

Traveling to another FAMILY

Students share life with their host families while on foreign exchange

Students made every effort to prepare for life in a strange land, but being with out their family could be difficult.

"[Being without family] was okay, I wasn't really homesick until now," German exchange student Jan Spiegelhoff said.

Many students felt the exchange program was exciting. Host families allowed exchange students to come in and receive the chance to travel the country and made it able to experience something they hadn't before.

"We went to Mackinac Island, [my host family] has a beach house in Oscoda [Michigan], we also went to a wedding," Spiegelhoff said.

The exchange program allowed the students to travel along with other exchange students. That gave them a chance to bond.

"So every weekend we go up north and go to the cinema," German exchange student Matteo Piras said. "It's really cool to be involved in it. We'll go to Florida for holidays. We just went to Washington D.C. last week with the scholarship program. We had workshops and we went to museums about politics, so that was really interesting."

While students had stayed with their host families, those families began to seem like their own.

"My host family kind of replaced my family and when I'm here, so I'm good," Norway exchange student Emilie Singstad said. "I miss them but I'm okay. We went to Florida for Thanksgiving and there we went to Disney World, and that was fun."

Students that had decided to continue with the foreign exchange program were given a time frame. Some students stayed in Midland for half of a school year and some had stayed for a whole school year.

"I've stayed with [my host family] for eight and a half months, and I really do feel like a part of a family they've just made me feel so welcome and so loved like from the get go," South Africa exchange student Aimee Hohls said. "There hasn't been a moment where I haven't felt appreciated and they've treated me like their daughter and they've become like my American parents and my American sisters and they've, like, even the extended family has treated me as though the one of the family which is so cool. I have a family in America that I have to leave behind but then I will always see them again and it's been, I don't know, it's just been such an awesome experience and it just shows like the how incredible people can be just like taking a complete stranger, that they don't know anything about and treat them as a family member, I think that was a really amazing experience."

The foreign exchange program was an opportunity for students to be able to explore the world and see everything from a different perspective than someone in another country.

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bonding together Foreign exchange students sophomores Jan Spiegelhoff, Aimee Hohls, and Emilie Singstad went out to support the varsity football team against MHS on Oct. 25 at Midland Community Stadium. "It was a football game against MHS, so it was white out and I was with Jan there," Singstad said. "I went with my friends." Photo courtesy by Emilie Singstad
chicago bean (far right) During a trip, sophomore Emilie Singstad and her host family Hunter Kruse (right) and Flint Kruse (left) had a chance to experience Chicago. While in Chicago, Singstad tried indoor skydiving as well as seeing the Chicago Bean. "We tried skydiving and you know that was cool," Singstad said. "When you're in the air room or something. Yeah, I thought that was fun." Photo courtesy by Emilie Singstad



TURKEY DINNER During foreign exchange trips, the students are encouraged to attend holiday events with their host families. On Nov. 28, sophomore Matteo Piras and his host family Matthew Mitchell, Eli Webb, and Heather Rose, stood out in front of his house and took a picture for Thanksgiving. "We walked like five minutes to the restaurant, had a lot of fun. It was basically a whole family day," Piras said. Photo courtesy by Matteo Piras



mountain views Driving through Switzerland, junior Allison Wilson took a picture on top of a path while staying in Germany. "We were driving through the mountains and my host mom suggested that we stop and go up something called The Path so we basically went up on them," Wilson said. "We went up the half hard path and we stopped on the side of the road where the path ended and there was like a really big rock. I just wanted to climb up and stand on it." Photo courtesy of Allison Wilson



historical buildings Experiencing Italy, junior Allison Wilson saw Milan Cathedral while being on an exchange in Germany. "My host parents really wanted to take me on a vacation with them," Wilson said. "They wanted to take me through Italy to Switzerland and into France, and yeah they all were really enthusiastic about showing me and I was really happy for that. I really felt like a part of the family that they would take me on vacation." Photo courtesy by Allison Wilson
family outing On the first night out of the house as a family, sophomore Matteo Piras felt a part of his host family with Steven Webb and Eli Webb. Piras and his host family had an eventful night out on Nov. 28. "We were out at our first family dinner out of the house," Piras said. Photo courtesy by Matteo Piras

Speak UP!

"How difficult was it to learn a whole new language and use it?"



"I speak English as a first language so I had that advantage when coming here. I can speak Afrikaans and I can speak French as well. English is the language I've grown up speaking my whole life."

Aimee Hohls, sophomore



"Quiet easy, so when I came here it was difficult. After two, three months it's kind of normal to speak English."

Jan Spiegelhoff, sophomore



"Well I had some English at home. I learned in school but there's a lot of words that I don't know here. We learn British English in school so it's kind of different."

Emilie Singstad, sophomore



"I learned English in school, like up to three years. I went to Georgia the small island before I came here to the U.S. I went to England for the summer and holidays for learning English. I'm really comfortable speaking English and so I didn't have to do, or learn anything before here."

Matteo Piras, sophomore

Photos by Catherine Hodgins

Changing up AMERICAN FOOD

Wienerschnitzel French Fries, Schnitzel, & Garden Salad

Ingredients: Wienerschnitzel

French Fries

- Oil
- Potatoes

In Germany the legal drinking age without parents consent was 16. The legal age to drink liquor was 18.

Ingredients: Schnitzel

- 1/4 inch thick of pork
- Flour
- Egg
- Breadcrumbs
- Oil

Foreign exchange student Matteo Piras shares a photo from his home country (Germany).



From South to NORTH

Foreign exchange student Aimee Hohls from South Africa explains her experience with foreign exchange program

"It's been really up and down, it's been a real roller coaster. I think I've had lots of experiences throughout my year. I've had a lot of positive experiences, but I've also experienced a lot of loneliness and difficult times. I think it made it more difficult that I came for two halves of the American school year. I came here for the calendar year not the

school year. Which makes it difficult just in terms of making friends and adjusting. I also came from the middle of the summer in South America to the middle of winter in America. That was really difficult. In some amazing experiences, I've been on so many cool trips. I've seen so many cool things. I've met amazing people. My host family here is incredible. I love them to death and they really are my family now. That was just an amazing experience but I think that there's so many emotions that you go through in one year that I wouldn't be to just sum it up in a sentence."

Speak UP!

“Why did you choose to participate in Powderpuff?”



“Most of the seniors do it and a lot of the football team is doing it and I just kind of went along with everyone and did it.”
Brady O'Keefe, senior



“A lot of my friends were like do it, do it because I wasn't going to do it until that day when a bunch of the coaches and people were like do it, come on, it's your last chance, might as well.”
Serena Olney, senior



“It just seemed fun getting everyone into football. It's always fun to play against your rival and it was very competitive.”
Kaleb Studebaker, senior



“The football guys that coach, they were pretty influential on who was playing and recruiting.”
Sofia Maher, senior



“The people who did it last year said it was awesome and the seniors do it. I thought it would be fun.”
Marek Belgiomo, senior

Photos by Alexis Krawczak

something new After leaving the huddle, senior Owen McCaffrey yells to get on with the powderpuff game on Oct. 26. Football players coached the team and taught the players the basics about football. “[Powderpuff] is a different experience from football, to try to teach girls that don't really know about the sport something new,” McCaffrey said. “It's pretty exciting because everyone's pretty into it and obviously competitive because it's against the rival school.”
Photo by Alexis Krawczak



offense and defense In order to keep the play going, junior Ellie McMeneny bursts through two girls at the powderpuff game on Oct. 26. McMeneny played on both the offensive and defensive line and helped lead the team to a 21-21 tie in triple overtime. “I talked to people that did [powderpuff] in the past and they said it was fun,” McMeneny said. “Most of my friends were doing it and I thought it would be fun to hangout with my friends and play some football.”
Photo by Alexis Krawczak



FOURTEEN POINTS DOWN Directly after scoring a touchdown, junior Kylie Wright picks up junior Sydney Johnson out of joy at the powderpuff game on Oct. 26. Johnson scored two out of three of their touchdowns as a wide receiver. “[Powderpuff] is a team sport,” Johnson said. “It teaches you about teamwork and being positive and keeping people up.”
Photo by Alexis Krawczak



pushing through With everything she has, junior Roxy Muck runs through the tackle at the powderpuff game on Oct. 26. Muck's position alternated between safety and quarterback for the duration of the game. After MHS forfeited, the final score of the game was 21-21. “So many people were there cheering for me,” Muck said. “It boosted my ego.”
Photo by Alexis Krawczak



new opportunity While getting ready for the next play, senior Mikaila Brubaker motions towards the crowd at the powderpuff game on Oct. 26. Brubaker switched between the positions of linebacker on defense and center on the offensive line throughout the game. “I am a cheerleader which isn't a contact sport,” Brubaker said. “[Powderpuff] gave me an opportunity to play a contact sport and interact with the team and opponents that way.”
Photo by Alexis Krawczak



running hard With determination, senior Lilly D'Alessandro runs the ball to the endzone at the powderpuff game on Oct. 26. D'Alessandro's main objective was running the ball to advance plays. “I've always kind of been a tomboy,” D'Alessandro said. “I just really liked the aspect of being able to play football and then also play a game against our rivals that people actually would go to.”
Photo by Alexis Krawczak

We are PREPARED

Players describe their effort to prepare for annual powderpuff game

For many years, powderpuff has been a tradition at DHS. The Saturday afternoon following the Midland/Dow football game, a group of junior and senior DHS girls got together and played a shortened football game against senior girls from the rival school.

Football players took the time to coach the participating girls after school. There were five total practices that lasted an hour or two each.

During practices, the coaches ran through the basics of football with the girls. Each practice alternated between offensive and defensive work.

“We had some practices before [the game],” senior Brady O'Keefe said. “We worked on how the girls were going to block and who they would block during the game.”

O'Keefe was one of the many coaches involved in getting the team ready for the game. There were many ways the coaches and the players prepared for the game.

“[The coaches] had us do some conditioning at the beginning and just running and kind of getting our endurance up,” senior Serena Olney said. “We also did hit drills and just ran the plays over and over again.”

Not only did the girls prepare themselves physically by learning the game, they had to prepare mentally.

“I made sure that I didn't psych myself out,” senior Madison Borsen said. “I knew that if I started to get worried, I'd get scared and back out.”

Players spent time watching old footage of the games and seeing what had been done in past years.

“I watched footage from last year so that I could get excited,” senior Jordyn Moore said.

The last way that the players prepared was by picking out a name and number for their jersey. Being able to pick their own names showed importance to the uniqueness of the game.

“Being able to choose your own name and number makes the game more unique because you get to choose a number that is specific to you, and you get to choose a name that you believe resembles you or can be more intimidating in the game and no one else will have that name,” senior Shae Rogers said. “It's also pretty funny to look at the names and how creative people get with it.”

All together, the time commitment from the girls and the coaches allowed for the game to be possible.

“Without the coaches, our team wouldn't have been the team we were,” senior Lilly D'Alessandro said. “They taught us everything.”

With all of these components being added together, the game ended closely in a 21-21 tie after going into triple overtime. The game ended when MHS forfeited due to the cold weather.

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Opposing VIEWS

Opinions on if powderpuff should be limited to only seniors



“Honestly I wouldn't care because I will be a senior next year. But I feel like a lot of the other people, like the sophomores, would care because it would be unfair to them.”

Kylie Wright, junior

“I wanted to be out there more and try new stuff and playing football. It interested me so I did it. I think that they should allow juniors to play because it is more fun.”

Kaitlyn Tomiko, senior

Photo by Alexis Krawczak

Why did you want to coach Powderpuff?

“I thought it'd be really fun especially because my girlfriend was on the team and I thought it'd be really cool to see her play and watch everybody else as well.”

What were your expectations going into the game?

“I kind of thought we were going to destroy Midland because of what happened last year but, you know, [losses] happen.”

How was your overall experience as a coach?

“I thought it was fun. Especially with all the other seniors who were coaching there was more bonding there and it was really fun because we're all friends with the girls who were there. I thought it was a really fun experience.”

How did coaching impact you?

“I thought it was pretty interesting because one of the things I thought about was maybe later on in my life is going to be an assistant coach somewhere and help out with football. I thought it was kind of a good experience because then I kind of know a little bit more about coaching for the future.”



Senior Aidan Belgiomo discusses his position as a coach
Photo by Alexis Krawczak

Speak UP!

"Should the mascot be at soccer games?"



"Sure, I mean, if it's not I don't really care, but it would be cool if it was."

Justin Schafer, sophomore



"I think it'd be cool because for football games they have the mascot and everything but at soccer there's like, nothing really there."

Ian Metzler, sophomore



"Sure, that'd be kinda cool. Maybe like soccer and basketball, all the sports they kind of come together."

Cole Kinney, freshman



"I think it'd be cool I think he should be at a lot of sporting events."

Albertas Klugas, senior



"Maybe like the Midland High game, but not all of them because we don't have a student section like the football team does."

Logan Skinner, junior

Photos by Abigail Wilson

uncatchable Running to secure the ball, seniors Tyler Lyman and Adam Pacholke run for a save in the Midland/Dow game. "After that play, we got the counter attack to score the win," Pacholke said. Varsity beat their cross town rivals with a score of 1-0 at home on Sep. 9, 2019.

Photo by Victoria McKinney



no one can catch us Dribbling the ball through his opponent's feet, freshman Santiago Lopez kicks the ball around a MHS player, at a home game on Sep. 25, 2019. Sophomores Shota Nishida and Jack Wolohan helped Lopez with defense. The JV team beat MHS 8-0. "I like soccer because you always have friends," Lopez said.

Photo by Victoria McKinney



here's the kicker Balancing the soccer ball, sophomore Richard Penn shows teamwork at the Midland/Dow soccer game on Sep. 25, 2019. "I think I was trying to make a through ball, probably to one of the forwards," Penn said. "It was [a] pretty fun and memorable [game]." The boys varsity team had won with a score of 1-0.

Photo by Victoria McKinney



KICKIN' IT In the last play of the game, freshman Jeb Snead takes it down the sideline. The varsity team won the game against the Chemics when Snead made the winning goal on Sep. 9. "The crowds getting hype, the coach is getting hype, everybody go hype," Snead said.

Photo by Morgan Gary

best on the field Attempting to pass, senior Sean Anderson dribbles the ball during the Midland/Dow soccer game. The team beat MHS with a score of 1-0 on Sep. 9. "It was pretty exciting because I never score," Anderson said.

Photo by Victoria McKinney



teamwork makes the dream work Looking for an opening, junior Andrew Budd passes the ball to senior Julien Theuerkauf in a game against MHS on Sep. 9. Theuerkauf scored a goal which lead the team to victory against MHS. "It was pretty dope," Budd said.

Photo by Victoria McKinney

refusing to lose Running up the field, freshman Danny Safadi sprints with the ball during the Midland/Dow soccer game. The JV team secured the win and beat their cross-town-rivals MHS 8-0 at home on Sep. 25. "I was looking for a pass on that [play]," Safadi said.

Photo by Victoria McKinney



One spirit, ONE TEAM

Varsity, JV soccer team enjoy bus ride after Traverse City game

The team walked into the bus, and all quickly took their seats. The coach read off attendance, and they started on the long trek home. Suddenly, the bus erupted with noise, song, and the team jumped out of their seats. The win was secured.

On Aug. 28, both varsity and JV teams traveled for their first away game against Traverse City Central. The varsity team won 5-1 and the JV team won 6-0.

"We won big, and the bus ride home was even more fun," junior Samuel Hatfield said.

It seemed like everyone had something to say about the game, including Hatfield and his teammates, senior Porter Baker, sophomore Andrew Soto, and freshman Nicholas Pisarczyk.

"I was injured so I couldn't actually play, but it was fun. I got to be with the team," Baker said.

However, the game was only part of the journey.

"We played music, made jokes with each other, we played games with each other," Pisarczyk. "It was a really great atmosphere, especially for the incoming freshman."

The boys bonding on the bus affected the win, according to the team.

"We made a lot of good memories," Hatfield said.

The team chattered on the bus, but had some rest time during warm-ups to get their heads in the game. Though gone well, the game wasn't perfect.

"I mean, there weren't a lot of fans there from Dow, but JV was the dominant team," Soto said.

Although the varsity season was cut short, the team came out with new memories, and closer friendships.

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Design by Tori Monica and Abigail Wilson

Opposing

Shaving hair for Midland/Dow

"I don't cut my hair because it's kind of traumatizing if the haircut is bad. And I don't really see the point, it's good team bonding but we could just do a spaghetti dinner or something"

Sean Anderson, senior



Photos by Abigail Wilson

VIEWS

"I did it because everyone else was doing it. I wasn't really peer pressured, I made sure they didn't mess up my hair, so they just trimmed the sides too like pretty much bold, but I kept the top so it was fine. It's just part of the culture"

Ethan Houk, sophomore

"I think it was a great team bonding experience to go out there as a team and play soccer and get a win and come back."

Sean Hansen, freshman

Captain's CORNER

Get to know the captains.

It takes a lot to lead a team, these players have just what it takes to lead their teams as team captains. Freshman Isaac Skinner, sophomore Jack Wolohan and junior Adam Pfeiffer co captain the JV team. "Having responsibility to restore unity within the team, and if there's ever a downfall you're the person that they look up to to get them back in the game and stuff, and I feel very honored and privileged that I get to be their captain," Wolohan said. The varsity team captains have the same things that it takes to lead the varsity team. The captains senior Logan McNamara and senior Tyler Lyman both captain the varsity team together. "I get a chance to lead the team and feel like our results come from me and the other captains leading our team to better improve and stay focused and stuff," Lyman said.



Tyler Lyman, senior (not pictured)

Photo by Abigail Wilson

Top 5

What is the most important thing to do the day before a game?

From an online survey of 16 varsity and JV team members

1. Eat healthy
2. Sleep well
3. Drink water
4. Keep your legs loose
5. Play FIFA

V/JV Boys Soccer