

Can you tell the difference?

For the JDRF Big Give fund-raiser, Student Council made two types of cookies for the students to try and figure out which cookie was which. One cookie was a regular sugar cookie and the other was a cookie made with a sugar substitute.



Sugar Cookie

"The substitute cookie was absolutely horrible and then the regular cookie, was almost as bad"

-Jaxson Lovelady '15

Sugar Substitute

"I didn't really notice that much of a difference except for the artificial one tasted fake."

-Nikki Ferguson '15



1. Junior Kaylee Stubbs and sophomores Emma Sirfus and Lauren Brueckner cheer for the high school guys competing at the state wrestling meet. The cheer "Mean" went "Let's get physical, get down get tough get mean, let's get physical and roll right over that team."

Photo by Laura Schwartz

2. Senior Melinda Paszkiewicz prepares carnations for the Valentines' Day delivery. Students bought \$1 carnations from National Honor Society members to be delivered to their friends and wrote notes to go with them.

Photo by Laura Schwartz

3. Sophomore Samantha Dixon prepares

for her next round of shooting by grabbing an arrow from the stand. During the second round, competitors stood 15 feet away from the target, making shooting more difficult than the first because of the five foot difference.

Photo by Addie Bolles

4. Senior Riley Deutsch gives his original oratory at the National Qualifying Tournament. Deutsch's speech was about how people used to be 'social butterflies,' but due to technology, they are now 'social moths.'

Photo by Tyler Fenton

5. Senior Nick Wyman holds up a paper mache balloon while senior Jake Shore



observes and continues to add on newspaper. Senior Jake Shore helped by dipping newspaper into the water and glue mixture. Spanish Club made piñatas in all shapes and sizes, varying from a taco to a chicken leg.

Photo by Addie Bolles

6. During advisory, junior Hezekiah Applegate hands junior Ethan Niu two cookies. One of them was made with a sugar substitute and the other was sugar, so students could taste the kind of cookie a person with diabetes would eat and try to guess which cookie was which.

Photo by Addie Bolles



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Even Page

Job # 3292 School Johnston High School

Special Instructions

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Show Choir group Synergy sits in the auditorium getting feedback from Dina Else, show choir critic, about its performance.
photo by Helen Moritz

SECOND OPINION

Show choirs seek advice from respected judge



Gathering around the front of the auditorium stage, Synergy members brace themselves for a long night ahead. As they wait for the judge to arrive, the show choir students talk and start to practice their routine. The judge, Dina Else, appears and gives her introduction. "I want this rehearsal to be just like it's a competition. I want you to put on a show for me, so smile." Then, a signal is given, and the band begins to play.

Synergy sought Else's advice because of her reputation as a vocal teacher and judge of show choir competitions.

"Although I feel at the time the kids were confident with their show, I also felt that there was always room for improvement," Samantha Robilliard, the Synergy director said. "That was one of the main reasons why I asked Dina to come and watch our rehearsal, just to get a second opinion."

As Synergy began to rehearse, Else sat down and enjoyed the show. "I even said that night that they looked like a higher level choir," she said. "All they needed was a little bit of work and that was what I was there for."

Else had them work on breathe support. "She had us hiss on an 's' and then she had us put our hands on the stomach so when you breathed you could feel your stomach moving from your diaphragm pushing it down, so your lungs could get air in them," sophomore Tiani Swallow said. "After practicing that a few times

you could hear a big difference in between our sound, it was as if a wall of sound hit you."

With the help of Else's critiques, Synergy placed third at the Urbandale Invitational. She also worked with Innovation. "She inspired us to perform better because we knew she truly believed in us," senior Katlyn Meiners said. "Rehearsals with Dina were not easy, but were some of the most rewarding we had due to the incredible insight on each song she gave us."

Meiners respected Else's opinion. "When training for competition season, it is extremely important to get outside and unbiased opinions on how to improve our show," Meiners said. "Because Dina is also a judge at many competitions, she was able to help us pinpoint exactly which songs, and which specific sections of songs needed the most work."

As the practices went on, they could feel each other getting better and better, "When we won that Grand Championship, it felt great to know all that work really paid off," junior Tyler Davis said. "Your team really can't excel at anything if there is no bond between the teammates. We got better because we helped each other through everything."

"Dina taught us early on that each and everyone of us has immense potential, and that the success of our season was largely dependent on our attitudes and each member putting in 100% each rehearsal and show." Meiners said.

