



Eagle's Eye

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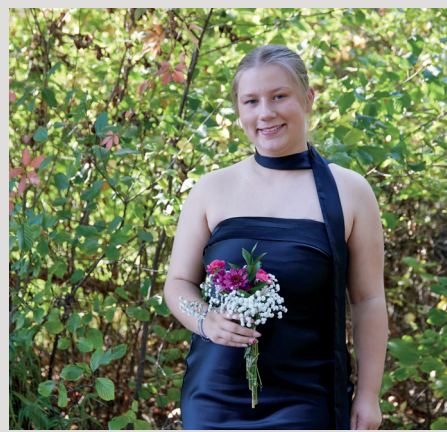


COVER

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LETTER FROM THE EDITOR



Dear reader,

I’m thrilled to bring you our first print edition of the school year, filled with updates and stories about the school community.

The news page covers challenges the football teams face this year while their field remains under renovation. Though games require extra travel, the Eagle

family continues to show support for athletes. In contrast, our staff editorial highlights the lack of similar support for other sports and encourages a more united atmosphere moving forward throughout the school year.

In the health section, we stress the importance of eating breakfast to start the day. Make time for nutritious

morning meals and put down the caffeine. Try out a simple and easy breakfast recipe and let us know what you think.

Our center feature spotlights the unforgettable Haunted Mansion themed Homecoming week. Enjoy the pictures and flashback quotes.

The opinion page shares a lively debate between trick-

or-treating and Halloween parties, showcasing student perspectives on celebrating the upcoming holiday.

If you’re looking for a new hobby, the feature page introduces crochet and gives readers a chance to explore the art with a beginner-friendly option and photo tutorials.

Wrapping up this issue, our sports page highlights varsity volleyball players who committed to college teams

Go Eagles,

Hali Ponce

Editor-in-Chief

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College commits’ efforts enhance the volleyball team’s potential



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Skip the energy drinks and make breakfast



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Crochet increases in popularity and can help students grow their craft skills



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Take a look back on the Haunted Mansion themed Homecoming week

Eagles play away from the nest

Swinehart stadium's renovation moves games to temporary fields, fans still fly "home"

Hali Ponce
Editor-in-Chief

Construction on Swinehart stadium pushes football games to temporary home fields at Warren Mott and Cousino High Schools, while soccer played at Michigan Stars in Washington Township.

"A big shout out to Warren Mott and Cousino high schools for allowing us to use their facilities and stadiums for our home games. I really appreciate that. I know the team does and it is very nice of them to give us a temporary home," senior Varsity football player Justin Pionk said.

The remodeling includes: new turf, concessions, restrooms, paving, improved press boxes, bleachers and a new traffic signal. The baseball and softball fields are also under construction as well.

"The only unfortunate thing about not being able to play at Swinehart is that we can't stream the games for parents, grandparents and other family members. We don't have the right to the cameras, so people can't view the game if they're out of town," athletic director Connie Wakefield said.

To support players and encourage fan support, student section leaders create TikToks at the game, so fans at home see the atmosphere and want to show up and support the team.

"It can be hard sometimes because of how far some of the games are, but I feel like the crowd and the chants are one of the most important aspects of the game.



Photo: Kellie Hartley
At the homecoming football game against Chippewa Valley, seniors Marija Gjokaj, Eva Gueccia and Juliana Matoski cheer on the team. "I don't think playing in different home stadiums has or will affect us as a team. Our job is to put in all our work and execute it on Friday night and I also think our Eisenhower family has been great about showing up to support us wherever we are," senior varsity football player Justin Pionk said. The construction should wrap up by fall 2027.

It motivates the players to play their best because they know they have people who support them," senior section leader Marija Gjokaj said.

During lunch, student council encourages fans' attendance with games to win accessories that students can wear at games. The marching band, cheer and dance teams also travel to show their support and perform.

"It definitely has been more challenging this year, especially for color guard. The band in general has less time in between practices and games, giving us a little more of a crunched schedule," sophomore Isabella Slessor said. "But despite all the challenges, marching band has found ways to weave the schedule in

order to make everything work, so we can come support and perform for the players at the game."

All the fields are expected to be complete by fall 2027.

"I am very excited about the renovation of Swinehart Field and all the other teams who are getting upgrades. I wish I could play there after its construction," Pionk said. "But I'm glad the district really put thought into this and went forward with it because I think it will bring the community closer together for decades and I do plan on coming back to watch any games I can after I graduate."

EAGLE'S VOICES

Do you actively go attend games as much as last year?

Madeline Mikolowski
Contributing Writer

"I actually go more than last year. I go to every single game. The drive does not bother me much because I go with friends and we listen to music the whole time."



Leah Vaughn '27

"I go to football games every now and then. My mom sometimes doesn't want to drive that long, so I've only been able to go to three games."



Markus Vukpalaj '28

"I still go to the football games with the core group of friends I met last year, even though we have to leave earlier, we still have fun at the football games."



Kellie Hartley '27

BITE SIZED NEWS

Here's what Eagles need to know right now

Viktoria Samsel, Staff Writer
Madeline Mikolowski, Contributing Writer

Boost brilliance

The National Honor Society [NHS] offers a free tutoring program for students.

"Students need help with their work to help their grades, which is why they should take part in what we have to offer," NHS advisor Michelle Wood said.

Students can go down during lunch with psychology teacher Derek Berdeski and Wood. NHS student member volunteers help during their lunch periods, tutoring different subjects.

"NHS tutoring not only helps with academics, but can help your future by learning communication skills and new learning styles," senior NHS board member Joshua Pauline said.

Submit photos ASAP

Seniors who took their yearbook photos outside of the school must submit them by the Oct. 31 deadline; those who took it with Kaiser are all set.

"When you're a senior, you're going to be graduating and need to make sure you take care of business. This is one of those senior business things," yearbook adviser Erica Kincannon said.

The newsletter includes instructions on how to submit photos and Kincannon sent seniors an email.

"We want every senior to feel proud seeing themselves in the yearbook," she said. "Missing the deadline means missing out on an important memory and that's something no one wants."

Student spooktacular

Leadership class put together a Halloween costume competition on Oct. 31 for any student to participate in.

"It's fun and a good way to support the school by participating in school events like this and it brings the Halloween spirit we're all missing," sophomore Alyssa Persyn said.

Taking place during the second hour in the commons, the students will show off their individual or group costume to the teacher judges. Cider and donuts will be provided for participants.

Behind curtains

Drama club members prepare for the fall play: "Sleepy Hollow"

Madeline Mikolowski
Staff Writer



In the Performing Arts Center, junior Adriana Turner paints the stage's back drop. "[I joined] to kind of be more creative and get my creative side out and I really enjoy it," Turner said. It was her first year participating in the stagecraft class, which supported the play.



While taking notes on stage directions, sophomores Molly Smith and Charlotte Drew discuss the upcoming production. "I'm really excited; this one sounds interesting and I love the Halloween theme. It's definitely great for the season," Smith said. In her role as stage director, Smith ran the show and managed the lighting cues.



To practice for the play, senior Camran Grayson rehearses his lines. "I've been doing a lot of plays that are really exciting and sweet, but this one's kind of spooky and scary. It's a nice little change of pace for me. This cast is awesome to work with," Grayson said. He landed the lead role of Ichabod Crane.



Photo: Madeline Mikolowski

In the wings, sophomore Rebecca Northcott sands a set piece. "[Theatre] helps me be able to express my creativity in a more open environment," Northcott said. She focused behind the scenes to build and move the set.

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Brains need breakfast

Despite its importance, many students skip breakfast

Tanner Marks
Staff Writer

Breakfast might be the most important meal of the day, but students are skipping it.

With alarms ringing at 5 a.m. and not enough time in the morning, more students seem to be bypass breakfast and fuel their bodies with caffeine.

"I don't have time in the morning to eat breakfast because I take a long time to get ready. When I get to school my appetite is gone," sophomore Makayla Asmen said.

In their hurry to rush out the door, it's become the norm for students to replace breakfast with energy drinks. Multiple studies show caffeine isn't good for the mind or body, especially first thing in the morning.

"Energy drinks reek of a habit on your gut health;

your gut is also connected to your brain and when there is poor gut health going on that also affects the mind, irritability, anxiety, depression and memory issues; it all comes from poor gut health," nutrition coach Taylore Forgione said.

If people aren't eating in the morning and for hours after, cortisol levels spike and bodies enter starvation mode and hold onto fat storage.

"When in starvation mode, it's really hard on your body to function, especially when trying to pay attention and stay awake," Forgione said.

Eating breakfast helps students increase concentration and energy during the school day. Missing a meal can cause blood sugar to crash and lead to mood swings. As a result, the ability to concentrate can be affected by skipping breakfast

calories. Hunger can affect students mindset and motivation when focus fixates on being tired, rather than school work, according to The American Academy of Pediatrics.

"I am more tired when I don't eat. When I do, I am more energized and motivated throughout my day," senior Angjelina Kalja said.

There are plenty of breakfast options to choose from that provide nutrients and protein.

"Ideally, your breakfast should include a complete, lean protein and whole grain carbohydrate," Health/PE teacher Mary Milke said. "A glass of milk, handful or even a handful of nuts is better than skipping breakfast all together. Luckily for Eisenhower students, Utica Community Schools food services has breakfast available before school."

EAGLE'S VOICES

What is your favorite breakfast food?

Tanner Marks
Staff Writer



"My favorite is avocado toast with a smoothie because it gives great nutrients throughout the day and tastes good."
Gia Stojcevski '28



"I like bagels in the morning because they have a good flavor and I am not a waffle or pancake type of guy."
Ronald Remington '27



"I like cereal during the week because it's easy to grab, especially in the mornings. On the weekends, I like pancakes because I love how my dad makes them."
Ava Khami '28

Fuel for focus



American breakfast

- 1 egg
- 2 strips of bacon
- 2 pieces of sausage
- 1 piece wheat toast
- baked beans
- 1 grilled tomato

"Fueling the body and the brain, especially with having a breakfast of eggs or avocado, giving your brain plant based fats to fuel off of is important because it is keeping your body satisfied for longer periods of time," nutrition coach Taylore Forgione said.



Protein granola bars

- 1 1/2 cups old fashioned rolled oats
- 3/4 cup peanut butter
- 1 mashed banana
- Pinch of salt
- 1/2 cup ground flax seed
- 1 cup protein powder
- 2 teaspoon vanilla extract
- 3/4 cup mix options



Avocado toast

- 2 eggs
- 2 slices multi-grain bread
- 1 ripe avocado, pitted, peeled
- 1 teaspoon lemon juice, or to taste
- 1 pinch cayenne pepper
- Sea salt to taste
- ground black pepper to taste

Strawberry kiwi smoothie



- 3/4 cup pineapple and orange juice blend
- 1/2 cup vanilla frozen yogurt
- 1 banana
- 6 strawberries
- 1 kiwi



Chocolate chip protein muffins

- 2 packets Carnation Breakfast Essentials Rich Milk Chocolate High Protein Powder
- 3/4 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup applesauce
- 1/3 cup plain low-fat Greek yogurt
- 1/3 cup white sugar
- 1 large egg
- 3/4 teaspoon vanilla extract
- 1/2 cup dark chocolate chips

Raspberry overnight oats



- 1/2 cup old fashioned oats
- 1/4 cup plain Greek yogurt
- 2 tablespoons granola
- 1 tablespoon honey
- 1 cup almond milk
- 1/2 cup raspberries
- 1 tablespoon chopped almonds

Fruit Salad



- 1 medium pineapple
- 1 pound strawberries
- 3 peeled kiwis
- 2 cups seedless grapes
- 1 pint blueberries
- 3 madrian oranges
- 2 bananas

Source nutrition coach Taylor Forgione
Courtesy Photos creative commons

HAUNTED MANSION HOMECOMING: A WEEK TO "DISMEMBER"

By: Abigail Kelly, Hali Ponce
Photos: Abigail Kelly, yearbook staff

MARCH ON THROUGH

Students kick off the homecoming week with the parade on Sunday

"Everyone gets to dress up differently and it's just a good way to get everyone to participate in school activities," sophomore Ava Khami said.

"The start of homecoming week was fun because it showed how many people participate in different activities at Eisenhower," junior Noah Cypher said.

"Getting the word out to encourage more people to dress up will give out more spirit," senior Grace Khoshi said.



Madison Schoonfield '26, Joey Burr '26



GET LOUD, BE PROUD

The pep assembly shouts out fall athletes, homecoming court, teacher king & queen and students play competitive games

"The pep assembly was my favorite activity because I got to watch people compete in challenges for the start of homecoming week," junior Layla Schram said.

"The pep assembly, was a fun way that got students interacting with the start of homecoming week," senior Trevor Pelczarski said.

"My favorite part in the pep assembly was when my friends did the games and I got to watch them play," sophomore Davenny Memcevic said.

Miracle Kewley '26, Audrina Visca '26, Camran Grayson '26


SADDLE UP

Students wrangle a mechanical bull during lunch and show Hoco spirit

"It's special because there are only two weeks out of the whole school year that have fun activities throughout the school year," sophomore Harris Rauf said.

"It was a lot harder than I expected. You go into those things thinking they're going to be super easy. It was really fun though," junior Matthew Koerber said.

"The bull riding makes spirit week more fun and gives everyone something to look forward to," senior Arianna Caravona said.



Olivia Bershaj '27, Tessa Ohrt '27

GAME ON

Seniors beat juniors in the powder puff game

"Powderpuff was my favorite day because it showed everyone working together to stop the opposing side," sophomore Michael Kennedy said.

"The powderpuff game was hard because I was a junior trying to blocks a senior. It was also fun playing against them to try and win the trophy," junior Rosary Shamo said.

"The importance of powderpuff is how it helped their team bonding and encouraged communication skills throughout the game," senior Emma Clancy said.



Abigail Beardesley '26, Gabriella Gocaj '26, Samantha Losh '26

INTRODUCING: QUEEN & KING



Ellera Jakubowski '26, Nathan Schilkey '26


MOVIE MANOR

StuCo hosts Drive-in-movie: "Haunted Mansion"

"The school community was involved in a lot more this year and wanted to be involved in new activities, like the drive in movie," sophomore Miranda Suleiman said.

"I feel like the drive-in movie was an exciting part of the school year. It really gets everyone extra spirited," junior Macy Pfaff said.

"Although you can watch a movie at your house, it's way more fun and nostalgic to do it with your classmates," junior Evan Trim said.



Carson Marsh '26, Dimitrije Stameski '26

HOCO GAME

Varsity football brings home a "W" against Chippewa Valley; marching band, cheer, dance perform; court, queen earns her crown

"I had memorable moments at the homecoming game while I spent time with my friends to cheer when they scored a touchdown," junior Ryan Mackey said.

"Our student section at the game was very energetic and hyped to win for our homecoming game," junior Phalyn Bills said.



Julia Aniel '26, Jenna Busch '26

HAUNTED MANSION DANCE


The commons transforms with StuCo's spooky powers for the Haunted Mansion themed dance

"What made the dance so special is how you only get to do it so many times. You got to see all of the cool decorations of the school," sophomore Alaina Wood said.

"I love to make new memories with my friends at the dance. It created a good atmosphere at homecoming when everyone was happy," junior Mikaela Matczuk said.

"Our homecoming week gets everyone in the mood for the dance. Without the dance, homecoming week would be off and not fun," senior Jacob Mitchell said.

"When I walked in to the dance, I was amazed at all of the intricate decorations that went perfectly with the theme. The music was great and I had an awesome time with my friends," senior Emma Gjakaj said.



Peyton Rutkowski '28, Gabriella Camaj '28

WIND DOWN

Annual Pajama Day on Monday wraps up the homecoming week

"It's important to dress up for spirit day even if it's for pajama day. You get to be comfy while doing your work, which is nice," sophomore Kate Burr said.

"I like pajama day because I can be comfy while at school while I pay attention in class," junior Amani Adkins said.

"I got to sleep in a bit longer than I usually do because I didn't have to put much effort into what I wore. I can stay cozy and relaxed for the day," senior Aubrey Killian said.



Vernita Jenkins '27, Arianna Bittner '28

CLASS COLOR

"My class color leads up to homecoming and represents our school by wearing the color blue," junior Sydney Nicol said.



Andrew Empson '26, Ava Khami '28

COUNTRY VS COUNTRY CLUB

"When everyone is on theme, it brings us closer together as a school. That's why Country versus Country Club was my favorite day to dress up for," junior Alexis Bargowski said.



Ella Bernis '28, Camran Grayson '26

TWIN DAY

"Spirit week is important to me because I can match with my friends and get excited to connect with my friends," sophomore Tess Kelly said.



Emilia Meca '27, Rosary Shamo '27

HOLIDAZE


"I love how everyone got to dress up as their favorite holiday and really enjoy joining in on the school spirit," junior Noelle Memcevic said.



Natalie Gabriel '28, Mia Tohrne '27

BLACK OUT

"The whole school comes together to wear black and makes the whole homecoming week fun and high spirited," sophomore Christopher Sadowski said.



Trevor Pelczarski '26, Adilyn Reinhardt '27

Beyond the beat

Freya Skye releases new single: "Gold's Gone"



Viktoria Samsel
Staff Writer

Courtesy Photo Moxie

Music artist Freya Skye's recently released single, "Gold's Gone," emphasizes the bittersweet feeling of growing up.

Pop artist, Skye starred in the "Zombies 4" movie as Nova. She first gained attention representing the United Kingdom in a song contest called Junior Eurovision 2022. Since then, she started making music, while gaining a following for her vocals and emotional song writing.

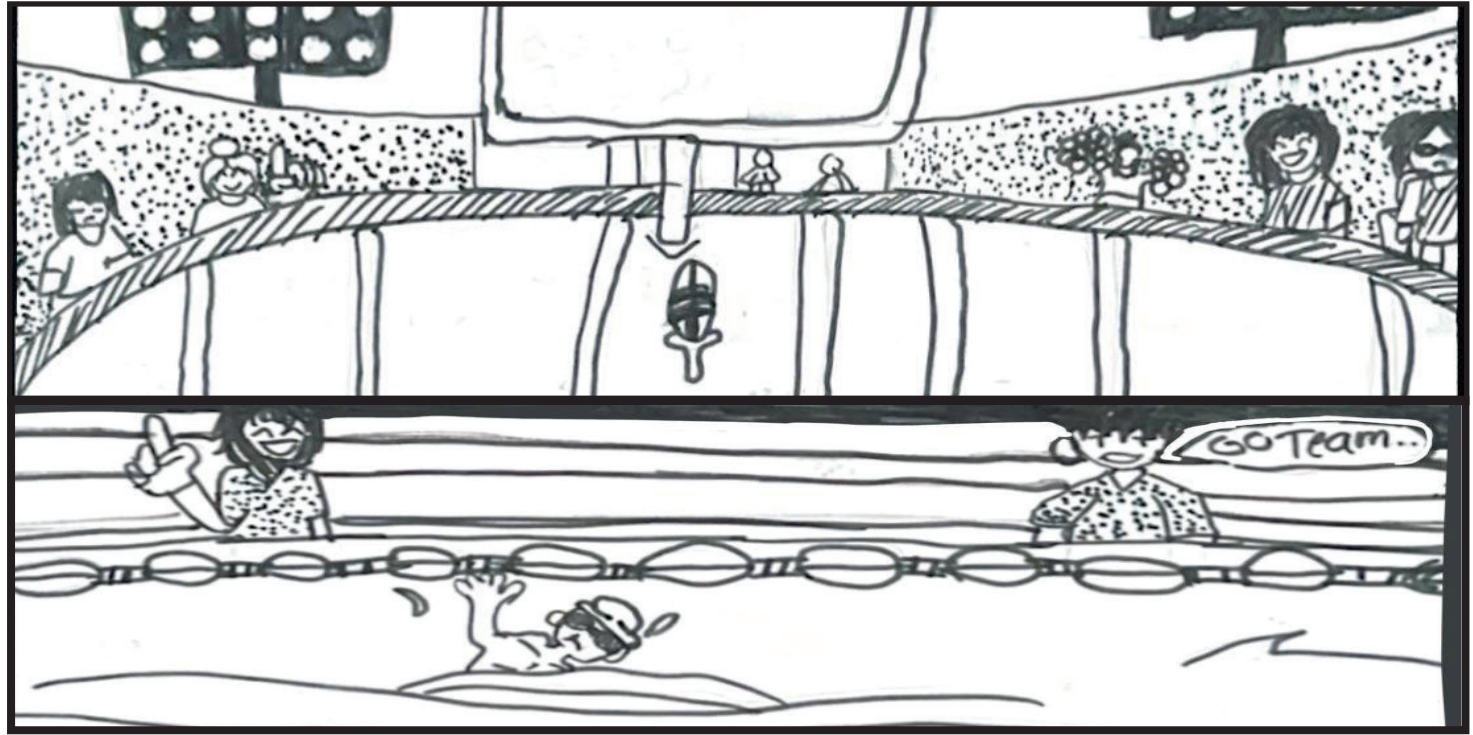
Her new single starts off with a reflective tempo and energy to propel the song, allowing the listener to feel the nostalgic haze of looking back on childhood moments. The vocals are intimate and emotional to portray the song's theme of time slipping away and the fear of losing precious moments.

Throughout "Gold's Gone," Skye tends not to overcomplicate things. She allows the lyrics and her vocals to do the heavy lifting. The chorus is memorable, especially when the piano came into play adding a slow build to the other instruments, making the shift to feel natural.

Throughout the song, Skye's lyrics uses descriptive language so listeners feel the bittersweet feeling of growing up. Singing lyrics like, "If I could slow it down, would my feet touch the ground?" and "I'm scared of losing the moment, running 'till the gold's gone. The seasons change and I know it. I feel the time is slipping, and I already miss it," help listeners to understand the depth of what Skye say indirectly.

"Gold's Gone," shows Skye's an artist with something real to say with leaving us to feel understood. Putting feelings into words that weigh down our shoulders, expresses what people can't say.

Get loud, show up



Editorial Cartoon: Dawn Sheldon

Staff editorial

Friday night lights mean the stadiums roar with football games and fans—a big contrast to the half empty bleachers for other sports. Now is the time for our Eagle family to show up for all athletes.

The turn out is strong, showing school spirit for football games. Student council members make countless efforts to increase participation through creating games, prizes and TikToks.

Cousino and Warren Mott high schools are both a 30 minute drive from the school, when fans used to make a 10 minute drive to Swinehart Stadium. This change can make it difficult for students to make all the games, but they're still showing up in impressive numbers.

However, the same doesn't go for all sports. The crowds for home swim meets, volleyball matches, golf tournaments and more don't compare to the crowds football receives for even far away games.

Another major difference between

football and other sports is the presence of a cheer section. Other schools' cheerleaders cheer for softball, basketball and more, so ours could do this to boost attendance.

Another attendance factor is the lack of transportation. If a student wants to attend a game, they must seek their own transportation, which can be difficult for some. However, providing buses to transport fans could allow more opportunities and resources to participate.

If student section leaders' prize-winning efforts were used at lunch to boost other sports, it would persuade more students to watch and support other sports too.

Athletes dedicate countless hours at early practices, in the gym and during late night games, so they all deserve the same recognition and support. If students make the effort to start watching a variety of sports, this could in turn encourage community

participation.

The home advantage increased by 1.5 percent for each 10 percent increase in spectator size, according to a study by the International Federation of Association Football.

Some ways to boost game attendance include: additional promotions, more social media advertisements, displaying the games for the week with location and times on the televisions—all in addition to the morning announcements.

It's time to rally, Eagles.

Next time there is a swim meet or tennis match, volleyball or golf match, grab friends and show up. It can grow school spirit and help the team's performance. With consistent support for all sports, athletes will feel the energy and recognition they deserve and the entire school benefits.

This is our nest, let's cheer on all our Eagles. Go Ike!

EAGLE'S VOICES

How many different sports outings do you attend?

Madeline Mikolowski
Contributing Writer



" Since I was on the basketball team last year I go to all their games as well as football. I don't go to all the football games now because I have work, but I like going because the student section gets hyped.
Landen Sowinski '27



" I go to all the football games because all my friends go and I hang out with them in the student section. I don't really attend any other outings for sports."
Anna Polisei '28



" I attend football and basketball games because it's a fun way to hang out with your friends and it's really entertaining. I love all the touchdown celebrations."
Landen Abdaal '27

Halloween fright fight

Trick-or-treating
verses Halloween parties



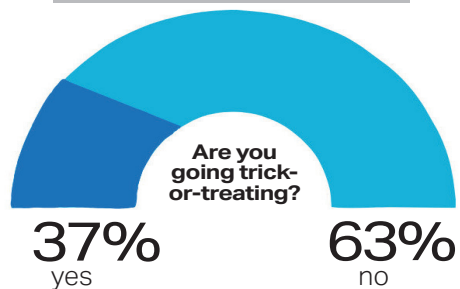
Pro

Tanner Marks
Staff Writer

No more doorbells

Teens should attend Halloween parties over trick-or-treating

Student Poll



Con

Hali Ponce
Editor-in-Chief

Keep Halloween safe

Students should trick-or-treat to keep nostalgia alive



As students mature and get older, parties spark more interest than being surrounded by little kids.

Trick-or-treating is typically enjoyed by elementary students, while high school students tend to prefer Halloween parties. After spending more than 15 years trick-or-treating, teens find Halloween parties offer a new kind of fun—creating connections, building friendships and making lasting memories.

Teens gain a sense of independence and responsibility when they attend parties in a more private setting without the parental supervision. Without a parent trailing behind them allows teens to make their own decisions. Rather than knocking on the same doors they've knocked on year after year, parties open up new opportunities for freedom, fun, and growth.

Some feel teenagers can enjoy trick-or-treating before it's frowned upon

because of their age. At Halloween parties they still dress up in costume, eat candy and hang out with friends while staying out of trouble.

Parties allow Halloween traditions to continue even when people age. When teens attend parties it offers

them a chance to meet new people, rather than seeing the same neighbors every year. Keeping people contained to one area and entertained decreases the chance of upsetting the public. Teens are in a shared environment rather than acting immature towards others in public.

Social activities that promote peer bonding are essential to healthy peer adolescent development. Halloween parties, unlike trick-or-treating, allow teens to build these connections in a safe environment, according to the American Academy of Pediatrics.

For an enjoyable age appropriate experience, teens should consider going to a party and not trick-or-treating.

Trick-or-treating is an inclusive, safe, family-friendly tradition rooting back from the ancient Celtic festival of Samhain over 2000 years ago, creating lasting memories for kids and families alike.

Since most communities expect kids to trick-or-treat until around 18, it's a special opportunity that shouldn't be missed. Once kids grow out of it, the chance to experience simple joy before it's gone.

Trick-or-treating is also a relatively safe and non-expensive activity. The candy is provided by neighbors and kids in familiar neighborhoods in early-evening hours. A solid argument arises saying teens are too old to trick-or-treat, these are just stereotypes; it doesn't mean it can't still bring fun. The inclusive is great for people who don't like parties and for younger kids who would rather enjoy a relaxed approach to the holiday.

This is the one day out of the entire year when people are more relaxed and

accepting of others wearing costumes. It is a way for teens to express themselves through costume and offers a mixture of childhood memories and self-expression in a safe environment.

With community watch and parent supervision apps like Life360, trick-or-treating is even safer than in the past. Parents can keep track of their kids in real time, while the community watch parties ensure kids have a safe environment. Halloween parties, on the other hand, especially the ones hosted in private homes or in unsupervised venues, don't offer the same level of protection. This can lead to teens engaging in risky behavior, making it less safe than trick-or-

treating.

It's projected that 54 percent of teenagers plan to trick-or-treat in 2025, according to shcsnews.org. The overall polls show many teenagers still go trick-or-treating and embrace the sacred tradition.

For a safe Halloween students should consider trick-or-treating. Trick-or-Treat!

By 2005, over half of adults celebrated Halloween. Today, that number increased to over 70 percent.

The Conversation

In a survey, more than a quarter of Americans said kids should trick-or-treat for however long they choose."

Farleigh Dickinson University

EAGLE'S VOICES

Would you rather go to a Halloween party or trick-or-treat? What are you dressing up as?

Taylor Feraru
Contributing Writer



"I am going trick-or-treating and to a party. My best friend and I are dressing up as Dorothy and Glinda. I'm so excited to go around my neighborhood."
Aryanna DoNascimento '27



"I am going trick-or-treating at my cousins house and then I am also going to a party after. I have my costume picked out and ready to go for Halloween as well."
Jaclynn Wojcik '28



"I am not going trick-or-treating or have anything planned. I don't even have a costume."
Alik Sifford '27



"I'm not going trick-or-treating. Instead, I am going to my aunt's house and then after that a party. I still have to buy my costume, which is going to be a mermaid."
Phalyn Bills '27

Reppin' weights

Weight lifting motivates students

Matae'o Redding, Marcus Hogg, Madeline Mikolowski
Contributing writers



Photo Matae'o Redding

Taking the weight training class, senior Ryan Smith pushes through a series of lifting techniques. "Weight training can relieve a lot of stress that builds up at school. It's a break from all academics," Smith said.



Photo Matae'o Redding

Sophomore Niccolo Camaj focuses on building strength with his legs, while also finding balance in his daily life. "I work out because everything affects health and it's a stress reliever. If I'm struggling with any issue, whether it's family or school, I work out to calm me down and help me relax," he said. The exercise became a way for him to stay grounded and healthy.



Photo Matae'o Redding

As he counts reps, sophomore Pierre Sterling isolates his upper chest on the bench press. "It helps me out a lot and makes me feel happy. At the end of the day, it's always a great feeling after working out, knowing you're improving yourself," he said. For Sterling, weight lifting is more than just exercise, it's a source of confidence and motivation.



Photo Madeline Mikolowski

As he uses the pulley cable, senior Christopher Melton works his arms in class. "I'm building my body and my mind," Melton said. His goal in class was to become stronger.

"Eagle's Eye" September/October print edition

Energy boosts drinks

Caffeine keeps students chugging along

Avery Garner
Contributing Writer



"When I drink caffeine, they make me feel more refreshed or energized," junior Reagan Kado said.



"Every morning I wake up tired and it gives me more energy throughout the day," Arianna Caravona said.



Photos Avery Garner

"I like the taste and how energetic I feel afterwards," junior Isabella Petruzello said.

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Crochet your calm

The history, necessities and history of crochet

Shelby Grove
Staff writer

Beware the magic circle and don't accidentally frog it.

"It's relaxing. It takes your mind off of the things that are bothering you, because you need to focus on following the pattern and what you're doing and the different aspects of it keeps your hands busy," special education teacher Kimberly Sikes said.

Like any other art form, crochet takes time to learn. Although this learning curve could harbor inspiration and challenges, the long term benefits outweigh struggles that come with the craft.

"My grandmother tried to teach me as a little girl and it didn't really work. It's was to difficult for me at that point," Sikes said.

Traditional materials include yarn and hooks of various sizes. However, these necessities may differ. There's a sub-genre called amigurumi, originating from Japan. This medium allows the maker to create stuffed animals, rather than clothing or lace.

Unlike knit that can be dated back centuries, crochet's history remains a mystery. The word crochet comes from the French word

"croche", meaning hook: but that doesn't necessarily mean it came from France. The on-going theory is that crochet came from Chinese embroidery, more specifically from the chain stitch.

"I missed counts a lot. Especially when I would work with funky yarn. It's horrible. And then I lose track because I get sidetracked by something," Sikes said.

Materials don't matter if an artist doesn't know what they're doing. Even something like holding a hook can ruin productivity and comfort. The recommended hold is called a "knife hold." Another recommendation is to use

||
My favorite thing about crochet is probably that I can work on my projects pretty much anywhere. Finishing them is also super satisfying for me."

Hailey Tolen
Junior

thick, bright yarn.



Photo Shelby Grove
Junior Madeline Prestel sews a stem onto her crocheted pumpkin. Prestel began practicing crochet last year after joining the arts and craft club. "It's a craft, truly. It takes a lot of time," Prestel said.

But materials ultimately don't matter if an artist doesn't know what they're doing. It's important an artist knows how to count stitches. In crochet, stitches look like ovals on top of a project, each oval is one stitch.

"I think, for most people, it can be very therapeutic while you're sitting there. It's very calming," former arts and craft club sponsor Wakefield said.

Just like other forms of fiber arts, carpal tunnel is a

concern. That said, crochet offers more pros than cons. In terms of physical health, crochet can sharpen motor skills, develop better hand-eye coordination and gain a longer attention span. For mental benefits, it allows the artist to unwind, releasing both short term and long term stress.

"The joy in somebody's face when they get one of these items," Sikes said. "It really does make all the hours of work worth it."

Make and create

Follow this pattern to make a star bag



✓ Abbreviation guide

- R:** round
- Ch:** chain
- Mc or mr:** magic circle or ring
- Slst:** slip stitch
- St:** stitch
- Sc:** single crochet
- Dc:** double crochet
- Inc:** increase

✓ The strap/handle

Amount of chains will determine how low the bag will hang
R1: Ch 200
R2-R3: Turn project and dc once in each st across.
To fasten off, chain one and drag hook back towards you; leave long tails for sewing

✓ Assembly

Take both star panels and sew together using a tapestry needle, leaving a place for the bags opening.
Place the ends of the strap to the sides of two spikes and sew on. Weave in excess yarn.

✓ The star (make two)

R1: make a 20 dc mc, slst into first dc.
R2: ch 2 (in the same st, 3 dc, ch 2, 3 dc, skip 3 sts, insert hook into fourth) repeat four times.
R3-R6: repeat R2, the number of stitches should increase by two each round.

Source: Faith. Wisest on YouTube



Over Under

Follow this six-part guide to making a magic circle

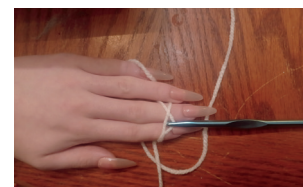
Shelby Grove
Staff writer



Dangle the yarn over the index and middle finger. Trap it underneath the ring and pinky.



Wrap yarn underneath the fingers to create an X. There should be two parallel lines above the fingers.



With a hook, go under the first line and over the second one. Pull the second line under the first line and grab the working yarn.



After grabbing the working yarn, create a chain. This will create a loop to insert stitches into.



Insert the hook into the loop and yarn over with the working yarn. Then, without inserting to hook, yarn over and pull through. Repeat this for each stitch.



Photo Shelby Grove
After creating all of the stitches, pull the tail of the yarn taut and insert hook into the first stitch, creating a slip stitch. It creates a magic circle.

Set for success

College bound athletes assist in Varsity volleyball's strength

Viktoria Samsel
Staff Writer

Showing up to practices, pushing through challenging games and working through mental blocks, senior middle blocker Liliana Gegovic, center junior Liliana Tripi and right side senior Gina Fedrigo help improve the team and also prepare to play in college next season.

"Many underclassmen look up to these girls for the players and teammates they are," coach Caitlin LaPratt said. "They are amazing leaders for any of these girls to look up to."

During games or practices the recruits demonstrate their leadership on the team. Molding the situation by watching plays or talking with the girls on how to work together, helps propel the team's effort exceed in games.

"It sets a bit of a tone, giving the girls motivation by seeing us as a role model; it makes them push harder to achieve personal and team growth," Fedrigo said.

Leadership shows and models, versus tells. And through that grows a bond that transcends the court.

"I tend to rely on them to help me when I don't understand something or even when I just need someone to talk to," junior back row Rease Buza said. "It really helps our team bridge through hard games, tough practices and mental blocks by talking us through it, presenting how things are done and motivating us through handshakes or words."

The teams works to practice efficiently and show support for their teammates' achievements. This aids to bring the athletes together by bringing them closer.

"Being a part of this team, now, is a big role to try to hold everyone accountable and to push everyone to their hardest to prove what I know they can be," Gegovic said.

The leaders encourage verbally and mentally to support teammates.



During a varsity volleyball game, junior Lilliana Tripi and senior Liliana Gegovic celebrate their point. "The handshake is like a reset. It's either us celebrating after each point or for us to keep going. It just puts us in a good mood," Tripi said. Photo yearbook staff

"Trying to make time for school and sports was a little stressful. A lot of people commit early and I need to find out where I'm going to go. But I think the timing was right and the outcome of everything worked out how I hoped it would've, and it was all really exciting," Tripi said.

Every match, game or play can be very different in terms of the outcome in plays, matches and strategies depending on the team they're playing. Although the changes may be difficult to come across and

dodge, the girls all work together by adapting to the differences made. Team huddles, talking through plays and having fun shapes the outcome of the game.

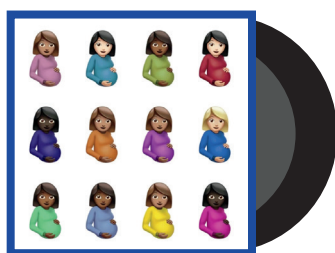
"It's very special to us because not everyone gets this privilege of playing with girls who are going to represent colleges," middle blocker junior Tessa Ohrt said. "We're all so proud of them and their successes in moving forward in volleyball and can't wait to see what their future holds for them."

Locker room jams



Favorite songs hype up athletes before games

Hali Ponce, Editor-in-Chief
Design assist: Ellie Davis, yearbook staff
Content : Yearbook staff



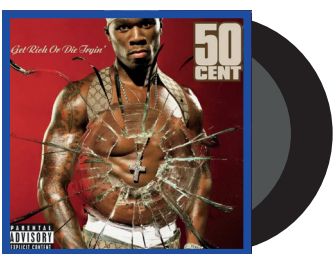
Yebba's Heartbreak by Drake
"I feel like it just calms me down and brings peace before a game."
Iliir Bojovic '27, Varsity soccer



Troy vs. Tony by Lil Tony
"It's a good song, keeps me hyped and excited; and it's about God."
Vincent Pelle '27, Varsity soccer



Trophies by Young Money
"It pumps me up because the beat is harder than other songs."
Brendan Klein '26, varsity soccer



Many Men by 50 Cent
"It puts me in a good energy because I like the lyrics and the beat."
Alexander Hubbel '27, Varsity soccer



Dog Food by 42 Dugg
"Everyone knows the entire song lyrics on the team and it's hype."
Noah Nikprelaj '28 JV football



Kickstart my Heart by Motley Crue
"To get pumped, we listen to it in the locker room before the game."
Gavin Ryan '28 JV football