



Pack the Pantry Doesn't Want Your Keto Kale Chips

It's that time of the year again, this February, Deerfield schools come together to help those in need with the student council's annual Pack the Pantry donation drive. Student council asks that students and staff drop off donations of food, toiletries, paper goods and cleaning supplies in the boxes at the front entrance of the school. Apparently, Deerfield did not get the message. On Monday, an urgent email was sent to all DHS students regarding the influx of keto snack donations, pleading for donations of 'real food'. The Flipside spoke to a member of the student council, who commented "All we've collected is a pack of baby wipes and like 77 bags of SlimFast Keto FatBomb real cheddar cheese crisps, no one is going to want this crap," and, frankly, we agree.

With the ongoing fuss about keto, one can only wonder: what exactly

CAN you eat while on the diet? Nothing. The answer is nothing. Keto restricts the consumption of most grains, most fruits, starches, sugars, and worst of all, bottled condiments. In fact, the dietary restrictions are so appalling, a Think! Chocolate Peanut Butter Pie Keto Protein Bar was sent off to a lab to be tested, and scientists found nearly 5 grams of plutonium within the creamy peanut butter filling of one bar.

After the arrival of this news, an update was posted to the Deerfield Moms Facebook group, to inform parents about Pack the Pantry's donation requirements, stating that Keto snacks will join canned goods on the list of unnecessary donations. Local moms have spoken out on Facebook in defense of Keto snacks. A disgruntled mother argued under today's post, "There are kids starving in China, I bet they'd

be very grateful to have healthy low carb dietary crackers," to which other moms agreed. Another mom comments "Every child should have the right of having grainless, fruitless, starchless, condiment-less food. That includes the less fortunate children in our area."

The Pack the Pantry drive will be ending on February 17th, so be sure to deposit those donations while you still can!

Once again, to make sure pack the pantry can be effective in helping underprivileged individuals, student council asks that there be no more Navitas Cacao Goji Organic Power Snacks, Happybaby Organic Creamies or

-Genevieve Melton
Zach Stutland

Staff

Noah Meyerhoff
Co-Editor In Chief

Eli Austin
Co-Editor In Chief

Genevieve Melton
Staff Writer

Connor Vishnoi
Staff Writer, Photo-editing

Yaokai Yang
Staff Writer

Zach Stutland
Staff Writer

Way More People Contributed to this Issue! To Check Out Our Newly Expanded Staff, Visit Our Webpage:
dhsflipside.com

noah.meyerhoff@gmail.com
ea.austica@gmail.com



Mr. Ruiz Scares
Away Active Threat
Pg. 4



DASA Covers Up
Drone Malfunction as "Bird Attack."
Pg. Wednesday

Anti-Sock Mandate Movement Arises at DHS

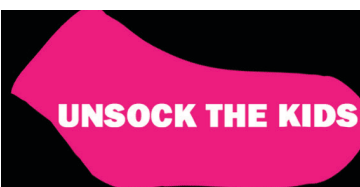
Recently at Deerfield High School, students have been mobilized by their mothers in a mass protest which they have dubbed Unsock the Kids. Vehemently arguing against any rules or regulations which try to impose or mandate the "tyrannical practice" of wearing socks in school, the firebrands of the movement can be heard chanting "my foot, my choice," and, while being hoisted into the air, sticking their toes in the faces of unsuspecting passersby. Predominantly, followers of this movement say that they just want public policy to "follow the science," as they claim that there is no conclusive evidence that wearing socks prevents the spread of athlete's foot.

Unsurprisingly, this movement has sparked much backlash. A spokesman for the Physical Education Department expressed his concern about the health effects Unsocking™ may have. "We're afraid students in gym are going to start getting blisters, leading to fungal infection, or even malodor," he said, "We would suggest that if students are set on doing this they at least apply an antifungal foot cream." Despite his relatively understanding stance, this suggestion was not taken well. Leaders of the movement quickly responded that

antifungal foot creams actually contain nano-bots that enter your body through foot pores and that they only last "6 months, anyway." "They're trying to mind control our kids," tweeted one anti-soxer, "First, it's shoelaces, and now THIS? Too Far." The claims do appear to be uncorroborated by any research and in fact, a couple of studies have been conducted and have found no such nanotechnology within the foot creams.

District 113 administrators have also had to get involved with these Anti-sock movements. An email went sent out earlier this week stating "We have knowledge that there is a movement to boycott socks in school on February 16th. Students not wearing their socks during the school day will be reminded and asked by staff to put a pair of socks on. If a student chooses not to wear socks we will follow our District's Code of Conduct (7-190). Disciplinary measures may be put in place if there is a disruption to the school environment." This infuriated many students and parents alike with one student complaining, "This is oppression, my fundamental human rights are being threatened here and if you sheeple don't wake up yours will be too." He then went on to quote a quite inaccurate version of "First

they came" by Martin Niemöller. Some have gone even further and suggested removing all footwear.



Buffy Sallee, an English teacher at DHS has been a large proponent of this idea, stating, "I've always taught class without shoes, I believe it helps me think more clearly." This idea has been also picked up by some parents of the Unsock our Kids group. Among the "Free the Feet" chants at the recent protest at Stevenson High School was a variety of picket signs with both "Unsock the Kids" and "Unshoe the Kids—" prompting infighting. At the protest, two mothers could be seen yelling at each other one exclaiming, "not wearing SHOES? That's absurd!" the other responded, "It's current year! You're perpetuating shoe-er oppression that has existed for decades. I'm closer to mother nature that you'll ever be!" Even totally devoid of footwear, it doesn't seem like these protesters are getting cold feet.

-Connor Vishnoi

The Flipside

Alternate Universe Update: The Flipside has a list of the two hundred and five known communists in the State department. Don't believe us? Open up the dropdown menu in the DHS Honor Society Confirmation of Character form. Confirmed Socialism!

This Week's Number

58008

Chirps

*We chirp the weather
for its clemency.*

*We chirp Mr. Moran
for being a good sport.*

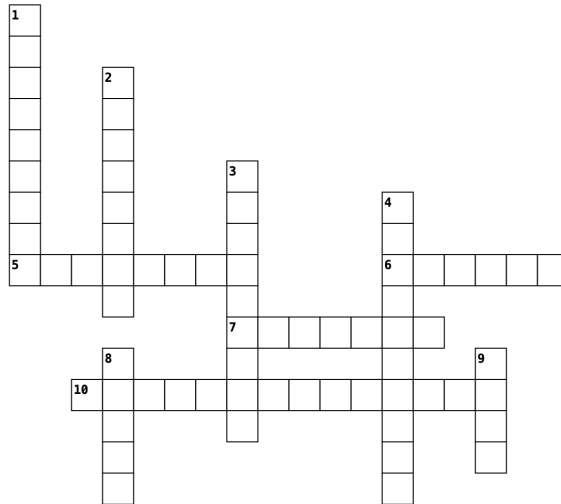
*The bird chirps the
window for... well, ask
her.*

Out of Context Quote of the Week

*"I want harm to come
to him"*

-A "Caring" Teacher

THE CROSSWORD PUZZLE RETURNS



Across

- 5. club for tech nerds
- 6. they don't want your kale chips
- 7. where old women get their power fix
- 10. give me my change back

Down

- 1. where caffeine addicts get their fix
- 2. smells like peach and blue raspberry
- 3. the sport that gave each other ringworm and covid
- 4. where buff science teachers berate their students
- 8. where attendance issues get punished
- 9. where lifting becomes your only personality trait

-Al Todd, Georgia Varon

YOUR DAD HERE!

This Week's Dad

Name:

Marc Beerman

Date of Birth:

12/30/71

Occupation:

Lawyer

Child at DHS:

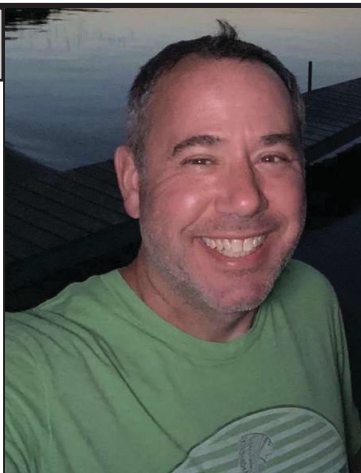
Max & Nate Beerman

Favorite Dad Joke:

*"Your shoes are so big I
could ski in them"*

Hobbies:

*Playing Paddle, watch-
ing sports, being "the
man"*



*If you would like your own father
to be featured in The Flipside,
email Noah Meyerhoff at
noah.meyerhoff@gmail.com
for more information.
First come, first serve.*

Infographic

Top Five Ways to Ask Your Teacher for a Rec

5. Quid Pro Quo

*I get a rec, you get
a nomination for the
Golden Apple.*

4. Good Gift Cards

*I mean, who needs
Fandango! Get
them Starbucks!*

3. Brainwashing

*I've been planting
subliminal messages
in my homework.*

2. 2450 Willow Ave.

*I wonder who lives
there???*

1. Make Them Dinner

*Even better if it's waiting for
them when they get home!*