



Staff member performs in world-renowned singing group

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The Quill

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Robbinsdale Cooper High School

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ATHLETIC AREA UPGRADES NEARING COMPLETION



Photo by MS. SCHAEFFER

New workout equipment, artificial turf and repainted walls are among the changes being brought to the weight room.

By MAJAY MURPHY
Quill staff writer

The Cooper athletic area is currently undergoing major changes thanks to funds acquired through the Polaris Foundation and the Thielen Foundation.

The area that is seeing the biggest transformation is the school weight room. The walls, ceilings and pipes in the room are being repainted. Additionally, there will be artistic elements that promote the Cooper

brand. Finally, there will be all new workout equipment in the room once it is ready.

Changes are also coming to the hallway outside of the Activities Office. There will be new painting, sports-related graphics above the lockers and various Cooper branding elements. The intent is to make it more welcoming to people coming for athletic events, similar to the school's main foyer near the Cooper auditorium.

"The athletic hallway outside of the activities director's

office will be an inviting area for when fans come to games and when students are walking in the halls," Cooper assistant principal and head football coach Mr. Howard said.

"All sports will have representation above the lockers in that hallway and you should notice a more up-to-date entrance at door number 18 that should look very similar to the outside of the auditorium. We will also be putting some branding and Cooper pride on the elevator and around the concession

stand downstairs to generate more school spirit."

Guiding the project since its inception was Howard. More than a year ago, he became concerned that the Cooper weight room was not comparable to those seen at other schools in the area. That prompted him to start a Go Fund Me campaign designed to raise \$150,000 to pay for the overhaul to the Cooper athletic area, but that effort did not succeed. It was then that Howard's connections to the Minnesota Vikings as a former

Revamped weight room, updated hallway decor will greet students when they return in April

player took his quest for a new weight room in a new direction.

"I went to Indianapolis [in 2020] to represent the Vikings at their high school coaching clinic and I began to network even more to try to find ways to make my dream into a reality," Howard said. "A buddy of mine, John Randle, an all-pro Hall of Famer, met with me at the weight room and saw my frustration and saw my vision. He began to help me locate individuals that would have interest in supporting our goals."

Eventually, Howard was connected with the Polaris Foundation, an offshoot of the Polaris outdoor equipment company that is dedicated to investment in Minnesota youth and communities, and the Thielen Foundation, a charitable group founded by Vikings player Adam Thielen to support underserved youth in the upper Midwest through sports. Thanks to the involvement of these two organizations, Howard was able to raise the nearly \$200,000 necessary for the project. This allowed work to begin on the project during fall of 2020.

"A majority of the work has been done through my connections and the funds allocated for the project, but our district has utilized appropriate funds for painting, as they have also painted the halls in the main areas of the building in the school," Howard said.

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Robbinsdale board votes to change school start times

While officials have not yet determined which year the revised times will take effect, the high school day will eventually begin at 8:35 a.m.

By JACK ATKINSON
Quill staff writer

The Robbinsdale School Board voted 5-2 on December 7, 2020 to change start times at the high school, middle school and elementary school levels. It has not yet been decided which school year will bring the introduction of the new start times.

"The school board has been exploring the benefits of changing school start times for more than three years," Robbinsdale School District Interim Superintendent Dr. Burrage said in a statement. "Their goal was to move high schools to a later start time without incurring additional transportation costs."

The projected new times for school at each level are: 7:45 a.m. to 2:05 p.m. for elementary, 8:35 a.m. to 3:25 p.m. for high school and 9:20 a.m. to 4:05 p.m. for middle school.

The district is currently seeking bids from transportation companies in light of the proposed change. Once this process is complete, the district and school board will decide when the new start times will begin. According to Burrage, the altered schedule will bring "a potential annual savings of more than \$75,000 in transportation costs."

In addition to working with the transportation companies, the district is now developing a School Start Time Steering Committee that will lead the work using a subcommittee process. Among the groups that are being consulted for input on the changes will be: parents and community members, licensed staff members, non-licensed staff members and activities departments. These meetings, which started in late January and early February, will continue throughout the planning and implementation process.

"Change is hard, especially when our routines are disrupted, just like they've been since last March. But, if COVID-19 has taught us anything, it's to look at change with an open mind and know that we have persevered," Burrage said in a statement.



Photo by LOU VANG

The morning and afternoon bus process will shift by more than one hour.

Cooper teachers are beginning to consider the potential benefits that could come with the introduction of a later start time. Social studies teacher Ms. Kilsdonk pointed out that teachers could use the extra hour each morning to prepare for the day and make changes to curriculum based on data from the previous day's classes.

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Registration process underway for 2021-2022 school year

Students are signing up for classes using an online system with assistance from school guidance counselors, teachers

By MAKAYLA HOTT
Quill staff writer

Cooper counselors made virtual visits to English classes at the end of January and beginning of February to get Hawks registered for their 2021-2022 courses.

While the routine of visiting English classrooms to speak with freshmen, sophomores and juniors about their course options for the following school year happens in early second semester every school year, distance learning has added an extra challenge to the process this school year. Fortunately, Ms. Senger, the counselor for the class of 2024, said the Cooper counseling team worked together to develop presentations that will successfully guide students through the necessary steps to sign up for classes online.

"[We told them] where to find registration information [on] Schoology, such as the course guide, PowerPoint

presentation and registration form," Senger said.

In addition, during the English classroom presentations, Senger said counselors emphasized the graduation requirements; the course options for required classes such as English, math, social studies and science; and world language for ninth and 10th grade students.

"The MYPIB program requires that students stay with the same world language from middle school through high school," Senger said.

Also covered during the presentations were the elective choices for each grade level.

"As students move up through the grades, there are more choices," Senger said.

During the presentations, counselors spent time giving students information about special class options as well. For instance, they discussed the AVID program, which has limited openings for students in grades nine, 10 and 11. Time was also spent discussing college-related opportunities at

Cooper, including IB courses, AP courses, engineering courses through Project Lead the Way and Post-Secondary Education Option courses. Finally, counselors discussed credit recovery options for those students who have not passed classes.

After the presentations, students had the ability to select and register for their own classes electronically.

"The students have to complete the Google registration form," Senger said. "We are requesting that it is completed while we are in the English class. We can answer questions and students will meet the deadline to get requests in."

Although students have the ability to select their own classes, there are a few areas in which counselors and each student's current teachers give input. When it comes to math and world language classes, for instance, a student's current teacher recommends that student's proper placement for

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START TIMES

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"It also could encourage more rest for teachers or even time for healthy pursuits of exercise before work," Kilsdonk added.

Another benefit to teachers may be the readiness of students to engage in class each morning. English teacher Ms. Obranovich said this could be helpful during first and second period.

"I think it will be helpful to teachers in that students may be more alert and ready to learn right away in the morning. First and second periods tend to be quiet, as students are often still feeling sleepy. The later start time might allow students to have more energy for participation in their early classes," Obranovich said.

At the same time, the adjusted start time may have some drawbacks from a teacher perspective. Kilsdonk pointed out that teachers who have a long commute to Cooper will now have to deal with rush hour traffic. Additionally, Obranovich said that teachers who have their own families will need to make some changes compared to previous years.

"One of the drawbacks is that it will be a pretty big shift for us in terms of our own families and their schedules," Obranovich said. "Teachers may have to arrange their childcare differently or shift other aspects of their personal lives outside of school."

Despite the potential obstacles, both Obranovich and Kilsdonk said they are optimistic about the new start time. Obranovich said she is hopeful to make good use of the extra hour in the morning, while Kilsdonk said she thinks the change will be helpful to students.

"I personally am fine with the start time change because I think some students work evening hours or are involved in extracurricular activities, and this would give them more time to rest, and be more productive for class," Kilsdonk said.

From the perspective of current students, the change to Cooper's start time has some potential benefits. One big one relates to being better rested.

"[One] thing I can think of that would be beneficial to students with a later start time is we might be able to get more sleep," John Myron Owens (10) said.

Agreeing with Owens was Asaysha Joiner (11).

"I think students might benefit from a later high school start time because it would mean we could get more sleep, which would improve our focus in classes, improving our grades," she said.

As for the possible drawbacks of the new school schedule, Owens pointed out the impact the later end time for school will have on students who have to deal with homework, sports and part-time jobs in the evening.

"If the high school started at 8:30, school wouldn't end until 3:20, which for kids with a job and in sports wouldn't work out because they still need time to do homework at night, and probably don't want to work really late," Owens said.

It is for these reasons that Owens said he is not looking forward to the eventual change in high school start times.

"I don't think we should change the time. It seems like a really bad idea to me with almost no upsides and plenty of downsides," he said.

REGISTRATION

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the next school year. On the other hand, AP classes in grades nine and 10, and IB classes in grades 11 and 12, are self-selected by students.

"[It is] easy to get into those classes [but] more difficult to get out," Senger said. "They will need parent permission and teacher recommendation to drop a rigorous course."

After the registration process is complete this winter, students and their counselors will review the students' entries to verify that the schedules look correct for next fall.

"If students made a mistake in their registration, they need to contact their counselor," Senger said.

In addition to the presentations in English classrooms, the counselors also held a virtual registration night on February 3 to assist students and families with registration for the 2021-2022 school year. Covered in this meeting were the same topics counselors discussed with students in their English classroom presentations.

Lunch and Learn adapts to online format

A mix of new and returning leisure and academic sessions are designed to meet the needs of Cooper students



Photo by DAVINA BELLINGER

Some music-related leisure sessions made the jump to a virtual setting during distance learning.

By JACK ATKINSON
Quill staff writer

Cooper's Hawk Lunch and Learn (HLL) period is continuing this school year with new leisure activities available so students never run out of options for fun things to do.

Cooper first implemented the Lunch and Learn system at the beginning of the 2017-2018 school year to offer students time to work and relax during the day. When the system runs during in-person learning, Mondays and Thursdays are academic days, Tuesdays and Fridays are leisure days, and Wednesdays are advisory days. During distance learning, the Lunch and Learn options take place on Thursdays during fifth period.

"The reason for wanting to provide this opportunity was to offer time during the school day to students who may need extra help and provide enrichment time for those who are excel-

ling," Head Principal Mr. Herman said.

Attending school from home can cause some students to feel stressed or disconnected from their peers. According to Herman, the Lunch and Learn period is designed to help students avoid these pitfalls through the ability to take part in fun activities with fellow students or access academic support from teachers.

While the virtual nature of distance learning has made it possible for some existing Lunch and Learn leisure options to continue, it has also made it possible for some new ones to be developed. In fact, there are more than four dozen leisure options this year, ranging from a Minnesota Twins discussion group to a Zumba workout club to a session in which students can learn sign language.

One unique leisure session offered this year is music teacher Mr. Hahn's "History of Rock" class. For this session, Hahn took a course he

original taught in another district and streamlined it to fit the time constraints of Lunch and Learn. He said the session covers "every notable innovation from the last 130 years" and looks at the way in which these "innovations in popular music parallel societal trends."

"There is lecture as well as listening to historically significant recordings," Hahn said.

Hahn added that, over the course of the first semester, the number of people attending the session grew smaller, which prompted him to adjust some of the focus of the session to meet the needs of the students attending.

"For the last three months, I've been doing jazz theory and music form and analysis under the original heading," Hahn said.

Also being offered this year are academic support options. Academic sessions are meant to help students get the academic support they need without cutting into class time or requiring that

students stay after school. There are academic sessions available for almost every class, and though they may not be held by the same teacher that you have for that class, they will be able to help you with any issues you may be having in a given subject area. Academic sessions are an opportunity for retaking or making up tests, working on schoolwork and homework, and asking teachers any questions you may have.

One example of an academic session is English teacher Ms. Prillwitz's "English 9 and English 11 Help" option. Prillwitz said she initially created the session for students who might need help in the sections of English 9 and English 11 that she teaches, but that other students taking those classes can also stop by for assistance.

"Students who come to my HLL session typically have questions about something we're doing in class, so we work through their questions," Prillwitz said. "Some students use the time to work through revisions of their writing, and other students ask me to explain concepts we've covered previously in class."

While Prillwitz said the help session is important from an academic perspective, she also stressed that it gives students another way to feel connected to school during distance learning.

"In a year when it seems typical for many of us to feel disconnected, I hope opportunities such as office hours and HLL offer students and teachers a chance to connect in a smaller group setting than class and for students to have their individual questions answered," she said.

Students can sign up for all HLL sessions through EdEfficiency. It is important that students remember to sign up for the sessions they want to go to, as they will be counted absent if they attend a session they are not signed up for. Students can sign up for a session up until the day before that session takes place. EdEfficiency will also inform students which session they are signed up for that day and what Google Meet or Zoom code they need to access the session.

Annual holiday fundraiser sees record response

Hawk staff members contributed to a Target gift card drive that resulted in 100 Cooper students getting unexpected presents

By CHRISTOPHER NGUYEN
Quill staff writer

Cooper staff rallied together for the annual Holiday Cheer Gift Card Drive in December 2020 despite the challenges of distance learning. Through this event, gift cards to Target were collected from staff and distributed to students whose families may be facing financial hardships heading into the holiday season.

The 2020 event was organized by Cooper social workers Ms. Mersy and Ms. Willis. According to Mersy, the event was meant to give back to the community and spread holiday cheer to the students at Cooper.

"We were very pleased with the event. Cooper staff and their friends and family are incredibly generous, giving people," Mersy said.

In early December each year, Mersy and Willis contact the Cooper staff seeking Target gift card donations for the Holiday Cheer Gift



Photo by MS. MERSY

The donated gift cards were mailed to recommended Cooper students.

Card Drive. According to Mersy, this year's drive made it possible to "gift 100 students with some cheer," which was a record.

"This year it seemed that many, many people wanted to help each other, possibly because we are all dealing

with isolation and the pandemic. We were overwhelmed by the number of donations we received," Mersy said.

In a typical year, staff members are contacted about the fundraising event at the start of December and have a few weeks to purchase the

cards and physically drop them off with Mersy or Willis. Once all of the cards are collected, Mersy and Willis then determine which students to distribute the cards to, and those students are given the cards directly at school.

Due to the pandemic, there were some complications this year in receiving and distributing the donations.

"The biggest hardship was trying to figure out how to collect the donations given that we are not in person," Mersy said. "Some people dropped them off, some mailed them in and, because our staff are so good at being creative and following through, we received all of the donations we expected to receive," Mersy said.

Once all the donations were received, Mersy and Willis distributed them to the 100 selected students using the postal system.

Based on the success of this year's event, Mersy said the staff will definitely take part in more events like this in the future.

Cooper continues to recognize Students of the Month

Although distance learning has altered the celebration event, staff can still nominate students for this monthly honor

By SANDY VUE
Quill staff writer

The Student of the Month awards have been continuing during the 2020-2021 school year despite the challenges of distance learning.

Through the Student of the Month program, Cooper staff members are able to nominate students who excel in that month's selected International Baccalaureate (IB) Learner Profile Attribute. These attributes have been selected by IB as traits needed for students to be productive global citizens.

Each of the IB Learner Profile traits correspond to different months during the 2020-2021 school year. The trait for September was Caring; October was Communicators; November was Open-Minded; December was Principled; January was Balanced; February is Risk-Takers

and Knowledgeable; March will be Thinkers and Inquirers; and April will be Reflective.

IB Coordinator Ms. Christensen and IB Office Assistant Ms. Meyer are both responsible for setting up and promoting this annual program.

"I have a Google Doc where staff can log in their nomination and leave a comment to the student about why they felt the student was worthy of the nomination," Meyer said.

For each month and trait, staff members are able to nominate one student per grade level and department.

"Once the nominations are gathered, we send the list to our district print shop. They print the certificates," Christensen said.

After the certificates are produced, Christensen and Meyer will then prepare a packet of goodies for the

winning students. Usually, this packet will contain a Hawk window cling; a coupon from Big Frog Custom T-shirts in Plymouth, which will give the winners a free Student of the Month T-shirt; several freebie coupons from Dairy Queen; an IB Learner Profile bracelet; and a sheet explaining who nominated the student and why they were nominated.

During a normal, non-pandemic year, students receive their certificate and award packet at the start of the month during a ceremony in the teachers' lounge that takes place during third period. Hy-Vee in New Hope usually donates donuts for this celebration, and students get to take pictures with the orange and blue "Student of the Month" sign. A group photo is also taken with all the winning students that is "featured on Facebook and in [Cooper Head Principal] Dr. Herman's tweets

and weekly newsletter to families," Meyer said.

Afterward, students can stay in the teacher's lounge with their donut and friends. Later, the individual photos of the winners are posted in the front lobby to highlight that month's students.

While many of these same steps are taking place this year, the realities of distance learning have led to some changes in the process.

"This year, we're forgoing photos and donuts, and have been mailing the certificate and other items home to students," Meyer said.

Additionally, Meyer has been preparing a monthly display by grade that Herman will tweet, post on Facebook and share in his communications.

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Staff member sings with famous group

Personal Learning Coach Mr. Jones is currently a member of the internationally known ensemble Sounds of Blackness

By ANDREA TRIBBLE
Quill staff writer

Imagine traveling the world doing what you love and making an impact while doing so. This is the reality for Cooper Personal Learning Coach Mr. Jones, who is currently part of the world-renowned, Minneapolis-based singing group Sounds of Blackness.

Jones' passion for music began when he was five years old and saw his relatives singing in church. He eventually decided to join the choir.

"I knew I had something when I was in college and came home during winter break and sang a solo at church for the first time in my life and shocked everyone," Jones said.

Jones was always known for being a standout basketball and track athlete, so the fact that he could sing was surprising to his family and friends.

Jones continued to pursue his interest in singing, which eventually landed him a spot in the group Sounds of Blackness. It was in this group that Jones has had some memorable moments. He has traveled all over the world, meeting and sharing the stage with celebrities, presidents, queens and kings.

"I traveled to Tokyo, Japan with Sounds of Blackness and sang at the Billboard Live stadium in front of a crowd that treated us like major celebrities," Jones said.

In fact, Jones recalls there being a long line of people who waited for autographs after every show.

"That was by far one of the most



Photo courtesy of SOUNDS OF BLACKNESS

The group's noteworthy performances have included a gig in Tokyo and an appearance on BET.

humbling experiences I've had as a professional singer," he said.

The group also got the opportunity to perform for the BET Super Bowl Gospel event that was hosted in Minneapolis.

While he has enjoyed these unique performance opportunities, Jones hopes his music can go past just entertainment and have the ability to shine a light on racial injustices.

"I also sing with a group called MFELLAZ and we're currently working on a new music project that includes tracks that speak on injustices and racial inequalities in our communities and across the U.S.," Jones said.

Hearing all of this, one might wonder how Jones is able to balance being a professional music artist with being a staff member at Cooper, a basketball and track coach, a father and a grandfather.

"It's not always easy but I find a way to make it work and I appreciate the flexibility of it all," Jones said.

People interested in hearing Jones' music can listen to it online. The tracks "Tired" by MFELLAZ, "Sick and Tired" by Sounds of Blackness and "Don't Stop" by Responz are all available on YouTube.

"[I am] honored and humbled to share this gift with the world," Jones said.

ABC Lab provides path to earn missing credits

Students who have not passed core area classes can make them up through a computer-based system with teacher support

By MAKAYLA HOTT
Quill staff writer

Cooper's ABC Program gives students a chance during the school day and after school to make up the classes they have not passed in previous semesters so they can still graduate on time. For the students who do ABC Lab during the school day, it is a class that appears in their regular schedule. Even during distance learning, the ability to take ABC Lab to make up missed credits has continued.

"ABC Lab gives students an opportunity not to fail and gives them an opportunity to make up their credits so they will be able to graduate," ABC Lab teacher Ms. Geise said.

Students who take classes in the ABC Lab make use of the Edgenuity system. According to the ABC Lab requirements, each class contains three main elements that must be completed with at least 70 percent accuracy. These elements include computer-based learning, summatives and handwritten Cornell Notes.

"Courses are similar to in-person classes with units, assignments, quizzes, unit tests and cumulative exams," ABC Lab teacher Mr. Ludbrook said. "Because teacher instruction is prerecorded, students can stop, restart and replay instruction. Students are required to show notes before unit tests. These can be hand-written, but Edgenuity also has the

option to take notes within the program. Unit tests and exams are proctored by an ABC Lab teacher. These tests are locked by the program and can only be unlocked once notes are reviewed. Proctoring tests via distance learning means requiring a student to turn their camera on, put their phone beyond their reach, and screen sharing in Google Meet."

Students can work at their own pace on their ABC Lab credits. That means some students may finish a missed credit in less than a full semester.

"Courses range from 30-50 hours

Geise added that something she likes about ABC Lab is "how students can work at their own pace." At the same time, the fact that students can work at their own pace can also lead to some students not prioritizing their ABC Lab work.

"It is harder for some students to get motivated," she said. "My advice is just don't wait until the very end to try to do work and try to do work at least every day."

The credits students make up in ABC Lab typically involve the core sub-

jects of English, math, science and social studies. Geise said that most AP courses are available for students to make up, but they don't have any IB courses available for students to make up.

While the basic services provided to students in the ABC Lab have not changed during distance learning, Ludbrook said there have been a few challenges he has noticed with students in 2020-2021. First, Ludbrook said that he and Geise have been facing "the same issues with attendance and work completion along with other Cooper teachers"

Students who have made up classes in the ABC Lab have had various reactions to the requirements and of the program. For example, Heaven Shaw (12) said she found the class she took in the ABC Lab to be somewhere in the middle of hard and easy. However, she did not enjoy the amount of time it took to complete the class.

"It was way too long for my liking," she said. In contrast, Aryah Adams (12) said the ABC Lab "was cool" despite there being "some unnecessary stuff" she had to do. However, she enjoyed her teacher in the ABC Lab.

"Ms. Geise was really there for the students," she said.

Students interested in the ABC Lab are encouraged to contact their grade-level counselor. Counselors have the appropriate paperwork that must be completed and signed by a parent or guardian before students can begin the program.

"ABC Lab gives students an opportunity not to fail and gives them an opportunity to make up their credits so they will be able to graduate," ABC Lab teacher Ms. Geise said.

to complete," Ludbrook said. "Because we now offer prescriptive testing, this gives students the chance to test out of classes. Even if a student doesn't pass this test, the program will adjust the course length depending on how many questions the student answers correctly. Prescriptive testing is new this school year and we are excited for students to be given the opportunity to be credited for material they already know. Prescriptive testing is only offered to students that have previously taken an in-person class and not received credit."

While the basic services provided to students in the ABC Lab have not changed during distance learning, Ludbrook said there have been a few challenges he has noticed with students in 2020-2021. First, Ludbrook said that he and Geise have been facing "the same issues with attendance and work completion along with other Cooper teachers"

Students interested in the ABC Lab are encouraged to contact their grade-level counselor. Counselors have the appropriate paperwork that must be completed and signed by a parent or guardian before students can begin the program.

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"We have tried to keep this process as close as possible to the original vision during the pandemic. We know that students are excited when they are nominated," Christensen said.

From the student perspective, the Student of the Month program has been a welcome part of the distance

learning experience. One student who was nominated for Student of the Month this year is Yordanose Mulat (11). Nominating Mulat for being Principled was AVID and social studies teacher Ms. Wineberg.

"It really made my day and I am really grateful for my teachers for even

being able to do their jobs during distance learning," Mulat said.

While the exact number of students nominated varies from month to month, Christensen said it is "approximately 30 in a typical month." No matter what number of students get nominated, the main goal is to identify

and celebrate students that are exhibiting that month's characteristics.

"So many things are related to grades, GPA and academic things. This program looks at the student and how they are treating themselves, treating others and living a life that's respectful to those around them," Meyer said.

The Quill

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Psychologists provide support to Hawks in need

The stress of the last year has made it important to get mental health help

By ANDREA TRIBBLE
Quill staff writer

This past year has been one filled with many stressful events that have completely transformed our sense of normalcy even as we have been asked to carry on with our responsibilities. The impact of this stress has resulted in many students relying on the support Cooper offers through its school psychologists, Ms. Weiers and Ms. Warner.

The school psychologists are part of the Cooper Multi-Tiered Systems of Support (MTSS) team, which exists to help students who are struggling with school and life in such stressful times.

"We support students in a variety of ways, either individually through one-on-one phone calls or Google Meets, group support or referring the students and their family to other community resources that could be helpful," Weiers said.

A KFF tracking poll taken in July 2020 showed that 53 percent of people in the U.S. stated that their mental health had worsened due to stress, anxiety and depression during the pandemic, compared to the 32 percent reported in March of the same year. Given these statistics, it is clear there are students at Cooper who may benefit from the support they could get from staff psychologists. However, according to Weiers, a lot of students may be reluctant to reach out and ask for help based on stigmas around mental health or feelings of embarrassment.

"I think it helps to think of our mental health as we do our physical health," Weiers said. "If you broke your leg, you wouldn't try to fix it on your own; you'd go to a doctor for help without feeling embarrassed. Similarly, when we go through something stressful, or when we are feeling big or difficult emotions that we're not sure how to deal with, we might not be able to fix it on our own, and we should reach out to someone who can help. There is no shame in needing the support of a mental health professional for our mental health."

In addition to the support they can give to students in crisis, the school psychologists also collaborate with parents and staff to facilitate student achievement. School psychologists assist in performing academic and behavioral assessments for eligibility in special education, they help parents and staff understand how the special education process works, and they work with students with more severe behavioral and emotional issues.

Before becoming a school psychologist, Weiers was initially a science teacher. She said she quickly saw how students carry heavy life experiences, which can make it difficult to engage in school.

"I found that I enjoyed building relationships and helping students navigate barriers even more than I enjoyed teaching science content," Weiers said.

For students who find themselves struggling with their mental health as distance learning continues, Weiers had a few suggestions of things they can do to prioritize and nurture their mental health. One is to establish routines like a reasonable bedtime while learning at home. Another is to move your body with physical exercise. Third, she said students should be intentional about finding joy in at least one thing each day. Finally, she encouraged students to reach out for support when they need it.

Virus is having assorted impacts on every student

Beyond the dangers of the actual disease, COVID is affecting people's health in unexpected ways

By TIONA EDWARDS-WALKER
Quill staff writer

COVID-19. Wow. How many times have we heard that? Personally, I can say way too many to count. My whole junior year and half of my sophomore year has revolved around this pandemic. Because of the coronavirus, I couldn't celebrate my 16th birthday. Because of the coronavirus, I had to quit my job. Because of the coronavirus, I had to hear of the losses of people around me and see it affect some of my family members. I guess it's fair to say that COVID-19 has affected us all in some way. However, one group that has been especially affected by the pandemic has been teens. Thanks to the amount of time teens have been stuck in their houses through distance learning and caution related to the virus, they have been facing boredom, inactivity due to a lack of exercise, and, for some, depression and stress.

It is obvious that being in the house for too long can cause a teenager to grow bored. This boredom can be made even more extreme thanks to the switch to online school. Some students are hands-on learners. These students need in-person instruction and the ability to do assignments on paper rather than on a laptop or they will get bored. Being stuck at home for school can cause you to start feeling unmotivated. Students feel as if they are sitting in front of a computer screen all day and they may not feel like the teacher is there to help. This can lead to students feeling like some teachers are giving more work online than they would have during in-person school. This complicated mix of boredom and stress about learning at home can make some students want to give up and quit.

Another complication of being stuck at home is that it may lead some students to a lack of physical activity. Not getting enough exercise can be bad for a teenager's health. In fact, a 2014 CDC study demonstrated that a lack of exercise in younger people was the leading cause of obesity. This is a cause for concern since obesity can lead to many more dangerous and life-threatening health issues later in life. Even before COVID-19 was an issue, teens were not known for working out at the gym or with exercise equipment as often as adults. However, teens would at least be active through such things as working a job, taking part in recreational activities or having gym classes at school. Now, with COVID-19 causing us to have to stay in the house more often for our safety, teens are less able to take advantage of any of these chances to stay in shape.

Unfortunately, the combination of boredom and a lack of exercise can lead to mental health issues. Since the pandemic started, people of all ages have been at a higher at risk of mental health issues. One way teens try to keep themselves entertained as a way of relieving mental stress is by turning to electronics. While this might be the most convenient thing to do, it might not be the healthiest. Young people are supposed to get out more. We are supposed to be exploring, working to earn money, going out to meet new people, planning dates with friends or having dinners together. These activities keep our minds in the right place. However, in the time of COVID-19, our ability to do these things has been limited.

Clearly, the combination of boredom, a lack of exercise and growing mental health concerns can be a lot for teens to deal with during the pandemic. Hopefully, by following the proper health protocols and by getting vaccinated when the chance becomes available, we all can go back to school and start to live our lives as normally as possible.

Start time change will help students

The school board's recent vote to eventually move the high school start time to 8:35 a.m. has potential benefits



Photo by MR. ZUCCOLA

It has not yet been decided which school year will see the start of the new district schedules.

By SANDY VUE
Quill staff writer

The idea of changing start times for high school students has been closely analyzed in recent years across many school districts in America. Research on the impact of pushing back the start time has demonstrated many positive outcomes for high school students. As a result, it was recently announced that the Robbinsdale School District will be moving back the start time at Cooper and Armstrong to 8:35 a.m. at some point in the next few school years. Can changing start times be a good thing for high school students? Will starting school at 8:35 a.m. actually make a difference in their lives? The answer to both of these questions is yes. Changing start times will be very beneficial for high school students.

A later start time allows students time to do more things in the morning.

For high school students with younger siblings who will be starting school earlier in the morning, this will be useful. There are many students who have younger siblings at home. Thus, older siblings will be able to get their younger siblings ready for school instead of relying on a parent or guardian to get them ready.

In addition, I know a lot of teachers who have kids who go to school. Sometimes, I wonder how they are able to get their child ready for school if they have to be at work by at least 7 a.m. If they can't take care of their child in the morning, are they not worried about their child if they are feeling sick that day? Is it not stressful to have to get a child ready in the morning while making sure you get to work on time? For these reasons, changing the high school start time can benefit students and adults who have things to do in the morning.

Furthermore, a later start time will allow high school students to have more

time to eat breakfast in the morning. Usually, when students start school at 7:20 a.m., they most likely will wake up late on occasion. I know I did this a lot during my sophomore year. The result is that students often do not have the time to eat anything before school. If students were to start school later, they'd have more sleep, will less likely miss their bus and be more likely to eat breakfast.

Starting school later will also make first period classes better. I have hated going to my first period class in the morning during the past few school years. It wasn't because the class was boring or because I felt unmotivated to do anything; mostly, it was because it was too early for me to focus on schoolwork. A later start time may actually help us be ready mentally for the first class of the day.

Another positive aspect of the later start time relates to the seasons. I am someone who gets the winter blues. I

hate winters because it is always snowing, the sky is gray and everything seems to be in black and white. Even worse, the days are shorter in the winter, which limits our chance to see the sun. Therefore, if we need to wake up at 5 a.m. or 6 a.m. in the morning before the sun even rises to make it to school on time, we seem to be in darkness all of the time. I am sure that for future Cooper students, waking up in the winter to brighter mornings will make them more awake for school. Hence, starting school at 8:35 a.m. is a much better time for students to be awake, more positive and ready to learn.

While there are many reasons why high school students should be starting school later, there are some potential drawbacks as well. Some people might argue that, if a high school student were to start school later in the day, then they would take that privilege for granted and will just become night owls who go to sleep at an even later time every night. I believe it is true that some high school students would make a bad decision like this. However, high school students are at an age when they should be old enough to determine when they need to go to sleep, especially since they need to become responsible adults in the future.

Another issue with a later start time is that it leads to a later end time for school. If high school students do not get out of school until 3:25 p.m., this limits the time they have in the late afternoon and night to take care of other activities and responsibilities. For example, there are some students who have to work after school and this would cut into their potential work hours. This could be a concern because students have things to save up for, ranging from simple things like a car to bigger things like helping their family afford things like food or bills.

Additionally, many students have after-school activities and sports that last for hours. Ending school later can

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Distance learning is no excuse for being tardy

Being at home makes it too tempting for some Hawks to arrive at class only when they feel like it

From the Editors

Being late to class is a topic that has been getting some attention this school year thanks to distance learning. With students learning from home, it is much more difficult to get them to class on time than it would be at school, where hallway monitors and the fear of getting tardies can be a deterrent. During a normal school year, being tardy can lead to having unexcused absences, and having a lot of unexcused absences can lead to truancy issues. However, even during distance learning, avoiding tardiness is important because students need to be in class, and it's good to learn how to be on time for class, especially if you want to go to college or hold a job in the future.

Tardies during distance learning can be caused by a variety of things. Late students may be goofing around at home, going to the bathroom, eating food or sleeping instead of dialing in to school. While it's good to have fun and take care of your physical needs, getting your education is also important. Truly, these are not great reasons for being late to class.

During a normal school year, many tardies occur because students are



Photo by LOU VANG

Tardy passes have been a distant memory during online school.

wandering the halls or socializing with friends during the five-minute passing time, which makes them miss the late bell. In contrast, students do not have to do any traveling while learning at home. In addition, the "passing time" between classes during distance learning is 10 minutes instead of five. Clearly, students can easily avoid being tardy by just being responsible for themselves and getting serious about being punctual.

One problem during distance

learning that can cause late arrivals to class is that students are prioritizing what is happening around them at home over getting to class on time. For example, some students might be late because they are taking too long eating breakfast or they decide they would rather sleep in for that extra 30 or 60 minutes. Students need to remember that they are still students during distance learning and that school is the priority. Learning how to balance your time during the school day

so you sign in to class on time is key.

A legitimate issue some students are facing at home that might make it hard for them to be on time to class is that they are being given responsibilities by their parents that interfere with classes. Some students are expected to help their younger siblings who are also in distance learning with their work, which might make it hard for those students to get to their own classes on time. In cases like this, students may be torn between meeting the demands of their parents and meeting the expectations of attending online classes.

While it is clear there may be legitimate reasons for occasional tardiness, that still does not change the fact that students should be on time for class. If you're late to class, you won't be able to learn anything besides how to be late to things that are important to you later in life. School prepares you for waking up early for jobs and being on time for jobs. If you're constantly late to class, what will you do when you have a job you need to pay rent or a college class you need to earn your degree? Being late to class is a problem for a lot of people, but if you commit to organizing your time and taking class start times more seriously, your school work will benefit.

Advisory class is more important than ever this year

The weekly meeting is an effective way to learn important school dates, get teacher support and find out about activities

By YORDANOSE MULAT
Quill staff writer

Ever since the distance learning plus model went into effect this school year, Cooper students have had a mandatory advisory meeting every Monday at 11 a.m. During the advisory meeting, important information is shared with students of all grades. In advisory, students are made aware of special dates, including dates on which there is no school. Students may also get support from their advisory teachers during the advisory meeting. Lastly, students can be informed during advisory about sports and activities they can join. It is for these reasons that advisory has been more useful

than ever during distance learning.

During distance learning, there is not much contact with teachers and other students, which can make us much more unaware of things that are happening in our school. For example, we might not be aware of the dates when spring break takes place or know when there is no school due to a staff professional development day. However, by having an advisory session every Monday, we can make sure all students get information about these topics. Therefore, advisory lets us be more aware of important dates that we wouldn't have otherwise known.

Moreover, students can get support from advisory teachers during the

advisory sessions. Distance learning can be overwhelming when we don't get support from our teachers and other students. However, students can get supportive messages from their advisory teachers. Advisory teachers often provide slides about staying on track, taking care of one's mental health, and demonstrating kindness. These messages can do a lot for students struggling with their adaptation to distance learning and even for people struggling with life in these hard times.

Lastly, sports and activities are something a lot of students have forgotten about because of COVID-19 and the fact that we do not physically go to school at this time. Advisory, however,

always keeps students updated with information about registering for sports and activities, deadlines for registration, and the start dates for these extracurriculars. In this way, advisory helps students be more aware of ways to stay active in school activities.

Overall, advisory is crucial during distance learning. The weekly sessions help students stay on top of updates that affect them and their peers. Advisory can also offer much-needed support to students who are struggling. Finally, advisory can help students stay involved in high school life. For those students who have not been attending their advisory sessions, you should consider dialing in.

Brothers duel over *Wii Sports Resort*

While both agree on a four-star rating, sibling *Quill* staff writers have different reasons for arriving at that verdict

By LUKE REKELA-JASPER
Quill staff writer

All good things come in twos, from *Toy Story 2* to *Spider-Man 2* to *Uncharted 2*. However, I think one of the most overlooked sequels happens to come from one of the most ancient video game consoles from the early 2000s: the Wii. The game in question is *Wii Sports Resort*, which is a sequel to *Wii Sports*.

I'm sure everybody has played *Wii Sports Resort* with either their sibling, grandparents, or cousins, but for those who haven't, I'll be reviewing three game modes that show the strengths of *Wii Sports Resort*, and the three modes in the game that are on the weaker side. I should also mention that none of these sports modes are actual physical activities that you could break a real sweat in, so if you're looking to lose weight, I'd recommend checking yourself into any fitness center. However, if you just want a fun quarantine activity, *Wii Sports Resort* will be your savior.

My personal favorite game mode has to be Basketball. I've spent countless hours playing with family members in these quick little matchups, and while they do not follow the rules of actual basketball, it's just fun to shoot hoops and slam dunk every once in a while. As someone who is less than six feet tall, I've always been proud of my slam dunking skills in *Wii Sports Resort*. I recommend the Basketball game mode to just about anybody.

Another game mode that is most likely the favorite of every young or angry child is Swordplay. Two players stand on a large pylon wielding large pointed lances and are tasked with hitting the opponent off the tower two times to earn the gold medal. When playing this game mode, I highly advise players to wear the wrist strap located on the Wii remote to prevent a damaged television screen because pylon-killing can get pretty intense once the bells ring to start a fight.

A third game mode that I love playing is Table Tennis. While I think the regular Tennis mode was much stronger in the first *Wii Sports* game, Table Tennis is still a lot of fun. It is basically tennis on a smaller scale, kind of like mini golf is when compared to regular golf.

However, while I think *Wii Sports Resort* has a variety of fun game modes, there are few that I think players should avoid. The first game mode that I would absolutely not recommend is Wakeboarding. First of all, the controls are a mess. The player has to turn their Wii remote to the side, steer across treacherous waters and attempt to do cool flips. I know it sounds fun, but similar to how real wakeboarding is in real life, it's no cakewalk.

Another bad game mode is Frisbee. As someone who played on an



Photo courtesy of NINTENDO

Is the Canoeing game impossible to enjoy or is it a fun challenge to those dedicated enough to master it?

ultimate Frisbee team for roughly a month before the coronavirus hit in 2020, I can tell you that the Frisbee game mode is nothing like how a real Frisbee is thrown. I'd also like to recommend that players of this game wear their wrist strap because I guarantee they will experience some kind of emotion that could perhaps make them lose control of the remote. Like I mentioned earlier, nobody wants a damaged television.

Although Wakeboarding and Frisbee are bad, the game mode that gets the gold medal for being awful is Canoeing. I'm sure all of you *Wii Sports Resort* fans reading this review were waiting for me to talk about Canoeing and I definitely have a lot to say. First of all, you can never paddle in the actual direction that you want to go. Second, there are several water hazards in the water arena that are supposed to make the game challenging and fun; instead, I think the developers thought it would be a running gag to use these hazards to make the Canoeing mode impossible to enjoy. Finally, this game mode seems to last forever. There are five or six total laps, which makes the experience take about five minutes total. Typically, any good game mode (besides Basketball and Bowling) will take about three minutes or less. I do not like Canoeing in *Wii Sports Resort* and would not recommend it.

While I do think *Wii Sports Resort* has a lot of bad game modes, the good modes outweigh the bad. In addition to the three good games mentioned earlier, other game modes worth playing are Archery, Cycling, Golf, Power Cruising and Air Sports. Overall, I give *Wii Sports Resort* four out of five stars because the three weaker game modes I mentioned can easily be avoided.

By MAX REKELA-JASPER
Quill staff writer

Wii Sports Resort is the sequel to the famous *Wii Sports* game that hit the Wii in 2009. Developed by Nintendo, this game takes players into the world of Wahoo Island, an island dedicated to keeping Mii characters playing all sorts of sports. *Wii Sports Resort* contains some of the old, fan-favorite game modes from the original *Wii Sports*, such as Bowling and Golf. The game also features 10 brand new sports modes that will keep gamers playing, most notably Basketball, Wakeboarding and Frisbee. While this game was intended for people to get up off the couch and play, many people, such as Luke Rekela-Jasper (11), likely play from the couch, which is the way the game is not intended to be played. Playing this game from the couch will likely alter your performance and make you unable to perform at the absolute best level you can. For this particular review, I will be reviewing the three game modes Luke Rekela-Jasper harshly criticized: Wakeboarding, Frisbee and Canoeing.

Wakeboarding is a fun-filled game mode that has gamers on a wakeboard, connected to the back of a boat, going at high speeds, catching large air, and performing neat tricks in mid-air. Luke Rekela-Jasper claims that the controls are a mess because the Wii remote has to be turned to the side. I strongly disagree with this claim, as moving the Wii remote to the side makes it easier for this game mode to be played. Although you do have to angle the Wii remote in certain directions when landing on the water to get points, it is pretty easy to do.

Another game mode Luke Re-

kela-Jasper harshly critiqued was Frisbee. There are two game modes for gamers to select in this one: Frisbee Dog and Frisbee Golf. Frisbee Dog simply has you throwing a Frisbee at a target and a little dog running over and catching it. Frisbee Golf is essentially the same as Golf, except with a Frisbee. There are different types of Frisbees to use, depending on where you are on the course.

Luke Rekela-Jasper claimed that throwing a Frisbee in this game is absolutely nothing like throwing a Frisbee in real life. Wrong! It is exactly like throwing a Frisbee in real life. All you do is simply flick your wrist and the Frisbee goes flying in the direction you threw it. My guess is that Luke Rekela-Jasper is so bad at this mode that his Wii remote hit the television set after he went into a rage sparked by his failed attempt to throw an imaginary Frisbee at an imaginary dog. But I do agree with him on one point: wear the wrist strap. This will save you from disaster in case you experience the same kind of emotion that prompted Luke Rekela-Jasper to lose control of his Wii remote.

Speaking of losing control, Canoeing is the final game mode Luke Rekela-Jasper criticized. He claimed that paddling in this game mode is a mess, which is completely ridiculous. You just paddle like a canoe would be paddled in real life without the weight. You just have to remember to switch sides often in order to go straight instead of constantly paddling on one side. It's not hard. Yes, there are water hazards, but that is what makes this game mode a challenge, and in

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Twilight novel engages readers in stellar story

Fans of paranormal romances will have plenty to like in the tale of Bella and Edward

By ZACARI WATSON
Quill staff writer

The first *Twilight* book was written by Stephenie Meyer and published by Little, Brown and Company in 2005. *Twilight* is a paranormal romance novel that focuses on vampires and werewolves. In my opinion, the original novel features engaging characters whose development I was interested in following over the remaining books in the series.

The main character in *Twilight* and the subsequent books is Bella Swan. As the novel begins, she leaves her mom in Phoenix, Arizona to stay with her dad in her childhood town of Forks, Washington. When Bella gets there, everyone knows who she is and she even makes a few friends. One day, she meets Edward Cullen, which sets the plot in motion. Eventually, Bella discovers he is a vampire, and once she is a part of his world, he has to try and keep her safe.

As a paranormal romance novel, *Twilight* is centered around Bella and Edward's relationship. Meyers does a good job throughout the first novel of making this relationship interesting. Helping her accomplish this is the fact that the main characters are well developed and easy to relate to.

Also making the novel interesting is the way in which it deals with the various issues that arise from the conflicts between vampires and werewolves. Given these conflicts, Bella and Edward find themselves facing threats. For instance, there are other vampires who want Bella's blood. What is more, there is tension related to the efforts to ensure the secrecy of the vampires. These conflicts keep the reader engaged in the novel.

Another element of *Twilight* that I enjoy is how well the first novel sets up the rest of the series. There are four books in the main series: *Twilight*, *New Moon*, *Eclipse*, and *Breaking Dawn*. Meyers does a great job of keeping readers invested in the main characters throughout all four books. I enjoyed seeing where the story went as the series moved forward.

It is also important to note that there are three other books in the *Twilight* universe. One novel is *Midnight Sun*, which is a retelling of the first book from Edward's point of view. Meanwhile, there is *The Short Second Life of Bree Tanner*, which shows the perspective of Bree Tanner from *Eclipse*. This novel starts when Bree is turned into a vampire and follows her adventures from that point on. Finally, there is *Life and Death*, which is a remake of the first book with the characters' genders swapped. While Bella Swan becomes Beaufort Swan, Edward Cullen becomes Edythe Cullen. The story is generally the same with one major change at the end that I will not spoil.

Thanks to its excellent characters and the engaging world that Meyers creates, I recommend reading *Twilight* and the subsequent sequels. If you are interested in paranormal romance, specifically those involving vampires and werewolves, then *Twilight* is for you. What is more, if you like the books, you will also want to try the movies. Overall, *Twilight* deserves five out of five stars.

START TIME
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mean these students will not have that extra hour to read for their English class, study for that big exam in AP Geography or take care of those IB internal assessments that they have to work on. These will be tough adjustments to make when the start times change.

Although there may be some people who will not like the idea of changing start times because it will interfere with something they currently do, the benefits of the shift outweigh the drawbacks. Getting used to later start times will be a huge change, but we have proven through our shift to distance learning that we are capable of getting used to big changes. Therefore, changing start times for high school students will help us learn how to grow as we make the best out of the new situation.

Friday game puts players behind the hockey mask

Video game adaptation of classic *Friday the 13th* slasher movie series lets users play as Jason Voorhees or as camp counselors

By LUKE REKELA-JASPER
Quill staff writer

Friday the 13th is one of the most popular horror franchises in movie history. The series started with the release of the first film, simply called *Friday the 13th*, in 1980. In the years that followed, more than 10 sequels would spawn, all of which focused on the main slasher character, Jason Voorhees, killing camp counselors and going on wacky adventures at places that ranged from Camp Crystal Lake to Manhattan to beyond planet Earth itself in outer space.

Eventually, in 2017, a Kickstarter online game based on the *Friday the 13th* film series titled *Friday the 13th: The Game* was released. It quickly became a favorite multiplayer game of fans of the film series of the same name. There are several reasons why *Friday the 13th: The Game* is one of the most worthwhile multiplayer experiences in gaming today.

Perhaps the best element of *Friday the 13th: The Game* has to be the actual gameplay experience itself. The player either plays as a counselor, trying to survive a 20-minute-long match and find items and tools in order to escape the campsite, which is, essentially, the



Photo courtesy of GUN MEDIA

A highlight of the *Friday the 13th* game is its appropriately dark atmosphere.

map. On the other hand, a player could also play as Jason, whose goal is to kill all of the counselors to win the game. As much fun as it is to teleport around the map and use all of Jason's weird abilities, I think playing as a camp counselor is the highlight of the game because each counselor has different perks or a different personality. For example, one counselor has a higher-rated statistic for repairing a car, which is something you can escape in, than the others.

A second element that makes *Friday the 13th: The Game* a good time is the music. Most of the *Friday the 13th* movies are just boring slasher movies with the same basic plot every time. In light of that, one of the best parts of those movies has always been the music, composed by Harry Manfredini. While the game is not boring like the movies can be, the use of the same background music helps amplify the drama of the game, which grows more intense when

Jason gets close to counselors.

A final highlight of *Friday the 13th: The Game* is its emphasis on teamwork. Within the game, sometimes you can hop into a bad online lobby and have a bad time trying to work with other counselors to try and escape. However, I've found that, most of the time, it has been a pleasant experience. I understand that this form of teamwork can be a problem among some players, and if that is the case, then perhaps *Friday the 13th: The Game* may not be the game for you given that it is primarily multiplayer-oriented. Still, I've always had a good time with it, especially when playing with friends.

In conclusion, *Friday the 13th: The Game* is a rare, movie-based game that may be superior to the actual movies. I haven't played a lot of video games based off of movies, but from what I have played, I'd have to say this game is one of the best of that genre. My only issues with this game are the occasional glitches and lags, which can interfere with the gameplay experience, even though these can sometimes lead to a lot of funny moments. It is for that reason that I give *Friday the 13th: The Game* four of five stars. It is an intense and fun horror video game that I think fans of the series will love to play.

Premier Performers

The story of the musicians and artists who bring their talents to Cooper

Fallon Shine

By FAITH KING
Quill staff writer

Fallon Shine (12) has been involved in choir, theater and improv during her time at Cooper.

Shine joined choir her freshman year after having been in choir in middle school and participating in All-District Choir in fifth grade. What she enjoys most about choir is the community it provides.

“Choir here at Cooper is amazing due to the experiences with classmates,” Shine said. “Some of my best high school memories are from choir class, the yearly Orchestra Hall concert and the choir trip we took to San Antonio my sophomore year.”

In addition to singing, Shine has been in theater since she was in fifth grade.

“I have lettered in theater three times and have participated in at least two shows

a year since I was a freshman,” she said.

More recently, Shine has been participating in Cooper’s winter theater show.

“Due to COVID precautions, we are currently rehearsing through Zoom to create an online theater performance,” she said.

Shine’s love of the arts can be seen during the school day as well. She said her favorite class is IB Dance.

“I like being able to express myself through art and dance gives me the creative outlet I need to do that,” she said.

Outside of the school day, Shine enjoys participating in Irish dancing, writing stories and immersing herself into music.

As for future plans, Shine said she is still weighing her options.

“I am currently thinking of doing something involving music, dance or child care,” she said.



Photo by FALLON SHINE

Deo Shindano

By FAITH KING
Quill staff writer

Deo Shindano (12) is involved in both choir and theater at Cooper.

Shindano has been singing for 13 years, starting at the age of just five years old.

“I started singing because of my dad. He wanted us to serve God with our voices,” Shindano said.

Among the many things he enjoys about singing, Shindano said one that stands out relates to emotion.

“When I sing something, I go deep and I sort of express my feeling through the song that I’m singing. I like the fact that I can transfer what I’m feeling to the audience,” he said.

Shindano said his favorite singing memories have revolved around all the rewards he has received.

“Singing gave me the opportunity to sing with one of the greatest African singers and I won actor of the year in Ipop Award, which is a big deal,” he said.

Shindano has also been involved in theater for 10 years.

“I’m a funny person and I enjoy making people happy, so I joined theater,” he said.

Shindano said his favorite subjects in school are government and choir.

“I love learning about my rights, how the government works and history. Singing is what I’m good at,” he said.

When he is not at school, Shindano enjoys acting, singing and “getting some money.”

Shindano plans on attending college next year and studying politics and pre-law. As for choir and theater, Shindano plans to continue to do both in college.



Photo by LIFETOUCH

Alesha Sorenson

By FAITH KING
Quill staff writer

Alesha Sorenson (12) is involved in choir, drawing and sculpture at Cooper. Sorenson has been involved in choir since she was in elementary school.

“I remember going to my sister Marcella’s choir performances and I enjoyed how pretty their voices sounded and I decided that I wanted to be involved in that,” she said.

Sorenson said she has enjoyed improving her technique as a singer during choir.

“I have always struggled with feeling confident with my singing, but I think through my many years in choir, my confidence has gone up and that is something that I am very happy about,” she said.

Sorenson said her favorite choir memory was singing at Orchestra Hall.

“Hearing our voices ring across the hall puts a smile on my face even to this day when I think about it,” she said.

Outside of her music and art classes, Sorenson said her favorite class is HL Chemistry with Ms. Hawkinson because she enjoys “learning about chemistry.” She also likes her English class.

“I really enjoy reading our assigned books and writing an essay based on them,” she said.

Some of Sorenson’s hobbies include reading books, playing video games and going on long bike rides in the nicer weather.

As for college, Sorenson plans on attending Minnesota State University, Mankato next fall and joining the nursing program. When she is going to college for nursing, Sorenson does not think she will continue with the arts.



Photo by LIFETOUCH

Sulia Lee

By FAITH KING
Quill staff writer

Sulia Lee (12) participates in improv and choir, as well as being a part of every theater show at Cooper.

Lee has been involved in choir since middle school.

“It was an opportunity to make friends and to meet new people, so I took it,” Lee said.

Lee has also been involved in theater since middle school.

“I absolutely fell in love with singing and dancing,” she said. “I have always been and will forever be an art kid.”

What Lee has enjoyed most about choir has been singing and having a fun time with all of her friends and “making memories and friends to last a lifetime.” Meanwhile, her favorite choir memories

involve rehearsals and performing in small ensemble groups with her friends.

As for leadership roles, Lee has been the section leader for the altos in choir and an improv captain as well.

Beyond her arts-related classes, Lee’s favorite subject in school is math.

“Math forces me to use my previous math knowledge as well as keeping my mind open,” Lee said.

Some of Lee’s outside-of-school hobbies include collecting National Geographic magazines, painting and cooking.

“I have found a passion for cooking. Ever since we have been put into quarantine, I have been trying new recipes that don’t involve too much meat. My favorite dish so far is ratatouille,” Lee said.

As for college, Lee plans on going into architecture.



Photo by SULIA LEE

Spider-Man 2 still a superhero classic

Sam Raimi’s 2004 film set the standard for the eventual Marvel Cinematic Universe



Photo courtesy of COLUMBIA PICTURES

Current rumors indicate that Tobey Maguire will return as Spider-Man in the next MCU Spider-Man film.

By MAX REKELA-JASPER
Quill staff writer

Spider-Man 2 is the second installment in the trilogy of Spider-Man movies released in the early 2000s. *Spider-Man 2* was directed by Sam Raimi and released to theaters on June 30, 2004. This film shows how choice and sacrifice have a big impact on one’s life because, when one makes a choice, they are risking losing something else. In this film, the musical score, costume design and theme all have a significant impact on the audience, making this movie the best installation in Sam Raimi’s Spider-Man trilogy.

The musical score plays a huge part in the opening scene of the movie. In this scene, Peter Parker is tasked with delivering eight large pizzas to a location 42 blocks away in seven-and-a-half minutes. The music in this scene shows Peter’s race against time as he struggles to navigate through traffic on his small moped. The music then intensifies after Peter looks at a clock, and then gets off his moped and begins running with the pizzas in his hand to an alleyway to change into his alter ego, Spider-Man. As he changes into Spider-Man, the musical score changes from frantic chase music to the *Spider-Man* theme, which relieves tension. Suddenly, two kids chase a ball in the middle of the street, which catches the attention of Spider-Man, causing him to put his work (and pizzas) aside to save the two children from getting hit by a semi-truck. After he saves the two children, the music dies down a bit, which shows Spider-Man’s friendliness and charisma.

Costume design in this film demonstrates Peter’s struggle with being Spider-Man and Peter Parker. One scene that stands out is when Peter arrives late to the play of his love interest, Mary Jane Watson, due to having to stop a car chase. Peter pulls up in front of the theater in a car that was being used by the criminals he just stopped. Peter is clearly in a

hurry as he puts on his jacket when leaving the car. Peter’s suit is tattered a bit from the fight and his shoes are untied. When he was first driving to Mary Jane’s play, the suit Peter was wearing was clean and nice. However, after he has to stop the car chase, Peter’s suit becomes wrinkled, his tie loose and his jacket barely on. Having the suit being tattered and wrinkled shows that Peter is worn out as Spider-Man and is struggling with maintaining his relationships with his friends and family. In fact, when Peter enters the theater, the usher refuses to let him in because he is late, and his rough appearance makes him look like he just got out of bed. The usher shames Peter for being late, which leads to Peter’s decision later in the film to stop becoming Spider-Man.

than pursue his desires.

Peter becomes Spider-Man again and goes to stop Doctor Octopus from destroying New York with his fusion reactor. As Doctor Octopus grabs Peter and is on the cusp of choking him to death, Peter speaks to Doctor Octopus about choice. He tells Doctor Octopus that even though it was Doctor Octopus’ dream to build a fusion reactor, Doctor Octopus has to give it up in order to do the right thing. This is exactly what Peter chose to do as he put the safety of New York above his own happiness. This scene not only shows the parallel between these two characters, but it also shows that choices are what make people who they are and that there is always a right choice to be made.

In *Spider-Man 2*, the musical score, costume design and theme of choice have a significant impact on the audience. This movie shows that sometimes, in order to do the right thing, one must be steady and give up the things they most desire, even our dreams. Tobey Maguire does an excellent job at playing Spider-Man/Peter Parker and Alfred Molina makes Doctor Octopus a menacing and evil villain who has similar struggles to Peter. The contrast between Doctor Octopus and Peter Parker is incredible. I believe that Doctor Octopus is

One key theme in *Spider-Man 2* is the power of choice. Peter Parker struggles to juggle his duties as Spider-Man and as Peter Parker. Due to this stress, Peter’s powers begin to fade away and he decides to hang up the web and be Peter Parker full time. As Peter leaves his costume in a trash can, the news of Spider-Man’s absence leaves the people of New York without hope.

One key theme in *Spider-Man 2* is the power of choice. Peter Parker struggles to juggle his duties as Spider-Man and as Peter Parker. Due to this stress, Peter’s powers begin to fade away and he decides to hang up the web and be Peter Parker full time. As Peter leaves his costume in a trash can, the news of Spider-Man’s absence is quickly reported in New York, leaving the people without hope. Once he is only Peter Parker, the stress in his life begins to fade away. Peter begins to do better in school and he spends more time with Mary Jane. However, crime begins to rise in New York and Peter feels guilty about not being able to stop it. Eventually, Peter makes the selfless decision to help the people of New York rather

what Peter would be like if he decided to use his powers irresponsibly. Overall, the script is amazingly well-written and I strongly believe that this movie used every filmmaking technique in a beautiful way. Sam Raimi brought Spider-Man to life with his brilliant mind and did a phenomenal job directing this masterpiece.

Spider-Man 2 remains my favorite movie to this day. I enjoy it each time I watch it. I give this movie five out of five stars. It is not only a great superhero movie, but it’s also a great movie in general. It is without a doubt that Raimi’s fantastic work in this film inspired many of the movies that would come later in the Marvel Cinematic Universe.

Quill Comics Corner

Uhhh...Working Title

By Davis Ruppert-Kan



Soul ranks among Pixar's best releases

Originally scheduled for a summer 2020 theatrical debut, the animated feature came out on Disney+ on Christmas Day

By NOLAN ANDLER
Quill staff writer

Disney released the new Pixar film *Soul* on December 25, 2020. The film was originally scheduled to come out in theaters last summer, but the pandemic led the studio to make the film available exclusively on the Disney+ streaming service. Co-directed by Pete Docter and Kemp Powers, *Soul* includes the star-studded cast of Jamie Foxx, Tina Fey, Daveed Diggs, Phylicia Rashad and Angela Bassett. *Soul* not only features Pixar's first primarily African-American cast, it also features the company's first African-American director in Kemp Powers. Together, this talented team has made a peaceful movie that can distract us from all the negativity in the country right now.

Soul is about a New York jazz pianist named Joe Gardner (Jamie Foxx), who has just landed the gig of a lifetime. However, right as life is starting to go well for him, Gardner suddenly finds himself trapped in a world between life and the afterlife, which is where as-yet-to-be-born souls are developed. After meeting the Jernys, who are the teachers of as-yet-to-be-born souls, Gardner is paired up with a stubborn soul named 22 (Tina Fey), who doesn't want to leave. As Gardner tries to teach 22 the lessons of life, he also tries to figure out a way to get himself back in the real world, which causes a series of problems.

One element of *Soul* I enjoy is



Photo courtesy of WALT DISNEY PICTURES

Soul follows the adventures of musician Joe Gardner, who suffers a mishap right as his career takes off.

its development of the characters. If you have seen the Pixar movie *Inside Out*, you will have a good idea of the approach to characters that is used in *Soul*. Specifically, the souls in *Soul* will remind you of the emotions in *Inside Out*. One good example is Terry, who at first appears to be the antagonist. Thanks to the good character development, we eventually see that Terry is

not really a bad guy; he just takes his job super seriously.

Another one of the best things Pixar did in *Soul* was getting Kemp Powers to work on the movie. In addition to serving as the co-director, Powers co-wrote the screenplay. Powers' skill as a writer can also be seen in his screenplay for another new release, *One Night in Miami*, which recently

debuted on Amazon Prime. Powers clearly goes to great lengths in *Soul* to accurately portray black culture and what being a jazz musician is like.

Overall, *Soul* is excellent. This movie is a great distraction in a time when negativity is being spread so far around. I strongly recommend *Soul* and guarantee you will not be disappointed. *Soul* deserves five stars out of five.

Underrated *Dragon* is a great Hannibal Lecter film

Anthony Hopkins once again plays the famous serial killer in this compelling prequel to *The Silence of the Lambs*

By MAX REKELA-JASPER
Quill staff writer

Red Dragon is the third installment in the Hannibal Lecter film series. Directed by Brett Ratner, this movie gave audiences an insight into the events prior to *The Silence of the Lambs*, showing how the notorious serial killer Hannibal Lecter was caught. As a prequel to the first two films in the Hannibal Lecter film series, this movie cleverly sets up the next two films with various elements and techniques that make this movie feel like a prequel, despite being filmed 11 years after the first movie. The direction by Brett Ratner, who also directed the *Rush Hour* trilogy, is the musical score by the iconic composer Danny Elfman, and the superb acting job done by the three stars of the film, Edward Norton, Anthony Hopkins and Ralph Fiennes, make this movie a must-see thriller that will frighten audiences throughout and give a good look into the mind of the serial killer known as the Tooth Fairy.

After being retired from the Federal Bureau of Investigation (FBI) for five years, Will Graham (portrayed by Edward Norton) is called back to the FBI due to a string of family murders happening across the country by the serial killer known as the Tooth Fairy, who earned his nickname due to the bite marks left on his victims. Graham studies the crime scenes and determines he will need help solving the case. Providing that help is Graham's nemesis, notorious cannibal Hannibal Lecter (played by Anthony Hopkins), who is in the Baltimore State Hospital for the Criminally Insane.

It was five years prior to these events that Graham caught Lecter. The two battled in Lecter's office, which resulted in them nearly killing each other, after which Lecter was imprisoned. When Graham goes to consult Lecter on the new case, Lecter taunts Graham,



Photo courtesy of UNIVERSAL PICTURES

The movie's plot revolves around a new killer: the Red Dragon.

relying on Graham to use his special skill of empathizing with serial killers to determine how the Tooth Fairy is choosing his victims.

The Tooth Fairy, also known as Francis Dolarhyde (portrayed by Ralph Fiennes), suffers from childhood neglect. He was raised by his grandmother, who verbally abused him as a child. Dolarhyde has an alternate personality, known as the "Red Dragon," and murders families across the eastern part of the United States as sacrifices to the Red Dragon.

One of the great things about this movie is the way Ratner directs it. At the start of this film, FBI Agent Will Graham meets with his psychiatrist Hannibal Lecter and discusses the murders of the Chesapeake Ripper and how the Ripper is eating his victim's internal organs. Ratner makes this opening scene iconic, as the audience already knows who Hannibal Lecter is, but Graham does not. Ratner brilliantly sets up Graham's realization of who Lecter truly is by having Graham open up one of Lecter's recipes for human remains. Graham quickly realizes that Hannibal Lecter is the Chesapeake Ripper. When Graham turns

around, he is stabbed by Lecter. Graham falls to the floor, pretending to be defeated, but then stabs Lecter in the abdomen with some arrows Lecter has in his office, after which Lecter drifts backward toward his desk with a look of surprise and shock. With very little strength left, Lecter begins to charge toward Graham, but Graham subdues him by shooting him three times, nearly killing him. This opening scene is brilliantly directed by Ratner because it reminds audiences of the true darkness of Hannibal Lecter and the resourcefulness of Will Graham.

Another one of the great things about *Red Dragon* is the music. Danny Elfman, best known for composing music for films such as *The Nightmare Before Christmas*, *Batman* and *Edward Scissorhands*, delivers one of his best scores to date. His composition gives off a perfect feel for the evil characters in this film, with the music showing how dark and twisted they really are. While I do not think Elfman's score here is as iconic as his other works, the *Red Dragon* music is one of Elfman's greatest achievements as a composer and he definitely deserves more credit.

In addition to the excellent music composition, the acting done by Edward Norton, Anthony Hopkins and Ralph Fiennes makes this movie a must-see. Will Graham, played by Edward Norton, starts off the film as an FBI Agent investigating the murders of the Chesapeake Ripper with his psychiatrist Hannibal Lecter. Norton's performance as Will Graham is what makes the character of Will as likable as he is thanks to his ability to undermine Hannibal Lecter.

Also, Anthony Hopkins' performance as Hannibal Lecter makes the character of Hannibal Lecter even more iconic than it already was. Hopkins does an excellent job at portraying the former forensic psychiatrist turned serial killer. His acting here is on par with his performance in the first movie, *The Silence of the Lambs*. His ability to creep out and disgust the audience in this movie is key. Even though he is in prison, Lecter is still dangerous and he finds a way to communicate with the main antagonist of this movie, Francis Dolarhyde.

Speaking of that character, Ralph Fiennes does an exceptional job at playing the serial killer. Dolarhyde struggles throughout this movie with his identity and Fiennes does an exceptional job playing this character. What makes his performance so believable is his ability to play the shy wallflower that is Francis Dolarhyde and then transform into the violent, family-killing monster that is the Red Dragon.

In conclusion, *Red Dragon* is one of my favorite psychological thrillers to date, primarily due to its phenomenal direction by Brett Ratner, the amazing soundtrack by Danny Elfman and the performances of the three main actors, Edward Norton, Anthony Hopkins and Ralph Fiennes. Although it isn't iconic as *The Silence of the Lambs*, I believe *Red Dragon* captures the events prior to *The Silence of the Lambs* very well and deserves a solid four out of five stars.

Staying entertained during the pandemic is a necessity

Whether it is watching TV shows and films, listening to music or playing video games, there is plenty to do while at home

By DAVIS RUPPERT-KAN
Quill staff writer

With "Super COVID" due to become the most prevalent strain of the disease in America within a month or two, it looks like we're in this for the long haul. While it's reportedly not as deadly as regular COVID, it's much more contagious. So what can we do while we're all stuck inside, getting robbed of another year of our lives at the hands of science-deniers who wouldn't voluntarily quarantine if their lives literally depended on it? Find new ways to entertain our-

selves. This piece is a brief description of what's been keeping me going in hopes that some of you may check these items out as well.

When it comes to escapism, TV shows and movies have been a great outlet. One show I have watched during the pandemic has been *Bojack Horseman*. Its depressing tone and realistically horrible protagonist's actions are counterweighed by another show I have enjoyed, *Parks and Recreation*, which is essentially the American *The Office* if it were any good. I have also been watching the British comedic honor antholo-

gy series *Inside Number Nine*.

The golden age *Simpsons* seasons and the entirety of *The Mandalorian* were also good distractions in 2020. *Ramy* is another must-watch show, specifically season two, episode six, titled "They." This episode is about the titular character's mother's failure to understand nonbinary identity. She calls the enby person "they" like a proper noun. It's a blast if you're an enby yourself and have experienced this with parents or older people in general.

As for movies, *Over the Moon* is a delight, succeeding in its portrayal of

Chinese traditional culture, unlike Disney's *Mulan* remake, which is a failure. *Soul* is immaculate, save for a few scenes when I hoped the afterlife issues would be explored more and one big plot hole that's noticeable upon a second watch. As for sequels, *Birds of Prey* is okay, *Wonder Woman 2* is outright disappointing and *Borat 2* is fantastic.

Speaking of timely, *Da 5 Bloods* and *Ma Rainey's Black Bottom* are practically perfect and instant highlights

ENTERTAINED
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Marvel plots phase four of movies, shows

The Marvel Cinematic Universe will deliver a lot of new content in the coming years

By ANDREW HAGGE
Quill staff writer

Disney is in the process of releasing the first installments in the fourth phase of the interconnected movies and streaming shows that make up the Marvel Cinematic Universe (MCU).

Phase four of the MCU comes right after the end of phase three, which culminated with *Avengers: Endgame* and *Spider-Man: Far From Home*. Marvel plans on releasing some movies by the end of this year, including *Black Widow*, which was supposed to come out during summer 2020 but was pushed back due to the pandemic. Also coming this year are streaming shows on Disney+, including *WandaVision*, which started streaming in January.

The upcoming movie entries in the MCU will focus mostly on events after *Endgame* but some movies, like *Black Widow*, will take place before it and will connect to other MCU storylines.

The first movie on the calendar is Sony's *Morbis*, which is supposed to come out on March 19. The *Morbis* character, played by Jared Leto, is from the Spider-Man universe. This movie will be the first Sony-produced Spider-Man film to directly connect to the MCU.

Next up is *Black Widow*, perhaps the most highly anticipated phase four Marvel project because it gives background into how the title character came to Shield. The movie's release was delayed until May 7, 2021 much like a lot of other productions due to COVID-19. Early word has it that the movie will take place right around the events of *Captain America: Civil War*.

This summer will also see *Venom* get a sequel in *Venom: Let There Be Carnage*. Scheduled for June 25, the movie will focus on a new villain, Carnage. Thanks to a deal between Disney and Sony, this movie will be more closely tied to the MCU, unlike the first *Venom* movie.

Next up on July 9 is *Shang-Chi and the Legend of the Ten Rings*. The filming of *Shang-Chi* has been delayed twice due to COVID outbreaks, so it is possible that the release date will be adjusted again. One good piece of news is that this movie will feature the real Mandarin as a villain, unlike the imposter Mandarin used in *Iron Man 3*.

Coming up in the fall is *The Eternals*, which is scheduled for a November 5 debut. The film focuses on an immortal group of heroes facing off against an enemy known as The Deviants. The diverse cast features Richard Madden as Ikaris, Kumail Nanjiani as Kingo, Lauren Ridloff as Makkari, Brian Tyree Henry as Phastos, Salma Hayek as Ajaak and Angelina Jolie as Thena.

Closing out the 2021 MCU movies is *Spider-Man 3*, which is scheduled for release on December 17. In addition to picking up after the events of *Spider-Man: Far From Home*, the new movie is rumored to connect to the Spider-Man movies starting Tobey Maguire and Andrew Garfield, with those two actors and some villains from those earlier films possibly appearing.

In addition to all of the 2021 movies, Disney+ plans to release five MCU shows by the end of the year. The shows include *WandaVision*, *The Falcon and the Winter Soldier*, *Loki*, *What If...?* and *Ms. Marvel*.

WandaVision, which started streaming in January, focuses on the popular Avengers characters The Scarlet Witch and Vision. In the well-reviewed series, the two main characters appear to be living as a married couple in old sitcoms from previous decades, starting in the 1950s. However, audiences learn by episode four that things are not quite as they seem.

Coming in May is the series *Loki*, which will feature the title character and his adventures after *Endgame*. The series looks like it will include some pretty weird things, including Loki running for president.

Next up is *What If...?*, which is scheduled for this summer. *What If...?* is an animated show that imagines the outcome if certain big events in the MCU

MARVEL
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Jackson movies are clearly worth another look

The pair of films based on the Percy Jackson book series are great for fantasy fans



Photo courtesy of FOX 2000 PICTURES

The great cast helps make *The Lightning Thief* and *The Sea of Monsters* fun to watch.

By ZACARI WATSON
Quill staff writer

The Percy Jackson films are based on the book series by Rick Riordan. The first film, *The Lightning Thief*, was released on February 12, 2010. The second film, *The Sea of Monsters*, was released on August 7, 2013. With Disney+ now working on a streaming series based on the Percy Jackson books, it is a good time to revisit these two well-made movies.

The cast of the movies includes Logan Lerman as Percy Jackson, Alexandra Daddario as Annabeth Chase and Brandon T. Jackson as Grover Underwood. There was a lot of controversy with the films. Some people enjoyed the movies, but some people were upset that they weren't consistent with the books. However, despite major and minor differences, the plots of both movies and their corresponding books is generally the same.

The Percy Jackson movies are based on Greek mythology. There are 12 gods who live in Olympus: Zeus, god of the sky; Poseidon, god of the sea; Apollo, god of the sun; Artemis, goddess of the moon; Hera, goddess of marriage; Ares, god of war; Hephaestus, god of the forge; Aphrodite, goddess of love; Demeter, goddess of the harvest; Athena, goddess of wisdom; Hermes, messenger of the gods; Hestia, goddess of the hearth; and Dionysus, god of wine. This wide range of figures gives the movies many potential stories to explore.

In the films, Percy Jackson thinks he is an ordinary teenager. One day, when Percy is on a field trip, one of his teachers turns out to be a monster. Percy and his friend Grover go with Percy's mom and drive to a camp where she says Percy will be safe. They get attacked by a minotaur and Percy's mom is taken. Percy kills the minotaur and passes out. When he wakes up, Percy finds himself at Camp Half Blood, a special camp for demi-gods, the children of the Greek gods.

Percy learns that he is the son of Poseidon, the god of the sea. The god of the underworld, Hades, sends a message that he has taken Percy's mother to the underworld, and he will give her back if he gives him Zeus' stolen lightning bolt, which everyone seems to think he took. Percy, Grover and Annabeth go on a quest to find three pearls so that they can return to the regular world after saving Percy's mom.

The quest structure allows both films to emphasize action and adventure, which makes them entertaining. Additionally, the central trio faces many foes along the way, such as the hydra and Medusa. As a result, the movies rely heavily on well-rendered special effects. Together, the action and effects sequences serve as highlights to the films.

Overall, I recommend *The Lightning Thief* and *The Sea of Monsters*. Whether you are interested in Greek mythology, movies about heroes or seeing people fight monsters, there are many things to like in both films. I give the Percy Jackson movies four out of five stars.

Race issues are expertly explored in *Skin*

Nate Parker's *American Skin* looks at the repercussions that result when a father seeks justice after his son is killed by the police

By TIONA EDWARDS-WALKER
Quill staff writer

American Skin is a new drama written and directed by Nate Parker. Starring in the movie is Parker himself, along with Omari Hardwick, Shane Paul McGhie, Milauna Jackson and Beau Knapp. Although the movie was shot in 2019, it was not released until January 15, 2021. This movie is important because it revolves around the racial conflicts that are affecting our world today. *American Skin* gives viewers a chance to open their minds and think about the perspectives of each race. The movie also presents real-life situations that make viewers think about what goes on in the world today.

The plot of the movie revolves around Linc (Nate Parker), who witnesses the murder of his 14-year-old son by the police at the start of the film. This murder occurs when Linc is picking up his son late at night from a friend's house. On their way back home, Linc is pulled over by the police without probable cause to do so. The two policemen, played by Beau Knapp and Theo Rossi, ask Linc to step out of the car, after which they ask the son to step out. When the boy steps out of the car, he is holding a cell phone in his hand to record the actions of the policemen. One officer believes the cell phone is a gun and shoots the boy several times, killing him on the spot in front of Linc. When no charges are brought against the



Photo courtesy of TINY GIANT ENTERTAINMENT

Although Linc's struggles are at the center of the plot, *American Skin* helps viewers see each character's point of view.

policemen, Linc decides to take matters into his own hands so that justice is served for his son.

Parker's acting in this movie is phenomenal. He really brings to life the pain of a grieving father. In the movie, there are many scenes in which he has to show emotions, ranging from sadness to anger. The effectiveness of Parker's acting makes you feel why racism and racial profiling are such big problems in the world today.

Another great aspect of *American Skin* is the screenplay, which is written by Parker. The story is based on things that happen today in real life. As we watch the plot unfold, viewers are forced to ask the question, "What if black people actually fought back?" The story accurately portrays the heartbreak, the passion, the pain and the injustice black people experience every day. Every plot twist makes the viewer look at their own emotions

and empathize with what the characters are feeling.

In conclusion, I highly recommend watching *American Skin*. This movie is effective in pushing viewers to open their minds and think about the perspectives of each race when it comes to police brutality. The situations depicted in the movie are all too real, making the viewer confront what goes on in the world today. This Nate Parker film deserves five out of five stars.

Naruto anime has something for viewers of all ages

The popular series sticks closely to the original manga, written and published by Masahi Kishimoto in 1997

By CHRISTOPHER NGUYEN
Quill staff writer

The *Naruto* anime is directed by Hayato Date and produced by Studio Pierrot and TV Tokyo. Both studios are well known for creating and airing hit shows like *Bleach*, *Yu Yu Hakusho*, *Black Clover* and *Tokyo Ghoul*.

The writer of *Naruto*, Masahi Kishimoto, published the original manga back in 1997. This manga, which eventually obtained the title of a "Shonen manga," gained widespread popularity throughout Japan, where sales exceeded more than 113 million copies.

Given the popularity of the manga, Masahi Kishimoto eventually got enough funding to turn it into an actual anime. After Kishimoto formed his animation team, the excellent *Naruto* anime finally came to television in 2002.

Naruto is an anime that is considered "mainstream" and it has successfully reached a western audience. As a popular Shonen jump anime, *Naruto* is similar to some other famous titles such as *One Piece*, *Bleach*, *DragonBall Z* and *JoJo*. While some people don't like mainstream animes, I think they can



Photo courtesy of STUDIO PIERROT

The animation in the series improves over the course of its different seasons.

be good, and *Naruto* is proof of that.

In the anime, Naruto Uzumaki is a young ninja who seeks to be recognized by his peers in his village. He dreams of becoming a "Hokage," or leader of his village. The series is split into two parts: the first tells stories that take place during his pre-teen years and the second focuses on his teenage years.

Naruto is aimed at a pre-teen and teenage audience. As the story progresses, Kishimoto does a good job at teaching his viewers about

each individual character's past. This creates a connection and allows the audience to understand the foundation of the characters.

One interesting aspect of *Naruto* is its overall storyline, which isn't too predictable. The story revolves around the character growing up to become a better shinobi. It is very enjoyable seeing the time skip from pre-teen Naruto to teenage Naruto. The plot of the series stays close to the original manga, but there are some "filler" episodes. While the

moral or lesson of each episode can be corny at times, it isn't too much of a distraction.

Another highlight of *Naruto* is the animation. I think the animation was really good for an early 2000s anime. In fact, the animation noticeably improved after the release of *Naruto: Shippuden*. The fighting scenes in particular are well animated throughout the series.

Lastly, the soundtrack of *Naruto* is amazing. *Naruto* has some pretty catchy opening songs. Some of my personal favorites are "Opening 9: Swaying" and "Naruto: Shippuden Opening 3: Bluebird." The combination of the sometimes intense and sometimes peaceful music with the fighting scenes and the scenery shots of Hidden Leaf Village make the viewing experience better.

In conclusion, I think *Naruto* is worth checking out. If you enjoy an anime that is action-packed, funny and intense, then this show is definitely for you. This anime is an all-time classic and is worth checking out if you're new to anime. The pacing of the show follows the manga quite well despite some occasional filler. You can watch this show on Netflix and Crunchyroll. *Naruto* deserves 4.5 out of five stars.

The Sun is Also a Star mixes romance with social issues

The 2019 film is a heartwarming adaptation of the popular novel by Nicola Yoon, which came out in 2016

By ARIEL CHRISTENSEN
Quill staff writer

The Sun is Also a Star is a romantic, heartwarming movie that was released in May 2019. This movie is based on a book written by Nicola Yoon, which was published in November 2016. The film, which is set in New York City, explores aspects of racial conflicts and culture standards. The main focus of this film is the love story between Daniel and Natasha. It is through their relationship that audiences experience the central message that love is a feeling that can get you through the roughest parts of life.

The main character of this movie is Natasha, who is going through a difficult time. Specifically, she and her family are about to face deportation. On the same day she is due to be deported, Natasha meets Daniel, who says he can get her to fall in love with him in one day. Even though Natasha

is trying to help her family, she instantly feels a connection to Daniel and they end up falling in love that same day. She knows it's risky because she could be leaving the next day, but she lets her guard down for Daniel. The plot shows that, even throughout your toughest moments in life, you can still find love and believe in fate.

One of my favorite scenes in this

cinematography in this sequence make the viewers feel as if they are there in the planetarium with the characters.

The Sun is Also a Star is also good at creating conflict within the plot. An important example of this is when Daniel gets in a fight with his brother at the beauty supply store where they both work. The fight begins when Daniel's brother is disrespectful toward Natasha

Thanks to its racially and ethnically diverse cast, the film shows that, no matter who you are and where you come from, you can still love someone who is different from you, regardless of culture and race.

movie is when Daniel is trying to make Natasha fall in love with him. He decides to take her to the planetarium to look at the stars. This is when Natasha starts to forget about everything going on in her life and focuses on Daniel. Together, they let everything go and only focus on that moment, eventually losing track of time. The acting and

and Daniel defends her, resulting in a really bad fistfight. During this fight, the viewer feels just as shocked as Natasha. This conflict demonstrates that Daniel will defend Natasha no matter what, even if he must stand up against his own brother.

One scene that demonstrates the movie's ability to create an emotional

response in the audience takes place at the end of the movie when Daniel and Natasha must say their goodbyes to each other. Although they meet and fall in love in only one day, they still have strong feelings for each other despite being forced to separate. This reality, in turn, creates a feeling of love in the audience as well. It makes you think that events like this could happen all the time in the world. It is sad to watch them going on with their separate lives, but that is a good sign that the movie has done its job in getting viewers to care emotionally about the main characters.

Overall, *The Sun is Also a Star* is a five-star movie.

The film serves as a reminder to love the people around you because you never know when it all could get taken away. Moreover, thanks to its racially and ethnically diverse cast, the film shows that, no matter who you are and where you come from, you can still love someone who is different from you, regardless of culture and race.

Winter teams adjust to COVID

Revised guidelines for practices, games make it necessary for athletes to stay flexible



Photo by ANDREW HAGGE

Although they do not need to wear masks in the water, swim team members must wear them on the pool deck.

By ANDREW HAGGE
Quill staff writer

A dramatic upswing in COVID cases in November 2020 led to the delay of winter sports until January 4, 2021. When the season restarted at that time, the Minnesota State High School League (MSHSL) issued new and revised guidelines that had an impact on all Cooper winter sports teams.

According to Cooper Activities Director Mr. Oelfke, he has "never seen anything even close to this before" in the 19 years he has served in his position. He also said the Activities Office is making sure each sport has the required personal protective equipment to follow the MSHSL rules.

According to the MSHSL rules, face coverings must be worn by all people involved in winter athletics at all times, including practices and, when allowed, games. The only exceptions to this include gymnastics and cheerleading if there are concerns about safety in regards to choking or the face covering getting caught on objects, and swimming and diving, during which athletes need not wear a face covering in the water. Outside of those exceptions, athletes in indoor sports like basketball, wrestling and dance team have gotten used to wearing masks while competing.

The impact of these changes has looked different for each winter team. Mr. Johnson, head coach of the Cooper boys swimming team for the last six years, said he has had some difficulty keeping

swimmers six feet apart, which never had to be done before COVID. The six-foot rule stems from the MSHSL guideline that participants maintain six-foot social distancing when not actively playing.

Additionally, the MSHSL asks that practices are kept smaller in size. Sports that involve larger teams need to break up the squad into smaller pods that cannot exceed more than 25 people, no matter if that sport takes place inside or outside.

Another challenge Johnson pointed out about swimming is that the team has to compete on only one half of the pool the whole time, which "doesn't allow for as much head-to-head competition between teams" compared to a typical season when swimmers are lined up in all of the lanes. In his 18 years of coaching, Johnson said he has "never seen this type of disruption."

Much like the indoor sports, the outdoor sports like Nordic and Alpine skiing have new requirements to follow. During outdoor activities like Nordic and Alpine skiing, a cloth face covering is not necessary for competitions if the athletes can stay at least six feet away from others. However, if social distancing cannot be maintained, athletes must wear face coverings.

According to Nordic coach Ms. Hoffman, the new guidelines have not had that "big of an impact on Nordic since [they] are used to being outside all the time."

However, Hoffman said there have been some changes. One of the main changes she noted about this season is

that they are not having pasta parties before they compete. Also, instead of their usual races against five other schools in the conference, Hoffman said they compete in two groups of three schools to keep the numbers down.

Although these changes have messed with their usual routines, Hoffman said they are glad "to have a season" as for a while it wasn't looking like winter sports would happen. She also said that her motto this season is to "be willing to go with a backup plan."

Since outdoor practices are safer than indoor practices, sports that take place indoors are asked by the MSHSL to consider shortening workouts since the risk of transmission increases the longer athletes spend time indoors. Also, teams are asked to avoid using locker rooms and facility showers.

Spectators are being permitted at winter sports events, but there are several MSHSL guidelines that must be followed. First, the total number of fans at games must comply with the appropriate venue guidance and capacity limits. Second, spectators are required to have advanced reservations. Finally, schools are asked to stagger arrival times to avoid large groups of people congregating in small areas before viewing the event.

Oelfke said that all the protocols have been "moving targets" through the year. However, he added that the Activities Office has and is doing what they can to help make sure that student athletes still enjoy participating in extracurricular activities.

College playoffs featured great football

The annual bowl games were a satisfying end to a season that was nearly canceled

By NOLAN ANDLER
Quill staff writer

The 2020-2021 college football season was one for the ages and it culminated in a College Football Playoff (CFP) that had several surprises.

First, nobody thought there would be any college football played from September 2020 to January 2021 due to decisions made last summer in response to the pandemic. When the Big Ten and Pac-12 made the call to postpone the fall sports season, it looked like the season was heading for the dumpster. However, a movement by college players and coaches prompted three of the big conferences, the ACC, Big 12 and SEC, to go ahead with the fall season, which eventually led to the Big Ten and Pac-12 joining as well.

Throughout the season, COVID led to shuffling schedules and canceled games, but a majority of the games were played. The two favorites, Alabama and Clemson, eventually cruised their way to the one and two seeds, respectively, in the CFP. However, there were some controversies when it came to the other two openings.

First, playoff favorite Ohio State missed the minimum expectation of games played to be eligible for the Big Ten Championship due to having three of their games canceled. Ultimately, they were allowed in since they were the conference's best team, and they emerged from that game victorious, which put them into the number three slot in the CFP.

The second controversy surrounded Notre Dame. In the regular season, Notre Dame beat Clemson

during a game in which Clemson was without many of their key starters. Then, in their rematch in the ACC Championship, a healthy Clemson cruised to a 34-10 win over Notre Dame. Despite this loss, Notre Dame was given the number four seed in the CFP, setting up the CFP games.

The Rose Bowl

The first game of the CFP saw No. 4 Notre Dame square off against No. 1 Alabama. Nobody really gave Notre Dame much of a shot in this one. Alabama was coming in with the top offense in all of college football along with three Heisman contenders in wide receiver Devonta Smith, quarterback Mac Jones and running back Najee Harris.

At the start of the Rose Bowl, the game felt like it could become a blow-out after Notre Dame was stopped on their first drive and Alabama cruised for a touchdown. However, it soon started to look like it could become a close game when Notre Dame cut Alabama's lead down to 14-7. In fact, Notre Dame's offense had many chances but they couldn't capitalize on them. In the end, the Crimson Tide was just too powerful, winning 31-14.

While the end result was not a surprise, one thing that stood out in the Rose Bowl was the great play when Alabama's Harris hurdled over Notre Dame cornerback Nick McCloud. This really had some jaws dropping when it happened.

The Sugar Bowl

The Sugar Bowl pitted No. 3 Ohio State against No. 2 Clemson. Ohio State already had enough motivation to win

this game after falling short by six points in last year's matchup against Clemson. However, this motivation was increased when Clemson coach Dabo Swinney kept saying in the media that the Buckeyes shouldn't be in the playoffs. Additionally, Swinney said he would put Ohio State at No. 11 in his personal top 25 of the season, which added fuel to the fire.

The start of the Sugar Bowl saw a lot of back and forth between the two teams, with Clemson leading 14-7 midway through the first quarter. However, after Ohio State quarterback Justin Fields took a big shot to the ribs from Clemson linebacker James Skalski, the tide in this game changed and not in Clemson's favor.

Through the rest of that first half, Ohio State went on a tear, scoring 28 unanswered points and going into halftime with a 35-14 lead despite Fields playing with a rib injury.

Clemson did come out at the start of the second half and answer with a touchdown to make it 35-21. However, it wasn't enough as Ohio State soon pulled away to win 49-28.

It was a big day for Fields, who went 22-28 for 385 yards and six touchdowns. Buckeye running back Trey Sermon also helped along the way with 31 carries for 193 yards and a touchdown. Ohio State wide receiver Chris Olave also played well, with six receptions for 132 yards and two touchdowns. Finally, the Buckeye defense, which had issues throughout the regular season, stepped up in a big way in this

COLLEGE PLAYOFFS continues on page 10

Cooper Competitors

The story of the athletes who strive for success in Cooper sports

Hannah Stadie

By YORDANOSE MULAT
Quill staff writer

Hannah Stadie (12) ran cross country in the fall and is doing Nordic skiing in the winter. As for spring, she hopes to be able to do track and field.

Stadie started cross country for the first time this fall.

"I am a foreign exchange student, so I started this year for the first time. I just wanted to try something new. It was a challenge to join the team several weeks into the season, but it was fun," she said.

One thing Stadie enjoyed about cross country was the community she formed with other team members.

"They made me feel welcome, even though I started the season late," she said.

Stadie's favorite memories from

cross country included the competitions.

"The other girls said the meets had less runners and teams than normal due to COVID, but it was still fun to run against other people," Stadie said.

As for winter sports, this is Stadie's first Nordic skiing season.

"I hope I will do well. I know many people on the team also ran cross country, so that will be good," she said.

In the spring, Stadie plans on doing track and field for the first time.

"Much like skiing, I will know many people on track because of cross country running," Stadie said.

As for school, Stadie said she enjoys her dance and drawing classes. Outside of school, Stadie's favorite hobbies include dance and exercising.

In the future, Stadie said she is considering becoming a nurse.



Photo by LIFETOUGH

Madison Sandvig

By YORDANOSE MULAT
Quill staff writer

Madison Sandvig (12) is currently a captain of the fall and winter dance teams at Cooper. Sandvig has been part of the dance teams since eighth grade.

"I used to dance at a studio, so joining the dance team only seemed right. Plus, I really wanted to get involved when I got to high school," she said.

One thing Sandvig enjoys about the winter dance team is the "new friends [she] made along the way because of being on the team."

"The team really feels like my second family," Sandvig said.

Unfortunately, Sandvig said there was no fall dance team this season due to the pandemic. However, she said her past experiences on the team were positive.

"The best part about being on the

fall dance team is getting to perform in front of all of the students and parents during halftime at home football games," she said.

When it comes to school, Sandvig's favorite subjects are science "because of all the fun experiments you get to do," art "because it gives you the opportunity to be creative," and AVID "because when you're in AVID, you're in the same class with the same people all four years of high school."

"Plus, Ms. Wineberg is like one of the best AVID teachers ever," Sandvig said. Several outside-of-school hobbies that Sandvig enjoys are dancing, painting, hanging out with

friends and family, traveling, and working.

As for college, Sandvig has not yet decided where she wants to go. However, she said her "potential career path will be in the pharmaceutical industry."



Photo by LIFETOUGH

Sophia Scheveck

By YORDANOSE MULAT
Quill staff writer

Sophia Scheveck (12) competes with the dance team during the fall and winter sports seasons. She has been on the Hawks team since freshman year.

"Ever since I was little, I had ballerina books and costumes that I would wear and dance around the house in. I began dancing in fifth grade at KMC in Robbinsdale," she said.

Scheveck said her favorite aspects of Cooper dance have revolved around their competitions against other schools.

"While practicing in the hallway before we went on the floor to perform and making jokes in the classroom, I made memories I will never forget with the friends I have made on the team," she said.

The pandemic has led to the dance

team's inability to take part in some activities Scheveck has enjoyed in the past.

"I love the early morning practices for the Snow Week pepfest and decorating the gyms for the Jack of Hearts dance because it is more time I get to spend with my friends," she said.

When it comes to her classes, Scheveck said she enjoys math because there is typically "one right answer" and yearbook because she can be "creative with design." In fact, she also enjoys being creative outside of school.

"I make cross stitch art and friendship bracelets," Scheveck said.

Next fall, Scheveck said she will go to Winona State University and major in secondary math education.

"I would like to be either a middle or high school math teacher because I have always had cool math teachers," she said.



Photo by LIFETOUGH

John Henry Zimmer

By YORDANOSE MULAT
Quill staff writer

John Henry Zimmer (12) takes part in winter and spring sports at Cooper. During the winter months he is one of the only Hawks on the Armstrong-Cooper Alpine skiing team. In the spring, Zimmer participates in boys golf.

Zimmer's participation in Alpine skiing started his junior year.

"I first started skiing last year because my dad did it when he was in high school," he said.

Zimmer said his participation in Alpine skiing has allowed him to meet new people. He also said he enjoys "the skiing itself."

"My favorite memories from the sport have been going to ski camps and meeting my closest friends," he said.

As a senior on the Alpine team,

Zimmer said he volunteered to help with some administrative tasks.

"I take attendance for my group in Alpine skiing. It is nothing crazy as a leadership role, it is just a responsibility," Zimmer said.

Although he did not participate in a fall sport, Zimmer said he spent those months working out to get "ready for the ski season."

With respect to school, Zimmer's favorite subjects are typically related to math and science.

"I enjoy my Functions, Statistics and Trigonometry class and IB Physics. I've always liked math and sciences," he said.

In his free time, Zimmer said he likes hiking, playing video games and hanging out with friends.

After graduating this spring, Zimmer will be heading to the University of Minnesota, Duluth to study finance.



Photo by LIFETOUGH

UPGRADES

continued from page 1

The lack of students in the building while Cooper has been in the distance learning model made it possible for a lot of work to be done on this project. However, Howard said it will still be several months before the area is ready for its debut.

"[The] estimated completion date is still a few months away to ensure that everything is in there, from the weight lifting equipment to the cardio equipment," he said. "A lot of items during COVID are back ordered and we will not open the room until it is completed to take inventory and to take pride in the space."

Once the weight room is ready, it will be accessible to student athletes and students taking the school's weight training class. However, Howard emphasized that the changes to that room and the athletic area as a whole are meant to benefit all students who go to Cooper.

"It provides for students that are taking care of business in the classroom and in the hallways to have a place to call their own to get their fitness in as well," he said. "The key to all of this is understanding that the weight room is and always will be a privilege and this privilege will be the most beautiful weight room many of our kids have ever been in. Because of that, it is expected that you maintain certain values and morals and attitudes of positivity to even enter that room, because there will be no standing around. That room will be used for getting work done."

In addition to its benefits for students, Howard also mentioned that staff members will be able to make use of the new facility and the sense of community it will help create.

"Our staff will be able to work out, be able to laugh and be able to watch the morning news while they're working out," Howard said. "They do so much for kids academically but also emotionally, so we are going to dedicate mornings space and time to only staff."

While his effort to provide students and staff with a refurbished weight room and athletic area was intended to increase pride in Cooper and promote fitness, Howard said an equally important part of this project relates to issues of equity.

"I think it's important to make note that the reason for the high donations was because of a lot of the work that our coaching staff, our football team, our fans, our staff and our community have done over the years to stand in front of fighting for social justice," Howard said. "Our students and our staff need our community to continue to grow as a family, and these foundations have made a financial contribution to help build confidence and self-esteem, and support us in closing the gap for the inequities that our kids experience as well as our staff."

WII SPORTS RESORT

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video games, challenges are what make the games fun. Plus, the water hazards are easily avoidable if you know how to play this game mode, which Luke Rekela-Jasper clearly doesn't.

One thing Luke Rekela-Jasper also got wrong was the number of laps in the Canoeing game mode. There isn't a lap count in Canoeing; rather, it is a race against the clock. You have to paddle fast against the clock and try and make it a certain distance depending on what difficulty level you are on. While Canoeing isn't one of my personal favorite game modes, it is one that I enjoy from time to time and can play with ease.

In conclusion, Luke Rekela-Jasper had a lot of harsh things to say about these three game modes and I believe the main reason is that he simply isn't good at these three modes. Like all video games, practice makes perfect. If you play a certain game mode a number of times, you will slowly begin to master it, something Luke Rekela-Jasper clearly doesn't have the time for. So, I completely disagree with his claims about Wakeboarding, Frisbee and Canoeing. One thing on which I do agree with Luke Rekela-Jasper is his rating of the game. Like him, I give this game four out of five stars. While I think all of the game modes are fun and unique in their own way, I've played much better video games.

Sports recruiting difficult during pandemic

Fall, winter teams do their best to attract new members while holding on to the players they already have



Photo by MS. HOFFMAN

The Nordic skiing team has used virtual outreach methods to attract and retain athletes.

By MAJAY MURPHY
Quill staff writer

Recruiting new athletes is always a goal of coaches and captains who take part in high school sports. While this process can be challenging in a typical year, those difficulties have been even more noticeable during the pandemic. According to coaches and captains taking part in Cooper fall and winter sports this year, recruiting brought some opportunities and setbacks.

Recruiting for the fall sports season was made difficult this year due to distance learning last spring, the decision to remain in distance learning this fall, and the uncertainty surrounding whether fall sports would take place.

"Recruiting was an obvious challenge this year due to distance learning," girls cross country coach Mr. DiSalvi said. "Normally, I would have flyers and hold meetings to tell prospective student athletes what to expect for the upcoming school year. However, since that was not a possibility, recruiting was limited to me telling my students in class about cross country, encouraging friends to tell their friends about cross country and sending recruiting messages to last year's track and field team."

Using some of these same methods was the girls tennis team. Coach Ms. Navalta said they tried to rely on returning members recruiting from their

friends and acquaintances.

"We put a lot of pressure on the girls to try their very best to ask their friends and friends of friends just to get the word around. Something new we tried last spring was we made a promo video that included fun photos from the previous season and clips of the girls stating their highlights from being a part of the team," Navalta said.

The effort to attract friends and acquaintances of team members often fell on the captains of the fall sports teams. Girls cross country captain Grace Ham-bike (12) said she went to great lengths to get in touch with people she knew prior to the fall season.

"As a team, we tried to reach out to our friends and communicate with each other if we had any questions," she said. "We tried to get ahold of all of our previous runners. Some could not participate due to COVID but we tried our best to work with them."

With limited numbers of new athletes coming out for fall sports, coaches and captains made a specific effort to hold on to the athletes they already had. DiSalvi, for example, tried to incorporate more fun activities in his cross country workouts to keep athletes engaged.

"I encouraged students to wear as much orange to practice on 'Orange Day' and as much blue on 'Blue Day.' The person who wore the most got an orange or blue Powerade. Student ath-

letes competed in a scavenger hunt on the day after a hard run early in the year. I also made friendly bets with our team that would encourage them to run faster in a meet. For instance, before the second-to-last meet of the year, I told the team that if most runners improved from their previous time, I would dye my hair pink for the next meet. Sure enough, my team did it, and so I went ahead and dyed my hair pink for the last meet of the year," he said.

Also trying to emphasize engagement and community was the tennis team. Navalta said she worked hard to keep the girls connected to one another.

"We use the GroupMe app to communicate and it's been nice to have a platform where we are able to text and send funny memes to each other. Even during the off season, we talk in the chat just to check-in," she said.

On the team captain level, Ham-bike said she tried to keep students engaged by being honest and being a good role model.

"We tried to speak from our own experiences and share the good and the bad. Many of the new athletes were nervous about being on a team because they were scared, but we got it all figured out at the end," she said.

Once fall season reached its end, efforts began to recruit athletes for the winter season. Unfortunately, this recruitment process started right as the

number of COVID cases skyrocketed in Minnesota in November and December 2020, which caused Governor Tim Walz to put a pause on the winter season until January 4, 2021. Still, winter coaches and captains did their best to attract new athletes, an effort that had mixed results.

"We tried to utilize word of mouth first with little success," swimming coach Mr. Johnson said. "We also attempted to make a 30-second recruitment video, but that yielded no new athletes."

Also attempting to attract new participants using word of mouth and technology was the Nordic skiing team.

"We tried to recruit new skiers by word of mouth through our existing team," Nordic coach Ms. Hoffman said. "My student athletes talked to their friends in fall sports to try to encourage others to join. We also redid our website and started an Instagram page to increase the Cooper Nordic following."

Contributing to these efforts by the coaches were the winter sports captains.

"This year for recruiting it was about talking to eighth graders last year, freshmen this year, that showed interest in playing and trying to show them why they should join the team," Nordic captain William West (12) said.

Meanwhile, boys swimming captain Logan Voigt (10) said he worked with the returning team members to develop a recruitment video.

"As a team, we made a video with highlights of swimming to try to get people to join the team because we couldn't go out and recruit like usual. We also made a Google slide show with pictures to get people to join as well," Voigt said.

In addition to the challenge of recruiting new members, the winter teams had to deal with the problem of retaining current members due to the pause on the season that was announced in December 2020. Johnson said he tried to keep his swimmers engaged by starting up virtual workouts.

"We stayed in touch with the athletes from last year about the current season by email," he said. "We also met throughout December virtually for daily workouts. In addition, athletes filled out a daily 'Brain and Body' Google form."

Virtual practices were also a method the Nordic team used to keep current members active in December.

"To stay engaged with the sport, we had virtual practice Mondays and Wednesdays with optional workouts for each day," West said. "But now that we are full go, it is a lot easier to include everyone and teach new skiers how to ski."

STAYING ENTERTAINED DURING THE PANDEMIC IS A NECESSITY continued from page 7

of Chadwick Boseman's career, which was cut short when he sadly passed away not too long ago.

When it comes to movies already available on streaming, *Feels Good Man* is a great documentary about the fall and rise of Pepe the Frog; *Palm Springs* is alright; *Mank* is good; *The Trial of the Chicago 7* is exciting; Janelle Monáe carries the otherwise disappointing *Antebellum*; *I'm Thinking of Ending Things* is nearly perfect; *The Boys in the Band* is great; and *Black Bear* shows off Aubrey Plaza's skill for serious acting.

Also getting me through the last year has been music. For this section,

I must start with a question: Why are YouTubers this good at making music? Who gave Wilbur Soot or Dan Avidan or even that creepy-pasta-narrating-dork Corpse Husband the right to have an inexplicably solid grasp on music theory? I can barely remember "Heart and Soul" and here we have reaction video guys releasing heartfelt hymns about imaginary, or not so imaginary, exes. Regardless, they're all 2020's music guilty pleasures.

I also got inexplicably into Dead Kennedys over the later months of 2020, especially the albums with Jello Biafra as the lead singer. They're as ex-

PLICITLY left wing as Rage Against the Machine is, but they still find a way to be surprisingly nuanced, or at least satirical, so their music remains rather timely. Amy Winehouse's ballads of late-stage love and David Bowie's optimistic cynicism were additional musical highlights of the quarantine for me. Bowie's final album, *Blackstar*, is a slow burn that is especially worth checking out.

As for video games, quite a few AAA titles and indie gems were either released or popularized over the pandemic and made my quarantine better. *Animal Crossing: New Horizons* was

a delight for the first month or so, *Fall Guys* continues to be hilarious and so does *Cyberpunk 2077*, albeit completely accidentally.

On the indie side, I got back into a few gems I hadn't played much since their respective initial releases. *Going Under* is visually incredible, paired well with its fantastic combat mechanics and nihilistic dialogue. *Among Us* is amazing until the gimmick wears off on you and *Mark of the Ninja* is a nice little stealth game. Finally, *Death Road to Canada* and *Enter the Gungeon* are both chaotically charming well past "beating" them.

MARVEL PLOTS PHASE FOUR OF MOVIES, SHOWS continued from page 7

did or did not happen in the same way. In this show, the actual MCU actors will perform the voices of their characters.

Two series slated for release in late 2021 are *Hawkeye* and *Ms. Marvel*. In *Hawkeye*, Jeremy Renner will return as Clint Barton, whose mission in the show will be to train his replacement, Kate Bishop. Meanwhile, *Ms. Marvel* will revolve around a 16-year-old, Pakistani-American girl who looks up to Captain Marvel and suddenly finds herself gaining super powers.

2022 has its own round of MCU movies coming as well. In March 2022,

we will see *Doctor Strange in the Multiverse of Madness*, which will feature Scarlet Witch and connect to the events in *Spider-Man 3*.

Next up, in May 2022, we will get to see *Thor: Love and Thunder*. Not only is Chris Hemsworth back as Thor, also returning is Natalie Portman as Jane Foster, who will be taking and wielding Thor's famous hammer.

Black Panther 2 will be the next MCU release. Scheduled for July 2022, the movie will be quite an undertaking for the Marvel team since they announced they have no intention to recast

the title role after the death of Chadwick Boseman. Does this mean we will see more of Black Panther's family and friends? We will soon find out.

A noteworthy 2022 movie that is not directly connected to the MCU is a sequel to *Spider-Man: Into the Spider-Verse*, which is slated for an October 2022 release. Although it isn't officially part of the MCU phase four plan, the fact that it deals with multiple universes may link it to the other MCU movies.

Captain Marvel is also getting a sequel in 2022. Scheduled for release on November 22, the movie is being

written by Megan McDonnell, who is a writer for *WandaVision*. There is no word yet as to where and when the title character, played by Brie Larson, will begin this second movie or even what it will be about.

As for 2023, there are a number of phase four projects scheduled for release that do not yet have specific dates. Among these movies are *Ant-Man and the Wasp: Quantumania*, a *Blade* reboot, *Deadpool 3*, the first Marvel Fantastic Four movie, *Guardians of the Galaxy Vol. 3*, *She-Hulk*, *Moon Knight*, *Ironheart*, *Armor Wars* and *Secret Invasion*.

COLLEGE PLAYOFFS FEATURED GREAT FOOTBALL continued from page 9

game, pushing Ohio State into the National Championship game.

The National Championship

Facing No. 1 Alabama, Ohio State was going to need another monster performance to win the National Championship game. Adding to the pressure was the announcement in the week before the game that Alabama's Smith won the Heisman trophy, with Alabama's Jones coming in third and Alabama's Harris coming in fifth. What is more, Ohio State had a bunch

of players who had to sit out the championship due to COVID-19, including some key starters.

The woes started immediately for Ohio State when they lost their star running back Sermon on the first drive of the game. When Alabama then got the ball, they drove down the field for a touchdown and a 7-0 lead. However, Ohio State responded on their next drive to make it 7-7, which led to the start of a series of back-and-forth touchdowns. Eventually, with Alabama up 21-14 and Ohio State threatening to score, the

Crimson Tide defense held the Buckeyes to a field goal, which proved to be the turning point in the game.

From that point on, the Tide were basically unstoppable. Smith went off with 12 receptions for 215 yards and three touchdowns in the first half alone, which brought Alabama into the locker room at halftime with a 35-17 lead. While the Buckeyes managed to score one more touchdown in the third quarter, the Tide put together another 17 points in the second half, winning 52-34.

The Tide had some impressive stats by the end of the game. Alabama quarterback Jones went 36-45 for 464 yards and five touchdowns. Mean-

while, running back Harris had 22 carries for 79 yards and two touchdowns. Also noteworthy was the fact that this victory helped Alabama coach Nick Saban pass legendary Alabama coach Bear Bryant for the most national titles won by a coach. After inheriting an Alabama program that was going through a rough stretch, Saban has clearly made them into a dynasty again.