

# The Roundup



# **The Rider Roundup**

The Roosevelt Roundup is published by the newspaper staff of Theodore Roosevelt High School and exists to serve as an open forum for the students, staff, administration and community.

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Welcome to  
The  
Roundup

2022

# 100th Year Anniversary



class of 2023, this is the year that we celebrate our 100th year anniversary. So what things should we look out for, what events should we look out for throughout the year? Why should we as students be a part of this 100th year celebration? these are a few things that principal Schappaugh had to say about this years celebration. Throughout this year “there’s going to be more opportunities to celebrate the community of Roosevelt.” But priority number 1 as of right now would be to cut the ribben to the school track and football feild. After the ribben cut, upcoming dates to out for would be Thursday October 6th and November 12th. “Thursday October 6th will be a community night , there will be a big parade that’s a part of the celebration and there will also be a bond fire.” “November 12th is a art party which is a fundraiser for Roosevelt.” Throughout these events( adn more events to come) we as a community and as students/ staff should be a part of this because not everyone gets the opportunity to celebrate especially a 100th year anniversary for their school.

to celebrate especially a 100th year anniversary for their school. Why should we as a community celebrate and be a part of this 100th year celebration? “You can help shape new traditions, new opportunities, new experiences not just for future years that you may be a part of Roosevelt or the future months that u may be a part of Roosevelt even if you are a senior but for future generations of Roosevelt students. “it’s not just any anniversary, the 100th anniversary but 100 classes after Memorial Day will have graduated from Roosevelt high school.” “Because we have a pretty historic anniversary year there’s an opportunity to bring more people together to celebrate Roosevelt then a traditional year.” “As a student at Roosevelt you’re a part of a special time and that can afford you some different opportunities and experiences that pervious classes didn’t get to experience.”

by: Jose Rubio Mendoza



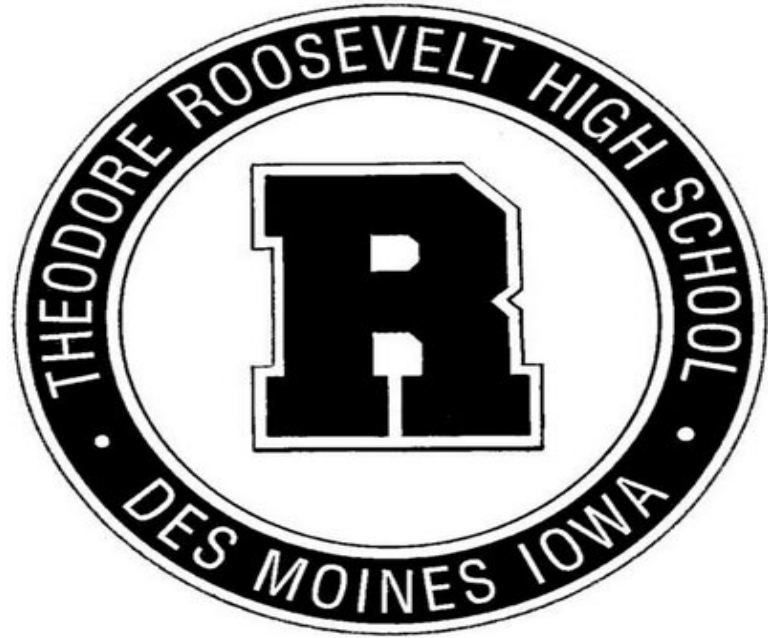


# Fall Has Begun



# Cross Country

by mac jordan & and staff



What made you join the xc team and why

How was the season and what did you learn from it? Last season was a great season! Coming in as number 1 in the state was a great accomplishment, yet for me starting the season with an injury was challenging work. But dedication and love for the team pulled me through.

What was it like to for cross country for Roosevelt and do you enjoy it I enjoy xc a lot, it is such a great environment and such an uplifting group of strong women

Have you made any friends on the team and what is the farthest you have run? I have made many new friends throughout xc, some I have known since 7th grade! The farthest I have ever run is a hard question to ask, the farthest I ran was about 12 miles in one workout.

Are you excited for the new season? I am overly excited for the new season! We have such an excellent group of girls, we work hard and put many hours into our training and meetings, I hope to see more fans come and cheer on! If I could say one thing to my coach to help me improve, it would be to connect with everyone

If you could say one thing to your coach to help you improve, what would it be

There are days when the rest of the team feels like the odd ones out when we are just trying to get coach Jacob's attention, it is frustrating to say the least. blythe ketlesen junoir

The boys and girls cross country team is played during the fall time it is basically running long distance and we have asked how people feel about their sport

What made you join the xc team and why?

I grew up running with my family, friends, and in school. My very first cross-country experience was in middle school for Merrill and since then I have loved it.

What is it like to do cross country for Roosevelt and do you enjoy it?

I do not just enjoy it, I love it. The friends that I have found, the progress I have made with my running, and the experience and the commitment I have made for my team makes me love the sport even more. I will not ever stop running for my team and for myself. Running is one of my favorites hobbies and I will never lose it.

What are your favorite memories of cross-country?

The team, for sure, is my favorite memory. I get to be with my friends, the best coaches I have had for any sport and every volunteer that helps us become a better team.

Have you and if you have been to regionals and what was it like?

I have not had the experience of going to a state meet. Though, this season we are faster, smarter, and more prepared to go to the state. That is what we are hoping for.

If you could say one thing to your coach to improve on for training, what would you say to them?

Nothing, my coaches are doing the best they can for our team. I love the way they coach us, and this will get us to state eventually.

As we turn from summer to fall are you ready for the fall season with the temperature going down?

Absolutely, the colder it gets, the better running conditions we have. I am more than prepared to run in colder and cooler weather; it is better for runners and will improve our training immensely. cameron seitz sophmore



# The Stinky Situation

**W**e at Roosevelt have a problem, it is a very smelly situation. This ordeal is a matter of none other than BO. Lift your armpits and sniff if you get a bad whiff put on deodorant. That is a rhyme that you can tell yourself so you remember, but at the point that you are in high school you should stop forgetting but that is just an opinion. Some students and staff at Roosevelt have all said most of the same things, THIS SCHOOL STINKS!!

” We could provide sticks of deodorant to students or teach a designated hygienic routine since you would need it later professional responsibility in your future life.” Says senior Isaac Garcia which by the thought of it seems like a smart idea. Although it would take funding and some outside resources but as a community it could be possible.

”I wish people were more conscious about personal hygiene.” Says Junior Abigail Henry. Stating that as an honest opinion makes sense because a lot of people are unable to focus being that they have sensitive senses that would cause

them to be easily distracted by the smell of someone else's body.

In future reference don't be the person that people try to avoid in the hallways, or the kid that makes people get up and change their seat. At home you should be practicing healthy hygiene here are a few steps that could help you do that easier

-Having a daily shower routine

-Brushing teeth at least twice a day with floss

-Finding the right products for your body

-Talk to a parent or guardian about your concern

-Research proper health care

-Have a meeting with your doctor incase its a medical issue

-Create a hygienic routine and stick to it

-Practice healthy habits

-Talk to the Roosevelt guidance counselors

- Ask a trusted friend for help

-Ask the nurse if they have resources they could give you



by Ja'Mya Robinson

# Social Media

## Is it affecting your mental Health?

By Jack Harrington and staff

**Is social media affecting mental health? This question is being asked by more and more people. Snapchat, Instagram, Tik Tok- the usual apps people go to when bored or looking for a release- could be affecting you more than you think. Are these apps hurting you while your mindlessly scrolling?**

**“It’s not that social media is bad for your mental health. It’s what you do in the social media space that can impact your mental health positively and negatively,” Psychiatry expert Dr. Robin Henderson said.**

**People go on social media looking for something to do.**





**People post pictures or updates looking for approval or praise. Showing off what they feel are the best aspects of their life as an escape from what's behind the curtain. Continuing to create these communities of people looking for likes and comments can have effects on people posting and people viewing.**

**81 percent of teenagers and 69 percent of adults use social media in the United States, according to The Pew Research center. Most Americans use social media, and many people will tell you it isn't for the best.**

**"It can either help or hurt depending on how you see it, because if**

**you're self-conscious, looking at beautiful pictures that have been photoshopped sets an unrealistic standard that you compare yourself to. But it can also be a way for someone to find the help that they need,"** Roosevelt senior Drew Dicker said.

**Social media has taken over around the world, and it has had clear affects on those using it. Experts say it can hurt you, and many everyday people recognize the concern that comes with social media. Those that don't are the people who face the worst issues and continue to misuse social media.**

# LATINO HERITAGE



Orlando Berber and Alejandro Castro making flowers to decorate the walls



**W**

hat is Latino Heritage Month? Why is it so important? Latino Heritage Month is a month in which seven countries gained their independence, it goes on from September 15th to October 15th. It starts on September 15th because it is the day in which 5 countries (Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua) gained their independence, and from then the rest followed. Latino Heritage Month is a Month to pay respect and honor those who help better American society as well as to educate Americans as to why Latinos are so important for American society and to teach Americans about the rich Latin culture.



Castro volunteering at the Latino Heritage Festival

“I always try to teach people around the state of Iowa that we are more than people that cross the border but actually contribute a lot to the world and the United States more than people know,” said Bilingual family liaison, Marianela Blanco.

One main point that really wants to get put out there during Latino Heritage Month is how Latinos contribute to the U.S. It is important to do so, so people do not just think that Latinos come to the U.S. to take jobs, when in reality they do everything possible to get their families and themselves out of difficult or dangerous situations.

“Our community is a strong, hardworking community, we put effort into what we do,” said Blanco.

# MONTH

BY ZARAI HERNANDEZ AND STAFF



The Latino community is like no other, it is full of rich cultures, good foods, as well as music and many more things. Every country has something that represents them whether it is traditional foods, dances, music, art, etc. During this month, many people like to bring out those things that represent them or their country and celebrate in diverse ways. For Senior, Alejandro Castro Dominguez it is listening to music, he thinks that it is top tier.

There are many ways in which this month can be celebrated for example one being the Latino Heritage Festival, it goes on from Saturday, September 24th to Sunday, September 25th and it is held in Downtown Des Moines. It is a big festival in which you can eat lots of food, party with live music, see performances, and learn about the rich cultures.

“I have been a part of the Latino fest since the beginning in 2000 and I have been a board member since 2010, I work all year to put on the festival so then my community and the entire state of Iowa and the outside can come and have a fun time and see what were all about,” said Blanco.

Maybe this year the Latino Heritage Month can be celebrated at big as a community and help teach those who do not know much about it to give recognition to Latinos!

## Top Latin Artists

1. Enrique Iglesias
2. Bad Bunny
3. Selena
4. Joan Sebastian
5. Vicente Fernandez
6. Marc Anthony
7. Daddy Yankee
8. Los Bukis
9. Pitbull
10. Mana
11. Shakira
12. Ramon Ayala



# Get to know girls' swim!

By Lilly Russell and staff

**G**irl swimming is a rigorous and fun sport. There aren't many people who know about this sport or that Roosevelt even has a girls' swim team but, many people participate and love the team. The team is looking for more people who love swim and want to be a part of a team or sport.

There is a lot of room on the swim team, and you could become a part of an awesome team with awesome people. There are a lot of fun things to do with the team and you get to be a part of a fun sport and group.

"We practice at six am four out of five school days, we have two-hour practices after school every day, and a three-hour practice every Saturday morning." Emily Merfeld grade 10 said. Their schedule is really busy.

There's more about

swim than the schedule. Obviously, the swimming, Emerson Siever's favorite stroke is either "the back stroke or the freestyle" and ollie's favorite thing about the swim is "meeting new friends and the deck breakfasts." Deck breakfasts are where you go out to breakfast with your team and hang out.

"There are a lot of fun things to do in swim, outing with your teammates, and new friends. "We do a lot of different fun activities as part of swimming. We do team dinners, deck breakfasts, dinners after home meets, and fun traditions like big fish little fish, and the bus rides to and from the meets are the best!" Emily Merfeld said.

There are fun things you get to do like your favorite strokes, spending time with the team, and competing against other schools in

swim meets. "I have been in ALOT of competitions, too many to count! Think about 10-15 a year since the age of 5, and now I'm 15." Emily Merfeld said.

"Anyone and everyone can/should join swimming! We are a very underestimated and not as well-known sport, but that doesn't mean we don't try our best! It requires hard work and dedication, but you have so much fun and get close with the entire team!" Emily Merfeld said.

Swim is a great sport with a lot of room for people to join. It's a lot of fun and you get to make new friends of every grade. There's a bunch of fun activities, competitions, and people to get to know.





# The Summer of Biden

By Jack Harrington and staff

**P**resident Joe Biden had nothing short of an unforgettable summer. Passing multiple historic bills, fighting Covid-19, fighting global warming, working on student loan debts, fighting for democracy worldwide and restoring integrity to the White House and Presidency.

Coming into the summer, The Biden presidency was looking rough. Multiple promises left unkept, an unruly democratic senate halting monumental legislation, poor approval ratings and the economy hurting everyone. Over the summer, that has all changed.

In August, he signed the Inflation reduction act, which aims to fight inflation with

deficit reduction, lowering the price of prescription drugs and creating clean energy by promoting clean domestic energy production. This bill is powerful for the times by helping the economy now and will be paramount in working for the future of this country. The bill is derived from the Build Back Better Act that was held up by Democratic senators such as Kristen Sinema and Joe Manchin. In the end, Joe Manchin and Chuck Schumer reached an agreement, which is the Inflation reduction act, signed by Joe Biden on August 16, 2022.

Biden signed the Pact act on August 10, 2022. The act will severely improve healthcare and benefits for veterans. The act will significantly help veterans exposed to toxic substances in the military. On August 9, he signed the



**CHIPS and Science Act- which is more tedious but could be incredibly important in the future- looking into building semiconductors in America and boosting domestic research. The Burn Pit Act, signed into law on August 10, helps veterans exposed to burn pits and brings more access to health care and disability. The Emmett Till Antilynching Act signed in March makes lynching a Hate Crime. The Reauthorization of the Violence Against Women Act. That is an incredible Summer of legislative accomplishments that help American citizens and future Americans.**

**Biden continued his military and humanitarian support for Ukraine and fought for worldwide democracy. He has made the United States look like a Democratic World Leader again. While also helping expand and strengthen NATO. He continued and completed the military withdrawal from Afghanistan. And in another military victory, he oversaw the killing of Al-Qaeda leader, planner of 9/11, and Osama bin Laden's right-hand man, Ayman al-Zawahiri, while having no collateral damage in the killing.**

**Biden worked on student loans as well. Improving the discharge process for people who are permanently disabled, students who have been defrauded, and students who are now working in public**

**service. As well as providing student debt relief of up to \$20,000.**

**He has worked on fighting Global warming by promoting wind projects. He has provided refundable child tax credit. He also worked on continuing the fight against COVID-19.**

**To say that President Biden had a good summer would be an understatement; he had an exceptional summer. At one point, Joe Biden's approval rating was as low as 38 percent approving of his job as president, according to Gallup. Since then, he has been on the uptick, hitting the mid 40's in approval; that rating continues to go up as he signs massive bills into law, fights for Americans, fights inflation/ high gas prices and continues his work to restore American democracy and integrity.**



**The White House, in Washington DC. This is where the President, Joe Biden, lives and works.**

**This is an Opinion**

# Athletes Are Struggling With Mental Health

By Julia Stuart and Jack Harrington

**A**s the school year starts back up so do sports, and while being a student-athlete can be fun it also comes with a lot of pressure. A notable number of student-athletes struggle with mental health every year from high school athletes to college level athletes.

“The recruiting process itself made me anxious even though I signed to a D1 school at 14 I still had doubts about my place on the team. I struggled to reach out for help, and it later affected my mindset off the court as well as on the court.” Said Lindsay Kruse, a volleyball player at Nebraska University.

A study conducted by the NCAA in 2020 to follow up on student-athlete mental health indicated high rates of mental exhaustion, anxiety, and depression. However, student-athletes reported lower levels of hopelessness in fall 2021.

The Association-wide survey, which was open

**from Nov.17-Dec. 13, had responses from over 9,800 student-athletes. It was designed by NCCA research in collaboration with the NCAA Sport science Institute and the Division 1, 2, and 3 Student-Athlete Advisory Committes.**

**When responding to mental health support questions, 69% of the women's sports participants and 63% of men's sports participants agreed or strongly agreed that they know where to go on campus if they have mental health concerns. But when asked if they would feel comfortable seeking support from a mental health provider on campus, less than half of women's sports and men's sports participants answered that they would agree or strongly agree with that statement.**

**"Being able to attend a prestigious and play at for the #1 volleyball program in the country (when I attended Stanford) I felt like it was**

**a blessing, but when all eyes were on me every minute of the day the pressure became too much." Said Stanford University Alum Kathryn Plumer, who now plays pro volleyball for Mizuno Volleyball USA.**

**Mental health now only takes part in college sports but also high school sports. Being a student athlete in high school can be incredibly challenging due to the amount of stress from classes and sports. Many multi-sport athletes at Roosevelt High School struggle with mental health.**

**"Mental health is something I struggle with every day. Sports have affected my mental health in a good and bad way, it helps me relieve myself of any anger or anxiety I may have built throughout the day or during the week. However, because I rely on sports so much to help improve my mental health when I do bad it negatively**

**impacts my mental health, or when I injured it makes me feel worthless like I am nothing without my sport." Said senior, Isaac Garcia**

**"Something I would tell younger athletes is to not fear being replaced or judged by the others because**

**you're struggling. The only way you can be better is by getting help and finding the source." Said Nebraska volleyball alum, Lauren Stivrins**

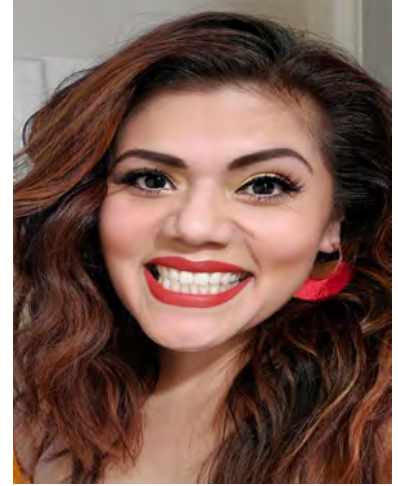
**If you are struggling with mental health do not fear judgment, reach out for help. See what your school offers for students struggling with mental health.**



# New Teachers at Roosevelt



Cameron Frank  
Biology and ELL Science 2



Ruby Herrera  
Latinos in Action Leadership class,  
AP Spanish, and Heritage Spanish



Stephanie Brennan  
Child Development 1 & 2, Personal  
Health Development and Healthy  
Relationships



Ray (Tony) Garmoe  
Assistant Band Director



Parker Klyn  
Strat 1 Special Education (English)  
and Speech and Debate Coach

**“Roosevelt is a wonderful place. The students are so unique and fun and my colleagues on staff have been so helpful. I couldn’t ask for a more supportive, enjoyable first teaching job.” Parker Klyn said.**



Alexander Gray  
Riderchoir, Chamber Choir, Bridges  
2 Harmony



John Nahas  
Environmental Science





Dione Ferguson  
Special Education with a focus on math



Carlos Ramirez  
Behavioral Interventionalist



Natalie Berry  
English



Rachel Ng  
English 2 and Creative Writing

**“I’m excited to make more connections with students and staff throughout the school year. It’s been great to start the school year and hit the ground running and I can’t wait to keep that momentum going.”  
Alexander Gray said.**



Carly Triplet  
Journalism 1, English 2 with Ms. Farho, Newspaper, Yearbook



Sierra Perkins  
Modern US History and Ap US History



Heidy Savage  
Building Technology Coordinator



John Nagel  
Physical Education

# WHAT'S *The* Tea

By Abby Henry and staff

*D*o you have a story that everyone should know about? If so, submit your idea to the Rider Roundup. YOU can be a part of the Roosevelt newspaper. Use the link in our Instagram bio (theRoundup\_TRHS\_), the QR codes around the school, or <https://www.surveymonkey.com/r/K2WPG3Z> to tell us what we should write about next. Newspaper would love to hear from you and work with your ideas! Please be sure to include as much information as you can. If you would like to be interviewed, please include that too!



<https://www.surveymonkey.com/r/K2WPG3Z>



# You Should Get Chick-Fil-A

By Lugambay Nzongero and staff

**C**hick-fil-A is a well-known fast-food chain that takes pride in its cleanliness and fully stocked inventory. With over 2,600 locations in the United States and Canada, it is no wonder that Chick-fil-A is a popular choice for lunch and dinner. What's not to love about chicken sandwiches, nuggets, chicken strips, and chicken fingers?

” Although I enjoy how they create their chicken sandwiches, I do not like how costly their establishment is, it makes everything worse,” said Zainab.

you want a quick bite but great taste? Then you need to try out subway's great food. subway has everything from sandwiches to salads, you can get a variety of food to fit your preferences. the prices are usually very reasonable, and there are many distinct types of restaurants, but subway will fit your needs.

“They are perfect the way they are. They are the way they have always been, and that is just the way they should be.” Said Nimo.

# “What lies ahead” by Mikal

Have you ever found yourself thinking about what to be in the future? It all starts in our younger days where we imagine ourselves being successful when we grow up. As time goes on things never turn out as we expected, we start to face the problems of growing up and changing and people start to leave your life. It all shows how growing up is not easy, but it is worth it because in the end we've learned that it is all part of life.

There are many children in this world who don't like going to school because it exhausting as there are some are days where we like it and some days we don't at all to the point, we don't want to come anymore but what we should never do is let the all the stress and exhaustion prevent us from moving forward of course sometimes we need to take break and have the time to think things over, but we should always stick to our goal and keep working hard, "Success is sweet, but the secret is sweat" General Norman Schwarzkopf said.

The only one responsible for our future is us, so never let the world distract you from accomplishing your goals and make you feel like you can't accomplish anything because anything is possible if you put your mind to it. The future will always be a mystery, we don't know what will come next and above all we are ready for it.



# School lunches Vs Payed lunches

By Mohammed Ismail

A lot of students like to go out and eat but it has a lot of effects like losing your money and not getting back to school on time usually. Students like to eat out of school because they get the chance to get out of school and eat the food they want but they have to use there money. Students usually like to go out and eat with their friends, they might have a rule where each person will have to pay for every-one elses food for a day each week. That makes it even more worse because they are spending even more money then they were suppose too. Its a good thing to go out and eat but not every day. Going out to eat has alot of consequenses.

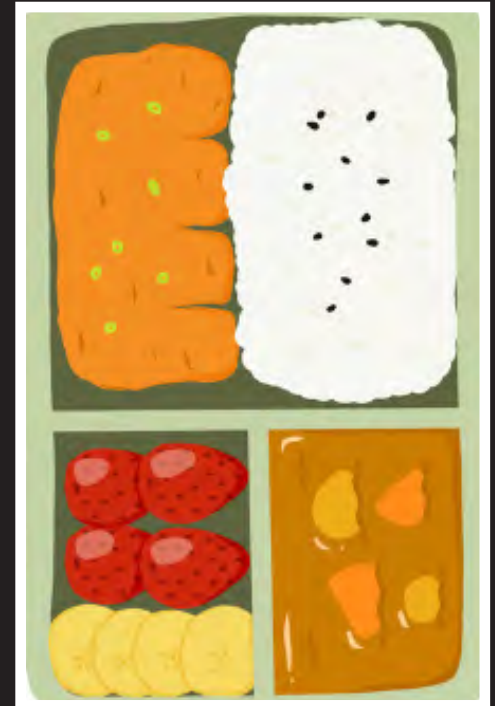
Alot of my friends go out and eat. Kaname says " I spend over \$200 a month". This is how much money he spends a month on going out to eat when luch starts. With all that money he could have saved it up because that is a lot of money to be using just to have a good meal. I feel like he should have days where he goes out to eat and have days where he eat the free school food in stead of going out to eat mostly every day.

The reason why i feel like studets should have day where they go out to eat and have days where they eat the free school luches is because their money will be stabled. They wouldnt be using a lot of their own money on food. This will help the student learn how to save money when he gets older. Saving money will play a big part when you get older. That is why i think students should learn how to save their money.

Most students like to eat the school luches that are provided for free. You dont have to pay anything for the food. All you have to do is get the food put in your 6 digischool number and then you get the school luch. Their are a varetiy of food luches you can pick from and if you dont like the food that they offerd you can just get the school sack lunches which have a sandwiche, cookies or chips and some yogurt they put any snacks in the school sack lunches. I usually get the sack lunches because it isnt that bad. You can save alot of money if you eat the school lunches. This willll get you through the rest of the day of school.

Some of my friends eat the school lunches and will eat when ever they have offered. Vicktor says "The school food isnt that bad and if they dont have any good food options i will just eat the sacklunches that are provided as well". He trys to avoid spending money on food during lunch. He barley goes out to eat food. The only time he goes to get food is at the gas station and he only gets one thing and its chips which is only three dollars which is cheap.

The students who eat school lunches will have an eay time saving their own money. If they keep on doing that they will learn how to save money when they grow up. Saving money is a big thing because if you dont save your money you might lose all of your own money. You dont always have to eat the school food you can have days where you can eat out of school and spend you money on something you want.



# VS





# Homecoming

## Week Events

## Themes

**Monday: Country vs. Country Club**  
**Powder Puff Volleyball**

**Tuesday: Color War**

**Freshman- Green**

**Sophomore- Blue**

**Junior- Pink**

**Senior- Toga/White**

**Staff- Grey**

**Street Painting**

**Wednesday: Anything but a backpack**  
**Powderpuff Football**

**Thursday: TBT 2000's/Y2K**  
**Community Night**

**Friday: Rider Pride**  
**HOCO Football Game**

**Saturday: HomeComing**