



THE CHALLENGER


PAVE YOUR OWN PATH

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FALL EDITION
2023

BY: MICHAEL BIEBER (HE/HIM),

Hoover's New Orchestra Leader

A Q&A with Hoover's new orchestra teacher, Ms. Ann Osborne

Hoover had a lot happen at the start of this year, and some of that being brand new teachers for the school. This is some insight into the new orchestra teacher this year and what her goals and ambitions are for the school. Also, some thoughts from some of her new students in orchestra.

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

A: This is my 32nd year teaching in the Iowa District, I've worked in Cedar Rapids, Iowa City, Pella, Indianola and Cedar Falls.

Q: Where'd you graduate at?

A: At UNI in 1991.

Q: What got you into teaching?

A: In orchestra in high school, my teacher encouraged me to audition for a scholarship. I decided to try it for a year and ended up really liking it.

Q: What's some hobbies you do outside of school?

A: I have three adult children that I like spending time with. I even moved here to be close to them.

Q: What kind of instruments do you like playing?

A: Violin and viola.

Q: What are your goals for this school year?

A: I've known Ms. Fried for years and know I have some pretty big shoes to fill. I want to do good job at this, but I know I have to do it the way I do it.

Q: What are some hopes you want for your students?

A: Make it a positive experience for the student in orchestra.

Q: Would you encourage people to try orchestra?

A: I don't want to discourage anybody from trying it out but it's pretty hard especially if you are now just starting in high school. But I want to encourage people who have been in orchestra to stick with it.

Q: Who inspired you to do what you do?

A: My family. My mom played violin and my family had lots of grouping where we just played and jammed. My mom was my biggest fan, she kinda tricked me into playing even though I wasn't very good at it.



Photo courtesy of Aye Tun

Q: How do you think music impacts the world and do you consider music as art?

A: Music is something everyone agrees is for everyone. It has style for everyone. So yes, music is definitely an art for me, it's kinda like a way of life. Like oxygen.

What A Student Hopes For:

Q: What are your hopes for your new teacher this year?

A: "I hope she doesn't become super strict as time goes by," junior and orchestra student Riley Vu said.



Jammin' with Jamal

DMPS ALUM JAMAL JOHNSON RETURNS TO SUBSTITUTE HOOVER STUDENTS.

Science teacher Jamal Johnson, a recent Iowa State University graduate, decided to start his first year of teaching Biology and ELL Science 2 at Hoover. This year he plans to not only teach but to learn more about Hoover's community and gain new skill sets from this experience.

Q: What are your interests/hobbies?

A: I like to build the really expensive Lego sets and play video games with some of my buddies. I also really enjoy live theatre and American football. Some of my favorite shows are Scott Pilgrim vs. the World and the original Blade runner.

Q: How has your experience been so far?

A: Really good! My students are cool and we've been able to do some exciting stuff with more on the horizon.

Q: How long will you be a substitute at Hoover?

A: Until next semester.

Q: When did you know you wanted to be a teacher?

A: It's kind of the family business. My mom is a teacher, my grandpa was a teacher and I have a few other family members who loved it.



Science teacher Jamal Johnson explains a complex idea to a student in his 8th period class. (Photo Courtesy Zoey Schmit)

Q: What made you choose to go into the science field?

A: As a kid I always wanted to be a scientist and while I was in undergrad, I found that I was good at communicating science topics to my friends who were studying the same stuff as me, so I figured I would probably be pretty okay at teaching it too. Chemistry is my favorite science, but Bio has a ton of crossover and is a cool opportunity for me to expand my skills.

Q: What interests you most about the subject of science?

A: I really like learning new things and, as weird as it sounds, being wrong. Every time you get something wrong, it's an opportunity to learn something new and science is all about getting it wrong 100 times until you figure out the truth.

Q: Who or what is your inspiration?

A: My mom is my primary inspiration; she was a teen mom and works so hard every single day to raise my little brothers and help me out when I need it. I don't know anyone else who works as hard as she does while still being as big of a ray of sunshine as she always is.

Q: What do you look forward to?

A: Building my skills as a biologist and teacher and experiencing the Hoover community!

"HE'S REALLY CHILL ABOUT CLASS AND ISN'T SUPER STRICT," FRESHMAN CORA JOHNSON SAID.

Q: What made you choose Hoover?

A: My mom used to teach here (Mrs. Johnson for IJAG) and my little brother graduated from here and it seemed like a really cool community! Plus Ms. Kelly reached out to me personally to offer me an interview/position here.

Lovely Laruan

Science teacher Clarissa Laruan is here to lead the way.

Her name is Clarrisa Laruan. She is a proud Filipino, and as a Filipino she is hardworking, kind, and she is diligent in her work. She is a new edition to the Hoover staff. Her hometown is the provence of Sarangani, Philippines, where she graduated from Notre Dame of Dadiangas University. She graduated with a master's degree. In January she came to Hoover, and now her path has led her to be a proud science teacher of our Hoover staff.

Q: What was your first impression of Hoover?

A: This school is really nice, and the students are very good, but it is different from students of my culture. I got culture shock because it was hard getting attention and managing time.

Q: Why did you start teaching?

A: Teaching is a fulfilling job like every time a student learns from me, I can feel the happiness deep inside and that makes me want to do teaching.

Q: Why did you feel that Hoover was the right choice?

A: Because the students are very diverse, and the people are nice.

Q: Is this your first-year teaching? Where did you teach before?

A: No, this isn't my first-year teaching; it's my 8th teaching. It's hard for me; first the people, then environment and also the food, everything.

Q: What made you interested in science and teaching it?

A: I love science because it brings out the curiosity within me.

Q: What is your ethnicity and what is something you are proud of that is from your ethnicity?

A: I am a Filipino. I am proud of being hard working. Filipinos are already dedicated to jobs even though it is tiring.

Q: If you weren't a teacher, what would you have become?

A: I would have been an accountant because I like mathematics.

Q: What's your favorite part of your identity?

A: I am always dedicated to everything that I do, even in school or work.

Q: Do you play a sport? How did you get into the sport?

A: I played lawn tennis; my mom taught me how to do it; I also play darts.

Q: What do you do with your free time?

A: For now, because I'm always busy I watch movies from Netflix. Sometimes I fish because it's something I never did in my home country.



Photo curtosy to Notre Dame of Dadiangas University.

“MY FAVORITE CANDY IS SKITTLES, AND MY FAVORITE SONG IS CAROLINA BY TAYLOR SWIFT BECAUSE I HEARD IT IN A MOVIE “WHERE THE CRAWDADS SING”.”

CALAWAY JOINS THE HOOVER HUSKIES

After moving from school to school across the DMPS district, Douglas Calaway has found himself at Hoover High School.



Douglas Calaway, also known as Mr. Calaway, is the new associate principal at Hoover High School. He was once also a high school student at Mason City, who was driven by the fact that there weren't many teachers of color in the education field, so he decided to pursue education.

Q: How long have you been working in the district?
A: 29 years.

Q: What got you interested in working in the education field?

A: Growing up, I noticed there were very few Black teachers in the schools I attended. I had a passion for learning and helping others to learn. So, I decided to become a teacher. This desire led me to go back to school to become an administrator.

Q: What made you transition?

A: I missed the high school environment, helping students to graduate and assisting in preparing them for post-graduation success.

Q: Why Hoover?

A: It is a great place to be at. There's a lot of diversity.

Q: What are some of the changes that you want to bring to Hoover or that you want to see happen?

A: I just started here. So, I am still learning about Hoover High School and am enjoying my time so far. I just want to do all I can to assist Hoover with being the best school it can be by being the best me I can be.

Q: Where were you before transitioning to Hoover?

A: Recently, I was at Weeks Middle School.

Q: How was the transition from middle school to high school?

A: I enjoyed coming back to high school.

Q: What are some of the differences between working with high schoolers and middle schoolers?

A: Middle school students are more playful and immature. High school students are more serious and focused on goals, like graduation.

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

A: Getting to know students and helping them out.

Q: How do you help students or in what ways can you help students?

A: The best way that I can help students is by working with the rest of our staff in keeping Hoover a safe and orderly school, so they can focus on their education.

Q: What are some of your hobbies?

A: I love listening to music. Some of my favorite artists are Drake and J Cole.

Q: What's something that you're looking forward to this school year?

A: The staff and students have been very welcoming to me. I am looking forward to getting to know more about the Hoover Huskies and having a great year.

Meeting with, Associate principal Schoneberg

Who is Mrs. Schoneberg and what does she do?

Mrs. Schoneberg is an associate principal here at Hoover High School and has been for two years, she primarily helps ninth grade students, but she also helps our School Leadership team, Student Collective, ISASP testing, and even some courses. She wants Hoover to be well known and popular.

“I want Hoover to be the best High School in the state. I want others to know how special this place is. And ultimately, I want our students to leave high school and be successful in whatever way that means to them.” Schoneberg said.

Mrs. Schoneberg is all about school spirit and does her best to bring a positive energy wherever she goes and spread a positive message for Hoover and everyone in it. She always uses the phrase #ClassyNotTrashy to pump students up and convince them to stop littering and present a positive image for Hoover out in public.

Schoneberg Fun Facts!

1. Her favorite color is gray
2. Her favorite song is “No Role Modelz” by J. Cole
3. She played college basketball
4. She likes to garden
5. Her favorite time of year is autumn, because of gathering around campfires



“She has said #classynottrashy so much it’s engraved in your brain. I appreciate her trying to popularize the phrase classy not trashy.” Future Ready Coach Jonathan Preston said.

She leaves a good impression on everyone she meets, and her co-workers are happy to have her around to brighten the mood.

“She brings a really good, strong energy into the building that’s very infectious, she’s been out for the last couple of days for district training and I have missed her dearly.” Eduardo Bolanos, the school’s Safety Coordinator said.

Mrs. Schoneberg surely brings a positive atmosphere that helps her connect with students and faculty and bring everyone’s spirits up and is good at her job.

KICKING IT WITH KIARA

Junior Kiara Jones answers questions about herself, her favorite things, and how she sees her future.

Homecoming court. Softball player. Works at Roca restaurant. Middle child. Joyful. 11th grader. This is Kiara Jones.

Q: Why did you sign up for journalism class?

A: I signed up for journalism class because I look forward to improving my writing; it's also one thing I'm passionate about for this class.

Q: What motivates you?

A: Something that motivates me academically is knowing that work needs to get done in a good way and just putting in the effort even when it's difficult sometimes.

Q: How well do you think you work under pressure?

A: I think I work good under pressure. I'm able to stay calm and have the intent of doing my work well.

Q: Define what it means to be independent.

A: I think independent means not needing anyone to guide you. I guess I can relate to this because I do things without being asked and I'm okay doing things alone.

Q: What is your greatest strength academically?

A: My greatest strength academically is reading. I actually have a favorite writer; their name is Matt Haig, most of the books I've read was from them.

Q: What do you do when not in school?

A: When I'm not in school I either go to work or hang out with people.

Q: What sports do you play? Activities?

A: I play softball for fun, and I'm in Husky Crew.

Q: What is your favorite animal/color?

A: My favorite animal is a sloth and my favorite color is pink.

Q: Describe your ideal fit. What do you like to wear?

A: I like to wear comfy clothes, like sweaters/hoodies, anything furry.

Q: What kind of music do you like?

A: I like chill/ rap music. I like listening to Drake; he has a mix of chill and rap.

Q: What do you hope to be doing in 10 years?

A: In 10 years I hope to be working as a traveler, and making big money.

Q: Do you consider yourself a cat (more independent) or dog (less independent)?

A: I consider myself a cat, more independent.

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

A: I would say when I got my first job, I felt happy.

Q: Describe some of your biggest challenges.

A: One of my biggest challenges is something that involves quick math. I can't do quick math in my head. It gets too complicated.

Q: If you could have any superpower, what would it be and why?

A: If I could have any superpower, I would pick being invisible. It will be cool to just disappear every now and then.



Junior Kiara Jones models her HOCO crown.

BY: LOGAN HAGLER, JOURNALISM CLASS

Jadon Day the journalist

Music, journalism, school, Jadon Day has it all and more.

Sophomore Jadon Day has high hopes for his future, and will make them come true. Day works hard in all his classes to succeed and get himself better set for what he wants to do. Everything from making music, to hanging out with friends, Day will do anything to better the community and himself.

Q: If you could meet three people, alive or dead, who would they be and why?

A: T9ine because he's my inspiration, Batman because he's my favorite superhero, and Nikola Tesla because he's genius

Q: If you could have any superpower, what would it be?

A: Teleporting because I got places to be

Q: What kind of music do you dislike and why?

A: Country because I don't like what they sing about.

Q: Who or what do you aspire to be?

A: I aspire to be a music artist.

Q: If you could visit three places, anywhere in the world, where would they be and why?

A: I want to visit Canada because I like the way the scenery looks. I want to go to England because I want to visit another continent, and Hawaii because I want to experience the tropical weather.

Q: What kind of music do you like?

A: Melodic music, I just like the way it sounds.

Q: What do you hope to be doing in 10 years?

A: I hope to have my own family.

Q: What would you never be caught dead in?

A: Suspenders, because I just got long legs and it makes the upper half of my body look small.

Q: What is your favorite color?

A: Blue because I like the way it stands out to other colors.

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

A: It means to be able to make decisions on your own and judge right from wrong. And you know what to do without others telling you.

Q: What is your greatest strength academically?

A: Getting knowledge and using it in my own way.

Q: What are you passionate about?

A: Relationships I have with people around me and music.

Q: Would you rather explain a complex idea simply or a simple idea complexly and why?

A: Simple idea complexly because it is a way of expanding something small to a bigger dilemma.

Q: Why did you sign up for this class? Did it meet expectations?

A: I didn't sign up for it and I was expecting writing and more personal journals, and I like writing.

Q: How do you define the term "quality"?

A: Anything of good matter, like something that is of good use.



Active April

The multiple sports and hobbies sophomore April Soe has makes him who he is.

There are so many people you walk past every day and may not know anything about. Well, if you go to Hoover you've probably had classes or walked past sophomore April Soe. Soe has lots of characteristics that make him special from others.

Q: What's your favorite movie/food/sports team/book/performer/politician? Why?

A: My favorite book is Haikyuu because it has amazing effects

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

A: I think being independent means doing things alone and working by yourself.

Q: What sports do you play? Activities? Musical instruments?

A: I like to play soccer, volleyball, and violin. I like playing soccer and volleyball because it's fun and the momentum and feeling of playing is good.

Q: What part(s) of yourself would you like to improve?

A: Getting better at everything but one specific thing is my health and body. I would improve my health and body by setting goals for myself and working out.

Q: If you could be someone else for a day, who would you be? Why?

A: I would like to be the strongest man in the world because I want to be strong.

Q: What do you do when not in school?

A: I like to play soccer because it's fun and it is also good exercise.

Q: What are some of your fears? Hopes? Dreams?

A: My dream is to get married and find a future job that I enjoy and makes me comfortable.

Q: If you could have any superpower, would it be and why.

A: If I could have any superpower, I would choose to have time traveling because I want to fix the mistakes that I've made in the past.

Q: Would you rather explain a complex idea simply or a simple idea complex? Why?

A: I would rather explain a complex idea simply because I like to keep things simpler.

Q: How well do you work under pressure? Why?

A: I think I work well under pressure because I feel like I don't really let it get to me.

Q: What are some things you aren't knowledgeable on? What would you like to learn about?

A: One thing I would like to learn more about is geometry because I have that class and want to understand it better.

Q: What types of media do you read. When, and for how long?

A: I enjoy reading comics during my free time. I only read for around 30 minutes.

Q: Do you consider yourself a self-starter? Why or why not?

A: I would consider myself a self-starter because I prefer not being told what to do.

Q: If you could meet three people, alive or dead, who would they be and why?

A: There's not really any people I would want to meet because I don't have interest in meeting others.

Q: What are you good at?

A: I'm good at video games because I find it fun. I also spend most of my time playing video games, which makes me improve.



Soccer ball photo
courtesy of pngall

Meeting Someone New

A Q&A about one of our Hoover students, Ykcir

Looking to meet someone new? If so, don't look much further with our new member to the school, a sophomore, Ykcir Johnson.

Q: What interests you about journalism?

A: I like writing. I've like it since I was a little kid.

Q: How well do you think you work well under pressure?

A: I don't think I'm that good working under pressure; it builds up.

Q: Would you rather explain a complex idea simply or a simple idea complex?

A: Simple idea complex to make me seem smarter.

Q: What are some of your fears? Hopes? Dreams?

A: Snakes and spiders. I hope to make it out of this city and make sure my family is alright.

Q: What kind of music do you like and don't like?

A: I like rap, because I like the beat to it. Music I don't like is country; I don't like how it sounds.

Q: Describe your ideal outfit.

A: Black, red and purple pants, white t-shirt and a red and black Chicago Bulls sweater.

Q: What would you never be caught dead in?

A: Suspenders because they're just ugly. Why not just wear a belt?

Q: What's your greatest strength and weakness?

A: Math and writing are my strongest. Reading is my weakness; it takes me a long time.

Q: Do you consider yourself a self-starter?

A: Yes, because I enjoy helping people.

Q: What are you passionate about?

A: Going to the gym and working out.

Q: Define what it means to be independent.

A: Being on your own not needing help.

Q: What does it mean to be a team player?

A: Helping everybody together.

Q: How do you define the term "quality"?

A: The condition of something.

Q: Give me an example of the time you succeeded and failed. How'd that make you feel?

A: Last year, I didn't do so well in school. But this year I'm getting all A's and it makes me feel good.

Q: What do you hope to be doing in 10 years?

A: I just want to be out of this town and be a welder.



Sophomore Ykcir Johnson wants to become a welder. Photo courtesy Adam Gas.

Calling Craig

Traveling into Campus Monitor's Jahi Craig's story

Campus monitor Jahi Craig is someone that wants to elevate Hoover and make it steer away from stereotypes. He believes that Hoover has the potential to grow and be successful.

Not only is Craig a campus monitor, but he also coaches freshmen football for the Hoover Huskies. He started working for Hoover at the beginning of this school year, previously working at Central.

Q: Where are you from?

A: I'm from Chicago, Illinois and went to school in Decal, Illinois.

Q: What do you like to do in your free time?

A: I'm just trying to chill and catch up.

Q: What are your favorite hobbies?

A: My favorite hobbies are to study, exercise, and learn more things to progress and listen to music

Q: What's your favorite type of music?

A: I listen to anything but country really, but over the past year, Chris Stapleton has been trying to pull me to the other side.

Q: What is something that we should know about you

A: I was a percussionist in a band from middle school to high school; I played snare.

Q: What made you want to work here?

A: Honestly, knowing how I could relate and build around the culture that's already established here. I just want to help Hoover get to its full potential.

Q: How would you describe your high school growing up?

A: It was diverse, energetic, and it seemed long, honestly it was just like the high school experience.

Q: Do you think Hoover can reach its potential?

A: Absolutely, no doubt about it.

Q: Can you think of some techniques that could help Hoover improve?

A: We must all in all keep being present, and just do our best. Staff and students should push each other to be our best selves every day.

Q: Anything else you would like to say or state?

A: Really live the slogan of "Thrive to Strive," it can mean so many different things to so many different people. I think that meaning should be very special to everybody, so people have something to strive for and be dedicated to.



Forever Missed

Gone But Never Forgotten.

The Hoover stadium was built many years ago and has been home to the Husky family for a very long time. Very recently the school district has decided to not only close the McGrane Stadium but closed all Des Moines Schools fields and built one big stadium by Drake University. On October 19th, 2023, the metro stadium's first game was held.

Now the question is how does the community feel about it?

Q: Do you think the new field will be better than your home field?

A: I think the field will be better because it won't have holes or a way to get muddy. But I will miss the memories from this field. – *Zay Taylor, senior*

Another concern people have is how schools will make money from the football games and soccer games.

Q: How do you think this will benefit the school district and allow schools to get more funds?

A: Hopefully this makes more money for the district to keep funding our schools because we need it. – *Tahj Williams, junior*

The benefits might be good, but you might have to think about the impact on the schools in the future as well.

Q: What drawbacks do you think the new stadium will create in the future?

A: Homecoming games won't be home no more and there will be no more real home turf. I feel like it takes away some of the passion from football. – *Prince Freeman, junior*

Even if you think it's a bad idea, its happening anyway. One good thing about football is that you learn to play with what your given.

Q: Are you excited to play a game here?

A: I am totally pumped to play at the new stadium. I think that it will bring a lot of opportunities as well as better ground. Its also very big with a lot of room for a average high school. – *Jordy Monzon, senior*



A NIGHT TO REMEMBER



*Senior Cameron Williams and
freshman Gio Wilson*



*Junior Tyla Shepstone, sophomore Elise
Monahan and senior Lydia Streeter*

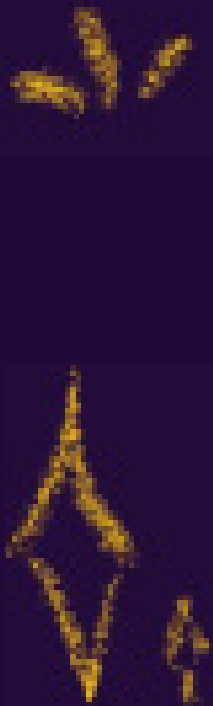




Junior Kiara Jones and senior Sarah Khamis



Sophomores Brea Goods, Destiny Stokes, Monah Kyne, Meleah Davis



WORKING THE BALANCE

A peak into some Hoover student's life balances

School is something everyone must go through in their life whether it be in-person, online, or at home. But every student is different in their own way. Some do extracurriculars, some do sports, some work, and some may do all at once.

If you go around asking your friends if they work, they might say yes. It isn't uncommon to find a high school aged kid working at a grocery store, a fast-food place, or a restaurant.

One of the problems with working and doing school at the same time is you can possibly fall behind in a class or multiple. It can quickly get overwhelming on students. There are challenges for working students. What is one of them though?

"Having the time to do schoolwork after school because I usually go directly to work after school where there is no WIFI to work on any online work. I get off usually around 9:15 and only get home at 10 and at that point I'm too tired to work on anything else," senior Salvador Bocek said.

Some people, when thinking about getting a job, may think about how working and school can be overwhelming. But one thing that isn't really thought of most of the time is how even if the job is easy and you make good money, it can still be tiring.

One main reason people get jobs is for the paychecks, so they have their own money.

"WORK ITSELF ISN'T ALL THAT OVERWHELMING BUT NOT HAVING THE TIME TO GET EXTRA SCHOOLWORK DONE FOR LET'S SAY ENGLISH CLASS DOES EVENTUALLY PILE UP AND CAUSE ME TO BE OVERWHELMED BY THAT," BOCEK SAID.

But sometimes people can get blinded by the money they are making. If they are working nonstop every chance, they get they can burn themselves out quickly. Even if you only work 15 hours a week, it can quickly overwhelm you if you don't fit schoolwork into your after school schedule or even just your time.

Burnout is something that people must think about when doing things like work. It can make you lose motivation at work but the most

harmful is in school. This can cause a domino like effect. You could feel exhausted and not feel like doing work, fall behind, lose motivation, then the cycle repeats and repeats. To prevent burnout, you must balance work and school correctly.

"Your education should always come first because otherwise you can get stuck at a dead-end job with no education," Bocek said.

Balancing three things at once can be difficult though. Sports, work, and school.

With more things going on in your life that you need



Photo courtesy of sarajanelowr.com

to balance the more challenges appear.

“Some challenges are stress and time management; you have to go to practice until 6 pm every day and then go home and schoolwork with whatever time you have left. Then your whole weekend is taken up by working so you can get hours in. You don’t really get time to hang out with friends,” senior Jaycie Johnson said.

As more challenges arise you could also become overwhelmed and that can also negatively impact you in school, work, or your sport.

“I get overwhelmed when I have to deal with work and school stress at the same time. I need to keep up on my schoolwork and get work hours but have to go to practice every day,” Johnson said.

Being overwhelmed can cause irritability, insomnia, anxiety, and extreme worry. It is very important that you try your best to reduce the possibility of you becoming overwhelmed.

“To relax myself and make myself feel better honestly all I do is take a nap and relax. It is something simple but really effective,” Johnson said.

Anything can help you feel better, it is just different for every person. Some might need to listen to music,

HOW MANY TEENS WORK?

According to statista.com in 2021 around 19.4 percent of teens age 16 to 19 were employed while enrolled in the school systems around the country. This is almost every one in five students. So if you picture a class of 25 students that means about five students in there will be balancing their work and school lives. More may even be playing sports along side those.

WHAT HELPS WITH TIME MANAGEMENT IN A BIG WAY?

Sleep is one of the best things to help with time management. More sleep can lead to less stress overall which will help you stay calm. It can lead to more energy leading to more motivation for whatever you need to do. Then, finally it can help you learn easier which can help you stay on target in school much easier requiring less time outside of school for schoolwork.

play with their pet, or even just sit and do nothing. You just have to find what works best for you.

But just because you can work doesn’t mean you always should work. If you realize you’re feeling burnt out, exhausted, or falling behind in school you should take a break.

“I stopped working because of my mental health and to get my schoolwork done,” junior Noelani Curry said.

Stepping back can help better your mental health and motivation for schoolwork. With even more free time it can make things seem less overwhelming. Instead of feeling rushed when doing work, you’ll have the opportunity to feel calm and feel like you have enough time to complete your work.

But unfortunately, there are some negatives that come along with the choice to step away from work.

“I don’t have money to go places like that anymore, or enough money to even get snacks from the gas station whenever I feel like it,” Curry said.

Ultimately, it is up to you to decide how you balance your responsibilities. Everyone has unique ways they balance things, deal with things, and function as a person. But you should not be afraid to take a step back for a while to figure out what is best for you. Put yourself first before work, school, or anything.

HOW DO I HANDLE MY SCHOOL AND WORK BALANCE?

Working 20+ hours a week every week can sometimes get overwhelming. The way I handle the feeling of being overwhelmed is just by doing something I enjoy. It could be when I get home from work I play on my Xbox. I might play with my four guinea pigs or my lizard. My favorite way to relax though is just laying down and listening to music. It is important to be calm when trying to balance important things like school and work. If you are panicked and rushed while trying to balance it can lead to you making mistakes. While everyone makes mistakes no matter what it is best to try and minimize the chances as much as possible. I feel like I can manage my time much better when I feel more relaxed. It gives me a feeling that I’m in more control of my time. Overall as long as I am able to do something I enjoy I feel better and I’m able to manage my time better.

DAFESTA

Discover your talent, live your dreams.

Des Moines African Youth Festival Awards, also known as DAFESTA is a non-profit based in Des Moines IA. DAFESTA was first founded in 2020, and is the first of its kind in the United States, especially in Des Moines, Iowa. The main purpose of this non-profit is to support African talents across the United States, and to promote African culture and heritage through live performance of various African musical genres and fashion models through the annual African youth festival in Iowa. Some of Hoover's students have participated in Dafesta, in the modeling category.

"I HAD A FUN TIME WALKING WITH MIKA MODELS. EVERYONE THERE LOOKED SO GOOD. ME WALKING ON STAGE WAS A LITTLE SCARY BECAUSE I WAS NERVOUS, BUT EVERYONE WAS CHEERING ME ON BOOSTING MY CONFIDENCE AND MAKING ME FEEL SPECIAL. THIS WAS ALSO MY FIRST RUNWAY SHOW THAT I HAD, SO IT WAS A GREAT EXPERIENCE," JUNIOR TEELA SAID.



"I have attended the Latino, and Asians Festivals, to learn their culture through variety of things such foods, music,

and even seeing how they dress. However, four years ago I asked myself, why don't we have an African festival as well, where people can also come and learn about African culture? So, the idea came there, and that is how it started," founder Raymond stated.

Dafesta aims to promote African cultures and art through various things. Although its board consists of 6 members there are more people behind Dafesta.



BY: HUSHINDI ABWE, HE/HIM

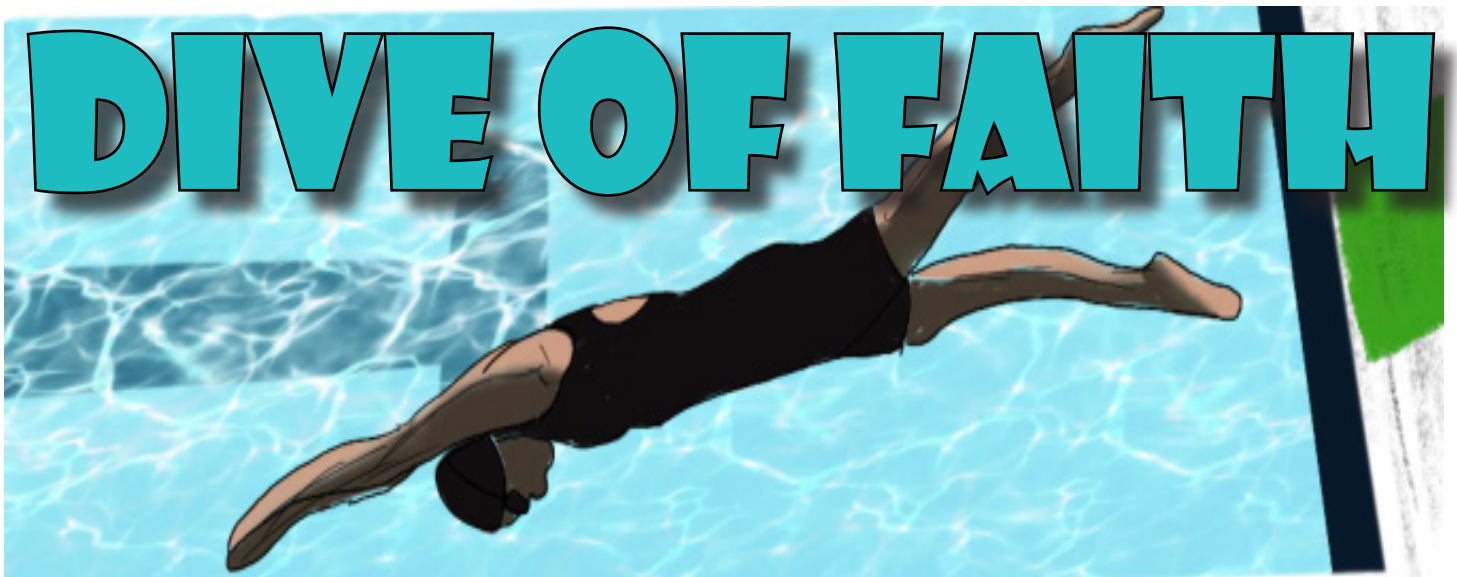
Such as sponsors and individual volunteers. Some of the organization's goals are to make sure that they can bring together talented African youth together, by recognizing their talent and supporting them. Another goal is to make sure that more people are aware and understand African cultures through live performances of all kinds. To eliminate any kind of barriers Dafesta has found a way to involve their audience in everything that they do. As a result, Dafesta is accessible to all, no matter their age and location.

"When making decisions regarding the organization, we all have to agree on something before moving forward with it," chief executive Mwandja stated.

Every November, the team behind Dafesta opens a suggestion form for people to fill out who they think deserves to be nominated for that year's award. After receiving the suggestions, the board goes through a verification process to confirm all the suggested nominees and see if they deserve to be nominated. Early January, they will announce the official list of nominees in each category and let people vote through their website. The voting link usually gets closed at the end of March. After that, the board checks who has the most votes in each category. Winners are announced on the day of the festival, and they get an award/trophy for the category they got the most votes in.

You can check them out at www.dafesta.org
For donations go to: www.dafesta.org/donate/





Drawn by Kirah Mayhew

Since last year the girls swim team has lost spirit and hope, but this year has been much better with a new coach and two new swimmers.

Coach Coach Thad Gunther has been at Central Iowa Aquatics. He has coached for about 20 years in various states, The CIA team uses Hoover's pool during high school swim off seasons.

Juniors Tyla Shepstone and Grace Fucaloro are our two new swimmers joining the girls swim team this year.

Shepstone is a foreign exchange student this year from South Africa and will be here for the entire year. She also participates in Cross Country and Band. Her favorite thing about Hoover so far is the bond between the swim team.

"I FEEL WE HAVE CLOSE RELATIONSHIPS WITH ALL OF OUR MEMBERS," SAID SHEPSTONE

Fucaloro moved to Hoover this year from Roosevelt and joined swimming with little experience but is learning so fast and has competed in all the swim meets. Her favorite thing about Hoover so far is meeting the swim team and getting better at swimming.

Senior Lydia Streeter is one of the swim captains this year along with myself. Streeter did swim before high school swimming and swims the stroke butterfly. This year is more positive for her because of us being able to recruit more members and having a healthier environment than last year. As a captain she is amazing, she's been swimming her whole life, and she is reliable to give advice not only about swimming but about school as well.

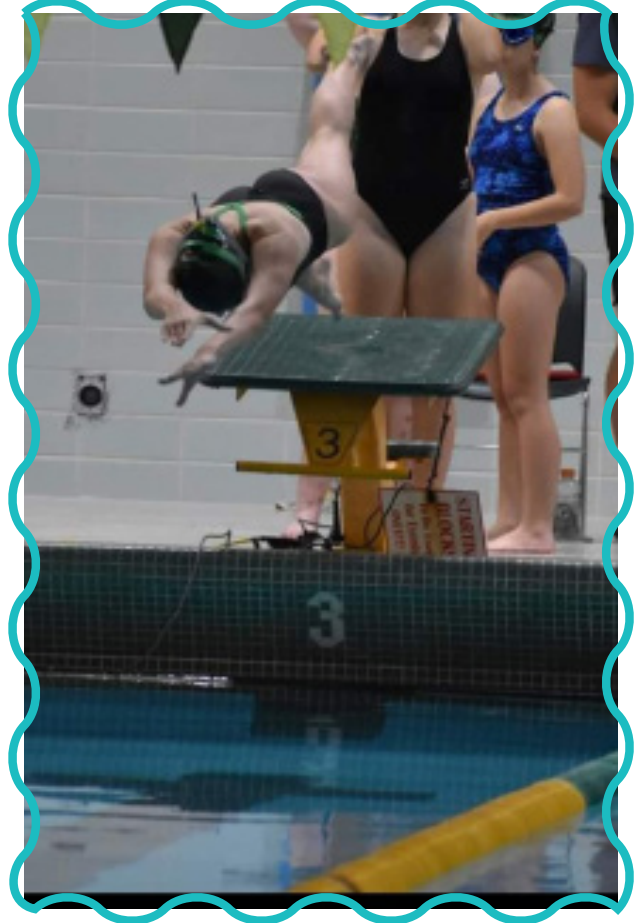
Michelle Castillo is a senior and started swimming last year and has improved so much. She's been able to compete in meets and has been dropping time and is getting better every day. Castillo has been a part of this team for two years now and is getting ready to graduate.

BY: KIRAH MAYHEW (THEY/THEM), DESIGN EDITOR IN CHIEF

Elise Monahan is a sophomore this year and has been swimming for most of her life. She has her own horse and competes in horse shows. Her best stroke is breaststroke. This year Monahan hopes to drop more time and beat more schools.

Emily Nalan is a sophomore this year and has been doing Otters: a swim team outside of school for a while and really enjoys it. This year they hope to drop more time and get better at their individual medley.

Kaylee Burch is a junior and swam in seventh grade launching her swimming career and has been swimming ever since. She joined cheer last year and she's the one that cheers at meets to encourage other swimmers on her team and on other teams.



Swim team

BY: KAYLEE BURCH (SHE/HER), STAFF

Brand New Husky Crew

What is our Husky Crew and why does it matter?

Husky Crew is a version of a club that are called “link crews.” Husky Crew is designed to help feeder schools with activities and to help freshmen transition into high school.

“Husky Crew is based from an international program called link crew and the purpose of Husky Crew is to help with freshman transitions. Like running freshman orientation and serving as student ambassadors for new students, it’s a leadership group that gives back to the community, like volunteering at feeder schools,” Husky Crew leader Diana Rivas said.

There is also a room in our school called “The Husky Zone,” it is in the Spanish hallway in room 1165, it provides school supplies, extra clothes, hygiene products and even a fully stocked food pantry. All products in the Husky Zone are free to all staff, students, and families.

One of the things Husky Crew does is help freshmen transition into high school. The way they do this is by giving a tour of the school and interacting with the freshmen at orientation which Husky Crew organizes, by playing games and helping them get to know each other.

A member of the Husky Crew Andrew Geerdes says they welcome freshman by, “Explaining the values and importance of high school.” Along with teaching the incoming freshman important high school values, they need to get to know the freshman and connect with them.

Freshman Cora Johnson says that it was fun getting to know the members of the Husky Crew and that it was nice to meet upper classmen,

“They were very welcoming and were bonding well with the other freshman,” she states.

To makes the freshman feel at place in the school Husky Crew gives them a warm welcome, Johnson says, “They were very welcoming and seemed to have a good atmosphere, so I felt like I belonged.”

So, safe to say Husky Crew is a good way to help new students get involved, bring the community together and provide resources all while having fun.

“IT’S A LEADERSHIP GROUP THAT GIVES BACK TO THE COMMUNITY, LIKE VOLUNTEERING AT FEEDER SCHOOLS,” HUSKY CREW LEADER DIANA RIVAS SAID.

Husky Crew Opportunities

1. They go to feeder schools for fun activities
2. Help with freshman orientation
3. Gain helpful leadership skills

To sign up contact:
diana.rivas@dmschools.org



The dance floor at Homecoming 2023

“THEY WERE VERY WELCOMING AND WERE BONDING WELL WITH THE OTHER FRESHMAN.” FRESHMAN CORA JOHNSON SAID



BY: ZOEY SCHMIT (SHE/HER), STAFF

The One Act Play that Goes Wrong

Freshman Sophia Hughes frantically tries to help the actors with the falling apart set.



Senior Dakota Winterscheid as Dennis acts shocked at a pivotal moment in the play when they discover the death of Charles.



Annie (senior Paisha Goodrich) while fighting with Florence (senior Grace Myli) gets pushed and falls to the ground.

All photos courtesy of DM Schools Flickr.



Cast A bows at the end of their performance.



The set falls down revealing everyone backstage.



Dennis (senior Dakota Winterscheid) and Robert (junior Andrew Geerdes) lift up Max using a broken stretcher.

SPIRIT ALL AROUND

HOOVER

Colorful colors everywhere, people with outfits filling the busy halls while you're on the way to class, people with big smiles and laughter here and there. The feeling is in the air as it's Spirit Week.

People are walking around the halls in interesting costumes, and someone may ask why? What's the point? Why is Spirit Week so important?

"I think it helps people build the community and pep people up," junior Kaylee Burch said.

After seeing a few people in bright colors, someone might wonder if they should participate in it.

"It's fun, it's funny. Other people are doing it, so you're not going to be alone doing it," freshman Logan Hagler said. "It's all pretty fun to be in."

The themes and activities this year was enjoyed by lots of people who did participate this year.

"I saw a BBQ dad and thought it was pretty funny," junior Riley Vu said.

The students this year dressed in different colors and specific themes like cowboys and soccer moms.

"I think all the themes were pretty creative," Hagler said.

Students are hoping for more fun things next year and will be happy to participate in spirit.

"Next year I hope to see some more of funnier stuff," Hagler said. "I feel like people would do more of the funnier stuff."



Photos courtesy of Thoi Te



Spirit Week Days

Tuesday:
Country vs
Country Club

Wednesday:
Color Day
9th- Green

10th- Yellow

11th- Pink

12th- White

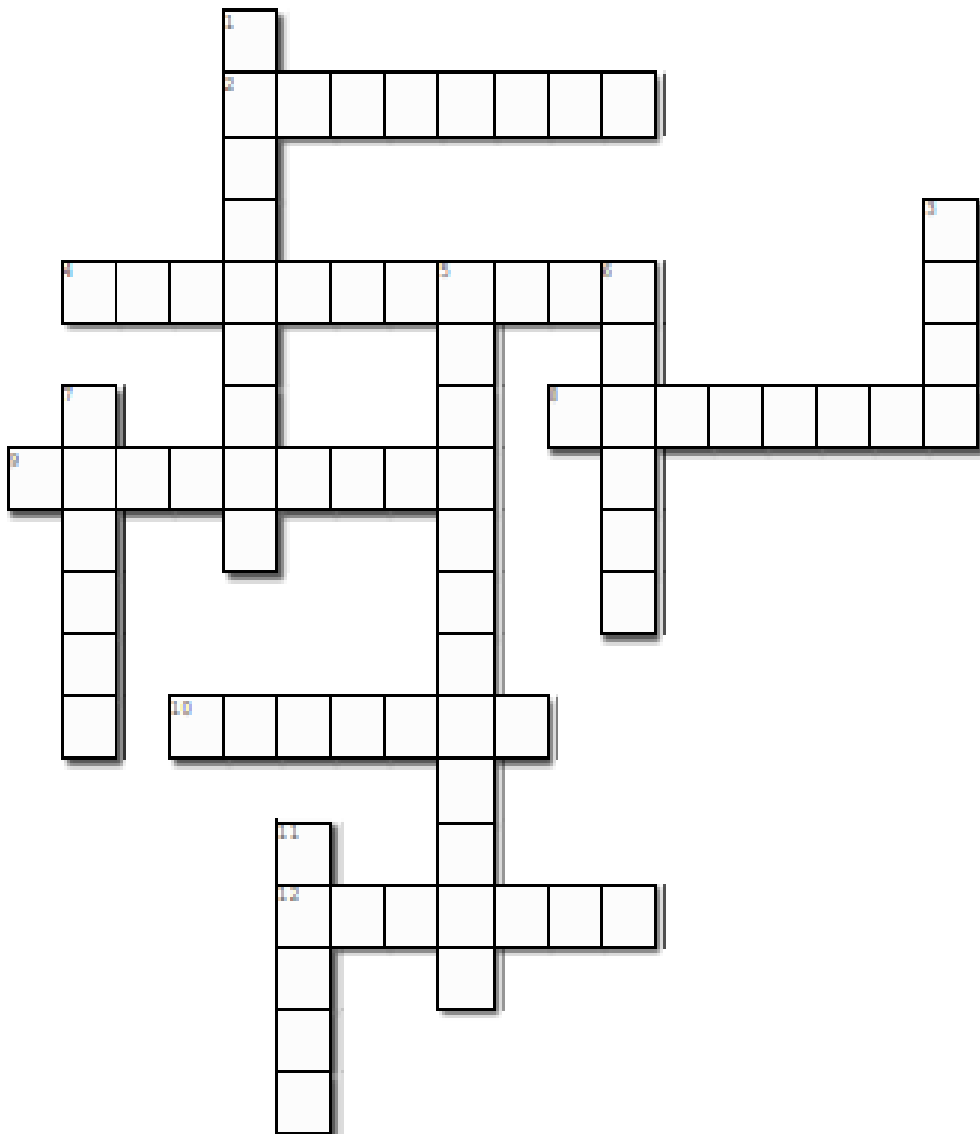
Thursday:
Soccer Mom vs
BBQ Dad

Friday:
Green and Gold
Day



Fall Crossword

Complete the puzzle below



Across

2. Spice made from the peeled, dried, and rolled bark
4. Bears _____ all winter
8. Sport mostly played during this season
9. Holiday when you can dress up
10. The great _____
12. Leaves on the ground

Down

1. Placed in open areas to scare birds
3. The best season
5. Holiday where you gather with your family
6. Spirits
7. The _____ of a fire
11. Squirrels bury these