

East High Scroll

Volume 95 Issue 3



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Four wrestlers made it to state- See QR for photos



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Scroll Staff

Important info

District Educational Equality Statement

Des Moines Public Schools prohibits discrimination in educational and employment programs and activities based on age, race, creed, color, sex, marital status, national origin, religion, sexual orientation, or disability, in addition, the District prohibits acts of intolerance or harassment towards employees or students that are not related to the individual's employment or education

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The Scroll welcomes letters but reserves the right to edit for space as needed. Outside contributions are subject to the usual restrictions of libel and obscenity and must conform to general paper policy which is available upon request. Signed commentaries represent personal opinions, not views of the staff. Also your letter needs to include your full name and grade. Unsigned letters can not be printed You can deliver your letter to

Natalie Niemeyer Lorenz in room 3060N

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- Barajas-Lopez, Johanna
- Barber, Philip
- Barnes, Ollie
- Beavers, Haliah
- Berglund, Eliza
- Boydston, Sarenidy
- Coleman, Kayla
- Consolver, Kaylee
- Cook, Gabriel
- Danielson, McKenna
- Davis, Tysheena
- Fallis, Kenady
- Faught, Hanna
- Franklin, Oshay
- Gillard, Beverly
- Green, Madison
- Hanawalt, Honey
- Jimenez, Miley
- Kelly, Trevon
- Kommavongsa, Mylee
- Littell, Owen
- Lopez, Gabriella
- McGee, Trinity
- Phoenix, Nasya
- Potter, Kenzie
- Purdy, Samarra
- Ramirez Chavez, Christopher
- Ross, Zander
- Shannon, Kaylie
- Solis, Emanuel
- Sorak, Tahviana
- Souksaengmany, Kayln
- Thomas, Lilliana
- White, Jaitreana

Raleigh Schillinger

Bowling State Champ

story/c. ramirez-chavez

Imagine yourself slowly advancing through the bracket, each placement carrying with it a great sense of honor. As you soak in the atmosphere, the sound of the bowling pin machine resetting fills the air, the movement of bowling balls gliding across the polished wooden floor. Suddenly, 'strike!' through the bowling alley. What follows next is clear, Raleigh Schillinger has been crowned the girl's bowling state champion of the year.

Schillinger's state victory is an accomplishment to say the least, East High School hasn't won a state title since 2012. With her being home the title of state champ, the following is a transcript of a Q&A with Schillinger, about her bowling journey, the moment of the victory, and much more.

What got you into bowling?

It runs in the family, both sides. So, I started when I was like six. I wasn't really into it, so I took a break and my dad decided to put me back in it at 10. I started with no bumpers, just full on started and ever since then, I just loved it and I'd do it everyday.

What do you think is the biggest misconception when it comes to competitive bowling?

I think the biggest thing is that people think it's dumb, like it's not important or it's easy. But people don't realize there's so much technique behind bowling. It's difficult when talking to people that don't know about bowling.

How did you feel when you won, did you think you would ever get to that point?

I did not think I was going to win. My sophomore year, I missed (state) by four pins, so this year, my goal was just to make state. I made state, so I was going in happy. Like I didn't care how I bowled because I made state, that was my goal. Then I made top eight, then I got to the top two, but I wasn't worked up. I wasn't nervous. I was just throwing the ball because second was awesome, too. And then the moment where she missed the spare, it was my opening. And then I started getting nervous and then I won. I was in shock. I didn't know what to say. There were no emotions, I was just standing there, stuck, and everyone was cheering and I was still stuck. I like I had to keep looking at the score. I didn't comprehend it until like two days after that I won. That was crazy.

What do you think has been the most challenging part with your whole bowling journey to this point.

The mental game of bowling, there's a technical aspect to bowling. And then there's a mental game of bowling and the mental game to bowling is what's going to destroy you. Sophomore year, it was my mental game. I was getting everybody else's game in my head and I was overthinking everything. So, I was throwing the ball bad. I wasn't picking up my spirits, which is very important. And so, the mental game is a big thing that I've been working on and this year I got better, like really good at it in that state. I wasn't watching anybody else. I was focusing on myself.

What has gotten you motivated to keep getting better and keep playing, to overcome that mental



game?

It runs in the family and I want to keep that tradition on. It's very important to me, to see my dad happy just makes me smile to see me bowl. If you win or if you play and like if you're good, colleges offer you scholarship like even full rides sometimes. So it's like a really big and I enjoy it. Like if I'm having a bad day, bowling will always fix my mood. It's good, my family and college. My goal is to make it to college and get a scholarship. So that's why I keep going and keep practicing.

What's next for you for this upcoming 2024-2025 season?

Of course, keep bowling. Keep practicing every day. Hopefully be a double back champion. Go to nationals for youth. Everyone from the United States goes to Detroit this year. So I'm going to still be practicing every day.

To anybody who wants to start bowling, what would you want to say to them?

Just keep trying it. It gets frustrating and you want to give up, and sometimes it could be boring. But like, once you get good, it's not boring. So just keep going and keep trying and work on your mental game before you work on your technical game and just keep going. As long as you keep doing it, you'll get better, it takes time. Bowling is a sport that you have to practice. You have to. If I take a week off, I'm terrible when I get back. So, like you have to keep going.

Are there any other activities hobbies outside of bowling that you do?

Not really, bowling takes up a lot of my time. In the summer, it's just working on bowling. So, I don't really have time for anything else, but I did used to do volleyball, but then I got tennis elbow, so I had to quit. My second home is a bowling alley.

Is there anything else you would like to?

We need girls next year, and boys too, so you if anyone's interested, join.

3 fun facts about Raleigh Schillinger.

• **She been bowling for 8 years.**

• **She loves traveling to new places, and bowling helps with traveling the world.**

• **She enjoys doing fundraisers to get more involved with the community**

CHIC

changing

health

in

communities



Photo/M.Jimenez

New group at East High providing a safe space for young girls who are feeling stuck.

Story/ M.Jimenez

You've been feeling down and stressed because of the weather, personal problems and the new semester starting. You want to talk it out, but you feel like you have nowhere to go. You're worried about being vulnerable and weak and you're craving a safe environment. Coincidentally, there is a new support group starting at East High and if you're struggling, you would be a perfect candidate. This is the goal behind the new organization, Chic (which stands for changing health in communities) organized by community partner, Christy Porter. The group started meeting on February 7. Also provides behavioral health and community services.

Chic Behavioral Health and Community Services is a 501(c)3 nonprofit youth organization dedicated to providing resources and services to youth, their families, and young women who are at risk or have experienced a history of foster care involvement, child poverty, child abuse or neglect, human trafficking, and/or juvenile justice involvement. Starting in 2023, our team has been delivering youth prevention programs to adolescent girls in traditional and alternative education settings, and our curriculum and programs have been implemented in multiple organizations.

"The girls' group is just a safe space, a supportive, and therapeutic environment," Porter said.

Especially for young women, having a space where you feel seen and heard is important. Girls tend to mature faster than boys, so sometimes they can feel overwhelmed because they feel too many

emotions and don't know how to organize them. This is where Porter comes in, someone to help you learn how to be comfortable with your feelings.

"Just loving on them, supporting them, and treating them as if they were my own," Porter said.

The loving and willing to help energy from Porter is exactly what East High needs. Someone who is open to different and creative ways to help young people. She is very passionate about working with youth and is willing to be a role model to anyone

"If you don't help yourself and heal yourself, it's very hard to move forward in anything in life," East's Community School Coordinator Madeline Cano said.

who needs it.

"If you don't help yourself and heal yourself, it's very hard to move forward in anything in life," East's Community School Coordinator Madeline Cano said.

When choosing community partners, Cano looks for someone that can help and supports issues areas that East students are currently dealing with. She only chooses partners who can fill gaps or who "vibe" with the students.

"If you are not good at a base level, I can't expect you to excel and succeed otherwise," Cano said.

If students' basic needs are not met, it's hard

for them to focus on things like academics. Teenagers sometimes forget to take care of themselves, and this group can be an opportunity to do that. Talking and letting go is so important for the body and the mind, and it takes someone like Porter to facilitate it.

"She has such good energy," sophomore Alexis Hicks said.

Porter's positive energy is what students need. Someone to help lead you to the good. Teenagers can lose motivation sometimes and need someone to help pick them back up. Someone they can trust.

"I am not comfortable with everyone, I am not just going to tell y'all my personal business," Hicks said.

Meeting new people and having to open up to strangers can be uncomfortable. That is why being consistent is important because you get to know these people and realize if it's a good fit for

you.

"I want to gain knowledge and guides of what it is like being a girl transitioning from an adolescent to an adult," sophomore Ronaziah Buchanan said.

Life is about growing, and when students transition to different chapters in their lives, students will need a little push. If you have someone you know who can help you learn the things you need, to become your best self don't hesitate to ask for help.

If you are interested or considering joining this group, talk to your counselors or Cano and they will give you all the information you need to see that this will be a great fit.

THE SELF DEFENSE CLUB

Story/ J.White

LeNorris Wilson,
East campus monitor
brings his expertise
to students and staff
looking to build confidence physically
and mentally with self
defense



Photo Illustration /
J.White

Have you been wanting to be a part of something at East that not only can help keep you safe, but give you something to do after school, help you make new friends, and just overall encourage you to improve yourself? You need to check out the self defense club led by Campus monitor LeNorris Wilson.

Before getting into what the self-defense club is and how it migrated to East High School, here is a little bit about the leader. LeNorris Wilson, an East campus monitor from Tallahassee, Florida who has had many jobs, not just in the Mixed Martial Arts field as a coach/trainer but also in the education field as an ISS teacher which wasn't his dream job. After getting in trouble when he was younger, an opportunity sprouted.

"I wanted to get in the educational system because when I was younger, I got in trouble and they had me work at a school to get out of that trouble and so when I started looking for jobs the only experience I had was at a school, then I just kept going," Wilson said.

A conversation with Vice Principal

Anothny Gianan's led Wilson to start the group.

"There were openings for clubs and actually, Mr. G came to me with the idea because I have a background in training and coaching people for boxing and self-defense. So, he came to me with the idea and asked if I was open to it. We moved on from there," Wilson said. A conversation with Vice Principal Anothny Gianan's led Wilson to start the group.

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Q & A with LeNorris Wilson

- Where were you at before east and what made you come here? -

"In 2009 I was recruited to play football for Greyson University and that's where I went to college. In 2016 I moved back to Florida then in 2017 I moved up here to Des Moines Iowa specifically. Before east I was at Harding Middle School and there, I was an ISS teacher (In school suspension)," Wilson said.

"I wanted to get in the educational system because when I was younger, I got In trouble and they had me work at a school to get out of that trouble and so when I started looking for jobs the only experience I had was at a school, then I just kept going," Wilson said.

- What is your history with boxing / MMA?

"Going back to when I was a kid, I got bullied a lot and then when I got bullied my grandpa introduced me to boxing and then he passed away when I was really young. Then I got bullied again in sixth grade and my dad had me switch to taekwondo. Then, when I graduated and went to college, they had an MMA club which eventually I became the president of that," Wilson said.

- Is there anything else you'd like to add?

"I hope people get an open mind. Even if they do not want to participate but just to come and watch and understand the amount of work that goes into it, the amount of effort people put into self-defense, and the amount of people who are just trying to grow and develop trying to find their place. Self-defense whether it's a certain discipline boxing, taekwondo, Muy Tai, wrestling, even jujitsu, there's so many options. So, overall, I just want people to have an open mind that self-defense doesn't have to be looked at as a violent thing but as an art to express yourself," Wilson said."



CHANGE IS COMING

Story/ L.Thomas
Illustration/ L.Thomas

The Des Moines Public Schools Community School
Coordinator positions will look **different** next year





I do believe the community, schools and ultimately students will be impacted by the reduction in staff. Quantifying that reduction and ascertaining the outcome of this reduction will be difficult. A reduction in staffing is not anything the district wants to do. With the approach to allocations regarding CSC, we are hopeful that the potential impact is minimized as much as possible, DMPS Director of School Climate Transformation Jake Troja said.



For the upcoming school year; 2024-2025, Des Moines Public Schools is re-organizing the Community School Coordinator positions for all schools. Some schools will have CSCs, some will not, some will have one part time or share theirs with another building. This change will have an impact on students, teachers, and staff.

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DMPS is creating a new position for CSCs that required them to re-apply for their jobs. If they choose to re-apply, it could lead to a 24 percent pay cut and the possibility of them being placed at another school. There is so much uncertainty in the whole situation and it's causing a lot of stress for the Community Schools Coordinators, administration in schools, students, and families.

According to an open letter created by the DMPS Community School Coordinators, "On Jan. 29, 2024, current CSCs were informed that we would be laid off and invited to re-apply for a reduced number of positions- from 42 full-time positions at the start of the 2023-2024 school year, to 24 full-time allocations for the 2024-2025 school year."

Since the original decision made by DMPS to cut down to 24 full-time allocations, it has now increased to 28 full-time positions.

"There are financial reasons associated to the allocation of staffing. Community schools was expanded dramatically with the use of one-time funds, ESSER (Elementary and Secondary School Emergency Relief Fund). This expansion is not sustainable since the funds used are coming to an end on June 30, 2024. The district has looked for other funding sources to sustain staffing and has been able to secure just over \$2.1 million. Based on the cost of each employee, the district estimated it could afford 28 full-time employees serving as community school coordinators," Troja said.

There are CSCs that will be left with no jobs because there will be only half of the current positions available.

According to the letter, "On Jan. 30, 2024, CSCs and principals were informed that 12 schools will receive no district funding for this position and the remaining schools, except four high schools, will receive funding for only a half-time position."

All high schools, except Hoover, are expecting to maintain a full time CSC, but elementary schools will be sharing CSC between buildings.

The letter also states that, "The changes include switching the role from specialist to paraprofessional and an hourly rather than salaried position. This new position is also an average 24 percent pay reduction (approximately \$15,000 less) for all current coordinators. The new position has largely the same responsibilities as the current position, with coordinators asked to support more schools, for less pay and benefits."

One of the main changes is the role is being switched from a specialist to a paraprofessional.

"Based on the updated job description submitted, the business and finance team has classified the position as non-exempt (hourly based), which would label it as paraprofessional. If the position was evaluated as exempt (salary based), it would likely be classified as a specialist," Troja said.

Although these positions will still exist in some capacity within the district, the changes are concerning for current CSCs as their role is vital for schools and the community.

"Community schools coordinators are the primary connection to the community for students and families. We serve as point people in the buildings in order to help parents, students and community partners navigate the school system and access resources quickly. Coordinators at all levels help with integrated student supports that enhance students' experiences at school both in the classroom and outside the classroom through leadership development groups, after school clubs and programs, family events and much more. We also manage all of the basic need resources like homeless support, food insecurity (pantries), and other social systems (housing, juvenile courts, domestic violence etc.)," East Community School Coordinator Madeline Cano



East is one of the many schools that has a fully stocked pantry that can be utilized by students and families, one of the many jobs CSCs do is manage these pantries.

According to the CSCs, during the 2023 calendar year, there were 26,774 pantry visits at schools and 45,590 basic need items distributed to students.

The CSCs also work to ensure that students feel comfortable and supported when having to transition to new buildings. Usually, this may come with out of school preparation, for instance, here at East High there is the Scarlet Squad which is coordinated by Cano. These groups spend time outside of the school day and the academic calendar year preparing and offering support with events like open house and ninth grade orientation. 26.6 percent of K-fifth, 50.9 percent of sixth-eighth, 52.8 percent of ninth- twelfth graders engaged in out of school time programming in 2023.

Just in the 2023 calendar year, the CSCs acquired \$1,266,637 in donations and 18,914 total volunteer hours were coordinated that supported DMPS.

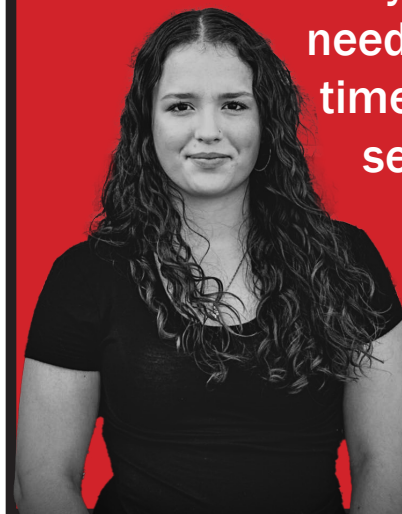
This has left students and teachers wondering why the only solution is to reduce CSC staffing and remove the CSCs from their current communities and schools.

"This makes me feel upset because I have seen the amazing leadership role that our CSC Maddie Cano at East has taken here. She took on so many things above her job description that us at East recognize. She helped us feel like a family," senior Juliette Bernal said.

CSCs roles go beyond the job description, forming and supporting strong relationships. They inspire many students and encourage them to branch out. CSCs can also provide several opportunities for students as well.

"I would consider Maddie a strong mentor in my life. She has really pushed me to be the best I can in leadership spaces and has connected me to many aspects of my life. I wouldn't be who I am today if it wasn't for my positive relationship with Maddie. Maddie has given me many leadership opportunities such as through Scarlet Squad and student government. In addition, her and I work to distribute menstrual products to the bathrooms, so students have free access, and she hosts so many events that have given me opportunities for networking and connection within my community. She has always been helpful, insightful, and transparent with me which is exactly what I have needed during my time here at East," senior Raegan Park said.

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PANORAMA SURVEY

story/K.Fallis

IN OCTOBER OF 2023, STUDENTS AND STAFF TOOK THE FALL PANORAMA SURVEY. THIS SURVEY WAS COMPLETED BY ALL STUDENTS AND STAFF IN THE DES MOINES PUBLIC SCHOOL DISTRICT TO GET FEEDBACK ON THE WAY STUDENTS AND STAFF FEEL ABOUT THEIR SOCIAL AND EMOTIONAL WELLBEING AT SCHOOL. FOR EAST, THE FALL PANORAMA RESULTS SHOWED VAST IMPROVEMENTS FROM THE YEARS BEFORE.

The panorama survey is a survey that everyone, including teachers and students take two times a year. This survey gives the district data about how teachers and students feel about their social and emotional learning, the school's climate, and culture, if students feel safe, and if they feel they belong or not. "It's important for us because we use that data to help us get an idea of how students and staff might be feeling about their days here. Like, do they feel good when they are here? Do they feel like they belong? Do they feel like they have people who care about them? Do they feel safe?" Principal Jill Versteeg said. The data from the Fall 2023 panorama survey came back with more positive feedback than in previous years. Versteeg believes that explaining what the questions mean helped get more realistic feedback from students which had a lot to do with the data having a positive outcome. "It's just making sure there's some clarity. We've tried to get students to be more decisive in their response so they could stay away from the neutral response because that doesn't really tell us either way. I'd rather have more information if things aren't going well, that helps us more than just a neutral response," Versteeg said. Students are encouraged to take the survey seriously because the data helps East make changes to make the school a better place.

"We've seen a good steady increase over the last few years with our data improving with people feeling safe and people feeling like they belong here, feeling like they have people they can trust and count on here at East. Using that data has helped us shift some actions and adult behaviors here at East," Versteeg said. The Panorama survey is important for teachers because it helps them make decisions based on what students are saying in the survey. "We still want to teach the same content, it's just how we do it might need

SHOWS IMPROVEMENT

to be changed based on how students are feeling. We try to meet the needs of our students based on what they are saying, and the survey is a way to do it,” Associate Principal Steven Leib said. One of the focuses of this school year for staff is SEL (Social Emotional Learning). This data shows staff how students are feeling about their SEL and allows staff to make changes to better fit students needs. “I think we talk a lot about our students feeling heard, feeling valued, and feeling like they belong, and I think anyone wants to feel respected and to feel valued,” Leib said. Staff and committees here at East High School use the data from the panorama survey to see what students want to learn about. For example, students were interested in learning about healthy relationships so during conferences, East High invited experts from the community to talk about maintaining healthy relationships.

“One of the things that the committee did is we looked what the student data was saying about our students sense of belonging, so we planned this speaker series to get some experts from the community in to talk about things like gangs, drugs, impaired driving, domestic abuse and specifically around the topic of healthy relationships,” Leib said. When the data came back from the Fall panorama survey teachers were really pleased with what they saw. “This year I think we were pleasantly surprised that we were up in many categories and that’s not always going to be the case every year, but we strive for that and so that’s really encouraging for us because it lets us know that what we’re doing is having a positive effect,” Leib said. Versteeg gives advice to those planning to take the survey going forward.

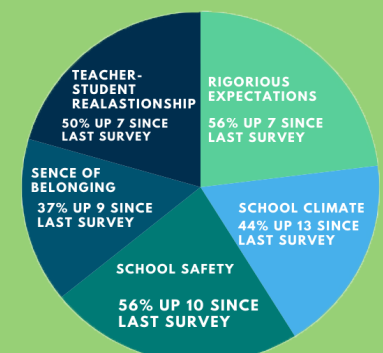
“Just take some time to do it and think about your answers and think about what the questions are asking. If you are not sure what the questions are asking don’t be afraid to ask to get clarification, we would rather you give an accurate response than just not know,” Versteeg said.

FALL 2023 DATA RESULTS

STUDENT SEL COMPETENCY MEASURES



STUDENT SEL SUPPORTS AND ENVIRONMENT



YouthWorks

a Project IOWA program

YouthWorks is a Project Iowa program that trains high schools seniors and pairs them with a internship that gives them professional work experience. There are currently five interns Mindy Luong - IT Support Intern, Federal Home Loan Bank of Des Moines Tysheena Davis Marketing and communications Intern, Federal Home Loan Bank of Des Moines Rachael Tut - Admin Support Intern - Newbury Living Brooklyn Andrews - Marketing and Communications Intern - Project Iowa, and Daisy Serrano - Customer Service Intern - Affinity Credit Union. Learn more about this program and the people involved.

How did you learn about YouthWorks?

"It was issued by the bank and It has an established relationship with the program. It's our organization's second year and I had shared interest outside of this for additional help and so that kind of put me on the short list for getting invited to learn about the YouthWorks program and they said they had someone interested in design that they thought might be a good fit for our department," Sarah Bishop, Federal Home Loan Bank mentor said.

Why did you decide to work with YouthWorks?

"I have a lot of experience working with internship programs. In a prior role, I managed the company's internship program and they had 60 interns a year but I enjoy just being able to share my skills and knowledge and remember being a intern myself. I think that's what helped me decide what I wanted to do for a career. I don't think I'd be able to make that decision without having the real world work experience and get a feel for it because I think it showed me things that I don't like to do as well as things I do enjoy doing. It's so valuable to have that opportunity when you're younger and having to make big life decisions and I feel like it's a way to pay it forward," Bishop said.

How does or did this program help you grow?

"I would say it's helping me grow by having me sort of think about things from a different perspective I usually let everything live in my head and having to show somebody how to do something is a different approach. It's a skill set for me to learn how to simplify some procedures and processes and also having a perspective of a total outsider and make me ask questions about the clarity of our communications and the programs we have," Bishop said.

What do you enjoy about YouthWorks?

"YouthWork's is fun. I enjoy working with seniors and helping them navigate working and being in the professional world and preparing their life after high school. Every senior is different and has really interesting talents, goals and it's just a lot of fun to go through with that process with them." YouthWorks director Chris Noth said.

What do you expect from YouthWorks as of next year?

"So we have I think 13 students right now that are going to be interning next year and we have new job sites. I think the word is slowly getting out which is great because I think it's a great opportunity for students. I'm just really excited to work with new students. I feel like I meet so many great people in this program so as it grows i'll get to meet more people and work with other and it's really exciting," Noth said

How can others help the program grow?

"Well, if there's a junior they could consider participating in the program. If they are a business, they can consider hosting a intern or donating money to project Iowa. If they are a teacher or coach, they

can spread the work about the program or refer student who might be interested,” Noth said.

How has this program helped you grow?

“It’s definitely helped me grow. It’s forced me to learn a lot of new things and get out my comfort zone, go into meetings and meet people and speaking in large groups of people. I’ve learned a lot about the Des Moines community, with different business that are here and I’ve learned a lot about students and student interest and students goals. I think the biggest thing I’ve learned or the biggest way I’ve grown is that it showed me that if you work really hard at something, you get a lot of input from people and you get a lot of support and get to do cool stuff like this,” Noth said.

“ East High School is a great place to be. it’s a great community.”

-Chris Noth

Would you like to add anything else?

” I think I would just add that East High School is a great place to be it’s a great community I’m really impressed by the students and their positive attitudes and there work ethic, there open mindness I think the students that I worked with are really going places and I’m really excited for them,” Noth said.

What made you join the YouthWorks program?

“I was interested because it seems like an experience in high school that I could take with me in the future. The opportunity to learn new things I never thought about and might benefit me in the future,” Intern Rachael Tut said.

What made you join the YouthWorks program?

“I would recommend others to join because it gives you fundamentals you would need to know before you live life as an adult in the future, no matter what career path you take. It also offers experiences that are rare to find and do in high school, which can benefit you heavily in the future,” Tut said.

GIRLS WRESTLING

Champions in the making: The inspiring journey and background of the girls wrestling team

story/M. Kommavongsa

Imagine walking past the doors by the main gym with no idea what is in there, no clue about how hard athletes worked all season in that room. The girls' wrestling team is coached and loved by Samantha Bush. Bush is a former wrestler who wrestled for three years in high school then graduated from Bonneville High School in Washington Terrace, Utah.

The girls wrestling team, which has been official for two years now, just recently had a state meet where Diana Gaie placed sixth. But it was not easy.

"Cutting weight can be a struggle," senior Kennedy Pahl said.

These girls often struggle with things like meeting their weight goal, learning new strategies and even mental battles. Wrestlers may cut between 10-25 pounds of body fat leading up to matches and through the season and an additional 5-10 pounds of water weight before weigh ins. However, rapid weight loss in high school and collegiate

photos/ M. Hernandez-Howard

wrestlers have been shown to average four to five pounds and may exceed six to seven pounds among 20 percent of the wrestlers.

Coach Bush mentioned how she chose to become a wrestling coach because she loved wrestling and wants to continue her wrestling career by teaching it to young girls.

But why wrestling? Why do these girls stay so committed to this sport?

"I wanted to start because of how good my cousin was," sophomore Avah Blakeman said.

Both girls are inspired and motivated by their family. It is healthy and feels good to have your family and friends as support – tell them about your goals and encourage them to help keep you motivated.

"Try new things, try hard things, and do not quit," Blakeman said. Wrestling is also a great sport to look into to help stay active.



Kennedy Pahl/12



Hope Davies/11



Avah Blakeman/10



Kennedy Pahl/12

EAST TRACK

If you've been wanting to join East track but not sure what to expect, you've come to the right place

Track activities

Story/T.Kelly

100-meter dash, 200-meter dash, 400-meter dash, 800 meter-dash, 1600 meter-dash, 3200-meter dash, 4x1 relay, 4x2 relay, 4x4 relay, these also have hurdles events too. There's also throwing activities and jumping activities. Lastly long jump and high jump. There is something for everyone on the track team.

Meeting new people

During the track season, you're going to meet a lot of new people including coaches, staff, runners, jumpers, throwers, and even people from other schools. You can end up building a strong bond/relationship with these other people during the season because you're always going to be around them during practice, during all day track meets and long bus rides. There's two new coaches and there will be a coach for short distance, mid distance and long distance.

Weather

The whole track season isn't always bright and sunny, in fact the first month or so could be rainy, very windy or just cold, but soon it gets hot so it's important to stay hydrated and eat well, especially on track meet days. "Hopefully we can go outside when the season starts; if it's under 50 degrees we will stay inside the gym," track coach Josh DeWaard said.

Travel

During the season you will go to different schools for track meets on a dozen bus rides and there will even be times you will miss your eighth or seventh period or just some of your afternoon classes from school. The farthest will be Fort Dodge, a 1 hour 32 minutes drive. You will be excused, so no reason to worry about not attending but be sure to do your make-up work, so you do not get behind in class.



Photo/ H. Hanawalt

Running in the 4x4 relay is Teaghan Warren at Waukee northwest Highschool

Conditioning/diet

Track for most students is pure running and that can also help a lot of other sports if you play any. It helps a lot to get in better shape, having better stamina and a lot of lower body muscles. If you want to take track more competitive and seriously, then it's better if you have a certain diet and take care of your body

- Pre-workout meal: 16 ounces of milk, beans and/or lean meats on whole grain bread, fruits and nuts
- Pre-workout snack: Eight ounces of water, low-fat granola bar and fruit
- During practice or competition: Eight ounces of water per 20 minutes of activity; eight ounces of sports drink with electrolytes per hour
- Post-workout snack: Fruit, yogurt and granola bar; pretzels or bagel with peanut butter; or 16-ounce meal replacement bar with protein and carbohydrates
- Post-workout meal: Lean meat or grilled fish, vegetables and whole grain pasta, rice or bread
- Evening snack: Fruit, cheese slices or chocolate milk

COFFEE HOUSE REVIEW

LOCAL COFFEE SHOPS

Story/ J. Barajas- Lopez

Illustration/ J. Khambanoun

It's a cold Iowa winter day, but it's nice and warm in a local coffee shop. You sit down at a table, ready to study your afternoon away. It's quiet, you hear mumbling and feel calm. This is what you can find at local coffee shops. Read along and you will find the best place for you and your studies. I am a student who has classes Monday- Friday from 8:25-3:25. With all that, I end up with a collection of homework. My goal is to find the best spot to study and get homework done, for not only myself but for others, too. I'm looking for a calm, dim, space with coffee at a fair price, if you are looking for something like this, then you're at the right spot.

Mars Café

Location: 2318 University Avenue (Drake University area)



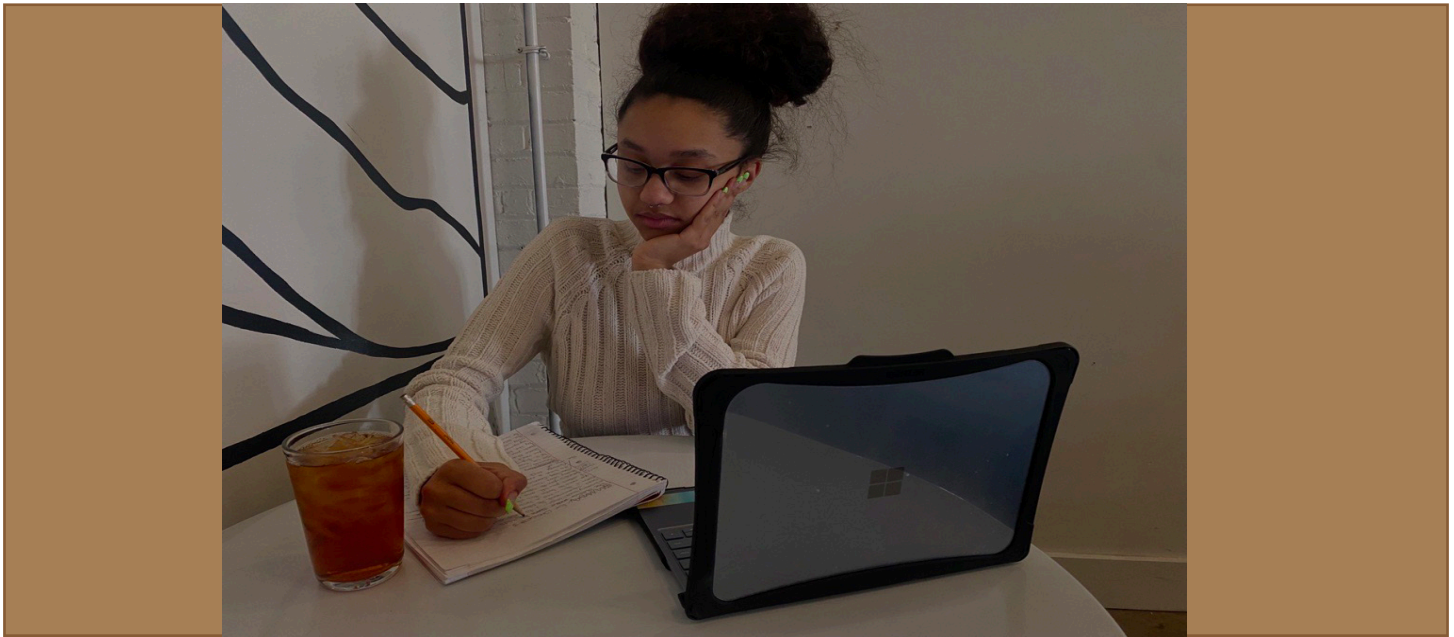
When you walk into Mars Café there is a small scent of coffee. It was lonely in there, only a couple of people. The environment is great for studying; however, the coffee price was crazy. I asked for an iced lavender latte with oat milk, but instead they gave me it hot, I paid \$7.75. For that price, it was not good or worth it. This was disappointing especially since I was the only one ordering at the time. However, the location is great for college students attending Drake University since it is right down the street from campus and there are a lot of local restaurants for food after studying.

Blue Bean Coffee Shop

Location: 110 N Ankeny Blvd Suite 200, Ankeny, IA (Ankeny DMACC campus area)



This is the perfect place to study. The environment is extremely calm, and they have an area in the back where you can rent out a desk or a room for studying or meetings. When you walk into the shop there is a calming smell, you don't get the smell of coffee as much, but the smell is one that doesn't overpower the room, better for one to concentrate. The drink I got was an iced matcha latte with two pumps of vanilla and oat milk, and let me tell you, it was the best matcha latte I've ever tasted. I would say the price is reasonable, the total of my drink was \$7, but I believe the alternative milk and syrup made the price go up a bit but it's definitely worth it. The location is great for DMACC students in the Ankeny area.



The Slowdown Coffee Co.
Location: 3613 6th Avenue



Walking in, you get hit with the smell of fresh coffee beans. Your surroundings are filled with people with their laptops out and families eating breakfast. The volume in the room is mumbling, however, it can get very loud, especially when they have a long line. They have affordable seasonal drinks, and their usual prices range on what you get but for a small the most it can go up to is \$4.50, the most a large can go up to is \$5.50. They also have an open mic on Thursdays, which is something you can go experience with your friends. Their shop hours vary depending on the day, except on Mondays when they're not open.

Smokey Row Coffee
Location: 1910 Cottage Grove Ave,
Des Moines



Smokey Row is located on the outskirts of Downtown Des Moines near Central Campus. When it comes to scent it smells like coffee but not as strong. The prices are extremely affordable however I don't know if the coffee is worth it. I had a peppermint mocha with oat milk; the total cost was \$5.49. For adding an alternative milk this is a great price, but it had an odd after taste. The person I went with got a Chai latte and that was around \$4, however that one really tasted like perfume. It had a strong flavor but to roses, nothing like Chai. The environment was louder than a school classroom and there was random things happening. It's rumored that Smokey Row is where people meet to get into a pyramid scheme. I'm not sure how accurate that information is but I personally wouldn't want to study in a loud place with strange activity going on beside me.

WHAT BREWS BEST?

1. Blue Bean Coffee

Their aesthetic is so calming, and their coffee is the best I've ever tasted. It is on the further side of town, but if you're in the Ankeny area, check it out!



2. Mars Café

I appreciated how quiet it was. However, if you do get a drink make sure you speak loud enough so that they don't mess up your drink.



3. The Slowdown Coffee Co.

Their environment is very friendly, but not quiet for someone who is there to study, that's why it is third on my list.



4. Smokey Row

Their coffee wasn't good, and it was just way too loud. Also, the rumors about the whole pyramid Scheme thing scares me so you definitely won't be seeing me there. Overall, this is my rating for Smokey Row.



ACADEMIC

Students struggle to get back on track

Story/G.Lopez

Struggle first semester academically? Want to bounce back? The semester sent most students to an academic panic as grades were finalized. With a new semester, now's the time to make a major academic comeback to end the school year strong.

After looking at those grades from semester one, we all realized we need to buckle down and make some goals going forward into semester 2.

"Personally, for earth science it's important to have good grades because, students learn to start and finish a project, so students learn to have that resilience and goal to not give up, it's not just for the grade but to learn content," Science teacher Clarissa Luckow said.

Grades are most crucial and important, especially in high

school. As grades play a big role in your future, this statement may be controversial to some, but

after reaching out to the fellow staff at East High School, they have expressed why it's important to get those good grades in high school.

"Opportunities after high school, it's not just collage, it is to get opportunities in the trades or apprenticeship programs, those things are competitive and they want to see you have done your best and are willing to continue doing your best," Counselor Ashlee Duimstra said.

Sometimes those academic goals you set for the school year may be overwhelming, or maybe you didn't make any at all, that's okay either way. But's never too late to work hard and do your best even if you struggle throughout the process.

"I think focus, learn to block distraction or whatever is going on, weather its relationships, or things that are going on at home, can be so many things, but learn to block out, focus on what's going on now, focus on the present, I think that would help," Luckow said.

Even the most academically achieving students have struggled immensely to get to where they are now, you must fail to succeed.

"Staying organized is one thing that I think that maybe students aren't quite used to that independence in high school, that's probably a little bit of a tougher transition from eighth grade where I think that there is more hand holding, where In high school, you don't have that as much, so you're going to have to organize when you have assignments due, figure out a system for yourself to remember those things, teachers do remind you but then they are counting on you to do a lot of things yourself. So, organizing what is do when so you can keep track of it, communicating with teachers when you don't understand, being honest. Asking questions, you have to ask, otherwise teachers will

assume you know the content," Duimstra said.

Our staff at East are here to help and guide you throughout high school, they want to see you achieve and

make it out the end, proud of your achievement and success. Our staff have voiced their advice to the fellow students struggling to get back on track academically.

"Take school more seriously, there's not always a second chance or another plan, you're going to run out of that, you have to take advantage of the opportunities you have in front of you and the people who are willing to help you, you have to take it right when its offered. Be at school consistently, talk with your teachers, let us know if you need help," Duimstra said.

We all know that it's hard to get back on track, with things going on outside of school, it can be very distracting and exhausting.

"Every day is a new opportunity, maybe you didn't do good before or there's things going on, start tomorrow, start today if you can. Don't give up, keep trying every day," Luckow said.

"Take advantage of the opportunities in front of you and the people who are willing to help you."

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Colin Coulter

Science teacher, father, husband and a hands on person with no cell phone

Story/ K. Coleman

You may have heard about a teacher at East High School who doesn't have a car or a cell phone and lives differently than most of this generation. This is science teacher Colin Coulter.

"I spend most of my time as a father and a husband, but I'm also taking seminary classes to get my master's in divinity," Coulter said.

He spends a lot of time with his wife and taking care of his kids and being social or keeping himself busy. He is always taking new classes and working hard even outside of school.

"I would say he's straight to the point and makes sure you're on top of your work," sophomore Camila Fuentes said.

Mr. Coulter makes sure students are focusing and making sure they're on task and completing their work.

"He brings a different energy for sure," co-worker Nikki Dorr said.

He does bring a different energy, but in a positive way and is a good person to talk to because he will match the same energy and isn't boring. He will make sure he makes the class or himself entertaining, even without a phone he strongly opposes.

"It's not about not liking phones, I love phones and love watching videos, but there's kind of two points to this. One, it's almost too good right? Quite frankly it's addictive. It's the reason I have students get out their phones and turn on their screen timer. It really makes them aware of the down sides of technology, because there are pros and cons, so the big part of it is that I see a lot of the down sides to a smartphone, or the cons out do the pros. And the second part of it is when I look at how people use their phones, and most of their time is spent just looking and scrolling. And I just have so many more and better

things to do the just scroll and stare," Coulter said.

He has very valid points on why he doesn't use a phone or wants his students to be on phones. Because there are way more down-sides to phones and takes up a lot of people's time to do other things that will better themselves and be more focused on school and life.

"I liked how he would give us breaks sometimes in the middle of the class if we needed it," Fuentes said.

Breaks during class are a must for most kids, everyone gets a little overwhelmed with work. But if you aren't on your phone, you can take a break or a pause during class; Coulter knows this is important because he's been a student, too.

When he started college, he made it through with a rough patch as he struggled in high school. But still shows how you can go get an education even while hitting a rough patch, and nothing or anyone should bring you down

for trying to better your life. People might struggle financially as Coulter did but didn't let it stop him and was worth it.

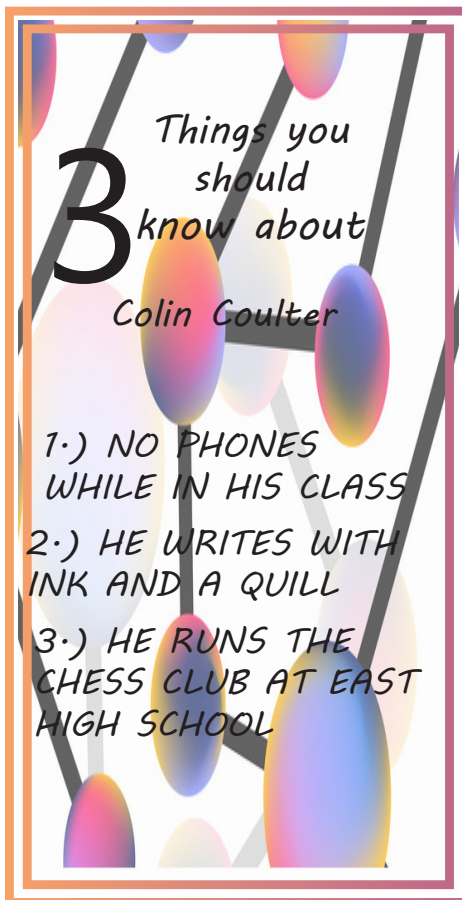
"It was just kind of something people told me I had to do, so I really struggled with it for the first couple years like I did in high school. Not much changed there, I ended up getting kicked out of Iowa State because of grades, so I went to DMACC and got my associate degree, and started to really turn it around again, then went back to Iowa state and finished it out there," Coulter said.

Overall, Coulter shows his true colors in the East High School community and is a very good teacher, to have and really helps makes students motivated, and be on time to class to make sure students get the education they need.

"I liked how he would give us breaks sometimes in the middle of the class if we needed it," Fuentes said.



Coulter in the lab experimenting with chemicals and a beaker.



Going green: Practical steps for a more eco- friendly lifestyle

Story/ H. Faught.

"The estimated number of deaths from all sources of air pollution globally is 6.7 million," according to Statista, an on-line statistics website. The most common disease linked to air pollution is Chronic obstructive pulmonary disease or COPD, a chronic lung inflammatory lung disease that causes obstructed breathing, although treatments can help manage the disease, there is no cure.

Over the years human pollution has only increased because of carbon emissions, plastic waste, and capitalistic consumerism, etc. But, how do you decrease your environmental impact, especially as a teenager? Here are some helpful tips on how to decrease your personal environmental impact and carbon footprint.

1. Use public transit more often: Try to use public transit more frequently, buses emit less carbon waste per person than if the same number of people on the bus were driving cars instead. When you ride buses, you must pay a bus fee, but you won't have to pay for the increasing price of gas for frequent car travel.

2. Limit single use plastics: Begin limiting single use plastics like straws, disposable cups, plastic silverware and many more. Another helpful tip would be to bring your own reusable bags to the grocery store, why use a flimsy plastic bag when a handful of tote bags can hold more and is better for the environment.

"In America alone, an estimated 11.3 million tons of textile waste – equivalent to 85% of all textiles – end up in landfills on a yearly basis. That's equivalent to approximately 81.5 pounds (37 kilograms) per person per year and around 2,150 pieces

per second countrywide," according to EARTH.ORG.

3. Donate used clothing: If you have old clothes that are not completely worn out, you should donate them to your local thrift store or Goodwill. There is someone out there who cannot afford new clothes, so donating those old clothes could help someone get quality clothes to wear at a more affordable price. Donating your clothes could also help keep your clothes out of landfills and put them on the shelves.

4. Create and curate your own garden: Invest in creating your own garden to grow fruits, vegetables, herbs, and many other plants. Growing your own vegetables instead of buying them from chain grocery stores, where you do not know where they are coming from, and the types of chemicals used to grow them. If you grow your own produce, then you know exactly how it is being grown, and the process is more environmentally friendly than corrupt agricultural industries.

5. Boycott brands that endanger wildlife: Some brands sell products that have negative impacts on wildlife. A few of these products are things like palm oil, which involves mass rainforest destruction to harvest the palm oil, this oil is used in many different skin care

products, and soaps. It's important to know the type of things that go into the products you use, especially if those products negatively impact wildlife, so it's recommended to boycott the companies that knowingly produce products that have a negative impact on the ecosystem.

6. Speak out: The most important thing you can do is use your voice to encourage the people around you to also switch to an eco-friendlier lifestyle, the more that people try to make a change in their lifestyle, the more likely it is that our planet has a chance for survival. Another good tip is to sign petitions to let your local legislatures know that change is needed in order to slow down the climate crisis and protect the planet.

These are some helpful tips on how to decrease your personal impact on the environment and how to live an eco-friendlier lifestyle. It's important to know that what you do truly matters, even if you think that it doesn't matter because large companies contribute far more to climate change than an individual person that isn't always true because if everyone has this opinion climate change will be just as disastrous. It is important for everyone to take part in helping to create a better world for the future generation of planet Earth.

Good produce to grow for beginners:

1. Tomatoes are a classic fruit to grow but they are actually quite simple to grow for beginners.
2. Kale is a great choice for beginners as it is highly tolerant of weather conditions.
3. Zucchini is a good choice if you want to have a more abundant harvest.



East High School students need to keep clean



opinion/ Z. Ross

When walking around East High School, messes are everywhere. East High School Instagram accounts have posted about this issue, the student government has tried to fix it as well, but why does this happen? Asking the opinions and thoughts of, the student government's Melissa Perez, as well as Colin Coulter.

As a student at East High School, the disrespect to the environment is disgusting and disheartening. The problem starts with students, and students need to take initiative to keep East High School clean. Some of the things I see outside in the parking lot are, food garbage, "The Lego Movie" double feature disc packaging, Fry'd cart package, a broken chair, and that was just one day. This is bad for East because it furthers a bad reputation on the school, and it hurts the environment.

"I think they treat the environment like children...it has an effect on our psychology to go to a school with messes on the front and in the halls...Theres no mirrors on the walls, there's graffiti on the stalls... It's to be expected, but by the time they graduate I'd like them to be more thoughtful," teacher Colin Coulter said.

"The janitors have more, and better,

things to do," Coulter said. Coulter then gave a theoretical situation, "Someone dumps a bag of trash on your lawn, are you going to leave the bag of trash there or are you going to go out and pick it up? You can say, 'I didn't do it,' but none of these stop the bag of trash from being in your yard,"

he said.

"I don't think that we are going to teach the students who litter not to litter but we teach the students who care to put in the extra effort to pick up after

the students who litter...I live on the East side too, I went to East, I've lived on the East side my whole life... what I see here at East makes me sad for my home...It has to come from the students... even if we got a club that cleans up the school 15 minutes after school... we go home 50 minutes later but, the janitors have five hours less of work to do," Coulter suggested.

Melissa Perez a member of student government, was asked how the environment has affected her as well as student government's plans to help with the issue, as well as what she would like to say to the students who litter,

"Environment not just affects me but everyone else who's in this building, teachers, students, janitors... We spend so much of our time in this building only for students to

trash it," Perez said.

Perez has a message to students who litter the school, "Please grow up, you're in high school and should know way better. students litter when there's literally a trash can 3ft away from them only making our janitors jobs harder...This is something I feel very strongly about because when kids do this it's so childish and disgusting," Perez said.

The student government has made strives to show the students their poor actions, "We also make posts on our Instagram story here and there to stop trashing the school," Perez said. Student government has taken actions in the past to try to fix the littering problem, "Student government has took on a project last year to help keep east clean. We wanted to decorate trash cans and put more around the school. We sent posters to classrooms for students to color and hang up around the school as well. However, immature kids also decided to rip these off the walls and throw them on the floors," Perez said.

The problem starts with students. Students need to be the one who pick up after themselves because they will not always have someone to clean up their messes. East High School is stuck in an endless cycle of garbage and if nothing changes East will continue to be trashed.

photo/ Z. Ross

"We spend so much time in the building only for students to trash it."

Perez said

How to make your room fit you

Story/P. Barber

You walk into your bedroom, trying to find a place to relax and destress after a long day at school, instead of a calming, comfy oasis, all you see are white blank walls, no personality just an uninspired room. If you want to take your room from a boar to beauty with follow these few steps.

Step one: Find inspo.

Try to find inspiration from all different places like magazines, social media, shows/ movies, and also your friends. If you're looking on social media look for some DIY accounts. Here are some places teacher Nikki Door said to find inspiration. "Maybe, Pinterest, and TikTok is where I would look," Dorr said.

Step two: Stick to budget.

Find things that you would like/ that fit in your budget. This can include plants from home improvement stores or the décor section at most

stores. Fake plants on amazon can range from \$5-\$20. "Plants I would get from Home Depot or Walmart and the other stuff from Target or TJ-MAXX, Marshals, and places like that," Dorr said

Step three: Plan it out.

Plan out where you want your décor to be placed. You might want to look around your room and see what you like, and don't like. You could place tape on the walls to see where you want your décor. Also, you could put up command strips so you don't make holes in your walls. Its best to avoid using nails when hanging things us incase you want to change things up!

Step four: Enjoy

Place décor and enjoy. Some ways you can enjoy your newly decorated room is inviting some friend over and showing them around. And don't forget to post photos to inspire others as well.

DIY
Intsa Inspo
accounts

myDIYHomeIdeas



DecorMiniz



Science teacher Dorr has one of the cutest classrooms at East High School.

Where to
get your
cute room
decor

Amazon
great selection
fast shipping

TJ maxx
very cute
decor
several brands

Home Goods
very affordable
many options

HOW TO START A BUSINESS AS A HIGH SCHOOLER:

Have you been thinking about starting a business as a teenager in high school? Follow these few steps to learn how to plan and execute your business.

Story/H.hanawa1t

@HOUSE_OF_LUXX ON INSTA

1. YOUR BUSINESS

When choosing a business, pursue something you enjoy doing. "You shouldn't start a business just because you see others doing it, make sure you truly enjoy it. This will make having and continuing a business so much easier," Meredith Menez/12 said. When creating the name for your business, brainstorm ideas that capture all of what your service and product is. This is the first impression of your business to others and what they will refer to potential clientele.

2. INVESTING

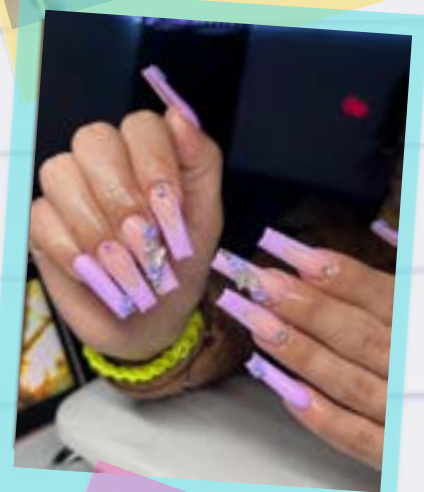
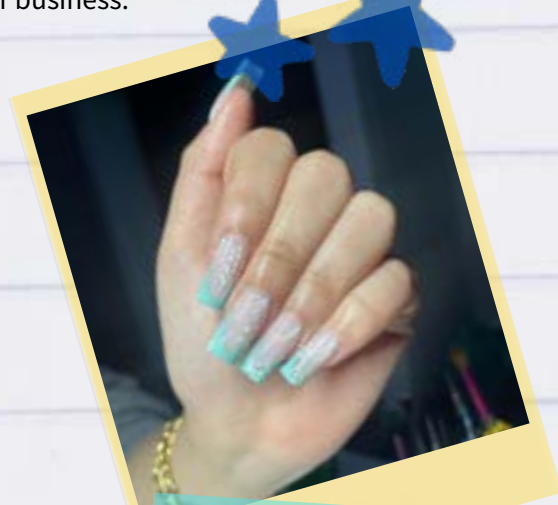
Regardless of what your business is you will need supplies. Investing in good quality products slowly will ensure growth in your business. "If I could change anything I would invest in good quality products first and avoid cheap products," Menez said. "In order to see a good finish, you need to invest in high quality supplies and products," Menez said. Getting started may be difficult to acquire all the products you may need. Initially, you should purchase all products necessary.

3. PROMOTION & CLIENTELE

To promote your business and attract more clientele social media is a must. Using any online platform is a great way to launch your business, especially when advertising visual product and services. Social media is a useful tool in attracting more clientele. Social media is accessible by many people and is the easiest way to get your business out. Making a business account on Facebook or Instagram is a free way to advertise. Also, creating a website is another option. "I promote my work with social media and that is how I communicate with my clients. When beginning your business most of your clients may be friends and family. At first, it was just friends but then they would post about me and started getting the word out more," Menez said.

4. STAYING ORGANIZED

"Dedicating a lot of time and being on top of everything will help you out a lot," Menez said. Being organized on with your schedule and products will allow you to continue your business in motivation.



5 QUESTIONS WITH SWIM COACH ERIN LOWE

Story/ E. Berglund

Mother, daughter, coach, East High Alumni, teacher, these are just a few words that describe swim coach Erin Lowe

What made you what to be a swim coach? Why did you start?

"I have always swam and coached swimming. I started helping coach little kids in 1992 and I taught swimming lessons in high school and college. Coaching swimming and teaching swimming lessons was just always something that I did, and I just never stopped."

What made you want to coach boys and girls?

"I started coaching at East in August of 2000. I was the girls' assistant for two seasons but when the boys' team needed a head coach, I decided to switch to that. I coached the boy's team from 2002-2008 and was an assistant coach for the boys for a couple of years in between being the head coach two different times. I then again coached the boys starting in 2019. It is nice to coach both because then you don't really have to coordinate anything between the two teams and with the other coaching staff. When I am the only one for both seasons it makes some things easier."

What motivates you to keep coaching?

"Usually we do very well, and that makes it easier. The teams work hard, and we always swim well at the end of the season. Sometimes you hit rough patches in the middle of the season, but then at Districts and Regionals everyone swims great and it's so much fun! When kids swim faster than they ever thought they could it makes all the difficult times worth it. When you see athletes achieve their best, the look on their faces and their excitement of their accomplishments are truly awesome."

How long have you been coaching?

"I've been coaching since I was 14 (1992), boys head coach 2001-2008 (2002-2007 was East and Lincoln combined team), Boys Assistant two years then took back over in 2019, Girls Assistant Coach: 2000-2002 Girls Head Coach 2008-2024."

What are the differences between coaching boys and girls swim?

"The girls' team currently has a lot of experienced swimmers and so they are a little easier to coach right now because they are such good swimmers that we can get into the training aspect more and less of teaching swimming lessons. We also have two phenomenal assistant coaches who both swam here, and they are fantastic with the team. Anna Liu is one of the best swimmers ever in Iowa and Rocio Hernandez can coach swimming while speaking in Spanish which is huge for us. Many of the new girls learned so much faster because Coach Hernandez was able to communicate so well with them. The girls work super hard and will do everything you give them. They are very mentally strong. The boys' team has a few very fast, amazing swimmers, but most

of the team is new to the sport so there is a lot more teaching the basics with the boys right now. There is a larger learning curve with them. Many of the boys are fantastic athletes in other sports, most play soccer and are used to being very successful so they get a little more stressed out and frustrated then the girls do because they want to be the best immediately and aren't very patient when it comes to learning a new sport. Both groups work very hard and swim miles each day. Swimmers learn how to work hard. We have many swimmers that go on to swim in college. We currently have three alumni swimming in college and at least two of our seniors will go on to swim in college, so that is a very important part of our success too. That our kids can go on to the next level and that they still love sport enough to want to continue."

"Erin is an amazing coach she really knows how to improve our technique and be better swimmers. She really loves the team like her own family."
senior Jessica Coll

"She can be hard on us, but it's because she cares deeply for her team, not just as athletes but as people."
sophomore Margo Martin

Binge-worthy shows for Spring Break

You already know you're going to be stuck at home all spring break, so what is there to do? Watch these must see streaming shows on Netflix...

story/S. Boydston



Becca Sanchez/teacher

“‘Criminal Minds’ because it’s cool to see what’s going on in a serial killer’s mind and why they do what they do.”



Shelby Grove/11

“‘Paw Patrol’ because it’s a good show. It’s really funny and helps me sleep at night.”



Alexa McClellan/teacher

“Okay so there is a new season of ‘Love Is Blind’ out. So, if you need something to watch over spring break you could literally binge every season.”



Becca Berglund/10

“I think ‘All American’ because it’s a great show. It’s about football and teenagers. If you like teenage romance it’s a good show to watch.”



Nikki Dorr/teacher

“‘Good Girls’ because I teach Forensic Science and there’s some sketchy forensics crime stuff. It’s really entertaining to solve it and all the relationships.”



Mikayla Smith/11

“The show ‘You.’ Girl, if you haven’t seen it watch it right now. It’s super interesting and never gets boring.”

Modeste Fashion

EAST HIGH SHOULD HAVE A PERSONALIZED DRESS CODE.

The dangers

Imagine seeing a girl walking the halls with nothing on but a thong and a bra, basically naked. Well, that is exactly what I saw my sophomore year, and absolutely no one cared. I feel like no one understands how dangerous a student's dress could be, especially in today's society. There is a saying that dress influences your attitude, it can either be an expression of a previous attitude or enhance an alternate personality. The way we dress or see others dress can completely change our perceptions of ourselves and others. The way we dress can also invite dangerous lifestyles and predators to prey on us.

Researchers and other professionals have found that when women wear "provocative" clothing, it makes them more likely to fall victim to assaults and rape and be believed to be responsible for their assailant's behavior due to their appearance.

While it is predominately men who are driven to objectify and oversexualize women's bodies women are also known to self-objectify when they choose clothes for fashion over comfort; and objectify men for their looks and body figures.

Various studies point to how external cues such as appearance and attire could play a key role in encouraging objectification, dehumanization, and the denial of agency. Sexual violence is a consequence of a dehumanized perception of female and male bodies that aggressors acquire through their exposure and interpretation of objectified body images.

Provocative clothing that leads to deviation from routine modesty norms approaches objectification. Women in provocative clothing are rated as more flirtatious, seductive, promiscuous, and sexually experienced—and as less strong, determined, intelligent, and self-respecting (Koukounas and Letch, 2001; Gurung and Chrouser, 2007), emphasizing sexual availability and objectification, which is why they are targeted. We need to find a way to wear clothes that make us feel good while also keeping us safe.

You don't have to be revealing to show you are beautiful.

2 April 2022, my sophomore year I asked, "What is a woman if she is not attractive?" The world has created these unrealistic beauty standards for how both a man and a woman should look to be perceived as attractive.

Opinion/ N.Phoenix
Photos/N. Phoenix

Modern fashion

Crop tops, tube tops, miniskirts, booty shorts, and jeans made with barely any denim for almost twice the price of regular/plain pair of jeans. In today's modern society all people can see is skin, skin, skin. Models wearing revealing clothing. Highschoolers dressed like those revealing models all to look quote-unquote, "normal."

The dress code

Fortunately for some, East High school does not have an official dress code. "We do not have a formal dress code in place however, state laws allow schools to determine student dress inappropriate if it alludes to drugs, alcohol, or has images/designs that can cause disruption to the learning environment," Vice Principal Anthony Gianaras said. Though, that is not to say school administration won't step up when there is a violation of district standards per dress code attire. "I would respectfully address the student," Case Manager Larry Johnson said.

Normalize modesty in fashion

You can do this by wearing a long sleeve t-shirt under your spaghetti strap or halter top dress or wearing a compression tank top under a cropped hoodie or shirt of some sort. You can even just cover up with a simple shawl or jacket. You can turn your modern fits into more modest outfits, yet still fashionable.

"For me, modesty is dressing in a way that shows you respect your body/ wearing clothes that help you feel confident. At certain points, it's pretty hard to find modest clothes but I really like TJ Max, Old Navy, and Style Encore. They have nice modest clothes. Seeing others wear modest clothes helps you feel more confident and makes it fun to support each other," senior Leah Morales said.

Gentlemen

I do also want to include men in my evaluation of modesty. Though it is not thought to be as dire of a issue it is still just as important to address and I don't want anyone to forget that. And I must say that I believe it is a tad bit easier for men. For formal wear I often like to listen to Steve Harvey's suit quote: "The first suit you should buy is a black suit, black suits can go to everything. Every man has to own a black suit. After you get a black suit, There's five suits. You need to get black, navy, grey, brown, tan. You get those five suits. You get yourself two white shirts, get yourself two cream color shirts, and two powder blue shirts. You can make 75 suits with those combinations because every one of those pants, go with every one of those jackets, every last one of the jackets goes to every last one of the pants"

"You cannot mess up"

And if you don't want to wear a suit y'all can just be casual or wear some loungewear. It is super easy to find the right pair of jeans or sweatpants. Graphic tees for men are always the best and you can even find some amazing hoodies and jackets for reasonable prices. I personally like to either shop at Walmart or RUE21/FOREVER21 for fun graphic tees in the men's sections.

Standard night

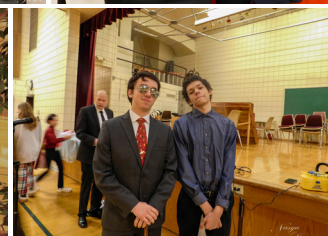
The Des Moines River Ward of The Church of Jesus Christ of Latter-Day Saints host "Standard Night" event for youth of their stake at the Ashworth Church Building where they hosted a Murder Mystery on the Red Carpet. Youth were invited to collaborate and dress up for walking on the red carpet as leaders acted as paparazzi and press as they photographed and interviewed guests on the sidelines as if it were an actual Red-Carpet event.

During entry youth would be welcomed with their Des Moines River Ward hosts in their glamorous costumes.

"The purpose and major theme of this event was to focus on the standards of our For the Strength of Youth programs. I wanted youth to be able to feel comfortable in their religion with the love and support of fellow youth and to remind everyone to strive to follow these standards in their daily lives."

Yes, youth got to dress up and participate in a fun "Crime Mystery," but there is symbolism in the decision making for this event. Primarily, Modesty. Youth were encouraged to dress modestly and in fun creative costumes, either inspired by their favorite celebrities red carpet looks, or from one of their favorite decade and era styles.

"People from all different sorts of backgrounds can come together and appreciate all the time and commitment it takes to get ready and find the right outfit. Guys could wear nice suits and hats or even just enjoy some comfortable athleisure clothing. Girls can also wear suits or decide to wear beautiful gowns and dresses, include accessories and find just the right makeup look and shoes to match. Everything just comes together and is admired by friends and concubines."



Examples of fabulous modest attire from standard night

MEAN GIRLS

The 2024 Movie-Musical Remake

“Mean Girls”, an iconic teen comedy movie released in 2004 about a girl named Cady Heron (Lindsay Lohan) moving to a new high school after being homeschooled all her life in Africa. She quickly gets caught up in drama with the Plastics, the most popular girls in school. Regina George, Karen Smith and Gretchen Weiners slowly turn a once nice girl into a mean one. Now in 2024, 20 years later, Mean Girls has been re-released with a new cast as a musical!

The original cast consisted of Cady Heron played by Lindsay Lohan now played by Angourie Rice, Regina George played by Rachel McAdams now as Renee Rapp, Gretchen Weiners played by Lacey Chabert now played by Bebe Wood and Karen Smith played by Amanda Sayfried and now Avantika Vandanapu. The new cast resembles the old cast well with looks being similar and acting similarly to the original cast.

Unlike the 2004 movie, the 2024 movie is a musical. Incorporating songs from the Broadway musical version of Mean Girls. This includes songs like “Meet the plastics”, “Stupid with love”, “Sexy”, “World Burn” and many more songs throughout the musical. The music from the 2024 musical movie was overall unsuccessful and largely hated by the community and social media. An overall rating score of 62/100, while the majority enjoyed this movie it is still in the average of ratings.

People considered this a bad film of an array of reasons here’s what critics said. “The remake was bearable but unneeded.” “The trend of adapting films into stage musicals and then movie musicals has produced hits such as Hairspray, and misses including The Producers. Mean Girls, falls somewhere in between, although it leans closer to a miss.” “fact is, the very idea of repackaging Mean Girls is insulting. It perpetuates the degradation that has overtaken pop culture since 2004, the year the culture broke,” Critic reviews from Rotten Tomatoes said. These critic reviews help show just the tip of the iceberg on how people feel on this film.

Should you watch the new Mean Girls movie? While most people disliked this film it’s a good experience to watch it but to remember that it is generally a lower quality movie, in terms of music, filming, and directing. Before watching this movie it’s also recommended to watch the original for contrast. “This didn’t really NEED to be made. Was

a fun watch but ultimately meh”, “prob the worst movie I’ve ever seen... was a musical the entire time. I missed the original,” audience reviews from Rotten Tomatoes said.

Story/T.McGee
Graphics/T.McGee

Top 3 Reviews and Averages



70% Tomatoes score



3.4/5 IMDb scored

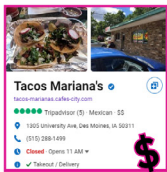


58/100 Meta-critic Scored

Average Score:

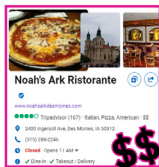
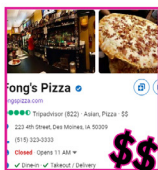
62/100

CUTE DATE SPOTS



A small Mexican joint to get familiar style Tacos, burritos & other Mexican staples served in casual surrounds with colorful art & decor and well priced menu items

They have an odd menu inspired by a fusion of Asian, Italian, & Polynesian cooking styles, to create their unique pizzas and other food pairings. The small home like restaurant will have you looking all around taking in all the decorations



Noah's Ark is a classic deli and restaurant with a casual chill environment, that serves iconic Italian eateries. All our food products are certified kosher by Star-K, that includes their homemade bread

HOW TO PLAN A DREAM DATE

BAD DATES: Boring, not going as planned, you were into it, but they didn't text you back. Whether you're planning a date for your bestie or partner, here's some ways to spice up your date night. To know what to look for, maybe reviewing other people's dream dates may help.

JADAH BEAVERS:

A sophomore, with little to no dating experience and hasn't been on her first date. For Beavers's dream date, when getting ready and picking out an outfit she said she would keep it causal so she can stay comfy. By wearing jeans with a hoodie and Crocs. For hair, she would put it up in braid buns. Beavers wants to start the date with a couple games of bowling to break the ice. She doesn't want to get dinner there, but maybe snacks and some pop. Dinner plans would be to eat at Cool Basil in Clive. She's going to get her favorite menu item. "I'm going to eat my spicy shrimp with my rice and asparagus." Beavers believes that gift giving is a great way to show appreciation, she would love to receive a gift for special occasions. She would also love to also gift her partner something, depending how long they have been seeing each other it can vary from flowers to nice clothes.

RAEGAN PARK:

A senior in high school, she has been on a few dates before, just never her dream date. When interviewing Park, it was a little bit of a struggle because she had never planned out her dream date before, like many people. So, it took her some time to decide what it would consist of. When dressing up for a date, it should match the activity so for Park it would be a sundress and keeping her hair natural. Gifts are another key feature to planning a good date, Park is more of a gift giver but for a special occasion, she wouldn't mind receiving a little sweet treat or really anything food related. To start the date off, a little painting activity then heading out to eat. When picking a restaurant, Parks going to want to go somewhere she had never been before but no seafood, "seafoods too fishy for a date." And to end the date, a peaceful solo nap to cap off the night.

WHAT KIND OF PERSON IS YOUR PARTNER? WHO ARE THEY?

WHAT DO THEY LIKE DOING?

It's really important to understand what their likes and dislikes are, you don't want to plan a date for them and it doesn't line up with who they are. So, make sure you don't bring your quiet partner to a large public outing, it might make them feel like you don't understand them and possibly not on the same page in this relationship. Just because you see a cute date idea doesn't mean it's a perfect fit for your partner. The graph to the right can give you some ideas on what to do but, remember make sure to get to know them so you can plan it around them.

♥ <u>DATE IDEAS</u> ♥	homebody	middle ground	outgoing
artistry	At home art project or photoshoot	Art museum or mainframe stuido	Artwork shop pottery, painting
sporty	Wii sports; Watch a game at home	Swimming at lake, public	Laser tag, mini golf, bowling, pool
academic	Personalized Kahoot or trivia games	Bookstore and coffee	Poetry or book reading
musical	Play favorite music for each other	Record store	Concert or karaoke
wildcard	Make a meal together	TikTok: card surprise date	Downtown festival

story/H. Beavers Blount

Alumni spotlight: Kari Warren

Story/ E.Berglund

Mother, daughter, realtor, East High School booster club member, these are all roles that East High Alumni Kari Warren fills in her daily life. Keep reading to Learn more about Kari Warren.

1) Why did you join the booster club?

"I joined because I think it's important to be involved in your community and I think it's super important to have groups like this. If people don't step up to be involved, these types of groups go away. We have an awesome bunch of people in Scarlet Pride who really care about your kids and that made it very easy for me to want to participate. You kids are pretty awesome, and we think you deserve to have nice things. We are trying our best to help the school by providing you with some of those things. We can certainly use more people though! The more people involved, the more we can get done, the more ideas discussed and different points of views to consider. Everyone has something to offer from their own life experiences and that will make any group stronger."

2) How was your time at East High?

"I loved my time at East. I loved being at a large school. There were so many people with their own unique stories and experiences, and I tried to talk to as many of them as I could. I think I did more talking than studying. I got involved in a few different groups/clubs that taught me some skills I still use today. As far as sports, I did cheer leading, Steppers and I played tennis a couple years. Being a part of those things were some of the best memories I have from East. We had so much fun, and I made friends with people I still talk to now. I'll be honest, I was never very studious, so I spent some time dreading going, but figured out that school is what you make of it. You spend like seven hours of your day there, so you can either dread going every day and be miserable or look for a way to make the best of it. I chose to make the best of it and am so glad I did. I have so many great memories."

3) How is East different now from when you were here?

"I would say the main thing that really sticks out to me is the lack of involvement by students these days compared to when I was in the East. We are one of the largest schools and our student participation in sports, clubs, bands, theater, etc is low in comparison to that. Even our student section at the games is small. Our stands used to be much fuller, and trust me, we were not winning the games then either, but we were having fun cheering on our school. Obviously, another big difference is technology is much more commonplace for you kids. 24 years ago, technology wasn't a major factor. We would use the internet to look up articles for assignments, but that was about it. I think it is pretty cool all the information that you have access to now. You can easily find multiple interviews/articles of a person you are writing a report about and gain info from them directly. You also have more opportunities to further

Class of 2000, and parent to East High juniors



your education while in high school. Kids are graduating with college credits now and that is an amazing thing."

4) Why did you want to be a realtor?

I have always worked in sales from the time I was 16. I love it. I love getting to know people, finding out their wants/needs and playing matchmaker to find what works best for them. I have always loved houses and actually went to school for marketing and interior design. While there, I interned at a realty office and realized I like selling houses more than I liked decorating them, so real estate was a natural fit for me. As a single mom it also allowed me to make my own hours so I could be present at my kids' events and to volunteer. That was always nice!

5) What is it like being an East Alumni?

"I think it is pretty awesome. Like I said, we are one of the largest schools in Des Moines, so you are surrounded by such an eclectic mix of people. You really have a great opportunity to get to know so many people. I run into someone I know from the East all the time. People I went to school with, people that worked there and people that I have gotten to know while my kids have gone there. It's amazing. The East Side Pride is also super cool. I think that is unique to East grads. We have each other's backs and love where we come from. We also have the largest Alumni Association. They work hard at raising funds for scholarships for the students. I encourage current students to get involved with them when you graduate to keep the Alumni Association going. Fun Fact: our City's first female Mayor is an East High Alumni. Just saying". Some pretty cool people came from East High."

6) What do you like to do in your free time?

"I like cheering on my kids at their sporting events. I do a lot of volunteering. I love trying new foods and restaurants. I like going to concerts, art shows, different events in the city, visiting with friends, and mostly, I love to just veg out at home and do absolutely nothing."

7) Anything you'd like to add?

"Enjoy your youth. Be present in it. Try new things, push out of your comfort zone. Join a club or start a club. Play a sport or go to sporting events to cheer on your school's teams. Be nicer to each other and to yourself. Look for the positives about someone, including yourself. Be a bit more empathetic to those around you. We are all works in progress, and I think it can be a little too easy to judge others, and ourselves. Lift each other up, don't tear each other down Volunteer. Seriously, I know kids don't think that sounds fun, honestly give it a try at least once. I started in high school and I'm so glad I did. If you don't know where to start, ask an adult in your life. I am sure school staff can help you find a good fit. I am happy to help you find something. There is so much to be gained. A sense of accomplishment, self-pride, meeting new people, learning a new skill, hearing other's stories. You may also find a new passion or career path from it. As you get older, there will be times you won't find yourself regretting the things you did, but rather the things you didn't do when you were younger, remember there is a whole group of people right here cheering for you. Whether it's passing a test you were stressing, beating a personal best, trying something new, accomplishing a goal you set out to do or getting out of bed and making it to school when it was really difficult to do, we are seriously proud of you and we truly hope you find ways to be proud of yourself."

Kari is so sweet and nice to be around, she is honest and if you need help she will help you and gives the best advice

Amonte Johnson said

RANTS & RAVES PODCAST



Hosts:

KAYLEE

Grade 11

Photo/K.Consolver

BEVERLY

Grade 11

Photo/B.Gillard

MADI

Grade 10

Photo/M.Green



From cars to East High Confessions on Insta. Madi, Beverly, Kaylee and Mo cover it all in their first episode.

Catch up with Madi, Kaylee, Beverly with special guests Bella, Chandler and Marty in their second episode.



**Scan these QR codes
to listen to our first
two episodes!**

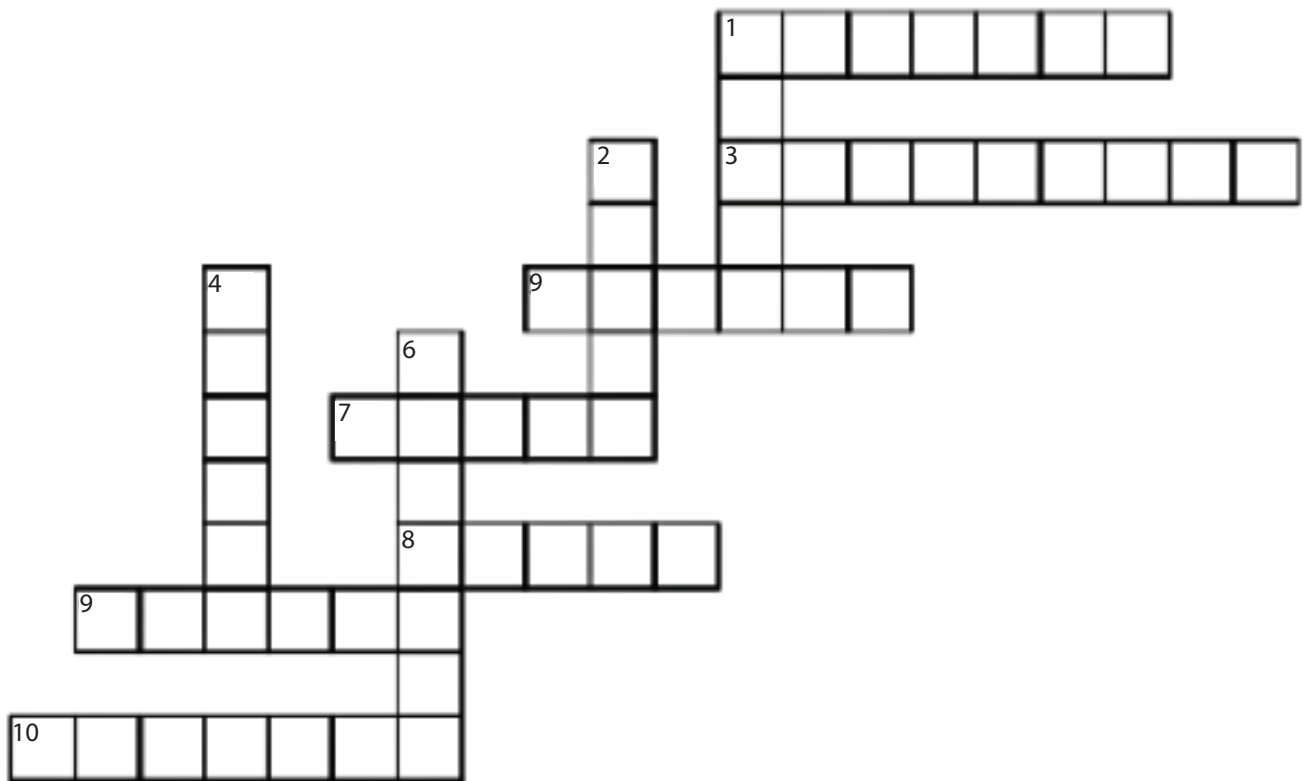


**Interested in
being a part of
an episode?**



**Scan this QR
code to reach
out to us!**

East High Scroll



Down:

1. A spring bird
2. A bird sound
4. A small water collection
6. A ray of sunlight

Across:

1. Colorful arch in the sky
3. An insect
5. An outdoor meal
7. A spring flower
8. A flower
9. A gentle wind
10. A flower in bloom

East Scroll Social Media

INSTAGRAM

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EASTSCROLL.COM