



APRIL 2025



The Dawg Print

Featuring:

*Spring Break
Destinations*

*How to Survive SAT and
AP Exam Season, Without
Losing Your Mind!*

Earth Day Appreciation



Dayton Girls Softball

By: Lila Carroll



The 2025 Jonathan Dayton Girls Softball team has big shoes to fill as the returning Union County Champions! After a couple weeks of practices and scrimmages, here are some of the girls' opinions on how they believe the season will turn out!

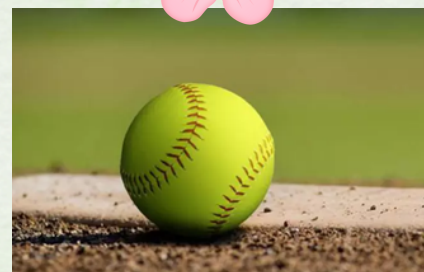
When asked about her roles and responsibilities of being the Varsity Co-Captain (along with Senior, Angela Gatto), Senior, Ashley Weber answers, "Communication is always the biggest factor in commenting to my team and bringing us all together is the most important thing." Weber is looking forward to what this season will bring and believes the team is working twice as hard this year!



A new season brings new challenges, but also new opportunities. Returning Sophomore, Julianna Santangelo has different goals for this season than last. According to Santangelo, "I want to get better as an individual, along with getting better as a team." It is important to work on your own skills, but Santangelo is also focused on building team chemistry and a positive environment!



This year, the team collected enough players to field a Junior-Varsity team! The girls are looking forward to competing and having more girls interested in the game.



The Dayton Girls Softball team opens up their first game on the Dayton turf against Cranford on April 1st. Come support the girls throughout the 2025 season!





Spring Bucket List

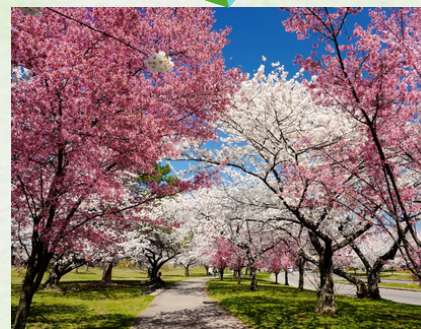
By: Luciana Gomez



Time is flying this year and it's already spring. With the weather changing, a lot of people love to go out and do new things, but have no idea where to do them. Well, these activities you can do with family or with friends and have a great time. If you love hiking or nature and want to try something different this time of year, the South Mountain Fairy Trail in Millburn/South Orange is a place for you. The trail is about a total mile round trip and you can find little houses and fairy living spaces along the way. There is a longer trail, 5.9 miles, that you can take to Hemlock Falls, which only has fairy houses at the end. What a better idea than visiting cherry blossoms? You can do this at Branch Brook Park, in Newark, which is known for the breathtaking views of cherry blossoms in spring.



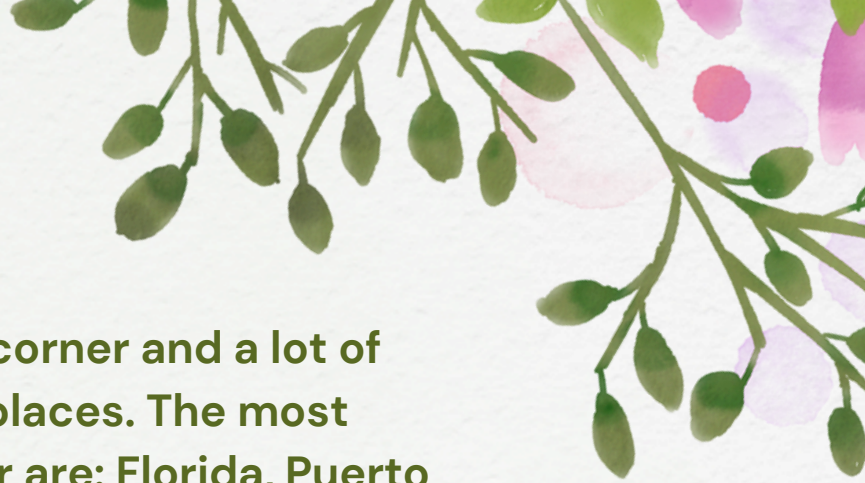
If you don't want to see cherry blossoms, but do want to see a field of flowers, you should go visit Holland Ridge Farm, in Upper Freehold, to view their marvelous fields. Another flower related activity is making flower bouquets, specifically sparkly ones. If you want to add a little sparkle to the flowers, you can do so by lightly spraying adhesive on the petals and then adding glitter to them. Shake them out to take out the extra glitter, and then let them dry out. A great way to make the colors of your bouquet pop even more is by adding baby's breath to contrast the bright colored flowers. Using some of the flowers you have left, you can make a crown, as well! Spring is here—so get out there, explore, and create something beautiful!





Common Spring Break Destinations

By: Luciana Gomez



Spring break is right around the corner and a lot of people are travelling to exciting places. The most common destinations of this year are: Florida, Puerto Rico, Punta Cana, New Orleans, Cabo San Lucas, and Hawaii. Fort Lauderdale is known for its sunny beaches, vibrant nightlife, and a range of water activities. It's a favorite for those seeking relaxation and fun. Miami Beach offers a blend of cultural experiences, iconic art deco architecture, and dynamic party scenes. Punta Cana's luxurious resorts, stunning beaches, and tropical allure make it a top Caribbean getaway. Puerto Rico combines rich history, beautiful beaches, and vibrant cities like San Juan, all without the need for a passport for U.S. citizens. New Orleans is famous for its lively music, unique cuisine, and cultural vibrancy, particularly during festivals. Cabo San Lucas is a paradise for adventure seekers, offering activities like snorkeling, zip-lining, and desert excursions. Hawaii is known for its breathtaking beaches, lush landscapes, and unique island culture. Hawaii offers a serene, yet adventurous getaway, perfect for spring break. Each destination offers something unique, whether it's natural beauty, cultural experiences, or exciting activities. A lot of people are staying home, cozied up, and that can be as much fun as all of these vacation spots!





D.A.R. Book Donation

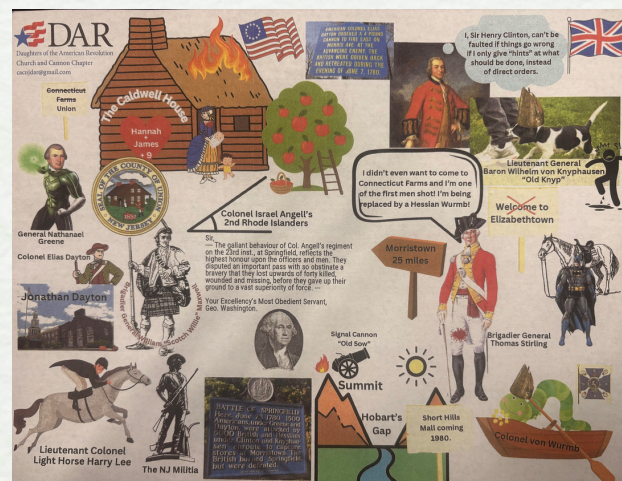
By: Briana Polanco

The Daughters of the American Revolution visited our IMC on February 28th, 2025. The DAR are a patriotic, nonpolitical, women-led organization that donates their time each year to community service to give insight on their organization to Jonathan Dayton's sophomore class. It focuses on historic preservation, placing markers on historical sites, and giving tours of historical homes. They provide scholarships, essay contests, and even lesson plans for teachers. These scholarships are for history, music, medical science, and other science fields. If you are interested, please check the Daughters of America website.



Women can join the DAR by being 18 and over and being patriotic descendants of any race, religion, or ethnicity, and if your family has been here since the start of the American Revolution.

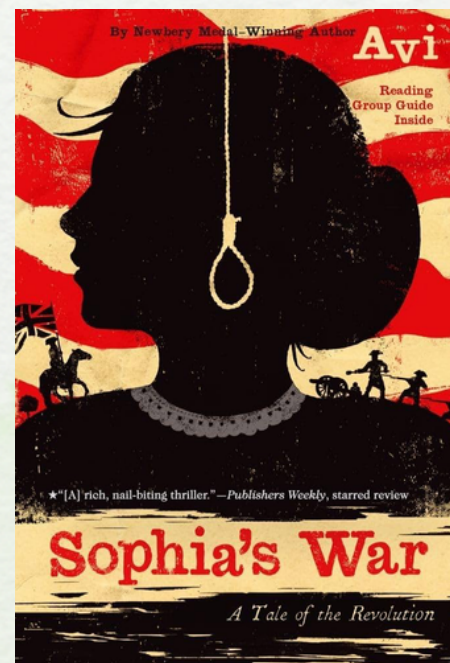
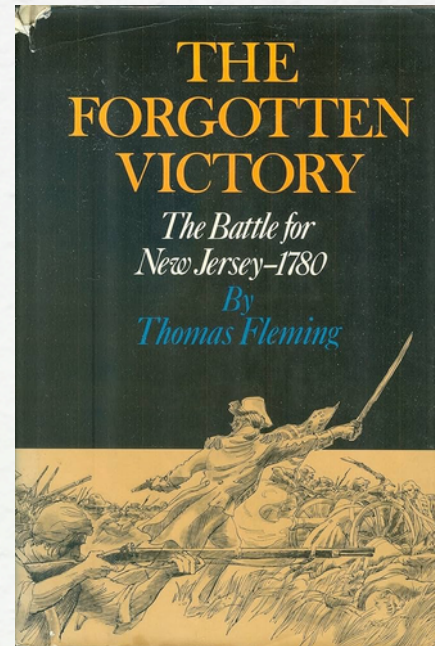
In the late 1800s, much of the public wanted to recognize and honor patriotic men, but not women. Women did not have the right back then to step up, and when Mary Smith Lockwood sent an article to the newspaper about this, it grabbed the attention of the Sons of the American Revolution. To this day, the Daughters of the American Revolution are much larger than the Sons of the American Revolution.



The Daughters of the American Revolution aims to bring the American Revolution alive, by donating books to the library. Books like "The Forgotten Victory: The Battle for New Jersey" by Thomas Fleming, an interesting story for those who live in Springfield, as it includes the history behind the Battle of Springfield, where many *Dawg Print* readers reside. If you are interested in this book, it is one of the many books the DAR donated to our IMC.

The book donation also includes "Sophia's War," for the middle and high school libraries. The book is about a woman's brother being held on a British prisoner ship. She is horrified by it, and as a result, becomes a spy in the British forces. Titles also include, "Rebecca Rides to Freedom," about a planned British attack and a young woman who rode 16 miles, at 15 years old, to inform her father and troops about the British attack that was coming.

Overall, the Daughters of the American Revolution gave such a compelling speech about their organization. They explained what their organization is all about, and told students how they can join as prospective students in the future or even now as "Children of the Revolution," another sister organization. They gave an account of historical sites here in New Jersey and connected back to what the sophomores are learning here at Dayton. And to end their presentation, they explained the books that they have donated to our IMC, and the historical context behind them.





Flowers: Symbolic Meanings

By: Karly Polanco

Now that spring has sprung we can focus on one of the most popular and well-known spring icons: the flowers!!! A lot of people associate spring with their allergies that follow, but people don't truly understand the meaning and significance behind each flower.

The most popular and well-known flowers are roses. Red roses are a key symbol that represents love and admiration, while a yellow rose represents friendship and goodwill. Another common rose color is white, which signifies innocence and new love.



Another set of flowers that represent all things springtime are tulips. Much like roses, tulips blossom in a variety of different colors, the most popular being red, white, yellow, and pink. Like roses, red tulips represent passion and an expression of true love. Yellow tulips are more used to represent cheerfulness and happiness. White tulips represent purity, a sense of innocence and humility, similar to white roses. And finally pink tulips signify an expression of congratulations, used to convey good vibes!





Jonathan Dayton High School Peer Leaders Join UCSTEP's Wish Upon A Star Initiative

By: Bella Silva:

Jonathan Dayton High School is coming together to support children and families in foster care through *Wish Upon A Star*, an initiative from the Union County Student Training & Enrichment Program (UCSTEP). This community-driven project looks to bring joy and critical resources to those in the foster care system, ensuring they feel valued and supported.

UCSTEP, a leadership program that empowers high school students to develop and implement service projects, created *Wish Upon A Star* to make a meaningful impact on the lives of foster children and families. Through donations and outreach, the program helps provide much-needed items and thoughtful gifts to brighten lives.

To contribute, students, staff, and community members can drop off donations in designated boxes! There are two in the school, one located in the main office, and the other in the main entryway of the school. Items such as new clothing, toys, school supplies, and personal care products are especially encouraged. Each product submitted gives our school points toward winning a competition against other schools. Should Dayton win, the school will be awarded a \$1,000 grant.



The school encourages everyone to get involved, whether by donating or spreading the word about *Wish Upon A Star*. With the collective efforts of the students and the community, Jonathan Dayton High School hopes to make this initiative a success, and bring joy to those who need it most.

For more information on how to participate, students and families can visit our post on the Springfield Schools Instagram page, or visit the UCSTEP website.

The Union County Board of County Commissioners
Presents



Wish Upon a Star: Make A Kid's Dream Come True

Donate Today!

COLLECTION LIST

**1 POINT
ITEM**

Hair Products
(for all hair types shampoo, conditioner, hairspray, mousse, gel, etc.)

Hair Combs & Brushes

Hair Accessories
(ponytail holders, scrunchies, headbands, clips, etc.)

Body Wash & Bar Soap
(for boys and girls)

Moisturizing Lotion
(including scented options like Bath & Body Works)

Body Spray & Deodorant
(solid or spray, for boys and girls)

Dental Care
(toothbrushes, toothpaste)

Feminine Hygiene Products
(tampons, pads)

**2 POINT
ITEM**

Clothing for tweens and teens

Girls' Apparel:
Leggings, joggers, long-sleeve tops, bralettes, and zip-up hoodies (sizes 14/16, Women's S, M, L)

Boys' Apparel:
Joggers, short-sleeve t-shirts, and boxer briefs (sizes 14/16, Men's S, M, L)



**3 POINT
ITEM**

Diapers
Sizes Newborn through 6 (sizes 4, 5 & 6 are most in need)

Baby wipes
(unscented & sensitive skin)

Other infant supplies
(Pacifiers, washcloths, teething items)

**4 POINT
ITEM**

Basic cutlery & kitchen utensils

Keurig single cup coffee maker

Basic dish set

Dishcloths

Laundry detergent

Laundry basket

Twin sheet set

Pillows

Bathroom supply caddy

Towel set

Table lamp

Hangers

Small first aid kit



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How to Survive SAT and AP Exam Season, Without Losing Your Mind!

By: Bella Silva:

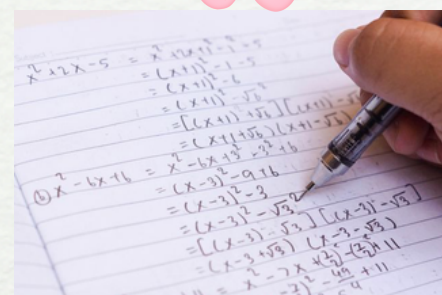
As spring approaches, so does one of the most stressful times of the year for high school students: testing season. Between the SAT, ACT, and a lineup of AP exams, it can feel like there's barely time to breathe, let alone maintain a social life, or keep up with schoolwork. But with the right strategies, you can tackle these exams without sacrificing your sanity! Here are my personal tips on how to really "lock in" by May.

Start Early and Create a Study Plan:

One of the biggest mistakes students make is cramming at the last minute. We've all been there, the night before our AP exam, or SAT, asking ourselves when to use a comma, or how to put an equation into standard form. Rather, start reviewing at least two months before your exam dates. Break down your study sessions into manageable chunks. Dedicating even 30 minutes a day can make a huge difference! For the SAT, focus on practice tests to familiarize yourself with the format. For AP exams, review past free-response questions and key concepts from each unit. Consider using a planner or study app to organize your schedule. Set specific goals, such as mastering a particular math topic or writing a timed AP essay, rather than vaguely committing yourself to "studying more" (again, we've all been there).

Balance Test Prep with Schoolwork:

While studying for standardized tests is important, your grades still matter. Avoid burnout by integrating test prep into your daily routine instead of replacing schoolwork.



For example, if you're in an AP English class, use the essays you write as practice for both the exam and your regular assignments. Another trick is to find overlap. Many AP subjects reinforce skills tested on the SAT or ACT. AP Language and Composition improves SAT reading and writing skills, while AP Calculus sharpens your math abilities. Finding a way to overlap what you need to do for class with studying for your AP and SAT tests significantly helps.

Don't Sacrifice Your Social Life (Entirely):

It's easy to get so caught up in studying that you forget to enjoy life. But spending time with friends can actually help reduce stress and improve focus. Schedule short breaks to do something fun, whether it's watching a movie, going for a walk, or grabbing coffee with friends. Just be mindful of time—reward yourself after a solid study session, rather than using social time as an excuse to avoid work.

Prioritizing Sleep and Self-Care:

Pulling all-nighters might seem like the only way to get everything done, but a lack of sleep hurts more than it helps. Aim for at least seven hours a night, especially leading up to test day. Exercise, healthy meals, and hydration also play a huge role in keeping your brain sharp.

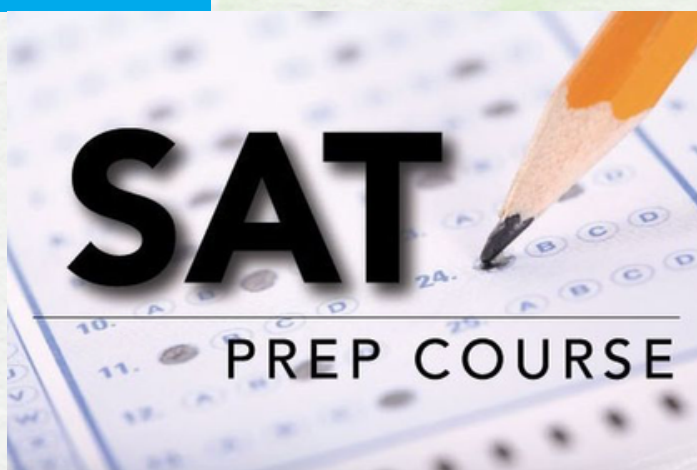
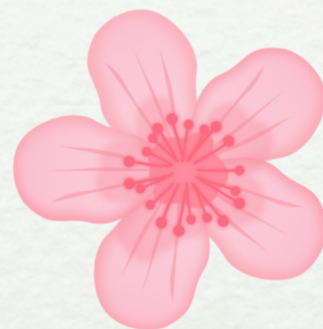
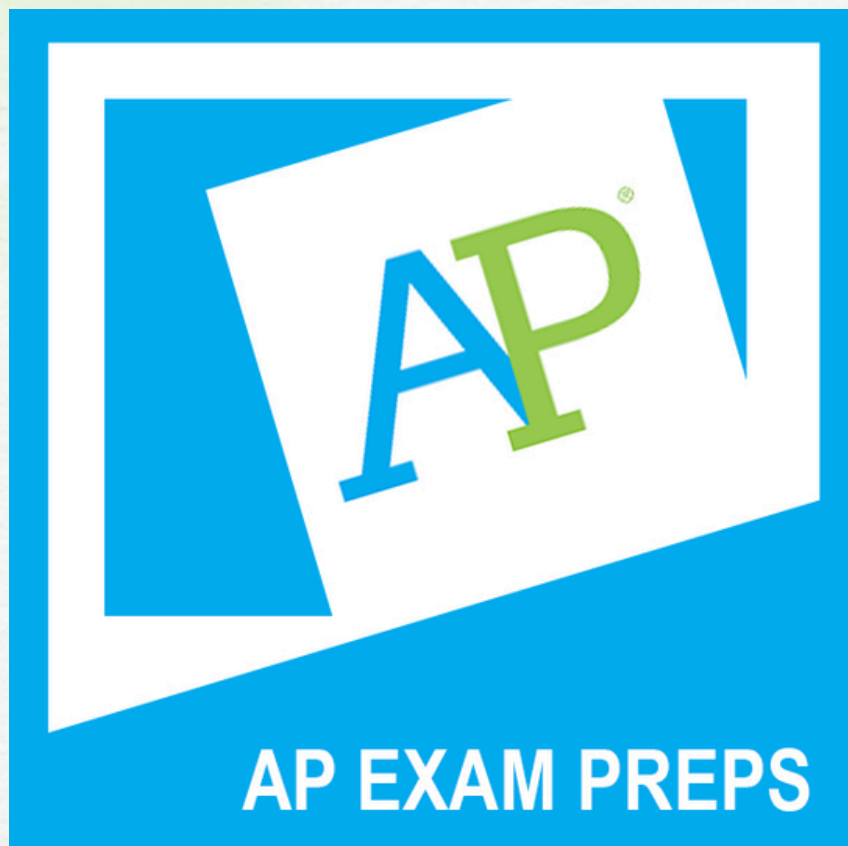
Simulate Test Day Conditions:


One week before your SAT or AP exams, take a full-length practice test under timed conditions. This helps with pacing and builds stamina. For AP exams, practice writing essays in one sitting and answering multiple-choice questions, without distractions.



Final Thoughts:

Balancing SAT and AP test prep with school and a social life is challenging, but not impossible. With smart planning, consistency, and self-care, you can survive (and even thrive) during testing season. Stay focused, but don't forget to enjoy your high school experience along the way. May isn't too far away, so good luck, and happy studying!





Dayton Girl's Lacrosse Starts their Season with a Big Win

By: Bella Silva

The Dayton Girls Lacrosse team kicked off their 2025 season with a dominant 19-5 win over A.L.J, Clark, proving once again how much they've grown as a program.

Gianna Guensch led the team with six goals and six assists, while Payton Turnbull and Sara Kaesshaefer each contributed four goals and four assists. Lauren O'Brien added three goals and two assists, and Ava Pozolante and freshman, Molly Krieger, also made impacts on the scoreboard, with goals and a combined three assists. Junior goalie, Marissa Duarte, made six saves to help secure the victory.

Now in their third season at the varsity level, the Bulldogs have continued to improve each year. Last season, they finished with a strong 14-5 record, a step up from their 9-9 record in 2023. With several key players returning, they've built a competitive team that is ready to take another leap forward.

The program's success hasn't come easily. When girls lacrosse was first introduced at Dayton, it was completely self-funded, with parents and players working hard to raise money for everything from equipment to uniforms. While the team is now receiving some funding, it won't be fully covered until 2028.

Despite these challenges, the Bulldogs have stayed focused on growing as a team. With experienced players leading the way and new talent stepping up, they are set for another strong season. We can't wait to see how far the DLGs (Dayton LAX Girls) make it this season!





Earth Day Appreciation by Olivia Whitken

Our Earth gives us comforting shelter, wonderful experiences, and beautiful sights...which is why we celebrate Earth Day – AKA my birthday! One special aspect that comes with my birthday being April 22, is the fact that I share it with our amazing planet's celebration. There are so many ways we can appreciate our planet, from simply practicing our gratitude, to helping clean the environment around us. If you're looking to celebrate our planet this Earth Day, here are a couple things you can do:

Take a yoga class outside: Grab a few friends, a yoga mat, and a positive attitude and practice some yoga outside! Yoga not only benefits your mind by producing serotonin and creating mindfulness, but also your physical body, as you're moving intentionally. Doing this activity outside will also help you appreciate the outdoors in a sense that you probably haven't before. Try something new on Earth Day by doing some yoga outside, and who knows? Maybe you'll discover a new hobby!

Participate in a cleanup: There are many environmental cleanups hosted on Earth Day, from your local town's park to a beach. Engaging in this activity will make you feel good, as you're giving back to the Earth and creating a cleaner environment for everyone, in addition to being a productive way of clearing your mind outside. This can also be a fun activity to do with your friends as you can make a whole day of it and grab a cute meal afterwards!



Start a garden: Personally, I've always wanted to have a garden but I'm so bad at watering the plants each day! But, maybe you'll be better at growing your own garden! You can buy fresh soil, some seeds of plants you'd want to grow, and a cute plant holder. You can grow flowers, or fruit, vegetables, but anything will show your love for the Earth and dedication to raising these plants!

Our Earth does so much for us and it's important that we especially appreciate it on this day! Watching the sunset, or going on walks can help you feel more connected to the earth and fuel more appreciation for this day. I hope you do something special for yourself or the earth, or come up with your own idea to celebrate!





Spring into April: The Hottest Topics on All Things Fashion

By: Laura Palhano



From Bohemian blouses to business casual blazers, fashion in spring is sure to throw a curveball at anyone every year. The transition from heavy coats to floral, wispy dresses in women's fashion are always a staple, regardless of the company (Vogue, Cosmopolitan, etc.). This article is no different: buckle up, grab a glass of lemonade, and get that shopping cart ready because these trends will surely make you shop.

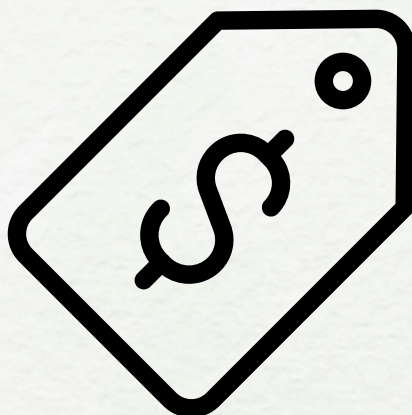
Symbol Price Scale

$\$ \frac{1}{2}$ *Inexpensive* (\$5-\$35)

\$ *Average* (\$35-\$50)

\$\$ *Pricey* (\$50-\$75)

\$\$\$ *Luxury* (\$75-\$100+)



Colorful Sambas: \$\$

A staple of spring: funky colors. The line of Sambas from Adidas has been trending for a good while, all thanks to the social media attention from TikTok. My suggestion to the audience: a nice staple samba. I'm not one to wear super bright colors, but the Collegiate Orange with Cream White details is a perfect way to add color back into a bland outfit. It's also the perfect shoe, not too dressy, and not too casual. It's unisex as well, so feel free to dress the shoe up or down!

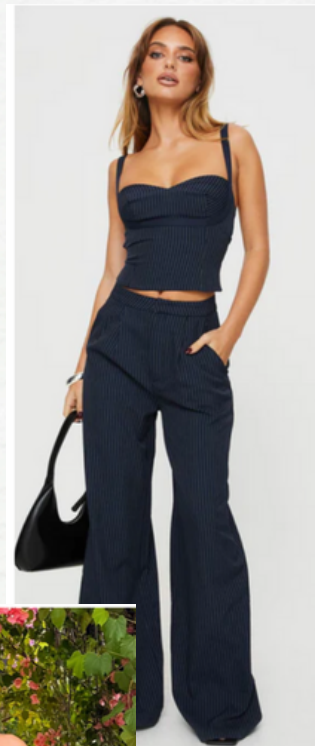


Matching Sets: \$-\$\$\$

Nothing like a matching set, a classic staple for years upon years. Just like the Sambas, dress it up for a cute Sunday Brunch, or dress it down just to go out for a nice walk, or to run some errands! The most perfect part about matching sets? You don't need to take too much time to choose your outfit, and they're great for warmer weather! They are also comfy for cool weather, and light enough so you're not sweating through your shirt. There's also no limited to what colors or patterns for your set. So from a tank and pants, to a flowy blouse and shirt, there's something out there for everyone!

Sunglasses: \$-\$\$

Sun's out, and so are the glasses! Sunglasses are a perfect way to jazz up any outfit and protect your eyes from the bright rays of the spring, with various price ranges. Suppose you're looking for something more elevated, or a little toned down...there is sure to be something just right. And following the past couple of years, there's been a resurgence of popular vintage styles of sunglasses like in the late 90s and early 2000s. Try rectangle frames or aviator glasses...you could never go wrong.





Featured Photography

By: Zachary Cheng-Klausen





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