

Rollin with The Homies

The foods and nutrition class makes cinnamon rolls for an in class lab

After learning about the properties of dough, students in Foods and Nutrition made their own cinnamon rolls from scratch. Teamwork played a huge part in this project.

“Since we’re in a group, it’s stressful because there’s people who want to do things, people who don’t want to do things, and people who just want to do everything,” **Jessica Wallace ‘20** said.

Though as most people in her group believe, cooking is fun when done with friends. “I was making them with the people I get along with so I had a lot of fun,” **Luis Ponzo ‘20** said. When asked about the cooking process, this was his response. “First, we had to make the dough and then roll it out. The next step was to spread some butter and cinnamon on it. Once the oven was heated for long enough, the cinnamon rolls were ready to be made.”

The students were able to count on each other to know the information they needed to make the rolls successful.

Cinnamon rolls were one of the many foods made in the class. Most students said they prefer making deserts.

Trevor Barrios ‘19 believes being in foods and nutrition has made him more advanced over time. “I feel like it should be required because it teaches basic cooking and you learn a lot in that class about a healthy diet,” he said.

“Since I started taking this class, I’ve been more involved at home cooking.”
—Trevor Barrios ‘19

fun when done with friends. “I was making them with the people I get along with so I had a lot of fun,” **Luis Ponzo ‘20** said. When asked about the cooking process, this was his response. “First, we had to make the dough and then roll it out. The next step was to spread some butter and cinnamon on it. Once the oven was heated for long enough, the cinnamon rolls were ready to be made.”

Aiming for a FLAME

Mrs. Mikesell’s chemistry class performs a lab with the goal of producing a flame

Coverage by Margarita David, photos by Elyjah Turmenne

“Mrs. Mikesell explained to us that today our goal is to get a reaction in our lab. It’s called a combustion lab. We basically had to create magnesium oxide by heating up magnesium and in the end, get a flame. It was kind of frustrating because we didn’t get it the first time, but as we kept trying and figuring out ways to produce it with our background information about the lab, we got a flame. It felt like an accomplishment in a way, because my classmates and I figured it out by ourselves.”

—Donato Zordani ‘20



FALL • DESIGNED BY: MARGARITA DAVID

LET’S KNEAD THIS DOUGH

Luis Ponzo ‘20 and **Trevor Barrios ‘19** share the process of making cinnamon rolls in the kitchen.

MIXING IT UP

Andrea Serrano ‘20 mixes up ingredients to make the dough for the rolls.

INTO THE OVEN

Jessica Wallace ‘20 does the final step of putting the cinnamon rolls in the oven.

Coverage by Margarita David, photos by Sarah Fowler



A MAGICAL experience

Blethen traveled with student leadership to Florida for a conference



SHOPPING IN ORLANDO

Michael Harris ‘21 and **Tristan Barger ‘22** pose for a picture while shopping in Florida.

DISNEY ADVENTURES

Julia Blethen ‘21 captures a special moment in front of Cinderella’s castle in Orlando, Florida.

GROUP SHOT

The students who traveled to Florida take a photo together at the conference.

“Going to Florida to be a part of an experience I never would’ve expected was truly breath taking. Leadership isn’t about just planning homecoming and wish week but the impact you make on not only your high school but your community. Florida was able to teach me greater good can come if we have good dedication and the willingness to do what’s best for the community. It shined light on what leadership. I am so excited to take everything that I learned in Orlando and bring it back to our Student Leadership here at EHS. **Riley McMillen ‘21** and I are introducing new ideas and starting to take action, for what we want to do for our community. In December, we made a Christmas basket for both the local police and fire station to wish them happy holidays. This is just one of the many ideas that we have planned for the next couple of months. Being a student is challenging at some points but I would say for the most it’s always for the better. Leadership has always been a place that I have felt like I belong and it has changed the outcome of my high school experience.” —**Julia Blethen ‘21**

Coverage by Margarita David, photos courtesy of Julia Blethen

The storm in our Brain

Mrs. Chamberlain lectures her psychology students on one of the many mental illnesses

Coverage and photos by Margarita David

In this lesson students learned about one of the many health issues called Mania. Some of the symptoms of a manic episode include; increased activity, decreased need for sleep and distractibility. Students in Mrs. Chamberlain’s Psychology class learned that when people are bipolar, they go through periods of deep depression followed by periods of highs and lows.

Psychology is a topic many students at Eaglecrest are curious about. “I like to look more into mental conditions and the reason why people have them, and how we can help with different kinds of treatment,” **Paige Jaudon ‘19** said. The students in this class explore the anatomy of the brain and how the brain reacts to certain stimuli as well as mental illnesses and how to identify them with specific test or scans.