

Through The Eagle Eye



SPECIAL
EDITION

BEAUFORT HIGH SCHOOL

THE NEWSPAPER CLUB

JANUARY ISSUE

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**CROSS-
WORD
ON THE
BACK!**

Revenge Bedtime Procrastination: why you are on your phone instead of sleeping

By Nia Polkey

Have you ever found yourself on your phone in the late hours of the night when you should be sleeping? After a day full of schoolwork, sports, and extracurriculars, you “just need some time for yourself.” This is actually a more commonly shared experience than you would think. ‘Revenge Bedtime Procrastination’ is defined by an awareness of the negative consequences of staying up, but continuing to doom scroll anyways as a way to reclaim the day. While this can feel good in the moment, delaying your bedtime can have major negative effects on your concentration and information retention. The National Institutes of Health ran a study on late or irregular sleep times’ effect on high school student grades and found that participants with a more varied or later bedtimes had a greater chance of receiving a D or lower. Furthermore, microsleep, or brief moments of sleep that happen when you’re supposed to be awake, can lead to missing information at a lecture. Even if

tanked grades aren’t reason enough to make a change, later bedtimes and high screen times can impact your health too. Teenagers are recommended to get at least nine to nine and half hours of sleep per night as they are in a time of extremely fast physical, emotional, and cognitive growth. If your bed time falls as early as 11 pm and you have to be up at 7, 8 hours doesn’t meet this threshold. In fact, after a couple nights of losing just 1 to 2 hours of sleep per night can have the same effect on your cognition as if you haven’t slept at all for a day



or two, according to the National Heart, Lung, and Blood Institute. Sleep deprivation is linked to higher susceptibility to viruses, diseases, or metabolic disorders. Research at Johns Hopkins University has found that sleep deprivation can also cause depression, anxiety, and overall irritability. While it is easy to lose your priorities late at night—a time that is characterized by a decrease in self-control—the dopamine hit that scrolling through your socials will give is not worth the negative effects. Even if you feel like you’re reclaiming your time at night—you’re truly only wasting it.

So how can you stop?

- Try to make a dedicated time in your schedule for personal time or hobbies to negate the urge to procrastinate. Take time throughout your day to take a breath and center yourself. If you feel in control with your day, revenge scrolling loses its appeal.

- Avoid using your phone before bed or set up personal screen times to limit yourself. Try reading a book or meditating before bed.
- Avoid energy drinks or sodas late at night. Falling asleep will be nearly impossible if you are bursting with caffeine.
- Stay disciplined in knowing that you’ll feel much better in the morning after a restful sleep and will be more motivated, focused, and higher performing physically, mentally, and emotionally.

Beaufort leading the way in coastal conservation

By Jack Landa

In 2026, the City of Beaufort stands as a leader in South Carolina's conservation movement by enacting a ban on the intentional release of balloons outdoors. As the first city in the state to deal with this issue, Beaufort is challenging the common belief that latex balloons are a "natural" or "biodegradable" way to celebrate. Findings from Gilmour and Lavers explain that these materials do not break down in water, instead staying in the environment and acting similarly to plastic pollution (Gilmour, Lavers, 2021). The environmental risks

are high for a coastal community. The NOAA Marine Debris Program has tracked how these balloons travel long distances before falling into local marshes and oceans. Once in the water, they become death traps for wildlife. Research published by Lauren Roman and colleagues highlights a sobering statistic: seabirds that ingest balloons are 32 times more likely to die than those that ingest hard plastics. Balloons are especially hazardous because they are easily eaten and can block digestive tracts, leading

to a slow death by starvation (Roman et al., 2019). This isn't just a theoretical threat; the data is visible in our ecosystems. A 2025 Clean Virginia Waterways study quantified the crisis, documenting more than 5,800 balloon-related items at a single wildlife refuge over a ten-year period. By passing this ban, Beaufort has shifted the local culture toward more sustainable celebrations. This local leadership has provided the necessary momentum for the South Carolina Legislature to consider House Bill 3047, which would finally categorize balloon releases as illegal littering across the entire state.



New Year and new resolutions

By Kyla Smith

With the new year upon us, many people may find facing the future overwhelming. A great way to cope with this is by setting goals for the upcoming year in hopes of completing them by the end of it—otherwise known as New Year's resolutions. Setting goals for the year is healthy, as it allows people to focus on something and feel self-growth or accomplishment. In fact, New Year's resolutions have been around for thousands of years, and even the ancient Romans and Babylonians had their own versions of New Year's resolutions! In order to set successful resolutions, start off small. A goal too large may be overwhelming and can lead to feelings of failure if the goal is not reached. Be specific with your goals. For example, instead of being too broad by saying "exercise more," you could say something more specific, like "walk for 30 minutes 4 times a week." A good way to stay motivated about your resolutions is to monitor your progress. This can be done by having a journal where you write your New Year's resolutions and then log what you did each week to achieve your goals. This is beneficial to achieving your resolutions because it allows

you to see how far you have come since you first set your goals. It also allows you to be reminded about your New Year's resolutions, which will benefit you because, let's be honest: you will most likely forget you even set these goals if you are not constantly reminded. If you are having trouble coming up with your resolutions, think about things that you wish you could do. For example, if you wish you read more, a resolution could be to read one book per month. If you wish you could save money, a resolution could be to put aside \$40 per week. Keep in mind that your resolutions should be realistic.



A recommendation for when you are setting your New Year's resolutions is to have a balance of both smaller and larger resolutions. Here are some good ideas for smaller resolutions:

- **Drink more water.** Drinking more water is beneficial for your health as it keeps you hydrated. To keep this goal measurable, your goal could be to drink at least three cups of water per day.
- **Find a new hobby.** You can measure your progress for this goal by dedicating at least 20 minutes per week on a new hobby. For example, I've been learning how to crochet, and one of my resolutions is to crochet for at least 20 minutes per week. Some other interesting hobbies are creative writing, scrapbooking, and photography.

While it's not recommended to have too large of a resolution, there is no harm in having one or two, as long as you acknowledge that it is okay if you do not reach this goal. An idea for a larger resolution is:

- **Try something out of your comfort zone.** For example, every year, the BHS theater department presents a spring musical. Although Mrs. Fess has kept this year's musical a mystery (until

- now; read the article titled *Beaufort High's 2026 Spring Musical* by Kyla Smith to know what it is!), it is always fun to be involved. Anyone can audition. In fact, auditions will be held this January! As someone who is involved in theater here at Beaufort High, the spring musical is always the highlight of my year. Everyone should audition at least once, as it teaches reliability, accountability, is very fun, and comes with a community that is like a second family.

New Year's resolutions are beneficial to self-esteem, personal growth, and for achieving goals. Everyone should set at least one New Year's resolution at the beginning of the new year, even if it is a small one. Setting and achieving goals will help you feel more fulfilled at the end of the year.

Who runs Beaufort High? (Girls)

By Piper Kennedy

With every new generation comes new traditions, and sometimes, a complete reshaping of society. In the early 1900s, American culture was deeply patriarchal: men dominated households, earned college degrees, and worked outside the home, while women were largely confined to domestic roles. Today, that structure has dramatically shifted. Women now account for 50.7% of the college-educated labor force, surpassing men as of 2023.

Research supports this shift. A McKinsey & Company study found that companies with female leaders often demonstrate stronger organizational and financial performance. Combined with equal-rights legislation and a cultural move away from early marriage and parenthood, women now have greater freedom to explore careers historically dominated by men. At the same time, the United States has seen a consistent decline in

birth rates, further reflecting changing priorities and lifestyles.

These shifts in education and the workforce are mirrored in modern pop culture. In late October 2025, Vogue published a viral article by Chanté Joseph titled “Is Having a Boyfriend Embarrassing Now?” The piece sparked widespread debate, suggesting that romantic relationships are no longer seen as a primary marker of success for women. Instead, independence has become the “flex.” In an era shaped by social media and self-branding, being single is often framed as empowerment rather than lack, highlighting how cultural norms surrounding relationships have evolved alongside women’s growing autonomy.

These trends are not abstract—they are visible right here at Beaufort High School. In honors and Advanced Placement classes, male enrollment continues to decline while classrooms are increasingly dominated by girls. Beyond academics, girls also lead many of BHS’s clubs and sports teams. On the student council, aside from Student Body President

Caleb Singleton, there is only one other male member. The imbalance is becoming more noticeable each year, raising an important question for club leaders: how do we recruit more boys? Interact Club is one organization grappling with this issue. Of its roughly 80 members, only about three are boys. As a community service club—one not tied to gendered interests—there is no obvious explanation for such a stark disparity. This pattern suggests a broader trend: boys may be disengaging from extracurricular involvement at higher rates, while girls increasingly step into leadership and service roles.

While these shifts overturn long-standing social norms, they are largely worth celebrating. Women continue to gain greater representation, leadership opportunities, and legal rights through persistence and advocacy rooted in the women’s rights movement. That progress has not been a fast, consistent one. Setbacks such as the overturning of Roe v. Wade and persistent wage gaps remind us that equality is still a work in progress. Yet, in the United States, women possess freedoms that many around the world still lack. Globally, women hold only three-quarters of the legal rights affor-

-de to men. Despite the disproportionate impact of the COVID-19 pandemic on women’s livelihoods, progress continues: in 2021 alone, 23 countries reformed laws to advance women’s economic inclusion. These steps underscore that change, though slow, is still possible. From pop culture and workforce trends to classrooms, clubs, and leadership roles at Beaufort High School, the evidence is clear. The question is no longer whether women are reshaping society, but how far that influence will extend. Beyoncé’s famous lyric may no longer be aspirational, but descriptive: girls run the world.



[Interact club’s officials are all girls besides the President, Lukas Copeland]

The endless possibilities of school clubs

By Caleb Singleton

Have you ever been day dreaming in class and thought about how much you like chocolate milk? How about how fast you could run a mile? Maybe the person next to you is thinking the same thing. Clubs are a great way to not only meet new people but also provide opportunities to engage in the school community. I remember the first time I saw a sign for a chocolate milk club at Wando high school. I was so confused. What do you do at the chocolate milk club? Whose idea was it to start a chocolate milk club? Who would agree to form a chocolate milk club? When I finally ran through all of my questions in my head I thought back to

when I was younger. I believe I was either 6 or 7 and our neighbors had come over to speak with my parents. Being the welcoming host I was, I sprang up and quickly took out two glass cups, placed them on the counter, then opened the refrigerator and took out my gallon of milk and Hershey chocolate syrup. I poured the milk, then the syrup and as I watched the dark syrup drip to the bottom my excitement only grew. I made sure the guests got extra syrup in their glass but the strangest thing happened when I went to deliver my homemade delicacy. Right as I motioned to put the glass down I was politely turned down.

My keen eyes grew tense as I slowly backed away wondering what went wrong. I at least managed to muster a meekly “okay” before returning to my room. As I was brought back to the present moment I could only help but wonder if anyone had felt that strongly about chocolate milk I would love to meet them. Could you imagine if all of us chocolate milk lovers got together? It would be pandemonium. Even in the time I have been at Beaufort Highschool precocious students who have been called to start a club have done so. In fact the newspaper I am writing this article in began with two sisters who saw a need and wanted to

contribute to the school community. What is high school about if not to learn more about yourself while connecting with and engaging with your peers. So next time you think to yourself, ‘I don’t want to drink this chocolate milk alone’ or whenever that ten minute mile is feeling especially lonely, don’t hesitate to reach out to a friend and an advisor and start a club.



Wrestling-what is expected?

By Maggie Brown

For being one of the toughest teams to be on, the Beaufort High School wrestling team is hardly talked about. 14 boys make up the team, devoting not only hours on school days, but on the weekends as well to compete in matches. These one-on-one matches can be either individual or team. These competitions involve three two-minute periods, in which the wrestlers are aiming to score points through takedowns, escapes, and 'near falls,' or win by pinning the opponent (both shoulder blades touching the mat) for an automatic victory.

They recently challenged one of their strongest opponents, May River, at home on January 14. This was senior night for our matriculating eagles to celebrate one of the only two girls on the team, Olesya Mullins, who is also number one in the state for the 105 pound weight division, as well

as Jayden Priester, John Check, and Alex Murser. Despite a valiant effort, they failed to pull out a win with the score coming out to be 10-69. This is consistent with the past schedule, as we can't seem to break the losing streak. However, being on the team is less about the match outcomes, and more about what is gained as a result of practicing. Wrestling, which is practically tackling opponents, is a sport that goes hand in hand with the strength and skills necessary to be successful in football. Therefore, you'll find that many of the boys on the team had merely joined as a way to stay in shape and gain some skills for the upcoming football season.

Practices are physically challenging, but the sport itself is mentally challenging too. In wrest-

-ling, you'll fall into a weight division, created to maintain fairness and ensure that both opponents have the same advantage. Thanks to the NFHS, there are 14 weight classes for boys: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, and 285 lbs. To have the best chance of winning, some teams are strategic in putting different people in weight classes. Because of this, some wrestlers are required to cut weight extremely fast in order to 'make weight.' To achieve this, people on the team have to maintain good, low carb diets consisting of lots of protein, fruits, and vegetables. Additionally, it is common practice for wrestlers to eat less and not drink a lot of water until the day before the match, which usually results in close to

no eating or drinking. Failure to make weight means you either have to wrestle up against opponents who most likely have more muscle mass than you, or not compete at all. Fortunately, after weighing in, you can eat and drink whatever you want; however, days of dehydration means that depleted water stores are hard to replenish immediately.

Although, there are no upcoming matches and the season recently came to a close, it's nice to appreciate the work put in by our students. Next year, maybe you can come out to a match to support or join the team yourself if you're willing to put in the disciplined effort required.



[C. Posey during home match against HHIHS on January 7, 2026]



[Colton Freeman winning a 7-2 decision at the Dutch Fork Silver Fox Invitational]



[Jania Hayward guarding the Bluffton ballhandler at home on Tuesday, Jan. 20, 2026- credits to Amber Hewitt/The Island News]

The Lady Eagles have promising potential for playoffs

By Carson Crosby

The BHS varsity girls basketball team is currently on a nine game win streak and have had an extremely promising season for making it far into the playoffs. They recently faced region rival Bluffton High School both home and away on January 20 and January 27 respectively, securing two wins over the Bobcats with scores of 76-51 and 58- 26. This brought their overall record to 15-4, which will likely come up to 16-4 after they face Colleton County again on Friday, January 30 in the nest, whom they already have a winning record over. This Friday night is also a special Honorary game for Dr Deja M. Jackson,

former BHS girls basketball player who passed away 3 years ago and was on the team in the early 2010s. Senior night is coming up and the athletes would love lots of student support as this is their last region home game. It will be on February 10 and they will face Hilton Head Island High School for the second time this season.

The Varsity Boys Eagles won their very first region game the other night against May River High school with a tight score of 64-62-a real nail-biter-but a great accomplishment for the team as their record is currently only 2-14. February 10 is the shared senior night for both the boys and girls, as well as the senior basketball cheerleaders, so plan to come support all of our graduating eagles.

STUDENTS AND STAFF

Clara Harbin named December Student of the Month for compassion

By Joleka Williams

Sophomore student, Clara Harbin, has been selected as December student of the month to represent the value of compassion. Known for her kindness and welcoming attitude, Clara consistently makes an effort to be friendly and supportive to everyone

around her. Clara is currently in the 10th grade and takes Health Science I, PE, Principles of Biomedical Sciences, and AP Psychology. She is also actively involved in extracurricular activities such as Interact Club, HOSA, and tennis. When Clara found out she had been chosen as student of the month, she “honestly was a little surprised.”

Teachers recognized her for showing compassion through everyday actions, from treating classmates with kindness to creating a positive environment at school.

Clara is highly motivated by her future goals; she hopes to become a doctor, specifically an anesthesiologist, and aspires to matriculate at Duke



University for undergraduate studies before continuing to MUSC for medical school. She also sets high academic goals for herself, which includes striving to become valedictorian. Her advice to other students is simple: “Just work hard, even if you feel unmotivated sometimes. It’s easier to get it done at the moment, so keep going. Keep long-term goals in mind even though the short-term ones seem difficult.”

Through her compassion, dedication, and ambition, Clara Harbin exemplifies the qualities deserving of student of the month.



[Clara Harbin holding up her certificate]

Dr. Sharmain Brown named Teacher of the Quarter

By Destiny Willis and
Maggie Brown



Beaufort High School for 8. She decided that teaching might be her calling “by simply wanting to help improve a family member’s reading ability and realizing how powerful education can be.” She was also inspired by her aunts, who had an infectious passions for teaching. For her, the smiles on her students’ faces when they finally grasp a concept makes it all worth it. Seeing them help each other once they understand brings a feeling that is unmatched.

She was nominated for going “out of her way to let each student know that they are important and provid[ing] the educational needs that they have. She celebrates their wins

and coaches them through the hard times.”

Dr. Brown’s commitment to doing her best makes her stand out because she always creates a welcoming classroom where everyone feels valued and supported. This award illustrates how much her hard work, positive attitude, and daily impact matter.

“Dr. B has touched many lives, but this semester she has touched the lives of students and staff in a way that they will benefit in life.”

Dr. Brown was “genuinely grateful for the recognition and the gesture [of the award]” and it made her feel the appreciation that she so well deserves. With this award, Dr. Brown gets a free meal at The Upper Crust thanks to their generous donation, and with it, Dr. Brown might enjoy the delicious chicken wrap or wings!



[Dr. Brown holding up her award]

Let’s all take a second to appreciate everything our teachers do, especially when they go above and beyond. Congrats, Dr. Brown, you absolutely earned this. Again, thank you to The Upper Crust at Lady’s Island for making this possible!

Inspire to educate

By Willa Sargeant

Highschool, for many students, is a time to start getting serious about what career to pursue. It is a scary idea, having to choose what to devote the majority of our lives doing, and therefore a serious decision not to be taken lightly. Some students may have had ideas of being a firefighter or astronaut as a kid, but many have no clue how their future will turn out. And while the words ‘it will all work out in the end’ is a common response to these uncertain times, it may not feel like that when the possibilities of your life seem endless. However, figuring out life trajectory is not a one-size-fits-all process. Several teachers here at Beaufort High exemplify this.

Ms. Backfisch, one of the new teachers at BHS, has always had a feeling that she wanted to be a teacher. Many of her family members were teachers and so teaching has always felt very practical to her. Growing up, early mornings before school were spent in her mother’s classroom and she became comfortable in the high school setting. Additionally, she has had passion for the arts from a young age. As a child, she danced and throughout her high school years she was a member of the band. However, the choir came about differently. In addition to her dancing, she was also a part of her church choir

and theater as a child. When she played Maria in The Sound of Music, her band teacher realized she was a very talented singer and began sending her to choir when she had free time in band class. When picking what to teach, Ms. Backfisch explains that she felt much more attuned to human voices compared to instruments, but she would still love to have some involvement in the band if given the opportunity.

Unlike Ms. Backfisch, Mrs. Rhatigan decided to teach because she felt dissatisfied with the teachers she had throughout high school. In her teen years, she loved the social aspect of high school, but felt that the teachers were impersonal and did not fully satisfy the educational needs of the students at her school. Eventually, she realized she wanted to try to help students enjoy every part of high school, including learning. She started teaching specific learning differences, but when she moved to South Carolina she realized she didn’t want to teach Special Education in a public school setting, switching to English instead. When asked about what made her enjoy English, she explains that although she enjoys teaching writing, she didn’t enjoy reading as a child whatsoever. Her mother, who

was a teacher and lawyer, always encouraged her to read and frequently recommended her books, many of which she enjoys now. However, as a teen, she never fully appreciated this and didn’t begin to read for enjoyment until after college—quite a difference from what many of her students would likely assume.

Not only has she been a teacher, Ms. Jolicoeur has also been a therapist in the military and a Child Protective Services investigator. The first time Ms. Jolicoeur ever felt drawn to a particular profession was in 6th grade. Her teacher, Ms. Rivers, was positive, made learning fun, and really cared about students. She helped Ms. Jolicoeur through a particularly difficult time and made her realize that she wanted to be just like her. When she began to substitute for high school, she fell in love and realized that teenagers were who she wanted to teach, despite initially wanting to teach elementary school. When Ms. Jolicoeur was 14, she began to see a therapist named Barbara Townsend, who inspired her to become a therapist. She was having family difficulties and Ms. Townsend was the first person to recognize that it was not Ms. Jolicoeur’s fault, and instead her parents’. Ms. Jolicoeur explains that this greatly helped both her and her family. She wanted to be able to do the same for other people. She knew she wanted to be both a teacher and a therapist, and decided she would make

this work however possible. She would teach during the day and do therapy sessions in the evening just to be able to pursue both passions. After teaching for a while, she decided to join the military as a therapist. She grew up as a military child, so the choice and lifestyle that came with it felt natural to her. After her military career was over, she wasn’t quite ready to go back to teaching and didn’t want to do civilian (non-military) therapy. So, with her degrees she became a CPS investigator, which she describes as very gratifying, but very difficult work.

For those considering teaching, Ms. Backfisch says that although teaching isn’t easy, if you love it, nothing is more rewarding. Her mother, who taught at public school for 30 years and now teaches at a private school, is still passionate about it. Ms. Backfisch hopes to feel the same in 30 years. Mrs. Rhatigan says it is important to find a connection with your students on a personal level, understanding that they are students outside of school. Ms. Jolicoeur has a similar sentiment, saying that it is important to get to know your student *and* let them get to know you. All three say that the most important thing is caring and being passionate about what you do, something that can be applied to any profession you are considering going into.



[Ms. Jolicoeur]



[Ms. Backfisch]



[Mrs. Rhatigan]

New security procedures in Beaufort County high schools

By Julia Denton

As of December 3, 2025, Beaufort High School has implemented the district approved CEIA OpenGate weapons detection system, metal detectors, at every main entrance to the school. All students and visitors, upon entry of the school, must walk through these metal detectors before any further entrance to the school. Many students have expressed their distress over these new measures, due to numerous complaints. The prime of them being the time it takes to get through the metal detectors. Students must first remove their tablets and any binders in their bag, and walk through the metal detector; then they can proceed with their possessions on to class. Many students worried about tardys to their first period class due to such measures. Likewise, during the first few days of introducing these detectors, passing through did take some time to get

used to. But as both students and staff have gotten accustomed to the routine of going through the detectors, each morning runs smoother than the last. Tables were set up both inside and outside the school to aid students in taking out and putting back in their possessions; staff stand ready to help students pass along their supplies around the metal detectors; and students now know to arrive at school a second early to beat the line to get through the detectors. The implementation of the metal detectors was to guarantee the safety of all BHS students and staff from any imposing threat. As gun violence in the US has risen, so has our understanding of the need to ensure our safety from such threats. Since implementing the metal detectors in BHS, they have only detected eye lash curlers, forks, and Altoid tin cans; and we pray that it stays as such.



[The first day of implementation of the metal detectors with a lines wrapping the building (taken December 3, 2025)]

Share tables left forgotten

By Sophie Brown

Our Share Table is underutilized. A valuable feature to the lunch room, this overlooked clear bowl is a representation of the FDA's rules, and consequently the narrow restraints put on lunch ladies. 32 oranges rolling off tables—being work for the janitors—and a couple hundred of those protected-by-thick-skin oranges stuffed into the massive gray bins that are the last stop during lunch times. Unopened cartons of milk and sealed apple sauces are thrown in those trash cans, too. This is an overwhelming but mostly inevitable image in the cafeteria, due to the U.S. Department of Agriculture's (USDA's) food safety guidelines. These guidelines ensure students are protected when being served school meals; they limit the spread of disease, and aid children's well-being.

So these rules play a prominent role. But they also lead to some of this food waste we see in our cafeteria. Aside from being required to take a vegetable/fruit, students also are not allowed to return their snacks and vegetables/fruits to the line—for another student to grab. And, the lunch ladies cannot take this; neither can it be donated to a food shelter or passed out for free to families in need. These rules lead to an abundant amount of food waste, on the daily. But there are some people taking steps to improve the mass amount of food waste in our high school. Seen here, this "Share Table" promotes anti-food waste: an opportunity for students to not just grab extra snacks but grab perfectly consumable ones that would otherwise be tossed into the garbage can. In clearer words, a bowl sits atop this table which is accessible right after you greet Ms. Keela, who a lot of the time types in your Student ID (which you

should be doing. If not, now you know what her name is, so please tell her "Thank you" and "Have a great day" tomorrow). With a cute label and all, filled with ice to keep refrigerated items cold and safe to eat, this bowl is a place to put items you may've been required to take (like a fruit) but that you know you won't eat. If you think you'll eat it, the bell rings as it sits there uneaten on your tray, and you don't want to take it with you, locate this table adjacent to the lunch line! You can gingerly place that ripe banana in the icy basket so that B-lunch eaters (or whichever lunch is after you—if you're C lunch... you should just try to save it as a snack later) may have the opportunity to eat it! This bowl provides extra snacks for those who want it.

Next time you wait in the line and punch your Student ID into the system, be cognizant that this Share Table exists. Instead of grabbing milk from the fridge, first check if there is one wanting a home in the Share Table's clear bowl. Then it won't get wasted at the end of the day, and, surely, you can have the milk you were going to grab tomorrow!



[the bowl on the "Share Table" located in front of a pillar, by the lunch line]

ART & nATuRe

By Sophie Brown

Hosted by the Port Royal Sound Foundation, the 2025 Recycled Art Contest consists of a \$2,000 prize fund, divvying up to many winners. One of which, for “Best in Youth,” was none other than Beaufort High’s Kailee Wright.

A student of Ms. Hawkins, Kailee Wright “came in [to Art _] as a really strong artist.” Hawkins brags that “you could give her an assignment and she would take it and kind of run with it.” “Her stuff is always more complicated.” So, when Hawkins proposed the art project to make birds, she was blown away with Kailee’s results. (Or should I say flew away?) Hawkins casually asked her student “I’d really like to put your bird in this... I need a base”. Aside from the mere “couple pointers” Hawkins gave, “the whole base and all these turtles-[Kailee] came up with all ‘that’ on her own.” Clearly, Kailee “doesn’t need a lot of prompting and is very creative,” continues Hawkins.

Beaufort High’s 2026 Spring Musical

By Kyla Smith

Every spring, Beaufort High School’s theater department presents a musical. Mrs. Fess is notorious for keeping her students guessing, hence this year’s reveal occurred in the span of five days. Each day, the theater department posted hints on their Instagram, @bhsstagelife. On the first day, they posted nine options for the spring musical. Each day, they eliminated a few options, until just two remained. The final two options were The SpongeBob Musical and The Addams Family. The 2026 spring musical was revealed to be...The Addams Family! This high-energy comedy will be an amazing experience for all who audition or come see it.

But what is this astonishing, 300-dollar-worthy accomplishment fully consisting of, anyway? Hawkins shares: the bird is “saving the sea turtle from being stuck in the net, which I thought was a cute idea since we’re here at the beach and all.”

Another teacher at Lady’s Middle or PRSF itself emailed Hawkins; she doesn’t remember. But regardless, the timing fell right into place: the bird project’s due date was right before that of the November Art Contest’s due date. So since it was “SO successful,” Hawkins wanted Kailee “to enter as herself—as an individual.”

Who knew that a “project learning how to make forms with metal”—which consisted of “a lot of cutting” that some hated, some liked—could transform into a creature, detailed by Hawkins as “absolutely amazing with all the individual wings.” Kailee’s hard work, coming in during “extra periods” because “she’s a very dedicated



[one of the winning pieces, made by Kailee, at the Maritime Center]

student...gets things done...no one has to worry about her,” paid off. Literally. And assisted by a proud and supportive Ms. Hawkins, who really just helped with little ideas like recommending glue to make sand look wet, and who went and grabbed supplies, Kailee “made this beautiful awesome thing.”

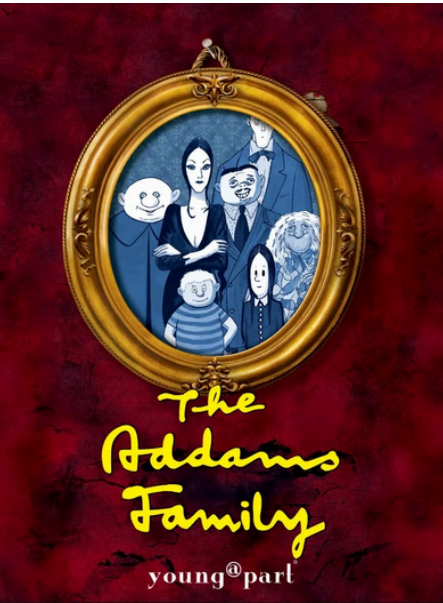
And for the rest of this fall semester art class, “most of them were like ‘let me take this home now.’” So all artists were successful, truly! And Hawkins recognizes this. She, with inspiration from another student, will continue this project (and potentially send more entries this fall), adding the option to make a fish. Since “we’re down in the Lowcountry” and all.

But what this really says is that we are down in the Lowcountry. And our views of



Southern scenery, our wildlife staples like sea turtles and white egrets, our boat rides that we take pretty photographs on—of the landscape that we will maybe paint one day—, is dependent on how we treat it. Not conserving this ecosystem doesn’t just affect our attitudes towards humanity. Air, water, and noise pollution, and plastic pollution, has real life and rapid implications. Our treatment of our environment (whether in the most vulnerable county across the U.S. of Beaufort, SC, or down in Antarctica) affects our climate, our backyard, our food web, and our literal brains. Our animals’ lives, grandchildren’s lives, children’s lives, and obviously, then, every aspect of our lives, is too, seriously impaired. Support your environment, and support those who support it, if you care about any one of those lives.

still want to support the theater department, consider attending one of the five showings of The Addams Family. Opening night is Friday, March 13, 2026 and there will be additional evening shows on Saturday, March 14 and Friday, March 20, with closing night being on Saturday, March 21. There will also be a day show on Friday, March 20. For more information, see @bhsstagelife on Instagram closer to show dates. Support the BHS theater department by being pulled in a new direction to see or be a part of The Addams Family!



Winter dance showcase was a success

By Lily Sargent

On December 4, 2025, the BHS Dance program had its first showcase of the year. It was also the first show for our new dance teacher, Rachel Stevenson. Ms. Stevenson spent her first semester

working very hard to build connections with students as a new teacher and create fun dances for each class. The show went great, featuring dances from classes of all levels with various styles and techniques and receiving amazing feedback from audience members. The National Society for Dance Art, which is a small group of dancers by audition who only meet one day a week, also performed a few dances. Teresa Baker, the former head of the dance

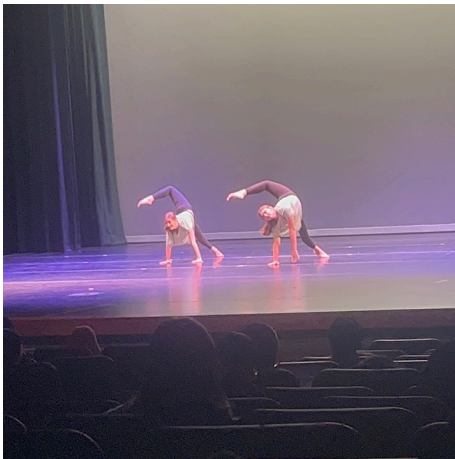
program at Beaufort High who started it almost 33 years ago and retired just last year, attended the show and had nothing but great things to say about Stevenson and her work.

“I really enjoyed all the choreography, especially the student projects”
- Savannah Stokes 11th Grade

“Mrs. Stevenson pushed through all the little

challenges, and put out a great show, hard work is a talent!” -Caleb Singleton 12th Grade

“Everyone had such great energy!” - Emma Pfeister 11th Grade



Free SAT tutoring

By Paige Fosberry

St. Peter’s Catholic Church’s Lowcountry Outreach Center is now providing free SAT tutoring for any Beaufort High students. Tutoring takes place on Monday and Tuesday afternoons from 4:00-5:30. It is located at the Lowcountry Outreach Center, right next to the main church. All sessions are personal and in depth, equipped with experienced tutors that create great learning environments. Don’t worry about bringing those

big hefty SAT books because they will be provided for you! If you are a junior, or even a sophomore who wants a head start on prep, enroll now!

FREE SAT TUTORING SIGNUP

We’ve partnered with Beaufort High School to provide Juniors & Seniors with Free SAT Tutoring on Mondays & Tuesdays from 4:00-5:30PM at the Lowcountry Outreach Center (80 Ladys Island Dr)

- ✓ Experienced Tutors
- ✓ Personalized Sessions
- ✓ SAT Prep Books Provided

Enroll Now!



www.LowcountryOutreach.org



Soccer conditioning

By Maggie Brown

The soccer teams are putting in some preseason conditioning starting off in the new year! If you are interested in trying out for the boys or girls team, then make sure you have a completed physical turned in as well as an athletic packet. As soon as that’s turned in, you can come out to the conditioning at the stadium. For girls, practice is taking place Tuesday-Thursday from 4:30-5:45/6

and for boys, conditioning has been on Tuesdays and Thursdays around 4:15-5:15. Tryouts for both teams are coming up the first week of February, so make sure you have your cleats, shin guards, and paperwork!



Art opportunities because it’s good to make “art for art’s sake” - Ms. Hawkins

By Sophie Brown

Art for the rest of the year looks up, too. A spring art show--with a tentative date--will take place in the art gallery by the PAC. Though this art gallery is always free and open to anyone who wants to see what student’s art looks like!

A Converse University hosted art show has a due date of Friday, February 6!

And later on, the Beaufort County School District’s Juried Art show is taking place. This art contest has a due date of Friday, February 27. And even getting selected for this art contest constitutes an achievement (a building block for your resume) because they are only allowed to enter so many. So, if you’ve made art before, give it a shot. If you make it, you’ll find your art in the Coastal Discovery Museum.

If interested, bring 5 labelled works to Ms. Hawkins or your art teacher, because they need to make sure everything is documented.

Email april.hawkins@beaufort.k12.sc. us for more details.



[Coastal Discovery museum is the location where the art is displayed]



[2025 art by May River’s Hanalyn Weitekemper]

Senior early decision and early action

By Aly Dennison

Most universities offer an Early Decision Application which allows students to apply in the early fall of their senior year of high school. If admitted through an early decision application the students application is binding requiring them to attend that school. Utilizing the early decision feature allows students to apply early and guarantee enrollment before later rounds of applications roll. For many schools early decision acceptance rates can be two to three times higher than regular decision rates because the application demonstrates serious interest in a school. Some of our very own Beaufort High Students have applied and been accepted through early decision applications



[Laurel Hinderliter] [Maggie Brown]

[Congratulations to our stellar seniors and their impressive commitments]

New Year, new events

By Julia Denton

It's now 2026, and CREATE club has some very exciting events for the new year to start right! Starting strong, CREATE club members and many others joined the president, Sophia Brown, for the organized Eagle Walk Trash Pickup on January 10, picking up over 50 bags of trash! Hopefully with this clean slate, BHS students can maintain the dignity of our Eagle Walk for years to come, by preventing any further neglect and littering around this area. Furthermore, CREATE club kick-started the new year with their Cookie Social on January 20! CREATE club

and early action applications which allow students to apply before regular decision application due dates without the binding of early decision. Virginia O'Kelley details her soon to be fulfilled dream of attending Clemson University below.

"I've always wanted to go to Clemson because I grew up a die hard fan, my dad went there so he raised me to be a big fan. But when I got older and could exactly take in the campus and not just the sports everything to me was perfect. I always call it "my happy place" because I am always so giddy when taking a trip up there. It was just the perfect fit for me, Clemson just has everything I could ever want. A large sports scene, the perfect size of about 30,000 students, and the campus is just beautiful. I've just always known if I got in, that's where I was going and I was lucky enough to get in early action. I am never let down from Clemson, just always amazed at everything it has to offer."



[Kate Brown]



[Virginia O'Kelley, Lauren Grice, Addy Norris, James Thomas]

wished to welcome back old members and invite new members to join this exciting, engaging club. Facilitated by this club, there is a Citizens Climate Lobby volunteer, Mr. Timothy Joy, coming to present information about climate to all who want to learn! February 27th during advisory, in the media center. Mark your calendar, and stop by for just 30 minutes.

As most of CREATE clubs council members are seniors, the club welcomes any and all new members

who are interested and willing to Create Real Environmental Awareness Through Education and join CREATE! Finally, a great 2026 resolution, and a friendly reminder: reduce, reuse, and recycle. Stay green!

Create Real Environmental Awareness Through Education.

Police called when CREATE Club discovered suspicious items

By Maggie Brown

Upon tackling the heavily littered area by the Beaufort High School stadium with trash grabbers, neon orange vests, and gloves, students found discarded TVs, bicycles, shopping carts, and an innumerable amount of plastic and glass bottles. Quite deep into the bush, a river of trash was compiled and spread around the area, which hardworking members participating in the pickup worked together to pick up. Around 10 full bags into the task, they came across a pile of already filled trash bags, one of which was filled with pill bottles, a Medicaid card, and a debit card with the name Mary Seabrook displayed on all items. Shamiya Gardner said that she "was very much surprised to find her stuff." As this typically isn't something that someone throws out into the woods, Gardner did a quick Google search to see what would come up because she "figured she might have been murdered." While not

murdered, the 46 year old woman had unfortunately passed away in a devastating car accident just two years ago in May of 2024. She attended and graduated from Beaufort High School and was local to Beaufort County. Gardner, the internet detective in action, said that the accident that claimed Seabrook's life had also killed her cousin. Ultimately, the police were called to collect the items, but nothing came out of the interaction.



[Shamiya Gardner reacting to the discovery of Seabrook's personal items]



[Ellie Antor, Piper Kennedy, and Lily Sargent helping pick up trash on January 10, 2026]

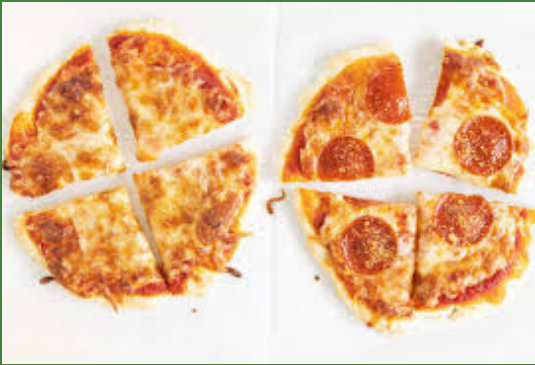
FEATURED RECIPE

Greek Yogurt Pizzas: A delicious high protein and easy meal to stay on track to your fitness goals in the new year and still eat good!

For the crust: around 800 calories and 45 grams of protein
Ingredients:

- 1 cup of plain Greek yogurt (and fat %, nonfat if you want better macros)
- 1 and ½ cups of all purpose flour
- 1 and ½ teaspoons of baking powder
- ½ teaspoon of salt

- 1) Preheat oven to 425 degrees F. In a large bowl, add 1 1/4 cups flour, baking powder and salt and mix.
- 2) Add Greek yogurt and stir with spatula to combine, then proceed to mix with your hands until a ball of dough forms!
- 3) Transfer dough on a counter sprinkled with 1/4 cup flour and knead until all flour is absorbed. Dough should be not sticky. Roll it out into a pizza crust of desired thickness (either one large pizza or minis) and transfer on a lightly floured baking sheet or pizza stone. Top with marinara sauce, your favorite toppings and cheese.
- 4) Bake pizza for 15 minutes or until cheese is bubbly. Remove from the oven, cut into 8 slices and enjoy.



By Maggie Brown

Go outside: the easy fix

By Piper Kennedy

With the amount of time we spend indoors, glued to technology, and stressed over work and school, now may be one of the most important moments to prioritize mental health. One of the most effective, and criminally underrated, ways to do so is also one of the simplest: go outside.

According to a study by the University of Düsseldorf, work-related stress steadily increased between 1995 and 2015, largely driven by rising psychological demands. That trend has only continued. As college admissions grow more competitive, students are expected to juggle advanced coursework, extracurricular

leadership, community service, and standardized testing at unprecedented levels. The result is a generation experiencing record-high stress and anxiety, making intentional breaks not a luxury, but a necessity.

Scientific research consistently supports the mental-health benefits of spending time outdoors. A 2019 study published in Scientific Reports found that spending just two hours per week in nature—whether all at once or spread throughout the week—was associated with significantly higher levels of well-being and reduced stress. Exposure to natural environments has been shown to lower cortisol levels, reduce symptoms of anxiety and depression, and improve focus and memory. Even brief interactions with nature, such as a 20-minute walk outside, can measurably decrease stress hormones. Beyond mental health, time spent outdoors has academic and physical benefits as well. Studies from the American Psychological Association indicate that students who take regular breaks in natural environments demonstrate improved attention spans and higher productivity. Nature also encourages physical movement, which releases endorphins and improves sleep quality—both crucial factors for academic success.

Here in Beaufort, we are exceptionally fortunate to have access to natural spaces that many communities lack. The Sands Beach, surrounding marshes, Hunting Island State Park, the Spanish Moss Trail, and numerous local parks provide opportunities to disconnect from screens and reconnect with the environment. These spaces offer more than scenic views; they are free, accessible tools for stress management and mental wellness. Incorporating nature into daily routines does not require drastic lifestyle changes. Simple habits such as walking or biking along the Spanish Moss Trail, studying outside instead of indoors, watching the sunset at the Sands Beach, or taking a break

in a nearby park can have meaningful effects. Even leaving phones behind for short periods can amplify the mental reset that nature provides.

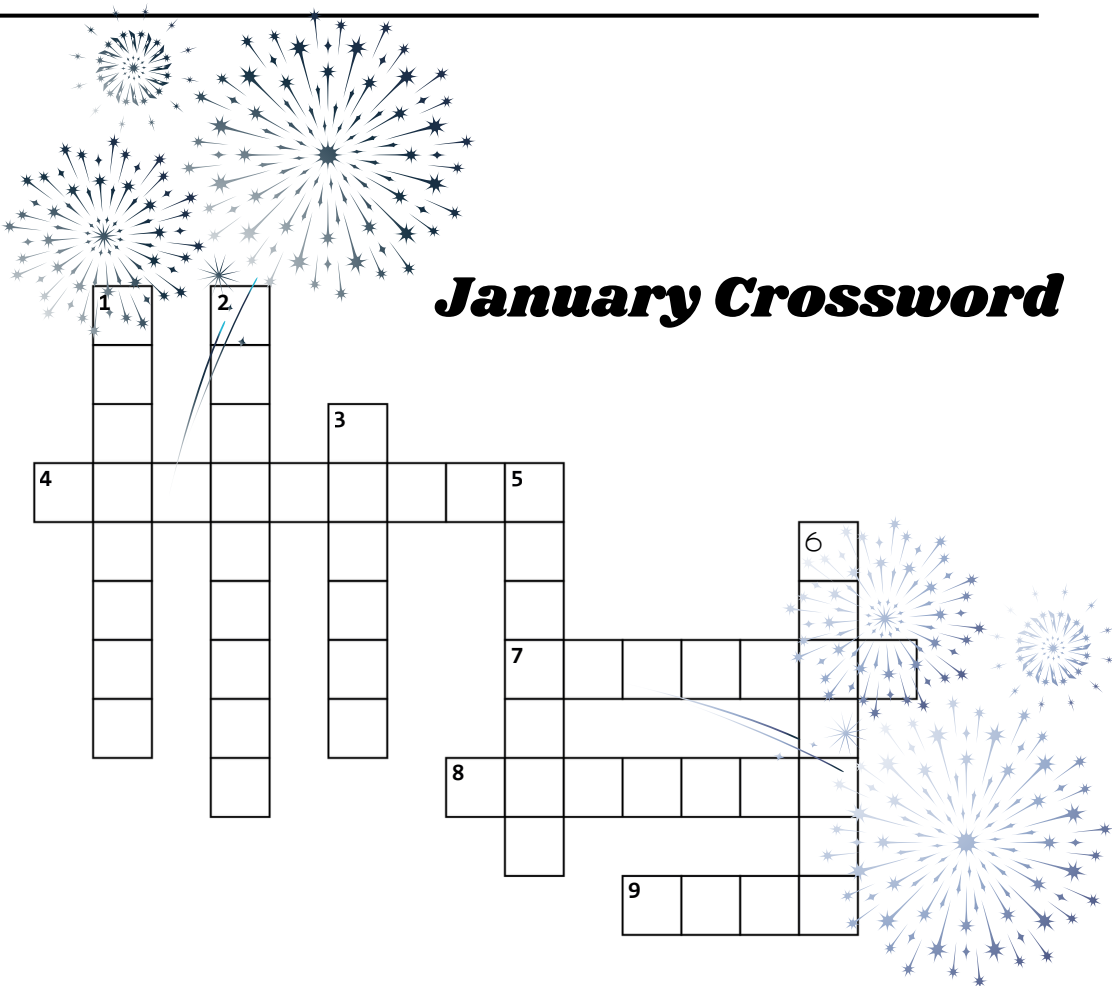
Or, if you are really in need of a mental reset, camping can be an ideal and accessible way to relax and recharge. Recently, a group of our newspaper writers went camping at Hunting Island State Park, and the experience highlighted just how refreshing it can be to step away from everyday routines. The park is just far enough from Beaufort to feel disconnected from reality, yet close enough to avoid the stress of long travel or being too far from home if something is needed.

Hunting Island offers a variety of nature trails and beaches, providing plenty of opportunities to explore and unwind. Our group hiked nearly ten miles along the Diamondback Rattlesnake Trail and even encountered two snakes along the way, an exciting reminder of how immersive the natural environment can be. Evenings were spent gathered around a campfire, and mornings began with watching the sun rise over the beach, far away from a charger and service, making us free from alarms, screens, or schedules. For high school seniors and college-bound students turning 18, camping is an easy and affordable option. Renting a campsite, packing a car, and heading out with friends requires minimal planning—but offers major benefits. Experiences like these show that meaningful breaks do not require expensive trips or long vacations—sometimes, the best reset is right in our own backyard.

As stress continues to rise among students and working individuals alike, solutions do not always need to be complicated or expensive. Sometimes, the most effective remedy is already right outside our doors. In a town surrounded by natural beauty, prioritizing time outdoors is not just an option; it's an opportunity. Taking a step outside may be one of the simplest and healthiest choices we can make for our minds, bodies, and overall well-being.



OUR TEAM & PARTNERS



Contact us at throughtheeagleeye@gmail.com for sponsorship or for a news tip!

Thank you to our members who helped with this issue!

- **Betsy Rhatigan- Club Advisor**
- **Maggie Brown (12)- Chief Editor & Co-President & Co-Founder**
- **Sophie Brown (12)- Co-President & Co-Founder**
- Piper Kennedy (12)
- Camille Giblin (12)
- Paige Fosberry (12)
- Caleb Singleton (12)
- Julia Denton (12)
- Aly Dennison (12)
- Carson Crosby (12)
- Lily Sargent (12)
- Aaron Turbeville (12)
- Joleka Williams (12)
- Jayda Torres (11)
- Kyla Smith (10)
- Willa Sargeant (10)
- Caroline O’Kelley (10)
- Collins Sanders (10)
- Jack Landa (10)
- Nia Polkey (9)
- Destiny Willis (9)

- Down
- 1. First month of the Chinese New Year
 - 2. Widely known as one of the first sports
 - 3. In what country were the first Olympics held
 - 5. In what country was the first major book printed
 - 6. The first and oldest college in the United States

- Across
- 4. The last name of the first man to walk on the moon
 - 7. The first planet in the solar system
 - 8. This team went 16-0 and placed first in the college football playoffs for the 2025-2026 school year
 - 9. This metal is attributed to winning first place



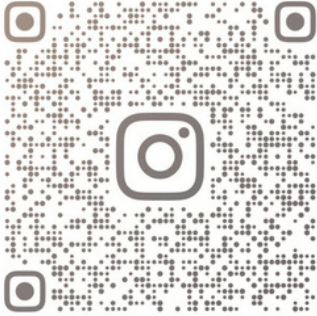
GroupMe



Band

Google Classroom code is **tlgxn bq7**

& follow on Instagram



@THROUGHTHEEAGLEEYE

If you are interested in being a part of this production, join today :) we meet every other Thursday morning in Mrs. Rhatigan’s room

