



Yearbook staff working toward its final publication deadlines

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# The Quill

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Robbinsdale Cooper High School

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## REPAIR EFFORTS CONTINUE AFTER OCTOBER 19 FIRE



Photo by LOU VANG

Damage to areas like the foyer on the east side of the building came from the water used to put out the flames.

By LOU VANG  
Quill staff writer

Repairs are currently being made to damaged areas of Cooper after a fire on October 19, 2019.

According to Head Principal Mr. Herman, the fire started in one of the school's technology rooms near the Media Center. The cause of the fire is still unknown, but Herman said it is suspected to be due to "something with a battery piece." The technology office,

along with the teacher's work room and classrooms near the fire source, suffered most from the fire, with additional damage coming from secondary issues such as smoke.

Mr. DiSalvi, a social studies teacher, shared that his classroom was greatly impacted by the fire since it was only two doors down from the fire source.

"I wasn't allowed into my room until after the long weekend because the fire department determined the

smoke levels were so unsafe in my room," he said. "When I returned to my room, it smelled of smoke for several days after the fire."

The baseboard connecting the wall to the floor was taken out of DiSalvi's room due to the water damage. Despite help from the custodians and administration to blow out smoke, he said it still "took a long time for the smoke to leave." However, DiSalvi remained positive and continued teaching.

"I tried my best to stay positive because if I, the teacher, was not in a good mood to teach in my room, then none of the other students would want to be in my room either," DiSalvi said.

Ms. Whitehead, a Spanish teacher, also had her classroom impacted by the fire. Whitehead was out of the building on the day of the fire, but she returned to "a terrible smoky and musty odor."

"There had been some standing water when the fire

Officials estimate that all work should be finished before the end of the current school year

originally happened as the sprinkler water from the floor above leaked downstairs into my classroom," she said.

Whitehead said her Spanish classes were moved to the Language Lab "until they could replace the ceiling tiles and the air quality in [the] classroom."

Whitehead said that repairs are still taking place in her classroom.

"My speakers were repaired [or] replaced just this week," she said. "I know that they still need to repair and replace the area along the bottom of the walls and cabinets in my room. There was damage left when they removed the trim to allow the walls to dry out."

Herman added that some rooms still need to get carpeting replaced, new ceiling tiles and new painting.

According to Mr. Neil, the head custodian at Cooper, there are many repairs that are currently taking place. He has worked with the district's maintenance program and its vendors in "making sure the systems that may have been damaged or that were in the area around that are up to where they are supposed to be."

According to Neil, onsite cleaning and establishing air efficiency are the only main work that still needs to be done.

"Most, if not everything,

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## Cooper welcomes its first chapter of NAHS

The National Art Honor Society gives students a chance to work with their peers on initiatives that promote the fine arts at school

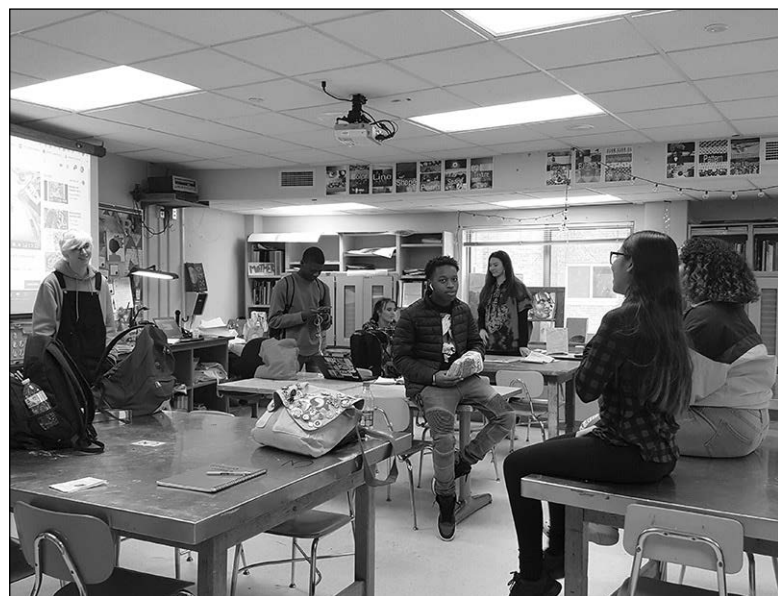


Photo by LOU VANG

Members of NAHS meet during Hawk Lunch and Learn leisure days.

By LOU VANG  
Quill staff writer

Cooper welcomed its first chapter of the National Art Honor Society (NAHS) this school year. According to Ms. Miller, the IB Art teacher, NAHS is an organization for students involved in visual arts and a way to "build art community and family" in school.

The organization is run through the National Art Education Association. Miller said it provides "opportunities for community, scholarship and advancement in visual arts."

Miller said she was finally able to start the group this year because she had more time and there were "a lot of students that were interested in leadership."

"I want it to be a completely student-run organization," Miller said. "This year we have a lot of strong students that can definitely step up to the lead."

So far, members have come up with a plan to have an art sale where they would be selling their own works and wares.

According to Alicia Hulegaard (12), who is running for NAHS vice president, the sale is to raise money for better art supplies.

"Our teachers have been having to pay out of pocket for materials and stuff," she said, "so we're building up this sale."

The art sale, which was scheduled to happen during the last week of February, will be the first art sale of its kind at Cooper. Gavin Baribeau (12), who is running for NAHS president, said that the group plans to have a sale every month.

Baribeau added that there will be more art-related events in the future. One of those will be a Love Your Body Movement.

"In high school, you know, we all hate our bodies. We all struggle with that," Baribeau said. "So, we're trying to inform students, 'It's okay to have the body that you have.'"

According to Hulegaard, the plans for this event are still being established. "We don't have all the details planned out yet but we want to make sure that all students are feeling comfortable in their body," Hulegaard said.

Ideally, NAHS members will also be running the annual Project Greenway shows in the future. According to Miller, this year's Project Greenway was "the best that we had at all because it was entirely student-run."

"I think that's what needs to happen in the future, too," Miller said.

Baribeau said he is hoping the group could also help the art programs get more recognition.

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## Strategies to manage stress can benefit student performance

Whether it is school or life that is putting people on edge, there are many ways to safeguard one's mental, physical health

By FATIMA ARBA  
Quill staff writer

Stress and anxiety are experienced by all people at some point in their lives. No matter how old you are, there are things that happen that can affect your mental and emotional health. The impact of stress and anxiety are especially noticeable when you are a teenager. Being in high school results in teenagers having many things to keep up with, whether it is studying for tests in school or taking part in after-school activities like sports or jobs. While the need to keep up can cause teens to have anxiety and stress, there are some good ways to cope with these issues.

**1. Stay organized**

The first way to reduce stress and anxiety is to be organized. Having a planner or some sort of organization tool like an app on your phone can help you plan out your schedule so you don't have stress later on down the road. If you don't want to carry a planner around or manage a list on your phone, you can also hang a checklist somewhere in your house to keep reminding yourself of all the things you have to do.

Making a checklist can help you stay focused and avoid feeling in your mind that you are all over the place. This checklist can include the things you have to do for school as well as the other activities that happen in your life outside of school. As you complete each item, you can

check it off the list and reduce any stress you might have about completing each item.

"Having a planner helps me with work I have to get done now so I don't have to procrastinate," Calista Vang (11) said.

**2. Take regular breaks**

Another tip you probably wouldn't expect is that it is a good idea to take a break from the task you are stressed out about. Sometimes, you need to take a deep breath and clear your mind when a specific task is overwhelming. You

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## STUDENT STRESS

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can take a walk and breathe some fresh air, listen to music, or even meditate. No matter what method you use, the idea is to take your mind off of whatever you are doing. Once you have taken your break, you can have a fresh start when you get back to whatever you had been doing. Having too much on your mind is not a good thing and taking a break can help offset that.

“Regular short breaks are important, even if it’s just to work on a different assignment. Otherwise, your brain can get overloaded with one subject and it’s more difficult to make progress,” Cordelia Frykman (12) said.

### 3. Change your mindset

The next way to avoid stress and anxiety is to change your mindset. Having a negative mindset throughout the day can impact your mood and lead to the feeling of being stressed. When you first wake up in the morning, you should prepare yourself for the day by doing the things you need to do to put yourself in a good mood. This might be as simple as eating your favorite breakfast or by visiting your favorite website to read a fun article. Something as small as this can help you get ready for your day by putting you in a positive mood.

“It’s important to have a positive and cool mindset to be able to keep yourself on track and do good,” Kaylee Launderville (12) said.

### 4. Get enough sleep

The fourth tip for avoiding stress is related to your sleep habits. When you don’t have a good sleep routine, you can suffer from fatigue, which can affect your mental health. Lack of sleep can cause mood swings and even lead to depression. In contrast, proper sleep allows your mind and body to work properly, allowing you to perform well the next day. It’s recommended that the average person sleeps for a full eight hours every night in order for their body to be fully rested and restored. This way, you are better prepared to face the things you might be worried about during a typical day.

“While lots of students think that sleep deprivation is not a big deal, it does actually have a huge impact on our school life,” April Zhang (12) said. “When we do not have enough sleep, we tend to have more anger issues, which can have a negative effect on our behavior in the school that sometimes could cause more problems not only on students, but the whole school.”

### 5. Cut back on caffeine

The last way to address stress and anxiety involves cutting back on caffeine. Although many students drink coffee to start their morning, they may not realize that they are caffeine sensitive. Being caffeine sensitive can cause a racing heartbeat, shaking and panic attacks when too much caffeine is consumed. To avoid this and the stress that might come with it, you can substitute coffee with something that is low in caffeine like chai or black or green teas.

“It’s important to watch your caffeine intake because you can get withdrawal symptoms that can make it even harder to perform your best at school, like headaches, more sleepiness or even just feeling really sick,” Wynter Burns (12) said. “And, after awhile, the caffeine doesn’t even do anything, which is why I suggest that coffee is only [used] on specific, longer days that require a bit more energy.”

## FIRE REPAIRS

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has been returned. Specific items that were damaged by the fire, if it hasn’t been replaced, is currently either planned or currently being replaced,” he said. “We’re almost back at 100 percent.”

Neil is thinking all remaining repairs will be done in approximately four more months.

In looking back at the fire, Whitehead said she is “thankful that the damage was far less extensive than it could have been.”

“No one was hurt and the things that were damaged can mostly be replaced,” she said. “I am very proud of my classes for how they handled all of the challenges that came with changing locations. Ustedes son los mejores.”

DiSalvi also shared that he was thankful for how the fire was handled.

“The fire wasn’t anyone’s fault and everyone was doing the best they could to overcome the challenges presented by the fire,” he said.

# Plans take shape for Relay for Life 2020

Students, staff members are organizing teams, raising funds in advance of the event, which benefits cancer research



Photo courtesy of TALONS

There are a number of different events and activities that occur throughout the all-night relay.

By KELLEN ANDLER  
Quill staff writer

Plans for the 2020 Relay For Life event are getting on their way as teams from Cooper and Armstrong are starting to come together to organize fundraisers.

“Relay for Life is a year-long fundraiser Cooper and Armstrong work together to put on for the American Cancer Society. We start in the fall, but someone could join at any time, and work with teams to work together and fundraise for a great cause,” chair of the Cooper planning committee for Relay for Life Orla White (12) said.

This year’s event takes place May 1-2 at Cooper. The overnight relay, which begins at 6 p.m. on May 1 and runs until 6 a.m. on May 2, features multiple activities and games that students and community members can enjoy while raising money to combat cancer.

“During the all-night activities, the music and the laughing stops and we take time to remember the people we have lost to cancer, those who support the diagnosed, and those who continue to fight the fight against cancer,” White said.

According to White, there are several reasons why people should get involved with Relay for Life.

“Relay for Life is an opportunity for students to be a part of something big and important. We are doing good in our community and having fun while we are at it,” she said.

Any high school student from Cooper or Armstrong can stay the night if they sign up online and raise the minimum amount of \$100.

“We have a busy schedule the night of Relay. From 6 p.m. to 10 p.m., we are out on the turf with the community and the survivors. There will be some good food and ice cream as well

as little fundraiser games each team puts on. In years past, we had food trucks and even a palm reader. Then, from 10 p.m. to 6 a.m., all high school students who have fundraised over \$100 will stay overnight where there will be a bunch of fun activities, like Zumba, floor hockey and a chance to be crowned ‘Relay Royalty,’” White said.

The Relay for Life planning committee makes the night and its various activities possible.

“There is a lot that goes into planning this event. We schedule and run meetings with our committee, the team captains, the school principals and even our superintendent. We plan for the logistics of the event and what will be there to make the night as enjoyable as possible as well as little fundraisers along the way,” White said.

White has been involved with Cooper’s Relay for Life group for the

last four years. White was first nominated to be the head Cooper chair of the Relay for Life committee during her junior year and it is a role she has continued with this year. However, there will be many shoes to fill for next year’s planning committee with a large number of current committee members set to graduate this spring.

“Mackenna Theis (12) is the co-chair and helps ensure our event stays centered around the idea of supporting cancer survivors and caregivers. Sam Thurston (12) makes sure the event is fun as he has a large role in what we will do the night of the event. Nolan Boswell (12) is in charge of logistics. He makes sure everything runs smoothly,” White said.

In addition to the upperclassmen, White said there are younger committee members and Cooper staff members who help put on the event.

“Libby Karol (10) is the ‘mini us’ watching and learning from all that we do so she can run the event in the future. And, last but not least, [social studies teacher] Ms. Kilsdonk is the hand that guides us along the way and deals with the big picture things that come up,” White said.

In order to produce a successful event, the committee members have been meeting since the start of the school year. White said there are a few set agenda items they take care of in each committee meeting.

“Relay committee members meet during second lunch on the first and third Tuesday of the month. We discuss what will go on during the night of Relay as well as plan and conduct many smaller-scale fundraisers. Anyone can join the committee from any grade,” White said.

Even though this year’s event is getting closer, it is not too late to join the committee. Thurston said the Relay for Life committee is a “really awesome group” of people trying to help a good cause.

Students interested in getting involved are encouraged to contact White for more information.

# Yearbook staff working toward final deadlines

Students are responsible for all of the writing, photography and design in the annual *Talons* publication

By FATIMA ARBA  
Quill staff writer

Many people love looking at their yearbooks at the end of the year to reflect on all the things that they have participated in. A yearbook is also a keepsake many people keep so then they can reminisce on their high school experiences when they are older. What many students do not realize is that they can work on this publication as a junior or senior by getting involved in the yearbook class.

“What inspired me to take yearbook was the ability to create something from nothing and make it look gorgeous,” Leon Evans (12), an editor of the publication, said. “I have enjoyed being able to meet new people when I ask to interview them. It’s fun getting to know people who I never thought I’d meet.”

The students who join the yearbook class are typically juniors and seniors. Students who sign up for the class will have it for both semesters, and some students who join as juniors will return to the class as seniors to work on the yearbook again. Upperclassmen can sign up for yearbook during the class registration process that happens each winter.

“There is a limited amount of space in the class and I need to have a staff who can meet deadlines, work independently and take initiative on their own,” yearbook advisor and English teacher Ms. Obranovich said. “Because of these needs, I take attendance, grades and teacher recommendations into account when picking the



Photo by MAGGIE KOHL

The yearbook class takes place during the seventh period of the school day.

staff from [the registration] list.” One thing that is unique about this class is that it is largely student-run and student-organized. The editorial staff, which is responsible for making content decisions, is entirely made up of students.

“There are a couple of students who take yearbook both junior and senior year; those are the editors. I initially look for sophomores, who will take the class as juniors or seniors, who I either know will make good yearbook staff members or who other teachers recommend to me as potential editors,” Obranovich said.

Whether or not students become editors, the yearbook class gives each person a chance to work on the areas of the yearbook in which they are most interested. If a student is the type of person who likes taking pictures,

they can concentrate on photography. Likewise, if a student likes writing, there are spots for them as well.

“It’s really fun having a class to be creative in but it also involves a lot of out-of-class work like interviews with students, taking pictures at in-school and out-of-school events and asking teachers for resources. I recommend the class if you like design, have the confidence to talk to strangers, and enjoy photography [although] you don’t need all three,” Sophia Scheveck (11), a yearbook editor, said.

In addition to the skills yearbook students pick up related to writing, photography, layout and design, they also have a chance to develop social skills. This comes not only from interacting with their coworkers on the yearbook, but also through the interactions with other students and adults

they have to connect with to cover their sections of the yearbook.

“I’m working on the music class pages for the yearbook and it’s a really complicated process. We have to go through every photo form every class, there are 19 photos, and name everyone in order from left to right,” Scheveck said.

Another skill dealt with in the class is hitting deadlines. Obranovich said this is an important part of yearbook because they have to have the publication done in order to be printed before the school year is over.

“We have four deadlines throughout the year, each about five-to-six weeks apart. We submit pages on the deadline day for printing at the publisher in Texas,” Obranovich said.

Agreeing with Obranovich about the importance of deadlines is Scheveck. “Some advice I’d give to future yearbook students is to stay on task during class because the deadlines come up sooner than you think and a part of your grade is in class effort,” Scheveck said.

Even though the yearbook is printed before students leave in June, Obranovich said the staff works through the end of the year.

“We then create a spring supplement that students can purchase as an addition to their yearbook. This supplement features spring activities, prom and graduation,” she said.

Students with a creative mindset and an ability to manage their time and hit deadlines are encouraged to see Obranovich in room 237 for more information about the yearbook class.

## COOPER WELCOMES FIRST CHAPTER OF NAHS continued from page 1

“I believe we have many, many strong artists that should get recognition, more than just for murals,” Baribeau said. “I think we should have more display cases showing art, like an art-dedicated wall.”

Baribeau said he is planning to get art students more opportunities to explore art outside of school as well, through field trips to places other than “just the Walker.”

Hulegaard said she is looking forward to strengthening her leadership skills and also to further advocate art through NAHS.

“I want the future generation to keep pushing and making sure that art stays relevant in today’s society,” she said. “It is very important for us to have art.”

The NAHS group meets twice a week on Tuesdays and Thursdays during the first half

of Cooper’s Hawk Lunch and Learn period. Often, they stay after school as well to further discuss plans and to meet with those students who could not make the lunch sessions.

The only requirements for the organization is that one must have a B average and be enrolled in at least one visual art class.

“Once thing I really like about NAHS is that they only

look at your GPA for your art classes,” Miller said. “So, students that might not be excelling in other places can have a place they feel successful in.”

One thing Hulegaard stressed, however, is that all types of artists are welcome to join.

“You don’t have to be a fantastic artist or anything,” Hulegaard said. “You just have to come with ideas and you have to like art.”