



The Daytonian News



SENIOR SPOTLIGHT

BY: MAKALA BUCHANAN



Miss Stephanie Elizabeth Marie Morris was born in Kentucky. Her childhood consisted of a cute home with a little balcony that had a bird feeder. Playing pretend and creating her own games as a child, Stephanie was a very imaginative child. She has always been an entrepreneur working at a lemonade stand when she was young. Stephanie grew up to Jim Carey and Robin Williams.

"I always admired how effortlessly they could make people happy," she said. At just three years old, she lived through a great attack on America: the fall of the Twin Towers on September 11th 2001. Even though Stephanie didn't know the impact of September 11th, and the loss is brought as a child, she did understand her own loss just a few short years later. Stephanie Morris will never forget the day she lost her mom. "I lost my best friend." She stated. Stephanie we are all sorry for your loss. Stephanie says that she'd never get attached to people or tries to receive things like Student Council or homecoming court, but finds herself doing them. Steph you deserve it. Stephanie is a very bright young girl, wishing that she could do certain classes over again to get better grades. Outside of her academics, Stephanie loves competition shows such as "Dancing with the Stars," and "Big Brother." Stephanie also loves macaroni and cheese. Who doesn't? She is very proud of herself for accomplishing things that she never thought she could. Maybe a part comes from her parents: She says that her parents have influenced her decisions because neither graduated high school. As a result, she wants to graduate. When asked how do you want to be remembered, she replied, "I want to be remembered as a person who made people happy." Just like the impact Jim Carey and Robin Williams made on her.

TEACHER SPOTLIGHT

BY: MAKALA BUCHANAN

Mr. Dillon Mears was born in Hollywood, wait for it, Florida. Even though some might think it's not as cool as Hollywood, California, Florida is even better to him. Mr. Mears loves the Miami Dolphins which is the likely reason his favorite sport is football. His childhood home was right next to the training camp of the Dolphins and as a child, Mr. Mears would ride his bike, chasing the team as they ran down his street. How incredible is that? Mr. Mears admired Elvis as a child. After all, he is the King. Before working at Dayton High School, Mr. Mears was a fry cook at Dairy Queen, which was his first job. He worked there for three years and can you blame him? There's dinner and dessert in one place. He worked at a fireworks tent which is his "favorite job," because, "it was an explosive experience." He also was a custodian, Target employee, and substitute teacher.



His mother influenced his career choice; she is a second grade teacher. "In high school, I worked as a peer mentor and was able to see the impact my mom had on her students. This motivated me to do the same." He stated. I think we are all glad he became a teacher. After all, Mr. Mears did help us raise our EOC scores in History. Something we can all be proud of! He says, "I am proud of the success my students have had." Even though Mr. Mears wishes he could do college over, he is, "proud of making it through college and earning enough scholarships to graduate free of loans." Woo hoo Mr. Mears! When asked are there any great historical events that you've seen in your lifetime, Mr. Mears replied, "I see history being made every day." That he does!

Athlete of the Month:

Congrats to senior, Trevor Simpson! With just two games into the season, Simpson has had 12 solo tackles and 3 interceptions! Simpson carries a 3.45 GPA and attends Vocational School in the afternoon!



Athlete of the Month:

Congrats to Megan Downard, who has had 15 goals and 4 assists so far in her junior soccer season. Megan's accomplishment had also continued in the class room by keeping her GPA to a 3.68. She is currently enrolled in Gateway dual credit classes.





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Soccer Season Come to a Close

by: GARY TIPTON

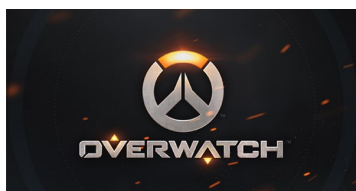


The DHS Ladies Soccer season has ended with a record of 5-13. This year there were five returning seniors: Noelle Brooks, Jaclyn Collett, Pricilla Michaels, Marquelle Spencer, and Gracie Wallace. The highlight of the season was when they beat Bellevue, 9-0. The ladies came to play! Megan Downard lead the team with 3 goals and the team worked hard to obliterate Bellevue. Senior night was last week against Scott. Even though they lost, the team worked hard. Noelle Brooks stated, "Our record doesn't reflect our team this season; several of our opponents have stated that they saw great improvement in our team over the last few years. My hope is we continue to grow the program and the team." Coach Baloglou is retiring after this season, but Coach Newsome is hopeful for next season.

Game Review: OVERWATCH

By: BRUCE PEELMAN

If you're a fan of FPS games (first person shooters) than by now, you've probably heard of *Overwatch*. This relatively new game has been sweeping the nation. With its interesting combination of FPS and RPG (role playing game) elements, the game is very interesting to say the least. *Overwatch* is a game with interesting mechanics, and deeply storied and interesting characters. It is the opinion of this reporter that *Overwatch* is undoubtedly the best game to come out in 2016. Overall I would rate this gaming experience a very strong 8/10.



Student of the Month:

7th Grade: Logan Turner
8th Grade: Rachel Holaday
Freshman: Sophia Halfhill
Sophomore: Jaylin DeBrueler
Junior: DJ Bacak
Senior: Le'Vahyae Buckner

CONSTRUCTION?

BY: LAUREN METZ

I had the privilege of interviewing Mr. Brewer about our new school extension. As most of you may already know, the school has received money for building remodeling from the State of Kentucky! Our school is small and has need of this extension. We have a 1.4 million budget to complete this project. Three years ago, we had the entire inside of Lincoln Elementary school renovated and now it is time for the high school to get a make-over. The school board is excited to GROW the Dayton School systems once again.

The project is starting this fall for the simple fact that the bids came back too high. We needed to pull the bids back in to allow for rethinking on what is really needed. After doing a few reruns of what was needed, the plans were sent it back out for bids, and "we should know much more by the end of this month," according to Mr. Brewer.

The plans for this project is to take the space that was once used for the industrial arts, drafting, and art classes and change them to be a secured entrance, office space, and an art studio with a place to do ceramics. "The positioning of the entrance will be by the parking lot and will provide a visible, secure, and a recognizable entrance to the school," stated Mr. Brewer. This will be more efficient and safe for our school so the main office can see what is going on at all times.

The school board as a whole came up with the idea of giving the school an extension. Mr. Brewer says, "The school board is excited about the project." Even though we know students like to learn outside, the design had to be refigured due to the price. On the bright side, we will have larger windows on the extension.

There have been rumors going around that we're going to the get a theatre, but, do to budget, there is not nearly enough funds to make the theatre happen. "The board of education and our school leaders are looking to the future for such a project" said Mr. Brewer. Way to Grow Dayton!



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LUNCH FOOD

BY: JON FISCHER

The days of good school lunches seem to be over. With the highly processed, undercooked, badly seasoned food the school usually serves us, something has to change and soon. Schools around the nation are pushing kids to eat healthier in attempts to put an end to obesity, but the fact of the matter is: it's not what you eat, but how you eat, and how much physical activity you get. If our school is trying to get us to eat less, they're making a step in the right direction by serving us less than satisfactory lunches. I have put together examples of lunches the school serves us, and I will offer suggestions on how to fix these. To start my list, the burrito bowl. The name suggests something that's delicious, and while it isn't horrible, it isn't great either. The rice is usually overcooked, sometimes crunchy, and always bland. The meat they serve us, I'm not even sure I know what it is. Maybe pork? You can observe many students dousing the concoction in hot sauce in attempts to make it more flavorful. One suggestion is to add a little more flavor or allow students to use a single salt packet. The main problem with this dish is its bland, there's no flavor there. Just add some salt or cilantro or both and you're good to go. The second dish, in my opinion, is something the school does right. Grilled cheese! Ah, the reminiscent taste of childhood. It's impossible to mess up, but somehow, the last few years, the school has. It was as hard as a brick, and almost impossible to eat. We managed though. This year has been different, the grilled cheese was soft and chewable. Cheesy too. It was definitely a win. "It's good some days, but it's mostly nasty." Lauren Metz states about school food as a whole. When students are saying such horrible things about your food, it's time to change something. The school wants us to eat healthier, but they continue to serve us this food that isn't good. Healthy food can be delicious. Dayton does have good fruit, sometimes. Mostly, it's ripe, but sometimes it isn't. Dayton needs change, and I hope you consider changing how our lunches are served. A little salt goes a long way, and it's part of the necessary minerals we need to have a healthy, balanced diet.

IN DEFENSE OF FOOD

BY: KELSEA MISKELL

McDonalds®. Two cheeseburgers, a chicken sandwich, an order of a large fry, and a large glass of Coca Cola®. This is an example of what young adults view as a typical "meal". It's unfortunate that most young adults would rather obtain their meals from fast food restaurants instead of enjoying the delicacies of well-prepared meals with fruit and vegetables. Our students reflect this preference when it comes to how they feel about their school lunches.

Students often misconstrue the concept of what a food portion is. Due to the large increase in portion sizes (thanks fast food industry), our concept of portion sizes has become grossly skewed. Healthyeating.org, a website that aligns itself with the Dietary Guidelines for Americans, found one study that states "that modern portion sizes of popular foods added an extra 50 to 150 calories" per meal. If someone is consuming even 100 calories extra per meal, per day, that adds up to about 10 extra pounds of weight per year. Doesn't sound like much? In 5 years, that's an extra 50 pounds—which is a huge deal.

Schools nationwide have gone to great lengths to try to combat the increasing obesity rates that have been progressing steadily. Schools are now serving lunches that are healthy and at the correct portion for students, and our cafeteria staff have been on the receiving end of a harsh backlash from a handful of the student body for their efforts. One of the largest complaints comes from a lack of meat on their trays. According to the American Heart Association, the correct portion of all meat should be between 2-3 ounces per serving. This is the portion size that our cafeteria staff follows to promote healthy eating.

The cafeteria staff members have made, and will continue to make, great strides to provide a variety of lunches to serve students. All cafeteria staff have attended classes that taught them how to prepare healthy and hearty meals. Since then, we have seen dishes such as chicken Alfredo, baked rotini, chicken teriyaki, and carnitas (pork) tacos to name a few. No longer is the fruit section limited to bananas, apples, and the occasional orange, but now in addition to the aforementioned fruit, strawberries, blueberries, cantaloupe, honeydew and watermelon are a frequent sight on the fruit and salad bar. Instead of only serving peas, corn, carrots and green beans, the cafeteria now offers asparagus, Brussels sprouts, cauliflower, and black beans. The vegetables are prepared multiple ways: sometimes they're fried, steamed, roasted, or seasoned.

While school food probably can never quite compare to the highly processed foods of fast food industries that contain high amounts of carbohydrates, added sugar, unhealthy fats, and copious amounts of sodium (salt), school lunches are healthier and heartier than most fast food restaurants could offer. The portions are appropriately healthier, there is a greater variety of breakfast and lunches available throughout the year, the food is prepared by cafeteria staff who have undergone multiple food-preparation trainings, and it's even free.