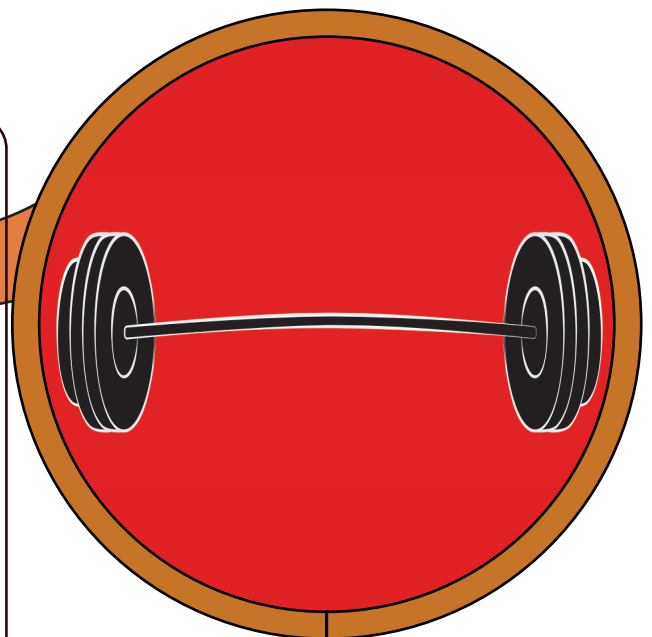
A: I really like Hoover, and all of its students. It really is a nice school.

**Q: What is one positive of Hoover?**

A: A lot of the kids are usually very respectful and are really good kids overall.

**Q: What is one thing Hoover can work on?**

A: There is a huge lack of school spirit.



BY TALEAYA ZELEE, (SHE/HER), STAFF

# KEEPING UP WITH EVANS

Old Hoover Student and football star Theodore Evans steps up and becomes coach to football boys after a tough last season.

Q: How long have you been teaching for and where?

A: I've been teaching and coaching for six years, all in Des Moines Public. I started teaching at Harding Middle School. I was there for four years. I was at North High School for a year then I came to Hoover and this is my first year.

Q: What is your favorite thing about it?

A: My favorite thing about coaching is seeing young people grow into adults and grow into better humans.

Q: What are some things you struggled with when you first started coaching here?

A: Some things I struggled with when I first started coaching here was on my first day there was only two people in the weight room. So that was a struggle to get more people into the weight room and to get people to play the sport of football.

THEN

VS

NOW



Q: What's your favorite thing about your job?

A: My favorite thing about is Monday. I really love Mondays its my favorite day of the week, so when we don't have school Monday it really throws me off. It hurts my feelings

Q: What got you into coaching?

A: my high school football coaches and my college football coaches. They kind of set me up for life, to have a fun, successful life and that's what I want to do with these guys

Q: What is something you are excited for, for this year?

A: I'm just excited to be back at hoover, and start changing the athletic culture here and turn all of our programs into successful programs and help do that through the weightroom



*Coach Evans talking to the boys before the game against Sioux City West*



BY MARQARIES NEIGHBORS, (HE/HIM), STAFF

# HOOVER'S SON: COLTON PRESTON

## An insight into Coach Colton's life

Coach Colton Preston is the living embodiment of Hoover High School. A 2015 Hoover graduate, Preston is now a high school football coach for the varsity team and JV/Freshman/Froshmore team that he once took to the playoffs when he was a player. This is who Preston is now.

**Q: Where did you work before coming to Hoover?**

A: At Woodward Academy as a case worker

**Q: What made you want to coach?**

A: My love for football and helping young adults achieve success

**Q: How different is Hoover from when you went to Hoover?**

A: A lot different

**Q: Do you have any regret coming to coach at Hoover?**

A: Absolutely not. I love coaching the young adults of Hoover

**Q: What's something that's made you glad to be a coach at Hoover?**

A: The relationships I've made with my football players

**Q: What's your biggest goal for coaching these kids besides winning games?**

A: Helping kids build life skills beyond playing football

**Q: What is a lesson you want to pass on to these kids that they can take with them to adulthood?**

A: Keep working hard when things get tough

**Q: What motivates you?**

A: My parents and helping the young adults on the team

**Q: What is your biggest goal for Hoover itself outside of football?**

A: To make sure the school is safe, and students are attending class

**Q: If you could change one thing about Hoover now that was around when you went to Hoover?**

A: I like how school started earlier because it ended earlier

**Q: What is something that you would change about Hoover from when you went to Hoover that you see or is around in Hoover today?**

A: There would be more support staff

**Q: What would you change about yourself?**

A: I wish I was taller, just because

**Q: Where do you see yourself in 10 years?**

A: Living in Des Moines still coaching football, I'd be 35 but still it would still be doable. Maybe a teacher

**Q: Is this where you saw yourself 10 years ago?**

A: No, I didn't think I would be working at my old high school

**Q: What is a motto you have?**

A: Know your why. Because it is important to know why you do something, deep under all the superficial reasons, know why do you really do it



BY LUCAS WOOD, (HE/HIM), STAFF

# ASSOCIATING WITH SCHONEBERG

2022 - 2023 school year introduced new associate principal.

This school year at Hoover we were introduced to the new associate principal Morgan Schoneberg. Schoneberg is one of the three associate principals in the building. Schoneberg before coming to Hoover she was an English teacher at Roosevelt for close to seven years. She moved to Hoover to take the administrative role at the school. She values interacting with the students because it is important to her.

**Q: What made you come to Hoover? A:** This is where I wanted to end up. My kids are going to come here when they're older, my husband is an alum, we also live in the neighborhood. And to me it's important to make change where you are and be part of the community. I loved Roosevelt but I wanted to be working where I was living pretty much.

**Q: How would you describe Hoover? A:**

Whenever people ask me about it here and how I like it, it is in a word familiar. I feel it is a special place because a lot of people went to middle school together since it's in the same building as Hoover. They're comfortable because it's so close and it's familiar to them. The people interact in an inclusive way and it's a place where people are close.

**Q: What is your favorite memory from Hoover so far? A:**

So far, its defiantly Hispanic heritage festival it was a really cool event. It was mostly put on by students, mainly Alison De Luna. It was a really powerful and cool event also the food was amazing, very good.

**Q: What are your goals for this year? A:**

My goals as a new person are to get to know as many people as possible, to become familiar with the people, building, and the culture. Also learn the job and be effective at it.

**Q: What advice would you give to students? A:**

My biggest advice is always just get involved. Your experience is what you make it. If you're bored, it's on you because there are always opportunities for things to do. It's important to get involved in clubs and activities. You can find

something that interests you and if not, you can make a club.

**Q: What motivates you the most? A:** My family. My husband went here so I want to make sure he is still proud of the school he remembers. Also, my kids will go here, and I want to make sure it is still an amazing place when they go here in the future.



**"I was afraid this position would move me away from students and interacting with them, but ive got to know a lot of students through this position," Schoneberg said.**



# ZAY SHOWTIME JETTAS



Junior Zay Taylor is described as funny chill, sturdy, and great inspiration towards the young Hoover men. Not only is he a great friend and student but he is also a great athlete. Taylor participates in sports such as track where he runs the 100, 200, 4x1, 4x2 and 4x4, and varsity football with his position being wide receiver, running back and cornerback. Taylor was a qualifier for the Drake Relays his sophomore year and for sure he will be again his junior year. He is a great athlete even when things get tough he still tries his best.

“Zay is someone I can look up to. e is very inspirational and motivates me to do better,” sophomore Fredy Staford said.

Q: What is your biggest accomplishment?

A: Starting varsity football because that’s something I dreamed of as a kid.

Q: Who or what inspires you the most?

A: My mom because she never gave up.

Q: Where do you see yourself in five years?

A: In college playing football or running track.

Q: In your free time what do you like to do and why?

A: I like to hang with my siblings because them my hearts and they always keep a smile on my face.

Q: What are your goals in life?

A: Not to be a bum on the corner and to be an entrepreneur.

Q: What is a fun fact about yourself?

A: I can dance.

Q: What sports do you play?

A: Football, Track, Basketball. The reason I play these sports because I’m pretty athletic and they were the only sports I played, I ran track in middle school but I quit 7th grade but I was going to run in 8th but the season got canceled because of covid.

Q: What is your favorite memory in sports you played?

A: Getting my first win as a starter vs Sioux city or playing my best game vs perry.

Q: What are your plans after school?

A: Go to college to major in business.

Q: Any last words?

A: Shout out Fredy, Yasir, Neo, Taleaya, Osman moses and Nya. Hopefully we make a statement next season!

# Tuning into change!

Change! It's here and it's staying! Hoover has a few new additions this year, how well were they received?

This year, like any other year the school goes under some sort of update or renovation. This year is no exception. Last year we ended the school year with a parking lot full of holes and cracks and a schedule with seven periods and Husky Time. This year those aspects of Hoover have been completely changed. What is the school perspective?

Change is always a big thing, which is why it's importance must be exposed to the students and staff and how well they can handle the change because it's not always easy. This year has certainly been different and new.

"Hoover makes changes to our systems depending on the needs of our students and community," associate principal Boston Freilinger said.

Students also think that our ability to handle change can depend on how well we are treated and how much people care about how new things are received.

"The school handles change pretty well because everyone gets treated equal. It also helps that most of the teachers care about the students," sophomore Traden Skinner said.

One of the new additions this year is the addition of an 8th class and removing the Husky Time leaving some students who go

"THE NEW SCHEDULE HAS A POSITIVE IMPACT ON HOOVER. OUR STUDENTS OFTEN COMPLAINED THAT BLOCK CLASSES WERE TOO LONG. OUR TEACHERS NOW HAVE ALMOST TWICE THE PLANNING TIME. THIS LETS THEM PLAN MORE INCLUSIVE AND ENGAGING LESSONS," ASSOCIATE PRINCIPAL BOSTON FREILINGER SAID.

to central this year slightly confused.

"Lots of confusion especially with schedule times and central classes, and I like the shorter classes because it feels like the day goes faster," junior Jaycie Johnson said.

Our new schedule has also been helping fine art classes make time and allow them to take the class without dropping an elective.

"Students in fine arts can now take eight classes. Before they had to choose one elective to drop. This should help our programs grow," Freilinger said.

However, there is always room for improvement for new things, in order to work out the problems with them.

"I wish we had a better system for Directed Study. It would be nice to have it in a classroom, and give students the chance



to get instruction,” Freilinger said.


One of our other new additions this year is a new parking lot for our students and staff to use, that replaced our old cracked and pothole riddle parking lot.


“I feel that the parking a lot is good because there no more cracks on the parking lot, and that it’s positive because everyone can drive smoother, and they put the trees so people can’t crash,” Skinner said.

One thing about the parking lot that has the school, especially students taken by surprise the introduction of new medians in between the parking spaces

“I thought it was cool but once I found out about the medians, I was a bit shocked,” Johnson said.

There have been a few large changes this year, hopefully, with time the school will be able to iron out the problems and fix any issues with the parking lot or our new schedule which seems to be needing some work done to help students. With these new additions change is here, and it will be here to stay!



 Hoover High School	
Period	Bell Times
1	8:25-9:13
2	9:18-10:01
3	10:06-10:49
1 <sup>st</sup> Lunch Team	
Lunch	10:49-11:20
4	11:25-12:09
2 <sup>nd</sup> Lunch Team	
4	10:54-11:38
Lunch	11:38-12:09
5	12:14-12:57
6	1:02-1:45
7	1:50-2:33
8	2:38-3:25



# THE DESERTED CHECKOUT

The ghost town of the library and the whereabouts of Hoover students is a mystery.

The library is silent, yet so loud and empty yet so full and busy yet so free.

The librarians are checking out books but Hoover students are nowhere to be found and nowhere near the checkout.

Are the students missing?

What's HAPPENING!?

Currently, only a few Hoover students come to the library to check out books.

"As a daily occurrence, it is mostly the middle school students who visit the library. Days at a time will pass before a high school student checks out a book," Building Technology Specialist (BTS) Orlando Winters said.

Students can come check out books for fun without the books having to be for educational purpose and the students reading just for fun.

"In my opinion most, students are unaware of the variety of books we have available. Checking out a book has to be a personal choice," Winters said.

Technology also has its fair share of withholding students from checking out books at the library.

"There's online books plus you could do something more fun like video games or something else," eighth grader Joseph Lai said.

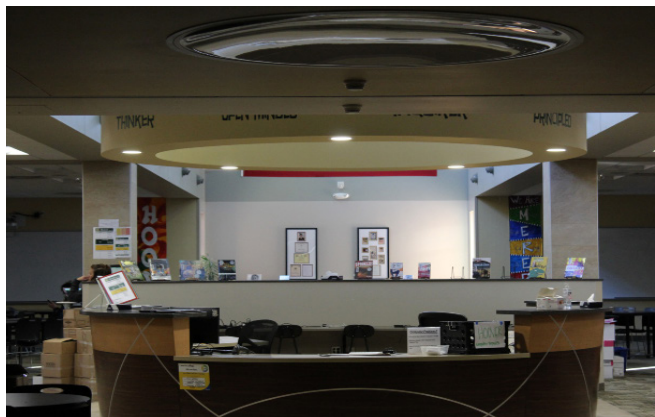
Students sometimes don't have a direction in what they like to read and don't know how to pick a book.

"I don't have any idea on what to pick as an interesting book to read," sophomore Andrew Gerdes said.

Books have so much potential for students to help motivate and improve your grades.

"There is a correlation between free reading and better grades, so I would hope that students would see improved motivation and grades. I hope that people would see students reading and help us buy more books," Teacher Librarian and Building Technology Specialist Sarah Wittkop said.

Other books have materials you can enjoy if you're feeling bored.



"The decision to read is a personal one. My reading started with comic books and Dungeons and Dragons modules. All I can suggest is read material based on your interests. We have the histories of sports teams and books on musical arrangement and how to get started in the entertainment industry," Winters said.

Entertainment can also be found inside of books.

"They should check out books because it's a good way to read and it can be interesting and fun," junior Hunter Horn said.

If you ever need help finding a book you're interested in or just need help with finding a book in general, our librarians can help you out.

"What librarians can do is help you find a book on the subject you are interested in," Winters said.

There is a wide selection but there are other places with a broader selection of items that interest them in going to the library.



“I started going to the Franklin Library because it had more manga and movies” freshman Milo Spath-Bradley said.

There are other barriers like not having enough time for checking out books alone or with your class.

“Some students are checking out books, but Hoover teachers have stopped bringing their classes down

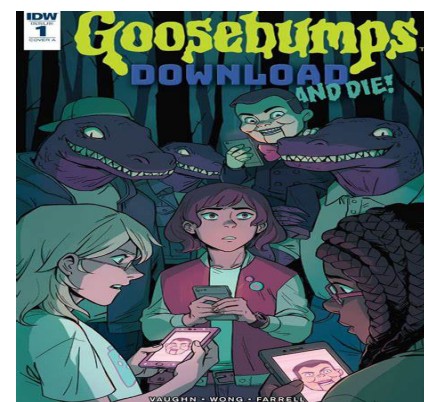
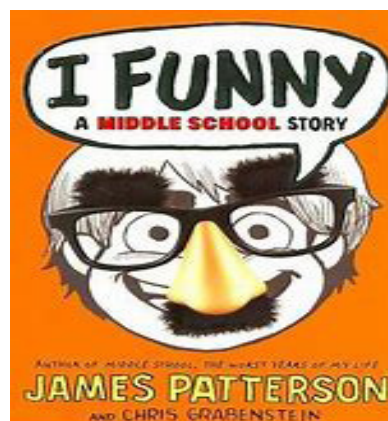
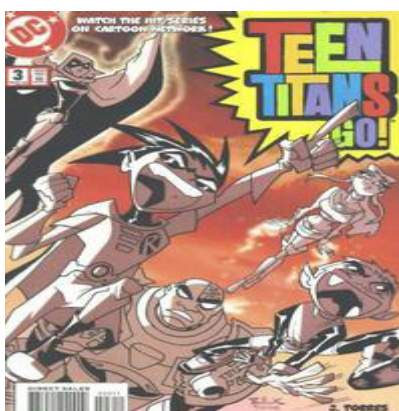
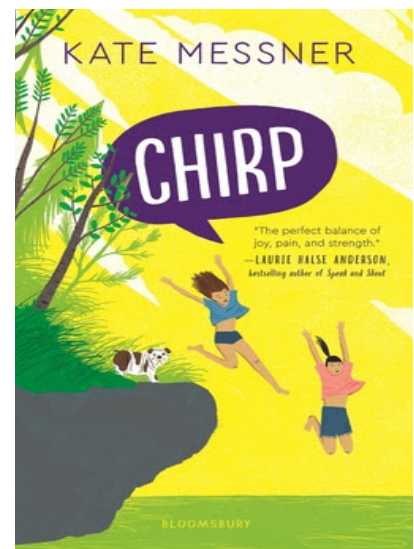
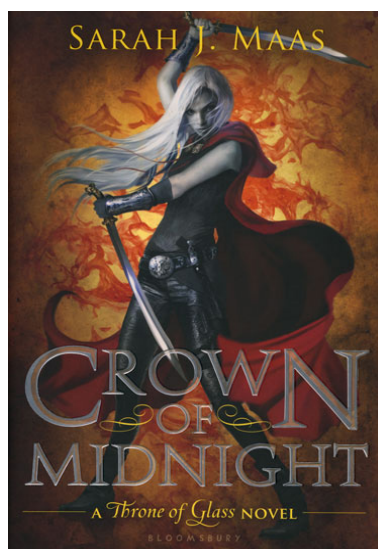
to check out books. Curriculum has changed and become more specific so there is less time for teachers to have students check out and read a book of their choice. Meredith students are coming in regularly with their classes and advisory, so they are reading a lot more than Hoover,” Wittkop said.

# BOOK RECOMMENDATIONS

COMICS AND MANGAS  
YOU CAN FLIP INTO.

ROMANCE AND COM-  
EDY BOOKS YOU MAY  
DIG.

MYSTERY AND HORROR  
THAT MAY SPOOK YOUR  
INTEREST.



BY LUCAS WOOD, (HE/HIM), STAFF

# GETTING ACTIVE IN THE FALL

Fall is a special time of year for some people and it's important to know what activities you have available.

The transition to fall can be a little rough because going from warm weather to cold weather can be tough for some people. But some will like the cold weather because of the things you're able to do once it's cold and the opportunities for many activities.

"I like the cold weather more than warm weather mainly because it suits my style better than the warm weather, and I love the snow," sophomore Collin Sweeney said.

But others will like the warmer weather that the summer brings to the outdoor.

"I like cold weather, but warm weather is better because you can do more things outside and do more things with friends and family," sophomore Noelani Curry said.

The weather getting cooler usually signals it's the time of year where Halloween and Thanksgiving are around the corner. The Halloween time of year brings many things for people to do outside or inside with family or friends.

Some of the biggest things to do in the fall time of year are trick or treating, pumpkin patches, and costume contests.

Millions of kids trick or treat each year, for many kids it's a big part of their year, and they look forward to it and the candy they get from it. Even if people aren't the ones trick or treating taking others can be enjoying.

"My niece is three and the last two years we have gone trick or treating in my neighborhood. I hope to keep doing this with her until she is over trick or treating," Spanish teacher Mariym Martinez said.



*Students dress up for Costume Day during the Red Ribbon Spirit Week in October.*

Another popular fall activity is going to pumpkin patches. One of the special parts of pumpkin patches is how it isn't only pumpkins but there's other activities too.

At Center Grove Orchard in Story County, Iowa they have many different activities at their apple orchard that is also a seasonal pumpkin patch. For example, they have an area that is for smaller kids that includes a jumping pillow, giant sandbox with toy construction vehicles, and a pool of corn that children can play in.



Pumpkin patches may sound boring to some people and that's okay. But for others it can create long lasting memories. One of the questions that everyone was asked was what was their favorite memory from the fall? One response given was a specific memory related to pumpkin patches.

"Going to the pumpkin patch when I was five and my sister fell while carrying a pumpkin and the pumpkin broke all over her and she cried I thought it was funny I still remember it," sophomore Sophia Myli said.

Hoover unfortunately does not do many activities related to the fall. People would like to see more fall related activities to make school fun. One reoccurring thing was a costume contest.

We have done costume contests before, but they were quite small. Not many people participated in it and even more people did not know it was even a thing.

"I think it would be fun to do a more amped up costume contest. Maybe students could win a prize or be titled best costume of the year or something," Martinez said.

It could be interesting to do a large costume contest and see what all the students and teachers could come up with. It could also promote creativity and imagination since people will have to think of interesting costumes.

Thanksgiving is also a big holiday in the fall time. We get a small break from school for it, and we get to celebrate however we want to celebrate the holiday.

One common thing many people do on Thanksgiving is spending time with family. For many families it can be thought of an opportunity to have a large family gathering and spend time with people they may not see often.

"I spend all my Thanksgivings at my grandma's house with my dad's side of the family, eating delicious foods and treats my family makes, we also like to play football outside as well," Sweeney said.

The food on Thanksgiving is also a thing many people like the holiday for. The food could be traditional Thanksgiving food like turkey, ham, mashed potatoes, or pumpkin pie or different things.

"I get together with my family and eat as much food as I can," social studies teacher Madeline Wagner said.

Overall the fall time is a time of year where there are many different things to do for every type of person.

# FUN FACTS

**- The largest pumpkin ever grown was 2,528 pounds by a man named Steve Geddes in 2018.**

**- Haunted houses started from London in the early 19th century.**

**- Pumpkin pie has been around and made since around 1620.**

**- It's estimated around 46 million turkeys are eaten each Thanksgiving.**

**- The highest grossing Halloween movie is Casper (1995) with \$298 million.**

**- The Macy's Thanksgiving parade has been going on yearly since 1924.**

# SPRAWLING SPIDERS



Have you seen the spider outside? Seeing that would make you wonder.. Who made this? Well Mrs. Endres of course!

Picture courtesy: Kirah Mayhew

After being dropped off at the school by the bus, you check your phone to see if your friend has arrived yet before looking up. You are being watched by a huge spider that is towering over you. You pause. Where did the spider come from?

Art teacher Amy Endres wanted the kids to get a feel of group activities while making a large sculpture. Bamboo, wire, trash bags, rebar, plastic jugs, duct tape, snips, and pliers were used. There were too many students who helped to list, and Endres said they were all very helpful!

Sophomore Zach McCleary was looking for something to do, and because it seemed to be entertaining, he joined in. Building the body was his favorite part since he could see it all come together. Legs were his least favorite piece because he had to wrap each leg in a black plastic bag. He had all the components available, making preparation simple. He thought the body wasn't big enough and one of his concerns is that the spider would take off in the wind.

"We could have used a better-looking body if we had chosen a different one. We made a mistake when it came to wrapping the legs because I didn't wrap them tightly enough," McCleary said.



Freshman Evhelyn Perez Lorenzo was simply looking for something to do during lunch.

“I wanted to do something fun; the spider helped, and I really liked it,” she said.

Her favorite part was placing it outside. She also liked the final appearance and the body of the sculpture.

Re-enforcing the spider to prevent it from toppling over was her least favorite step. The preparation included holding up the spider and strengthening it with additional bamboo and hammering in rebar. The only mistake Perez-Lorenzo noticed was the uneven distribution of the legs—there weren’t enough, then there were too many.

“We picked plastic and other water-repellent materials that could withstand the type of climate in Iowa. The installation was a little difficult, but not too difficult, which was the only negative aspect,” Endres said. “In order to make it happen, students really stepped up. I was delighted that a parent got in touch with me to tell me how much she loved walking into Hoover and seeing the spider. It’s comforting to learn that art is valued. I had a concern that it would be interrupted or blown over.”

**“I PERSONALLY  
NAMED HIM  
MR. SPIDER, AND HE’S  
STILL GOING STRONG,”  
EVHELYN  
PEREZ – LORENZO  
SAID.**

## **WANT TO BUILD YOUR OWN SPIDER? USE THESE MATERIALS!**

- BAMBOO**
- WIRE**
- GARBAGE BAGS**
- REBAR**
- PLASTIC JUGS**
- DUCT TAPE**
- SNIPS**
- PLIERS**
- HOT GLUE**
- TIN FOIL**
- YOGA BALL**



# La Celebracion De La Herencia Hispana

A momentous night celebrating Hispanic culture

Junior Alison De Luna saw the Hoover community needed change. As a Latina she saw the lack of wide celebrations during Hispanic Heritage Month. For De Luna to be the change at Hoover, she created an eventful night for the community.

De Luna believes that the Hispanic community has the right to be acknowledged by others. She wanted to bring good awareness and show others her culture to remind them to represent and be proud of their culture.

"I believe the Hispanic community both within and surrounding Hoover deserves to be recognized. Bringing positivity into our community while showing the beautiful Hispanic culture is something that is needed for everyone to see that they need to be proud of who they are," De Luna said.

Teachers also agree that students should be proud of who they are and represent their culture everywhere they go.

"It's important to celebrate and educate the Hoover community about Hispanic Heritage. You don't leave your culture at the door of the school, never do that. It's the biggest strength of our school for individuals to learn with and from others from so many different cultural backgrounds," social studies teacher Amber Davison said.

The reason she wanted to organize the event at the school is due to Hoover being the most diverse school in Iowa.

"I though it was necessary to have the event at Hoover since we are the most diverse school within the district. Having this honor, we should start to celebrate every culture that is represented in Hoover," De Luna said.

De Luna's favorite part of the event was the Latino community leaders and showing her culture to others.

"My favorite part of the event was meeting the inspirational Latino community leaders and being able to celebrate my culture along with my fellow classmates," De Luna said.

Not only did students have a fun night, but staff members also enjoyed the eventful night filled with dancing.

"The most memorable part of the event was when we danced to the live band! Students, staff, and families danced together, and this was a very special moment because dancing is a huge part of our culture and it was celebrated justly that night," restoration coordinator Eduardo Bolaños Jackson said.

De Luna believes it's important for people to learn about

different cultures as this nation is filled with many different cultures. The reason for this is because every culture should be acknowledged and celebrated to bring the community together. Being educated about this topic can be one step closer to a brighter future of diversity.

Staff believe that students should be open minded towards different cultures because they can have positive takeaways from it.

"People should have more opportunities to be exposed to cultures and take from it what they need. Some folks might walk away dreaming about the food, others humming the music they heard that night, others leaving feeling more a part of the community," Bolaños Jackson said.

Teachers hope that this event helps students want to celebrate their culture more with the community.

"I'm hopeful in the years to come we will have more celebrations and events that both honor and educate the community around the diverse cultures at Hoover," Davison said.

De Luna's future plans for this event is to expand it by working together with other high schools district wide.

"The plans that I have for the future is for the community to celebrate the Hispanic culture by bringing more high schools together to make this event bigger and longer. Hopefully with more vendors, speakers, and performers we can bring the Des Moines community closer," De Luna said.

De Luna would like to thank everyone who helped and attended the event. She hopes she inspired students to spread their culture by celebrating it with events the community can come together since it's something they should be proud of. Remember to be the positive change that the community needs.

As for De Luna and her group, everyone is proud of the enjoyable night that was created thanks to you guys. Everyone is grateful for this event as it brought the community closer as a whole.

"I HOPE THIS WAS AN INSPIRATION FOR STUDENTS TO CELEBRATE THEIR CULTURE WITH OTHERS AS IT'S SOMETHING TO BE PROUD OF. BE THE POSITIVE CHANGE THE COMMUNITY NEEDS," DE LUNA SAID.



*Photo courtesy of myself.*

## **Tips on organizing an event at school:**

- Share your ideas with classmates. Most likely, there will be others who enjoy your idea and will be willing to help

- Talk to teachers and administrators about it. Gaining support from them could help your idea become a reality!

- Communicate with community members. There will be people within the community who would like to help out. The more help, the better.

- Make sure that planning takes many months before the event (The Hispanic Heritage Celebration took SEVEN months to plan, enough time for changes)

- Don't be afraid to ask for help! The more help you gain, the easier the event planning will be

## **Benefits from organizing an event celebrating your culture:**

- Gain connections within the community, these connection could help you gain more opportunities with volunteering, jobs, internships,etc.

- Feel more connected with your culture more than ever. Seeing other people enjoy your culture brings a wonderful feeling, as well as seeing the people within your culture see a festival thats celebrating them

- Inspire others withing the community! Just imagine your idea becoming a reality for the years to come

Que

Viva

La

Raza

Momentos

Memorables



*Junior Alison De Luna*

# CON TODO AL EXITO

A new club to empower Hispanic and Latino students at Hoover.

Restoration and Safety Coordinator Eduardo Bolaños saw the Hoover community needed change. As a new Latino staff at Hoover, he saw the lack of clubs that brought Latino students together. Al Exitó is the newest Hoover club for students to join and have a good time.

The reason Bolaños created this club is to empower Latino students and help them think about their life after graduating high school.

“I wanted to empower Latino/e students by creating a space for them to grow and learn to be leaders in their community. They will achieve this by learning about higher education, careers, developing civic engagement skills to build equitable Latino/e representation, and to nurture well-being through cultural identity development,” Bolaños said.

This club is very important to him due to not having an open space like this in high school.

“This club means the world to me because this is something I wish I had when I was in high school. Even though I grew up in a Latino/e majority community, there was no clubs that celebrated our rich and diverse culture,” Bolaños said.

This club helps create a safe space for students where there’s no judgment towards anyone.

“I joined because I was told it was a place where no one was going to be judged from what country they are from and everyone would be treated equally,” sophomore Julissa Rosas Rodríguez said.

Not only is it a safe place for them, but it’s also important to them as they get to share their culture with others.

“It’s important to me because I could share a bit more about my culture to others and just being able to learn more about other Hispanic cultures could lead to bringing awareness,” sophomore Julissa Torres-Rubio said.

Al Exitó helped students discover that it’s a club that they never knew would really benefit them.

“It’s very important to me because I’ve never been in a club that was exclusively for Latinos. I think it’s something that I never knew I really needed,” freshmen Damaris Yanque-Cortes said.

If you’re not sure about joining this club, some things they do is cooking and listening to music.

“We have created art to promote the club, we cooked Hispanic foods like sopa de arroz and chocolate abuelita, as well as shared our love for music,” Bolaños said.

Students recommend joining this club because it’s never boring, there’s always something to do as they always have a good time.

“It’s a nice place to hang out and do things with others. We always do something whether it’s eating snacks, drawing, or listening to music, it’s never boring,” senior Gilbert Garcia said.

Trying something new isn’t a bad thing for students to do. Hispanic students should be a part of Al Exitó to bring

**I THINK IT’S SOMETHING I NEVER KNEW I REALLY NEEDED,” YANQUE-CORTES SAID.**

change to the Hoover community.

“Students should join because we are always doing something new and it’s not a bad things to try something new,” Rosas Rodríguez said.

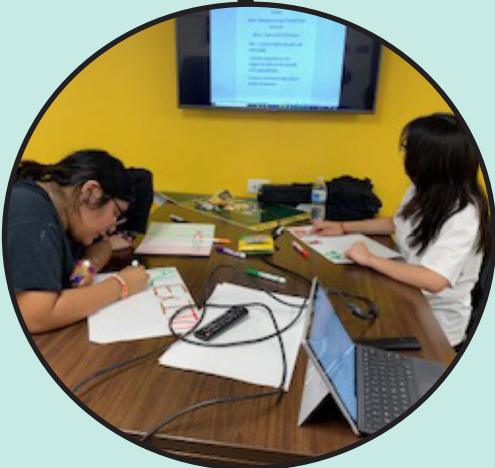
There are exciting plans for the students in Al Exitó like attended trips throughout the year to learn more about their beautiful culture.

“We plan to attend at lease two college trips throughout the year, as well as attend local events that are focused on or part of development on the Latino/e Heritage in Des Moines,” Bolaños said.

Al Exitó is the best club for students to join to just chill and have a great time. Be a part of the Hoover way to bring awareness and teach others the importance of the Hispanic culture. If you want to be more inclusive in the Hoover community join Al Exitó! You’re always welcomed to join and become the next best leaders in your community.



# COOKING WITH ALEXITO



*Photo courtesy of Julissa Rosas-Rodríguez*

## *Three Ways To Join*

- Email Mr. Bolanos at [Eduardo.bolanos@dmschools.org](mailto:Eduardo.bolanos@dmschools.org)
- Show up to their weekly meeting on Tuesdays from 3:35-4:45
- Scan the QR Code



# WHY CAN'T YOU

Have you had trouble falling asleep or just can't fall asleep? Here is some important news just for you.

The common reason might just be self-explanatory - electronic devices.

Electronic devices or your obsession with looking at blue light devices like your phone or TV can cause you to be sleep deprived.

One source stated the blue lights can impact your sleep but also the types of things you do on your devices can impact your slumber.

According to [magazine.ucsf.edu](https://magazine.ucsf.edu), "Some evidence suggests that blue light exposure can impair sleep, but a researcher says the hype may be stronger than the science. Likely more harmful to slumber are some kinds of content. Reading a relaxing book on your phone is probably fine. But the stimulation of emailing, texting, tweeting, or doom-scrolling the news could trigger insomnia. Even so, it wouldn't hurt to turn on your phone's blue-light filter."

Another reason might be that your mentality is affecting your sleep. Examples would be like stress, anxiety, or depression.

"Sometimes I get anxiety before bed so I can't fall asleep at a normal time," junior Kirah Mayhew said.

Or your horrible sleep schedule can disrupt your sleep.

According to [magazine.ucsf.edu](https://magazine.ucsf.edu), "Delayed sleep phase syndrome can be to blame, meaning if they tend to stay up late and sleep late. There's nothing inherently wrong with a late bedtime, but since the world doesn't stop for late sleepers, this pattern generally leads to

the terrible outcomes associated with too little sleep."

Another reason might be that you rely on computer programmed devices that aren't completely accurate.

According to [magazine.ucsf.edu](https://magazine.ucsf.edu), it says to not obsess over the sleep data from your device.

The article states "Today's sleep trackers can't accurately estimate sleep stages, but the analyses they generate may cause sleep anxiety. There's actually a term for this: orthosomnia. Most people are better off just listening to their bodies and waking at a consistent time.

There is an affect of not being able to get enough sleep. And some reasons may fit with how you're feeling after not getting enough sleep.

School counselor Tracy Levang said sleep helps support your growth and development. It helps keep your brain functioning.

"When I can't fall asleep, it feels like when you haven't eaten for a while where your body gets used to it but since there is so much adrenaline keeping me awake my heart's beating like crazy and well, I'm tired to the point where if I sit to still for about a minute, I'll fall asleep in position," junior Salvador Bocek said.



# FOUR TIPS FOR FALLING ASLEEP

# TROUBLE IN THE DAWG POUND

The constant struggle Hoover High school student athletes deal with as they fight for student participation.

The lights are bright, and the stands are full. Hoover swimmers look around as they step into the humid swimming pool to face opponents they have already lost to. Swimmers wonder how they will compete fairly in sports when they barely have a stable number of athletes. Hoover High school has always been known for its small capacity.

Enrollments are half the size of many schools in the state of Iowa. So, it is no surprise that the school has had a challenging time with student participation.

Hoover is a truly diverse school with many different nationalities, ethnicities, and personalities; so, creating space for different sports and after-school clubs has always been a priority for the school. Although, as much variety as Hoover has, administrators, sponsors, and especially coaches are still having a tough time getting students to engage in sports and clubs. A sport that has been holding their own weight for longer than they would like happens to be the school swim team.

The average high school swim team has about 20-40 athletes on a team, while the Hoover swim team currently has five eligible swimmers. Some seasons the team barely has enough for a relay. Scraping by with little base, Lydia Streeter, Hoover swim athlete stays determined to create a stronger and more stable team even in the current circumstances.

"I think more students should join swimming. It

is a great program and even if you do not know how to swim, you will be able to learn how to swim, for free at that. If you do know how to swim, it will be even more fun because the team is great and you get to meet new people," Streeter said.

Streeter has been swimming since she was five

years old, competing in swimming club as well as the school swim team.

Streeter is not the only student athlete that has voiced her opinion regarding the school's lack of student participation.

**"IT IS HARD TO KEEP PURSUING A SPORT WHEN YOU KNOW THAT COMING HOME AFTER A GAME, YOU WILL NOT FEEL ANY SUPPORT FROM YOUR CLASSMATES."**

**- JUNIOR GRACE GAYE**

Many have pointed out the fact that they feel it is vital for students to participate in at least one club and/or sport, considering the school is already smaller than the average Iowa high school. Students a part of the academic decathlon, tennis team, golf team, bowling team, and even the SAY Poetry program are just some of the few Hoover clubs and sports that are underpopulated.

Being an active student in your school is something many students are passionate about and believe in contributing to your school. Although students, teachers, and coaches cannot do anything about a student refusing to apply themselves and participate in an activity, it is also encouraged that students support their classmates' games, tournaments, meets, etc. Which was no surprise to the students, was also an issue at hand.





*Junior Lydia Streeter competing at the home swim meet. Photo courtesy of Hoover Athletics*

**DID YOU KNOW?!**  
**THE AVERAGE SWIM**  
**TEAM HAS ABOUT 15**  
**TO 20 SWIMMERS**  
**WHILE HOOVER GIRLS**  
**SWIMMING HAS**  
**AROUND 6 SWIMMERS.**



*Coach Cathryne Moore gives volleyball athletes a pep talk. Photo courtesy of Hoover Athletics.*

Too often, swim meets, volleyball games, track meets, girls' basketball games and junior varsity games have been isolated sports at the high school. Swimmers have pointed out that every swim meet they investigate the stands, nothing but family relatives staring back at them. The swim team is the one of the smallest teams in the school.

"It is easy to start losing motivation in your sport when you are constantly scraping by and barely making the cut. Then you add in the lack of support I get from my classmates; it just makes you tired. But I love my sport so it will all be worth it," junior and swimmer Lydia Streeter said.

Many students from several sports have voiced their frustration towards the lack of support and the mental toll it takes on them as athletes. Many students have quit Hoover athletics due to the lack of assistance from their school and sometimes fellow athletes. A few athletes have expressed their frustration.

"Girls' basketball is very under appreciated in the school. I have been playing basketball since eighth grade and we do not get the support that we would like from our classmates and even administrators," senior and multi-athlete Ruth Benjamin said.

"It honestly makes me perform worse knowing that my classmates and so-called friends do not support me. Because it makes me feel like what is the point of even trying. Feels like double homicide," junior and multi athlete Alayna Jarrett said.

"It is extremely hard to keep pursuing a sport when you know that coming home after a game, you will not feel any support or empathy from your classmates. That is why many students do not play sports or they quit early," junior volleyball player Grace Gaye said.

It has not all gone bad though, the high school football team is a prime example of turning things around. The football team transitioned from not having enough players for a team and no coach, to having a full team with even a junior varsity/first-year team this year. Program makeovers such as this keep the Hoover swim team and various other sports hopeful that they will soon have a solid team and enjoy their sport in comfortability. The Huskies are on a mission and will not stop until they create an inclusive space.

# DRIPPING, DROPPING OUT



Dropping out. This phrase seems like a dirty word. However, some dropouts have found a path to success.

A high school diploma makes it possible to pursue future education and work options. In addition, you learn more than simply English, math, and other subjects here. Additionally, students are taught social skills that are essential for success in adulthood.

“Graduating helped me out because it gives me more of an opportunity to chase my dreams. Yes, you can chase your dreams but I will admit that getting through high school and graduating can open up more for people,” Hoover high school graduate, Nik Conder said.



*Photo of Nik Conder and Carlie Jeffries graduate party*

Principal Qynne Kelly has many ways to help students and give them resources.

“I want to ensure high quality instruction is happening and ensure the climate/conditions of the school are optimal for student learning” Kelly said.



Before former Hoover student Hyde Walter dropped out, he was feeling stressed about school.

“Positively, I feel like I did better growing as my own person and learning at my own pace, learning real world skills benefited me more than school ever did. Leaving high school allowed me to have expressive freedom as a person,” Walter said.

To get help if you have dropped out, take the HiSET (formerly known as the GED), reach out to a trusted adult in the school system to help set you up to be successful in school.



*Photo of former Hoover student Hyde Walter working*

**“BUILD A SUPPORT SYSTEM. HAVING PEOPLE THAT CAN HELP YOU ALONG THE WAY IS HUGE. SCHOOL IS HARD AND PLANNING YOUR FUTURE CAN CAUSE A LOT OF ANXIETY. HAVING SOMEONE TO TALK TO HELPS WAY MORE THAN YOU THINK,” LEVANG SAID.**

**“LEAVING HIGH SCHOOL ALLOWED ME TO HAVE EXPRESSIVE FREEDOM AS A PERSON,” WALTER SAID.**

“Find a program that provides an alternative way to receive a diploma. There are many options around Des Moines. School counselors are happy to assist and provide guidance.” School Counselor Tracy Levang said.

### **IF YOU DROP OUT THERE ARE MANY JOBS TO CHOOSE FROM:**

**CONSTRUCTION MANAGER, AVERAGE ANNUAL SALARY: \$79,520**

**SALES REPRESENTATIVE, AVERAGE ANNUAL SALARY: \$45,570**

**FOOD SERVICE MANAGER, AVERAGE ANNUAL SALARY: \$56,590**

**HOME HEALTH AIDE, AVERAGE ANNUAL SALARY: \$27,080**

**ELECTRICIAN, AVERAGE ANNUAL SALARY: \$56,900**

**MACHINIST, AVERAGE ANNUAL SALARY: \$47,040**

BY: KIM KARNGA, (SHE/HER), MANAGING EDITOR

# New Generation Confidence

## A community of students opening up a discussion on the importance of self-confidence

A quote from British writer Stephen Richards states “Stop comparing yourself with others. If they are good at something, you too are good at something else. Self-confidence is not measured by your own capabilities versus that of others, but by your own needs.”

When bringing up the conversation of self-confidence, many youth avoid the topic, but Hoover students refuse to shy away from the matter.

Modern day education is highly dependent on how much effort students put in.

Many can even argue that grades in the education system today do

not determine a student’s intelligence, only their effort. Self-confidence can play a crucial role in a student’s academic and overall performance. Hoover High School is a diverse community of students and staff. When faced with so many divergent backgrounds and personalities, students can feel overwhelmed or incapable of achieving academic, athletic, and personal goals. Many students have agreed that their peers also play a role in self-confidence and esteem.

In a representative University of Iowa study, college students were divided into high confidence and low confidence groups by being told that they were taking a test designed to measure intelligence of Ivy League versus high school

students. Test scores for the group were compared and peer evaluations of participants’ performance and academic confidence were examined. The researchers expected group assignment to affect participants academic confidence and performance and they were right. When speaking of education, self-confidence follows not too far behind.

As well as academic performance, confidence is a much stronger predictor of success. But while discussing boosting self-confidence, many focus on the wrong aspects of it. General confidence

refers to a person’s personality or character.

Academic confidence more closely resembles a perceived ability to complete a set of tasks, which can easily

become a challenge for students and even staff at a certain point in a person’s career.

Hoover High school has been branded a school of diversity and inclusion by its students, staff, and community. When discussing impactful subjects such as self-esteem, self-confidence, peer pressure, and overall performance, there are many conflicting feelings among students. Some believe that the school environment holds themselves and other students back from succeeding while others feel that the system creates a pathway of success for everyone.

“There are certain people in sports who are more gifted which can potentially make other players feel as if they are not worthy enough or good

**“MOTIVATION is a strong problem  
at the school,” Gaye said.**



enough to be good or confident. This applies to other things like academics and other activities as well. I think we can focus more on other students' success outside of sports and when it comes to sports, we could try to include everyone whether it is in games or representation," Tae'shaun Presswood, senior said. Presswood is involved in Student Collective, Upward Bound, football, track and field, National Honor Society, Brother to Brother, Senior Board, Marching band, FCA, and Husky Crew.

Along with Presswood, many other students agree that the issue of self-confidence stems from the beliefs of hierarchy and superiority in schools. Many students feel that there is no point in trying when there is already a made belief that some students deserve more attention than others.

Junior Grace Gaye believes that favoritism and self-confidence is a well-exposed topic at Hoover and that success is up to you. She expressed the idea that Hoover is a well-rounded community that drives on inclusion and security. She states motivation is a strong problem at school.

"For the most part I feel that the one thing that is stopping students in the school from thriving or being successful is their motivation. A lot of kids lack when it comes to motivation, especially for academic reasons. When it comes to sports, the motivation is there though. So, if they can apply the motivation they have for sports and clubs, and put it into academics as well, I think the school will continue to thrive," Gaye, junior said. Gaye is involved in volleyball, National Honor Society, Pep Club, Upward Bound, and is an after-school tutor for students.

As divided as student opinions might be on the Hoover community, students feel Hoover can do better to create a confident student space. Many students agreed on ideas like more assemblies, more community building and student led events, more counseling, and better platforms to reach out for help. The Husky community grows closer and closer to success every day and bringing up the topic of improvement of self-esteem and confidence can help create the family we wish to become.



*Hoover students dancing at the homecoming dance. Photo courtesy of Ann Ataw.*



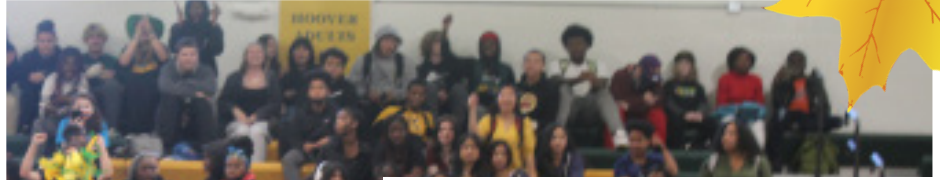
*Hoover cheerleaders at the Homecoming pep rally. Photo courtesy of Des Moines Flickr.*



# FALL ACTIVITIES



**HOCO King and Queen**



**HOCO Assembly**

**Volleyball**



**Hispanic Heritage  
Celebration**



**Football**



**The Crucible**