

Tera Richardson/12

If you're looking for a laid back, hard-working, smart, motivational friend, senior Tera Richardson is your girl.

'She motivates me a lot to get things done," best friend Dania Coates said.

Growing up, Richardson was the only girl out of five children which caused her to be independent and become more involved in school bringing more opportunities to her.

Through Upward Bound and ETS, I had gotten to go to Kansas and Michigan for National conferences," Richardson said.

Richardson tries to be involved in as many activities as she can. Over the summer she volunteered over 80 hours at the fair. Instead of aetting a job, she gave up her own time to host games and crafts with little kids. She also volunteers a few times a year at the Meals of the Heartland. She goes out on her own to seek volunteer opportunities.

"I could've gotten a job at the fair, but I was more interested in volunteering with little kids," Richardson said.

Richardson is known to stand out from the rest of the students at East High. Some people that high school is the time to have fun and party, Richardson on the other hand makes

her own choices and doesn't necessarily care about the partying scene.

"Going to a party on occasion is okay, but I would rather be productive with my time," Richardson said.

Richardson sees things from a different point of view than other people her age. She cares more about the content she's learning than the grade she receives on her report card. She's a very successful student due to that. She's open to work with any other student, despite being different or similar in character.

"Tera is different in the way that she has a solid foundation that is mellow, calm, and quiet. This foundation allows her to see many things around her in a different manner than many others can even begin to see the same things. It also is the foundation that allows her to try new things and to persevere and to excel in so many activities and in her learning," English teacher Ginger Johnson

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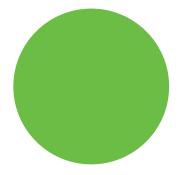
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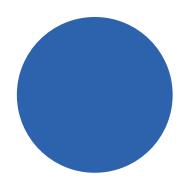
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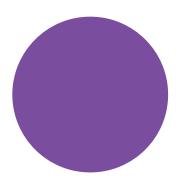
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## Caleb Cook/11

story by Carolynn Luong

Caleb Cook is an East High junior. At first glance, he's very smart, driven, and motivated. Cook attends Central Academy as well, and feels as though it had aided him through building character and aiding in self discipline towards

"I used to hate it so much because I wasn't used to doing so much work, but over time I got used to it, and I've now begun to enjoy challenging myself," Cook said.

Central Academy is a school within Des Moines Public schools that provides a challenging, fast-paced, academic curriculum for students that wish to challenge their learning capabilities. Cook has attended Central since seventh grade.

As a junior, he spends four blocks at central including a film class at Central Campus. He has two classes on A-days, and two on B-days. Typically, these classes may take up to two hours each night, but Cook says it has gotten easier since the beginning of his freshman year.

"This year, it's only been an hour a night, it's not that bad," Cook said.

A lot of people believe that taking more classes at Central would prevent you from having a great student experience at East, but even though Cook is a Central student, he still is a relatively active at East. Cook is part of the tennis team, as well as a part of the school newspaper staff. He also goes to football games, and school events.

"I think East is a great place, and people look down on it too much," Cook said.

In his free time, Cook volunteers at his church, plays video games, and hangs out with his friends. He wants to go to college and study something in the management field. He's intrigued by Washington University in St. Louis. He says he studied hard for the ACT because he really wants to increase his chances to be accepted there. Cook studied a month in advance prior to the test, spending an hour each night studying ACT prep books on top of schoolwork. It was hard work, but Cook was

"Although studying doesn't seem fun, it will really help you in the long run and put you in a great position in life," Cook said.

The Scroll is the student newspaper at East, and as a part of the staff, Cook believes it really helped him get to know people, improve on his writing skills, and have a great time. His advice for other students that attend both Central and East, is to push through, get involved, keep working hard, and never give up.

"Never give up. If it really matters to you, you can't let it slip by," Cook said.



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