

"Dupe!"



Eagle's Eye

Ikenews.com

Eisenhower High School
February 2026 | Volume 23 | Issue 3
6500 25 Mile Rd., Shelby Twp, MI 48316

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LETTER FROM THE EDITOR

Dear reader,

Back at it again, the News Media Program presents our third edition of the school year. From news to sports, we’ve got everything here or on IkeNews.com for you.

The news page highlights a very important alumni to walk these halls: Cassie Hines. The story talks about the importance

of remembering the alumnae who had cancer, her foundation and her legacy. Turn the page to read the breaking news story regarding high school students’ ability to participate in Name, Image, Likeness (NIL) in the state of Michigan, like college students do. And follow up with our staff editorial to read our honest opinion on the topic.

Pivoting from athletics, the



health page provides ways to recognize and receive help regarding eating disorders, which are on the rise among teens and young adults. Sticking on the topic of health, one of our feature pages emphasizes the importance of a good sleep schedule to impact performance.

When it comes to performing, pages 8-9 focus on

the rise of dupes in shopping trends. There you can find students’ favorite dupes and compare prices between name brand and off brand, to snag a look for less.

And not to be outshined, the arts and entertainment page highlights students who earned scholarships at the annual Thespian festival.

Last but not least, check out the sports pages to read about a girl whose passion is boxing and about the upcoming inaugural season of the school’s MHSAA mens volleyball team.

I hope you all enjoy these stories!

Go Eagles,

Hali Ponce

Editor-in-Chief

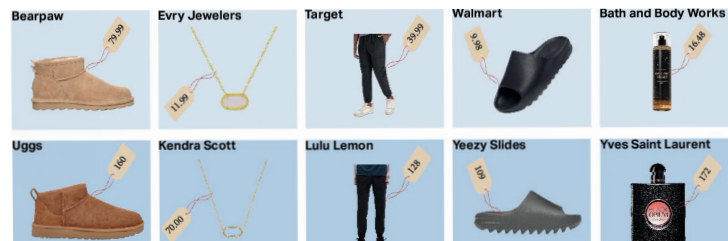
5 Health

Up to 22 percent of children and teens worldwide show signs of disordered eating behaviors, according to National Eating Disorder Association



8-9 Centerpiece

Alternatives to name brand fashion items, dupes, are on the rise



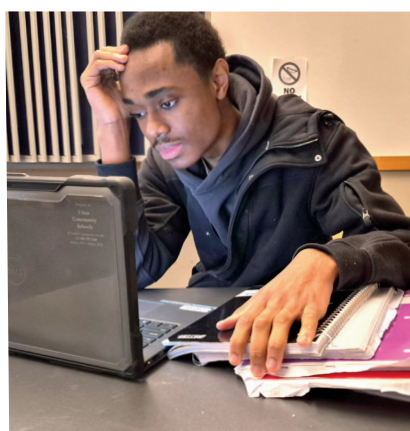
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The mens volleyball team joins the Michigan High School Athletic Association (MSHAA) this spring



3 News

Alumnae Cassie Hines’ legacy lives on through the annual charity games and pep assembly



6 Feature

Teens sleep schedules impacted by extracurriculars academics and outside commitments

Honor Hines' legacy

The annual assembly keeps alumnae Cassie Hines' legacy, while raising awareness and funds for young adults with cancer



Courtesy Photo Amber Bronson

Alumnae Cassie Hines' father, Chris, speaks about his daughter, creating the Cassie Hines Shoes Cancer foundation in her honor and the impact it has on young adults with cancer. "When we have charities or any opportunities to donate, even if you have \$1, anything can help," senior Student Council president William Polisei said.

Taylor Feraru
Staff writer

Cassie Hines, an alumnae, was a junior when she was diagnosed with cancer in 2008; her legacy lives on through the Cassie Hines Shoes Cancer Foundation (CHSCF), the school's charity week and assembly to honor her and support young adults with cancer.

"I think it's important to support our Eagles, especially when they leave us with life lessons that teach us how important each day is and how fragile life is," student council advisor Amber Bronson said.

The foundation started in 2012 by Hines' parents, after she passed away. The mission; guide young adults through the challenges of a cancer diagnosis, by connecting them to meaningful social support programs and services, according to CHSCF.

"It's important to IKE as it's been a legacy here for quite a while and it's going to a good cause, giving kids with cancer an enjoyable experience they can have for the rest of their life," student council president, senior William Polisei said.

All donations support these resources

and provide the opportunity for teens and young adults to attend the Base2Summit support camp in northern Michigan for those with cancer. Over 3,000 young adults received support from CHSCF. The organization hosted more than 19 retreats/events, awarded 28 scholarships/awards and delivered 3,000 care packages and counting.

"I think the Cassie Hines' event brings a lot of cancer awareness to the school. It brings the whole school together for a day and I think it just creates a really good environment for the school," senior class vice president, senior Greyson Sweis said.

Hines was diagnosed in her junior year of high school, but according to her parents and former teachers, she never let the diagnosis or seven major surgeries stop her from doing anything she wanted to do, according to the CHSCF website.

"So many of our Eagle families are touched by cancer and we have a duty to lighten the load that young people with cancer are forced to carry," Bronson said. "Supporting Cassie's legacy and sponsoring campers at the Cassie Hines Shoes Cancer Foundation is an opportunity for us to make a difference in Cassie's name."

BITE SIZED NEWS

Here's what Eagles need to know right now

Rovina Perkaj, Audrey Arnold, Avery Garner
Staff writers

Lock in for the all-nighter

Purchase tickets for the Senior All Night Party at Dave and Busters by March 21, before the price increase.

"This night is the grand finale," committee chair Karen Polisei said.

To raise money for the event, students are encouraged to take part in the chocolate candy sale before Feb. 24. The cost of the ticket and revenue from fundraisers will provide seniors activities like a casino, photo booth, massage chairs and raffle with giveaways.

"The more money we raise, the more we can offer the seniors that night," Polisei said; "and we definitely want to spoil them."

HOSA regionals wrap-up

Health Occupation Students of America (HOSA) attended regionals on Jan. 30 and 34 students are eligible to attend the State Leadership Conference in Traverse City, April 16-17.

"We did really well at regionals. I wanted to be higher, but we still are in good spirits at the conference," junior Melanie Deutsch said.

HOSA club members learn about different parts of the medical field, demonstrate and take competency tests.

"It's a really good experience," Deutsch said. "It's really fun, especially if you want to go into the medical field and it's really good practice too."

Fund the future

Local college scholarships offer benefits and opportunities for the future.

"There are local scholarships that are just for UCS students or Ike students. They are easier to obtain as there may be less students applying to them in general compared to National Scholarships where there are massive amounts of students applying across the U.S.," counselor Maura Ahlborn said.

Applying to scholarships in high school can give a huge jump-start for college to help reduce financial stress.

"The scholarship I applied for would help me pay for all my college," senior Sophia Tripi said. "I'd be guaranteed an internship and a job."

Trade school enrollment increases



Photo Marcus Hogg
Students in woodshop draw a cut line with a T-square to work on their next project. "The students that join my class want to use their hands," CTE woodshop teacher Ryan deCardenas said.

Marcus Hogg, Hali Ponce
Staff Writer, Editor-in-Chief

While the majority of the high school's graduates pursue a college degree, a U-shaped trend shows an increase in trade school enrollment.

"Many students who took my class have come back and said they prefer to work with their hands and do physical labor. I think this is because not a lot of kids want to sit behind a desk with a screen anymore," CTE woodshop teacher Ryan deCardenas said. "College isn't for everybody. I just believe that they go out and physically learn; this is their learning style."

Fifty years ago, in the mid-70s, there was a vocational peak with over four million students enrolled in 2-year colleges; and the majority entered skilled trades work. Thirty years later, by 2006, the academic shift toward 4-year degrees pushed 700,000-800,000 students. Today, Gen-Z is known as the Toolbelt Generation, with vocational schools increasing to 1.1-1.2 million students, according to the National Center for Education Statistics.

"I want to go to trade school because I have seen a lot on the Internet where people are getting mad because their car won't work and I don't want that to happen to me," junior Noah Robinson said.

Not only do skilled trades benefit individuals, trade school sets students up for easier entry into the work force because companies need skilled workers, according to Micheal Barnwell, a Millwright's Business Representative.

"A lot of people don't realize that trade school is free," Barnwell said. "Apprentices get paid to work. If you have school on Tuesday you get paid for the eight hours."

Trade school costs \$3,500-5,000 per year or is covered by sponsored training through a union apprenticeship. In comparison, The University of Michigan costs an average of \$40,000 per year.

"A benefit is coming out with less debt," deCardenas said. "If they are working in the trades, always work towards something, whether it be a certification, whether it be a license. Don't stay complacent, continue to push to go to whatever next level."

"Eagle's Eye" January/February print edition

MHSAA brings PBA to high schools

Madeline Mikolowski
Staff Writer

High school athletes can participate in the Personal Branding Activity (PBA) as of Jan. 27, through Michigan High School Athletic Association (MHSAA); similar to college Name, Image, Likeness (NIL).

"This is the essence of what NIL was supposed to allow in the first place and we're confident we've crafted language that allows true NIL opportunities without affecting competitive equity among our member schools," according to Mark Uyl, MHSAA Executive Director, in a press release.

The PBA policy is a way for high school athletes to earn money from sponsorships, brand deals or endorsements. A brand must reach out to the student to sponsor them; athletes cannot contact a brand.

"It'll help student athletes get money from different brands and businesses, locally or nationally," junior athlete Tyler deCardenas said.

The high school PBA policy includes certain restrictions: an athlete cannot

use their school's logo or mascot. They may not do anything promotional, such as take photos or videos on school grounds, promote during school hours or at a MHSAA event. And they may not promote alcohol or tobacco.

"I definitely think they could start seeing it as a part time job and they could start using it to their advantage early on in their athletic career, especially if they decide to go on to major Division 1 schools, where they can start using that opportunity a lot more often," senior athlete Caitlyn LeBel said.

All possible brand deals or activities must be disclosed to MHSAA within a week of the opportunity or contract offer. All deals must abide by their rules, but schools may also enforce stricter rules for their athletes. Further details of this policy will be determined.

"MHSAA continues to provide guidance to member schools regarding the updated Personal Branding Activities policy," UCS athletic director



Courtesy Photo MHSAA

As of Jan. 27, Michigan High School Athletic Association offers Personal Branding Activity to high school athletes. With this new policy, athletes have the chance to earn money playing on a high school team. PBA opportunities are separate from school activities and need to be reported to the MHSAA by the student or their parents.

Jason Battle said. "Based on the MHSAA policy, PBA opportunities are not connected to the school and are individual opportunities for students, with the responsibility falling on the student-athlete and parents to report PBA activities."

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Courtesy Photo Canva

Eating disorder on the rise

Viktoria Samsel
Staff writer

Eating disorders in today's society are drastically increasing.

"I think eating disorders have become so normalized, to the point it's almost like a competition on who's the thinnest. I feel like people just look at it as wanting to lose weight and it's not seen as a concern until it's too late," junior Suzanna Berisaj said.

"Over the past decade, the rate of eating disorders increased about 119 percent in the U.S. alone. With anorexia nervosa being the most common eating disorder within the younger population, with most children developing it around 12 years old. Binge eating disorder and bulimia nervosa are two of the most common disorders, 3.5 percent of women struggle with it," according to the Eating Disorder Recovery.

"People don't like to get involved, because they don't think it's serious," AP psychology teacher Derek Berdeski said. "It's usually an indication of other mental illnesses, like

depression or anxiety."

Ignoring signs of eating disorders can lead to severe consequences. Depriving the body of necessary nutrients, can damage organs, lead to infertility or weakened bones. Eating disorders don't only lead to physical problems. Depression and anxiety, a sense of isolation and loss of control are some additional side effects, according to The Eating Disorder Foundation.

While the majority of people who struggle with an eating disorder are teenage girls, the illness is not gender or age biased. Looking for signs shouldn't just be within an age or gender group.

"It's so common for people to be losing or gaining weight for society now. People feel like they have to look a certain way, which can very easily trigger an eating disorder. But society just sees them as being healthy," junior Katherine Kelly said.

Recognizing the signs and taking action

is the first step to recovery. Friends and family play a huge role in shaping how their loved ones deal with the recovery process. By simply checking up on someone, expressing concern in a respectful manner and sharing encouragement to seek help can save someone's life.

Those struggling with an eating disorder can access resources, such as the national 988 hotline, which is available from 9 a.m.-5 p.m. Individuals can also find an eating disorder specialist or treatment program through the National Alliance for Eating Disorders' locator website or by visiting Feast-ed, according to Michigan Medicine.

"I think the sooner you catch it, the better. I think it can be harmful, even in the very beginning. If you don't stop it, it'll just lead to other issues later on," Berdeski said. "Without the help, it can always escalate to something worse. Everyone needs someone to be there for them."

3 common types of eating disorders

Anorexia Nervosa

Restriction of food in order to lose weight quickly

Common signs:

Meal skipping, extreme dieting, over exercising

Bulimia Nervosa

Regular cycles of binge eating, followed by weight loss behaviors

Common signs:

Vomiting, laxative use, fasting, excessive exercise

Binge eating disorder

Recurrent episodes of eating large amounts of food without purging

Common signs:

Loss of control, eating quickly, eating when not hungry, guilt or shame afterward

Lack off sleep costs students

School and outside commitments impact teens' sleep schedules

Shelby Grove
Staff writer

Delirium, disease and depression can be effects of a poor sleep schedule in teens, according to the Centers of Disease Control and Prevention.

"When I go through stretches where I get good sleep, I can definitely feel a difference; but it's easier for me to do that than it is for you guys. Because all of my friends aren't staying up late, I don't feel as much pressure to stay awake like you guys do," counselor Thomas Versele said.

For the past decade, it's been recommended for teenagers and adults to obtain the same 7-9 hours of sleep, but now it's suggested teens need 8-10 hours, according to the Cleveland Clinic. Despite this recommendation, 70 percent of teens log six hours nightly, according to cdc.gov.

Students attend school five days a week for close to seven hours and that does not include time for homework. This doesn't account for advanced placement (AP) or dual enrollment classes that may require more commitment. Additionally, 22.3 percent of students participate in outside school activities, according to the Bureau of Labor Statistics.

Students must also prepare for national level tests, including the SAT and potentially ACT.

"If somebody's taking the SAT, I think some of the best advice I could give is get a good night of sleep the night before. You wake up, you're going to feel refreshed and it's not like anything you do the night before is going to make a major difference," Versele said.

Teens must balance academics, sports, personal life and work, along with mental health and self-care.

"I'm thinking of taking less APs

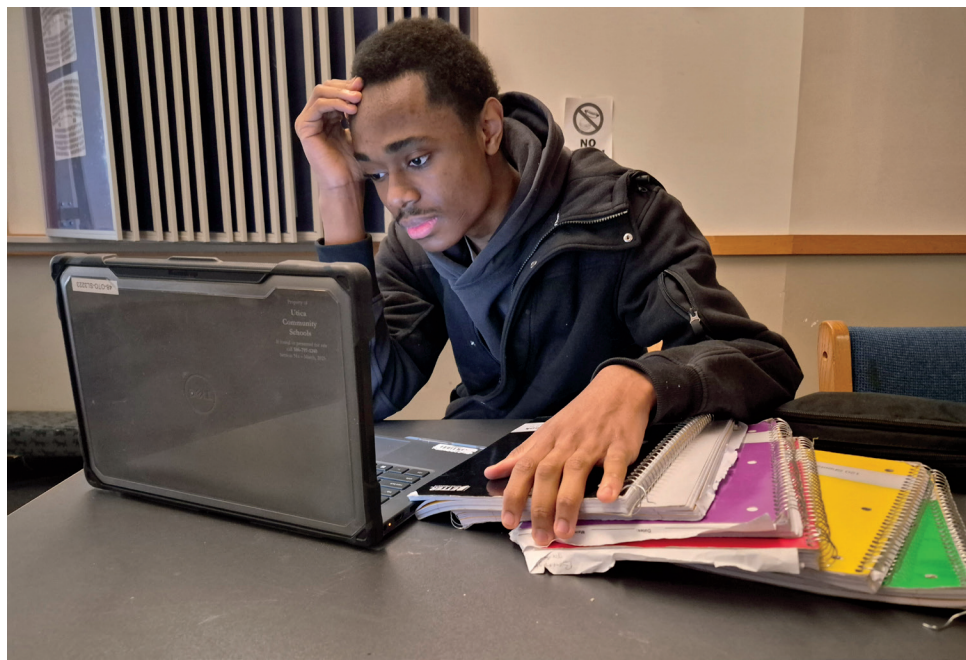


Photo Shelby Grove
In the library, junior Barrington James studies for one of his four A.P. classes. "I try and get energy drinks, so I can stay up all day and after school and try and get something done; but it doesn't really help," James said. Seventy percent of teens log six hours of sleep nightly, according to cdc.gov, when 7-9 hours is recommended.

because senior year is supposed to be your fun year. You don't need to be as locked in, which I think will really help my sleep schedule," junior Barrington James said. "It's a really bad sleep schedule. I get stressed a lot and I have a lot of these mood swings. I'm not cut out for three hours of sleep. It'd be a lot better if I got good sleep."

Prolonged sleep deprivation can cause students' grades to slip. It mainly effects retention and memory, therefore making it harder for teens to keep their grades up, according to scienceinsights.org.

Almost 70 percent of teens who are dissatisfied with their sleep patterns report feelings of loneliness. This is same rate of teens who experience mild or greater depressive symptoms, according to the National Sleep Foundation.

To fix a poor sleep schedule, stick to a routine and stay away from anything eliciting brain activity before sleep, such

as blue light from technology.

"[Researchers] do say that staying off of blue lights from being on a computer or being on your phone, does something bad to your brain and it can take a while for the effects to wear off. So, I would say, try to avoid your screens an hour before you go to bed," Versele said.

Because blue light disrupts production of the hormone melatonin, avoiding blue light an hour prior to sleep can help keep an aligned circadian rhythm, according to sleepfoundation.org.

"I make sure that I get at least eight hours of sleep every day, so I go to sleep between 9:00 and 9:30 every night," junior Katarina Djordejvic said. "It's really important to me to get that amount because without it I wouldn't be able to get through the day, play sports, make jewelry and my body just wouldn't function without it."

Nighty night

Tips for a full nights sleep

Shelby Grove
Staff writer



No blue light

The circadian rhythm is a 24 cycle that maintains the body's melatonin levels. Because the body doesn't know the difference between natural and blue light, prolonged exposure to blue light can result in hindered sleep.



Meditation

Meditation reduces stress and aids in winding down. Meditation isn't one size fits all practice, so it's important to find a method that works for each person. YouTube and apps offer introduction and more personalized



Chamomile tea

If used daily, chamomile tea can help with sleep and the immune system. It's believed ancient Egyptians were the first to use it for help with various health issues, such as: insomnia, nausea and the common cold.



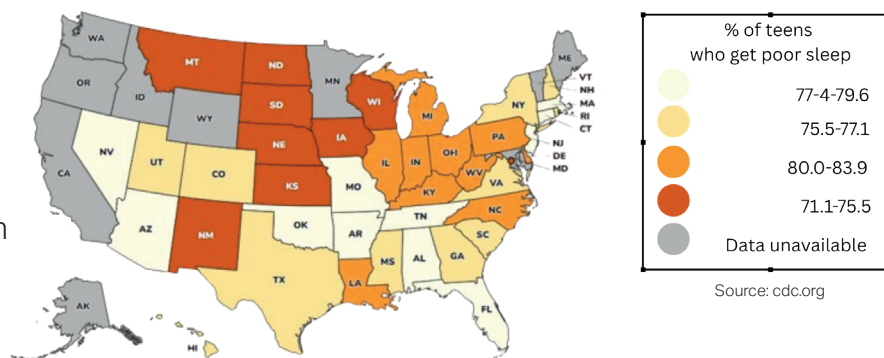
Avoid caffeine

Caffeine blocks adenine receptors in the brain. Adenine is a hormone produced during waking hours. Because of this blockage, adenine isn't able to slowly affect the brain, resulting in a crash.

Sources clevelandclinic.org, healthfocus.org, sleepfoundation.org

Sleep time statistics

About 80.5 percent of Michigan students log poor sleep



Parental pressure pushes students

Abigail Kelly
Staff Writer

Pressure to earn good grades and apply to top universities results from some parents' push to see their children succeed.

"I do get stressed out by my parents, whether it's good or bad stress. I want to be able to show them I care about my grades and that I want to go to a good college to be more successful in life," sophomore Tess Kelly said.

There is a modern expectation to know exactly what a student wants to do in the future as soon as they enter high school, with the question "what do you want to be when you grow up" as early as kindergarten. This pressure, along with parental expectations, is often rooted in the desire to ensure student success. While well-intentioned, it can also lead to negative outcomes, according to a study from the University of California Berkeley.

"I think that parents can put too much pressure on their kids to do well in school. Parents just want to see their kids do well and not struggle when they go on in life. I think it starts with getting good grades," said counselor Dena Schwartz at Cherry Creek Counseling.

With digital grade books and instant notifications, the worry of logging a bad grade on an assignment lingers in students' minds. This not only controls the drive to perform better for themselves, but prove academic success

to peers or parents.

"Whenever I get a bad grade on a homework assignment or test, I am worried my grade will drop and affect me in the long run. Stress doesn't help with studying and it only makes me feel more pressured to do well from my parents," junior Alexandra Goldyn said.

Bad grades are stressful enough, but when parents become helicopter parents and text their child during the school day when grades are entered, it can lower a student's confidence level and further impact performance. Parental support on academics, in some occasions, can cause unnecessary extra pressure leading to lower grades and more burn outs, according to the Institute for Families Studies.

Self-confidence in students' work can start to go downhill when extra pressure is added. The question of "is my work good enough?" lingers in students' minds, causing doubt in their own work.

In a study, "83 percent of parents agreed that their children's academic success is a reflection of their parenting. Yet 87 percent wished that children was less stressful for their kids," according American Psychological Association.

"I try not to get too involved, to the point where I stress out my kids. I just want them to do their best, especially when they struggle in certain subjects and they still do poorly," parent Carinna Kelly said. "I won't get mad

at them for a bad grade or test if they put forward the effort to study and be prepared."

In addition to some parents' pressure about grades, the pressure to attend a prestigious university or continue collegiate legacy can also play a factor in students' stress.

"My dad went to The University of Michigan and I want to follow in his footsteps, so I try to make them proud by all of the work I put in to get there. Sometimes I feel pressured into doing what's best for my academics and not for me, which I know is bad, but I continue to do it," Goldyn said.

Talking to a mental health professional about academic stress can provide support for students and parents. Educators can also help parents and students navigate expectations and demands, to create a positive and supportive learning environment, according to the U.S. Department of Health and Human Services.

Parental pressure can be a positive and negative way to encourage students in their academic life. They way around it and how to recognize it is important for not only the students, but for the parents as well.

"Parents can try to give good criticism to their kids to try not to cause to much pressure," Schwartz said. "Reassuring and comforting them can make them feel like your helping instead of causing the pressure."

What profession interests you?

Take this quiz to see what interests you, for a possible career

Abigail Kelly
Staff Writer

1. What activities make you lose track of time?

- A) Working with others
- B) Creating or designing work
- C) Solving problems
- D) Working with tools or the environment

2. What's subjects or topics do you like learning about?

- A) People
- B) Art
- C) Math/Technology
- D) Manual skills/ability

3. How do you prefer to work?

- A) In a large group helping others
- B) Working by yourself
- C) Thinking hard in a small group
- D) Hands on with equipment

4. What types of problems do you enjoy solving?

- A) Peoples problems
- B) Creative/expressed ideas
- C) Math/problem solving
- D) Environmental and human services

5) What mindset fits you best?

- A) Helpful and caring
- B) Creativity and imagination
- C) Critical thinking
- D) Hard worker

Mostly A's

Helper (teacher, nurse, coach, etc.)

Mostly B's

Creative (artist, writer, actor, etc.)

Mostly C's

Analytical (engineer, scientist, accountant, etc.)

Mostly D's

Hands-On (electrician, plumber, mechanic, etc.)

From fail to flourish

Use these tips to change academic performance

Get organized

- Use a planner to keep track of test, quiz and project deadlines
- Buy an accordion folder to organize papers
- Download and use a digital calendar on your phone

Ask for help

- Seek out a tutor
- Visit help rooms sponsored by teachers or National Honors Society
- Connect with friends from the same class

Study habits

- Make time to study at least 30 minutes each day
- Take notes in class to review before tests
- Create flashcards to review over several days, instead of cramming

Reduce Distractions

- Leave phone on a charger or in another room while studying
- Create a quiet and comfy space
- Use timed study sessions to improve focus

Set Goals

- Set goals you can achieve in a short period of time
- Make a specific goal for each class/assignment
- Write and display goals where you work to ensure success

Eagle's top 10 favorite dupes

Hali Ponce, Madeline Mikolowski, Dawn Sheldon
Editor-in-Chief, Staff Writers

1



"So the main PC I'm using is Zeus. The whole laptop component is called MTG and I think it's very nice because it runs pretty well and runs the same as any other PC someone might use."
Jacob Bender '28



3

"My favorite item that is off-brand is a Stanley. There so much cheaper than the actual Stanleys."

Natalya Stojcevski '26

2 SHEIN



"I like Shein's clothing because they are super cheap and still good quality most of the time."
Jaclynn Wojcik '28

4



"Lululemon leggings, I think this because Lululemon leggings are very expensive and you can get the same quality at different places, so I think it's the same."
Gia Stojcevski '28



5

"The perfumes from TJ Maxx, just because they smell better than other stuff."

Claire Gifford '26

6



"This brand (Millville) tastes better than the actual Reeses Pieces cereal and is cheaper."
Nathan Basaj '27



7

"The ELF Lip Balm because it's the dupe of the Summer Fridays one. I love it; it's from Target, but it's way cheaper than the other one. They use the same formula too."

Gabrielle Tasky '26

8



"I like Target because sometimes there's a lot more expensive hoodies in other places and then you can get a nice, thick hoodie for really cheap from Target."
Charlotte Coughlin '28

10



"My stainless steel water bottle dupe; It makes me feel like I'm a professor drinking coffee."
Armando Markvukaj '28



9

"I like the off brand Oreos because they taste better and are cheaper."

Madison Schultz '26

Dupe culture is on the rise and lots of shoppers turn to cheaper, alternative brands over the more expensive name brands—especially in the world of beauty and fashion.

"I noticed that dupes were on the rise at Plato's Closet when I heard customers talking about how expensive certain brands are, but they're now finding the same styles for less," said Keylie Hamlin, Utica Plato's Closet manager.

Dupes are widely accepted by today's fashion buyers and are intentional purchases, not just knockoffs. Comparing recent generations, 71 percent of Gen Z and 67 percent of Millennials report they sometimes or always buy dupes, according to New York University Journal of Intellectual Property and Entertainment Law. This change shows how shoppers consider authenticity and value.

"I choose to shop mainly for dupes because they are cheaper. I usually find my dupes from Amazon; they have tons to choose from," senior Mackenzie Edwards said.

"Seventy-nine percent of U.S. adults reported adjusting their financial behavior in the past year in response to higher prices," according to the U.S. Federal Reserve Economic Well Being. Rising prices,

Look alike take over

Dupes are the new shopping habit trend

Hali Ponce
Editor-in-Chief

inflation and student debt makes saving a more attractive option.

"Dupes are cheaper and they look the same as the real deal. Everything is super expensive right now and if you can look fly and save money, that's what most people want to do," Hamlin said.

TikTok and Instagram reels play a big part in making dupes seem trendy and cool to discover. Many influencers' post videos and title them "come shop with me for dupes." Influencers' jobs are to persuade viewers to buy what they promote, so dupe shopping continues to rise as a result.

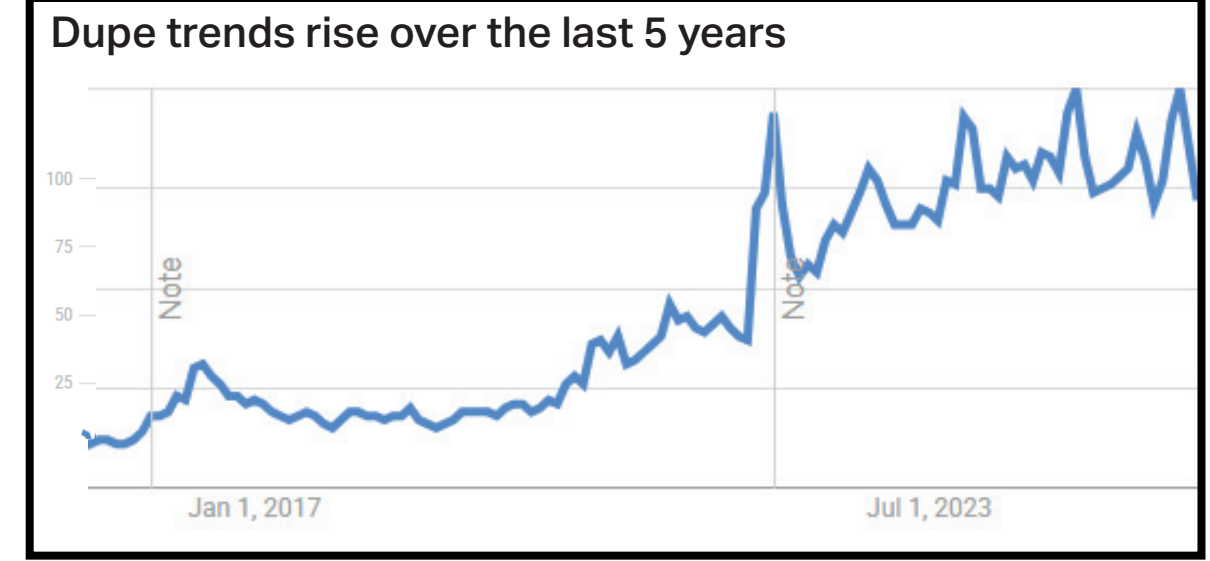
"People come in to buy Lululemon dupes, like leggings and athletic jackets. I've had people tell me that they come into our store

because they heard that we have Lululemon dupes. Social media is a traffic driver," Hamlin said.

Dupes broaden fashion access, making once-exclusive products affordable to the average person. They let more people feel included in today's trends. It also gives more chances to explore the world of fashion, while saving money.

"It's all about the aesthetics and dupes have that, so people are going to buy them," Hamlin said.

One downside can be the quality of the product, leading to fast fashion; but as long as the younger generation stays aware and stays eco-friendly, it can become less of an issue.



Source Google Trends

"I think the only thing people are really paying attention to when buying name brands is the quality of the item," Hamlin said.

In today's high priced economy, purchasing dupes is a solid financial strategy, rather than viewed as cheap, which was the opinion in the past. "Gen Z is more likely than previous generations to research prices and compare products before buying," according to the National Endowment for Financial Education.

"My Stanley water bottle is my favorite dupe because it looks so much better than the original one and is more functional," Edwards said.

It's all about the aesthetic now, rather than the name of the brand. It's also more practical to spend money on entertainment, food and sports, rather than one luxury item. The future looks like it's changing to include more affordable shopping options, rather than resorting to name brand logos and price tags.

"I think dupes will take over monopolized businesses, which will create a better life for everyone," senior Nicholas Casey said. "I think since they replicate formulas really well for much cheaper prices, that consumers will switch from buying from big businesses to the smaller "dupe" businesses."

Bearpaw 79.99	Evry Jewelers 11.99	Target 39.99	Walmart 9.98	Bath and Body Works 16.48
Uggs 160	Kendra Scott 70.00	Lulu Lemon 128	Yeezy Slides 109	Yves Saint Laurent 172

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Same look, different price

Hali Ponce
Editor-in-Chief

“Mercy” movie makes justice

AI judges determine the future



Courtesy Photo Creative Commons

Abigail Kelly
Staff Writer

The new movie “Mercy,” is a chilling mix between the dangers of artificial intelligence (AI) and the judicial system used to convict a defendant using AI court.

The defendant is given 90 minutes to prove their innocence to an AI judge, resulting in execution if found guilty or released if not guilty. The movie stars Chris Pratt as Chris Raven, a police officer and one of the makers of the Mercy court, and Rebecca Ferguson, as the AI judge Maddox.

Chris awakes in the Mercy court to discover he allegedly murdered his wife, Nicole Raven, with multiple stab wounds to her stomach. He must face the AI judging system to prove his innocence, collecting evidence from all available resources given by the AI judge. This can include the crime scene, phone logs, and any documents on the inter-web. As the plot continues, viewers are introduced to other characters, such as: Jacqueline Diallo, Chris’s police partner, and Rob Nelson, is a friend of the Ravens.

There are many plot twists in the movie to throw the characters off the track of the search for the killer. The characters display impressive emotion, while the writing and directing includes action packed scenes, forcing movie-goers to the edge of their seats. “Mercy” will resonate with criminal or detective genre fans, especially with the lesson that everyone can’t be trusted.

Overall, the court does not give in to mercy, but it can make people question the mercy being upheld. Trust is the true answer at the end of the movie.

PBA supports student athletes

Staff editorial

With the recent change in Michigan High School Athletic Association (MHSAA), high school athletes will be able to earn money through Personal Branding Activity (PBA), similar to college Name, Image and Likeness deals. And it’s a great opportunity.

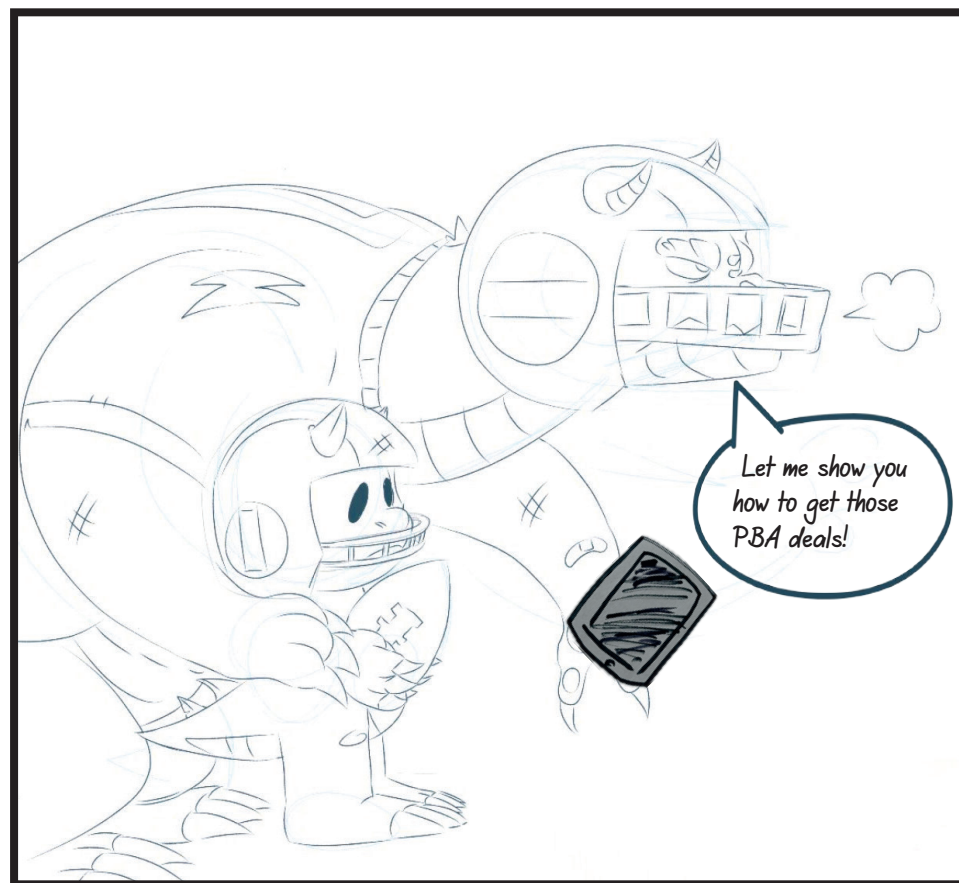
This change offers compensation for talented and hard-working athletes. Not to mention, it could also bring favorable attention from fans and boost ticket sales at the high schools.

Similar to the way NIL works in college, the school itself doesn’t benefit, but the student athletes gain money they make from independent deals and that sheds a positive image on the school. However, there are PBA restrictions: players can’t “use school names, logos, mascots, trademarks, uniforms or other intellectual property,” according to MHSAA. Athletes already work hard making a name for themselves, so allowing PBA in high school offers potential for a good thing.

Another PBA benefit: it will teach real world responsibilities early on. Athletes will learn how to negotiate and manage money. They will be responsible for social media endorsements and promotions, personal appearance, photo sessions, autograph signings, modeling, sports cards, apparel sales and use of a student’s name, image or likeness in marketing materials, according to MHSAA.

While students who are on the wealthier side already have access to training and other resources, PBA money could also help those less fortunate gain opportunities and resources.

PBA coming to high school can financially help families who are struggling, which will reduce stress and



Editorial Cartoon Kaylyn Barnes

allow the student to focus on school and their sport. The money athletes earn could also support college expenses.

Students who earn PBA money are presumably good athletes and will play their sport in college. However, if a player is injured before college, PBA offers a chance to benefit financially early on and can also lead to learning skills with content creation, digital marketing and audience engagement.

An unintended benefit of PBA focuses on public image, therefore student athletes will become role models at their school and to younger kids, forcing them to act responsible or risk their financial opportunities.

Some people may argue PBA will create unfair advantages and put too much pressure on student athletes, swaying their focus from their education. However, PBA is an option and can be maintained with support from parents and guardians.

Bottom line, PBA is a choice. It is not an obligation. Student athletes maintain the right to say no, if they wish.

Bringing PBA to high school will be a big change, but ultimately has potential for positive impact on student athletes’ futures and economic outcomes.

EAGLE'S VOICES

What are your thoughts on NIL coming to high schools?

Abigail Kelly
Staff Writer



“ I think it is a good thing because students can work harder in their sports to earn money while enjoying their sport.”
Austin Kryta '27



“ I think it is a good thing because if someone wants to join a sport, there is a chance for them to get money while playing. They can also go to college playing the sport.”
Dominic Bernacchi '27



“ I think people will try to play more sports and become more active with it coming into the high schools.”
Adele DeFour '28

Teens need to tip

The service industry runs on tips; it's not optional

Viktoria Samsel
Staff Writer

The concept of teenagers not tipping well, or at all, starts to take a toll on not only how they're viewed, but decreases servers incomes.

In today's economy, the price of necessities, like food, housing and clothing, has reached an excessive cost. With the service industry's already low hourly rate, when customers don't tip it makes things even more challenging.

In Michigan, servers are paid below minimum wage at \$7.25 an hour, with the difference coming in the form of tips. However, most teenagers today do not tip or provide an adequate tip, according to the National Employment Law Project.

In certain cases, serving a table of a group of teenagers could be more challenging than a family. When there's events like birthday parties, school dances or hang outs, the group's size can range from 2-20 people. Serving that many teens at once can be overwhelming, messy and indecisive. It often comes with requests to split checks, which takes even more time and typically results in even less of a tip.

Many servers in restaurants, usually, high school and college students, work to afford school, cars, insurance, clothing or more. As a student, not many job opportunities are available, making it difficult to make money. With a lack of tips, servers can be stuck or working much longer than intended just to bank some much needed cash.

Understanding tipping culture can help teenagers learn responsibility for their future, teaching them how to manage their budgeting skills, by showing how to spend money efficiently and logically. Also, it teaches to respect the work force. When customers notice how much work goes into a job and tipping, it shows respect and appreciation to the worker, according to. The Spicy Chefs.

And since not tipping is viewed as disrespectful or careless, it gives teens a bad look. Though not all teenagers act like this, since the stereotype is already set, it makes it seem as if all teens are disrespectful or careless.

Although many may disagree with the idea of tipping, with the



Courtesy Photo Creative Commons

With servers' low hourly wage, they rely on tips and today's teens aren't paying up.

low hourly wage, tipping servers is necessary.

Servers tend to be expected to put a smile on their face, act polite and respectful, even when their table isn't doing the same. When those actions

aren't in return, lack of tipping can seem disrespectful, further carrying out the stereotype.

To support servers and change the stereotype that teens don't tip in food places, it's time pull out the wallets

Get to class and stop roaming the halls

Abigail Kelly
Staff Writer



Graphic illustration Abigail Kelly with Canva

Instead of using hall passes to use the bathroom or see a counselor like students ask, some teens wander the hall or hide in the bathroom on their phones to skip class time, abusing the pass and potentially preventing others who actually need to leave class to do so.

Hall passes become a problem in classrooms due to students using them for the wrong reasons and abusing the bathroom pass system.

A hall pass is a privilege awarded to students who need to use the restroom during class. However, when students start to misuse them, it can cost their peers.

Most schools' student handbooks note that students who misuse hall passes, wander the halls, skip class, or hang out, are subject to disciplinary action. This language appears in most handbooks, which indicates misuse is a real problem.

Asking for a hall pass is a distraction for the teacher and rest of class during a lesson. Students who wander the halls, instead of going for a quick bathroom break also miss important class time to learn essential concepts. Missed instructional time

can lead to lower grades, gaps in understanding and a harder time keeping up, according to attendance works.

While, some students rely on the hall passes due to limited passing time and long lines between classes, others abuse the system and lead teachers to limit passes for the class.

A traditional hall pass system, such as paper slips or sign-out sheets, serve the purpose, but don't provide reliable data. As a result, this causes many teachers and administrators to possibly not see patterns of absence or wandering.

Recent research shows digital hall passes are helpful for schools. A digital pass can be used to keep track of students who leave class, as well as control the amount of students in the halls. This method was used in Utica Community Schools upon the

return from COVID-19 pandemic, to keep track of students outside the classrooms. A current digital hall pass system option some districts utilize is called Hāpara Hall Pass, which can provide schools the ability to track student movement in real time, identify patterns of misuse and reduce disruptions, according to the company's website.

School staff is cracking down on students wandering the halls and while some students might not like it, the bottom line is that it's necessary.

If students need to use the restroom or see a counselor, and it's not a regular thing, it's understandable. But if they're just wasting time, it's time for a wake-up call & they need to stay in class and lock-in to the lesson.

Just say no to screens in school

If Michigan is banning phones, then all electronics should be banned too

Audrey Arnold
Staff Writer

While there are a lot of technological advances, their use during school hours challenges teachers and students; so Michigan legislature recently passed the school cell phone ban.

In 2020, the world went through a shutdown that resulted in students working from home. As a result, students were provided computers or iPads. Even though schools tried to make the best out of the situation, it resulted in students becoming lazier and not learning as well. When students came back to school these habits continued and worsened.

Over the years, phone usage during school increased. "As of late 2025, over 30 states have enacted some form of legislation or executive action addressing personal devices in schools," according to govfacts.org.

This begs the question, if phones are getting banned, why aren't computers and iPads? Both of these devices cause as many problems during the school day as a phone does.

As of Feb. 10, phones are banned in



Graphic illustration Abigail Kelly with Canva
While banning phones during school hours might be effective, it won't have a big of impact if computers and iPads are still in schools. "Michigan Gov. Gretchen Whitmer put her signature to a set of bills to ban cellphones during instruction time in Michigan classrooms," according to michiganadvance.com. This bill will be put into action next school year.

the classroom starting with the 26-27 school year. But what good is this law really going to do?

Even if students don't have their phones, they can just as easily not pay attention to a lesson and play games on other devices. "Students find themselves distracted by their

peers' use of devices to type, text, play games or surf the internet," according to Washington University in St. Louis Center for Teaching and Learning. Some might say if the teachers don't want students on computers or phones, they should ask them to put them away. However, this is more work for teachers

and they shouldn't have to battle with students over technology.

Students are proven to learn better when actually writing by hand. Paper note takers score significantly higher than laptop users, according to a journal in Psychological Science.

Without the use of devices, students are forced to do the work themselves, instead defaulting to AI.

"According to new research, nearly 29 percent of students reported an increase in their cheating behavior since the start of 2020," according to Meazure Learning, an academic and professional testing company.

Some might argue, computers or phones might not be the problem with cheating, it could be the students; however, no one can argue technology provides students easier access to answers.

Ultimately, if phones are getting banned, computers and iPads shouldn't be in school either.

Unweighted grades for the win

Rovina Perkaj
Staff Writer

Using a weighted grading system, such as 80/20, is unfair to students who struggle to perform in anxiety inducing environments, such as testing.

Student stress is not unusual, especially while taking tests. In fact, approximately 45 percent of students in the United States experience test anxiety, according to California Learning Resource Network. On top of already unwanted stress, a weighted grading system increases overthinking during testing and causes fear of grades dropping.

An unweighted grading system can mellow out test taking worries. Total point systems allow equal points for homework, exams, tests and quizzes. This way, if a student performs poorly on a test, their overall grade will not face major consequences.

"Large cortisol responses—either positive or negative—were associated with worse test performance, perhaps introducing a 'stress bias' and making tests a less reliable indicator of student learning," This is a real problem, they warned, not only because elevated cortisol levels "make concentration difficult," but also because "prolonged stress exposure" burns kids out and increases the likelihood of disengagement and academic failure," according to Utopia, a sustainable living and environmental awareness website.

Cortisol is a stress hormone linked to anxiety, depression and sleep problems. With an increase in cortisol, mental health ultimately takes a decline. Frankly, this does not assist students with performing well on tests, due to the fact that mental health plays a large part in student performance.

"In a recent survey of educators, 70 percent said they were concerned or very concerned about the mental health challenges their students face. Fifty-three percent of educators feel these challenges are greater than the previous year," according to Penn Foster, a long-standing educational institution.

Some may argue weighted grades hold students accountable and provide an incentive to do assignments genuinely. However, accountability strays further than just test scores. An exam grade isn't the only thing that makes up a student's overall grade; it is the amount of effort put into assignments, projects, participation and assessments.

Therefore, basing an entire class grade on a single score is unfair to students who spend time devoting extra time on assignments and homework.

Overall, it is important to nurture students' health, by supporting an unweighted grade system.

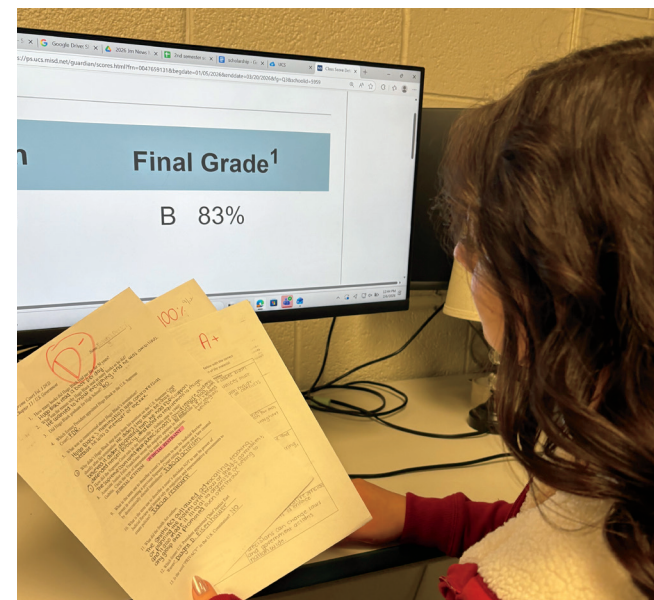


Photo Rovina Perkaj

With a weighted grade structure, tests dictate overall grades; unweighted grades allow for balance between tests and regular assignments.

Dr. Duane Arnold
B.S., D.C., C.C.W.P.

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Thespians earn scholarships

Dawn Sheldon
Staff Writer



Courtesy Photo Sidney Duceatt. Caption Hall Ponce

At the Thespian Festival, members visit the college booths. "We talked about our plans for the future and the next steps, which was a sweet and surreal moment. Us winning all those scholarships truly showed me that those years of consistent work within our theatre department paid off," senior Sidney Duceatt said.

Curtain call to college

Kaitlyn Stafford
Solo Musical Dance: Superior

Sidney Duceatt
Set Design: Superior

Camran Grayson and
Abigail Johnson
Duet Musical Theatre: Excellent

Camran Grayson, Effrum
Simons, Xavier Myrick, Cole
Hellebuyck and Jackson
Brickman
Group Musical Number: Excellent

Audrina Visca and
Krys Villanueva
Duet Musical Theatre: Excellent

Audrina Visca, Ashlyn
Colussi and
Sophia Yarbrough
Group Musical Theatre: Excellent

Abigail Northcott
Lighting Design: Excellent

Kathrine Keenan, Savannah
Diegel, Xavier Myrick,
Audrina Visca, Ashlyn
Colussi, Camran Grayson,
Cole Hellebuyck and
Krys Villanueva
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Sophia Yarbrough
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Sidney Duceatt and
Abigail Northcott
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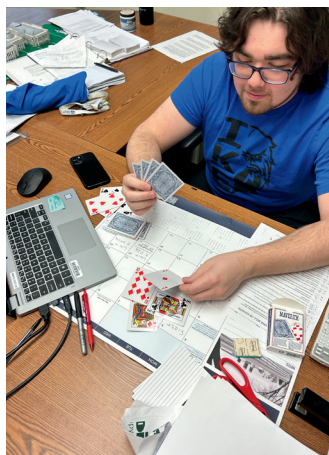
Troy Hensel, Julian Williams
Staff Writers



"My talent is teaching first grade. Helping little kids bring me joy because it makes me feel good to help others. And helping them learn will help them in the future," junior Isabella Tabacchi said



"My hidden talent is nose cracking. It always brings a plethora of reactions and seeing them always makes me laugh," senior Aubrey Killian said.



"My hidden talent is playing Euchre. It is a card game that is mainly played in the Midwest; really, it's played in Michigan, Ohio, Indiana, Wisconsin. I like Euchre because of how competitive it is," AP Government teacher Travis Balog said.



"My talent is taking pictures. It makes me feel happy because it allows me to connect with others and lets me see nature in a different way," junior Alexis Bargowski said.



"My talent is doing tricks with a yo-yo. It makes me feel happy and impressed with how I was able to learn stuff," junior Owen Marshall said.



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Girl with the gloves

With grit in her gloves and heart in the ring, sophomore Davenny Memcevic fights for more than wins

Taylor Feraru
Staff writer



Courtesy Photo Taylor Feraru

Preparing for an upcoming fight, sophomore Davenny Memcevic practices techniques to better her skills. "I haven't won a nationals tournament yet, but hopefully I will in the future. If I do, I'll earn a belt," Memcevic said. She trained at New Way Training Center a couple days a week.

The bell dings and the fight starts. The only sound comes from bodies on the canvas floor and vinyl gloves hitting.

"I like that it's a tough sport; you go there every day, get punched and pushed down. For some people, it's embarrassing, but then you show up there the next day. It just shows that you have resilience," sophomore Davenny Memcevic said.

Training at New Way Training Center to prepare for her fights, Memcevic looks forward to her training days. Boxing for around two years and competing in tournaments, she trains with her coach on sparring and cardio-based workouts leading up to her fights.

"I really like the people there. I feel like it's like when you go somewhere and you become friends with the people there, it's just a much better environment to be around and the coaches are really amazing," Memcevic said.

But she wasn't always interested in boxing. Memcevic dabbled in many different sports to seek out the right fit. She took a liking towards boxing and tries to inspire others to get into the sport.

"Since she was 12, she's always been interested in combat sports. Both her dad and cousin had a love for boxing, so naturally, she started to feel the same," Memcevic's mother, Valbona Memcevic, said.

When she was 14, Memcevic's parents signed her up for boxing; however, it wasn't her first combat sport.

"I started off doing Mixed Martial Arts (MMA)," Memcevic said. "I've been boxing for about two years now. Before that, I did MMA and Jiu Jitsu for about a year and then I switched over to boxing."

Although her journey didn't start in the ring, boxing's impact shaped Memcevic's far beyond it, according to her mom. What began as a switch in sports turned to a transformation.

"I think it's important for her to be in this sport, as it taught her not only discipline and respect, but self-defense and confidence as well," V. Memcevic said. "It's benefited her in more ways than we can count and we're truly grateful for the way boxing has transformed her."

Student sports rituals

Kendel Evans, Leah Clower,
Violet Gojcevic, Pauline Paulis
Yearbook Staff



"I put my right cleat on my left one because it makes me feel lucky."

Nolan Stacey '26



"I make sure to say a prayer with my stunt group before each round."

Isabella Donato '26



"I always do the same hair style of a ponytail with a braid, because if I do my hair any other way I don't play well. I do high and low ponytails. I've been doing it since ninth grade because it makes me feel ready."

Samantha Decker '26



"I always like to pray before my tennis games. It makes me feel like even if I know I'm not going to win my game, I always know that God is always going to be on my side about it."

Illiriana Luljguraj '28

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First serve

Audrey Arnold
Staff Writer

One serve at a time, the mens volleyball team enters their first season as an official Michigan High School Athletic Association (MHSAA) sport, after an inaugural club season.

“Coming together as a team like last year, calling themselves a family again, would make this first season a success,” coach Christina Shkulaku said.

As part of MHSAA, the state recognizes mens volleyball as an official sport, leading to more influence from colleges and rules. Team members must: be enrolled in the school, meet age requirements, and adhere to practice, match and uniform regulations. Last season, mens volleyball was a club sport, with interest kicked off from powder buff and the Cassie Hines assembly games. In its first year, transitioning from a club to a sport brings big changes.

“It opens a door for more opportunities to play a sport in college. Mens volleyball is finally getting the recognition, so colleges and recruiters can see the boys play outside of club volleyball and potentially at higher levels,” Shku-

laku said.

Since last year's team included mostly seniors, the 2026 team is building a new roster. To prepare for try-outs and enhance their skill sets, prospective team members attended a camp organized by Oakland University.

“During the camp, they did basic fundamentals of passing, hitting, setting and blocking, to get a taste of what it's like because these boys have never played before,” Shkulaku said.

While the training at the camp helped prepare the team, the upcoming powder buff games also introduces potential athletes to the game, which takes place during the Cassie Hines assembly and game day. It provides the boys a chance to play, without fully committing to the sport, just yet.

“Before this year, we didn't have a boys volleyball team, but now we do; so powderbuff is bringing in kids who might want to also be on the boys volleyball team,” powder buff head senior Liliana Gegovic said.

As an official MHSAA sport offered at the school, players experience new goals, such as figuring out how they

Mens volleyball spikes into Michigan High School Athletic Association season



Courtesy Photo Christina Shkulaku

Michigan High School Athletic Association incorporated mens volleyball into the spring season; the 2025 club team wins regional finals the previous season. “I decided to do volleyball again because I love playing and it's really fun,” junior Amani Adkins said.

work best together, as well as more personal goals on the court.

“My goals are to play better and try my very hardest for my team,” junior club member Amani Adkins said. “This year, I don't have all my teammates

with me because they were all seniors,” Adkins said. “But I'm very excited for a new opportunity and new teammates.”

Alumni assist wrestling team

Alumni return to mentor the current wrestling team on techniques and tactics

Madeline Mikolowski
Staff Writer

The gym smells like hard work, from not only the wrestling team, but alumni too.

“There's a grind to the sport and having somebody different in the room just kind of changes the atmosphere, especially when you have three or four of them (alumni) because you wrestle the same kids every day,” head coach David Drath said.

Over winter break and during several practices, current college students,

such as Sam Agnello and Noah Bednarski, came to open-mat wrestling practice to talk to the team and keep up their morale. They demonstrated new moves and tactics the high school members may not think of using, such as different ways to pin an opponent.

“I think it pushed us to be a better team, because everyone's learning new things and everyone becomes better by having these guys teach us,” junior wrestler Ronald Remington said.

On the days alumni attend, they offer suggestions to



Photo Yearbook

In attempt to win the match, junior wrestler Hyatt Hoppenworth stands in neutral with his opponent. Alumni from the wrestling program flew back to the nest to support current eagles. “They showed different setups, different attacks to get points different ways to finish certain attacks like, firemens, double legs, single legs, tilts,” junior Hyatt Hoppenworth said.

differentiate routines the team doesn't typically experience with sprints, sprawls or the usual warm-ups.

The alumni have come in since the 90s. They aren't recruited and come on their own accord, although there's been a decrease of volunteers over the years,

according to Drath. When there are less volunteers, the team seems to get in a rut about using the same moves. However, Drath recognizes the alumni support.

“They tell us about the college life and they have a lot more experience, so they're able to give us tips and show us techniques,” senior wrestler

Elija Halbert said.

The team gets the opportunity to go through matches with the college students, instead of sparring the same people every practice.

“The college students have more knowledge on the sport than we do and it's a good learning experience, so people can learn new moves. It's fun to see all these guys that made it so far and where we want to be one day,” Remington said.

The alumni help to teach discipline the team can apply outside of their sport.

“They showed different setups, different attacks to get points different ways to finish certain attacks like, firemens, double legs, single legs, tilts,” junior Hyatt Hoppenworth said.

“My end goal is I want the kids to have some success,” Drath said. “Enjoy the sport, gain something from the sport, knowledge of themselves.”