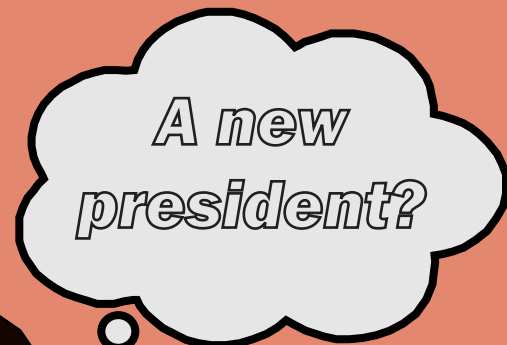
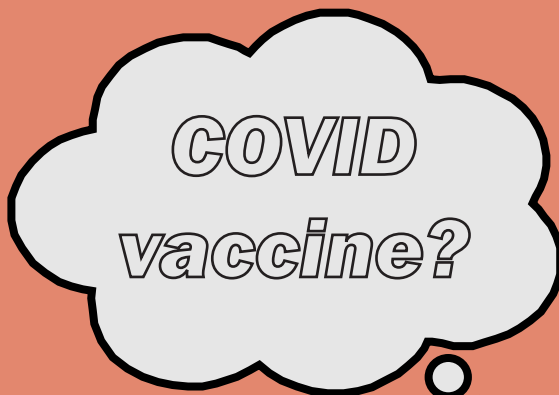


THE ORACLE

Volume 117, Issue 1, March 2021

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What's Good?

Dates to Remember:

Track Practices start: March 1

Tennis & Boys Soccer Practices
start: March 15

Girls Soccer Practices start:
March 22

Spring Break: March 15-19

End of Term 3: March 30

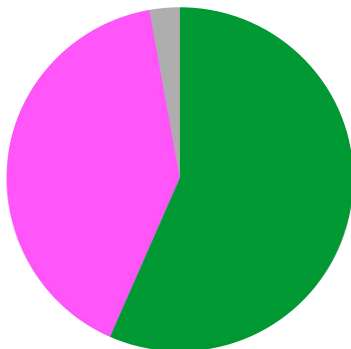
Start of Term 4: March 31

Last Day for Seniors: May 27

Graduation: May 30

Last Day for 9th-11th: June 3

Where are North Students Learning?



- 802 100% In-Person
- 573 100% Virtual
- 41 "Arranged" Schedule



BREAK THROUGH. Senior, Tharon Locure goes for a lay-up against Des Moines Lincoln on Jan. 22 in the North High School gym. Polar Bears won 66-59. PC: Alyssa Manriquez

Students Wanna Know:

Q: Will there be a prom?

A: Prom is to be determined—we would like to host an event. Many metro/suburban schools are in the process of planning events. All are being cautious.

Q: When is graduation? What's that going to look like?

A: Graduation will likely—hopefully—be at the Drake Knapp Center, Sunday, May 30 at 7:30 p.m. This might change due to the pandemic. Still need Dr. Ahart to approve.

Q: I missed the March 2 ACT test, is there another time to take it?

A: ACT alternative test date is a Saturday of spring break. See Mrs. Masteller or your counselor for a waiver. This can be used that day or any future ACT test date.

Q: I need to sign up for Summer School. How do I do that?

A: Right now, Summer School is still being planned. More information will be available soon.

Q: Is there anything the admin team would like students to know about this year's planning?

A: "I would like students to be patient—that is the name of the game. We are working to be able to host events this spring. We cannot go rogue and do things our own way. We do need DMPS approval and we are working with leadership to grant the approval we need to host events close to 'normal' than they were a year ago."

- All answers provided by Principal, Ben Graeber

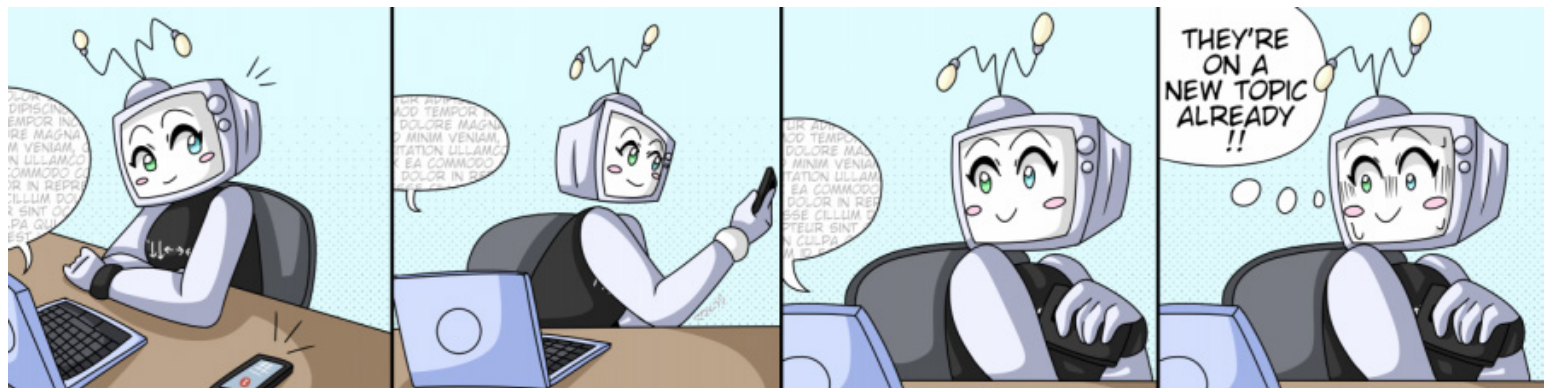
This Just In...

A comic by Nat Huber, senior at North High School

50: Adventure



49: Online Class



48: Order



47: Virtual Friend



To read the entire series:

SCAN ME



It's Scholarship Season:

Applying for scholarships is work, but it's worth it



APPLY. Trent Griggs, counselor at North, encourages students to apply for scholarships to help with the expenses of college. There are many scholarships available in the counselor's office.

PC: Bri Crane

Bri Crane, Reporter

With May of 2021 approaching right around the corner, Scholarship applications are due. Many of you may be asking, what is the importance of scholarships?

When applying for financial aid or as you of heard FAFSA, the federal government is the one who approves how much you get toward college. The amount FAFSA gives you will depend on your or your family's financial
News

situation. As you know college is expensive and your FAFSA will not cover it all. That is where scholarships come in. Every single year there are multiple scholarships that come out whether they are local scholarships from your hometown, scholarships that are from the college you are about to attend, or national scholarships from all over the United States.

Scholarships are also considered free money. While having a student loan you have to pay it back and the longer it takes to pay you gain interest, therefore, scholarships help take care of the price of college.

5 Tips for Scholarship Writing

- 1 Get personal
- 2 Don't repeat the essay prompt
- 3 Proofread
- 4 Submit early
- 5 Don't give up

As a student at North High School, you could be eligible for the Polar Bear Scholarship. What is the Polar Bear Scholarship you may ask? This Scholarship is formed by North High Alumni who, each year, raise up to at least \$150,000 of scholarship money. The process to do this consists of going to the website www.polarbearscholarships.org and clicking to apply for scholarships.

While applying, you will most likely always have to have a letter of recommendation from either a close mentor, a coach, or a teacher. Family members are not considered appropriate for a letter of recommendation. When asking someone for a recommendation letter make sure it is somebody you can trust and you have showed good character too. Always give the person who is writing your letter at least a two-week notice so they have time to write a good letter. Remember, although it takes time and effort, scholarships are free money and you could get into college for free or with little cost because of them.

Scholarships usually require essays to be attached to the application. Whenever you go to fill out your essay, make sure it is filled with detail and truly put your time into it because the officials who review your application will see the effort you put into it.

For more information on scholarships visit the Class of 2021 teams page.

Design: Bri Crane

First Days as President of the United States

Sara Perdue, Editor-in-Chief

The most important thing a U.S. citizen can do for the government is be educated about it. While many may know about mask mandates or the Keystone XL pipeline, others may not know what they do or what exactly they mean.

Joe Biden became the 46th president of the United States on January 20, 2021. As every president does, Biden passed and signed orders during his first days in office. It is clear to anyone who watches the news or reads social media posts that some decisions Biden made have been controversial among U.S. citizens.

For example, after former president Donald Trump used his power to approve the construction of the Keystone XL pipeline, Biden did the opposite and shut it down. This cre-

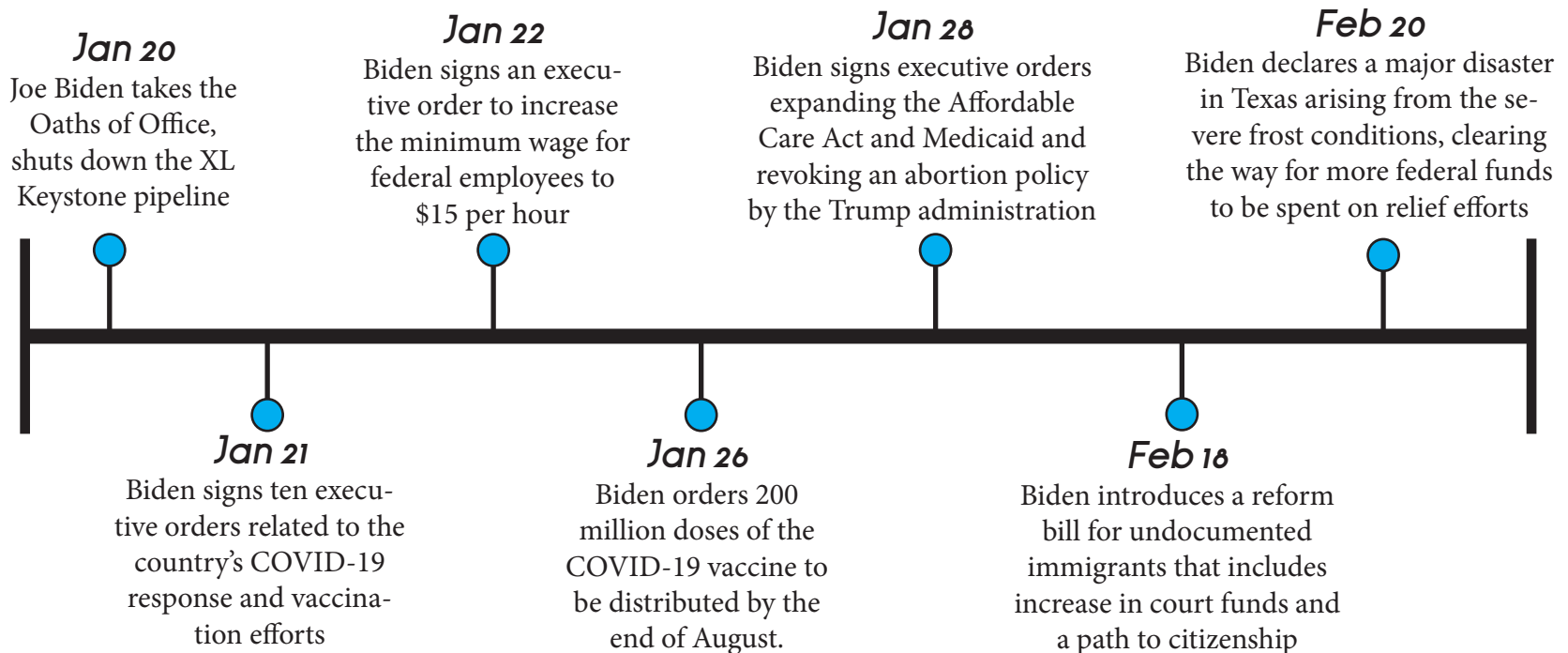
ated controversy as many are upset about the loss of jobs. Biden's reasoning behind shutting the pipeline down includes many things like having it run through Native lands, creating oil spills, and the fact it could endanger many animal species. Plus, the pipeline would only create about 50 permanent jobs, the 2,000 jobs that are being ended were only temporary.

Another thing Biden has done differently than Trump in his first days was repealing Trump's ban from transgender Americans joining the military. In July of 2017, well over a year after starting the process of the ban, Trump tweeted his reasoning behind it. "Our military must be focused on decisive and overwhelming ... victory and cannot be burdened with the tremendous medical costs

and disruption that transgender in the military would entail," Trump tweeted. In difference to Trump's social media posts, Biden has a different stand point. "To transgender and gender-nonconfirming people across America and around the world: from the moment I am sworn in as president, know that my administration will see you, listen to you, and fight for not only your safety but also the dignity and justice you have been denied," Biden tweeted.

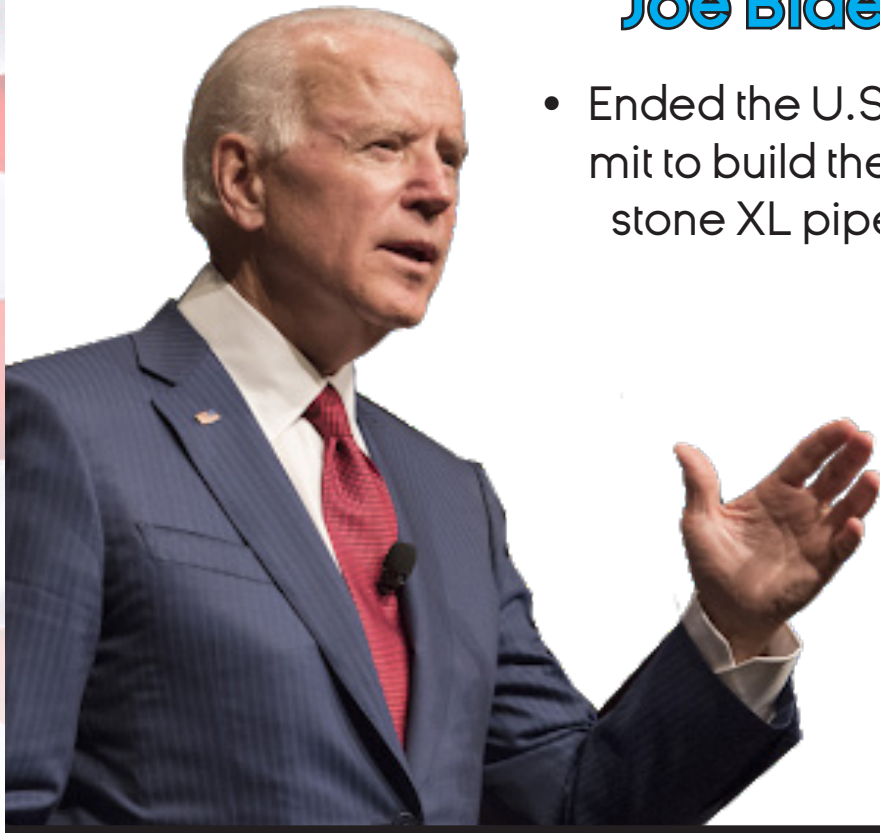
Overall, our president and former president are two very different people with different views. It is now America's duty to trust and to hold Joe Biden accountable for his words and actions, despite other president's first days in office.

— Timeline of Joe Biden's Presidency so Far —



Joe Biden's First Day Events:

7



- Ended the U.S. permit to build the Keystone XL pipeline
- Rejoined the 2015 Paris climate agreement
- Repealed Trump's law on banning transgender Americans joining the military
- Applied a mandate to wear masks and social distance on federal government property (compared to Trump's more relaxed approach)

Donald Trump's First Day Events:

- Approved construction of the Keystone XL pipeline
- Banned transgender Americans from joining the military
- Advanced the repeal of the Affordable Care Act
- Signed an executive order that blocked travelers from Iraq, Iran, Syria, Yemen, Sudan, Libya and Somalia in the U.S. for 90 days



Covid Vaccines

Amanda George, Reporter

North Teachers Vaccinated

I reached out to teachers at North High School to tell me what their experience getting their first vaccine was like. Most of them experienced very similar side effects. A sore arm and muscle aches, all easily doable with Tylenol. Very few teachers had side effects of a mild fever and a slight headache, all normal responses to any vaccine.

As more teachers are getting vaccinated, schools may start to reopen fulltime like DMPS is doing. The goal is to open schools and keep them opened.

Side Effects

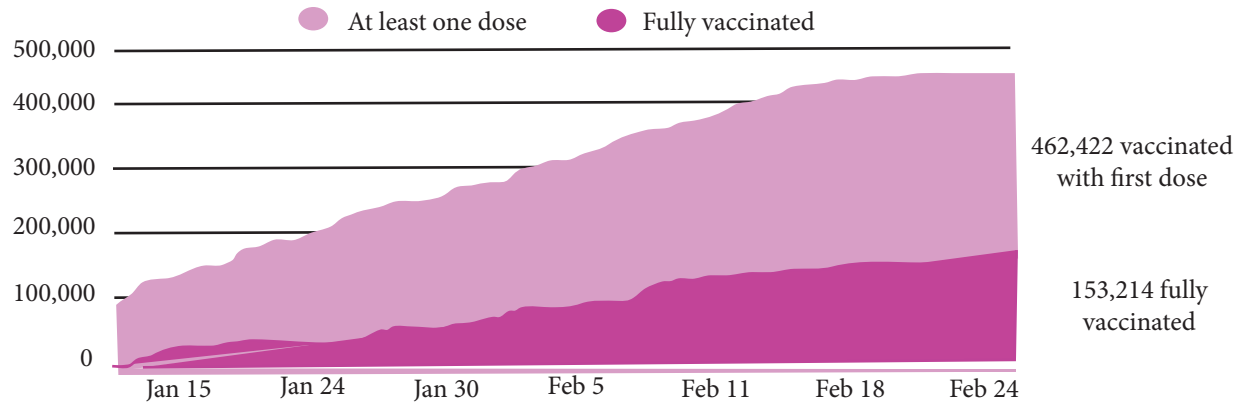
According to the CDC, side effects may include slight pain where the vaccine was injected, fatigue, headaches, muscle pain, and nausea. Symptoms of the vaccine are typically very mild, and few people experience very severe side effects.

The vaccination is a safe way to build protection against the virus. Numerous clinical trials have been conducted to show the virus is safe. The only true way to stay protected against COVID-19 is by getting vaccinated.

Vaccine Development

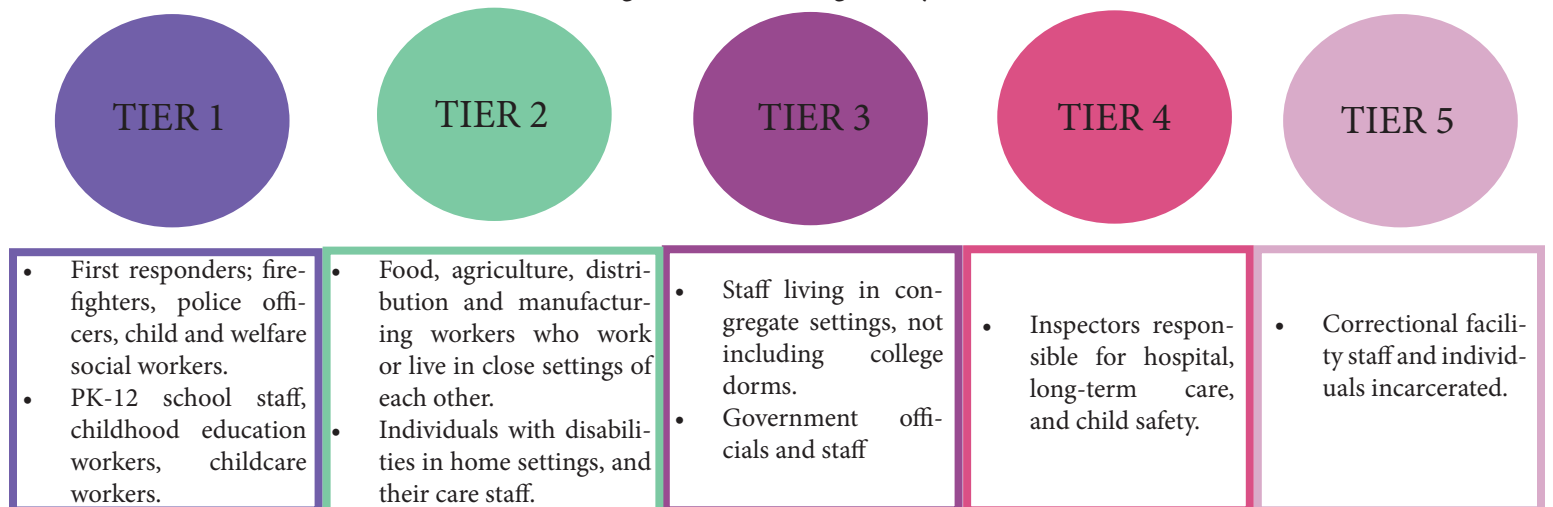
Vaccines typically take 10-15 years to develop, but the covid vaccine began a quick development on March 30, 2020. A lot of clinical trials were used to develop billions of doses of the vaccine. It is not yet determined when the vaccine will start to show a decrease in cases until a large portion of the population is open to getting the vaccine.

*information on vaccination tiers at Unity-PointHealth.com



This data shows how many people have received at least 1 dose of the vaccine in Iowa. People who are fully vaccinated received more than 1 dose. Last updated on February 26. Information from "Our World In Data"

Phase 1B- In Order Of Priority Ages 65 and older eligible any time.



Impact From The Coronavirus

Mykenzey Granillo, Reporter

Do you remember your first moment hearing about Covid-19? At the time do you remember your thoughts? Were you confused, in disbelief, or was it a moment where you just didn't know what to feel? So quickly, it turned into a thing that impacted the entire world. The entire pandemic process feels like an unexpected rollercoaster ride, but this rollercoaster ride is on fire and is way too long. It has almost been a year since Covid-19 has become part of our lives. March 13 2020 was North High Schools last day of in-school education. But for most, education did not stop. A big majority of students stayed in school, attending online, and some decided to just take the grades that they had and finish their school year, therefore the students that decided to take their grades and got to start their summer vacation early. What was supposed to only be an extended two weeks of spring break, turned into a long eight months of no school. Graduation and prom for class of 2020 had been cancelled and the class of 2021 had nothing close to a traditional senior year.

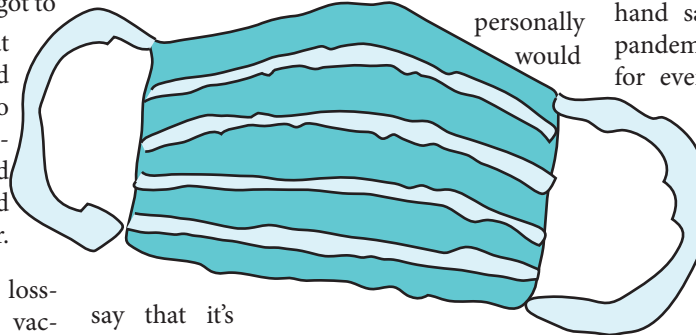
Within this year we all had our losses due to Covid-19, but with the vaccine out now, there may still be hope.

Within a month of the beginning of the virus, toilet paper all around the United States became scarce. The start of the pandemic caused people to have to buy an excessive amount of toilet paper to stay quarantined. According to usatoday nearly half of all grocery stores in the United States were out of stock of toilet paper for some part of the day on April 19. Grocery stores started limiting the amount of toilet paper each person could buy, putting up signs, and if you were to take more toilet paper than asked,

they would simply deny that purchase. People started selling toilet paper to keep an income due to loss of jobs and simply just because at the time it was needed for a lot of people because toilet paper was hard to find. A crazy time for all of us, the start of a pandemic and a toilet paper shortage.

On April 3, masks were mandated in the United States due to the spreading of coronavirus. But just recently on February 7, governor Kim Reynolds lifted Iowa's mask mandate. Iowa, being one out of three states in the US to not have a statewide order to wear masks. I

personally would



say that it's

crazy to not require people to wear masks anymore when cases of Covid-19 are still very much happening. I feel like it's just too soon to be removing the mask mandate, even with the vaccine finally coming out, it could've been lifted when cases of Covid-19 actually show major results of going down and staying down. It is just too soon to make a decision like that when deaths caused by Covid-19 are still occurring.

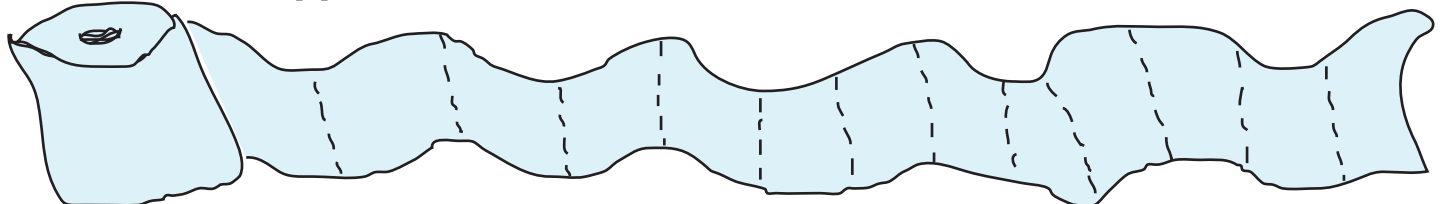
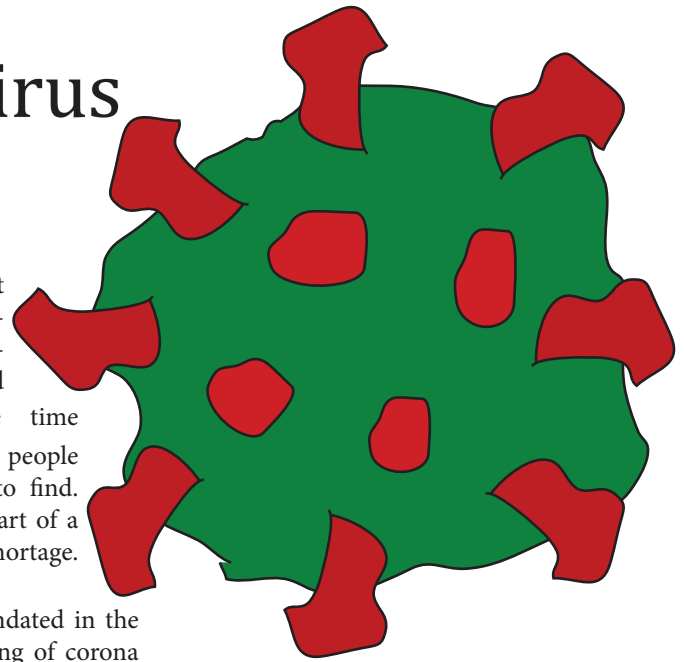
Covid-19 has impacted all of our lives in so many ways. From a toilet paper shortage to problems with masks and politics and

getting a vaccine distributed, Covid-19 has brought us all to the place we are now, making a good majority of us worry about social distancing and carrying hand sanitizer everywhere we go. The pandemic changed the way of living for everyone around the world and it

taught us to be more sanitized. Everyone's life since Covid-19 has definitely changed and may possibly never be the same. I hope everyone has learned new things from the Covid-19 pandemic and I hope everyone

continues to stay safe with social distancing, wearing a mask and keeping sanitized. Covid-19 should be a thing that we all take seriously and continue to. The Coronavirus was a thing that the whole world had to and probably will forever have to deal with.

Did you think a year ago that this is what life would be like now, having to wear masks, and social distance? That's just how Covid-19 impacted the world.



Getting to Know the Highland Park Community

Mykenzey Granillo, Reporter

Have you ever been to the Highland park area? Highland park, home of many North students. This area, just right up the street from North high, is full of fun shops and stores like their very own bakery, a new coffee shop, a pet store and so much more. Full of new and old shops but is all worth checking out. I decided to learn a little bit more about the North side community and made a visit to Highland Park.

I started my journey at the recently updated Highland Bakery, now half coffee shop and half bakery. They reopened the bakery sometime in January and the coffee shop had been finished in August. They have perfect fall treats and drinks like their s'more's latte, new pumpkin spice latte, their classic glaze donuts, and almost anything pumpkin. Pumpkin cake, pumpkin bars, pumpkin cinnamon rolls and more. I decided to get myself a s'more's latte and a slice of pumpkin cake. All was so tasty and just perfect for the season. This is an awesome place for just

hanging out and just grabbing a cup of coffee.

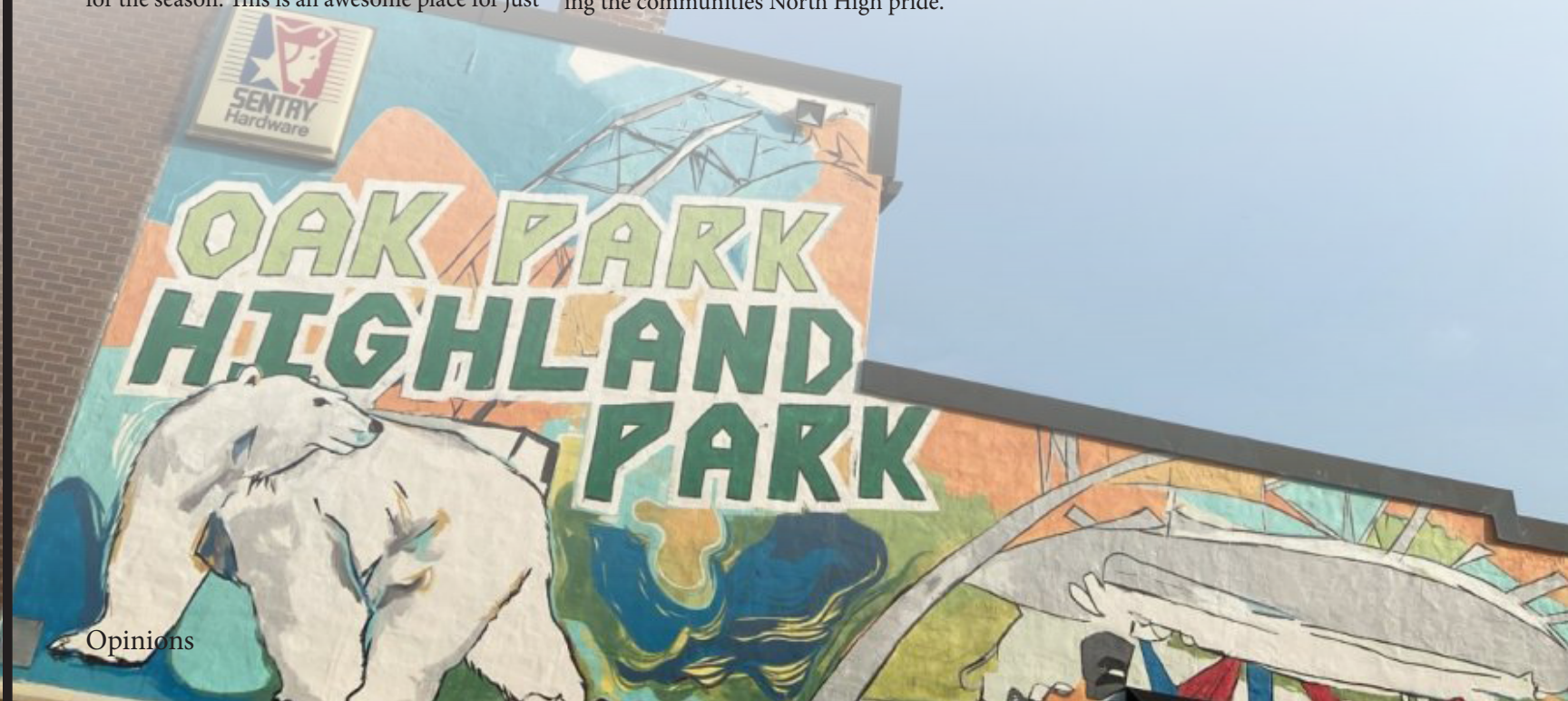
Just across the street from Highland Bakery is Chucks Restaurant. A small family owned Italian restaurant offering pizza and their signature onion rings. Unfortunately, due to the coronavirus pandemic, the restaurant is only currently available for curbside pick-up. But they've got great food and for most of their customers, they never disappoint. Just outside of the restaurant, on the side of the building they have an awesome mural from Harding Middle School.

The Highland park area currently has two murals, the one right outside of Chucks restaurant and across the street from there, by a glass shop. The first mural, by Chucks, just has a bunch of fun random characters and patterns drawn on it. It was placed there from Harding middle school just a couple of years ago. The second mural, just across the street is a North High polar bear. It's just a small way of showing the communities North High pride.

A bit more down the street is the neighborhoods pet shop, Aqualand. If you haven't been there before, it's a pet shop for some of the cutest little creatures. Just walking through to look at all the animals is a fun way to pass the time. They have some awesome reptiles, cute bunnies, and more.

I decided to finish my journey at Jenny's Attic, an antique store just a little bit down the street from Aqualand. If you're into the thrifty type of stuff, this is your place. They have cool items at cheap prices. Also, just another place to walk around, help support that small business and be able to get to know the community just a little bit more.

If you ever have the time, I say go check out the Highland park area. We can't forget to support our community and just walking around and getting to know it just a little bit more is a great way to do that.





**“We can’t
forget to
support our
community”**



Introducing A Few of North's 2020-2021 Hires

Connor Meade, Reporter

Julia Casas

Julia Casas teaches Healthy Relationships, Personal Health & Development, Future Ready, and Foods 2. Though Casas has been here since March of last year, she's getting back into the groove of teaching in the time of a pandemic.

"I was hired in March 2020, around when COVID really started picking up." Casas didn't always want to teach because Casas was originally taking Animal Ecology classes, spending almost two years in the major. She then switched her major to Family and Consumer Sciences after finding it.

"I didn't originally want to teach, and even left high school wanting to be a zookeeper, and still know way too much about animals because of it. I found family and consumer sciences while in college at Iowa State and really fell in love with all that it has to offer," she said.

Casas stuck with the major and graduated from Iowa State. "I think it's so fun to teach about things that can be directly applied to

students' lives."

Casas is a teacher that wants her students to succeed and do the best they can. With the new students and new classes, Casas takes on the challenge of teaching in the pink hallway.

Michelle Harwood

Michelle Harwood teaches Special Ed Math at North High School. She is also the Assistant Activities Director, working under Jonathan Johnson, the Head Activities Director. When working at Lincoln, Harwood taught Special Ed Science her first year and Special Ed Math her second year. Harwood taught at Lincoln for two years before getting hired at North High again.

"I was at North a couple of years ago as the Behavior Coach. My position got cut by the district and I was placed to Lincoln. I didn't want to leave, so I just waited until a position opened that I was interested in and applied to come back. This all happened during COVID so it was a little strange and weird, but I had a Teams meeting/interview with our administration team, was offered the job and accepted

it."

Harwood became a teacher because she wants to make a difference in her students' lives. Harwood is ready to step up and help her students and see them succeed. "I have always been a person that wanted to make a difference in society. I want to help others see their value and let them know they can accomplish anything they put their minds to, no matter their circumstances. My Mom instilled a great work ethic in me and the 'never give up' attitude. I guess I just wanted to pass that along to the young people of society."

Harwood shares her advice on how she sees people succeed and how she has succeeded. "I'm just a 'you work for what you want' type of person. If you work hard, good things will come your way. I try and see the positive in things and never dwell on the negative, especially if I can't control it or do anything about it."

Harwood works hard to help those with specific education plans and those that don't. Harwood looks out for all students whether they are hers or not. Harwood strives for success in herself and in her students.



Julia Casas poses for her picture to be taken after class. (Left)

PC: Connor Meade

Michelle Harwood stands in front of her whiteboard for her picture. (Right)

PC: Connor Meade





Alex Bormann coaches at North's bowling match against Fort Dodge in February.

PC: Connor Meade

Alex Bormann

Alex Bormann is the new girls bowling coach at North High School. Bormann is working alongside Michael Lucht, a math teacher at North. Bormann was born in Waterloo, Iowa, and moved to Urbandale in 2002. He graduated from Urbandale High School in 2015. He went to DMACC after graduating, earning an AAS in marketing. Bormann was on the bowling team for Urbandale High School all four years of school, making varsity his senior year. Bormann went into searching for a coaching opportunity with high schools in the metro.

"The origins of me becoming a coach actually came from a lighthearted comment that I made to my bowling coach after I graduated from Urbandale in 2015. I told her I would coach her two-handed bowlers," he said.

Bormann is a two-handed bowler, which is using both hands to bowl instead of one. Most two-handed bowlers starting out have trouble getting the correct kind of coaching. Bormann wanted to become the coach that two-handers could count on. Bormann started to bowl two-handed his senior year of high school.

"She told me that if I got my coaching authorization there was a pretty good chance I

could be a coach at my alma mater. This leads to how I got hired at North. After my third unsuccessful attempt to coach bowling for Urbandale, I told my high school coach that I would be looking for other opportunities. Being the great leader/mentor that she is, she told me she would do anything she could to help me. I applied at a handful of schools, obviously one of them being North High, to be a bowling coach. As you can tell, North gave me the shot that I had been trying to get for three years," he said.

Bormann explains that doing something you love isn't really working at all. Bormann enjoys bowling and helping people learn to bowl. Bowling is a fun sport that most people don't do because it is losing popularity. Bowlers and coaches like Bormann are working their hardest to get people back into the spot of bowling.

"It's something I can do that I can actually have fun with and enjoy what I'm working on. I want to enjoy work, and that's why I stuck with coaching. I don't work a day in my life as a coach. I want to be the best in my field, but I also want to have a great time doing it," he said.

Bormann gives his advice on how he has made and accomplished his goals. Bormann is the type of coach to help a bowler if they are



PC: pnging.com

struggling with anything, whether it was bowling related or not. Bormann believes in all of his bowlers, no matter the skill level or bowling experience.

"I am a firm believer in taking negative energy/experiences/emotions and using it as fuel for your work/passion. As a coach my goal is to build great students, athletes, and overall citizens. I want to show those who turned me down that I have what it takes to be a great leader, and that they missed out big time."

Bormann strives to prove that he has what it takes to be a leader. He goes beyond the bar and still wants to go higher. Bormann looks to bring the best out in everyone, including himself. He lives life with a single goal, to prove those that told him no that he can and he will.

"My greatest inspirations aren't the George Washingtons, the Tom Bradys, or the Mahatma Gandhis of the world. My inspirations are those who turned me down, called me dumb, thought I couldn't do it, and flat out told me NO," he said.

Bormann wants to prove himself to those that thought he couldn't do what he's thriving in. Bormann isn't coaching now due to the season end, but he still has the fire to help and coach. Bormann does have another job besides being the girls bowling coach at North. Bormann thrives on helping others and proving others wrong, this is what he was meant to do, and he is going to do it.

Design: Connor Meade

TikTok Trends Top 10

Emily West, Reporter

Shifting -

What is shifting you might ask? Well, according to many articles I have read, shifting or reality shifting is originated on Reddit and has more recently gained popularity on TikTok. This idea is training your mind in a guided meditation to enter a new reality. This trend was most popular in the Harry Potter fandom but is done in many others as well. They are transporting themselves into the Harry Potter world and interacting with these characters. There is two popular ways to shift. The Raven and Alice in Wonderland methods. These may sound alarming at first, but there is no evidence that shifting, or reality shifting is dangerous. The Raven method is when you lie down in the starfish position when you are half asleep and count down from 100 slowly. Then, you must imagine your desired reality, or if you have a prewritten script about how you want your shifted reality experience to pan, recite it. The Alice in Wonderland method is when the shifter needs to visualize themselves running after a person from their desired reality and jumping down a rabbit hole with them. For example, Draco or Fred Weasley from Harry Potter. The results are said to feel like an extremely realistic and vivid dream.

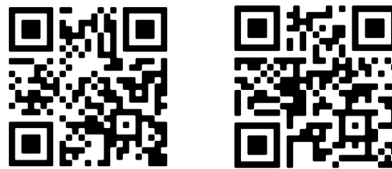
For more Information on shifting



Hacks/Food -

Another trend is hacks and food in which these can go hand in hand because a big part of both trends is each other but other things are life hacks for your everyday life or recipes for food.

For some hack/food recommendations



POV'S -

Another trend is POV's or point of view videos where users showcase their imagination and talent using sounds or music to create stories or scenarios. This can be by editing clips or pictures, or just the user acting in the videos for the reader to be in or the user to show off their own skills. This trend seems to be popular because of the engagement in these videos with their user.

For more Information on POV's



Duets -

Another trend like POVs is duets in which users can interact with their viewers/users this can be through things like acting, singing, reacting, and dancing.

For more Information on duets



Items -

This is a trend where items are put on the app as a recommendation for others as products to use sometimes, they can be top ten items from places like Target or Amazon, but it can just be the user's favorite products.

For some recomened items





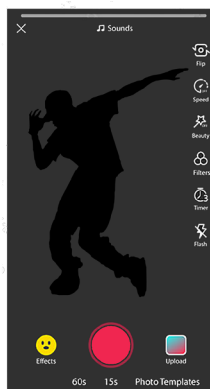
Dance/song -

On TikTok, one of the biggest trends are the dances and songs where a user can showcase their dancing skills or use the popular songs and make a video to entertain and get others to try and post. This may be a skit or someone doing a dance. It is hard to pinpoint how they start to gain popularity for either the dance or song but having a big viewership is very helpful for it to gain traction.



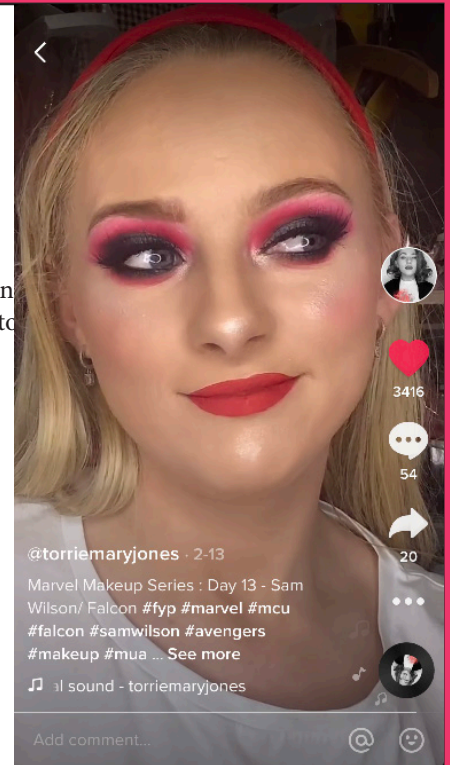
Memes -

Another trend is memes in which a user can make a video or photo into a meme by making it seem outrageous and or hilarious for their viewers. A big reason for this to be a trend is because of the game "What Do You Meme?" and the popularity of it.



Makeup -

Another trend is Makeup, and this can be hacks in the skill or just showing off a look. These videos can be unordinary tricks one may use or even transitions into makeup inspired looks from things like shows and movies. A very popular one was Euphoria and more recently were you put on what seems to look like an excessive amount of makeup.



Someone giving back -

Another trend is seeing people giving back to others such as buying things or donating to people who need a little extra help. This trend seems popular because it gives the viewer a connection to the emotions from the experience they are viewing and how they can connect to this situation in some way.

Behind the scenes -

Another trend is showing behind the scenes of things like photoshoots or even TikTok videos. This gives the viewers a look into how the user does things like how they get a photo to look like or even how a transition may have worked and an insight of how a user may be.

There are many other trends but here are some of the top 10 trends I have seen recently and these all may be different for each person because of TikToks algorithm in which it is made for the individual users' preferences.

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