

# Through The Eagle Eye

SPECIAL  
EDITION



BEAUFORT HIGH SCHOOL

THE NEWSPAPER CLUB

MARCH ISSUE

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**CROSS-  
WORD  
ON THE  
BACK!**

## The Four Stages of High School

By Piper Kennedy

Every period of our lives comes with different stages, but especially in high school—our main years of growth and development—we experience four prominent phases that almost perfectly correlate with our grade level. Freshman year is not anything like sophomore year, and junior year is completely different than senior year, and no, despite what any adult may tell you, it doesn't get easier.

However, if you think you're the only one struggling, don't worry, the chances are that the people sitting next to you in class are experiencing the same struggles. High school has its own unofficial timeline, and although you may not realize it now, looking back, you'll be able to see the distinct ups and downs, and the stages we all experience: The freshman adjustment, the sophomore slump, the junior lock-in, and the infamous senioritis.

### The Freshman Adjustment

Freshman year is a time of transition. Just coming out of being at the top of the middle school food chain, believing you finally have found yourself somewhat, and feeling good, you're thrown right back into the bottom of the barrel—

but this time in the unfamiliar labyrinth of high school. You have to adjust to more freedom, and upperclassmen who may be at much different stages of their lives. It can be a lot, and learning how to navigate different teacher expectations, assignments, and newfound independence is overwhelming.

For many freshmen, the year is spent figuring out where they fit in, especially as they meet so many new people and have so many new experiences. It's a period of experimentation: trying out clubs, sports, and activities to see what sticks. While it is definitely chaotic and a bit terrifying going into, it's the foundation for who you will become over the next four years.

### The Sophomore Slump

Once students have somewhat adjusted to high school, the sophomore year arrives with a strange feeling of stagnation. The excitement of being new has worn off, and graduation is still three years away. Classes become much more challenging, and students begin to feel the pressure of maintaining grades and balancing extracurriculars. This phase—now commonly

known as the sophomore slump—is where motivation can dip. Students know that college is looming, but it doesn't feel urgent. At the same time, expectations continue to rise. It can feel like a long middle stretch, and friendships often change and develop over this time. Many get their driver's license and their first taste of freedom, some maintain a healthy balance of fun, and others may indulge a bit too much.

### The Junior Lock-in

Junior year is widely considered the most intense year of high school, and until you're in it, you don't realize how real it all begins to seem. By this point, college suddenly seems very close; you have to start thinking about where you are going to apply, what it requires to get in, and all the hurdles you are going to have to jump in order to get to the point that seems like paradise—senior year. Students will begin preparing for the dreaded ACT and SAT, taking some of their most rigorous classes, and building resumes through leadership roles in their clubs.

The result is what many call the “junior lock-in.” Students become extremely focused, working to strengthen their grades and extracurricular involvement while thinking seriously about their futures. While the workload can be stressful, it's also a time when students do their best to have fun.

### Senioritis

After the intensity of junior year comes the “best for last”—or so they thought. The beginning of the year is filled with stressful college applications, writing essay after essay, and learning how hard the responsibilities can be of being the head leaders of clubs. The stress doesn't end when college applications are submitted; if anything, it intensifies. Seniors are left waiting for decisions, then finding a roommate, then getting a dorm, and it all starts to blur together in a mix of excitement and anxiety. As graduation day gets closer and closer, motivation becomes harder to maintain.

*Continued on next page...*

While responsibilities remain, there's a sense that a major chapter is coming to an end. Senior year is filled with important milestones, from becoming legal adults to picking where they'll go to college, to really soaking up the high school experience. The year every student looks forward to is spent avoiding school at all costs, and making the most out of their last minutes with friends and their graduating class.

### A shared experience

So, while every student's journey is different, these four stages have become something of a shared experience among high schoolers. Each stage comes with its challenges, pressures, and memorable moments. But the next time high school feels overwhelming, remember: you're not the only one navigating it. One day, you will look back and realize each phase played a significant role in shaping the person you will become.

## Sofie Steen Silver Key Award

By Maggie Brown

Recently, Sofie Steen, a senior at Beaufort High, won a silver key for the Scholastic Art and Writing Contest. This is a thoroughly impressive, high-level regional achievement with only 7-10% of regional submissions being awarded. Steen, who will likely attend Winthrop for her undergraduate degree in illustration, worked on this piece for at least a few weeks in her AP art class, sketching the layout first in pencil and then completing the artwork with oil pastels. She says she is "proud of the proportions and anatomy" of her work "as [she] studied several deer skulls as reference and compiled them together."

The judges could likely tell that she "put a lot of effort into the piece, displaying an understanding of color and anatomy" which are important concepts for artists to grasp. Steen, self-critical, knows that she could always

show improvement, but "while [she] think[s] [she] could've done better with the color, [she] would say the anatomy and composition are the strong points of the piece." Additionally, she stated that "being able to use reference without copying it is an exciting skill as an artist." Overall, congratulations to Sofie, and cheers to the incredible talent at BHS.



## BHS senior decisions

By Piper Kennedy

As our seniors decide where they want to go to college, it seems like everyone is itching to find out where their peers and friends are going. But it's hard when choices are spread by mouth, especially as seniors have less classes at school and are constantly busy. To make it easier to find out where everyone is going, and to share that big moment of a college

decision, senior Kate Brown has made our very own 2026 decision page on Instagram. When someone decides where they want to go they post their name, picture, major, school, and the most fun, a baby picture to announce their decision. Not only does this inform everyone in a cute, fun way, it shows how much our seniors support each other.

## Prom season is here

By Julia Denton

Coming up fast on Saturday, April 25, prom season is practically here. It's time to go shopping, find attire, and make plans. This year's prom theme is Enchanted Evening and personally, I believe this is a perfect theme, as it creates a mysterious and whimsical night that is sure to be remembered.

### Attire

One of the most exciting parts of prom is the formal wear that comes with the special evening. Beautiful gowns, sharp suits; what's not to love? Well, there is one thing... the cost. Prom dresses and suits can be outrageously expensive, and many high school students don't wish to pay a fortune for a dress or suit they'll only wear one night. Not only that, but to purchase a brand new dress or suit merely to wear once is frankly unsustainable. But don't worry, there are solutions to this problem: second hand stores. You can easily find a beautiful, classy dress or suit at second hand stores, and for a much more affordable price. Stores such as Depop, Goodwill, and even other local thrift stores hold many treasures when it comes to formal wear, and with prom season on the horizon, these dresses and suits will certainly be going up on display. Another option that is great for the bank and the environment is to rent.

In each of the posts, ranging from John Hopkins to TCL, we see the seniors hyping each other in the comments and through resharing. It allows them to also congratulate each other in person and bond over shared schools and majors. If you're a senior who has decided where you want to go, just DM the account with all the info and you can get posted next! Everyone loves to see them. And if you're not a senior, but still curious where the class of '26 is going you can follow the account through the QR code provided.



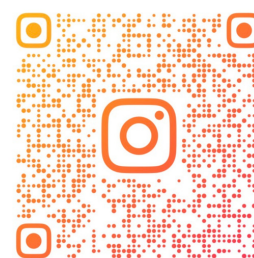
Websites such as Rent-the-Runway and Nuuly offer great dresses at a reasonable price to have for the weekend.

### Pictures

The prom activity that people will remember the most is when pictures are taken. Traditionally, on prom day, BHS students will head down to the waterfront and take beautiful pictures right at golden hour. But this year, the waterfront will be closed due to repairs! What to do now? If you still love the historical aspect of downtown, don't be deterred from the closed waterfront. There's still plenty of space downtown for amazing pictures, such as the large green area, the clock tower alleyway, and the Plaza. However, if you wish for a new setting this year, don't be afraid to find a community dock. You will still get the beautiful river in all of your pictures, which has shown to always complement everyone's dressed up appearance.

### Dancing

Finally, to discuss the action of the night: dancing! Don't be scared to go out and dance on this special night. The music will be loud and memories will be made, so I urge you to make the most of your time and spend it having fun with your friends. Get out there, have fun, and dance the night away.



@BHS26.SENIORS

**BHS senior  
decision page:**

# These Eagles have a GOAT on their hands

By Carson Crosby and Maggie Brown

With an average of 20 points, 5.2 rebounds, 3.8 steals, and 3.2 assists per game—outcome changing statistics—Ja’Nia Heyward has made a huge impact on the BHS girls basketball team. Heyward is the point guard for the Lady Eagles, which fortunately is her favorite position—she feels it is very important for the success of the offense. Her main strengths on the court include her court vision, as well as her ball handling. While she’s an extremely strong player, she is still young and hopes to improve on dealing with game pressure and improving her reaction to pressure—as a player everyone counts on she has felt it. Though she as well as everyone else on the team hoped to make it to the State Championship, they lost in the 3rd round of playoffs 47-37 against South Florence High School. Still, the team finished with a dominating record of 21-5, winning all 10 region games. “Our team ha[d] a great connection and we [had] some really talented players this year with a variety of skills and talents to contribute.” As a tremendous factor in the girls’ run as region

champs and making it to round three of the playoffs, it is unsurprising that she wants to go far in basketball and has the talent to; “I’ve always known I wanted to go far, ever since I was young.” A dream of hers is to play for one of the highest ranked women’s basketball programs of college basketball: The University of South Carolina “because...it’s a dominant team—a team where you can learn and grow. And that’s where Aja played.” As far as recruitment goes, she plans to attend basketball camps at different colleges to show off her skills and has been communicating with coaches through letters and emails. Because her height is below average for a point guard, Heyward has to make up for it in her skills with the ball and is one of the reasons she “goes so hard.” Her main goal is to make it to the WNBA, and if she does, she wants to play for the Las Vegas Aces. She also takes inspiration from Ja Morant who is known for jumping particularly high—she feels like she can too when she wears his shoes, her Ja’s.

Heyward has been playing basketball since 2016 when she was around 6 years old, falling in love with the sport when she attended the YMCA. Though Heyward explored various other sports of volleyball and soccer in middle school, basketball has remained her main focus and has been the only sport



she continued to play in high school. In her words, “My coaches knew I had the talent since [the YMCA], and I just enjoyed playing.” Just last year she started playing for an AAU basketball team called H2; however, Heyward has gone to Charleston every weekend to practice with Coach Dez for the past two years for extra training. For the 2 hour time period, she works on ball handling, shooting, and skills. In a statement, Heyward explained that “[Dez] is someone my mom looked into and thought was a good fit for me.” She attributes part of her success to her mom who was athletic herself, playing first base in softball. She encourages her to work hard and improve consistently. She makes healthy nutritious food focusing on high carbs and some protein to fuel Heyward and her physically demanding training, instead of going out to eat. “She is always on me about fueling my body during game day.” Breakfast consists of boiled eggs, fruits, and granola; pregame is typically grilled chicken pasta

with marinara sauce or a turkey wrap; half-time is when she eats something sweet, but digestible, that will give a boost of energy like a banana, graham crackers, or apple sauce. She has 3 siblings, one older and two younger, who also encourage her to work hard and get better.

This past season as only a sophomore, she scored a total of 521 points, won the #1 player in our region, was awarded as an All-State player and won Player of the Year in our 4A division. For the next two years, Nia hopes to improve in her skills as shooter, ball handler and team leader. In the offseason, she hopes to continue training and developing as a player.



# The 132-Second Surge: Colton Freeman’s Dominant Path to the 215-pound Championship

By Claire Hovest

A pin in the second period capped off Colton Freeman’s amazing junior season, defeating defending state champion Jarret Clinckscases from Westside. Freeman is not new to winning state titles, claiming SCISA state champion in 2023 as only an eighth grader. As a multi-sport athlete however, a knee injury from football meant his freshman wrestling season was cut short. Determined to return just as strong as before he took a pause, he came back his sophomore year to battle for the state championship. However, a

2nd in state his sophomore year. He only needed 132 seconds to secure his first three pins in order to make it to the final round. Clinckscases fell short and Freeman took him down pinning his way to victory. Throughout his season he not only won state, he placed first in the Lowcountry Championships hosted by Hilton Head High, the Silver Fox tournament hosted by Silver Fox High School, and was named Lower State Champion. He also placed second at the May River Tournament hosted by May River High School. After long days and nights of practices Freeman knew that all his hard work had paid off just as he got the rush of winning State Champion.



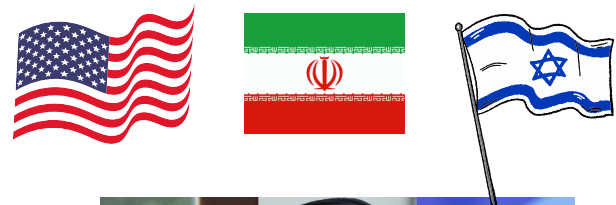
# Tennis Conditioning

By Liza Grace Murdaugh

With the 26-27 school year coming up, that means fall sports including tennis conditioning is starting! Tennis conditioning is on Mondays and Wednesdays 4-5:30 PM. Coach Rocco and all of the girls would love to see you come out! During tennis conditioning girls get together on teams and play one another. We also play Queen of the Court at the end of the practice. Being out there and working with your team is so much fun and I think anyone would enjoy it. Sometimes Coach Rocco will have a small drill or activity for everyone to do before starting matches. Make sure you join the tennis student square group, so you can get all of the new updates for the team. All you need is a tennis racquet and a water bottle! We are excited to see you out on the courts!



# War on Iran; what you should know



By Willa Sargeant

[Information was last updated on March 20, 2026 at 10:15 p.m. Casualties and international involvement are frequently changing, staying updated is recommended]

On February 27, 2026 at approximately 3:40 p.m. EST (11:10 p.m. in Iran), President Donald Trump gave the order to proceed with Operation Epic Fury (the official title of the military campaign). U.S. missiles and drones, as well as Israeli fighter jets began joint attacks on Iran the next day, around 9:45 a.m. EST (5:15 p.m. in Iran). The attacks targeted Iranian missiles, air defenses, military infrastructure, and leadership. According to U.S. and Israeli officials, the timing of the initial attack was intended to improve the ability to target Iran’s supreme leader, Ali Khamenei, before he went into hiding. Khamenei, who was the supreme leader of Iran for nearly 37 years, was killed in the first wave of strikes on February 28. In addition to Khamenei, dozens of other top Iranian officials were killed in an effort to create additional chaos and confusion for the Iranian government.

## Why is this happening?

The U.S. attacks on Iran were initiated after years of tension accumulating due to Iran’s nuclear program, ballistic missiles, and military power over the Middle East. After the Joint Comprehensive Plan of Action (see next section) collapsed, nuclear renegotiations took place in 2025 and 2026. Because no agreement was reached, along with recent protests and other conflicts leaving Iranian politics destabilized, the United States and Israel decided that military advancements would be most effective.

prevent it from further developing their nuclear weapons. Following the discovery of Iran’s secret nuclear facilities, years of diplomatic efforts to mitigate their power ensued. In July of 2014 the agreement was concluded, leading to endorsement by the United Nations before being adopted by participants in October of 2015. Once Iran agreed, the United Nations, European Union, and United States allowed Iran access to global trade and other financial systems. During his first term in 2018, President Trump withdrew the United States from the agreement, leaving the United States vulnerable to retaliation. Many inside and outside of the country were shocked by this decision, largely due to the fact that the President had previously voiced distaste towards starting conflict with Iran during former-President Barack Obama’s presidency. President Trump said that it would be the “worst deal ever”, making more than 10 tweets during Obama’s first term warning against any conflict with Iran. When it began to look as though Obama might begin a conflict with Iran, (then businessman) Trump used it as political leverage to call Obama’s intelligence into question while propelling his prospective campaign forward. Nevertheless, following the withdrawal of the U.S. from JCPOA, Iran began violating the restrictions detailed, largely in retaliation of U.S. departure. This continued from 2019 until now, leading the United States and Israel (who notably was never a member of JCPOA, instead encouraging the U.S. to withdraw) to attack in an effort to protect from potential nuclear attacks.

## Casualties

**Iran:** Following the initial attack on Iran, it was revealed that U.S. forces are believed to have struck a girls’ school in a town east of the intended target. According to a preliminary investigation by the U.S. military, this attack killed about 170 unarmed civilians while targeting adjacent buildings belonging to an Islamic Revolutionary Guard Corps (IRGC) naval base. As for additional casualties in Iran, the total deaths are estimated to be around 1,430. More than 18,000 Iranian civilians (including many who took part in protests against the Iranian government prior to the attacks) have been injured in the past 3 weeks. Several reports indicate that at least 200 children have been killed with hundreds of homes and schools being damaged or destroyed.

**United States:** At least 13 U.S. service members have been killed (6 in an aircraft crash and seven in combat). At least 230 additional service members have been injured since the beginning of the war and the U.S. currently has around 50,000 troops deployed to the Middle East (according to NBC News).

**Lebanon:** At least 1,021 people have been killed in Lebanon due to Israeli strikes on Hezbollah and other targets since March 2, including over 118 children.

**Israel:** At least 18 people have been killed in Israel, including 2 soldiers and civilians in missile strikes, with over 3,730 others wounded.

**Gulf States :** At least 21 people have been killed in Gulf states (including UAE, Kuwait, Saudi Arabia, Bahrain, and Oman) due to retaliatory strikes against energy sites and US bases from Iran.

**Iraq:** Over 60 people have been killed, primarily members of paramilitary groups.



[Donald Trump, Ali Khamenei (former Supreme Leader of Iran), Benjamin Netanyahu]

## Other impacts of war

As many of Beaufort High’s student drivers have likely noticed, one of the biggest side effects of the Iranian war has been gas prices. In the past weeks prices within the U.S. have skyrocketed an average of 20% with some import dependent states, such as California, facing prices up to \$5.30 per gallon. This crisis is not only impacting gas, nor is it only impacting the U.S.. Iranian blockades in the Strait of Hormuz, which handles ~20% of global oil supplies, has led to a 95% decrease in the amount of commercial vessels passing. Passage has been allowed exclusively to “friendly” countries such as China, India, and Iraq while others are forced to either seek permission or risk attack. Gulf countries have attempted to use passage over land, but have been targets of drone attack. This conflict has led to a ‘global energy crisis’ and one of the largest oil supply disruptions in history, majorly impacting international trade commerce.

**All information is subject to frequent change, be sure to stay updated.**



# STUDENTS AND STAFF

## One for the books: Nancy Wolff Earns Teacher of the Quarter Award

By Paige Fosberry and Laurel Hinderliter

It is with great honor to announce that Mrs. Wolff, our school's yearbook teacher, is the Teacher of the Quarter for the 3rd quarter. Wolff began her teaching career at Beaufort High school in the fall of 2019. Before her tenure at BHS, she taught at Right Choices for three years where she was--unsurprisingly--recognized as "Teacher of the Year." She recalls being selected by the principal because of "the way [she] taught and cared for the students." According to Wolff, a great teacher is one "who cares about their students." She believes her teaching style has remained unchanged because of how

much she really cares for each and every student. In fact, Wolff brings in donuts every week for 'Motivation Monday' where she encourages her class to stay on task by allowing them to indulge in a little sweet treat, reminding them of how much they are valued as part of the yearbook team. Additionally, Wolff values "equipping students for the future and focusing on their well being from day to day." The best advice she gives to her students is "first of all, to believe in yourself, that you are powerful, and whatever is put before you, you're capable of doing it," and secondly, "don't be afraid to

work hard to do whatever it is you need to succeed." These words of encouragement have proved effective, as each year the students in her class are able to put together a lengthy but well-crafted and thorough yearbook in just a few months.

As most of the Beaufort High School community knows, Mrs. Wolff is in charge of the entire yearbook production. Recalling her teaching career, she feels especially proud that "[she] could take on a program like Yearbook and go from 0 to 100" in a very short amount of time. When coming to Beaufort High, she had little to no experience in the production of a yearbook, so she along with her first yearbook committee had to build from scratch, an especially difficult and tedious task. Wolff was amazed the first time that she was able to create a completed yearbook and is proud of how far the yearbook program has come. Just this year, the yearbook class had 3 separate periods--a record number of students wanting to get involved. Along with her yearbook classes, Mrs. Wolff also teaches English 4,

and is heavily involved in the Fellowship of Christian Athletes program, even leading the See You at the Pole initiative earlier this year. Wolff stays active in the gym and often indulges in some very healthy snacks during lunch including cottage cheese (if you ever need a recommendation, she is the person to go to). Although Wolff's busy lifestyle may seem overwhelming, she is from New York City, after all, and she knows how to keep up the fast pace.



From her prominent dedication—she shows up to nearly every sporting event to see our students in action—to her selflessness in the classroom, Mrs. Wolff has proved to be an extremely valuable aspect of our school community. Thank you Mrs. Wolff for everything you do and congratulations on this honor.

## Samuel Byrne, March's Student of the Month for Self-Control

By Joleka Williams

For the month of March, BHS proudly recognized sophomore Samuel Byrne as Student of the Month for his outstanding display of self-control and personal growth. Samuel, a 10th-grade student, has earned this recognition through his consistent ability to manage his emotions in overwhelming situations. His progress reflects a strong commitment to developing

positive habits and expressing himself in appropriate and meaningful ways. Staff members at BHS highlight Samuel's growth. Over time, he has built the skills necessary to navigate challenges with patience and determination. His ability to remain composed and focused serves as a powerful example to others in the school community. Rather than being defined by obstacles, Samuel is recognized for his effort and resilience shown in his daily

interactions. His actions demonstrate that communication and leadership can take many forms and that personal strength is often shown through consistency and self-discipline. We are happy to celebrate Samuel Byrne for his achievements and for setting a positive example for his peers. His dedication and growth embody the qualities of a Student of the Month.



## Triple the talent: the Brown triplets

By Piper Kennedy

If you go to Beaufort High, you have most likely heard of “the triplets,” the three girls who seem to be all over the place in school, extracurriculars, and the community. Many students at BHS are known for their achievements in academics, athletics, or leadership. But it's rare to see three students who excel in all of those areas at once—especially since they're sisters. Seniors Maggie, Kate, and Sophie Brown have become somewhat of an anomaly among their classes, balancing challenging academics, competitive sports, and extracurricular activities as they prepare to head off to their dream colleges next year.

The three sisters will be splitting up in all different directions as they head to college, with Kate Brown going to Tulane University pursuing a double major in finance and marketing, Maggie Brown attending the University of Pennsylvania doing the double major of neuroscience and nutrition, and Sophie Brown, who will enroll at Vanderbilt University and double major in environmental sociology and climate studies with a minor in legal studies (in hopes of one day becoming an environmental lawyer). Their success continues a family tradition of excellence as their two older siblings—who are interestingly also twins—Anna and Chas Brown currently attend Duke University and Princeton University. Academically, the triplets are among the strongest students in their senior class. All three rank in the top 20 and have earned impressive SAT scores, while also taking the most challenging classes BHS offers, and all having taken at least 13 different AP courses. Because of this, they often enroll in the same classes, and their classmates have gotten used to their sibling antics. When asked about a memory of the Browns in class, Paige Fosberry said, “In seventh grade I was a first hand witness of Maggie pushing Kate's forehead into a steel water bottle, which sent Kate to the ER. The next day Maggie was not at school because she was suspended. I

personally had to be interviewed by the administration about the whole situation.” Although this was an unfortunate end to a sibling fight, it is quite laughable.

To some students—like Fosberry—who get to share their classes with the Brown Triplets, they are get entertainment alongside their school work. Sharing classes means they also indulge in sibling arguments, but those who know them can tell that their close relationship is also something that pushes them to do so well. Maggie Brown stated that having her sisters in the same classes actually motivates her, “It's not like I'm going through it by myself,” she says “it's nice to know if I have a question about something I can always ask them, even though I know most of the time it's them asking me questions.” Rather than competing negatively, they push each other to work harder and strive for success.

Without them, we wouldn't have the very newspaper you are reading. The Browns have taken on many different leadership roles in the school, most notably Maggie and Sophie started the school newspaper club. Sophie, extremely passionate about environmental conservation, leads the CREATE club as president and has leadership positions in the French Honor Society, the Student Government, and DAYLO. Maggie is also on the board of the Interact club.

As graduation approaches, Maggie, Kate, and Sophie Brown will soon take separate paths, but the impact they've made on Beaufort High and their peers is significant and will certainly be remembered long after they leave campus. It is safe to say we are all interested in what the three will do in college and their future careers



Maggie, Kate, & Sophie as Junior Marshalls

## A Lion in the Nest

By Nia Polkey

Freshman Class President Nellie Vega is a lion in both spirit and costume. Earlier last month the Beaufort High Student Council volunteered at the Beaufort Lions Club Annual breakfast. Nellie Vega stood out dressed up as the organization's mascot. The Beaufort Lions Club is a chapter of LIONS CLUB International. LIONS CLUB International is the world's largest service club organization with more than 1.4 million members. Our local chapter works to serve and give back to the community through eye screenings, food drives, local fundraisers, and festivals. The idea to participate in the Annual Pancake Breakfast came from the school's cheer social media page. Nellie reached out to the 9th grade team and saw that it was a team volunteer effort. “I believe in volunteering. Sometimes you volunteer solely to support others, however, I believe it's important to give your time to something that also brings you joy.” When asked about her goal as president Nellie stated “Our freshman student council mission this year was to support our community and give back.”

Nellie noted that her inspiration to join the student council came from her two older brothers; “I grew up watching the different ways they would get involved in high school and volunteer for things that mean something to them...I knew when I went to high school I wanted to help implement new ideas, organize events, and help to improve the daily school experience.” Vega plans to run for sophomore student council again this year.



[Nellie in the Lion Suit while helping to hand out tickets]

## Students meet the demand for health care positions

By Laurel Hinderliter

Health care workers are in high demand in the United States. In fact, the National Center for Health Workforce Analysis projects that there will be a shortage of over 100,000 registered nurses, 33,000 dental hygienists, 70,000 primary care physicians, and 39,000 family medicine physicians. This is largely due to the increase in the aging population of the United States. According to the National Institute of Health's Library of Medicine, between 2000 and 2030, the number of people in the United States over the age of 65 is expected to double.

This means more people with age-related illnesses such as cancer, cardiovascular disease, diabetes, and neurodegenerative disorders, will need to be treated.

The aging of the baby boom generation not only impacts patient numbers but also the supply of doctors, as many health care professionals are also reaching retirement age. This opens the doors for the next generation of doctors and health care workers, whose employment is expected to grow at nearly twice the rate of non-health care jobs over the next decade. At Beaufort High, we can already see this interest in full swing through the large number of seniors committing to study fields related to healthcare. So far, at least 18 students are committed to studying a health-related discipline, from biology to food and nutrition to neuroscience. Their interest

reflects a larger national trend and shows that Beaufort High students are preparing to step into careers that are becoming more essential every year. As demand continues to rise, these students may help fill critical gaps in the future health care workforce.

While some of these students may have years of schooling ahead before they can officially place the title “Dr.” in front of their name, BHS

is proud to have such driven individuals who want to dedicate their time to making a difference in the world. Their future accomplishments will no doubt be exciting to watch in the years to come.



Aerial shot of Beaufort Memorial Hospital

# Turkey Conservation

By Jack Landa

Wild turkeys in South Carolina have been through many ups and downs. Once pushed to near extinction, the species was restored through technology, but now must be managed under strict regulations to combat the recent decline in population.

By the early 1900s, unregulated market hunting and massive habitat loss wiped wild turkeys out of most of South Carolina. By 1940, the species survived merely through a few flocks within the swamps of the Francis Marion National Forest and along the Santee River. The turning point arrived in 1951 when Biologist Herman Holbrook adapted a cannon-fired net, originally designed to trap waterfowl, to capture wild turkeys. Between 1951 and 1958, Holbrook successfully trapped 328 birds in the Lowcountry in order to relocate them to the Piedmont and mountain regions. This “trap and transfer” method was so effective that it was adopted nationwide and remains one of the greatest conservation successes in U.S. history. By the early 2000s, wild turkeys were established in all 46 South Carolina counties.

However, since the population’s peak around 2002, the number of wild turkeys in South Carolina has been on a steady decline. Biologists

survblame this on many factors, including the failure of young turkeys—called poults—to ive to adulthood. A 2024 report from the South Carolina Department of Natural Resources (SCDNR) revealed that 56% of observed hens were unsuccessful in raising any poults that season. A low survival rate of poults results in unsustainable populations. This lack of growth poses a serious threat to the long-term health of the wild turkey population in South Carolina. There are many reasons why these poults aren’t making it to adulthood. Predators such as raccoons and possums will often raid turkey nests and eat the eggs. In addition to predation, land development and deforestation contribute to population decline. To stay safe from predators, wild turkeys spend their nights roosting high in the trees. These roosts serve as nightly gathering spots where flocks can rest securely above the ground. Due to development and deforestation, these roosting grounds have become scarce for turkeys in South Carolina and juvenile turkeys remain vulnerable. There are efforts being made to help combat these declining populations. Since its founding in Edgefield, South Carolina

# Beaufort High Voices attend CPA

By Kyla Smith

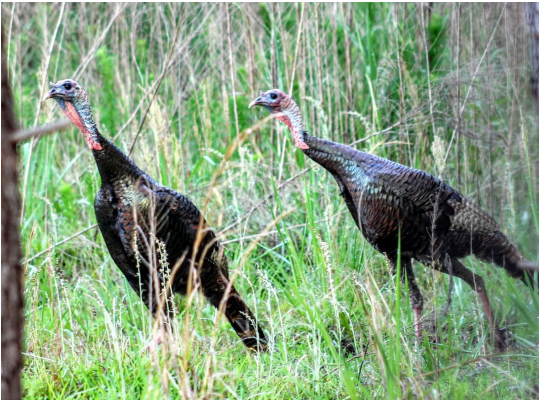
On Thursday, March 19, Beaufort High School’s Voices attended CPA (Choral Performance Assessment). At CPA, Voices performed two songs. Their first song, Dies Irae, a Latin song which translates to Day of Wrath, was performed acapella. Dies Irae is a haunting song which is often associated with death. In fact, Dies Irae can actually be found in many other songs as well as movies, like in Frozen 2 and The Shining. Voices’ second song they performed, I Will Be Worthy of It—a compelling song about self worth was accompanied by their pianist, Dr. Jonathan Murphy. This song is all about resilience and facing hardships, which is an inspiring message. In addition to performing these two songs, Voices sight read at CPA. During sight reading, the group is divided into three sections depending on their voice part. They are then given a piece of music that they have never seen before and have five minutes to practice the piece with their section. Finally, they come together as a group to perform the piece.

At CPA, each group is evaluated by multiple judges on things like tone, technique, intonation, musicality, and accuracy.

While performance and sight reading are judged separately, their final score is a combination of their scores for their performance and sight reading. CPA scores choirs on a scale of 1-5, with 1 being the best score. This year, Voices scored a 2, or an Excellent. Beaufort High’s Chorus will have their spring concert on Thursday, April 30, 2026, with the theme of decades! Your support would be greatly appreciated.



[Pictured (left to right): Back row: Jackson Hamilton, David Barr, Lukas Copeland, Brooke Stewart, Sadie Siegel, Willa Sargeant, Kyla Smith, Rakeil Bryan, Alaina Knoles. Middle row: Marley Duncan, Emily Robinson, Melodie Steward, Kymora Jenkins, Jersey Miles. Front row: Beau Backus, London Thomas, Ms. Backfisch, Brooke Martin, Lillian Smith, Emma Brem.]



[Photos by J.S.N. Landa, 2018, 2019]

# ACADEMIC

## AP exams—how to prepare?

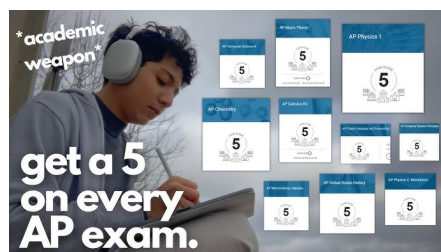
By Maggie Brown

AP exams are coming up in a little over a month. With many AP classes being semester long, you are either in the situation of trying to cram the last bit of material in before the May deadline, or you have forgotten everything you learned in the fall semester. Either way, review is necessary to perform well on this exam. While some classes, such as lang, seminar, and research, are more skill based and the past months of preparation are essential for high performance on the exam, other content based classes are quite simple to review and “cram” for. If you are reading this and haven’t started yet, take this as your sign to get to reviewing. As someone who has gotten multiple 5s on her past exams, (not to brag but for credibility here) I have compiled tips for a couple specific classes in order to do well—and passing with a high score is important for college credit!

### AP World History:

Three things: Silk Roads, the Mongol empire, and Champa rice. For many of the FRQ’s, you will need an example of

innovation or diffusion of ideas through a time period in a geographic region, and these examples can almost always be used. The Silk Roads facilitated the exchange of information and materials throughout Eurasia and led to the spread of religion (Buddhism, Islam, and Christianity). The Mongol Empire helped to increase the Silk Roads impact by increasing safety. Champa rice was drought-resistant and led to more abundant food production for China, supporting their



rapidly growing population. Some other relevant examples are the Encomienda System in North America with indigenous people being exploited economically and the printing press, facilitating ideas such as enlightenment philosophy. It is important to also understand the Ottoman, Safavid, and Mughal empires as ‘gunpowder empires.’ Additionally, have a solid understanding of industrialization in bringing about shady labor practices

and leading to major reform. To structure your answers, know how to use “TEA” (Thesis, Evidence, Analysis) and understand how to “HIPP” your sources. Heimler’s History YouTube channel is an extremely valuable resource for understanding the material, so make sure you tune into his review live streams a couple days before the exam, and watch his unit review videos to refresh your memory on the content of the class.

### AP Chemistry:

Watch Jeremy Krug review videos. While Dr. Bota does a great job pulling out test questions from 1980, these are not what you will likely see on the College Board test. To understand what to expect, make sure you watch each unit’s review video on YouTube video, as well as the AP daily videos to ensure you understand every concept. If you don’t, use Khan Academy, the Ultimate Review Packet, or ask your teacher to assign progress checks to ensure you know the material. Some important concepts are thermodynamics, titration, and Le-Chatelier’s principle.

### AP Environmental Science:

Jordan Smedes on Youtube does a great job making videos that break down every unit in the APES course. He also has reviewed livestreams a couple days before which are extremely helpful for last minute refresh of important content. Make sure you have an understanding of eutrophication and its relationship with dissolved oxygen, ecosystems and relationships with organisms, and know the math equations for calculating aspects about population.

### AP U.S. History:

Heimler’s History also does a great job covering material for US history in addition to World, so watching his unit review videos is a great starting point. It is essential to understand westward expansion and manifest destiny in the establishment of the United States as a global superpower. Additionally, it is important to know specific examples within the Civil Rights Movement, the Women’s Suffrage movement, and the Cold War

## What juniors should be doing to prepare for college

By Lauren Rosencrantz

Juniors! Your senior year is right around the corner, and though it may feel daunting or even overwhelming to think about right now, if you start preparing for it early, some of your stress will be eased by the time August rolls around.

Now, for some of you, college may not be at the forefront of your minds. You may want to join the military, or you may not want to go to college at all. That

is totally alright, but high school should still be a priority, even if you are not considering higher education. Sometime in your senior year, you will definitely feel “senoritis.” You won’t want to do anything, start getting irritated at classes and assignments, and everything will begin to seem unnecessary at the time. It is best to prevail through it so that you don’t end up with the missing assignments (guilty) so you don’t fall behind when you’re so close to

graduating. The best thing you can do as a junior gearing up for senior year—if you haven’t already done so—is start putting your college list together. Research the schools you are interested in, whether they’re in-state or out of state. You can find out information like if you’re required to write an essay, if you need to submit test scores, or if they have the major you are interested in pursuing. However, if you are unsure what you want to major in or pursue in the future you can still plan ahead—remember you can declare your major as undecided and decide later while you are in college. I would recommend applying to more than one

school, even if you are extremely confident you will get into the one you want to attend. It is better to have schools in your safety net just in case you don’t get accepted, or change your mind later on. Even if you doubt you will get into your dream school, there’s no harm in applying anyway. Anything can happen! Who knows, they may even offer you a merit-based or financial aid based scholarship upon admission. You miss all the shots you don’t take! Most higher-level schools may require letters of recommendation. As you leave your junior year, take some time to consider some teachers you have the highest relationships with to write those letters for you. Make

sure you ask them weeks in advance; no teacher wants to write a letter of recommendation when the deadline is two days away.

Most schools also have different levels of applications. Some have early action, early decision, regular decision, and rolling decision. If you are highly passionate about a school and would love to go, definitely apply for early action/decision. If you don't know what any of that means, Early Decision is binding, meaning if you get accepted, you have to attend there in the fall with no exceptions. Early Action means that you will get your decision

back earlier than regular decision applicants, and usually means you have a better chance of getting in. A rolling decision means that you will essentially receive your decision on the college's terms, with no official decision release day.

This could be a couple of days, weeks, or even months. It depends on the school, though. All schools consider the ACT and SAT, although for some you can go test-optional. Our school offers the exams for free, so if you haven't taken them already, make sure to sign up if the college you are applying to requires it. And, if you do badly on the SAT (Speaking from experience...), there is an option

to take it early in the morning on a Saturday at Battery Creek. Even as a senior, you can take these tests at the beginning of the school year and still receive a score before early action deadlines roll around.

My last piece of advice is to start drafting some ideas you would want to write your essay about. You may receive a prompt, but if you have a really unique idea, draft it down and start brainstorming for that idea.

It's important to take the time to talk to classmates, parents, siblings, and—probably the most helpful—students from the year before you for advice. If they

attend a college you are aiming to go to, they could provide you with some insider tips you could utilize to help enhance your application to what they are looking for. No matter what your plans are after you graduate, senior year is a fun one. There are perks to it, but it definitely is a bittersweet feeling and goes by really fast. Enjoy it while you can!

## It's more than a GPA: why extracurriculars matter

By Piper Kennedy



When most students think about college admissions, their minds go straight to SAT scores, GPA, and class rank. However, they're all overlooking the most important component of a good student: extracurriculars! While grades are important, colleges today are looking for students who are passionate, involved, and close to their community. In many ways, the activities you pursue outside of the classroom can say a lot more about you than your transcript.

However, you can't just join as many clubs as possible just for the name on your resume. The key is to focus on activities that genuinely interest you and stay committed to them over time. When colleges see what you're passionate about and consistency across your four years, it helps them understand who you are and what you want to study.

Fortunately, Beaufort High does a great job of providing a vast array

of extracurricular activities and academic pathways that students can explore and develop their interests through. If you think you may be interested in political science or government, there are several ways to gain skills and experience in that field. Joining Student Government, Model United Nations, Youth in Government, and even Speech and Debate can allow students to practice leadership, build public speaking skills, and find out if they want to go into that field in the future. Summer programs such as Palmetto Girls and Boys State also provide valuable summer experiences that show continued interest in diplomacy and government.

Students who may be interested in environmental science can also get involved in many ways. Clubs like CREATE club encourage students to think about sustainability and environmental impact. Those interested can then volunteer at the Port Royal Sound Foundation or Audubon Club to gain hands-on experience. Then,

taking classes at BHS like AP environmental science, marine science, or AP biology/chemistry can show you are developing your skills across the board in every available option to you.

Finally, another example is that students who are considering a future in medicine or healthcare may want to join clubs like HOSA, which allows students to explore medical careers and compete in health-related events. Courses like Sports Medicine II and III provide practical knowledge and hands-on learning. Then, doing a summer internship at the hospital will show you are actively gaining and searching for experience. Moreover, completing such programs shows colleges that a student is serious about pursuing a career in the medical field.

Beaufort High's pathways are also an exceptional way to prove one's interest in a future career. For example, the school offers pathways in technology, digital media, and other career-focused programs. For those who occupy their free time with sports and jobs, these built-in pathways are simple classes you can take in school and don't require any additional time out of school.

In general, it is most important not to be afraid to step outside the box. Colleges are looking for students who stand out and take the initiative. If there is something you are passionate about that is not already offered at the school, start a club, apply for internships, participate in a community program, or get a job. These don't just show your genuine curiosity, but your motivation and drive, which is one of the most compelling factors colleges look for.

At the end of the day, strong grades will always matter. However, the story you tell through your extracurriculars is what truly brings an application to life. By staying true to who you are, finding what you're passionate about, and taking advantage of the numerous opportunities around you, you can build a path that not only prepares you for college but also helps you discover what excites you about the future.



FEATURED RECIPE

By Willa Sargeant

Lemon Blueberry Bread

Ingredients:

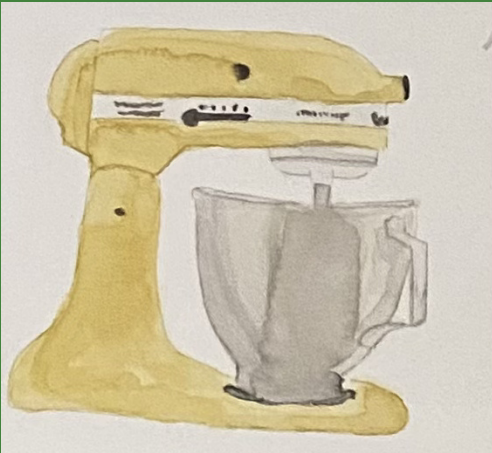
- 1 ½ cups flour
- 1 tsp baking powder
- 1 tsp salt
- ⅓ cup unsalted butter (melted)
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla extract
- 2 tsp grated lemon zest
- 2 tbsp fresh lemon juice
- ½ cup milk
- 1 cup blueberries (fresh recommended)
- 1 tbsp flour (to coat blueberries)

Instructions:

- Preheat oven to 350°F and grease pan (or line w/ parchment paper).
- Combine flour, baking powder, and salt in a medium bowl. Set aside.
- In a separate bowl, combine melted butter, sugar, eggs, vanilla, lemon zest and lemon juice. (For best results, use either a stand mixer or electric hand mixer for this step and next step).
- While slowly mixing butter mixture, add flour mixture and milk in two batches. (add half of the flour, half of the milk, then repeat).
- Dry blueberries so there is a little moisture left and toss with 1 tsp flour (to prevent from sinking).
- Add blueberries to batter, carefully but quickly folding into mixture until well combined.
- Bake for 45-50 minutes (for a 9" x 5" pan, adjust for pan size and depth as needed) or until a fork comes out clean from the middle of the loaf.
- Cool bread in pan for approx. 30 minutes, then enjoy! (Let cool fully before putting in airtight container).

Optional: vanilla lemon glaze

- Combine 2 tbsp melted butter, ½ cup powdered sugar, 2 tbsp lemon juice and 1 tsp vanilla. Pour over loaf once cool.



Four Beaufort High Students Recognized as Heritage Scholars

By Anonymous Author

On Monday, March 16, 2026—a through the Beaufort, Jasper, day with wind that unexpectedly and Ridgeland Counties were called for virtual school—honored, the largest portion of students were celebrated for those awarded from any school their academic excellence and were Beaufort High School achievement of being named as seniors (36.4%).

Heritage Classic Foundation Following a check-in to receive a (HCF) Scholars. This both need- crisp white folder of information, based and merit-based students sat for an “Orientation” scholarship is funded by the presentation, listening with all generous Tartan Club and is ears to Miss Alexis Romero-meant for graduating high Grove, Director of Foundation school seniors whose total yearly Initiatives & Event Planning. family income is less than Romero-Grove shared how more \$150,000 in order to help those than \$5.6 million has been less fortunate attend college awarded to 397 students since without financial struggle. The 1993 by HCF with the money celebration consisted of a being allocated to 88 colleges luncheon at The Sea Pines Resort and universities. Following, in Hilton Head Island, South President and Chief Executive Carolina in the Harbour Town Officer of Palmetto Electric Clubhouse where awardees and Cooperative Mr. Berl Davis gave their parents enjoyed strawberry a speech on grit prior to each and spinach salad with mixed recipient's recognition. greens, fennel, shaved almonds, Halle Tran, valedictorian of the and raspberry vinaigrette, pan 2026 BHS senior class, received seared chicken breasts with the Charlie Brown Award, thyme risotto, blistered summing \$5,000/undergraduate tomatoes, arugula, jumbo year. She will be attending Johns asparagus, and natural jus (a Hopkins University in Baltimore, light, savory sauce made from Maryland to study chemistry. She natural juices of meat) and triple is president of the Garden Club chocolate brownies with and has been a 10-year intern marshmallow fluff and for the Friends of Hunting Island strawberry coulis. Though Sea Turtle Conservation Project. students from many schools 4/11 Member of BHS Garden Club.



President of the Create Club, Real Environmental Awareness Through Education, Sophie Brown was awarded the Tartan Club Award at \$4,000/year. She will be studying Environmental Sociology & Climate Studies, with a minor in Legal Studies, at Vanderbilt University in Nashville, Tennessee.

Similarly, our BHS Students Demand Action Co-Founder Laurel Hinderliter won the Tartan Club Award which is \$4,000/year. Hinderliter plans to double major in Biology and Political Science at the University of Chicago, in Illinois.

The sole male of the group, James Riddle, was given the Kirby Scholarship, which is a one time award of \$4,000, for his involvement in Fellowship of Christian Athletes, and at his church. Riddle is planning to become a pastor after learning at Florida's Palm Beach Atlantic University.

Though the 11 awardees last year weren't from our nest, we made up for it by spreading our wings ostentatiously when given this outstanding opportunity by the overly generous Heritage Scholar Committee.

Future seniors: keep the legacy going. You just might take some pictures with Stan Smith—former #1 player in men's tennis, winner of Wimbledon, fashion icon, humanitarian, and star of Prime Video's “Who is Stan Smith?” documentary—and attend the RBC Heritage in April with your go-getter peers.

# OUR TEAM & PARTNERS



Contact us at [throughtheeagleeye@gmail.com](mailto: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)
  - Laurel Hinderliter (12)
  - Julia Denton (12)
- Aly Dennison (12)
  - Carson Crosby (12)
  - Lauren Rosencrantz (12)
  - Aaron Turbeville (12)
  - Joleka Williams (12)
  - Claire Hovest (11)
  - Kyla Smith (10)
  - Willa Sargeant (10)
  - Jack Landa (10)
  - Liza Grace Murdaugh (9)
  - Nia Polkey (9)



GroupMe

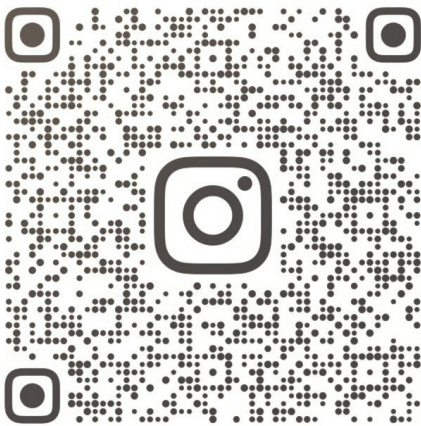


Band

Google Classroom

code is **tlgxn bq7**

& follow on Instagram

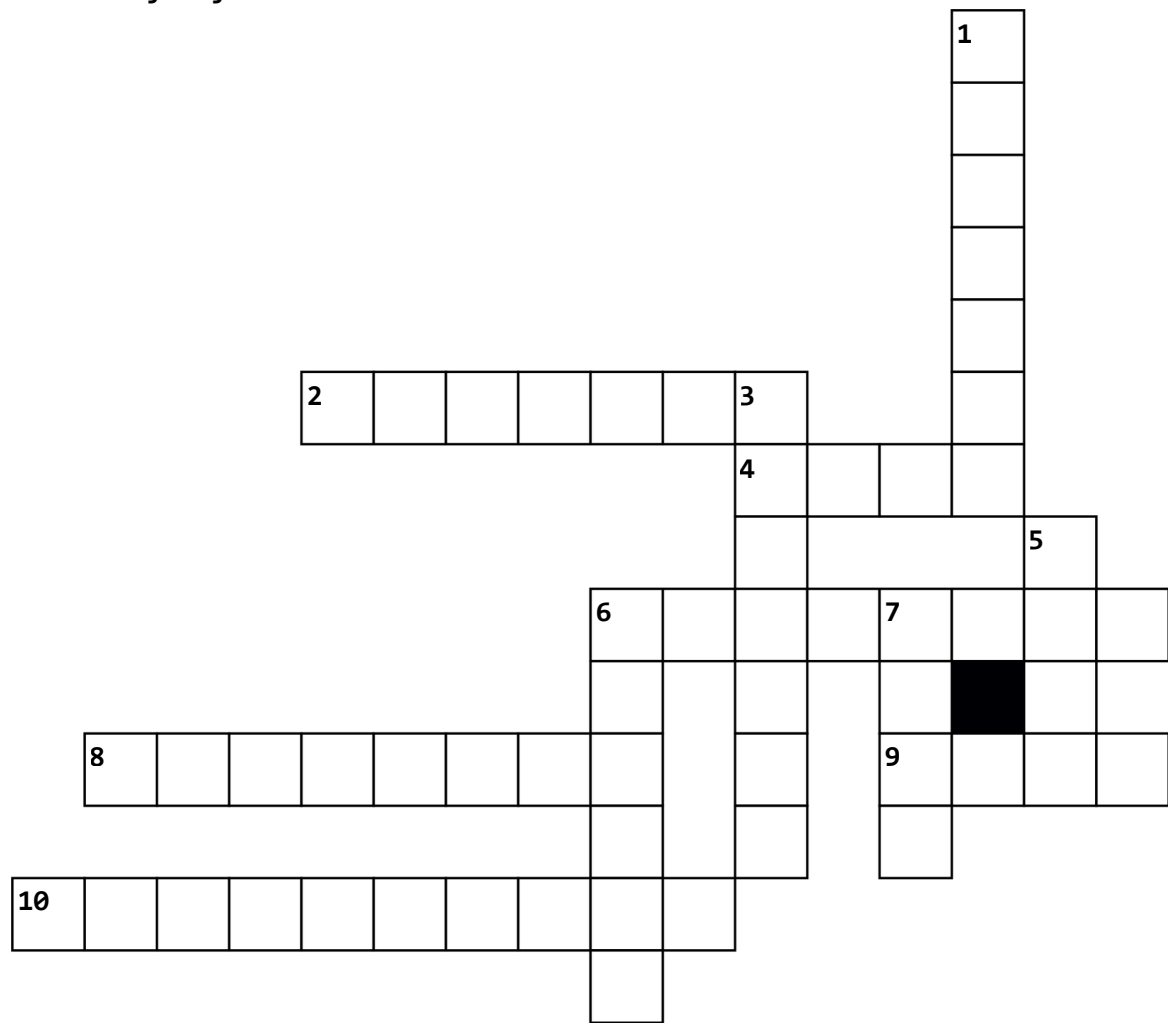


@THROUGHTHEEAGLEEYE

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

# March Crossword Puzzle

By Aly Dennison



**Across**

- 2. Movie where the bride to be invites three men, in hopes to find her dad
- 4. Traditional Mexican sauce from chiles, spices, and chocolate
- 6. Reality TV show where contestants are divided into tribes and forced to survive with limited supplies
- 8. The longest living land animal
- 9. Popular furniture store founded in Sweden
- 10. Traditional St. Patrick's Day protein

**Down**

- 1. This French fry dish is often considered the national dish of Canada
- 3. The band most recognized for their song "Sister Golden Hair" and "Ventura Highway"
- 5. Most purchased flower
- 6. Country with the most islands in the world (Scandinavian)
- 7. First name of young American Olympic figure skater nicknamed "Quad God"