

Dream Water: Worth the buy?

Want to sleep like a baby? Then read this.

Quinn McCahon '18
CONTRIBUTOR

It's almost winter break. Homework is done, college applications completed, no more stress about intramurals drama. Time to get some sleep, right?

Is it possible to get the best night of sleep ever by drinking a shot of water that costs \$3.75?

Recently, with the support of family and friends, I tested Dream Water to see if the hype around it is real.

I had no idea what I was going to feel like after my first time using it. Would it work? Was I going to pass out on the floor the second I tried it? That's not exactly what happened.

After drinking Dream Water 30 minutes before bed, I felt my head and body get heavy. I started to cuddle up in my blankets and rest my head. Before I knew it, I was knocked out cold and experiencing something I've never felt before.

Usually I struggle falling asleep, but after using Dream Water, sleep has never been better.

I don't remember ever waking up in the night. The morning after, I felt so great and refreshed after my sleep.

I continued to use it each night that week before bed, and found similar results to my first night.

My mom tried Dream Water as well, and she loved it. "It is amazing how quick it relaxes you," she said. "It allows you to fall asleep and the ability to wake refreshed." However, she said she would not allow me to take it on a regular basis to prevent the risk of becoming dependent on it to fall asleep.

Although drinking from these bottles that are readily available [online](#) and over the counter at retail stores might have provided me with the easiest night of sleep ever, experts suggest the drink may be unsafe to use due to some ingredients and lack of FDA testing.

Dream Water uses a proprietary blend of sleep ingredients—melatonin, GABA and 5-HTP—to promote effective sleep. By definition, a proprietary blend is a combination of materials used exclusively by one supplement manufacturer. The Food and Drug Administration does not require manufacturers of proprietary blends to list the specific measurements of these ingredients, so there is no way to know exactly how much you are consuming.



Although there are possible health issues that could occur when taking Dream Water, that isn't going to stop me from taking it.

According to Dream Water's [website](#), melatonin helps govern the body's internal clock that regulates your natural cycle of sleeping and waking. GABA, or gamma-aminobutyric acid, helps you relax and reduce anxiety by blocking the transmission of impulses from one cell to another in the central nervous system. Lastly, 5-HTP, or 5-hydroxytryptophan, helps promote sleep and relaxation and improve the quality of sleep by stimulating the production of melatonin.

Athletic Trainer Mr. William Mills is familiar with Dream Water, but is unsure about the ingredients used. He recommends caution about the use of Dream Water because you could become reliant on it.

"We can not recommend supplements, we can only talk about them," Mills said. "Any kind of supplement you take, you should really have your family physician involved or our team doctor."

Mills emphasized being intentional about your schedule and setting a time where you go to bed every night. He suggested that natural sleep aids can work if used properly.

School Nurse Mrs. Kit McGettigan is hesitant about Dream Water because the ingredient 5-HTP have not been tested or approved by the FDA. The University of Maryland Medical Center states that 5-HTP helps to raise the level of serotonin, a neurotransmitter that helps to regulate mood and behavior. University of Maryland's website [lists](#) a variety of precautions and possibly dangerous drug interactions for 5-HTP.

How does McGettigan recommend a good night's sleep? "No visual stimulation an hour before bed," she suggested as a natural sleep aid. "Also, no caffeinated drinks and other drinks that might keep you from falling asleep."

Although there are possible health issues that could occur when taking Dream Water, that isn't going to stop me from taking it. The product has really helped the quality of my sleep.

What might stop me from taking it is the \$26.99 price tag for a 12-pack on Amazon. I'm a high school student. I don't have that kind of money. ♦

>FAREWELL TO MEMBEAN, 2

I will italicize them as I go as a way of showing my *exquisite* and *expansive* use of my Membean knowledge. I do not want to make this *verbose*, but some may consider it the final *requiem* of Membean for our class.

I have always *stifled* out the thought of doing Membean because I used to think of it as *ponderous* and something that could put me to sleep as I *incessantly* click the correct answers word by word. Recently however, I have wanted to do Membean on my own *volition*. At first, the reason why I made this change *eluded* me, but now as I think about it more, I truly believe that Membean has helped *bolster* my everyday language to new levels. It is not the traditional vocabulary of simple *regurgitating* the words and only understanding them at a *facile* level. I have been able to gain an actual *retention* of almost

all of the words I have seen over the past four years.

From the *repertoire* of videos in the word theater to the *barrage* of words seen in the word constellations, there has been a *tangible* difference for me, not just in my vocabulary, but also in my ability to use those words in context properly. Whether in a *rant* or just *banter* I can use many of these new words to my advantage to better my *repute*.

So thank you Membean, for everything you have been able to teach me over the past four years. The honor is mine to have participated in this distinctly Malvernian tradition. I look forward to *vicariously* passing on my Membean knowledge onto others, and utilizing the 4,575 minutes and numerous tests I spent with you to my advantage.

Membean words used: 2120 ♦

Malvern reacts to first wave of performance updates

Students and teachers have mixed reactions to the first round of written performance updates replacing quarter grades.

Joe Lister '21
SOCIAL MEDIA EDITOR

When performance updates went live for students and parents to read during the first week of November, some students were impressed by the feedback—while others missed the system of quarter grades.

According to an email sent to parents in mid-October, the performance updates were designed to provide "information that extends beyond MyMalvern." Teachers were expected to write KiSH (kind, specific, helpful) feedback for each student, replacing a letter or number grade at the end of the first quarter.

Senior Danny Taylor did not think his quarterly reports were helpful, however.

"They didn't help me too much. I feel like teachers wrote such similar summaries for everyone. They didn't really describe me as a student truthfully," Taylor said.

Freshman Rayce McCool also said that he thought many of his transcripts were similar. "I talked to my friends, and they said that theirs were different than mine, but some were a little bit of the same thing," he said.

McCool thinks that a return to a system with quarterly grades would be better than Malvern's new move to performance updates.

"I think grades every quarter would be better," he said. "Your grades show your participation in class already."

Taylor also wants quarter grades to return.

"I would have made sure I have the best grades possible because I know colleges would see them. With semesters, I didn't make sure my grades were perfect due to the fact that it didn't end until right before Christmas," Taylor said.

Senior Patrick Sayers says that he has mixed feeling about the performance updates.

"I don't mind it," he said. "It puts less pressure on the students if we get a rough start, we have the whole semester to catch up rather than just the end of the quarter."

Sayers also said that while many of his classmates are concerned about how this

will affect their college applications, he isn't worried.

"Some colleges asked for quarter grades for students applying," he said. "There was a bit of a shock to students who thought the schools wouldn't see those grades until after the decision had been made, but really it didn't affect me much during applications."

While some parts of performance updates made sense to Sayers, there is one thing he would change.

"I would take away the requirement for a suggestion on how the student can improve," he said. "For some classes it made sense, but for others, it felt canned and forced."

Some students reported that teachers' notes seemed copied-and-pasted from student to student. Sayers did not report this problem.

"I believe most of my teachers did send individual messages," he said. "But I heard of some students finding they had identical ones."

Ninth Grade Academy leader Mrs. Susan Giordani thought that the first run of performance updates went well. "The feedback we got was great," she said. "The parents loved that personal touch, they felt the teachers really know the kids."

Giordani says that having performance updates is "absolutely" better than quarterly grades because students feel validated and they know why they did things wrong.

"It's like if I gave you a paper, and I would say you got an 'A', you'd have no idea why you got an 'A'," she said. "Or if you got a 'D', and there's no feedback, does that give you any inclination of what kind of student you are? But if I was to give a detailed script ... that would be much more beneficial."

Giordani said that the feedback she got back from teachers was mixed.

"It's a lot to write [that much, but] I think the teachers liked doing it," she said. "Overall, the feedback that I got has been pretty positive."

Giordani says that she doesn't yet know how performance updates will evolve over next few semesters.

"There's all kind of possibilities and different ways you can give feedback," she said. ♦

> JAWN, 3

"Anyone can use the word and anyone cannot use the word. It is more than a word, it is taking pride, and if you don't want to use it, you don't have to, no one is forcing you," DiCicco said.

Junior Claudio Chieffo does not understand the popularity with the usage of the word.

"I don't think it's necessary, I think there are other words to use that sound more intelligent than 'jawn,'" Chieffo said, "I personally do not use it, but I think other people use it referring to either a thing or event. I don't know."

There is also some confusion to whether or not the term "jawn" is an official word.

"I feel like it was not a word but gained so much popularity so that it became a word. If I made up a word right now, but everyone started saying it, it would become a word," Chieffo said.

English teacher Kathryn Wolstenholme offered more insight to the term.

"I think it is useful, so if people in this area use it to communicate effectively with one another or it's something funny, or makes them feel like they are at home," Wolstenholme said.

Growing up and living in the south, Wolstenholme did not originally know what the word meant.

"I have learned it, and I will say I have used it from time to time, it is useful," she said.

As an English teacher, Wolstenholme is intrigued by the regional dialect wherever she goes.

"It is regional, and I'm fascinated by regional dialect in a lot of ways, being from Florida, which is not really the deep south, but then living in the deep south for nearly a decade for college and grad school," Wolstenholme said. "I do appreciate regional dialect and the variances that occur throughout the U.S.. If you were in North Carolina, Alabama, or Georgia, and you used the word 'jawn', no one is going to know what you mean, other than through context clues."

The word "jawn" can be used in a variety of manners, but it's up to the user to decide what it means.

"Well, after we finish this interview, you're going to have to go write this 'jawn,'" Wolstenholme said. ♦