

# SQUALL.

FEBRUARY 13, 2018



VOL. 23 ISSUE 5

MENTAL HEALTH: MORE  
THAN MEETS THE EYE

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## Charity Wheelchair Basketball Game

**Who:** DHS Social Justice Club & the University of Michigan  
**What:** Army v. Navy Wheelchair Basketball Game  
**When:** 2 p.m., Saturday, March 3  
**Where:** DHS Gym  
**Cost:** \$3.00 (children) and \$6.00 for students/adults.  
**Proceeds:** Michigan holder Garrett Moores, who was named The 2016 Mortell Holder of the Year, has designated the Ann Arbor Veterans Hospital as his charity of choice through the Holder of the Year Foundation. The funds for many services, including: the Psychiatry Service Fund, Women Veterans, Mental Health Intensive Case Management (MHICM) Program, Holiday Fund, Health Care for Homeless Vets, Adaptive Blind Sports/VIST, and many more.



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Designer  Heather Brouwer

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**Staff Editorials:**

Editorials represent the majority opinion of the editorial board. Editorials are unsigned. Columns represent the opinions of the individual staff members who wrote them.

editors making all content decisions. Opinions expressed in the newspaper are not necessarily those of Dexter Community Schools.

**Staff Policy:**

*The Squall* is a student publication distributed to students, faculty and staff of Dexter High School as well as by subscription to the Dexter community. *The Squall* has a press run of 1,600 copies and is printed by AIM Media Indiana Printing/Greenfield Daily Reporter in Greenfield, IN. The paper serves as a public forum with student

**Letters to the Editor Policy:**

*The Squall* encourages letters to the editors. They can be emailed to [dextersquall@gmail.com](mailto:dextersquall@gmail.com), dropped off in room 407 or given to staff members of *The Squall*. Letters may be edited for length and unprotected speech. Requests to withhold a writer's name will be considered by the editorial board. Letters should be 300 words or fewer.

**On the Cover:**

The numbers are staggering: 25.1% of children between 13 and 18 years old are affected by anxiety disorders and more than 5.7 million Americans over the age of 18 are diagnosed with bipolar disorder. Mental health disorders come in various forms, many of which aren't visible to the naked eye.

Photographer - Alisha Birchmeier

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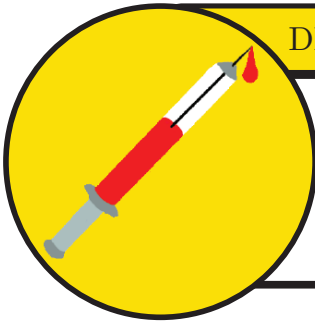
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# News Briefs

Tate Evans Designer

The biggest local, national, and international news stories that happened over the past few month



## DHS Blood Drive

Finn Bell Writer

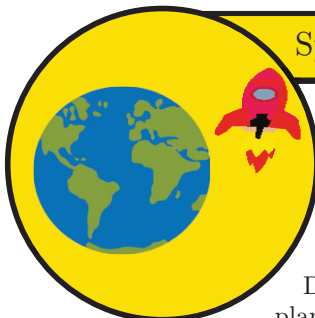
On Valentines Day, February 14, the American Red Cross is holding a blood drive at Dexter High School. Every three seconds in the US, a patient needs a pint of blood. Due to issues such as winter weather conditions and flu season, blood supplies across the nation are getting dangerously low. The Red Cross urges all students to donate blood to help with this problem. Optionally, students can download the Red Cross Blood Donor app to receive rewards for blood donations.



## Second Annual French Exchange Approaching

Tess Alekseev Writer

Last year, french teacher Jamie Aumend brought the French-American cultural exchange to Dexter. After spring break, DHS french students hosted French exchange students for two weeks. In fall, there was a threat of cancellation of the planned second exchange, but students that participated in the first exchange talked to the school board, and were able to reinstate the program. On February 24th, the French will be coming back to Dexter, and in June, Dexter students will be traveling to France, where they will stay with their exchange student for two weeks.



## SpaceX Brings Style to Space Travel

Tate Evans Writer

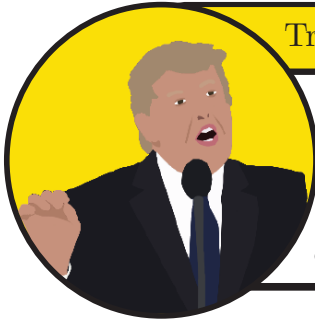
After months of building hype and anticipation, SpaceX finally launched their new ground breaking falcon heavy rocket in early Febuary. Consisting of two reusable boosters strapped together onto a core stage, the new falcon heavy blasted into space quite the payload: a Tesla Roadster sports car. Intended to function as a test payload for the new rocket, the cars planned trajectory will see it shooting past the asteroid belt between Mars and Jupiter, forever destined to float in the cosmos. With David Bowie's "life on mars" confirmed to be playing on the cars radio throughout the planned trip around the solar system (or at least until the batteries run out) SpaceX CEO Elon Musk has certainly put his best foot forward in restoring the American publics love of all things space.



## US Government Shutdowns

Tate Evans Writer

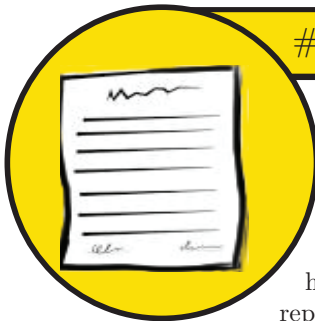
After months of short term budgets being the norm for congress, the United States found itself without a budget and in government shutdown when negotiations fell apart the day before the government was to close its doors. While a deal had been struck that would have averted the shutdown, it was quickly shelved after the president expressed disapproval to the immigration concessions made to the democrats as apart of the deal. Spending only three days in shutdown, most ill effects were averted, and another short term budget was passed in a bipartisan deal that would keep the government coffers flowing until February 8.



### Trump Delivers First State of the Union

Finn Bell Writer

President Trump gave his first State of the Union address on January 30. As is tradition, the President's speech was mainly a patriotic display, focused on a theme of national unity and what it means to be an American. The President also used the address to repeat some of his promises from the campaign trail. These promises included rebuilding the United States' infrastructure, bringing back American jobs, cracking down on immigration, and strengthening the military.



### #Releasethememo

Tate Evans Writer

A controversial government memo authored by House intelligence committee chairman Devin Nunes and declassified on party lines has added yet another twist in the saga of the FBI's investigation into the Trump campaigns election activities. Alleging that the FBI used unreliable information to justify a federal warrant, the information shared has been used by the president to support his claims the investigation is unfounded. Both Democrats on the intelligence committee and the FBI themselves, however, have said that the claims purported in the memo are misleading and not representative of the actual investigation. In response to the memo, the democrats have drafted their own version, and are actively pursuing its publication.

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# Bond The Builder

Dexter begins improvements to school campuses with passage of \$71.7 million bond

Alisha Birchmeier  Writer

Alisha Birchmeier  Designer

Alisha Birchmeier  Photographer

As trees are cut down and ground is chopped up, emotions are flooding the Dexter community. Between angry parents voicing their opinions and the mixed emotions of students, the bond has become the center of conversation in the community.

The original plan was to clear twenty acres of trees to place the two fields; however when looking at the placing and size of the fields only seven or eight acres needed to be cut down. While there is a rumor that all of the trees will be replanted, that's not true; only some of them will be. Healthy new trees will be placed along the roadside to block the fields' view from the road.



*Land cleared next to DHS, to allow room for two full sized athletic fields.*

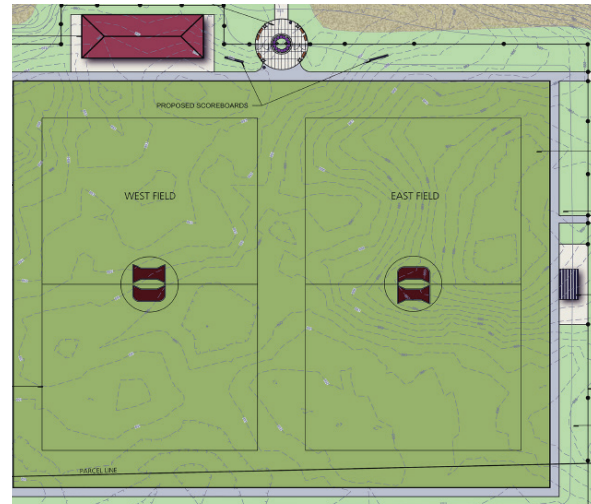
Some Dexter High School biology classes have discussed ways to replace these trees, such as their classes replanting as a project.

“We are looking to do this as our culminating project once we are done with IB testing,” biology teacher Beau Kimmey said.

Allowing this to happen would ensure that, even though part of environment was destroyed, the area would be rebuilt in time.

Dexter students and parents have voiced their opinions on the removal of the trees; some are for it and some against.

“I’m against the trees being cut down because the school board values economy more than the environment,” senior Georgia Frost said.



*Over view of the two full sized fields being placed next to the high school. Renderings courtesy of Dr. Chris Timmis*

The new fields will allow multiple uses for various sports. There will be lines for lacrosse, field hockey, football, soccer, baseball and softball. There will be lights along at least one side of the fields to allow for evening play, and a net in between to assure the safety of play.

“We need another field because of time,” sophomore Claire Vaughn said. “More practices can be after school, instead of fighting for field time, which in turn gives student athletes more time to work on their homework.”

Later on, a field storage house will be built, but not with bond money. The school can have a field house built at a low cost without wasting the bond money for such a small project. The money that could be used to build the field house if worked into the bond would be better off being used on bigger projects.

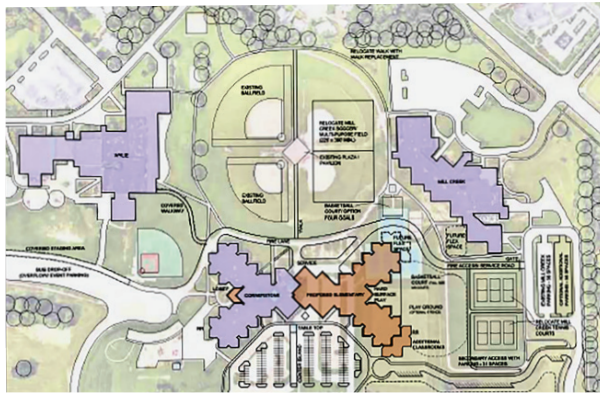
While the sports fields have had a slower start, the second half of Cornerstone already has solid footings to start the process. The expansion of Cornerstone is having a great impact on the quality of life for all kindergarten through second graders. Both Cornerstone and Bates were at 106% capacity. Many parents are overjoyed by the updates taking place for their younger kids.

“I have a kindergartener at Bates and three younger kids who will start in Dexter Schools in the next four years,” parent Margaret Murphy Schoenherr said. “I’m thrilled that they are being proactive about plan-

ning for the expanding building needs. I also think the flexible learning space between Cornerstone and Bates will help support teachers in continuing to provide creative and rigorous lessons. Anyone who is unwilling to invest in the education system doesn't understand the interdependence of our society."

By moving all first through second graders into one large building, Dexter Schools can expand the students' education and hands-on learning experiences.

The building of the expansion was put to a halt when the ground froze at the building site.



Over view of Dexter community campus after the completion of all the additions.

"When the snow fell, it acted as an insulator to the ground, to keep it from freezing," Superintendent Chris Timmis said. "When the snow melted, and the temperature dropped again the ground froze, that's where we ran into trouble."

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**"We moved to Dexter for the schools and we continue to be happy that we did."**

**-Sandra Louise**

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The only way to continue building was to bring in saws and chop up the ground. The building is still moving forward at a pace that allows it to be open for the 2019-20 school year. The ground has been leveled and cleared, allowing for the placement of footings in the ground.

While Cornerstone is being expanded, all of other Dexter schools will be getting updated by 2022. In Dexter High School, the number one issue of water faucets not working will be resolved with the money from the bond.

In different bathrooms around the school, many students have noticed that there are different faucets.

These are there to provide insight into which ones work the best. They won't be the upscale touchless faucets, due to the fact that they are the most expensive and break more often than most.

There will be new carpeting put in in the near future. The carpets will be replaced during the summertime due to the safety of students and that everything will have to be brought out of the rooms to tear out and put in more carpeting. Many of the desktops will be replaced during this time as well.

However, this does not mean that Dexter High School students will have their own computers to take home. Many have heard that we finally have the money to provide the high schools students with laptop; this is one of the biggest misconceptions about the bond. The high school has enough laptops to be sent home now, but has not done so yet.

"Until the infrastructure is in place that would support \$1,000 computers going home with 1,100 kids and take care of all the replacement costs--because kids are going to break them, drop their water bottles on it," Principal Kit Moran said. "This already happens with the professional staff, unfortunately. Until [the infrastructure] happens, I don't think it's a great idea."

One thing that will be done to all the buildings is an upgrade in security. The biggest upgrade will be done to Wylie. The office will be moved down to where the women's locker rooms are right now, that way, visitors have to walk through the office and sign in before entering the rest of the building.

"I am the parent of twin second graders at Bates; I attended several meetings about the bond and was impressed at every one of them," parent Sandra Louise said. "The amount of planning and forethought was incredible. Not only is an amazing new school being built, but all of the other schools will also have improvements in safety and learning spaces. We moved to Dexter for the schools and we continue to be happy that we did."

With DHS having so many entrances, there is a difficulty keeping all of those entrances secure. There haven't been any changes made yet to improve school safety, but by 2022 DCS will take extra safety measure.

During the timeframe of 2018-2022, the community will continue to see improvements throughout all the schools, Timmis said. Only some schools will have exterior updates, but all will have interior updates. The district is growing and the bond is accommodating the growth of student numbers, and the increase in athletic needs.



# Our View: Experience Should Trump Celebrity Status

Staff Writer

Tate Evans Designer

Tate Evans Photographer

Elaina Dunn Illustrator

When Oprah Winfrey gave a commendable speech on the #MeToo movement at the Golden Globes, the nation was understandably ecstatic. In attacking sexual abuse and warning abusers that “their time was up,” she tied us all together at a time when we’re quite far apart.

Whether you were a Hollywood superstar, average joe, office worker, or just a procrastinating high school student, it resonated with you. On social media, feeds lit up with yells of Winfrey 2020, while the talking heads on cable news spent hours salivating over the possibility of a Trump vs. Winfrey election. In an amazing twist, celebrities with zero legislative experience are now being seriously contended as presidential candidates, a reality that seems unsurprising when one lives under the Celebrity-in-Chief himself.

In today’s time, it makes great sense why we often feel much more attachment to celebrities than to our own representatives in government. Politics in the past few

years has become a glop of partisan policy and immaturity, more fueled by those with the “free speech” of cash donations than those with simply their voice alone. On the other side of the coin, it’s never been a better time to be a celebrity. Instead of receiving hate mail, celebrities receive fan letters by the hundreds, and instead of having to make the tough kind of decisions that often alienate half the population, celebrities can become adored almost universally in just 120 minutes worth of film.

Politicians and celebrities both are involved in the business of entertainment, it’s just the latter does

a much better job at it than the former. Celebrities don’t have any of the kind of baggage that usually comes with politicians, or at least, not on the same level. You’d be hard pressed to find among the top celebrities of the country any kind of baggage like Benghazi, the Iraq war, or Obamacare. In politicians, however, the stream is almost endless. Government is a history of decisions, which includes both good and bad ones. As a society, however, we tend to remember and even inflate these decisions that were bad. As a result, we are often more prone to choose the person over experience, the latter of which comes along with the uncomfortable baggage of past decisions.

Experience, however, is where all the skills a president needs come from, not celebrity. Out of all the skills that are necessary for a functioning president, three come before all others: political knowhow, management skills, and a good temperament. If a president cannot take advantage of the system and grease the wheels of government in their favor, they are left with few successes. If a president is fighting a war with his own white house staff and is finding administrative complex frightening, they become distracted with infighting and disorganized. Finally, if a president is unable to handle the large pressures of the office, their rash decisions or poor remarks will sink their popularity. If you lack in one of those qualities, you’re already treading water. If you lack in two or even all three, then your days in office are most likely numbered.

Celebrities, however, certainly aren’t prone to following political norms or rules. When candidates

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**The only reason why it’s becoming a trend for celebrities to make claims of running for the presidency is because we’re okay voting for them.**

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## Q: What Celebrity would you vote for and why?



“I would vote for Ellen because she’s not about that war stuff, that’s not how Ellen rolls, she rolls with kindness”

-Junior Laura Kapanowski

“I wouldn’t vote for a celebrity because I can’t see myself weighing fame over other factors”

-Sophomore Adam Gasiorek



“I would vote for Trevor Noah, because he’s the greatest person on earth”

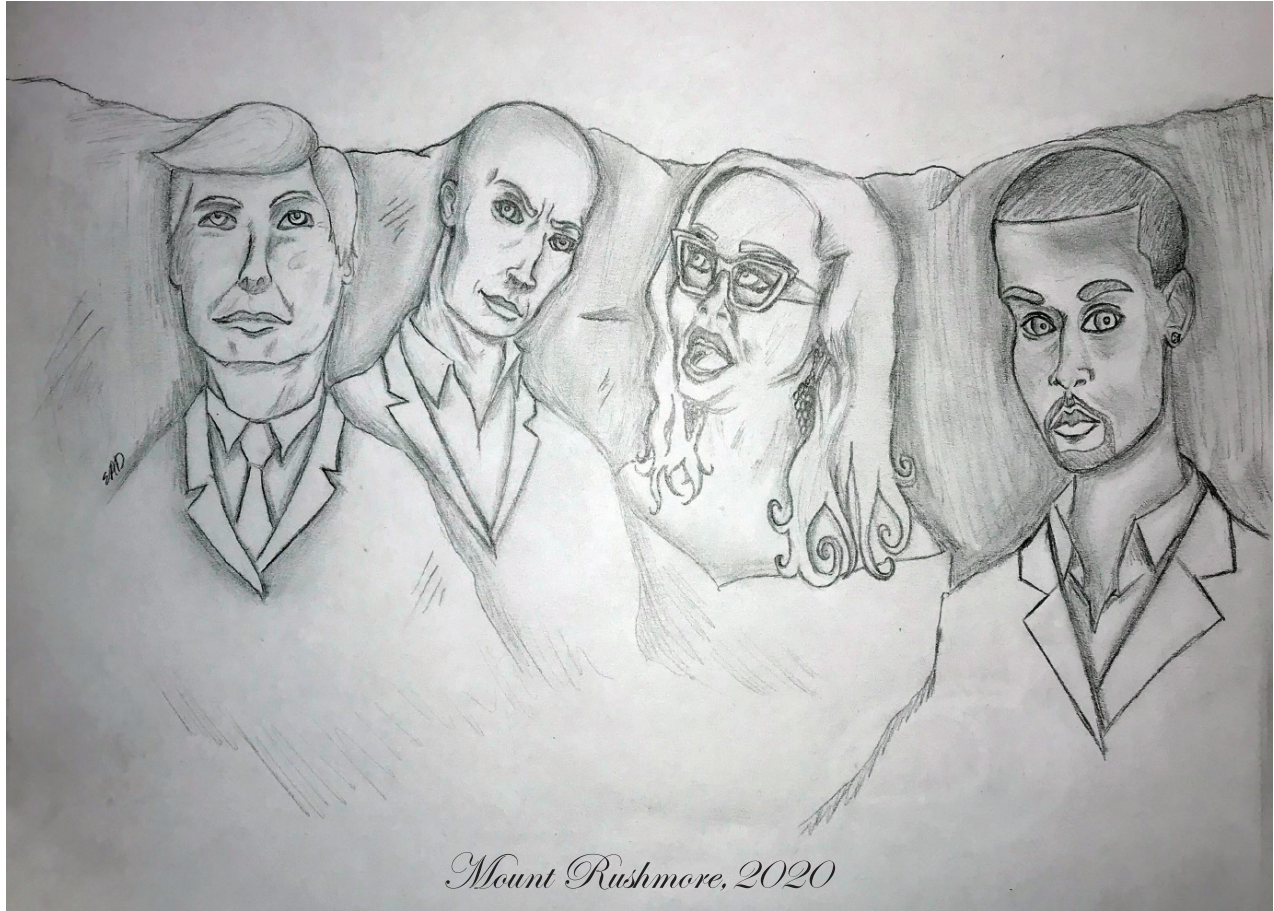
-Junior Trevor Eisele

“I would vote for The Rock because he’s got a great sense of leadership and is really generous in his charity”

-Junior Lukas Stegmuller







campaigns in the past, there used to be at least a pretense of being civil about the issues. Today, however, one could easily make the case that government is more about mudslinging and hand size than they've ever been: it's a clear-cut case of what happens when campaigns are more about the person than the ideas behind them. When considering whether or not to vote for Winfrey, you don't take into account if she'd need to order a drone strike or negotiate us out of a government shutdown; you're thinking about when she gave everyone in the audience of her TV show a brand new bow-topped Pontiac G6.

Celebrity candidates have realized that it's not their ideas that are getting them across the finish line, but the characters they've created. There's a reason why Donald Trump marketed himself as the dealmaker in the election; everyone knew him from his *Celebrity Apprentice* TV show, and, regardless of whether he was as good as his TV personality in the real world with dealmaking and business, people fell in love with the character he had created for himself. They truly believed that Mexico was going to pay for the wall — with or without their permission — because he was the master dealmaker.

In reality, however, Donald Trump is a man whose most popular tweet is not a message that brings the

nation together but a video of him beating up a CNN logo at a WWE event. When the lines between entertainment and politics have become so blurred, this preference for characters over reality is the only logical conclusion to a process that's been happening for years.

But it doesn't have to be this way. The only reason why it's becoming a trend for celebrities to make claims of running for the presidency is because we're okay voting for them. What people need to do when thinking of a celebrity as president is to separate them from their character, music, or personality. Instead of gunning it for the presidency after a few good PR stunts, we should encourage celebrities to start small, learn the ropes, and prove themselves in offices less consequential than one with 4,018 nuclear warheads at its disposal.

In fact, it would probably be a humbling and educational moment for a celebrity to run for the mayors of Detroit or Chicago. If they prove themselves to be knowledgeable and successful, then why not make the leap? We should hold celebrities to the same standard as regular politicians and make politics more about making all of us better off, rather than relegating it to another escape from an inescapable reality.

# We Voted it, We Got it

Tate Evans  Writer

Tate Evans  Designer

Alisha Birchmeier  Photographer

The heat directed at the school's new athletic development simply isn't justified

When DHS students walked into the school after winter break, many of them were surprised about what had happened to the school's skyline. While plenty had heard of the bond and how we were getting new sinks, it was apparently so long ago that everyone forgot about the new developments being built right next door. Surprised and feeling unconsulted, some people understandably disagreed with the school's decision to chop down a section of forest near the parking lots to make way for the football fields. In fact, some questioned even the reasoning as to why the school even needed new sporting fields in the first place.

All those concerns are fine and well, of course, and it's the responsibility of every student to be knowledgeable and concerned about the impact we're having on the environment around us. Keeping this in mind, however, there is a clear difference between un-notified, sloppy action and thought out, responsible planning, with the latter of which being exactly what we got after winter break.

Let's start at the beginning. Many months ago, those with the power to kill or move forward on this bond were given quite clear knowledge of what exactly they were voting on. Besides being told in writing of the planned development, they were even shown an artist's rendering of what the school would look like with the new sports fields, with the area depicted covering the spot where development is occurring today. It's quite difficult to make the argument that nobody knew when those who cared enough about the bond to show up to the vote were provided with more than adequate materials detailing the proposed changes. At the end of the day, it's fair to question if we needed the fields, but to question the validity and say no one was told is misleading at best.

Even on the topic that the fields were needed, however, it most certainly appears that they are. At Dexter High School today, there's only one field properly equipped to run fully fledged sporting events, and that's Al Ritt. While just one field may have been just fine a decade ago, in the face of ever-growing sports programs and an ever-increasing importance being placed on team sports at DHS, having just one field at our disposal isn't realistic.

In Dexter, we have football, field hockey, track and field, soccer, and many other sporting events at other schools in the district that need a field like Al Ritt to play on. Very often, sporting schedules on limited ground can conflict.

When schedules conflict, it's the players who lose out. Games get shifted, events are held at astoundingly late times, and practices have to be held on less than preferred grounds, all because we have but one true field. With these deficiencies, it's quite clear we need new grounds.

What is most confusing, however, is that people who, until this point, seemed relatively inactive about environmental issues in any capacity leapt at the chance to decry the that which happened in their own backyard. The same people whose phones run off precious metals strip mined in Africa, the same people using single-use styrofoam trays instead of lunch boxes in the cafeteria, and the same people who drive gasoline-powered cars to school are the same people who are upset about the trees.

Understandably, it's hard to speak up about island nations in the South Pacific disappearing under the waves from carbon emissions or the ever growing Great Pacific garbage patch when you personally are not impacted by your contribution to them. But we all use plastic water bottles, use air conditioning when unnecessary, forget to recycle: things that, when added up, represent problems of far greater importance and impact than the loss of a few dozen trees. To be someone who cares about the environment is not to overreact at small scale changes around us, but to do your part to chip away at the larger issues that are far more dangerous. But if people are more shocked by an uncompleted construction project than by a patch of garbage more than a million square miles wide floating in the Pacific, the issues that are truly worthy of discussion will simply get lost in all the noise.



Writer  Joe Ramey

Designer  Tate Evans

Photographer  Alisha Birchmeier

# Devastation in Dexter

By approving the bond, Dexter has allowed a mindless act of insensitivity to come to fruition

The decision to deliberately eliminate an entire ecosystem for the purpose of public school expansion is ludicrous.

The Dexter Community Schools bond proposal was passed in mid-August, allowing our district to make “improvements” to our campus, therefore diminishing the size of the already inhabited land. Directly adjacent to the high school is a large plot of land that is nearly all forested, housing a multitude of species and ecosystems. This changed over break. The land that was once forested is now barren and uninhabitable.

Upon returning to school from winter break, the Dexter student body was welcomed back with a wasteland-esque landscape: seven-plus acres riddled with severed stumps and brush where dense trees and other plants formerly resided.

This “improvement” (or deforestation, which is what it is), was all part of the original bond that had been proposed and publicized in August of 2017. The reasoning behind the destruction of this portion of the forest is to create room for more sports fields, all of which will be artificial turf.

This is a mindless act of insensitivity. Though the bond was voted on and passed, the choice to cut down two acres of forest is both immoral and cruel. The forest was a working facet of our local ecosystem, providing an abundance of oxygen along with rich, potable soil. Additionally, the trees housed a variety of animals including different species of birds and rodents along with deer and other woodland animals. This “improvement” indefinitely robbed them of their homes. The forest was an already-established natural monument, decades in the making.

From an economic standpoint, the forest was the

most cost-effective route to take when keeping these types of improvements in mind, but that’s where morality plays a part. Is it really worth this level of destruction? Will the reward be worth the damage?

It will not.

It is a weak excuse for the Devastation that has been done. Other options should’ve been more heavily investigated and considered in an effort to promote the importance of this type of land. The sports fields are not even close to necessary in the long run (or now for that matter). Campus expansion and athletics should never come before natural land. Now more than

ever, land like this needs to be preserved. To use the land for agricultural purposes down the line would be one thing, but to banish a forest which is rightfully placed is a crime, especially for the purpose of high school sports fields. It’s pitiful.

This is a poor example, but it’d be as if a bird destroyed our high school with all of the students in it, solely for the purpose of making a nest when numerous nests are already present.

I think the decision to cut down all of these trees was a lapse in the administrations, school board’s, and voters judgment because of the disregard for both natural life and the long-term detriment towards the environment. As a reader, if you use your head, you’ll understand what it really is: murder.



# National Sports Briefs

Top headlines from the sports world in the past month

Michael Waltz  Writer

Michael Waltz  Designer

Ryan Lotz  Illustrator

## Eagles Defeat Patriots in Thrilling Super Bowl LII



The New England Patriots faced off against Philadelphia Eagles in Super Bowl LII. The game got off to an even start with both teams scoring a field goal on their first possession. The offense was the main story of the game with both teams racking up points early. In the end, the Eagles defense was the one that stood tall at the end of the game by stepping up and getting a huge stop with two minutes left in the game. Tom Brady and the seemingly unstoppable Patriots were finally taken down with Eagles coming out on top 41-33. This is the Eagles' first Super Bowl win in franchise history and, unsurprisingly, Nick Foles was named MVP after throwing for 373 yards and three touchdowns while also becoming the first quarterback to catch a touchdown pass in Super Bowl history. History was made by Philadelphia the night of February 4, 2018, and it will go down as one of the exhilarating Super Bowls ever.

## XFL to Return in 2020



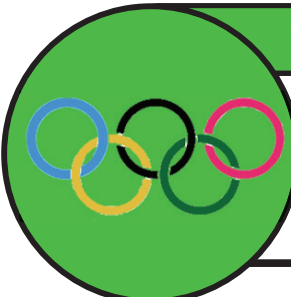
On January 25, the failed professional football league, known as the XFL, announced its surprising return in the year 2020. With a new league comes new rules and they definitely seem to differ from the rules back in 2001 and even from the NFL. The XFL will be owned by Vince McMahon, the founder of Alpha Entertainment and CEO of World Wrestling Entertainment. McMahon said the XFL may not include a halftime so that the game can be shorter than the three-plus hour NFL games. His goal is to have game around two hours. McMahon also made it clear that the XFL will have nothing to do with politics, and it will be more focused on pure football and entertainment. Another interesting rule: no players with criminal records, including minor infractions such as a DUI, will be allowed in the league. There will be eight teams (320 players) and a 10-week regular season. The cities for teams haven't been determined, but McMahon said cities that already have NFL teams won't be ruled out.

## Matt Patricia Named Detroit Lions Head Coach



The Lions completed their search for a new head coach by hiring former New England Patriots defensive coordinator Matt Patricia. Patricia had been on the Patriots' staff since 2004 and was the team's defensive coordinator since 2012. The Detroit Lions' head coach position opened after Jim Caldwell, who coached the Lions for four years, was fired. Despite finishing with a winning record in three of his four seasons, including two playoff appearances, the Lions were looking for a coach who could take them to the next level (winning the NFC north or even a playoff game).

## Winter Olympics are in full swing



The 2018 Winter Olympics kicked off on Friday, February 9, in Pyeongchang, South Korea, at the Pyeongchang Olympic Stadium. Pyeongchang is 14 hours ahead of Eastern Standard Time. This is the second time the country has held the games, the first being the 1988 Summer Olympics in Seoul. There are some returning names for the U.S. to this year's Olympics games, such as skier Lindsey Vonn and snowboarder Shaun White. A name everyone is watching out for is 17-year-old U.S. snowboarder Chloe Kim, who could potentially be a breakout star.

Writer  Stephen Sterlitz  
 Designer  Stephen Sterlitz

# Athletes in the Crowd

Nearing the postseason, here is a close look into some Dreadnaught athletes and their hard work



## Senior Brady Rosen

Rosen is no stranger to the varsity basketball environment, contributing to the team since his sophomore year. The Dexter men's basketball team is currently 8-4, a superb record only half way into the season. Rosen is a big contributor to his team's success with 12 points and 8 rebounds a game. Rosen hopes to pursue a college basketball career in the Great Lakes Intercollegiate Athletic Conference (GLIAC) at the Division III level. On Thursday, Rosen received his first official college offer from Defiance College, a D3 school in Ohio. The team's goal this year is to win the Southeastern Conference White Division. "It would be the first time in a long time," Rosen said. "It would feel great."



## Senior Austin Aceves

Aceves has been wrestling for six years, making him one of the more experienced athletes on Dexter's wrestling team. The Dreadnaughts have suffered only a few losses in their season, making them a dominant force in their league. Aceves is currently 20-4, a stupendous record for his senior year. Aceves has no current plans to continue wrestling at the college level, but still hasn't ruled it out and is maintaining the potential to walk-on. The team goal the wrestling team has their sights set on is a district title, a remarkable feat in a competitive conference. Aceves' personal goal is to make it past regionals. "It would mean that I took a bigger step forward than last year and it would feel great," Aceves said.



## Junior Niklas Eberly

Eberly, a third-year varsity athlete has had an incredibly successful season, breaking pool records at Birmingham Seaholm and Pinkney among others. His year-round commitment to swimming has made him one of the top swimmers in the state for the 100 butterfly. His time is highly competitive, consistently being under 51.5 seconds, with a season best of 50.36. Eberly's goals include going a 48 in the 100 butterfly and placing first in both the 100 butterfly and the 200 freestyle at states. "I would be very happy with it, since it's all adding up to a bigger goal," Eberly said.



## Senior Katy McWilliams

McWilliams has been contributing to the women's varsity basketball team since her junior year and has become a force to be reckoned with on the basketball court. McWilliams has helped light the way to victory with her 100% free-throw percentage. The Lady Dreads are currently 7-6, an on-par record when compared to their 11-10 season last year. McWilliams doesn't plan on continuing her career in college, but would enjoy playing in a rec league or just for fun. The Lady Dreads have a goal of winning Districts this year. "It would mean a lot that we were able to work together for something great," McWilliams said.



Photographers - Taylor Wilson (Rosen), Stephen Sterlitz (Aceves),  
 Beckie Sterlitz (Eberly), Daniel Higgins (McWilliams)

# Grades Vs. Learning

Getting the perfect grade has become a priority over learning new information among DHS students

Jimmy Fortuna-Peak  Writer

Jimmy Fortuna-Peak  Designer

*What do you want get out of high school?* is a common question DHS students receive on their first day of their freshman year. Many will have different answers to this question such as an athletic scholarship, great memories with friends, finishing with academic honors, etc. While these are all important, very few actually care about learning the information taught in class.

A recent survey discovered that more than 60 percent of DHS students care more about the grade they receive in class than learning the new information being taught. While this news may be puzzling, being that the point of going to school is to make us smarter, there are some factors that have led students to think this way.

Many of the classes that DHS offers receive little interest from students, thus, the grade becomes the most important thing. With little impetus to do work for a class, students use any motivational tactic they can to help them perform well in school.

"I'll remember things just for the test and then I'll forget everything I've learned right after," senior Cierra Rize said. "I care more about the grade, [and] I know I'm not alone."

A great way to fix this problem would be to start offering classes that students are interested in. Widely requested classes such as taxes, first aid, and home economics are not offered at DHS. Adding classes that people are interested in could help students focus more on what is being taught and even enjoy the process of learning it.

While lack of subject interest may be an issue, there is little way of getting around it due to government regulations surrounding credits in each subject, as well as the need to get students ready for college. That being said, most students agree that how much

they care about the information is on a class-to-class basis.

Another issue many students are having is how to adapt the information they are learning to everyday life. They spend countless numbers of hours sitting in a classroom, learning facts and equations, to never use it again after finals. If classes were to start implementing hands-on activities such as more field trips, students could get more context on why they are learning what they learn. This could be hard depending on the particular subject, but could prove to be a more engaging environment compared to the average classroom.

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**"I care more about the grade, [and]  
I know I'm not alone."**

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**-Senior Cierra Rize**

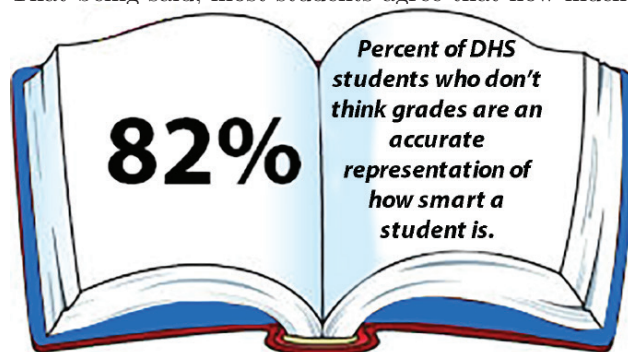
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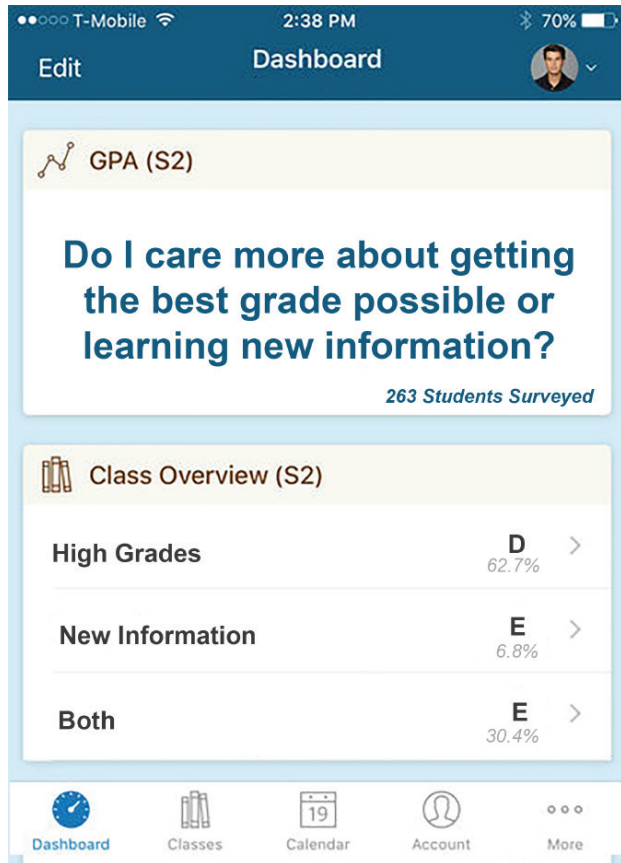
The main cause of the stress that the grades provide is from the universities that DHS students apply to. The pressure to take AP and IB classes in subjects that students are not even interested in causes them to worry more about looking good for their respective college rather than using the class to further their interest. Combined with students having to take government-mandated classes, the entire experience of school becomes strenuous for many.

An additional issue that DHS students face is what the true meaning of a letter grade is. Many argue that a grade shows the effort of a student rather than actual knowledge. This is especially relevant since a survey of 263 students revealed that 43 percent of DHS students have stated they would care more about what they learned if the grading system was taken away.

"[Grades] tell more about effort and how much effort [students are] willing to give towards a class," junior Evan Chapell said. "It's not always that, but I feel that when you get good grades there's a lot of effort that goes into it."

While this may be the case for many, colleges use stats such as GPA and SAT/ACT scores to determine who is admitted into their respective schools. Some colleges such as Grand Canyon University and Western Governors University have opted to get rid of a





minimum GPA as an application requirement. If all universities were to take this action then there would be no need for a grading system. However, until all universities opt to not look at GPA, the pressure to get high grades will stay.

What many DHS students may not realize, though, is just how aware teachers are of their opinions on grades and school. The growing competition to get into universities has not gone under anyone’s radar. With this in mind, there have been ideas on ways to relieve the stress of grades from students as well as making classes more enjoyable.

**“My dream would be is for you guys to come to school to learn.”**

**-Principal Kit Moran**

“I think an easy thing to do would be remove class rank as a factor,” English teacher John Heuser said. “I think that would be a very simple way that we could remove a little bit of pressure from students.”

Removing class rank would allow students to focus on themselves rather than having to compare and worry about competing against their peers. Not only that, but the complication of a weighted versus regular rank makes class rank an almost outdated form of

competition. Furthermore, it only compares students to other students in their own school rather than students all around Michigan or the United States.

“To get into a university you have to have a high GPA and high grades,” principle Kit Moran said. “The grade system, I think, causes us to want to get an A. I think universities are a contributing factor to that.”

As long as universities pressure applicants to strive for the highest grades possible, students will continue to focus on the grades rather than information. Even with this being a Michigan standard, the idea of a non-graded class has been brought up and tested.

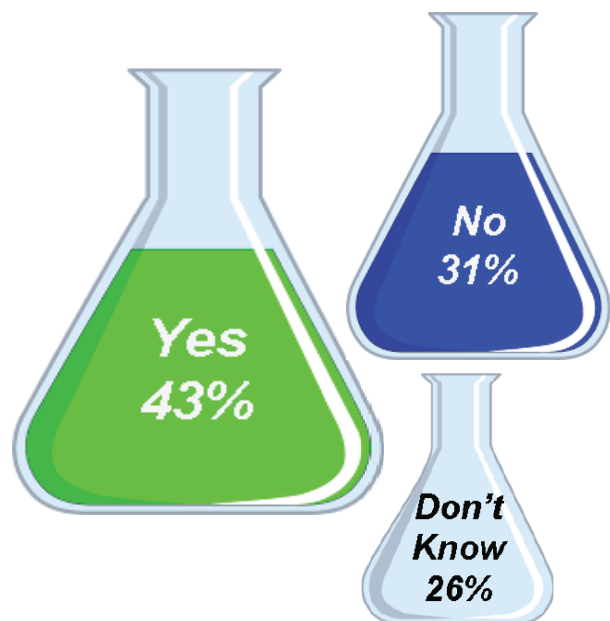
Science teacher Beau Kimmey and Moran have talked about implementing classes with no grades in the future. The idea is that students would receive assessments and feedback, but wouldn’t receive an actual letter grade. Students will know how they are doing in the class, but will not have the pressure of a grade hanging over them. Furthermore, they can focus on the information and enjoy what is being taught.

Students should not anticipate this happening soon though as it will not be available for another few years if ever. But, it is a step in trying to make students learn for the information instead of the grade.

“A downside to the society we live in is that we have to grade everything,” Moran said. “My dream would be is for you guys to come to school to learn.”

While this dream may not be far fetched, it doesn’t look like any changes are going to be made to make it happen any time soon.

*If the grading system was taken away, would you enjoy what is being taught more?*



# Dexter, Too

Social media has brought attention to sexual assault, but the community has to address the issue locally

Isabella Franklin  Writer

Isabella Franklin  Designer

With movements such as #MeToo, celebrities and the media are doing very important work by bringing attention to sexual assault, letting victims know that they aren't alone, and empowering people to come forward. The important thing that many people are missing about the movement, though, is that victims and perpetrators aren't only celebrities who come out about their experiences or get exposed for their mistakes: they're people all around us that we see everyday. Dexter isn't exempt from this issue—we can't ignore the issue within our own community, especially not within the high school.

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“I feel like they hide it because it's an uncomfortable subject to talk about, when really we should be talking about it and taking care of it.”

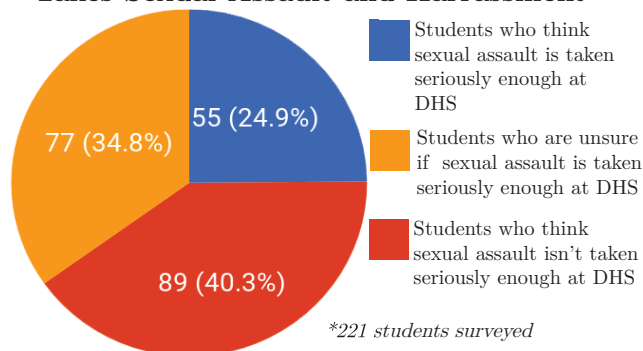
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-Senior Sheila Clegg

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The *Squall* conducted a study about sexual assault and harassment within Dexter High School. The results showed that almost half of the students at DHS think the school doesn't take sexual assault seriously enough.

## Student Opinion on How Seriously DHS Takes Sexual Assault and Harassment



“I have close friends and generally know about other people who find it okay to joke about sexual assault and harassment,” freshman Oliver Walton said. “They feel it's an okay thing to joke about among other friends who have not experienced it

in any way.”

Walton wasn't the only student who reported hearing jokes about sexual abuse.

“Many of the students at DHS make jokes about sexual harassment and sexual assault,” freshman Ali Moore said. “They may be kidding, but don't realize how it can offend and trigger other people. They see it as funny, and as if sexual harassment is a joke.”

More significantly, however, about 10% of students reported being sexually assaulted, and a separate 11% reported having felt uncomfortable or pressured in a sexual situation.

“There's been a few times probably throughout high school, definitely like four or five times, with both harassment and assault,” one anonymous victim said. “It made me feel very objectified and it made me feel kind of like I was nothing more than just my body and that there was nothing else to me. I definitely felt embarrassed and hurt, especially when it was, like, a guy I was friends with. I also felt that I wasn't respected and that I didn't deserve respect.”

“I feel like even if I did come forward no one would do anything, and that's just kind of expected, which I think is really sad.”

The apprehensive and negative feelings about coming forward about assault were echoed by other victims.

“I've had times where I've gone to the counselor and tried to talk, and I feel confident, and I'm ready to tell [them], and then I just choke up in tears,” another anonymous student said.

One anonymous student came forward to report their assault, but felt that the school didn't react accordingly.

“I told an adult here at the school,” they said. “She was the only adult who listened to me and made me feel like I was valid even if she didn't feel that way.”

“The reaction I got from the counseling staff here wasn't ‘are you okay?’ It was ‘did you say no?’ And I was like, ‘yeah, I did say no’ and they said I probably wasn't clear enough.”

Ultimately, the school administration decided it



couldn't do anything to help this student because the assault occurred over the summer in another city and the assailant was graduating that school year.

"I didn't want him to go to jail," they said. "I wanted to be able to talk to him with a teacher or principal there for a report to be made.

"One of your students is coming to you for help and you are saying no for reasons she couldn't control and, like... what the f\*\*\*? What the actual f\*\*\*?"

Even when not in a sexual situation or being assaulted, some students reported being made uncomfortable through harassment or threats. One student recounted receiving sexual assault-related threats for their sexuality while on the school bus.

"I was threatened to be raped to 'fix' the fact that I am gay," they said. "It was a pretty long time ago. Situations like that were really common for me throughout freshman and sophomore year."

These threats can extend outside of school and onto social media.

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"...I feel confident and I'm ready to tell [them] and then I just choke up in tears."

-Anonymous DHS student

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"There has been a couple times when I have been harassed over text/social media," one anonymous student said. "They usually ask for something sexual and when I say no, they get really aggressive and yell at me."

Long after assault or harassment occurs, many victims reported continuing to feel as though it was their fault and never truly getting over the event.

"I was thirteen and he was the same age," said one anonymous sexual assault victim. "Sometimes all the memories come in and I just burst into tears ... And it's the kind of thing that definitely does haunt you especially when you see the person every day, you're in the same classes, same grade ... You basically just feel guilty because you think it's your fault."

As for how the atmosphere around sexual assault both in DHS and society can result in these situations, students had differing ideas that all came back to one issue: lack of knowledge of sexual assault that leads to lack of respect for victims.

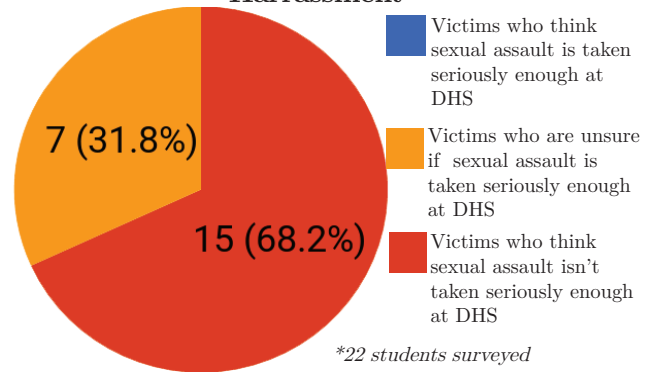
"I believe that DHS is a very upstanding school, and a lot of people at the school don't want to talk about sexual assault because it would make

us seem a lot less upstanding as a school," junior Francis Fifelski said. He also believes that sexism plays a significant role in the lack of respect for sexual assault.

Senior Sheila Clegg voiced a similar opinion to Fifelski's.

"I feel like they hide it because it's an uncomfortable subject to talk about, when really we should be talking about it and taking care of it," Clegg said.

### DHS Sexual Assault Victim Opinion on How Seriously DHS Takes Sexual Assault and Harassment



Comments on surveys seemed to show the accuracy of these statements. Many people questioned the definition of "sexual assault and harassment," while others said that part of the reason why it's a problem here is because students don't understand it. Throughout high school, students aren't taught where to go or how to safely report their assaults. In addition, the school doesn't teach anything directly about consent or sexual assault.

Carolyn Pidgeon, a former volunteer for the SafeHouse Center in Ann Arbor, explained how she worked to educate peers about sexual assault and harassment throughout high school and college to work toward preventing these assaults.

"In high school and college I worked as a peer educator," Pidgeon said. "I began giving presentations to high school and middle school classrooms about sexual assault and dating violence. In college, I joined the student organization of peer educators on sexual assault and continued teaching and giving presentations to other organizations, classes, and Greek life."

Even though there may not be room for it in the school's curriculum, DHS could bring attention to and educate about sexual assault and harassment by bringing in presenters similar to Pidgeon for annual assemblies.

As for what individual students should do when

there is a sexual assault or harassment to report, Deputy Gerrod Visel explained what should be done.

“First person they would tell should be a parent,” Visel said. “It’s up to you if you have a close friend you trust that wouldn’t tell anybody else, but I’d start with the parents and then have the parents contact law enforcement and/or the school principal and school counseling.”

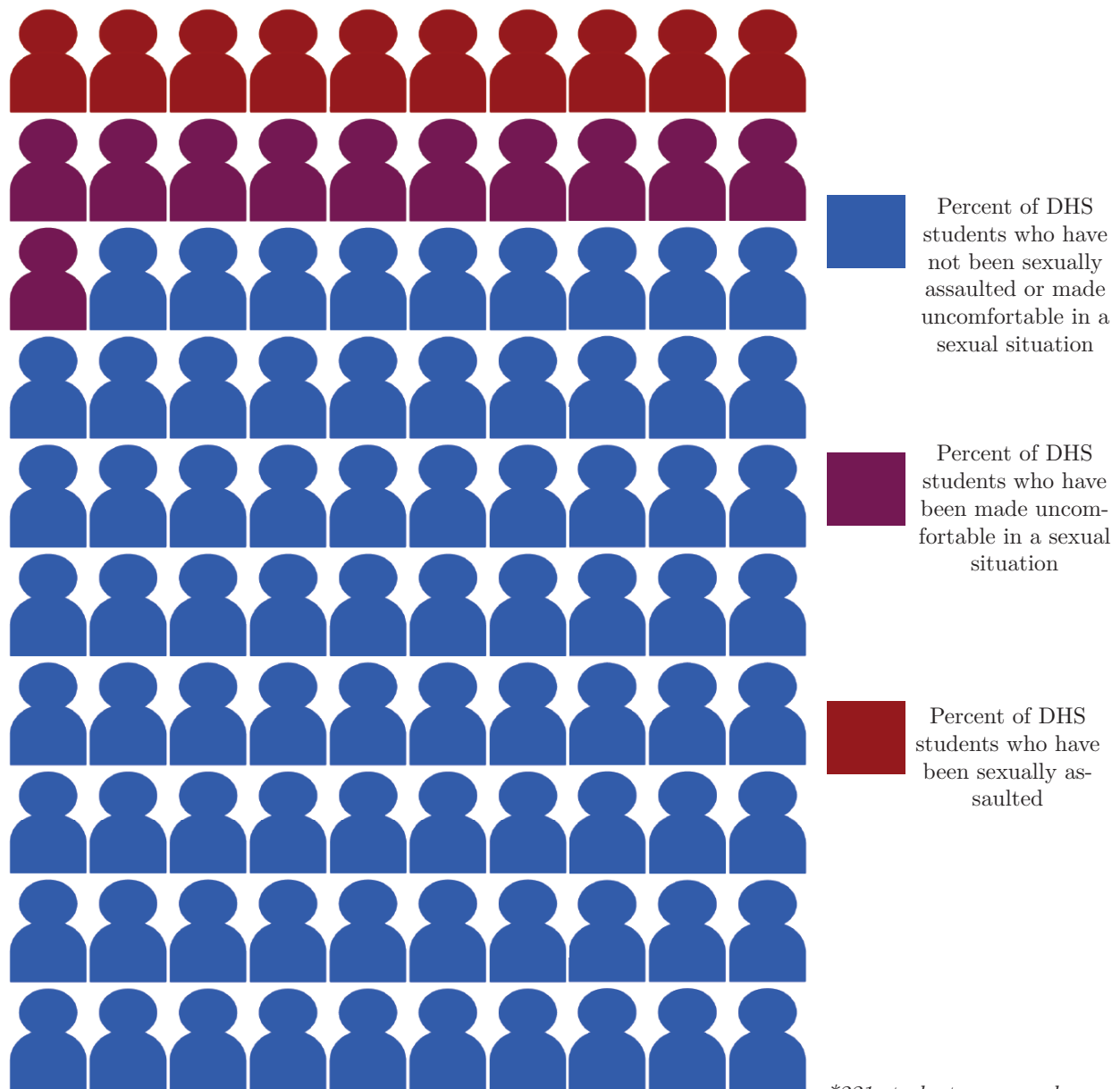
Principal Kit Moran believes that one of the most important components of preventing sexual assault is cultivating respect for other people.

“[People need] to do a lot more listening and a lot less talking and try to understand other people,” Moran said. “I think that would go a long

way for not pushing your needs on somebody else.”

Respect for victims of sexual abuse and their situations is a core aspect to preventing it in the future. Education about the topic is an easy way to help others learn what to do in these situations, get help, and learn about healthy forms of relationships in order to create respect.

While some of the responsibility to build a more respectful and safe environment is society’s and educators’, an equal amount goes to individuals. People must begin making the conscious decision listen to, support, respect victims of abuse, instead of attacking them and accusing them of lying, in order to cultivate a world in which sexual assault isn’t such a prevalent issue.



\*221 students surveyed

Writer  Bailey Welshans  
 Designer  Bailey Welshans

# The Bark behind Mental Health

Tank, Mill Creek's service dog, helps a variety of students with things such as anxiety and depression



If you've ever owned a pet, you know the amount of love and affection they can bring to you and your family. However, dogs also have some powerful mental health benefits, according to HelpGuide.org.

Dogs can help reduce anxiety and depression, encourage exercise, and ease stress for their owners. Any dog is capable of being trained as a full-time service dog for more therapy-focused purposes.

At Mill Creek Middle School, there is a new friendly face walking the halls. The school welcomed Tank after the death of Dexter, Mill Creek's long-time service dog. Tank, a yellow lab, has won the hearts of students, administrators, teachers, and community members throughout Dexter.

Mill Creek Principal Jami Bronson, noted the love Tank has been given since his arrival and how he has reciprocated that love soothing and bettering many students' days.

"I have watched, in the short time Tank has been here, help calm students who may be aggressive, to helping calm a child facing a panic attack," Bronson said. "Tank seems to have the ability to read when a child is upset and reacts to their emotions, sometimes lying down next to the child, allowing hugs and kisses."

Before he arrived at Mill Creek, Tank went through training, specifically to assist students in a school atmosphere that includes hundreds of kids, noises, floor surfaces, and lots of interaction with people.

"We have many students who face various struggles that have written into a support plan to have Tank available to help address the situation," Bronson said. "The furry, four-legged, cutie has a special talent."

The support from the community has helped place Tank where he is now. The Rotary Club provides food, veterinary care, and training for him. Without their support, Bronson said, Mill Creek wouldn't be able to host a dog.

Senior Morgan Rogers said her dog, a Black Labrador and Great Dane mix, is always there to help her through anxiety attacks when they arise.

"My dog is the most human-sensitive and caring dog," Rogers said. "Whenever I have anxiety attacks, he sticks to my side and listens really well."

According to Principal Kit Moran, the reason DHS does not have a dog is because nobody has really talked about one being here.

"If we get a dog, it couldn't be on my plate or my assistant principal's," Moran said.

In a survey of 54 students, 90 percent of the students agreed that dogs help them feel calm when they are upset.

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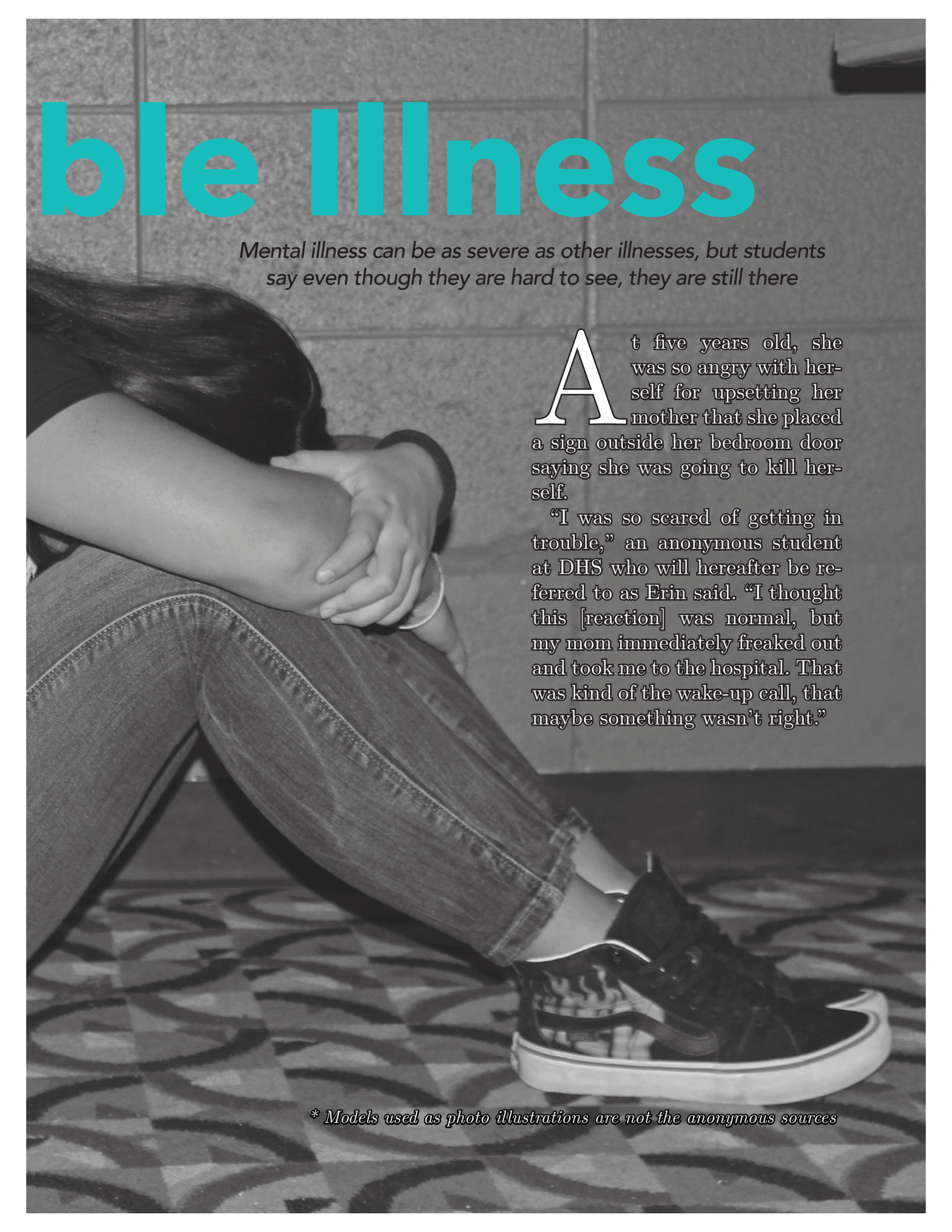
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# ble illness

*Mental illness can be as severe as other illnesses, but students say even though they are hard to see, they are still there*

**A**t five years old, she was so angry with herself for upsetting her mother that she placed a sign outside her bedroom door saying she was going to kill herself.

“I was so scared of getting in trouble,” an anonymous student at DHS who will hereafter be referred to as Erin said. “I thought this [reaction] was normal, but my mom immediately freaked out and took me to the hospital. That was kind of the wake-up call, that maybe something wasn’t right.”

*\* Models used as photo illustrations are not the anonymous sources*

Having an anxiety disorder has significantly impacted the way she feels in school and other social settings. Her mind is dominated by impossible standards she has set for herself in order to manipulate the way others perceive her.

**“I’m constantly worried about what other people think of me, and I’m constantly assuming what other people think of me even if it’s maybe not true,” Erin said.**

The anxiety controls her; every action is ruled by the fear of what others may be thinking of her.

Mental illness not only hinders the way you interact with others, but the way you connect with yourself.

“It’s a constant state of worthlessness, hopelessness, and helplessness,” Erin said.

Your thoughts, day after day, assign you little value, and after awhile, the line between what you’re supposed to think and what depression makes you feel become blurred; however, the stigma around mental illness only obstructs those suffering from reaching out to receive the help they need.

“[The stigma] makes a lot of my battles silent even to this day, because I don’t think I should get help because I’m like, ‘oh I’m fine’ when I know I’m not,” Erin said.

Erin is not alone.

After a survey was given to 110 of DHS students, 38% of students said that they or someone they were close with had been affected by depression, anxiety, or both.

It is not just a few people, it is millions of people around the world.

According to the Anxiety and Depression Association of

America, 25.1% of children between 13 and 18 years old are affected by anxiety disorders, and 2.8 million teenagers from ages 12 to 17 have experienced at least one major depressive episode.

I started feeling it around 14, an anonymous upperclassman said. I always felt really sad. I didn’t want to leave the house in different situations. We would have parties and there were a lot of people

and I would get anxious.

This is another case of anxiety and depression as experienced by a high school student.

Types of depression range from the most common being major depressive disorder (also known as clinical depression), to bipolar depression, persistent depressive disorder, seasonal affective disorder (SAD), psychotic depression, and more. However, when people say the word “depression,” they are usually referring to major depressive disorder.

Depression isn’t just sadness. There are a wide variety of symptoms that severely affect someone’s daily

life. Some of the most common include: feelings of guilt, worthlessness, and helplessness; insomnia or sleeping too much; loss of interest in activities one used to enjoy; persistent sad, anxious, or “empty” feelings; desire to severely harm one’s self.

“Depression can show up as having a hard time eating, sleeping, and not being really interested in life in the ways that the person is used to anymore,” Melissa Butler, a therapist at Mindful Solutions, said. “In all cases of depression it can be really hard to focus and to concentrate and just to feel okay in yourself.”

The causes of depression are also wide ranging. Often, a traumatic life event may be the cause. In other cases, some people are born with a chemical


imbalance in the brain due to family history or genetic makeup. The cause can even be as simple as stressful living conditions.

“The people who end up in my office often times means that they had a rough time growing up,” Butler said. “How that presents in terms of what

people are struggling with is often times anxiety, depression, problems with relationships, and bipolar disorder.”

Depression and anxiety aren’t untreatable. Progress can be made with medicine, talking to someone like a therapist, and changes to one’s lifestyle.

“[Treatment is] very specific to the person,” Butler said. “Speaking generally, what I have found is



44%

of students have made a joke about a mental illness or suicide

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**“People are really scared that if they get help that means they are crazy or something is wrong with them.”**

---

**- Melissa Butler**

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really helpful for people is a kind of team approach to getting better and what that looks like is the person themselves being committed and invested in their journey through their hardship. That means going to therapy, doing the hard work, and experiencing difficult emotions, but depending on where the person is at, it means working with a psychiatrist and medication, sometimes it involves nutrition, sometimes it involves physical health like exercise, and also modalities like acupuncture and massage can be really helpful in addition to things like group therapy.”

For Erin, using her passions to help her deal with depression was one of the best remedies.

“Find one thing that you’re good at and do that and pursue that, and don’t give a shit about what other people say,” Erin said. “For me, it’s helping people. Like working with children, especially because I love doing that.”

For the upperclassman previously mentioned, medication was the best way to treat her anxiety and depression. She takes a type of medication to help both.

“It calms it down and helps it not affect you,” she said. She also uses deep breathing techniques and talking to her mom to help her cope with her anxiety and depression.

With time and the right treatments, mental illness is not a life sentence.

“As you get older you learn not to care about it,” the upperclassman said.

It is possible to overcome mental illness, but to get there, you have to overcome the stigma and get help. Having a mental illness does not make you a psychopath.

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**“[The stigma] makes a lot of my battles silent even to this day, because I don’t think I should get help because I’m like, ‘oh I’m fine’ when I know I’m not.”**

---

**-Anonymous student (Erin)**

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what they are saying might not be valid or that their interpretations or perceptions of things might not be correct. That’s not necessarily true.”

We must rise above those preconceived ideas, Butler said, because mental illnesses are hard enough to deal with.

“It is really hard for a lot of people for a lot of reasons to reach out and get help,” Butler said. “People are really scared that if they get help that means they are crazy or something is wrong with them... and the thing is, we can’t force people to get help when they aren’t ready for it. At the same time that doesn’t mean withdrawing support.”

A student echoes Butler’s feelings.

“You can get someone else to pick you up when you feel like you are at rock bottom,” another student who struggles with depression and anxiety said.

“There is a lot of stigma in our society about what mental health issues really mean,” Butler said. “I think one misconception is that if somebody has mental health issues they are crazy, just using a pop-culture term. They are kind of unreliable that

If you or someone you know are struggling with any mental illnessese here are some resorces:

**National Suicide Prevention Hotline:** 1-800-273-8255

**National Alliance on Mental Illness:** 1-800-950-NAMI (6264)

**Depression and Bipolar Support Alliance:** 1-800-826-3632

**Suicide Crisis Text Line:** Text “HOME” to 741741

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# Eating Disorders

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After choking on a piece of food, an anonymous sophomore constantly felt like there was something stuck in her throat. She developed an extreme phobia of eating solid food, fearing that she would choke again or that she would gain weight.

The sophomore has dealt with eating disorders firsthand. She struggled with body image as a child, but it didn't become a serious issue until she was 11.

The sophomore didn't realize that she had anorexia nervosa until she fainted during a choir concert, having not eaten all day. After going through two years of treatment, she was able to have a healthy relationship with food.

"I'm fully recovered, but it still hurts to see girls wanting to be like me when I had anorexia," the sophomore said. "They say things like, 'I'm so fat, oh, I'm not gonna eat.' That's a terrible idea, to stop eating. You're going to end up in the hospital with a tube."

The sophomore's statement may seem extreme, but more often than not, this is the reality for anorexia sufferers.

Though anorexia recovery focuses on talk therapy and behavioral changes, any health emergencies, such as a dangerously low body weight, must be taken care of first. And in anorexic patients with a fear of eating, this can be difficult to do without nasogastric feeding, which involves a tube being placed into the nose through which food can be carried to the stomach.

"One of the reasons I was afraid of eating ... was choking, so when they put the tube down my throat, it

felt like I was dying. It was really scary," the sophomore said.

Courtney Melvin, a freshman at Dexter, has faced a different side of eating disorders: EDNOS (Eating Disorder Not Otherwise Specified).

"I go through cycles of binging on food, and then restricting," Melvin said. "I'll go back, and eat healthy, and then I'll sort of ease back into it."

EDNOS is a side of eating disorders that doesn't often get a lot of attention. Patients with EDNOS have a higher mortality rate than anorexia and bulimia according to Medscape, and another danger lies in the inability to identify the fact that an eating disorder is present due to the lack of awareness about eating disorders that aren't anorexia or bulimia.

"It took a bit of time -- it started out when I was younger, around 11, and I would say, 'I can't eat this because ... blah, blah, blah,'" Melvin said, "When I was older, I started thinking that it was weird, like, there has to be something wrong here. I didn't wanna be that one girl who said she had an eating disorder [without diagnosis], because that's annoying, but when I was hospitalized, I was diagnosed [with EDNOS], which was... really reassuring."

"My mom thought there was something physically wrong with me, but seven doctors didn't find anything wrong with me, so we went to a therapist and they tested me for depression and anxiety," the sophomore said, "I was in a bubble -- I didn't want to talk to anyone, or go outside, or do anything."

"With eating disorders, you have to stop comparing yourself to others," the sophomore said. What you see in the media, magazines and photoshop, you need to learn to love yourself."

## The Author's Struggle with an Eating Disorder

I have been struggling with disordered eating since I was a child. At age 5, I wanted to join a gym—I thought I was too fat, and I wanted to be smaller, despite being at the average weight for my age group. For the most part, I was a happy and healthy little girl.

It didn't get serious until my freshman year of high school. I stopped eating for days on end, and when I did eat, I'd only allow myself specific foods: chickpeas, raspberries, and other fruit. I went vegan in order to restrict my intake even more.

I began to fixate on food, and took up a job as a waitress in order to be closer to food without eating it. I worked nearly every day of the week, and my job served as an excuse to not eat. I'd tell my parents that I had eaten at work, and I'd tell the chefs that I had dinner waiting at home.

My first episode lasted from September to January.

I can't remember much of what went on during those months, including my treatment. After I got better, I was much happier—I could eat without feeling like throwing up, and I was able to enjoy my life for the first time since summer.

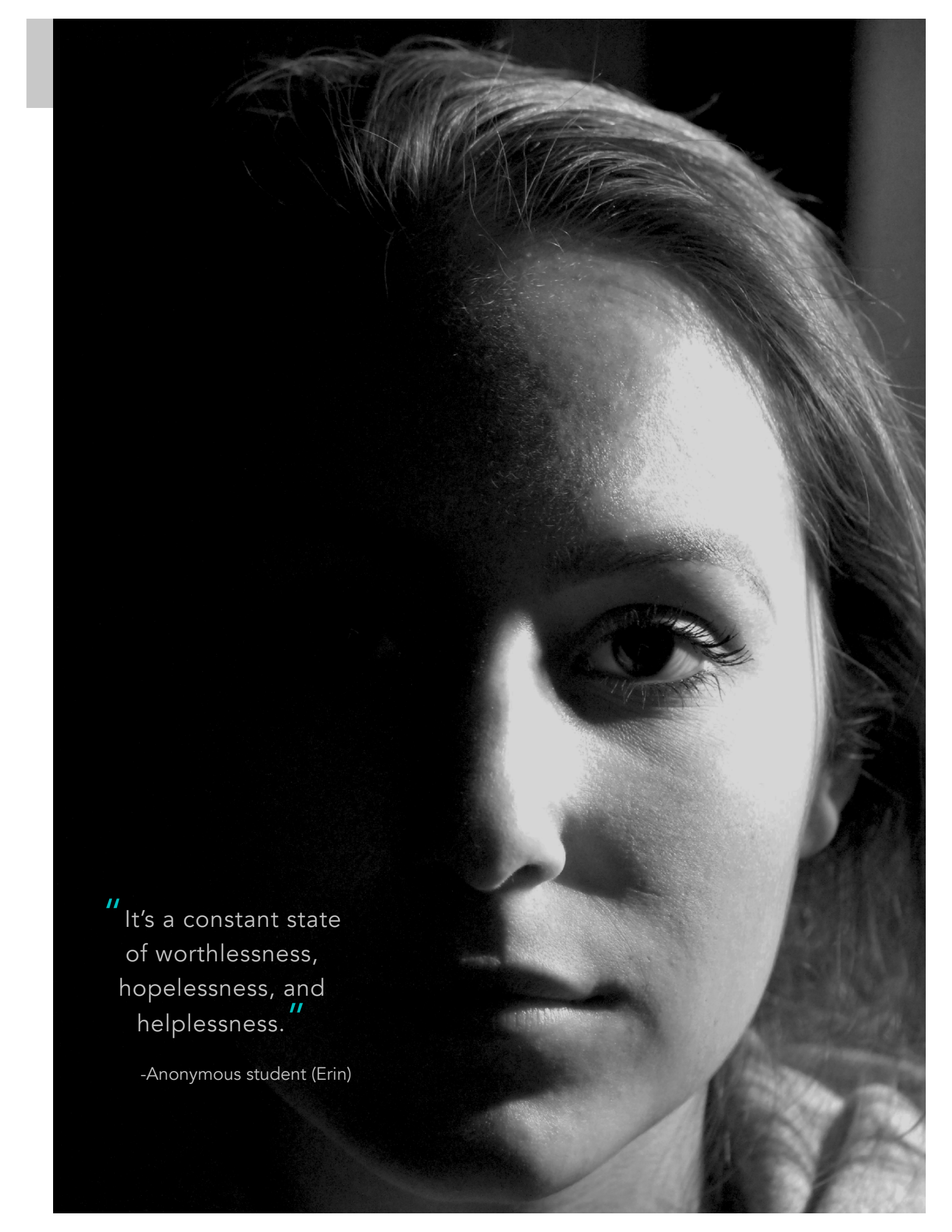
I thought then that it would be over and done with, but over summer, I stopped eating again. I had to take a leave of absence from work after being too weak to even walk across the dining room floor, and I developed numerous nutritional deficiencies.

I, again, do not remember my treatment—everything from last summer is hazy, and I can only vaguely remember events.

This year, I have had to convince myself to eat. There have been days where I've been unable to, and days where I've thrown up after eating—however, I am determined to, one day, be fully recovered, and lead a life free from anorexia.

- Tess Alekseev





“ It’s a constant state  
of worthlessness,  
hopelessness, and  
helplessness. ”

-Anonymous student (Erin)

# Mental Illness Misconceptions

**The Myth:**

*People with schizophrenia are dangerous and violent*



“It isn’t a violent thing, people make it that way. It will always be scarier for me than for anyone else around me.”

- Anonymous senior with schizophrenia

**The Myth:**

*Everyone with an anxiety disorder has panic attacks*



Panic attacks are not specific to anxiety disorders. Anyone with or without a disorder can experience them in a stressful situation.

**The Myth:**

*Eating Disorders aren’t very serious*



“I’m fully recovered, but it still hurts to see girls wanting to be like me when I had anorexia. They say things like, ‘I’m so fat, oh, I’m not gonna eat.’ That’s a terrible idea, to stop eating. You’re going to end up in the hospital with a tube.”

- Sophomore Anna Garza

**The Myth:**

*Bipolar disorder is the same as mood swings*



Mood swings are shorter, less extreme, and common for people without the disorder. Bipolar disorder is a cycle between the mood dimensions of depression and mania that can last weeks or even months and are not as easily noticed as mood swings.

Statistical and informational sources:

- *Survey of 110 students*
- *Melissa Butler, therapist at Mindful Solutions*
- *International Bipolar Foundation*
- *SANE Australia*

# mental illness conceptions

**The Myth:**

*Mental illness can only be treated with medication*



Treatment depends on the person and the illness. While medication can be helpful, there are many other types of treatment including therapy, changes in nutrition and exercise, acupuncture, massages, support groups, and peer support.

56%

Dexter students who reported being affected by a mental illness, reported that they had an illness themselves.

**The Myth:**  
*Mental illness is uncommon*



50%

Dexter students reported having a mental illness or knowing someone close to them who had a mental illness

**The Myth:**

*Mental illness is incurable*



“People definitely can get better and there is often a lot of ways through that. It is kind of a winding road, and it requires a lot of commitment to getting better for that to happen. But getting better can definitely happen.”

- *Melissa Butler, therapist at Mindful Solutions*

# Schizophrenia

When you're younger, having an imaginary friend isn't out of the ordinary, but living a life where you don't know the difference between reality and illusion can be unsettling.

"It can be scary sometimes when I am not able to tell if something is real or in my imagination, especially in front of others who don't understand my disease," an anonymous upperclassman said.

The student has been struggling with schizophrenia for almost four years. Every since first realizing something wasn't quite right, the student has been trying to get a handle on the illness.

Schizophrenia is a chronic and debilitating mental disorder that affects how a person thinks, feels, and behaves. People with schizophrenia tend to feel like they have lost touch with reality and experience severe symptoms of paranoia: hallucinations, delusions, abnormal mood swings, and overall

difficulty functioning normally.

Although schizophrenia is not as common as other mental disorders, the symptoms can be disabling and extremely difficult for a person to live a normal life. It may be challenging, but it isn't impossible.

In the United States, about 1 in 4,000 people are diagnosed with schizophrenia yearly, or just over 200,000 cases per year according to the research foundation Brain and Behavior.

"I would say the most infuriating of it all is knowing my thoughts aren't normal, but that I can't control them," the upperclassman said.

Although schizophrenia is a rare and complex mental disorder, it is possible to live well with it. There is no known cure for schizophrenia; nonetheless, it can be treated and managed in several ways that can give them the capability to

live a moderately normal life.

"It isn't a violent thing, people make it that way," they said. "It will always be scarier for me than for anyone else around me."

**"He wouldn't get help. Even though 2008 wasn't that long ago, I think people didn't recognize it as well. So nobody understood it."**

**- Anonymous Senior**

## OCD & Panic Disorder: Other common illnesses found in teens

Imagine the most anxious and panicked you've ever been in your life, whether it was before giving a speech, during a game, or after a chair test -- now, imagine that feeling exponentially more intense. This is what someone with panic disorder, a type of anxiety disorder, feels during a panic attack: sweating, heart palpitations, shaking, trouble breathing, a disconnect from reality, and an extreme fear, often with unidentifiable reasons. Even when these panic attacks aren't happening, many people still experience a fear of their occurrence, and it's often accompanied with other anxiety disorders.

Diagnosis of the disorder isn't very common, with only a 2-3% prevalence among the general population. More women are diagnosed than men. Often, people with panic disorder don't even realize that they have the disorder; people feel as though they're just weak or unreasonable for having unexplainable panic attacks. People with panic disorder commonly feel embarrassed about their symptoms. Providing support and education about panic disorder and its symptoms

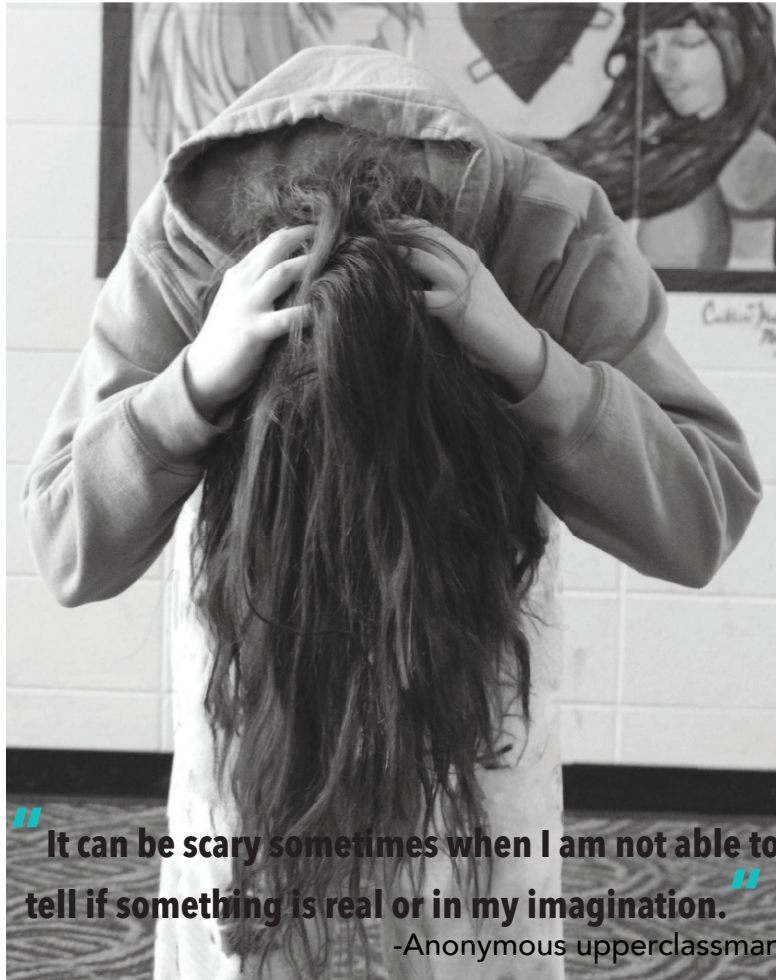
would go a long way to helping people recognize their symptoms and get help.

OCD is often used as a descriptor for someone who is overly neat, clean, and tidy; but for individuals who have OCD, their daily lives are disrupted by the compulsive need to obsessively perform rituals. These rituals aren't necessarily centered around cleanliness or organization—they can be related to anything.

Some people's rituals are driven by a compulsive need to count; there is often a specific number that these individuals see as safe or good. Others are driven by a need to feel safe: Checking the locks on doors or making sure that the oven is turned off.

Another lesser known side to OCD is the presence of thoughts that one doesn't want, called intrusive thoughts. These thoughts are often about the rituals, telling an individual that they must do the ritual or something bad will happen.

OCD is not an adjective for people who are concerned about cleanliness and health—it is a serious and debilitating mental disorder.



“It can be scary sometimes when I am not able to tell if something is real or in my imagination.”  
 -Anonymous upperclassman

## Bipolar Disorder

“My dad, prior to this, was a very charismatic person, but there were just these extremes [of emotion] for a while then he would come back,” an anonymous senior said. “He would go on these random trips with us, and [he] was just very unstable.”

This is bipolar disorder.

“There’s not just one kind of bipolar disorder,” Butler said. “There are two different types of bipolar disorder, and one type of bipolar disorder is where people swing from a very intense stage of a lot of energy that can show up as anger. It can show up as impulsivity. It can show up like not sleeping, and often times feels good to the person who is experiencing it. Then, on the other end of the spectrum, that person might swing into really low stage that looks a lot like depression.”

“Then there is another kind of bipolar disorder. It is characterized by hypomania and hypomania, and looks a lot more like having a foot on the gas and one foot on the brake at the same time.”

It is behaviors like anger, impulsivity, and regular mood swings that can make it stressful for families and friends of people diagnosed with bipolar disorder.

“My parents are divorced, and I think him getting sick was, not that I blame him for it, a big factor,” the senior said. “He wouldn’t get help. Even though 2008 wasn’t that long ago, I think people didn’t recognize it as well. So nobody understood it.”

According to the National Institute of Mental Health, more than 5.7 million Americans over the age of 18 are diagnosed with bipolar disorder, and about 2.2% of youth meet the criteria for bipolar disorder in a given year.

Bipolar disorder is very difficult to diagnose because the symptoms present are similar to many other disorders, making it difficult for professionals to diagnose those affected.

“[Bipolar disorder] did carry on in his life for quite a while,” the senior said. “He just didn’t address it until later in his life when it got pretty dramatic when I was about 8.”

While this disorder is not curable, the symptoms can be treated through medication, therapy, and other methods. And while these medications help mediate the swings between depression and elation, they can have adverse side effects on a person’s daily behavior.

“From 2008 to 2015, I really distanced myself from my dad, but now he is calmer because he is getting treatment and is on medication,” the senior said. “But, it’s hard because my dad is on such high medication, so he is a lot slower than he used to be. It’s just hard seeing the difference.”

There isn’t just a difference between medicated and unmedicated bipolar disorder; there is also a huge difference between the stereotype of the disorder and what it actually represents to those who have loved ones with the disorder.

“Don’t use the stereotypical things [to judge bipolar disorder],” the senior said. “When people are having a rough day or snapping at people, [people ask] ‘are you bipolar?’ You need to steer away from that.”

“I think we need to celebrate progression more than perfection. We idolize people who are perfect, and we don’t really value the progression. We have these huge dramatic stigmas about mental illness, and we need to realize that all these things are in everyone, just in different amounts.”

# Dexter Young Life

A youth group that is open to all high school students and introduces people to the Christian faith

Jillian Chesney  Writer  
 Jillian Chesney  Designer

Everyone loves a good donut on a Friday morning. Luckily, the leaders of Dexter Young Life hand out free donuts to make Friday morning's a little better.

The mission of Young Life is to “introduce adolescents to God and help them grow in their faith,” according to Young Life’s website. They do this through their club, campaigners, camp, and by building relationships.

“I go to Young Life because it’s a really welcoming environment for people who are just exploring faith, and it’s a good place to learn about God in a way that doesn’t feel as serious as going to church,” Mendez said.

Young Life, a Christian organization open to all high school students, is led by college students. At Dexter, it’s led by students who attend the University of Michigan. As Young Life continues to grow, many more Dexter students are becoming involved.

Dexter’s leaders are Michael Bradshaw, Maria Luciani, Natalie Greenhalgh, and Tessa Binkley. These students are not paid to be leaders, and are not associated with politics. Young Life is a non-denominational Christian organization.

“I decided to be a Young Life leader because I was apart of a youth group in high school and really loved it, so I wanted to continue doing something like that in college,” Binkley said. “I love being a Young Life leader because it’s super fun putting on club and building a community and relationships with high schoolers at Dexter.”

Young Life offers many different youth groups for a variety of people and their stage of life. Also, Young Life offers service expeditions for people seeking to serve God. DHS alumni Megan Paddock went on one of these mission trips to Tanzania.

“I decided to go because I love the mission of

Young Life to show the love of Christ to every child from every economic, cultural, and ethnic background. Everyone around the world deserves to be shown love and kindness,” Paddock said. “The most rewarding thing to come of the trip were the things I learned from the kids. They showed us pure joy, even in the toughest circumstances. It was an extremely humbling experience.”




*Sophomore Noah Mitchell, Junior Matt Keogh, and Sophomore Daniel Troncalli at Young Life camp.*


For an hour on Wednesday nights, Young Life meets at the homes of Dexter students for club and campaigners. This year, it has taken place at Noah Mitchell’s and Matt Keogh’s house. Any student is welcome to attend Young Life; it invites everyone to come, even if they are not religious.

“I like how big Young Life has grown in the past few years and how there are always new people at club,” Mendez said. “It’s a really fun way to make friends and have a community where you can be

## Divisions of Young Life


 *Wyldlife (for middle schoolers)*

 *Capernaum (for special needs kids)*

 *Young Lives (for teens who have children)*

 *Young Life (for high school students)*

 *Young Life Military (for military families)*

 *Multiethnic Young Life (for serving kids of color and those from under-resourced communities)*

 *Young Life College (for college students)*

 *Amicus (a Christian Exchange program)*

yourself.”

Fun games, snacks, a prize raffle, a skit, and a talk about God happens at every club. The talk is given by one of Dexter’s Young Life leaders. They relate one of their life stories to the Bible, share it with everyone attending, and then end in a prayer.

Campaigners offers a time to dive deeper into the Bible with friends and the leaders. At Campaigners, Young Life leaders focus on a bible story and read it to the group. They ask questions about the story to help students develop an understanding and relate it to their life. After they have talked about what was read, everyone concludes the night with a prayer.

Dexter Young Life attends Timber Wolf Lake, one of many Young Life camps. It’s located in Lake City, Michigan, which is about three hours North of Dexter.

Young Life attends this camp in the fall for a weekend, and in the summer for a week. It’s a great way to escape your everyday life and have tons of fun. Timber Wolf Lake is loaded with many fun activities: zip lining, go-karts, foursquare, a big swing, rock climbing, a gym, and a game room. Also, it has a snack shop, a gift store, and a coffee shop.

Club is continued at camp and takes place in a huge room. At club, many songs are sung and a few leaders perform skits in front of the entire audience. These skits are meant to be funny and interactive with the crowd. Next, a speaker gives an in-depth sermon, usually involving a common theme from a sermon given at a local meeting. The speaker usually talks about God’s love and forgiveness.

This is for one main reason: Young Life’s mission is to introduce adolescents to God.

Cabin time follows after every club. It’s similar to Campaigners, and is a time to get together with everyone in your cabin and talk about the sermon that was given at club.

Cabin time is a great way to get closer to everyone and potentially grow a relationship with God.

Young Life wants anyone who as a desire to attend camp to be able to go.

To make this possible, they offer scholarships and fundraising to accommodate all different financial needs.

With Young Life involving high school students, that often comes along with many misconceptions. Many students, when taking a survey for *The Squall* said that it’s associated with a church, which is false. Also, some students believe that Young Life is a “Christian cult” or even that God is not discussed at all.

“It seems like a place people go to hang out and play games,” junior Jake Avery said. “Also, it seems like it’s less about God and more of an excuse for people to hang out. It’s fine, but it just seems like a bit of false advertising.”

These misconceptions, however, are proven wrong by Young Life’s welcoming spirit and their mission according to high schoolers who regularly attend Young Life.

Young Life continues to change many people’s lives for the better and create lasting memories: “Young Life is really nice as it’s a social event in the middle of the week,” junior Evan Chapell said. “It’s definitely left a positive impact on my life with making great memories.”

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**“It’s a really welcoming environment for people who are just exploring faith, and it’s a good place to learn about God in a way that doesn’t feel as serious as going to church.”**

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**-Junior Mary Mendez**

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*A group of Dexter girls posing for a picture at Timber Wolf Lake.*

# Behind the Curtain

Tech crews do the behind-the-scenes work for the Dexter Drama Club's shows

Isabella Franklin  Writer

Isabella Franklin  Designer

Isabella Franklin  Photographer

## ❖ Costumes Crew ❖

Costumes crew works on finding, renting, and tailoring costumes for actors. They also have to keep track of a strict organizational system to organize clothes and make sure nothing gets lost.

"I can use spreadsheets to organize things," freshman Allison Kelly said about being on costumes crew.



Costumes crew members Evelyn Vrsek, Gabi Fracassi, Kira Perry, and Lucy Fuller listen to head of tech Isabella Troncalli talk about costume organization.



Costumes crew members pose for a photo in the costumes room. (Left to right: Gabi Fracassi, Isabella Troncalli, Kira Perry, Lucy Fuller)

## ❖ Hair Crew ❖

Designing very intricate, complex, and period-accurate hairstyles for actors is hair crew's job. They have to make sure that an actor's hair will stay in position while running, dancing, and changing clothes.

"Meeting new people and getting to learn about the hairstyles," junior Abby McLean said when asked what her favorite thing about hair crew was.



Hair crew members Kasey Rosatti, Grace Orlouksi, and Brooke Woelfel style actors' hair and work on picking hairstyles for On the Town.



Viviana Barlini brushes actress Elise Reich's hair for the upcoming show On the Town.



Laura Sutherland styles Grace Whipple's hair and puts it into a bun.





Head of tech Kaitlin Helmholtz works on a list of when each LAV is needed with her crew. (Left to right: Kaitlin Helmholtz, Evelyn Macey, Kate Pawlowski, Paige Chrisner)

**On the Town**  
**Who:** The Dexter Drama Club  
**When:** February 15th, 16th, and 17th at 7p.m., and February 18th at 2p.m.  
**Where:** The Center for Performing Arts  
**Cost:** \$10 for students and seniors, \$12 for adults

❖ **LAVs Crew** ❖

LAVs crew gives actors their microphones, or LAVs, to use throughout the performance. As there are a very limited number of LAVs, the crew has to go through the script and determine when performers will switch LAVs throughout the show and help facilitate these difficult switches.



LAVs crew members Corin Jordan, Kaitlin Helmholtz, and Paige Chrisner watch performers on stage sing with their LAVs.



Head of tech Megan Watson does Maeve Donevan's makeup for On the Town.

❖ **Makeup Crew** ❖

Makeup crew designs and does actors' makeup looks for performances. These looks have to match the actor's character, face, outfit, and hairstyle. Makeup artists must also make sure that the actor's makeup will show to the audience from the stage.

"I love makeup and I love what it makes people do and how they're gonna look," senior Jessica Wenning said. "I just love how it makes people feel."



Bruna Meister does Bri Walker's makeup for On the Town while other crew members work on their actors.



Props crew member Laynie Durbin holds up an umbrella for her crew to see.



In the scene shop, props crew members go over and work on the winter show's props. (Left to right: Shyanne Manor, Katie Schroeder, Zach Miller, Luc Tassin, Wes Schroeder)

## ❖ Props Crew ❖

Props crew has to find furniture, accessories, and other props for drama club shows. They have to make sure that all props and items are accounted for throughout the show. In some cases, props crew has to make specific props for shows. One significant prop that had to be built for the upcoming winter drama musical *On the Town* is a dinosaur fossil.



Publicity crew member Amber Haley hands house manager Tim Hill wood while other members work. (Left to right: Sayo Shimada, Katrina Melvin, Amber Haley, Tim Hill)

## ❖ Publicity Crew ❖

From painting on wooden signs to negotiating with local companies, publicity crew's job is to get the word out about drama shows to Dexter citizens. For *On the Town*, the crew has painted and set up signs, talked to different groups about advertising partnerships, and put flyers around the school district to increase show attendance.

"[Publicity crew has] the least amount of time commitment," sophomore Kiandra Powdhar said. "I'm excited that it's not quite as stressful as being on cast."



Sound crew members work in the booth with stage manager Caleb Polacek. (Left to right: Will Fawcett, Hannah Drummond, Grace Green, Caleb Polacek)

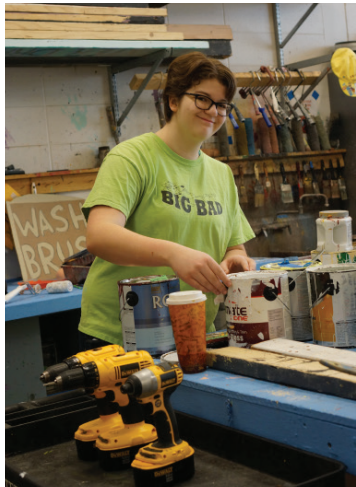
## ❖ Sound Crew ❖

In the sound booth behind the audience, the sound crew plays sound effects throughout performances. They locate and perfect accurate sound effects. They often play pre-recorded music, but the winter musical, *On the Town*, has a live pit orchestra.

"The crew's pretty fun," freshman Jack Fawcett said. "It's got cool people in it and you don't really start doing anything until show week."



During set build, assistant stage manager Ethan Dixon glues together props.



Assistant stage manager Ainsley Grace gets white paint for On the Town props during set build.



Standing on a ladder in the CPA, assistant stage manager Emily Oberg paints New York buildings for On the Town.

## ❖ Stage Managers ❖

Stage managers keep the show running and make sure every single cast and crew member is on schedule and where they're supposed to be. They attend every rehearsal and performance to make sure that everything runs smoothly, and they have to work closely with directors to help manage the actors and tech crews.



Lights crew members Rose Waymann and Grace Lopez sit in the booth with their crew.

## ❖ Lights Crew ❖

Several yards above the Center for Performing Arts' audience on a catwalk or in a booth behind the audience, lights crew controls spotlights and all other lights in the CPA. They have to perfect angles to make actors look their best on stage and indicate the beginnings and ends of scenes throughout the show.

"Lights is another area I've gotten to learn about, being on this crew," sophomore Faith Wesorick said. "It's always interesting learning about things from people who know more about it than you."

## ❖ Running Crew and Flys ❖

Running crew and flys crew have to change sets and backdrops within seconds immediately after lights go down when a scene ends. Flys pulls ropes that control curtains and backdrops throughout the entire performance, while running crew lives up to their name by running to move props and furniture around the stage and offstage.



In the choir room, props crew, running crew, and flys go over the scene shifts in On the Town with assistant stage managers.



Head of tech Alayna Calleja and lights crew member Abby Calleja adjust lights on the catwalk above the CPA.

# Shamrock Shakes

Are they a sham, or do they rock?

**S**hamrock Shakes are a seasonal beverage offered at McDonald's, and, like any other subject on the planet, have more than one side to their story. According to an employee, the Zeeb Road McDonald's will start selling Shamrock Shakes at the end of this month and they are available until St. Patrick's Day on March 17, the holiday that inspired them.

To some, this may not seem like such a big deal, but to others, this is what they live for. So what's the deal? Are they all that, or is the Shamrock Shake overhyped? According to the survey conducted with 108 students, 81% believe that Shamrock Shakes are completely worth it.

"They're scrumptious. I buy two at a time. I used to go every day," sophomore Rhett Jacobs said.

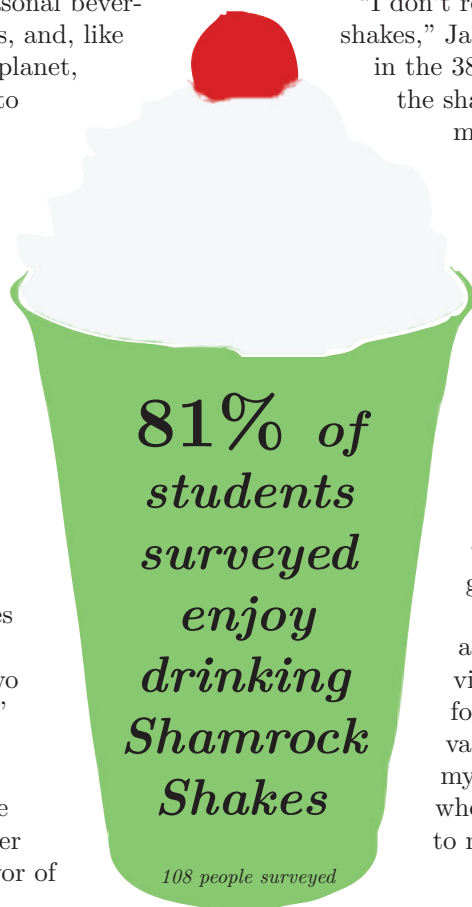
This is a very enthusiastic response, making Rhett one of the 81%; however, when digging deeper into the statistics, for those in favor of the shakes, he is a minority.

"I don't really like mint, but I love the shakes," Jacobs said. This opinion puts him in the 38% minority of those that like the shakes, but dislike the flavor of mint.

The Shamrock Shake can best be described as a minty shake, with a flavor much like that of mint chocolate chip ice cream. Based on the survey, 68% of those that like Shamrock Shakes enjoy mint chocolate chip ice cream.

As for the other 19%, it's simply a preference of flavor. Many relate it to the taste of minty toothpaste, causing some to dislike the flavor of mint in general.

"The shake reeks of Instagram aesthetic posts," junior Jon Solsvig said. "Milkshakes are meant for two things, chocolate and vanilla, don't put no green stuff in my milkshake. The only situation where I'd drink one is if I had a gun to my head."



## Q: What is your opinion on McDonald's Shamrock Shakes?



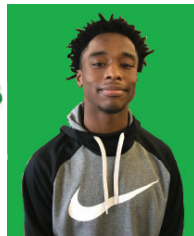
"They don't really taste like shamrock, they taste like mint. Why don't they just call it a mint shake?"

-Freshman Christian Dimo



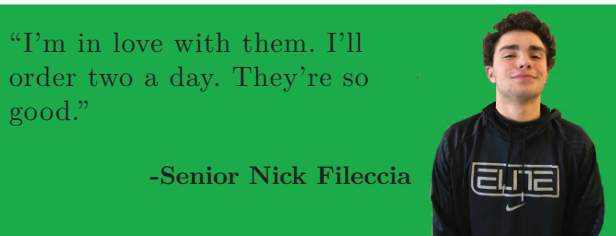
"The shakes reek of Instagram. Milkshakes are only meant for two things: chocolate and vanilla. I took one sip and threw it away."

-Junior Jon Solsvig





"They're pretty good. I think it's a lot better than a McFlurry for sure. I'd probably go out and get a few whenever I feel like it."

-Sophomore Antwan Ficklen



"I'm in love with them. I'll order two a day. They're so good."

-Senior Nick Fileccia

Writer  Jimmy Fortuna-Peak  
 Designer  Jimmy Fortuna-Peak

# Oscar Movie Preview

Here's a look at what could go down at this year's Oscars

## Best Picture

There's a trick to figuring out the best picture category. Any of the best picture films that are nominated for best director, editing, and screenplay, is an automatic frontrunner to win the Oscar. The only film that qualifies into all three of these categories this year is *The Shape of Water*. *Three Billboards Outside Ebbing, Missouri* may have won the Golden Globe, but The Producers Guild went to *The Shape of Water*, a more accurate predictor of who will win. Also, it suffers from not having a nomination in the best director category. *Lady Bird*, *Get Out*, *Dunkirk*, and *Call Me By Your Name* could all be possible upsets as well and deserve some merit. *Darkest Hour*, *The Post*, and *Phantom Thread* were all great films, but have little to no chance at winning the Best Picture award. While I would love to see *Lady Bird* win the night, *The Shape of Water* looks to take its place in cinema history.

## Best Director

Best director promises to be a very exciting category this year with some very deserving nominees. Guillermo del Toro is the current front runner with his magnum opus, *The Shape of Water*, and is looking to get his long-awaited Oscar. Christopher Nolan, is nominated for his work on *Dunkirk*, a stunning new take on the war film genre. Greta Gerwig is only the fifth woman to ever be nominated for best director and deservedly so with her film, *Lady Bird*. Jordan Peele is nominated for his directorial debut with the surprise success of *Get Out*. While I would love to see Gerwig or Nolan take the prize, del Toro will most likely take home the gold.

## Best Actress in a Leading Role

Just like in the best actor category, Frances McDormand looks to almost be guaranteed an Oscar. Her phenomenal performance in *Three Billboards Outside Ebbing, Missouri* has garnered her praise all throughout Hollywood. Meryl Streep proves to be arguably the best actress of all time with her 21st

nomination. Sally Hawkins and Margot Robbie both give great performances but won't likely take the prize. Personally, I would love to see Saoirse Ronan win for her depiction of Lady Bird in *Lady Bird*; however, McDormand looks to be unstoppable in this awards season and should be looking at getting her second Oscar on awards night.

## Best Actor in a Leading Role

If there was one award that I can say is an almost a guarantee, it's Gary Oldman winning best actor for his role in *Darkest Hour*. Oldman has had a long and celebrated career, and the only thing left for him to do is win an Oscar. His only contender is Timothée Chalamet in *Call Me By Your Name*, and even then, it's a slim chance that Oldman could be defeated. It has been a long time coming, but Oldman is looking to finally win his Oscar.

## Best Supporting Actress

The clear and deserved frontrunner for best supporting actress is Allison Janney's performance as the psychotic LaVona Golden in *I, Tonya*. While Janney is the clear frontrunner, Laurie Metcalf and Octavia Spencer should be noted as giving subtle, yet effective roles in *Lady Bird* and *The Shape of Water*. Janney is looking to win her first Oscar ever and deservedly so.

## Best Supporting Actor

The closest race in this year's Oscars is between Willem Dafoe for *The Florida Project* and Sam Rockwell for *Three Billboards Outside Ebbing, Missouri* in the best supporting actor category. Both gave fantastic performances in their respective roles and are neck-and-neck to take the prize. Christopher Plummer's performance in *All the Money in the World* has gained a lot of talk as he filmed his role in an 8 day reshoot, but is nowhere near the caliber of the other two. While Rockwell might have given the stronger performance, I believe that Dafoe will take the Oscar home as this is his third nomination compared to Rockwell's first.



# Bailey and Evelyn's



Ryan Kniestadt  
(Freshman)

Molly McCormick  
(Sophomore)

Caden Doll  
(Junior)

Evelyn Hawley  
(Senior)

Mrs. Hamilton  
(DHS Staff)

**If Cupid could shoot anyone with his arrow for you, who would you choose?**

Cupid.	Troy Bolton.	Claire Ketzner, duh.	Zac Efron!	Brad Pitt.
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**Would you rather receive chocolate or flowers?**

Chocolate.	Chocolate.	Chocolate.	Obviously both, but more chocolate!	Chocolate.
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**Secret admirer: creepy or cute?**

Cute.	Cute to a certain extent.	A little of both.	Creepy, unless they're hot.	Creepy.
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**Is Valentine's day a legit holiday or made up by Hallmark?**

Made-up.	Legit.	I'd say it's legit.	It's legit, but I prefer Galentine's day.	Hallmark holiday.
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**Describe your perfect Valentine's day date....**

Food.	Romantic comedies with pizza, chocolate, and blankets.	Dinner at a nice restaurant, and have fun.	Young Leonardo DiCaprio takes me to dinner and confesses his love for me.	English chocolate followed by an England Curry house and a good movie.
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## Valentine's Day Pick-Up Lines

♥ If you were words on a page, you'd be what they call fine print.

♥ I value my breath so it would be nice if you didn't take it away everytime you walk by.

♥ This Valentine's Day, let's make like fabric softener and snuggle.

♥ You're so sweet, you put Hershey's out of business.



♥ I was blinded by your beauty; I'm going to need your name and phone number for insurance purposes.



Writer 🌀 Bailey Welshans  
 Writer 🌀 Evelyn Maxey  
 Designer 🌀 Evelyn Maxey  
 Photographer 🌀 Bailey Welshans

# SQUALL BLIND DATE

After a long match making process, two DHS students embarked on a blind date adventure

On a cool, casual Monday night, the two hopeful lovebirds were looking to make a connection, a blind connection. This matchmaking process began by scouring the school for the most eligible guy to set up with our bachelorette, international exchange student Giulia Fabrizi. A survey was constructed based off of her personality and interests, so we could pair her with a guy that answers most similarly to Fabrizi. After the grueling process of eliminating contenders, we found the right match: junior Casey Dolen.

Bailey and I escorted Fabrizi, and the anticipation grew as we neared the restaurant, Neopalpis. Phase two was initiated when Dolen met us there, where

he came face to face with Fabrizi. As the two locked eyes, they learned the nerves they previously fought to suppress, had only just begun.

“I had no idea who he was, I had never seen him before”, Fabrizi said. “I knew it was going to be fun getting to know him”.

The first moments were filled with awkward tension, as expected, but once pizza was present, the two seemed to bond like the pepperoni to the cheese.



Dolen credited the success of the date to his interest with the exchange student program, and because he found Fabrizi’s company enjoyable.

She too was entertained by the date due to his charismatic nature.

Though the date was overall



enjoyed by both Dolen and Fabrizi, the decision to not pursue a romantic relationship was mutual.

<i>Post Date Questions</i>	 <b>GIULIA FABRIZI</b>	 <b>CASEY DOLEN</b>
Rate the date from 1-10?	8	8
What did you think when you saw who it was?	Relief. I didn't know who it was, so I knew it was going to be fun.	I didn't know who it was, so that was an obvious conversation topic.
Describe the date in one word...	Fun.	Educational.

# THE ALLIUM



Senior Nicole Tuzhnowski (4) looks to inbound the ball to senior Sammi Corcoran (10) on an out-of-bounds play against Chelsea on Friday, January 19. The Lady Dreads played a competitive game throughout, but, in the end, the Lady Bulldogs won 42-35.

Photographer Jillian Chesney

