

Eisenhower High School's

★★★★★

Five Star Journal

Vol. 69 No. 3 December 16, 2025 - Yakima, WA - Student Run, Student Written, Student Published



Happy Holidays on pg. 16

Two New Schools on the Ballot



Feature Story

Annaka Yockey - Senior  
Five Star Journal

Yakima School District Superintendent Trevor Greene came to Eisenhower High School’s journalism class on Friday, December 5th, for a press conference with the Eisenhower’s Five Star Journal staff, ASB leaders, and other students who were interested in attending. Greene came to provide information about the bond measure he is proposing to place on the April ballot.

Greene explained that the need

for the bond stems from the Yakima School District’s lack of income. Stating, “Unfortunately, the legislature doesn’t live up to its requirements that the state has put in its constitution, and for this reason, we do, as a system, and systems across the state; we have to run bonds and levies so we can function in ways that we couldn’t with the state and local funding.”

Though Washington State allocates funds for “basic education,” it doesn’t cover the costs of operating, maintaining, and constructing schools in Yakima. It funds only a

limited amount for all students. This is a problem, since schools need much more than just the bare minimum to operate successfully. This is where bonds and levies come in as essential funding for the betterment of each Yakima student. From the state, each district receives a per-student amount of money. For Yakima, each student is funded \$16,060 each year in the district. Comparatively, that’s way less than Edmond’s and Tacoma’s School districts, which are receiving \$5,000 or more per student than we are. Contributing over

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# Feature

News Editor: Annaka Yockey

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\$75,000,000 more to their yearly budget than in the Yakima School District. Superintendent Greene stated, "As a student, and a tax payer, this would make me upset because I would think that we have a system that looks out for those who need a little bit more support in their communities and at the very least make it even, but it's not even equal." This is a problem because when we don't have funds for when an emergency comes about we have to take it from the students "basic funding" which should be going to basic education.

In Yakima County, 33 bonds have been attempted, and only 15 have passed. The Ya-

kima School District has not put a bond measure on the ballot since the bond for the new Eisenhower and Davis buildings, over ten years ago. In Washington State, a 60% majority is required to pass a bond. From February 2014 to April 2025, over \$19 billion in bond funds has been distributed throughout the state. Over \$320 million of that was approved by schools in Yakima County.

Passing the bond in April will not only provide \$200 million in local funding but will also unlock \$20 million in state funding. This funding will only be available if the bond passes. The bond will fund the construction of Hoover and Garfield elementary schools, which are in horrible condition due to multiple decades without repairs and improvements,

Title 9/ADA Upgrades; repaving of sidewalks, courtyards, a new softball facility for Davis, new asphalt- HVAC systems, future projects/emergency reserve, playground upgrade/replace, roof replacements, turf replacement, and resurface track/courts.

\$200 million bond may sound daunting to pass, but the Yakima School District is asking for relatively little considering all the projects that will be funded. Compared to Rainier Beach High School, in Seattle, which passed a \$297 million bond to build a new building for under 1,000 students. The district is asking for \$97 million less than that, with amenities that would benefit all 15,000+ kids in the district. 15 times the impact of the bond for Rainier Beach High School.

## News

### Photo Club is hosting a Picture gallery and show



Photo Club students will be  
presenting their works, to both be  
appreciated and to be sold.



Jan. 7<sup>th</sup> - Jan. 9<sup>th</sup>  
611 S. 44th AVE, YAKIMA, WA

## How Much the Bond Will Cost Us



Tatianna Ochoa - Senior  
Five Star Journal

On December 5th, Dr. Trevor Green, Yakima School District Superintendent, came to Eisenhower to discuss a bond measure for the April 2026 election, totaling \$200 million in local funds and \$20 million in state funds. This bond is intended to fund the construction of new buildings for Hoover and Garfield Elementary Schools.

To fund this, property taxes will increase, with a maximum taxation of \$4.01 per \$1,000 of property value. An

average home at \$311,600 is expected to see a \$20.40 monthly and \$246 annual tax increase.

As this is the Yakima School District's first bond attempt since Eisenhower and Davis were rebuilt, locals may be skeptical of the idea. While I'm sure staff at these schools can vouch

for the much-needed remodel, many of our voters haven't seen the worn-out buildings themselves.

As someone who attended Hoover, the school definitely needs more than a playground update. Construction of these elementary schools is expected to take approximately two years, from 2027-2029. If this bond were rejected, we would eventually have to remodel the schools, but by then, costs would have increased by at least 5-7%. If the schools are old now, in a couple of years, there will be no escaping a new building.

# News

Editor in Chief: Annaka Yockey

## Food Science & FCCLA

### Food Science with Mrs. Walker

- Food Science A and Food Science B (1st year)
- Food Science 2A and Food Science 2B (2nd year)

**Areas of Study:** Science of food, food chemistry, food microbiology, food preservation, nutrition knowledge, and kitchen skills through cooking, baking, and preparing a variety of hands-on consumable food and beverage recipes.

**Certifications:** Students can obtain or renew a Washington Food Handler's Card in food science classes.

**Career Paths:** Food Science prepares students for careers in the hospitality and restaurant industry, home-based cooking/baking businesses, recipe developer, caterer, dietitian/nutritional consultant and home manager.

**Career Options:** Food and Beverage Serving and Related Workers \$31K, Waiters and Waitresses \$33K, Food Preparation Workers \$34K, Cooks \$35,760, Bakers \$36K, Chefs and Head Cooks \$60K, Family and Consumer Science Teacher (Food Science/Culinary Arts) \$62K, and Food Scientists \$78K.

**FCCLA Competitions:** Baking contests in the fall and spring semester, STAR Events competitions: Food Innovation, Nutrition and Wellness, Sports Nutrition, Baking and Pastry, Skill Demonstration Event: Culinary Food Art



## CTE Career Grad Pathway Spotlight



### Five Star Journal Contact Information:

Eisenhower High School  
C/O Five Star Journal  
611 S. 44th Ave  
Yakima, WA 98908

Phone: (509) 573-2600  
(509) 573-2640  
www.fivestarjournal.com  
Email: dewitt.duff@ysd7.org



Follow us on X for up to the minute news and scores from all Eisenhower High School events. @5starIKE



## Five Star Journal Staff



Annaka Yockey  
Editor in Chief



Lucas Stevens  
Sports Editor



Stormie Tabayoyon  
Opinion Editor



Yamilet Torres Santos  
A & E Editor



Angie Gonzalez  
Photo Editor



Catalina Armijo  
Writer



Ayden Bacon  
Writer



Britney Bloom  
Writer



Eternity Busick  
Writer



Vanessa Perez Cardenas  
Writer



Mackenzie Chouinard  
Writer



Dylan De Veaux  
Writer



Pepper Gilman  
Writer



Grace Hernandez  
Writer



Gladys Ibanez  
Writer



Adelaide Loeser  
Writer



Kimberley Martin  
Writer



Sofia Molnar  
Writer



Zeek Moreno  
Writer



Tatianna Ochoa  
Writer



Cheyenne Phillips  
Writer



Gabriela Price  
Writer



Sterling Robertson  
Writer



Mia Rodriguez  
Writer



Nicole Salamanca  
Writer



Michael Serna  
Writer



Tyler Stuewe  
Writer



Alexis Susterich  
Writer



Jaelynn Velazquez-Peral  
Writer



Savannah Webber  
Writer

# News

Editor: Annaka Yockey

## MR IKE: What Are You Most Looking Forward To?

Yamilet Torres Santos - Junior  
Five Star Journal

Although Mr. IKE only begins in early October, the organization overall helps raise awareness and donations for the Youth Works Foundation. Every year a miracle cadet is selected for Mr. IKE to represent and host events centered around the child. The miracle cadet will be revealed at the upcoming assembly on December 19th.



**Coordinator Ellie Suhm:**

I'm super excited for the pageant. Last year, my favorite part was the buddy segment, so my contestant got his younger sister to act like a dentist. It was so cute and I'm hoping Chris and I can top it with what we decide to do.

**Contestant Mauro Hernandez:**

I am looking forward to making new memories and having fun while also getting work done and learning more and more about this program.



**Coordinator Fabiola Morales:**

I'm excited to work alongside my contestant during all the events as we raise money for the Youth Works Foundation, and I can't wait to make new memories! I'm looking forward to seeing how our teamwork grows throughout Mr. IKE.

**Contestant Elias Diaz:**

What I'm looking forward to the most with my partner Fabiola is taking home that dub. And getting to know her better... I suppose.



**Coordinator Kayle Chandler:** I'm looking forward to working with Chava in the pageant, and other events such as the Mr. IKE vs Staff basketball game!

**Contestant Salvador Farias:**

I'm looking forward to having fun with everyone and having new experiences.



**Coordinator Zabella Hickenbottom:**

Mr. IKE is a one of a kind program that has allowed me to do amazing things and seeing how our efforts visibly change areas and put smiles on peoples faces make all of the time and effort worth it. As for my team, I am beyond excited to be working with Elijah! He is a super hard worker and a super fun person to be around!

**Contestant Elijah Macias-Hernandez:**

While I look forward to making memories or bonding with the other contestants. I'm really excited to see the impact Mr. IKE will make in our community.



**Coordinator Zoie Sappenfield:**

I'm looking forward to all of the events to raise money and to getting to know our

team. I'm excited to rehearse the pageant with my partner.

**Contestant Juvenal Valdovinos:**

We are truly excited to be part of Mr. Ike's team and to work with such amazing people. We are really looking forward to the pageant and the games. They sound like they will be an incredible amount of fun!

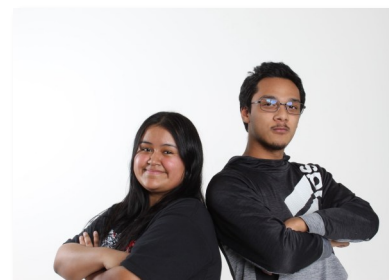


**Coordinator Aly Allen:**

I'm really looking forward to spending time with the other coordinators and getting to know them better as well as my partner Tyler. I'm really excited to work with him, and just really excited to see how much money we can raise this year!

**Contestant Tyler Stuewe:**

I'm looking forward to getting to know and building a relationship with my coordinator.



**Coordinator Yamilet Torres:**

As it's my first year, I'm looking forward to getting to know my partner but also working with him to fundraise for money supporting our miracle cadet!

**Contestant Trent Toki-Pati:** The most exciting thing I like about Mr. Ike is the fundraisers and events how we'll be donating for kids in special needs and the activities we'll be doing because I think they are all very fun especially the group of people I am with, I'm also very excited who will be Mr. Ike



**Coordinator Savannah Webber:**

I am looking forward to getting to know my partner more. And I am also looking forward to doing fundraisers with my partner Jorge.

**Contestant Jorge Hernandez:**

I'm looking forward to having fun and raising awareness as a part of Mr. IKE. I hope me and my partner Savannah make it a very memorable year.



**Coordinator Luz Leyva:**

I'm looking forward to all the fun activities we get to do and bonding with Noe my partner!

**Contestant Noe Maceda:**

I am looking forward to helping out and making an impact in our community.



**Coordinator Irene Pina:** I am looking forward to getting to know him better and creating a better bond.

**Contestant Vincent York:** I look forward to raising money for a good cause. I am looking forward to fundraising with Irene for my community. I am also excited to meet new people!

# News

Editor: Annaka Yockey

## Link Crew



Gladys Ibanez - Senior  
Five Star Journal

Sometimes you wonder what really happens behind the scenes when we get our yearbooks and newspapers for free. Where do we get the money from? Who fundraises the money? Link Crew is your dude! Today on Spotlight, the club, I'll be interviewing Link Crew's president, Angie Gonzalez.

### What is Link Crew?

Link Crew starts off the year by focusing on the incoming freshman and their transition from middle to high School. "That's one of our main priorities, and after that, we just fundraise for our students." They don't just focus on the freshman; they also fundraise for our Ike shirts, yearbooks, clubs, and newspapers!

### What's your goal?

Raising money so that books, shirts, and newspapers are free for our students is a top goal of Link Crew. "Being able to give something our students can keep about their high School experience without them having to pay for it, honestly, is a goal I want this club to achieve." Giving back to our students and giving them something to remember all 4 years of their high School experience is fantastic. Not every School offers these opportunities to give back without paying extra. It's great knowing the crew behind this hard work!

### Why should you join?

This class mainly focuses on helping fresh-

men, but it's also a fantastic opportunity to branch out and meet new people. You get to help out at freshmen orientation, pass out Ike shirts, and more! It's a fun class to be in, and you just get to know different people from different grades. They all come together to help our School and support our students and clubs with what is needed.

### What do you look forward to this year?

We have everything we need for the upcoming class. Our class is full of seniors, and I hope to leave something for next year's seniors." Setting goals and hoping to achieve them is hard, especially with a big class with amazing people willing to help our cadet community. It's essential to leave a good mark so the next generation can enjoy it and, hopefully, achieve greater things. "I want to leave the club in a good spot so next year's students have a good sense of security in this crew."

Thank Angie and Link Crew for everything you do! It's amazing knowing there's a crew behind our yearbooks and more. If you want to try new things or just have fun by helping out our School community, join Link Crew!

## News



## Voter Registration Will be a Challenge in Passing the Bond

Adelaide Loeser - Senior  
Five Star Journal

Voter turnout in Yakima County is notoriously low. Voting numbers have been trending downward over the past four years, with the last primary election in Yakima County seeing only 16.38% turnout, compared to 2021's 21.24%. The Yakima School District set a goal to pass a new bond measure to rebuild two elementary schools, update playgrounds, and make sports-related upgrades and improvements at the high schools. To pass the bond, Yakima needs a 60% supermajority. This may be a challenge.

Dr. Greene, the Yakima School District Superintendent, recently held a press conference with Mr. DeWitt's journalism class to share information about the bond. He seemed to have high hopes of the bond passing, mainly because Yakima hasn't proposed a bond

since 2006. Almost every other district in Washington has proposed a bond, though not all have passed. Yakima is unique in that it hasn't had a proposed bond this cycle, and he hopes Yakima citizens recognize this and are more willing to pass the bond.

However, there are concerns about its success, as Yakima residents tend not to vote for measures that increase costs; in this case, the average homeowner would pay an additional \$20.50 per month. Recently, a levy failed to pass, and Yakima city citizens would have had to pay \$2.46 per thousand rather than \$1.84 per thousand. The most recent bond, proposed in 2006, failed, was redrafted, cut twice, and passed in 2009. Dr. Greene hopes Yakima citizens will recognize the School District's need for the bond and that it outweighs the amount the district is requesting.

Dr. Greene says he plans to promote the bond in the community by sharing strictly fac-

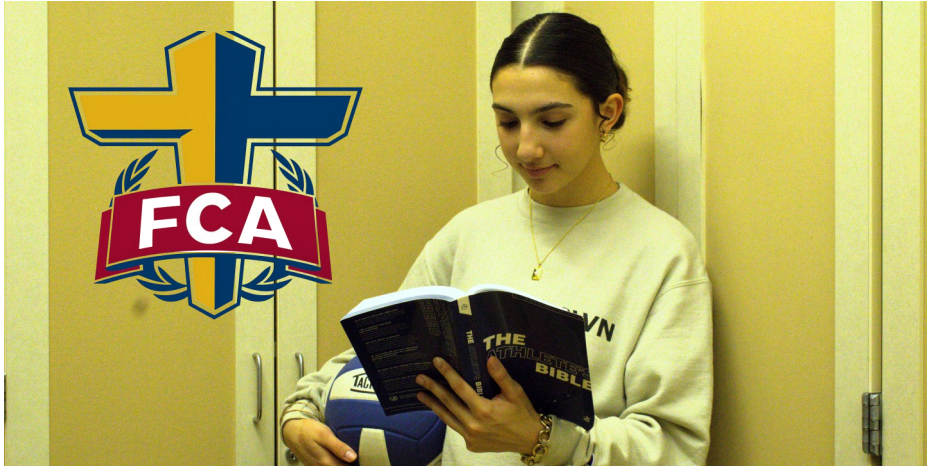
tual information. While he cannot tell you how to vote, he does encourage the community to consider the pros and potential cons that will be shared. He believes there will be citizen groups for or against the bond, and that these groups will spread the word and encourage people to vote.



# News

Editor: Annaka Yockey

## FCA: Fellowship of Christian Athletes



Nicole Salamanca - Sophomore  
**Five Star Journal**

“With God all things are possible”  
- Matthew 19:26.

Even if you aren’t Christian, there is a high possibility that you have seen “quotes” like this in many places. They may have resonated with you even if you don’t

know where they came from. Not all of them may seem directly Christian and could just seem like good advice, but they all come from one place: the Bible. . Even if you aren’t currently Christian or are sure you want to convert. Maybe you just have some questions, that is what FCA is for.

As you read the Bible, you will realize that God is directly corre-

lated to everything taught in the Bible to better your life. Sure, you can follow his rules without following him, but what’s the harm in doing both? Taking ten minutes out of your day to pray, go to church, and follow the Bible. Studies show that reading alone can improve your mental health, sleep quality, and overall happiness. Now, what if you read a book that teaches you life lessons, helping you grow as a person and in your faith?

Now, if you are an athlete, you know better than anyone how easy it is to compare yourself to others, play for pride, play with anger, and get in your own head. These are all either sins or gateways to sins. We need more tools than the average person to avoid these constant obstacles. What better tool than having an all-loving God in your corner, guiding and backing

you your whole life? Even if he isn’t what you want right now, his Word could help you just as much as himself.

Many of the people reading this may not be Christian, but you don’t have to be. To be part of FCA, you just have to be interested. Maybe you just want to learn a little bit about God, or perhaps even just some ways to handle situations better. Forcing people into a faith is never our goal; we just want to provide the opportunity to learn a little more about God or to grow in one’s faith.

Every other Monday in room 501 (Ms. Vanbeek’s room), you have the opportunity to meet and gather with like-minded individuals. You can hear stories, talk about life, and meet people who may struggle just like you. You don’t have to be Christian, but do be open-minded. FCA is a place where we will take you as you are and grow along with you, and you will never have to go through it alone.

## News

## Costume Club

Gabriela Price - Junior  
**Five Star Journal**

Olive Ziegler, president and founder of the Costume Club, explains what her club is and its impact in the community. The costume club creates, designs, and makes clothes. It meets on Tuesdays and Thursdays directly after school in DeWitt’s classroom (310), but they are also working on the weekends at Yakima Maker Space.

The club is all about teamwork, creativity, and the wide range of projects they are able to take on together. The most interesting thing about the club is the array of people and interests that range from cosplay to simple sewing. I then asked Olive what sets their club apart

from the others here at IKE and then a hypothetical fun question about budget.

The club has a very wide variety of interests that can all be transferred into creativity and projects. If this club had an unlimited budget and could do whatever they wanted, they would start with supplies and a sewing machine, then get a clothes rack and mannequins, but they said they would save the rest for future projects.

All in all, the club is very creative and they focus on making art. Making and designing clothes in and of itself is really an art that people don’t appreciate as much as they should. I want to bring attention to the art factors because yes, some people just see clothes as clothes but, this club does not, they see their finished projects like a painter looks at a completed canvas. Sewing and designing clothes is a lost art that they are trying to share and bring more attention to.



# Sports

Editor: Lucas Stevens

## Soccer Seasons Ends in Playoffs, but the Future is Bright!

Zeek Moreno - Senior  
Five Star Journal

Our Eisenhower soccer team has so much talent in EVERY position on the field, they have put in so much work that was unseen by a lot of people, on the field and off the field! They are a young team with only one senior graduating being Captain Laurel Downes.

They placed 3rd in our Columbia Basin Big Nine conference, which is a step up from last year where they placed 5th. Being that they

placed 3rd this year, means they were just short of being in the district championship, so they played Sunnyside on November 11th and they won 2-0! Then they played Moses Lake on November 6th with our cadets barely falling short of the victory 0-1.

This devastating loss is only going to fuel them to become even better in the offseason. Even though the season didn't end the way they wanted it to, they still did amazing this year and are looking forward to working in the offseason to be even better next year. Once

again we are so proud of our Cadet soccer team for the awesome season this year.



## Sports

## Volleyball Ends 9 Year Streak

Pepper Gilman - Junior  
Five Star Journal

The Eisenhower Cadets volleyball team made school history, defeating the Moses Lake Mavericks 3-0, pushing their way into the district tournament for the first time in nearly a decade. The victory marks the cadets first win over Moses lake in nine years. A milestone that energized the players, coaches, and fans throughout the gym.

From the opening serve the cadets played with confidence and urgency, controlling the pace on the court and keeping the pressure on the Mavericks, strong communication, consistent serves, and aggressive net play helped Eisenhower take all three sets without giving Moses lake a chance to swing for momentum.

Players described the win as both emotional and motivating, especially knowing how long it had been since Eisenhower last came out on top against Moses lake. The sweep not only broke a years-long streak but also secured the Cadets a spot in the district tournament, a major step forward!



## Back to Districts

Cheyenne Phillips - Junior  
Five Star Journal

Our very own lady cadets made it to districts after a Nine-Year Drought! The cadets secured their spot in the district tournament after they swept the Moses Lake Mavericks for the first time in 9 years.

After a season of hard work, teamwork, and determination they met their goal for the season. The long road to districts was not easy, they faced tough competition and had to overcome many challenges and obstacles as a team but also individually. But through it all they managed to come together and focus on their goal, making it to districts and learning to play as a team and not individuals. With the major leadership roles modeled by their seniors, and the energy of the team, it created an unstoppable dynamic on the court.

Making it to the first round of districts was a huge accomplishment in itself, while unfortunately our Cadets did not make it past the first round, they put up a fight and took the first set from the West Valley Rams. The Rams took the

next 3 sets, but not easily, they put up a fight till the very end.

The players demonstrated incredible heart and determination and gave their all to every point. Making it to the district tournament has been a goal for our lady cadet volleyball team for a very long time and even though they didn't make it very far, they are still very proud of themselves and each other for this accomplishment. Some of our Eisenhower students came to support our volleyball team in Wenatchee, their support and school spirit meant a lot to the players and helped them push themselves for the win and that 2nd round spot in the tournament.

The team had 6 seniors and while that will change the dynamic of the team next season with them gone, there are many juniors ready to step up and take leadership of the team. While they were disappointed with the outcome, they know that this experience will spark high hopes for next year and we are all excited to see what they will accomplish next season.



# Sports

Editor: Editor: Lucas Stevens

## Antonio Castillo Talks Wrestling, Wins, and Motivation



Pepper Gilman - Junior  
Five Star Journal

Eisenhower wrestler Antonio Castillo sat down to discuss how his season is going so far and what keeps him motivated. Antonio kept it

straightforward, giving simple but strong answers about wrestling, teamwork, and what he is looking forward to accomplishing next. When I asked Antonio how the season has been so far, he said, "The season's been going really well." He explained that winning his latest tournament gave him a lot of confidence. "Winning my most recent tournament gave me a big confidence boost," he said. He also talked about how the whole team is getting better every week and learning how to push themselves harder.

Antonio was also asked how the team is doing overall, and he said, "As a team, we are focused on building consistency, working harder in the room, and showing up strong at districts." He said the team chemistry is one of the best parts of being in the wrestling room. "Our team chemistry is solid, we push each other a lot and really sharpen each other up." According to him, everyone on the team is eager to improve, which makes practice competitive but fun. I also asked Antonio who pushes him the hardest, and he said, "Probably one of my teammates who wrestles close to my weight class. We practice together a lot, and they never let me take an easy day; they keep me sharp." He said that having someone close to his skill level keeps him on his toes and

makes him better every single practice.

On the personal side, I asked Antonio what the toughest part of wrestling is. He told me, "Honestly, the hardest part is the mental side. Staying disciplined with weight, training, and mindset can be tougher than any match." He shares that wrestling isn't just physical and that it takes a lot of focus to stay steady throughout the whole season. I then asked what motivates him the most, and he said, "Remembering last year's state run motivates me a lot. I know what it feels like to be on that stage, and I want to get back there and do even better." He said that experience made him hungry to improve and push himself. Antonio also shared his proudest wrestling achievements. "Winning my most recent tournament is definitely up there," he said, "but going to state last year is definitely my proudest moment. It proved to me that all the work I put in is paying off."

With a strong mindset, strong team support, and upcoming accomplishments, Antonio Castillo continues to push himself. His hard work shows he isn't just wrestling to win but also to grow, and the way he talks about wrestling makes it clear this season is only the beginning of what he plans to do.

## Sports



Catalina Armijo - Junior  
Five Star Journal

On a Friday night to remember, Eisenhower ASB hosted what is set to become an annual

tradition. It was the opening of Eisenhower High School's Machoman Volleyball Tournament! In a spirited display of community support and athletes' help, Eisenhower High School hosted a fundraising volleyball tournament to support our school's ASB program.

This event was held between the fall and winter sports and included participation from the school's athletic teams and a community event. The teams involved were boys' sports teams: basketball, football, cross-country, baseball, soccer, and a non-sports team. Everyone gathered together to strive for the coveted title while contributing to something bigger.

The tournament featured a series of exciting matches, with every team showcasing skills that carry over from one sport to another, as well as teamwork. Beyond the competition,

the event held a strong sense of camaraderie among all participants and a large number of students attended to support. These teams were coached by members of the Girls Varsity Volleyball team, who contributed their time and effort to helping their respective teams.

The ASB organizers refereed the games and showed their gratitude with overwhelming support. I thought it was very heartwarming to see the community come together for the school-related event. Ms. Skiles played a vital role in coordinating all of their efforts and overseeing the event's preparations. The tournament's success was matched by the community's commitment to supporting the school's environment and embracing school spirit. We look forward to the next hosted event such as this one!

# Sports

Editor: Lucas Stevens

## Girls Basketball: New Coach, New Season



Catalina Armijo - Junior  
**Five Star Journal**

This Winter Girls' Basketball season has just begun! This season, we are seeing new faces across the coaching staff, players, and stands. Every game means something to each player; they give each game their all and leave it all on the court. The teams count on determination, focus on growth, and unity to strive for a larger cause. In both practice and competitive games, our players embrace the season's challenges and push themselves to improve individually and as a team.

One of the most significant changes this year has been the arrival of a new head coach, whose impact on the program continues to improve. Coach Brian Cliett had previously

coached the Girls' JV Basketball team for years, and he quickly stepped up and became a pivotal role in the school's basketball program. He not only aims to develop better basketball players, but also strives to continue developing them as better people. More on the coaching staff: Coach Rodrick Greggs, Coach Drew Harris, and Coach Jordy give their all to the program and continue to relentlessly show their support, offer smart ideas and game plans, and coach the girls to reach their full potential. Based on Coach Brian's confidence and enthusiasm for this year, he quickly set a clear vision for the team focused on discipline, teamwork, and effort. His coaching style emphasizes team unity, strong defense, and being smart with every decision made. Basketball IQ plays a significant role in helping players develop, showcase their skills, and better understand the game. Beyond strategy, he has built strong relationships with the athletes by treating them like family and encouraging open communication. All together fostering a supportive, hardworking, and loving environment where everyone feels valued.

In the past week, the Eisenhower Varsity Girls Basketball team has played two league games—one against the Davis Pirates and the other against the Moses Lake Mavericks. The

outcome of the games shows our Girls' Basketball Eisenhower Cadets are 1-1 in the BIG 9 league. Despite losing to the Davis Pirates, the #1 team in the state last year, our Cadets showed resilience in the first half. Keeping the score 26-20 by halftime. The next day featured a game against Moses Lake High School, which ended in a victory for the Cadets. This year, the coaching staff is more tuned in and focused on building the competitive aspect of the game while pushing players to give their best every day. The coach's belief in the program has inspired confidence in the athletes, motivating them to work harder and trust one another on the court. This renewed mindset is already evident in games, with improved teamwork, greater hustle, and a more resilient approach to tough opponents.

As the season progresses, excitement continues to grow among players, coaches, and fans. With each game and practice, the team gains experience and confidence, building momentum toward its goals. No opportunities are being wasted when everything is a learning experience. Every mistake and every good decision will only continue to help each player grow and flourish. There is a strong sense of optimism surrounding the program.

## Sports

## Eisenhower Dance Team

Savannah Webber - Junior  
**Five Star Journal**

On November 22, 2025, our Eisenhower Dance Team competed in its first dance competition of the season. The competition took place at Richland High School, with teams including Pasco, Hanford, Chiawana, Southridge, Sageview, Walla Walla, Kamiakin, and Sunnyside in attendance.

The girls competed in JV pom, Varsity pom, and Varsity hip hop. It was a long, tiring day for the lady Cadets. During the awards, the Cadets earned 1st place

for JV pom, 3rd place for Varsity pom, and one more award for the best costumes in the competition.

Not only did Varsity pom place 3rd overall in the competition, but they also scored high enough to secure their spots in districts, which is an impressive accomplishment.

We are so proud of our Eisenhower Dance team, and we're excited to see what else they achieve in their upcoming competitions. Their next competition will be on December 13 at Ferris High School in Spokane.

I can't wait to see what this fantastic group of girls accomplishes in this next competition.

Let's give it up one last time for the Eisenhower dance team for their amazing performances in their first competition of the season. Go! Fight! Win! Cadets!



# Opinion

Editor: Stormie Tabayoyon

## Storm Cast Advice: Winter Storm Warning!



### If you don't have gloves to warm your hands, what are some great alternatives?

Some great alternatives to gloves is hand warmers or your pockets! If you really want gloves though, check out the Cadet Closet!

### What should I do if I always put a lot of effort into a certain friends gifts for birthdays and holidays but they barely put any effort into my gifts and sometimes even just forget?

Its better to have a conversation. Some people don't understand the concept of do what you want done for you. A conversation is difficult but needed when you feel there is a lack of effort in any form.

### What club should I join for fun ?

Some really fun clubs to join are environmental club, speech

and debate, DECA, FCCLA, art club, ASL club, photography club, and drama club. I highly recommend seeking out a list of advisors and finding what interests you!

### Tell me different ways to cheat on all of my US history tests.

Some good ways to cheat on your history test is getting a notebook and writing down everything the teacher says is going to be on the quiz. Then maybe go to the library and read books on the subjects. Look over your notes you have for the quiz throughout the week and do some cramming during passing. Then put your notebook in your backpack and complete your quiz!

### Ways to get better when your sick and everything is making you mad .

I highly recommend taking Mucinex for colds and flu. Specifically the honey one. Then you can drink a medicine bowl from

Starbucks and ginger ale. Eat chicken noodle soup and put on Vicks vapor rub. I also recommend drinking plenty of water and getting plenty of rest. Do not show up to school sick!!!

### How do I put together a cool, niche fit for a holiday party?

Use the point system! Provide points for each article of clothing you put on. From socks to your jewelry. I have a personal love for santa hats during the winter time. They give you enough holiday cheer without too much effort.

### Bet on red or black?

Bet it all on black, like batman.

### I'm starting to like this girl but she is severely out of my league. Additionally, I don't see myself trying to continue a relationship after high school because distance sucks. What should I do?

You'll never know if you don't shoot your shot. I understand the idea of long distance sucks, but even if you meet the right person in college, they're bound to be from that state or out of state. You can't assure that you'll have enough money after to college to stay there or move to where they're from or you go back home. No matter what you'll have a form of long distance. It's better to shoot your shot then hide from it.

### How to deal with the CRIPLING PAIN of FOMO?

It's best to just go do things. There's plenty to do at school. If you have the time then you should do something. FOMO only exists

cause you're not involved enough or you don't keep connections.

### How do I move on from the crippling guilt of my past?

You don't. Its as simple and difficult as that. Guilt stays with you unless you make amends or go to therapy. Other than that, you keep it.

### What are the best card shops in town.

My favorite place in town to go are Ron's, Kyro's, and North Town. They all have very nice and welcoming staff and are all local!

### Where are the best places to go on a first date?

Depends. If you have the money, you can go somewhere fancy like Waterfire. If you're balling on a budget, restraint, wise, go to Red Robin, or you could walk the mall to get an idea of what they like!

### Should I attend after school tutoring?

I highly recommend going to tutoring. It can be highly informative even if you sort of understand the subject!

### What is the best school food?

Definitely the warm ham and cheese sandwich they occasionally have.

Scan the code and ask for some advice! Stormie has your back!



## Opinion

Editor: Stormie Tabayoyon

# The Death of Boredom

Eternity Busick - Senior  
Five Star Journal

When was the last time you were truly bored? Not “waiting for Wi-Fi to connect” bored. Not “my friend hasn’t texted back in six minutes” bored. I mean the kind of boredom where you’re forced to just sit with your own thoughts, stare out a window, and let your brain wander wherever it wants. If you’re like most people, you probably can’t remember.

Boredom used to be a normal part of life. It happened in car rides, in waiting rooms, in those quiet few minutes before bed. Now those empty spaces have vanished. They’ve been filled, over-stuffed really, with an endless stream of content, stimulation, notifications, and noise. And we’ve gotten so used to it that a silent moment almost feels like a glitch. We don’t fear boredom because it’s unpleasant. We fear it because it feels unproductive. We have trained ourselves to think that every second must be filled with something; scrolling, checking, refreshing, consuming. The moment our minds start to drift, we yank them back with a screen.

But perhaps boredom isn’t the enemy. Maybe it’s the engine. We have rewired our-



selves to panic in the silent moments. Stillness starts to feel unnatural, something that we rush to fill: a phone out during a 10-second elevator ride, a podcast blasting just to walk 30 feet, or a TikTok auto-playing in the background for no reason at all. We’re uncomfortable without stimulation because our brains have adapted to expect constant dopamine hits. A sort of permanent FOMO.

This isn’t an accident; it’s good for business. Tech companies make billions from our attention, and boredom is the enemy of engagement. The more empty moments they eliminate, the more opportunities they have to capture our focus. Every ping, scroll, or autoplay is designed to keep us from slipping into mental stillness where we step away and think. We didn’t lose boredom on our own, it

was taken from us. And we’re paying for it. When life becomes nonstop stimulation, something strange happens: our minds stop being able to rest. Or think deeply. Or reflect. Or imagine. We’re slowly but surely becoming a generation that’s always entertained yet chronically overstimulated. Constantly connected, yet mentally exhausted. Rarely bored; rarely inspired.

Maybe the answer isn’t more noise, but less. What if boredom isn’t a sign that something is wrong, but a sign that something important is about to happen? What if the quiet moments, the awkward, slow, uncomfortable ones, are exactly where our minds should go in order to recover, recharge and create? We don’t need to delete our apps or throw our phones into a lake. But maybe there are tiny ways that we as a society can reclaim boredom. Next time you go on a walk, leave your earbuds at home. When you get up in the morning, get ready before you look at your phone. Let yourself stare at a ceiling once in a while. Not for productivity or a trend, just so your brain has a period of time to breathe.

Boredom isn’t a flaw in our modern world. It might just be the part we’re missing the most.

## Opinion

### Christmas Decorations at School

Vanessa Cardenas Perez - Junior  
Five Star Journal

Christmas decorations at school are an important tradition because they create a joyful and welcoming atmosphere for all students. When the hallways and classrooms are filled with lights, garlands, and decorated trees, the school feels warmer and more festive, which helps motivate us during a time when we are also facing exams and final projects. Furthermore, the decorations not only represent the celebration of Christmas but also the unity of the school community. By participating in put-

ting up the decorations, students and teachers share a moment of collaboration that strengthens the sense of belonging. It’s an opportunity for each group to contribute their creativity, whether with crafts, posters, or small details that reflect the cultural diversity of the school.

However, I also believe it’s important that the decorations be inclusive. Not all students celebrate Christmas in the same way, and some may have other traditions. Therefore, it would be positive for the school to combine Christmas symbols with winter elements or elements from other holidays, so that everyone feels represented and respected.

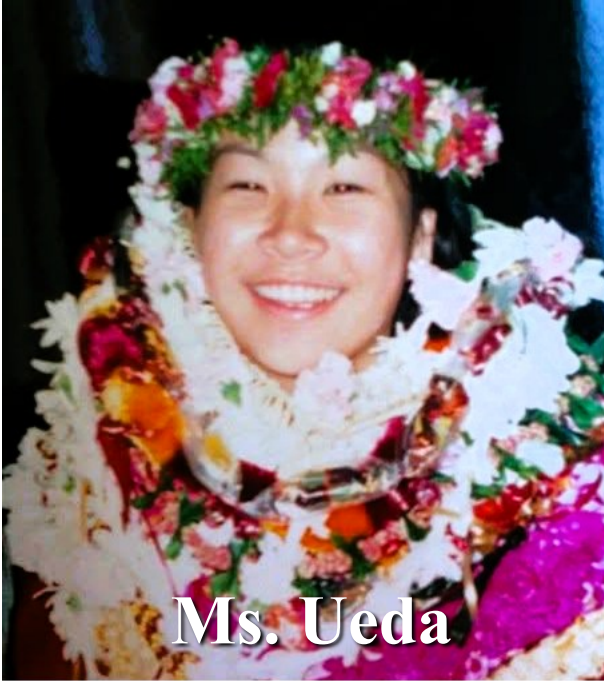
Christmas decorations at school are more than just ornaments: they are a symbol of joy, unity, and creativity. If done inclusively, they can become an experience that strengthens the school community and allows everyone to enjoy this special season.



# Opinion

Editor: Stormie Tabayoyon

## Back When I was in High School...



Ms. Ueda

### What is one thing you'd tell your senior self?

To cherish the time spent with my classmates over the years, expand my friendship circle to be more inclusive, spend more time finding scholarships, and don't rush wanting to be an "adult".

### What is your biggest regret senior year?

My biggest regret senior year is probably not playing the sports I wanted to try because I was too afraid to. I also regret not spending more time with my classmates as I was so eager to graduate and go to college. I didn't take the time to really soak in my last year before adulthood because working after graduation and during college was a challenge that I'd have traded to go back to senior year.

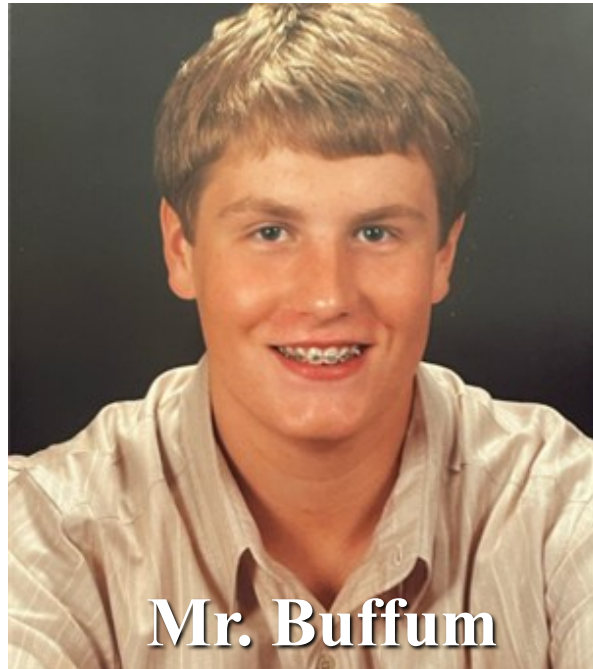
### What was your favorite part of high school?

My favorite part of high school was joining various sports, clubs, and committees (Prom, Japanese Club, Student Council, etc). I was able to do an exchange to Japan for 3 weeks before graduation and it was such a fun experience to have with my classmates and my teachers. Since we were on block schedules, I got to take some unique classes where we would play pool or shoot darts in PE class, or

go tide pooling or ride a submarine for Marine Science. I went to a small private school in Hawaii, my graduating class was 112 students and most of us had been together since kindergarten so the memories we created as a class will be remembered forever.

### Is there any advice you would give seniors?

Those senior events, go to them! You will never get to experience them again. Try that thing you thought about trying because you never know what you'll discover about yourself. Most importantly, do not care what others think about you because in this big game of life, you are likely to rarely see them again once you graduate and start your careers. Don't let those intrusive thoughts stifle your experiences and personal growth.



Mr. Buffum

### What is one thing you'd tell your senior self?

It gets better. There's more opportunities over time, so try and get as many experiences as possible. Try to connect with a wide variety of people.

### What is your biggest regret senior year?

I always showed up late. I had some injuries in my sport at the time that slowed me down a

bit. I wish I experienced my Senior year a bit more. My regrets come from my Junior and Sophomore years. I kind of locked myself down and didn't connect with people as much. Senior year, common regrets that I see is people isolating themselves to one group of people. I did this too. People latching onto others, specifically their boyfriends or girlfriends. They hang out with them but no one else. You tend to miss out on connections with other people.

### What was your favorite part of high school?

My favorite part was class with teachers I highly respected. Ones who led discussions and didn't run everything. The ones who allowed me to have higher level discussions with people who were interesting and different from me. That's what got me going to class. I never skipped class, but some classes I'd be more excited for. I couldn't do the regular repetition of read this and this. My adhd would be shot and I'd struggle to find ways to entertain myself. I also took a lot of fun classes like shop and pottery. I had a lot of credits so I just kept taking the fun classes. I helped build a canoe, that was pretty cool. I built cutting boards and sold them in farmers markets. I like building stuff, doing stuff, and talking to people. Taking those classes got me into sports med.

### Is there any advice you would give seniors?

One of the hardest the hardest things for seniors lately is that when they finish their credits, they just want to be done. They want to start later, leave earlier. There's no other time in your life where you'll have a structured experience. Take the class that's weird that you're kind of interested in. Try something different because after this you pay for everything.

**Attention Eisenhower Staff!**

**Want to be the next teacher featured?**

**Contact Stormie at**

**[tabayoyon21957@ysd7.org](mailto:tabayoyon21957@ysd7.org)**

# Opinion

Editor: Stormie Tabayoyon

## More Than a Fan: The Psychology of Parasocial Relationships



Eternity Busick - Senior  
Five Star Journal

In an era dominated by influencers and constant online presence, many teenagers have developed a strikingly personal sense of connection with people they only encounter through their screens. These one-sided emotional bonds, called parasocial relationships, are now a defining feature of modern adolescence. Psychologists say that they even reveal as much about us as they do about the media we consume.

Parasocial relationships were first identified in the 1950s, but today's platforms amplify them in ways that earlier researchers never could have im-

agined. Instead of watching a weekly television host, teens spend hours with creators who share daily routines, vulnerable confessions, and moments that tend to feel extremely intimate. When someone appears on your phone every day, breaking the fourth wall and speaking like a friend, your brain responds as if the interaction is reciprocal, even though it isn't.

For many young people, these bonds serve real psychological functions. Adolescence is a period of finding your identity, and creators can often feel like role models or companions during that process. Some viewers turn to a favorite streamer for comfort during stressful times; others find inspiration in a musician's confidence or an athlete's discipline. In some ways, these connections even help reduce the overall feelings of loneliness. The appeal is understandable: parasocial relationships offer stability and closeness without the risk of conflict or rejection.

However, the same qualities that make these bonds comfortable can also make them really complicated. Because creators carefully curate what they share, viewers may end up comparing their real-world friendships to idealized online personas that they witness on social media. When

emotional investment becomes a little too strong, teens may start to prioritize a creator's presence over school, sleep, or relationships that are actually real and involve more mutual communication. And because influencer culture often blends a mix of personal storytelling with branding, it can make it difficult to tell where genuine openness ends and marketing begins.

Still, parasocial relationships aren't inherently unhealthy. The key, many psychologists note, is awareness. It is possible to admire and appreciate a creator and their presence online without mistaking the connection for a two-way relationship. Healthy engagement means enjoying the content, recognizing what is curated, and making sure that online connections enhance, rather than replace, the relationships you have offline.

Ultimately, parasocial relationships reflect how deeply digital life has become intertwined with emotional life. They can be comforting, motivating, and surprisingly meaningful. Understanding the psychology behind them can allow teens and people with online habits in general to navigate social media more intentionally and protect the important relationships that matter most: the ones grounded in the real world.

## Opinion



## Burnout: Hiding in Plain Sight



Nicole Salamanca - Sophomore  
Five Star Journal

Millions of kids complain about how tired they are every day. Adults label it laziness, but it could be something else entirely. As I write this, I have about 10 minutes until my third practice of the day. I'm also staring at a checklist of eight assignments, all due tomorrow. I will probably stay up until 3am, getting all my work done, and then get up at 5am to work out.

Thousands of kids do this every day—but at what costs?

With no single statistic fully capturing the effects of burnout or how far it has spread, it is clear that many people suffer from it. It could also be confused with depression, anxiety, and ADHD. They all share overlapping symptoms, but burnout can be short-term or long-term. Burnout could be a gateway to more severe mental conditions as well, like depression.

Some physical effects can include fatigue, a weakened immune system, heart issues, and increased blood pressure. These could all develop into more serious medical problems. The mental effects could include detachment, anger, irritability, anxiety, and loss of motivation. As it continues, it becomes a vicious cycle that gets

harder and harder to break.

For the longest time, I didn't believe stress could impact your wellbeing; actually, I still don't. People blame stress for their own laziness, and it has never made sense to me. Yet, as I get older, I've begun to realize that stress impacts people in different ways. You could simply have a moment of hopelessness or live in a constant state of hesitation. Both could be due to stress, and both could terrify you.

Stress could be the cause of some of the scariest moments in your life. An anxiety attack could live in the back of your mind forever, and people could dismiss it as dramatic. The severity of stress seems to be constantly downplayed, making mental conditions like burnout and depression seem unimportant.

If you are the one experiencing it, though, it seems very real. You might think you are stuck like this forever,

or that there is something wrong with you. There isn't, though. You just need to have some solutions when it gets too much to bear.

For burnout, prioritizing your well-being can be a huge help. This could be by making sure you get enough sleep, eating enough healthy food, and balancing your time. All of these could help maintain your symptoms and your health. If you can do these early on, you could also prevent more dangerous health conditions from developing.

Burnout can be a serious condition. While people may downplay it, this can be very harmful to the victim. It can lead to more serious health concerns, ones that people would have to take seriously. This was a small sample of what burnout is, and there is so much more to learn about it. Especially as students, we need to be aware of concerns like this, because it could very well be happening to you.

# Arts & Entertainment

Editor: Yamilet Torres Santos

## Holiday Dinner Concert



Gladys Ibanez - Senior  
Five Star Journal

Some people pass the gravy, we pass the mic. Eisenhower's holiday dinner is festive and full of holiday spirit. Our orchestra, choir, and jazz band play live music while you eat! Who wouldn't want live music while eating? Not only is the live music lifting your holiday spirit, but there are desserts to auction off and more! Cookies, cake, themed gift baskets, and more for you and your family.

The evening was organized to help fundraise for future trips and events for our entire music program! We also support our talented students and the work they put into learning this music.

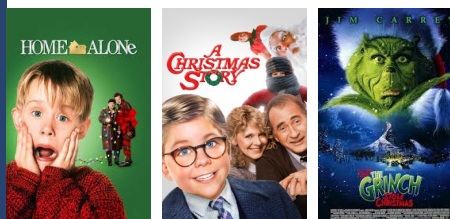
This dinner is a memorable yet fulfilling moment for those who could attend. It was full of good memories and lighthearted music.

The dessert dash and silent auction helped raise hundreds of dollars to enhance our students' future experiences at Ike.

Thank you to everyone who came and supported these amazing, talented students!



## Holiday Movie Magic



Cheyenne Phillips—Junior  
Five Star Journal

As the holiday season approaches, students and families are looking forward to cozy movie nights featuring classic holiday films. Holiday movies have a unique ability to transport us to a world of magic, fantasy, and heartwarming stories. But there is something about these movies that makes them feel so cozy and magical.

One of the key ingredients in these movies is nostalgia; many Christmas and holiday movies are wrapped in tradition and have a way of reminding us of our childhood, and make people feel happy and excited for the holidays. Whether you watch the classics such as "Home Alone" or "A Christmas Story" or

simply the Hallmark Channel, it always has a way of making people feel cheerful and ready for the excitement of the holidays. They allow us to escape and relive the joy of Christmas cheer and magic with fun, love stories, or even just funny movies like "The Grinch".

The best nights are when your family sits down together to watch a good holiday movie, enjoys each other in the comfort of your own home, and the Christmas spirit fills the air.

These movies typically focus on themes such as love, kindness, and generosity, and the characters often learn valuable lessons about the importance of family and giving back. Holiday movies are such a fun way to connect with family and friends, and they remind us that true holiday spirit comes from the connections we share with others.

Classic Christmas movies are something that can never be outdated or forgotten; you grow up with them, and they always give you that sense of nostalgia and happiness.

## Arts & Entertainment



Alexas Susterich - Junior  
Five Star Journal

The Musical preparations have already started for the spring musi-

cal. What has happened, and who was cast? The auditions for The Big Fish musical took place on Wednesday, the 3rd, and Thursday, the 4th. Here is a brief summary of the play: "Big Fish" tells the story of Edward Bloom, a man known for his tall tales, and his strained relation-

ship with his son, Will. As Edward nears the end of his life, Will seeks to understand the truth behind his father's fantastical stories and uncover a long-held family

secret. There are many parts of this musical, and I interviewed Mr. Clark about it.

When asked, what were the parts in the Musical that people were auditioning for? He replied, "There were a lot of roles to audition for, such as Edward Bloom, Amos Calloway, etc." When asked, What were you looking for in the people who auditioned? He replied, "When students audition, they are asked to show strong singing, dancing, and acting abilities when auditioning for leads. We also look at work ethic, attendance, discipline concerns, etc."

When asked, who got what parts? He replied, "Main Leads:

Vincent York as Edward Bloom, Aleah Nobbs as Sandra Bloom, and Trent Toki as Will Bloom, Supporting: Katie Fure as Josephine, Dante Douthit as Karl, and Daniel Garcia as Amos, etc." When asked, When do preparations for the musical start? He replied, "We start right away with rehearsals until opening night on March 19. Three hours a day, five days a week." The actors will bring the musical to life in the springtime through props, costumes, set design, music, and strong acting and voices.

**March 5, 6, 7, 12, 13, 14**

# Arts & Entertainment

Editor: Yamilet Torres Santos

## The Crucible



Alexas Susterich - Junior  
**Five Star Journal**

The Drama class has been working on putting together The Crucible for the school, and it was shown on Thursday, the 13th, through to Saturday, the 15th. The nerves and excitement were in the air as the actors and actresses prepared to put on a show for the audience. Thursday 13th: The Cruci-

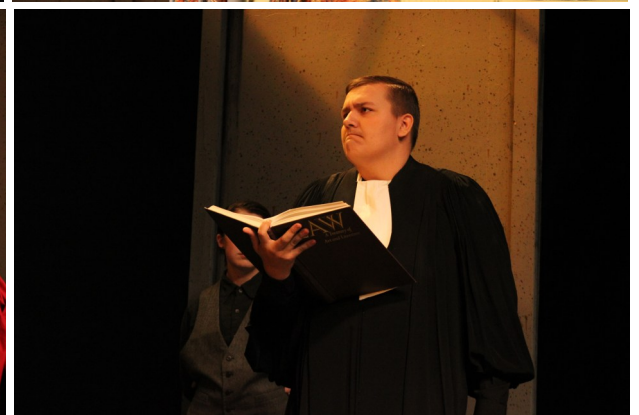
ble was performed live for the first time in front of an audience, and the play continued throughout the weekend. For more information, I interviewed the Drama teacher, Mr. Clark, about the process of setting up the fall play and how it went.

When asked how the actors and actresses feel before and after the play? He responded by saying, "The Crucible is a difficult show

for high school performers. There are so many lines to learn, and it's a very serious subject matter. The cast was great at doing their work to be prepared. As with any show, we had moments of 'Is this actually going to happen?' But by the time we opened, we knew we had a great show." When asked what was the hardest part or most rewarding part of the play for you guys? In response, he said, "The most rewarding part is being able to perform such a dramatic and intense show. The cast really stretched their acting skills and grew so much."

When asked how many people he thought came to watch the play, he said, "I don't know." He responded with "We were fortunate to have record numbers. Even selling out the lower portion of the auditorium on opening night, so we needed to open the upper section too. First time that's ever happened!" When he was asked, Are you proud of the students working on the stage and off? He respond-

ed with, "I'm so so proud of all of their hard work and dedication! Watching them be successful in this was really rewarding as a teacher." When asked, How did the process for setting up the play go? He responded by saying, "The process went well. A lot goes into making a show. Set, Props, lighting, costumes. There's so much more than just putting actors on stage. The work began over the summer with design and publicity work. Then once we have auditions and cast the show, we hit the ground running for about two months before audiences get to see the final result." I asked a student for their opinion on how they thought The Crucible went. When asked, "How, in your opinion, did the play go?", they responded with, "The play was good. The acting and emotion made me so intrigued, and even made me forget that it wasn't their actual personality. The only thing I would change is adding more sets, but overall, the play was lovely."



# Seasons Greetings From Five Star

Feature Editor: Annaka Yockey / Photo Editor Angie Gonzalez



Annaka Yockey - Senior  
Five Star Journal

The newspaper staff has worked hard this year, putting out three editions for the first 4 months of School. We've covered all the momentous events from this year, including Fall Fest, Homecoming, Fall sports, and other pop-up events like Trunk or Treat, the Sunfair parade, and the October Overture for musical performances. This year, we lead with a class of 30 writers and editors who are working hard to write and revise these editions for the whole School to enjoy. Each of us represents a different group of students involved in sports and other extracurricular activities across the School, reflecting what we want this newspaper to embody: a time capsule of life at our School.

A notable accomplishment of the newspaper staff is that we give every student a voice, ensuring that all writers are eligible for publication and that multiple writers are represented. We focus on school-related events and

have a team of photographers documenting them. That way, our photos are mostly student-taken, reflecting our ideals of a student-run, student-operated newspaper.

So what does it take to be a journalist like the Five Star Journal staff? It's really quite simple, actually. After each publication, we need to ramp up by starting our next edition with a pitch. A pitch is basically just a summary of what you're planning on writing about. Once approved, the writers draft their roughs and send them to the editors to clean up grammar errors and verify that the article's information is correct. We wouldn't want our audience to receive incorrect information. Once sent to the corresponding editors for the category you're writing for (News, Opinion, Sports, or Art & Entertainment), the editors send it back to the writers, who then input it into Canvas as a Final Draft for a grade. We repeat this cycle of pitch, rough draft, and final draft twice before a deadline. This means every writer should submit two articles and could potentially have both published in the newspa-

per's print edition. Each article is available on our Five Star Journal website in digital newspaper format.

If you ask one of our staff what their favorite part of Journalism is, they'd probably say the camaraderie of everyone in the newsroom, but to this I can attest: there might be something a little better than that. It is our delivery day. This is when we deliver our newspaper to every classroom, and after returning to the School, we have a donut party to cap off the delivery. One fun thing after each newspaper publication is the unveiling of the "employee of the edition," where we pick out who has been doing the best to make an edition.

The staff at the Five Star Journal works hard to provide content that better reflects what's happening within IKE's atmosphere. Most of us writers take pride in being published for such a big audience to read and critique our writing. Often, we show our family members when a publication is released because it means that our work is on display for the whole School to see.