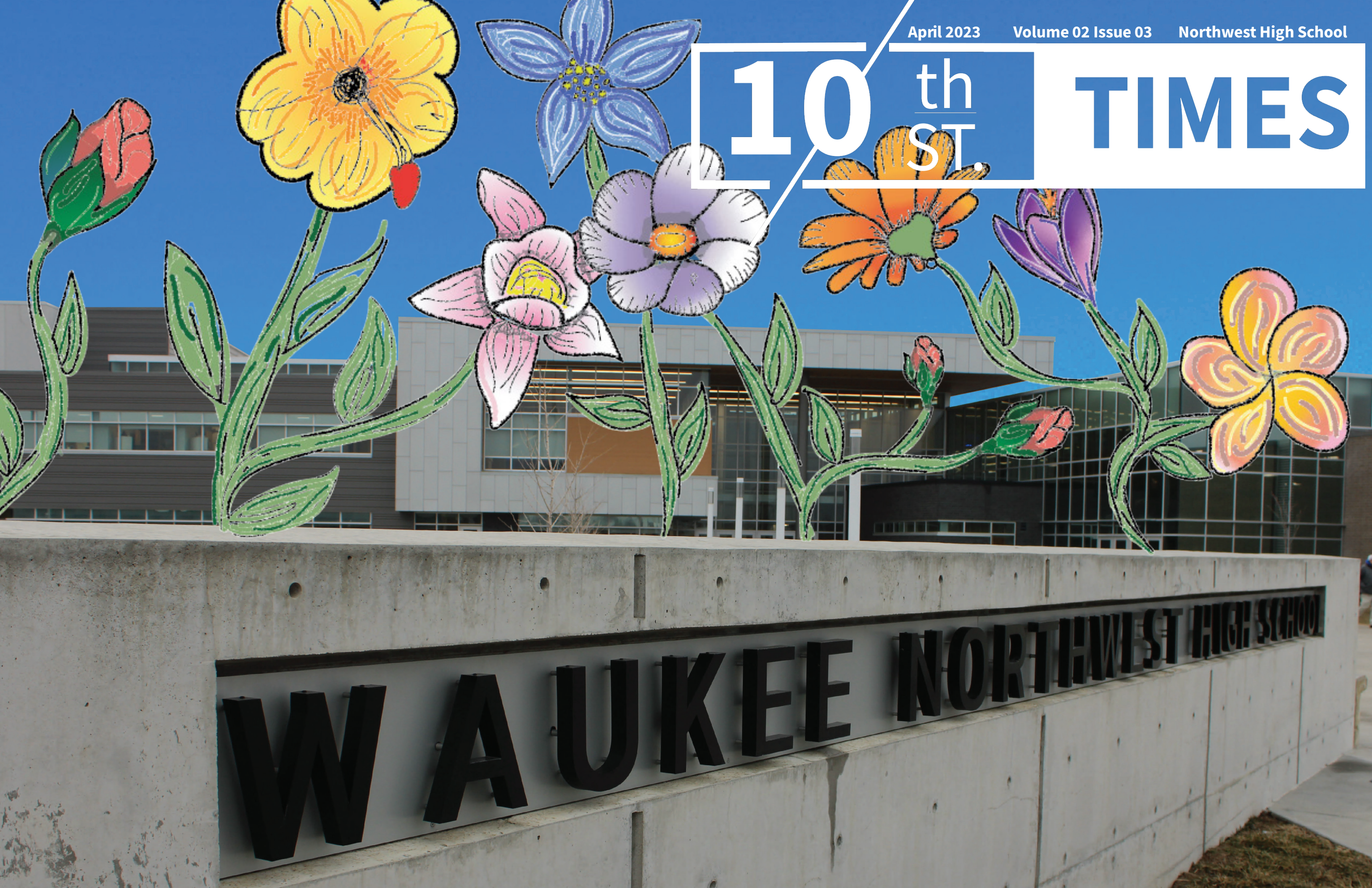


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**TIMES**



WAWAUKEE NORTHWEST HIGH SCHOOL

# ABOUT THE COVER



Photo by: Ava Osberg  
 Design by: Payton Strobel  
 Description: This cover represents a change from the cold winter months to the spring temperatures that rise during the last months of the school year.

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# STAFF

**Editor-In-Chief:**

Payton Strobel  
 strobel23379@waukeeschools.org

**Print Editors:**

Anna Hansen  
 hansen240102@waukeeschools.org  
 Naomi Pittman  
 pittman25454@waukeeschools.org

**Business Editor:**

Paige Finney  
 finney24201@waukeeschools.org

**Web Editor:**

Jack Andersen  
 andersen24896@waukeeschools.org

**Yearbook Editors:**

Thomas Campbell  
 campbell22554@waukeeschools.org  
 Emma Goode  
 goode24855@waukeeschools.org

**Advisor:**

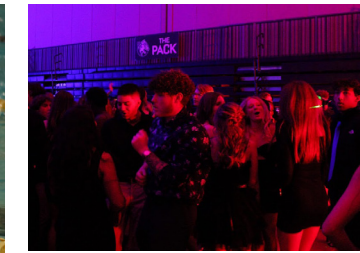
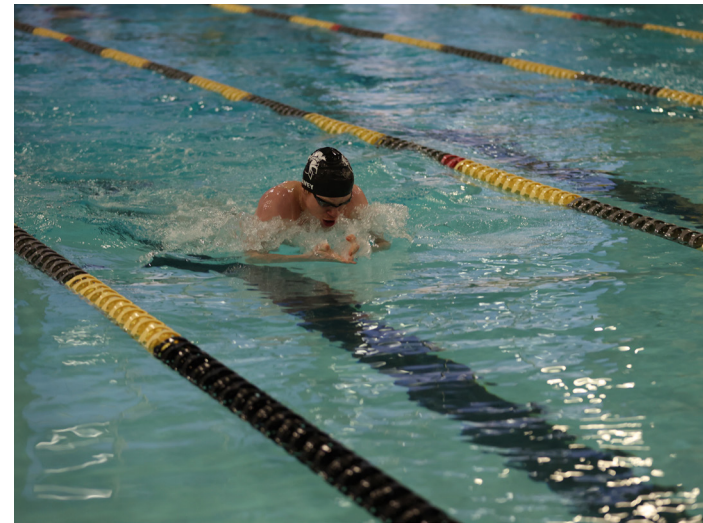
Matt Blumberg  
 mblumberg@waukeeschools.org

**Staffers:**

Lucy Braman  
 Molly Campbell  
 Silvana Canela  
 Stephanie Chu  
 Ava Flores  
 Brooklyn Foutch  
 Gigi Garcia  
 Cassie Heit  
 Avery Herman  
 Cece Martins  
 Felicity Menning  
 Kalarga Mukhtar  
 Ava Osberg  
 Laurel Richards  
 Evan Scanlan  
 Krish Sehgal  
 Addi Sell  
 Brayden Strobel  
 Bodhi Terrell  
 Brae Tornell  
 Aunya Van Zetten



# TERM 3 PHOTO RECAP



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The 10th Street Times is a student-led, student-created magazine distributed to the students and faculty of Northwest High School and local businesses. The 10th Street Times does not voice any opinions or ideas of the Waukee Community School District. The 10th Street Times serves the purpose of entertaining its readers and informing them of issues and events going on around the Waukee community and globally. We strongly encourage our readers to reach out to us with questions, concerns, input, and topics they'd like to be seen addressed in the 10th Street Times. The rights and responsibilities of the student journalist are protected by the Iowa Code 280.22.

# OCEAN POLLUTION

# STUDENTS' SPRING BREAK PLANS

**W**ith vacation season approaching this spring, Northwest students need to be conscientious of their impact on their environment.

The birth of the Industrial Revolution also gave way to a problem whose consequences people are still fighting today. The back-and-forth between mass production and consumption takes a toll on the environment. Mrs. Nancy Duncan, an Environmental Ecology teacher at Northwest, commented, "If every person makes five pounds of trash every day, that's a lot of trash. So we all impact pollution."

While most of the world's total pollution output is from large industries and corporations, consumers also have an impact. Most everyone is a consumer and buys products from manufacturers; most things people buy come with waste. Founder and President of the Environmental Club, sophomore Emma Zheng, said, "What people can do [to help] is stop consuming so much. If individuals consume less, then industries will produce less, and overall there will be a decrease in the amount of pollution." According to Rubicon, a waste and recycling-focused software, single-use plastic is the most common form of litter found in the ocean, including plastic bottles, food wrappers and straws. Things as small as wrappers, tags or lids can result in pollution.

All the plastic pollution that winds up in the ocean has a detrimental impact on flora and fauna. When plastic litter breaks down into smaller particles, they form a substance that is very damaging to marine life called microplastics. Chemicals in the tiny microplastic fragments are toxic to animals if ingested and can result in death. Large plastics are also environmentally dangerous and can cause animals to become entangled in things such as discarded fishing lines, nets and plastic bags. Rubicon reported that more than 100,000 marine animals die yearly from plastic entanglement and consumption. As more plastic pollution piles up in the ocean, these numbers will continue to rise, and more marine wildlife will die.

**Story and graphics by**  
**Avery Herman**

It may feel overwhelming and out of control when facing a global problem as expansive as this. However, it is not a problem meant to be fronted individually. No one person can rectify the damages rendered to the ocean and its wildlife; it takes a community. Sophomore Nolan Craig stated, "Pollution impacts everyone's world. It's the only [Earth] we have, so we have to take care of it while we can; otherwise, in the long run, we won't have it."

As the Waukee community, many steps can be taken together toward a greener community and greener earth. Even the most minor, insignificant actions taken can affect the well-being of wildlife. Avoid using cars unless necessary, recycling and reusing when possible and controlling litter are all ways to protect the environment. As a school, there are also things to be done to support wildlife.

Duncan expressed, "We need less reliance on oil, reuse more, and I don't think there's enough recycling. I wish that we as a school would recycle."

Fixing these problems will take time, patience and cooperation.

But together, the small steps Waukee can take as a community can initiate the change that the world needs to see.

**W**aukee Northwest's Spring Break 2023 was from March 13th to March 17th.

Spring break is one of the most traveled times of the year and can be a great escape for kids from school. For many of the Northwest seniors, it was their last high school trip with family and friends.

During the week many Northwest students traveled across the United States to embark on their trip. Some Northwest students even took a step up and traveled overseas.

Sophomore Nikki Freeman visited the Gold Coast of Australia with her family. Prior to her trip, Freeman stated, "I am mainly looking forward to going to the beach. I love swimming and the ocean and have not seen any beaches since the summer." Freeman and her family planned to try new

foods and see her family that lives in Africa while she is there visiting.

Sophomore Leo Petillo traveled to Venice, Italy with his dad's side of the family, his mom, his dad and his half-sister. Before leaving for his trip, Petillo stated, "I am most looking forward to eating the amazing food in Italy and France and also being out of the Iowa weather." Petillo and his family have visited Italy many times. While he visited Italy with his family, he took some nice pictures, improved his photography and enjoyed the food of Italy and France.

Junior Evan Allen's spring break was spent in Kenya, Africa. He traveled with his mom, dad and brother. "I want to learn more about the [African] cultures and groups I will be with and want to see how they live their daily lives," Allen stated. While Allen was in Africa, he and his family went on a safari ride. This was Allen's first-ever trip out of the country.

Sophomore Tilyne Cartmil headed on a six-day cruise and spent time in Universal Studios for spring break. She traveled with her mother, grandparents, aunt, uncle and cousins. During her cruise, they visited the Dominican Republic and Turks and Caicos. "I am most looking forward to getting some time to relax and some downtime away from school and my activities," Cartmil stated. During her trip, Cartmil and her family did lots of fun activities such as swimming with dolphins, zip-lining, exploring and many more exciting excursions.

Senior Cody Holcomb's spring break was spent in Nashville, Tennessee with his mom, dad and both of his brothers. "I am most looking forward to going to the Country Music Hall of Fame so I can see the Taylor Swift Education Center," Holcomb stated before the trip. He also spent his time sightseeing, exploring and eating delicious food during his trip.

Spring break marks the end of a long winter and serves as a milestone heading into the final days before the end of the school year.

**Story by**  
**Laurel Richards**



# 19 ?s at NW

19 at Northwest is a segment where a Northwest High School student is asked to answer 19 rapid-fire questions. This time we spoke with Athieno Wandera, a Northwest sophomore.

**Q: What is your least favorite food?**

A: I hate tomatoes. Just raw tomatoes. They're too bitter and salty.

**Q: What did you want to be when you were a kid?**

A: A pro swimmer. I still swim every single day, but it's not something that I want to do as much as I wanted to. It's still a goal to go to college for it.

**Q: What's your most irrational fear?**

A: Falling off of tall buildings. In Chicago, I went to that really tall tower where you could step out on the glass. I just could not do that.

**Q: If you could visit anywhere in the world, where would it be?**

A: Dubai. It's a real-

ly nice place. My mom's friend, who used to take care of me, lives there now. She sends us pictures and it looks so pretty.

**Q: What is your phone wallpaper?**

A: Most of them are from state swimming.

**Q: What extracurriculars are you in?**

A: I swim for a club when I'm not swimming for school. So I just swim all year round. I really like how family swim is. It's like my second home.

**Q: What song/artist have you been listening to lately?**

A: I've been listening to SZA a lot. I really like "Seek & Destroy" and "Low."

**Q: If you could say something to your 5th-grade self, what would it be?**

A: Don't listen to everybody that picks on you, who'd say, "your hair looks bad" or something. Your hair looks fine. It's something that you don't have to take really seriously.

**Q: What was your favorite childhood toy?**

A: I really liked Barbie mermaids. I also tried Rainbow Loom... that didn't really work out for me.

**Q: What's something you can't do, but wish you could?**

A: I wish I could knit. My grandma and my mom are really good at it. And I never get it. So, hopefully, I can learn.

**Q: What is your favorite movie?**

A: I really like "The Fault In Our Stars." It's a comfort movie for me.

**Q: If you could meet anyone in the world, who would it be?**

A: Probably Michael Phelps. Not just because he's a swimmer. I've watched so many things about him, and he's a really good motivational speaker.

**Q: Who's your favorite character?**

A: I feel like it's SpongeBob.

SpongeBob's funny. We couldn't watch SpongeBob when my parents were downstairs because they hate how annoying he is. But I think he's a very enlightened character, and he wants happiness.

**Q: Do you have any hidden talents?**

A: I can do that three-leaf clover thing with my tongue. It's genetically passed.

**Q: What is your favorite quote?**

A: "I don't give no person that much power over my path. Not one person can make or break what I'm doing, except me or God," by Nipsey Hussle. You can't just let someone who doesn't believe in you make you not believe in yourself.

**Q: What makes you feel the most like yourself?**

A: Being around my family. No filter basically, with my family. They're like the biggest support that I have.

**Q: What's something most people don't know about you?**

A: I am a really big extrovert around people, but I am secretly an introvert.

**Q: What's the best advice you've ever been given?**

A: "Don't automatically think someone's your friend." I was told that and I pushed that away, and then I experienced thinking that someone was my friend and they're not.

**Question from the previous participant: "What would you do during the purge?"**

A: I think I would stock up on garden tools to fight. But I would stay in my house. Because hopefully I don't have people who hate me that much to come get me. I think I would just be aware and just set up some cameras around my house. I don't think I would sleep for eight to ten hours anymore.

Story by

Naomi Pittman



Photos courtesy of Ms. Tara Rechkemmer and Elizabeth Rumsey

# HORSERIDERS OF NORTHWEST

Northwest is home to many unique extracurricular activities, with one of the most iconic yet unknown being horseback riding.

Equestrianism as a sport and hobby is quite diverse, from simple showcases to exhilarating races. Ranging from form to movement, horseback riding is a showcase of the coordination of both the rider and the horse.

Training for horseback riding involves the careful training of the horse. With different forms, each requires its own skills. Junior Elizabeth Rumsey said, "Our horses get worked six days a week, they're in some pretty hardcore training." Popular forms such as saddleback require the horse to trot and move in specific ways to show how disciplined the horse's training is.

This may seem simplistic, but that is not the case. In many competitions, judges measure scores based on meticulous details including simple things such as where the horse's head is placed, or how many of its hooves remain on the ground while trotting.

Distinct breeds of horses are used specifically for this type of showcase. These breeds are incredibly diverse, featuring different speeds, strengths, or in some cases, unique types of trots. Not only are these horses incredibly diverse, but they also feature

unique showcase names and nicknames. Northwest librarian and horse rider Ms. Tara Rechkemmer explained, "Their barn name, which is their nickname, you get to choose, where their full show name, that is for whoever bred them to choose." Such is the case of Rechkemmer's horse Oscar Performance who was named after their father. These names often show the horse's origins or are simply fun names to catch the audience's attention.

Performances are a showcase of the extensive work behind-the-scenes with trainers and their horses. From grooming, to exercise, their appearance is very important to the show. Senior Kayla Petersen stated, "They are on a lot of supplements to keep them in shape... they are show horses... we painted their hooves black, their tails are all down, on some of them we'll put a whole bunch of little braids."

Whether it is professional or casual riding, any equestrian hobby can be a fun and rewarding outdoor activity. For those interested in trying horse riding, it is recommended to check out any local or global competitions or try out horseback riding at local barns within Iowa.

Story by

Bodhi Terrell



Photo by Howard Schatzberg

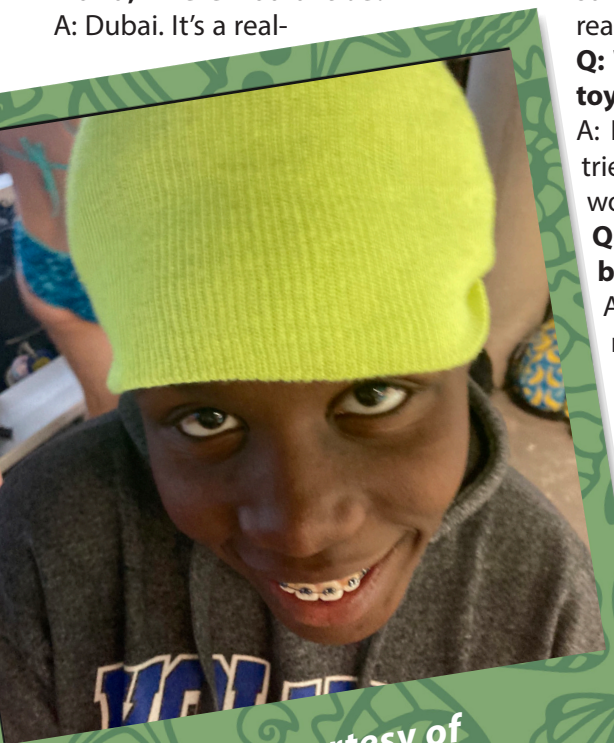


Photo courtesy of Athieno Wandera

# PROTECTING POWER OF THE PRESS

This piece is an editorial opinion written by Editor-in-Chief Payton Strobel. An editorial reflects the opinion of the print staff. Our team has deemed this issue extremely important and topical for our readers.

The *Tenth Street Times* is a relatively new publication; however, the staff and editorial team have already been immersed in the world of free speech. They have written stories that have created change, made an impact in Northwest and informed students about issues that matter. Junior print editor Anna Hansen stated, "It's important for us to write about things that we care about in order to make improvements and positive changes in Northwest." The staff has been involved in the fight against unethical reporting, censorship and disrespect.

One aspect the staff has had to manage is an instance of unethical reporting.

One staffer wrote an article about the GSA

Blind Book Date Event, which was printed in the first edition of the 2022 Tenth Street Times magazine. Several weeks post publishing, *The Iowa Standard* wrote a story about the same event. This article was posted with the *Tenth Street Times'* original photo and quotes—using both without credit. The editorial team had a conversation about this situation and eventually came to the decision that a cease and desist letter was the best course of action. With research and assistance from the Student Press Law Center legal counsel, a letter was created and sent over winter break. The *Tenth Street Times* continued to act only after discussing the next steps as a team—ensuring they were well informed and prepared and kept journalistically honest. Senior writer Bodhi Terrell stated, "We were trying to act as real journalists while they were just reacting in an immature manner, without any professionalism."

The *Tenth Street Times* also had to discover how to protect themselves from censorship. Holding true to journalistic integrity and the morals of the program are very important to the staff, which is seen when dealing with censorship situations. There have been multiple articles that have caused administrators to express concern. While the writers do not have to comply every request made by teachers or administrators the editorial team often finds it in their best interest to work respectfully with all of their readers. One article in particular that received attention featured school lunches and dietary restrictions. The editorial team and staff writer were

emailed concerns about the piece. They wanted to maintain a positive relationship with district staff while still holding their journalistic integrity. Sophomore staffer Avery Herman stated, "Our reaction shows we still hold respect with the district and our organization. We learned to address our mistakes and take criticism." They listened to the suggested edits; however, the editorial policy gives the staff all final say. Handling this situation taught the staff and editors to lead with professionalism and respect.

**"We learned to address our mistakes and take criticism."**

As is the case with many student media organizations, the *Tenth Street Times* also deals with disrespect from the student body. Just hours after distributing the magazine to students, staffers walk around the school and see their hard work being used as paper airplanes, crumpled up as napkins, or flushed down the toilet. Sophomore writer Ava Flores stated, "The amount of work we put into producing this and the time we put into it, for us to see our hard work being disrespected really hurts because people are treating it like it's nothing. I wish people in the school knew how much work goes into it." Though it can be disheartening, the staff receives positive reinforcement from within the class. It is important to make sure the writers and photographers who work hard to produce the magazine know that their work is valued.

It is essential for the students, community, and journalists to be aware of the dangers facing student journalists. The staffers and editors of the *Tenth Street Times* will continue to report the truth, inspire change, and fight for what they know is right.

From Tinker to Kuhlmeier, students have stood up for their First Amendment rights for decades. The laws have changed, adapted and are still evolving today.

In 1965, Mary Beth Tinker wore a black armband to Warren Harding Junior High School, changing the idea of free speech for American high school students. Mary Beth Tinker and three other students protested the Vietnam War using black armbands. This was a form of silent protest meant to bring support to the cease-fire in Vietnam. The school newspaper published an article about the protest, so school officials preventatively banned the armbands. Mary Beth Tinker and her brother wore the bands anyway and the school suspended them until they agreed to return without the armbands. The Tinker family along with the American Civil Liberties Union sued the school for violating their First Amendment rights. The Supreme Court ruled 7-2 that students and teachers do not shed their First Amendment rights when they walk into a school building. The Court decided that school officials could not censor students unless they distracted the learning environment. This case was monumental for student freedoms of speech and press for many years. Mary Beth Tinker affirmed, "The Tinker case is about young people being able to express all their feelings, feelings of grief, anger, sadness, frustration." However, in 1988, another case featuring student media freedoms was taken to the Supreme Court.

The next major case was that of Hazelwood v Kuhlmeier. In 1988, the students of Hazelwood East High School in St. Louis, Missouri wrote an article for

their newspaper exposing the truths of teen pregnancy and divorced parents. The school administration pulled these pages before they went to print and did not notify the journalists. The students took this case to the Supreme Court, claiming the school violated their First Amendment rights to a free press. The Court sided with the school district in a 5-3 decision. They stated that because the newspaper was school-sponsored, the school had every right to censor the journalists. This decision essentially overturned the securities Tinker v Des Moines provided student journalists.

However, across the U.S., there are countless groups dedicated to returning full rights to student journalists. One of the most impactful is the Student Press Law Center (SPLC). The SPLC has been

**"You are joined by students all over the world who are speaking up for a world that is better for young people."**

- Mary Beth Tinker

working towards implementing the New Voices legislation in every U.S. state. The New Voices legislation is a solution to the injustice facing student media. According to the SPLC law library, "New Voices laws ensure that student media can only be censored if that media is libelous or slanderous, contains an unwarranted invasion of privacy, violates state or federal law, or incites students to disrupt the orderly operation of a school. New Voices laws also prohibit retaliation against

advisers who refuse to censor student journalists." As a New Voices state, the student journalists in Iowa have had the opportunity to share the stories they feel are important. Advisors and school officials can provide ideas, suggestions, or advice, but ultimately, the final product is up to the integrity of the students. Because of the hard work of past journalists and the support of the New Voices legislation, the *Tenth Street Times* has been able to explore the full freedoms of the First Amendment.

The road to student rights is paved with the hard work of students all throughout the world. Tinker agreed, "You are joined by students all over the world who are speaking up for a world that is better for young people." There is undeniable importance to securing the respect for high school journalists. Tinker stated, "Student journalism is important... for students to hold government and society accountable, to investigate what's going on in this society that affects young people." Ensuring freedom of speech for high school media students creates a world that has a wide perspective and powerful journalists.



Story and visuals by  
Payton Strobel

# FIRST AMENDMENT FREEDOMS

# SIBLINGS IN SPORTS

At Northwest High School, many related students and family members have considered sports as a way to compete and bond.

Strong friendships can last a lifetime at Northwest, but for siblings, their existing bond often grows stronger when competing in the same sport, and stronger yet when playing on the same team.

At Northwest High School, sibling rivalry is commonplace among students. With brothers and sisters competing against one another in sports, it is only predicted for some fighting and intense competition to flare up. Although having siblings in sports can be a positive thing, often it can help to strengthen the relationship within the team and allow them to

bond together as a whole. By working together and pushing one another to be their best, they can create lasting memories.

A junior at Northwest High School, Kamryn Vogt is an older sister to two younger siblings, freshman Avery Vogt and 8th grader, Logan Vogt who are all very competitive against each other when competing in volleyball. Her goals are to one day play in college at a D2 if not D1 level. It is not all about competitiveness, it is also about being a supportive leader. Kamryn and

Avery had their first year together on the Northwest varsity volleyball team. "I love playing with my sister because I think it is so cool to have the opportunity to be a leader for her and show that we both have worked hard to earn our spots on the court and know that we both have a similar drive to be the best," Kamryn Vogt stated.

Not only are they working hard on the court, but during the off-season, Kamryn and her siblings try their very best to get into the gym to work on getting better. Kamryn Vogt stated, "Having a sister who is a setter helps within the volleyball aspect because in most drills you do, a setter is needed, so that has

helped. We work a lot on our connection with each other and our



Photo courtesy of Avery and Kamryn Vogt

hitting or passing."

Siblings can be fun to watch, but for the Sheriff siblings, it is a different story. Amber Sheriff is a senior and older sister to Anna and Allison. Anna Sheriff is an impressive long-distance runner for the Northwest Track & Field team and definitely puts some pressure on Amber. "It motivates me just because I want to beat her, but also nice because we are both each other's number one supporter," said Amber Sheriff.

These siblings are all competitive at times but always will have respect and leadership for one another. Regardless of what sport they share, siblings are continuing to bond and create stronger relationships while showing their talent through their sports and coming together as one.

Story by

Aunya Van Zetten

# NORTHWEST TWINS FEATURE

At Northwest High School, there are multiple pairs of twins in the 2022-2023 school year.

There is always the debate about the nicer twin, the shorter twin or even the older twin. Most people that have met at least one set of twins in their life will ask a question like that without even meaning anything or noticing.

Jenna Newgard stated, "Which of you is meaner or prettier or whatever, there's always a comparison game with people."

Felicity Menning stated, "It's a mix of both. There's no evil twin, there's no good twin; there are just two different people that happen to look the same!"

Alison Newgard stated, "Everyone thinks that because we look the same that we are the same which is not further from the truth."

Meredith Menning stated, "We have to share everything, and people are constantly comparing who the better twin is."

These are all things that are consistently asked by people no matter what. Being a twin to the Newgards means having fun, staying loyal, being compatible and being supportive, but can also be frustrating. Being a twin to the Mennings means having fun, being unique and having a close bond but can also be annoying.

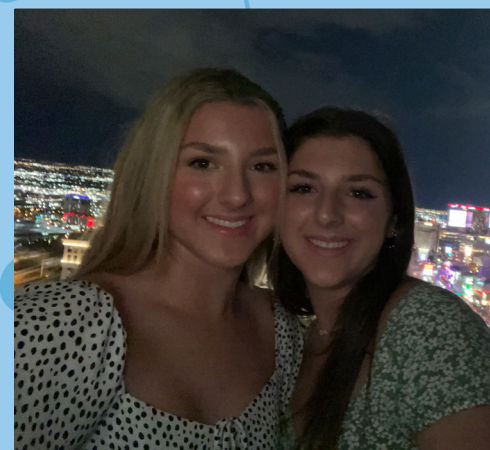
A lot of people throughout the world believe that identical twins share some-

thing called twin telepathy. Although twins are genetically more connected and similar in many ways, there is no scientific evidence to prove that there is such a thing as twin telepathy. However, there is proven evidence that since twins are typically raised the same, grow up the same way, learn in the same complex and even sometimes have the same friends, twins are definitely more connected in ways than others. Jenna Newgard stated, "I think there is defiantly a connection, and feelings are definitely shared between the two people but as far as telepathy I think it all just comes down to whether or not you know or are close to the person or twin."

A twin connection is not something that you see every day but a huge unseen part of being a twin is that not all twins get along. Although some choose to get along and others do not, the connection of a twin bond will always be there.

Story by

Ava Osberg



Photos courtesy of Alison and Jenna Newgard

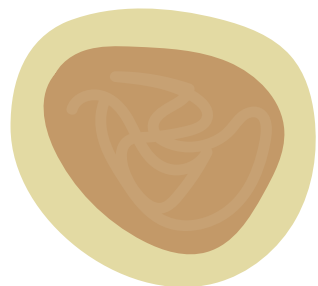


Photos courtesy of Felicity and Meredith Menning

# CRUMBL COOKIE REVIEW

Crumbl Cookies opened a new location in West Des Moines with their new weekly flavors.

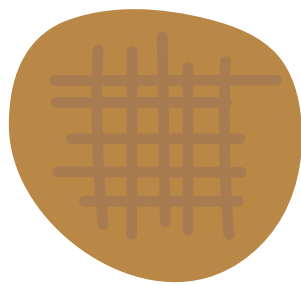
Over social media, especially on TikTok, Crumbl Cookies has grown a bad reputation for things like high prices and low-quality cookies. Northwest students, sophomore Nolan Craig, junior Brett Giltner and senior Ben Calderon decided to step up and try the cookies to do a small review on them. They rated them from one to ten, one being the worst and ten being the best.



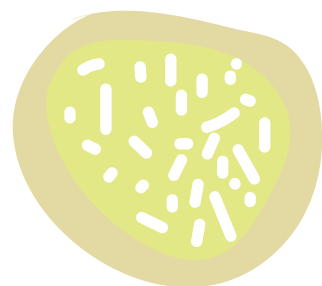
The first cookie that they tried was the caramel cake. On average, it had a rating of about 8.5/10. Senior Ben Calderon said, "First of all, not a big fan of caramel, [but the cookie is] way better than I expected. [It has a] very soft texture, with a nice caramel taste, that doesn't overpower the rest of the cookie."



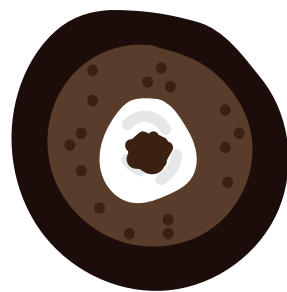
The second cookie rated was the classic pink sugar which ranked on average 6.5/10. The three agreed that the downside to this cookie was the frosting, mainly too much frosting on the cookie. Junior Brett Giltner said, "[The cookie has] very tasty frosting [and] good moisture. Maybe a little too much frosting."



A cookie that did not stand out from the beginning was the classic peanut butter which was rated a 5.7/10. It tasted like an everyday peanut butter cookie one could make at home. Sophomore Nolan Craig said, "This was good! It was really soft and tastes kinda nostalgic."



Another flavor that did not stand out was lemon, which was rated on average 5.5/10 from the three. Craig commented, "It was good but not as flavorful as it could've been." Among all three of them, they did not think too much about this cookie.



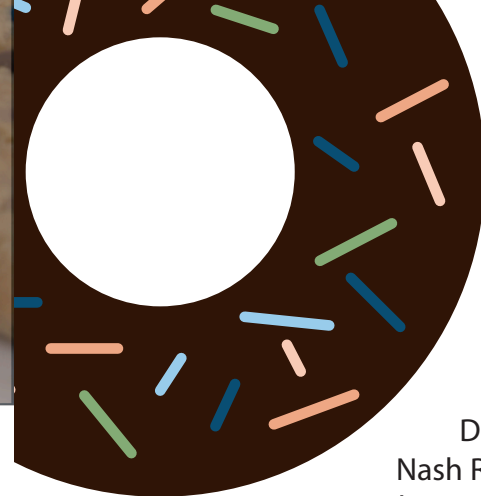
The French silk pie rated a 7/10 and was the one all of the testers were excited for. It was more of a dark brownie, with French silk pie filling on top as well as whipped cream. Giltner said, "The frosting was very fluffy and good. The cookie itself was more of a cake, which I was not personally a fan of."



This week's choices offered a mystery cookie. The flavor was oatmeal glaze, which was rated a 5.7/10. None of the taste testers really liked it and it simply did not stand out like the caramel. Calderon stated, "[It has a] very soft texture. The texture of the oatmeal is noticeable."

As a whole, the small group rated the cookies an 6.5/10. They agreed that it was a bit too pricy for what the cookies are worth, averaging around \$3.67 per cookie. There were a lot of surprises along the way, such as the caramel cookie. The samplers initially anticipated looking over this cookie, but it ended up being one of the favorites. It is all in personal preference, some of the tasters rated lower on a few cookies due to them simply disliking the flavor.

Story by  
Stephanie Chu



# METRO STUDENT COMPETES IN KIDS BAKING CHAMPIONSHIP

Des Moines metro student Nash Roe was recently featured on the newest season of kids baking championship.

Nash Roe is a student at West Des Moines Indian Hills Junior High. After running his small baking business for almost three years, Roe was invited to join the cast of Kids Baking Championship *season 11: Biz Kids*. This season's show featured 12 kids from around the U.S. who all own their own businesses.

Roe started his business back in 2020 after he made all kinds of food for his family in quarantine. His love for food came from his grandma and mom. "[My] mom went through a time where she made EVERYTHING from scratch and she let me help her out," Roe said.

Nash Roe is most known for his famous Cinna-Roe™. With many seasonal flavors, Roe always has delicious Cinna-Roe™s in stock. A new bacon flavored Cinna-Roe™ was released at the end of March. Des Moines locals can order treats from Roe by visiting his website, [nashsconfections.com](http://nashsconfections.com).

Roe's skills made him a top contender in the most recent season of Kids Baking Championship. Placing 6th in the season, Roe completed a majority of the challenges. Both on screen and off screen, Roe and his co-stars loved to hang out. They often spent their off time downtown or at the pool. Roe still talks to his co-stars. "We're from all over the U.S. so sometimes the time zones affect that but we do our best to keep in touch," Roe explained.

Look below for a quick, easy and delicious chocolate doughnut recipe!

Fun Fact: It was one of Roe's very first recipes that he conquered on his own! Visit our website, [tenthstreettimes.waukeeschools.org](http://tenthstreettimes.waukeeschools.org) for more on this story.



## Chocolate Donut with Chocolate Glaze:

1. Pre-heat the oven to 425°F. Spray donut pans with non-stick cooking spray and set aside.
2. In a large mixing bowl, stir together the cake mix (just the dry mix, no other ingredients listed on the box) with one of the mix-in options until well combined. Transfer the batter to a gallon-size re-sealable baggie and seal shut.
3. Cut a small piece off one corner off the bottom of the baggie and fill each donut ring almost completely full with batter. (A piping bag can be used to make it even).
4. Bake for 7-8 minutes or until donuts are set and spring back up when touched. Let donuts cool in pan for at least 5 minutes before removing to a wire rack set over a baking sheet lined with parchment paper to collect glaze drippings. Repeat process with remaining batter.
5. Heat frosting in a microwave safe bowl for 10-15 seconds until of drizzling consistency.
6. Dip one donut at a time into the frosting glaze and place upright back on the wire rack. If sprinkling with sprinkles, do so immediately after glazing each donut. Repeat with remaining donuts. Allow glaze to set for 5-10 minutes.
7. Enjoy!

- 1 cake mix, any flavor (just the dry mix)
- 1 mix-in (2 cups mashed banana OR 2 cups cinnamon applesauce)
- 1 container frosting, any flavor
- Sprinkles, optional

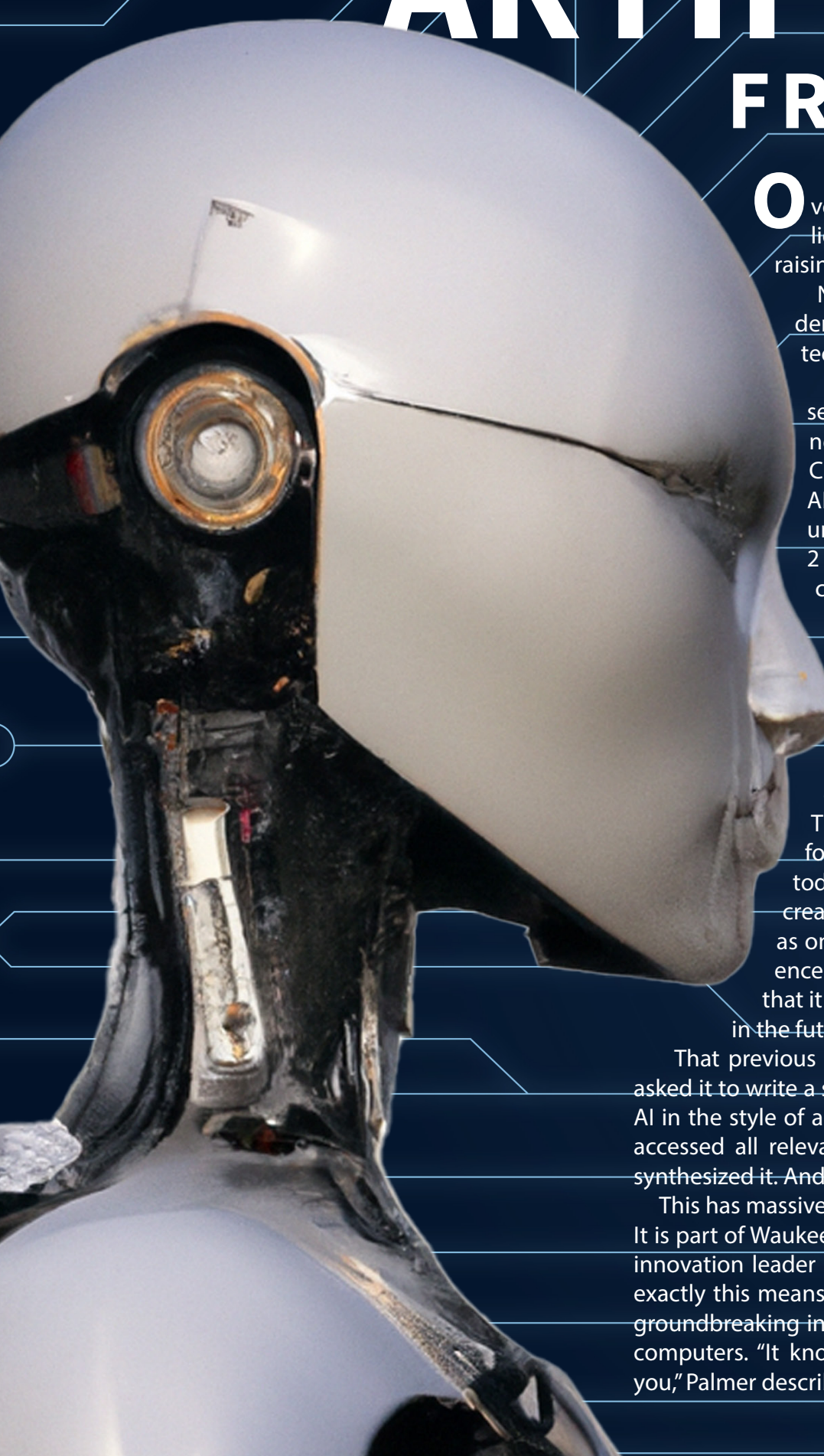
Story and design by

Jack Andersen

Photo Courtesy of

Nash Roe

# ARTIFICIAL INTELLIGENCE: FRIEND OR FAUX?



Over the past few months, artificial intelligence has become widely available, raising worldwide interest and concern.

Northwest High School's staff and student body must now adapt to this new technology.

The world of artificial intelligence has seen a recent surge in popularity, with new and innovative forms of AI like Chat GPT and DALL-E 2. Chat GPT is an AI-based chatbot that can generate natural conversation with people. DALL-E 2 is an AI-based image generator that can create realistic images from text descriptions. Both of these forms of

AI have been used to create impressive artwork and have begun to be used in businesses for various tasks. With the help of AI, businesses are able to automate many of their tasks, saving time and money. This new use of AI has made it easier for businesses to remain competitive in today's world. AI has also been used to create new forms of entertainment, such as online games and virtual reality experiences. As AI continues to develop, it is likely that it will open up many new opportunities in the future.

That previous paragraph was written by ChatGPT. I asked it to write a summary explaining the recent rise of AI in the style of a high school journalist. ChatGPT then accessed all relevant information in its databases and synthesized it. And it only took 30 seconds.

This has massive implications, especially in academics. It is part of Waukee Community School District tech and innovation leader Scott Palmer's job to figure out what exactly this means for us. As he explains, AI is the most groundbreaking invention in recent history, on par with computers. "It knows everything and it's smarter than you," Palmer described. "Subtly, it changed everything."

Though it makes some mistakes, AI has proven it is capable at academics. ChatGPT recently passed a Master of Business Administration exam with a B- at the University of Pennsylvania. Many schools worry students will use AI to cheat and are taking preventative measures.

**"It knows everything and it's smarter than you."**

Palmer believes this should raise more concerns about the grading system than about AI itself. "When students value a grade more than they value actually learning something, that's when cheating happens. They don't really care how they get it, they just want to get it," he stated. Avoiding this is much more difficult than just removing access to AI. It would take reconsideration of the education system as a whole.

English teachers at Northwest have had to discuss AI like ChatGPT in recent months. Northwest English and Theater Arts teacher Katie Payton was a part of this. While Payton understands AI is worrying, she believes it can not replace a student's thinking. "If it can be written well with AI, then there is something wrong with the assignment," she stated. Instead of panicking about AI, teachers should use this as an opportunity to grow.

Payton acknowledges AI could be useful for some students. While it should not be used to do their work for them, some find it helpful as a brainstorming tool. "I don't think we should be afraid of it, and I hope students can learn to use it in a way that helps them make their lives easier," Payton said.

Northwest art teacher William Patton feels similarly about the visual side of AI. He has showcased programs during the school's Art Club, taking student prompts and entering them into Midjourney. The AI then produced images based on those prompts in a matter of minutes.

Patton described, "I think [it's] incredibly exciting and motivating [to show] students the potential of their creativity, even though they may not be traditionally capable yet of recreating what's in their head."

However, some worry AI is a threat to human artists and writers. If AI is more efficient and less costly than human creators, then companies may favor it. This could lead to job losses in the art field. Student artists like Ava Carlson might feel threatened by this. Still, Carlson believes that human creativity can not be replaced. She explained, "In the end, AI cannot truly understand the human experience. AI has no emotions, no heart, and no soul. AI lacks the very things that make art, well, art."

There are also worries about the ethicality of AI's data sourcing. Visual AI like Stable Diffusion and Midjourney reportedly source their datasets through "scraping." Image scraping is a process that builds datasets by taking images from the internet. The issue is that creators are rarely asked before their work is scraped. So when AI makes money from these datasets, they are profiting off of artists' work without compensation.

**"AI has no emotions, no heart, and no soul. AI lacks the very things that make art, well, art."**

In the end, AI's future remains to be seen. Whether it stands to help or hurt us, students and teachers should prepare to watch the world change.

Story and background by

Naomi Pittman

Graphic created using DALL-E