

# The Saydelphic



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Saydel High School

[www.saydel.k12.ia.us](http://www.saydel.k12.ia.us) | 5601 NE 7th. Street Des Moines, IA 50313

Cover design by B'Elanna Trulove

# Leadership Recap

## Enabling students to expand their leadership skills

by Carolyn Rose

About a month ago, a group of students from Saydel went on a leadership retreat to the Y Camp in Boone. At the retreat, the students were split into groups and were given activities to complete together, including parts of the ropes course. Each activity had something to do with leadership and working together to complete a task.

When asked their favorite part about the retreat, junior Brandon Webb said, “The food because it was better than the school’s food,” while Principal Mr. Kevin Schulte mentioned that he liked to watch diverse groups of students interact and engage with each other. The retreat wasn’t just group activities, it was also a learning opportunity. “What I learned was to get everyone’s feedback,” Brandon said, in order to help improve leadership skills.

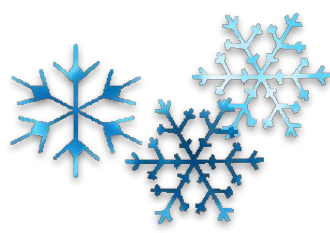
Brandon was asked whether or not he would attend the retreat again if he had the chance. He replied, “Yeah, but I feel like more people should be involved.” Mr. Schulte mentioned that he’s thinking about around January or February, getting the kids who attended the retreat back together for a meeting to further discuss leadership.



Students stand in a circle waiting for instruction.



Students attempt to lower the stick as a team.



# Winter Cheer

## What's upcoming for the cheerleaders?

by Carolyn Rose

Along with other winter sports, comes winter cheer. Winter cheer consists of wrestling and basketball cheer. "I'm really looking forward to wrestling cheer because the rhythms of the cheers are cool," said sophomore Carleigh Brunner. While Carleigh prefers wrestling cheer, sophomore Taylor Perry prefers basketball cheer. Taylor mentioned that she likes basketball cheer better than wrestling because they get to do stunts in front of a crowd.

Both Carleigh and Taylor mentioned that even though cheer is a lot of fun and it's great to spend time with each other, it is a lot of hard work to get all the cheers down and the stunts safe enough to perform. Along with cheering on our athletes during basketball games and wrestling meets, don't forget to show the cheerleaders some support. Cheer them on for all their hard work and dedication so that the athletes of Saydel have people to pump them up for a game or meet.



The cheerleaders do a cheer with the student section during a timeout.



Sophomore Riley Erickson, seniors November fetters, Kennedy Adams, and Haley Walker cheer on the wrestlers during a meet.



# WINTER IS COMING

*Are you ready or not?*

by Darian Garcia

Winter technically begins December 21, but here in Iowa the seasons transfer from our warm and a little breezy autumn to Iowa's ferocious and blistering winter. The snow starts falling on the pine trees and Saylorville Lake freezes over. Alongside the winter comes the "season of giving." Some see gifts as the best way to give, others believe giving your time and your love is a better option. "Being with your family should be the giving--most definitely--they're really the only gift you'll ever need," says junior Nick Fagen. Freshman Marcella Garton agrees, "I think donating clothes or something to like homeless people, I definitely think that spending time with your family and giving them your time is better than [getting] a t-shirt or something."

The sight of fresh snow is usually loved by many, but the frigidness that comes with it, causes deep aversion. When asked about her feelings that occur when the snow falls, Mrs. Victoria Blik responded "It's really pretty, but I don't like being cold; but it puts me in the mood for Christmas, so it has it's pros and cons." In the midwest around mid-November most people pack away their summer and fall clothes and bring out the winter wardrobe. "Yep, I have leggings and boots; and scarves are my favorite thing... Definitely I am not hanging on to flip flops," is how Mrs. Blik defines her wardrobe choices when it starts to get cold. Stay warm and enjoy some fun treats with the links below!



*Melted Snowman Oreo Balls*

<https://www.the-girl-who-ate-everything.com/2014/11/christmas-parties.html>



*Gluten-Free Peanut Butter Reindeer Cookies*

<https://www.thisvivaciouslife.com/peanutbutterrein>

# Boys Basketball



## FIVE PLAYERS WORKING AS ONE!

by Alyssa Monroe

With the beginning of the winter, boy's basketball starts back up! The basketball season is off to a great start with their first win against Paton-Churdan. When interviewing the Saydel basketball team, their team goal is to change the image of the team in the community.

Let's take a closer look at some of the players. Senior Devin Walker says his biggest individual goal is to "finish my senior year off strong with the team. A team goal is to work together, and have a winning season." Junior Colton Myers said, "I set high standards at the beginning of the season and at the end I have to accomplish them." Freshman Luke Vitiritto and junior Colton Myers say their best memory so far is beating Paton-Churdan.

There are many other memories from basketball season. Sophomore Billy Burr's best memory is playing with varsity at NIACC. Also, senior Devin Walker said a highlight of the season was "Hanging with the team at team dinners." They hope to continue the season by working together and finishing off strong!

### **SENIOR NIGHT IS 2/2/18 VS. ROLAND STORY**

#### **SAYDEL BOYS BASKETBALL SENIORS:**

- Devin Walker
- Adrian Mata
- Jackson Jarrell

**COME SUPPORT SAYDEL BOYS BASKETBALL THIS SEASON!  
TICKETS: ADULTS \$5 FOR STUDENTS \$3**

The varsity huddles together during time out.



# Saydel Girls Basketball



## Dishin' & Swishin'

by Darian Garcia



The Saydel girls basketball team has started off their season with 100% effort and lots of positivity. During their first game against Paton-Churdan the Eagles lost after a tough fight. After a deficit of 14 at halftime, the team was able to come back within two points. Following that the Eagles went to Coon-Rapids Bayard and brought home the win with the close score of 34-31. During the PCM game on December 1, the team broke the school record for blocks in a game with 13.

All of this success would not be possible if it were not for the fact that the girls play as a team and bring positivity to the locker room before the game. "The locker room before a game is a very fun atmosphere with a lot of focus, but a lot of fun at the same time," says senior Jayda Tolentino. Coach Glenn also plays a huge role in the amount of positivity that the team outputs at practice and in games. "He just really encourages us, and says positive things, and gets us hyped. He just is his positive self and it really helps," says senior Katie Schmidt. The team keeps things fun and positive while still staying focused and intense.

The intensity level reaches high points during the games. The free throw line is one of the most important moments in a basketball game. Coach Steve Glenn says every day during practice that "Free throws win games!" Katie defines being on the line as "All mental, so I try to remember what it felt like making free throws in practice and apply it to the game." Another moment that can make or break games is a timeout. They're called for a reason, but if the players can't focus and hear what the coach tells them to do --- that could be the turning point of the game. "Everyone is so positive and focused. We know that what Coach is saying is what we need to do to win," stated Katie.

Next season the team loses seniors Jayda Tolentino, Katie Schmidt, Hannah Bowman, and Lexi Carney. Jayda says, "It's really bittersweet. I didn't really realize that [I am having my last first's of basketball]. It's real, and that is just huge. We have to get out there and play the best that we can."

It's the end of December and the team holds their positive outlook on this season after winter break. Captain, Katie Schmidt, says she "can't wait to see what the future has in store for the team!"

01/05/18 vs Nevada  
01/12/18 vs. Greene County  
01/16/18 vs. South Hamilton  
01/19/18 vs. Prairie City Monroe  
01/23/18 vs. North Polk  
01/26/18 vs. Gilbert  
01/20/18 @ Nevada  
02/02/18 vs. Roland Story **Senior Night**  
02/03/18 vs. Chariton

The girls watch and wait to bring the rebound down



# LEAVING IT ALL ON THE MAT

**The Eagle wrestlers have been working hard to start out the 2017-18 season**

by Taylor Newell

As the season gets underway, the Saydel wrestling team has some big goals in mind--specifically one that the team has been looking at for quite some time now: "I want to make us conference champs," senior Klayton Keller acknowledged. Being conference champs has been something the team has come so close to in previous years. In the 2016-17 season the Eagle wrestlers only missed it by 10 points in a dual against PCM. They also were 10 points behind PCM at the conference tournament, after leading all day.

The Saydel wrestling team will see some new competition this year. They added a few new duals and tournaments. "It's good to see different teams and different types of wrestlers that we aren't used to seeing," said Keller. The Eagle wrestlers are used to seeing mostly 2A and some 3A teams, but with these new competitions added, they will see more 2A and 1A teams; more teams that they might encounter at the state tournament in February. Seeing the new competition will give the wrestlers an advantage when they reach that level.

The Saydel wrestling team has put in a lot of hard work in the beginning of the season to prepare themselves for competition. Not only have the veteran wrestlers been working hard, but a lot of the wrestlers that are new to the sport or new to the high school level as well. Klayton Keller has noticed and said, "I love watching the kids who never believed in themselves turn around and become confident in their wrestling abilities." Wrestling is an individual sport, but it's also a very big team sport and all the wrestlers are each other's biggest supporters.

Make sure to come and see the hard work that the wrestling team has put in, and show your support. The Eagles have a home triangular on Thursday, January 11, against Gilbert and North Polk. They will also recognize the seniors involved in wrestling and wrestling cheer. Come out and watch some good wrestling, and show support to the Eagle wrestlers and seniors!



Freshman Jake Van Houten gets ready to wrestle his opponent.

# Trivia? NIGHT?

by Alyssa Monroe

## ALL YOU NEED IS YOUR BRAIN!

Saydel's Principles of Management class is hosting a trivia night on Wednesday, December 20 at 6pm. The event is the students' final class project. A small group including seniors Cody Boozell, Josh Green, Jacob Kuehl and junior Alyssa Monroe are having a trivia night to bring the community together for the holidays. Senior Cody Boozell says, "This is the most involved project I have done: such as getting prizes and reserving the spot for the night."

The group agrees that they are very excited for Saydel Trivia Night to see how many people come. At Saydel Trivia Night there will be a kid's coloring area, concession stands, and holiday trivia. People can win prizes such as activities pass donated by Activities Director Ms. Melissa Crosse along, with gift cards and a BIG grand-mystery prize. Everyone can go and is welcomed-- all ages from elementary to adults.

## WE HOPE TO SEE YOU THERE!





# Staying Current with the Newest Edition of the Library

THERE'S NOTHING FINER THAN A FANCY BOOK SAVE FOR A FANCY LIBRARY

by Casey Campbell

With the help of new librarian Ms. Nichole Foxhoven, the Saydel library has been home to some very big changes. New furniture, new genres, more space, all for the benefit of the students. It is Ms. Foxhoven's goal to help teenagers get interested in reading in a safe and comfortable environment. She wants students to come to her library not only to read, but to relax and get away from the stresses of the day.

Ms. Foxhoven believes that it is very important for young people today to read books. "To be able to read different scenarios and situations of people your own age, to be able to validate your own experience and get a different perspective [is why reading is so important]," said Ms. Foxhoven.

In hopes to keep adding more and more books to the rising collection, Ms. Foxhoven has made a subscription to get three new books each month: one novel, one sport related, and one that picks up on the most current trends. Pictured below and to the left are some of these new books.

Along with the addition of new books every month, the library now has a graphic novel section (pictured below and to the right). Make sure to go check it out!

The library has just recently decided to start doing book clubs; ask the librarian about this great opportunity if you are interested!



Above is a display of new books from Ms. Foxhoven's subscription.



The recently added graphic novel section with all the newest hits is pictured above.

# New Year's Resolutions

## How the tradition began

by B'Elanna Trulove

Ever wonder why people make New Year's resolutions? It all started around 4,000 years ago in ancient Babylon, according to History.com. Ancient Babylon's ruins lie in Iraq, close to Baghdad. The Babylonians celebrated the new year when the crops were planted in mid-March, not January. They also waited to celebrate the new year when there were equal amounts of sunlight and darkness, right after the vernal equinox. In celebration of the new year, the Babylonians threw a massive 12-day religious celebration called Akitu. During this celebration, they either crowned a new king or reaffirmed their loyalty to the reigning king. The Babylonians also made promises to the gods to return any borrowed goods and pay off their debts. This is considered the first time New Year's resolutions were made. If they kept all of their promises, they had favor from the gods. However, if they broke any of their promises, they were considered to be on the gods' bad side.

We celebrate the new year in January because of the ancient Romans. The traditional ancient Roman calendar only had 10 months and 304 days. They had been celebrating the new year at the Vernal Equinox, just like the Babylonians. Julius Caesar tweaked the calendar so that the new year started on January 1, as stated by History.com. He did this because, over the years, the calendar fell out of sync with the sun. He also did this to honor the god Janus: Roman god of beginnings. Janus has two faces, one to look into the future and one to look into the past. The Romans celebrated the new year by throwing parties, giving gifts, and decorating their homes.

Modern day New Year's looks a little different. People celebrate the holiday very differently around the world and at different times. In China, the new year is celebrated on February 16. People still throw parties and there are a lot of reoccurring celebrations still happening. For instance, the iconic dropping of the ball in New York City. While making New Year's resolutions has become very popular, it has become common knowledge that it is very rare for people to keep their resolutions. Around 45% of Americans say they make New Year's resolutions, however, only about 8% of Americans actually meet their goals, according to History.com. Turns out we need even more practice at keeping our resolutions, even though we've been practicing them for 4,000 years.



# Winter Concert Recap



## The rundown of the merry occasion

by B'Elanna Trulove

It's time for the holidays! That means it's time for the annual winter concert at Saydel. Both band and choir perform in this concert every year. Everyone always has a favorite part of the concert. Whether it's a song the choir sings or a piece the band performs, there is always one part that is a highlight. Band member Manny Mazariegos' favorite part of the concert was "performing all of the pieces that we have worked hard on this semester." Choir member Taylor Conley's favorite part was "singing with Vocal Fusion. I had a lot of fun with it. We were more in tune than I thought, and we performed fun songs." Both Manny and Taylor thought that this year's concert was very successful. "I have heard from other people that compared to years prior, we had a good band. Mr. Eric Layden also said that we did awesomely. Since I was apart of the performance, I got to understand how the music program works, and I appreciated it more," Manny explained. "I felt as if everyone brought lots of energy, and I received lots of compliments," said Taylor.

While both the band and choir were successful, there were some pieces that proved to be challenging to learn for both groups. "Personally, "Silent Night" was the hardest to learn. Some of the notes were difficult but in the end, it was one of my favorite pieces," explained Manny. Taylor said, "The Jazz version of "Santa Claus is Coming to Town" was difficult. It had a lot of clashy chords, and the rhythm was complex. When we sang it sounded really good though." While Manny has many things he loves about band, his favorite part is hanging out with friends. That is one of the reasons he joined band. "One day I was sitting at lunch with friends, and they were using a whole bunch of band jargon that I didn't understand and I felt secluded, so I joined band." Taylor's favorite part of choir is "that I get to do it every day. Music has always been a passion of mine, and I love that I get to pursue it in school." Both band and choir work very hard at what they do, and it pays off! Come and support your Eagles at their next performance. See you there!



The concert band performs a piece during the winter concert.



The concert choir sings a song at the Saydel winter concert.

# ***CARVING CLUB***

## ***CUTTING DEEPER INTO THE INNER WORKINGS OF WOOD CARVING***

by Casey Campbell

Mr. Terry Voss, skilled trades teacher, has a few tricks up his sleeve. For almost 30 years--29 to be exact--he has been pursuing his favorite hobby: wood carving. He got started on this particular activity purely because he loved woodworking and this was yet another branch of it. Below are some of his great carvings.



This year he has decided to impart his knowledge on those who are willing to learn. “When you learn to carve you take classes and get better, then you want to teach others. I wanted to show [my students] what I’ve learned,” said Mr. Voss.



Everyday during flex time he teaches a handful of students his various skills and tricks. They have been working hard and learning quickly. Just recently they finished carving wood santa ornaments that they contributed to the Mid Iowa Wood Carving Club who then donated them to the Festival of Trees and Lights, where they auction off decorated Christmas trees, which raised money for the Blank Park Children’s Hospital. To the left is the tree which displayed their ornaments.

This club is open to anyone and everyone, so head on over to Mr. Voss’ during flex to learn more about this great activity!