Eagle Dayz

SEPTEMBER 2026 EDITION

Heart River Football

BY Matthew Cox



Fall is here and that means one thing, FOOTBALL! Our Heart River Cougars have been practicing and playing hard this year, but the results haven't been what anybody wanted, as the team is currently 0-4. The team continues to play hard even though the wins aren't quite there yet. South Heart has four seniors on the roster.

Seniors

- Shayden Moe
- Lane Hoff
- Connor Honeyman
- Jake McCann

There are a total of 23 players on the team. Everyday we show up to practice and work really hard. Junior Matthew Cox said if the Cougars had more people go out, the team would be undefeated. Cox also said that the Cougars have limited lineman this year but they hold their ground. The team is grateful for all the spectators that come and support the team.

Cox remarked that the team has a lot of heart. "We are a great team because even when we are down 48 to 0 in the 4th quarter we still don't give up. This is what makes us enjoyable to watch. We continuously show drive even when we face obstacles and focus on the next play. Football has taught us that even when life gets tough we keep going with increased intensity."

The head coach for the Cougars is Coach Hoffman and he is joined by Coaches O'Brien, Jilek, and Grey.



I interviewed Coach Jilek and asked what his favorite part about coaching football is. He responded, "I love playing football and I love seeing kids love playing football." I then asked what were some ways the team was getting better that might not show in the final result. He answered, "The linebackers are getting better at reading the line and we are getting better at tackling."

Next, I asked Shayden Moe a few questions. He said his favorite reason for playing football was, "I enjoy being able to come out and have fun with my friends." I then asked him about his pre-game routine and he responded, "I don't really have one." My final question was what the best part about playing defense and offense and he said, "I love offense because I get to run the ball (Tight End)" and the reason he likes defense he said, "I like to lay people on their back."

Come out and support them under the lights on Friday night!



Cougars Soar into Golf and Cross-Country Seasons

BY Laila Murray

GOLF

The Heart River Cougars golf season is in full swing and so far, it has been a very successful season. The Cougars have been in several tournaments and have finished first in all but one of them.

The Cougar team is made up of seniors Izzy Haller and Taylor Karsky, juniors Laila Murray and Cali Reisenaur, and eighth graders Jonah Greisel and Peyton Steffan.

The Cougars recently continued the tradition of being Region 5 champs. All six members of the team were named to the all-region team and Taylor Karsky won the region tournament to finish her senior season strong. Izzy Haller was named Region 5 senior golfer of the year.

The girls have state this week in Carrington. Along with the six members of the Cougars, Paisley Steffan also qualified for state as an individual, which is an outstanding accomplishment.

The girls have been preparing for state all year and I asked our seniors and coaches how they feel going into state.

Izzy Haller said, “I am super excited, but at the same time I’m super sad that it is my last year.”

Taylor Karsky said, “Sad because it is my last time going to state with my team, and excited cause we made it!”

Head coach Kirby Robb said, “I hope we find our best games of golf at state. It’s an honor to be a part of this program and heading to another state tournament; it’s tradition.”

Coach Tom Meyerhoeffer said, “I’d say I’m optimistic about the team doing well. The two seniors, Taylor and Izzy seem well prepared and the others have worked hard. It’s going to take our best effort to repeat as champions, but anything can happen once they tee it up.”



Good luck to our Cougar Golf team as they compete at state!



I would usually start off by talking about the whole cross-country team but in this case the whole team is one athlete and her coach.

For the record that would be South Heart Senior Iliena Young and Coach Krehlick.

So far the season has gone well, with Iliena setting a personal record every time she competes!

I asked Iliena a few questions about this season.

I asked her why she first joined cross country and she responded with, “I was an eighth grader and needed something to do. I really liked Ms. Delvo (the first cross country coach and science teacher) so I decided cross country was what I wanted to do!”

Iliena said her favorite part of cross country was the following, “At the end of the race you get a rush that you have completed something challenging! That is why I do it.”

When asked about her favorite cross-country memory, she said her favorite memory was the 2025 state meet with Gus, Baysha, and Serra.

I asked Coach Krehlik why she started coaching cross country and she said, “I have a passion for running and I run a lot of 5ks and marathons.”

Coach said her favorite part about coaching was working with athletes of all ages.

The last question I asked Coach Krehlik was what it is like only having one person to coach. Coach said, “It is definitely difficult but rewarding because I am able to connect with Iliena really well and focus on her growth and goals.”



Another Day, Another Dig!

BY Alyssa Olmstead

Fall brings around another exciting sport: Eagle volleyball! The high school varsity team is undefeated this year. There are eight seniors on the volleyball team and I asked them a few different personal questions about their experiences.

Middle Hitter: Arica Hodell

What advice would you give to the younger players going out for volleyball?

"You have to put in time and effort if you want to get better. Make it to every practice and camp and learn from them."



Libero: Gretchen Silbernagel

How do you handle a difficult moment with the team?

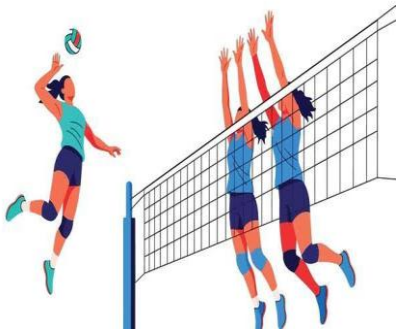
"I try to encourage my team and make myself and others better."



Outside Hitter: Brogan Boltz

What is your favorite memory in high school volleyball?

"My favorite memory from volleyball is last year's home games."



Right Side Hitter:Kylie Wyman
What has been your proudest moment in volleyball?

"My proudest volleyball moment is getting player of the game this year."



Middle/Right Side Hitter: Emma Kuylen

What has been your biggest challenge this year in volleyball?

"My biggest challenge this year has been trying to be loud enough for my setter."

Setter: Izzy Tormaschy

What are your goals this year in volleyball?

"My goals are to make it to regionals and have a fun time with my teammates."



Defensive Specialist: Alyssa Olmstead

Which of your skills do you think has improved the most?

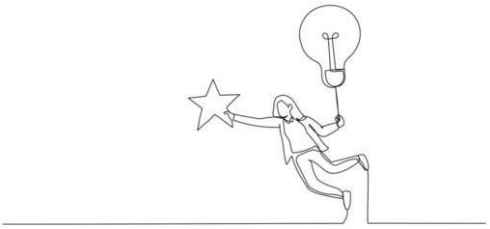
"The skill that I think has improved the most is my setting; I have gotten softer hands."

Come out and watch the Eagle volleyball team. They definitely will not disappoint!

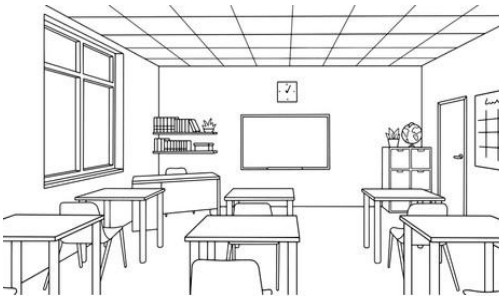
A Spark in the School

BY Paula Herfurth and Olivia Csermak

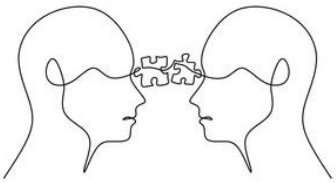
We all love Ms. Sparks - and we really wanted to find out more about her "*spark*." So, we took some of our time and interviewed her.



At first, she told us about her connection to art that she has had since her childhood. - But to be an art teacher had not been on her mind until she assisted at our school and Ms. Schillo told her she would be an awesome teacher. That was what stuck with her and she decided to give it a try and luckily it has worked out.

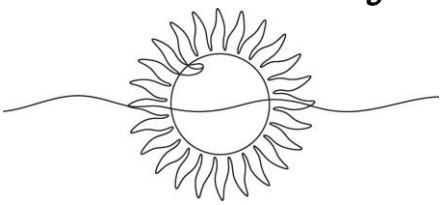


Her favorite part of teaching is that she can build relationships with her students and other teachers. In addition to that she is convinced that she can assist student's personal growth through their art projects. One of her favorite projects is "Limitations Art" which is the creation of art in a situation where the artist cannot use their typical abilities. This helps create empathy.



We asked her for advice for teachers and students and she said:

Be a Reflection of the Light.



To become the positive person she is today, she follows the Life Motto: "Do all the things without complaining."



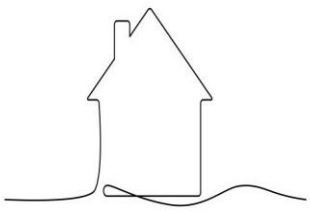
A fun fact about Ms. Sparks: She loves ice cream so much that she travels to different continents for it!



She loves the Italian Gelato but the best ice cream she has ever eaten was in Guatemala (passion fruit flavor!).



As an ice cream pro she recommends the chocolate shoppe ice cream from Cold Stuff. If you ever need recommendations about ice cream around the world, Ms. Sparks welcomes the conversation.



Now we all know how she became the wonderful person she is… and hopefully our school will *Spark* forever.

Senior Spotlight

BY Trevin Ficek

Every month we are going to interview four seniors about their experiences at South Heart School. Two in this article and two in the next article on the following page. This month I interviewed seniors Garett Bargmann and Jake McCann.

What will you miss most about high school?

Jake: "Seeing my friends every day."

Garett: "Seeing my friends."



What teacher has had the biggest impact on you?

Jake: "Mr. Tormaschy, he made me think differently about math processes."

Garett: "Mr. Anderson, he taught me how I should act."



What was your favorite class in high school?

Jake: "Agriculture II with Mrs. Gieseke. It was a lot of fun."

Garett: "Pre-calculus. There is not a lot of homework."



What are your plans after high school?

Jake: "Go to college at South Dakota School of Mines."

Garett: "Go to college for business."



What is your best advice for under classmen?

Jake: "Stick to your goals."

Garett: "Do your best and let God handle the rest."



What is your favorite memory from high school?

Jake: "Pep rallies"

Garett: "Sports bus rides."





Who is your role model and why?

Jake: "My dad. He is a really hard worker."

Garett: "Kobe Bryant because of his work ethic."



What is your dream job?

Jake: "Mechanical engineer."

Garett: "General Contractor."





What would you do if you won the lottery?

Jake: "I would invest 50%, buy land and equity, and retire my parents."

Garett: "Invest it all."



What is something you know now that you wish you would have known earlier.

Jake: "I wish I would have started playing football sooner."



Garett: "Cherish the little things in life."



Senior Spotlight

BY Dane Robinson

For our Senior Spotlight this September, I interviewed Jared Praus. I asked Jared a handful of questions; the following are his responses.

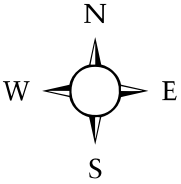
What will you miss most about high school?

"Probably seeing all my friends."



What teacher had the biggest impact on you?

"I would say Mrs. Walby because I can always remember North, East, South, and West directions from her."



What's your favorite class and why?

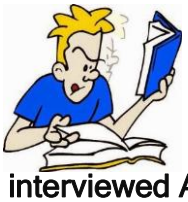
"My favorite class had to be woods and welding because I got to make whatever project I wanted."

What are your plans after high school?

"I'm not sure, I might go to college. If not I'll just enter the workforce; work for the family business for a bit."

What advice do you have for underclassmen?

"Work hard, study if you need it."



Next, I interviewed Alyssa Olmstead, asking her the same questions. Alyssa's answers are as follows:

What will you miss most about high school?

"My friends."

What teacher had the biggest impact on you?

"Mr. Urlacher due to the advice he gave me."

What's your favorite class in high school and why?

"Ag 4 because we get to just work on projects."

What are your plans for after high school?

"I want to be a police officer like my big brother Tarence whom I adore."



What is your best advice for underclassmen?

"Get your homework done and get a good grade."

What is your favorite memory from high school?

"Volleyball and the time spent with the team."



Who is your role model and why?

"My mom, because she is a great person."

What is your dream job?

"Something to do with saving lives."



What would you do if you won the lottery?

"Leave North Dakota, buy a house, and pay off my parents' bills."



What Would You Do With?

BY Addison Wagner

In every edition of the *Eagle Dayz* the staff is going to find an unusual word for an everyday object. The word chosen for this month was "Bumbershoot." I walked around the school and asked teachers and students what they would do with this word.

What would you do with a **Bumbershoot**?

Get launched out of it and land on a large trampoline.
-Mr. Jilek



Beat up something or someone with it.
-Tiayna Lecoe

Herd cattle with it.
-Ms. Wagner

Video bumper cars.
-Daniel Fisher

Clean up snow.
-Mr. O'Brien



Jump really high to block the volleyball.
-Kira Binstock

Herd cattle with it.
-Ty Hieronymus

Run into people.
-Jett Ewoniuk

Hit someone with it.
-Trey Cribs

Ride in it.
-Jackson Gruhlke



Fly somewhere with it.
-Layla Reindel

Jump with it.
-Adrianna Kuntz

Shoot balls out of it.
-Kinsleigh Parker



Shoot it at a party pooper, and give them a wavelength of joy.

-Izzy Tormaschy

I'm just going to chuck it.
-Lane Hoff

Throw it away.
-Emilia Schmidt



Wear it to a really fancy event.
-Michael Mehrer

Slide down it.
-Mrs. Urban



A Bumbershoot is an old-fashioned word for an umbrella. Stay tuned for our article next month where we will find another unusual word. Maybe you will make the *Eagle Dayz* for October!

BUMBERSHOOT = UMBRELLA!

Common Knowledge?

BY Iliena Young

Welcome to the section of the paper you can look at when your phone dies, because let's be honest here, most of you would try to find these answers even if they have fairly common sense solutions.

Q: What is the only letter that does not appear in any state name?

A) Letter Z
B) Letter A
C) Letter M
D) Letter Q



Q: Who invented cable television?

A) John Walson
B) John Watson
C) Arthur Parnassus
D) George Washington

Q: How far do Monarch butterflies travel during the fall months?

A) 470 miles
B) 2,500 miles
C) 600 miles
D) 3,000 miles



Q: What is North Dakota's state grass?

A) Prairie Grass
B) Western wheat grass
C) Green grass
D) Honey grass



Q: How many bones does a cat have in its ear?

A) Three
B) Four
C) Seven
D) Two



Q: What is the half-life of Iodine-131?

A) 146 years
B) 700 hours
C) 8 days
D) 23 days

Q: What is a group of owls called?

A) Gaggle
B) Clique
C) Parliament
D) Whoo



Q: What color are the McDonald's arches in Sedona, Arizona?

A) Yellow
B) Gold
C) Green
D) Turquoise



Q: How many teeth do adult humans have?

A) 17 teeth
B) 46 teeth
C) 32 teeth
D) 36 teeth



Q: What was the "Black Death" plague also known as?

A) Bubonic Plague
B) Yellow fever
C) Corona Virus
D) Pneumonia

Q: How many U.S. Presidents have been assassinated while in office?

A) Seven
B) Nine
C) Two
D) Four



Q: What is the largest land mammal in North America?

A) Emu
B) Tasmanian Devil
C) Bison
D) Timber Wolf



SCORING:

If you got

12/12 Right: You seriously know your trivia!

10/12 Right: You're up there in brains but not at the top…

8/12 Right: You're pretty average.

5/12 Right: Please open a book!

Anything lower: You need to start listening in school!!



Answers: DADBACCDCADC

Advantageous Advice

BY *Eagle Dayz* Staff

Welcome to Advantageous Advice! Each month in this article we will answer all of South Heart's most important and pressing questions.

1. Q: How to I successfully pass math?
   A: Don't ask us; we are failing too.



2. Q: How to make friends?
   A: We'll be your friend.



3. Q: Does Ms. Sparks actually care about what was good about our day?
   A: Of course! Ms. Sparks is the most genuine teacher on staff. Now Miss Schillo? She doesn't care at all!

4. Q: What do extracurriculars do for you?
   A: They build school spirit and help you make friends. See question #2. That way you don't have to rely on the *Eagle Dayz* staff to be your friends.

5. Q: How do we win more basketball games?
   A: Play grade school teams? But seriously, the Eagles are going undefeated this year. You heard it here first.

6. Q: Are black cats bad luck? And why?
   A:They aren't, and anyone who tells you otherwise is a LIAR!



7. Q: Why can the teacher tell me when I can use the bathroom?
   A: Because it's just how things work. Imagine if any student could leave whenever they wanted. It would be chaos! Quintin and Jaymison would NEVER be in class.

8. Q: What do I do when someone doesn't like me?
   A: Suck it up buttercup. Also, see answer #2. You've always got a friend in us.

9. Q: Why don't most people try at school?
   A: Because it's too easy. We need to bring back 25 page worksheets. 10 page papers. Old School Baby! **(This wasn't us. Miss Schillo took over!)**



10. Q: Why is the dress code so strict?
    A: Strict? Just don't dress inappropriately and the dress code isn't strict.



11. Q: How do I not run over little kids in the hallways?
    A: They are pretty small, maybe just jump over them?



12. Q: How do you make people walk on the right side of the hallway?
    A: Stone them. (Too far, Miss Schillo said we CANNOT do this!)



13. Q: How can I enjoy school more?
    A: You know, if you actually just do your work, school isn't that bad. Also, sign up for Mass Media class. At least then one hour of your day is enjoyable.

Fall Fun Frenzy

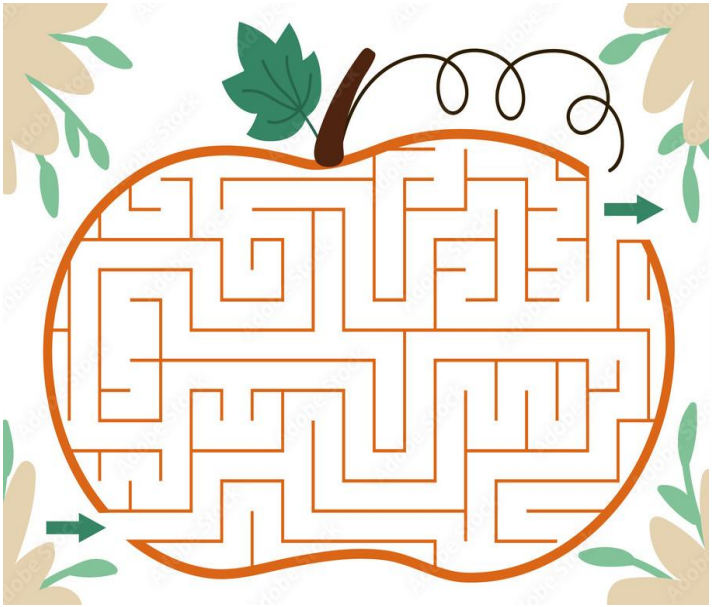
BY KINA LAMBERT

COZY FALL FIRES WORD SEARCH

G	Z	L	O	G	S	F	I	R	E	P	L	A	C	E	P	A	Z
J	W	U	K	M	B	U	W	O	O	L	S	O	C	K	S	N	Z
F	N	V	N	K	L	C	M	C	C	W	S	X	Y	J	L	E	M
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C	M	A	R	S	H	M	A	L	L	O	W	S	O	N	L	L	N
K	L	S	Z	E	Z	W	L	P	I	M	V	C	A	Q	S	J	H
Y	P	Q	O	W	V	W	Y	V	E	K	O	L	M	Y	K	T	Z
B	R	Z	E	L	N	L	K	B	L	C	B	M	G	X	P	Y	W

BLANKET
COMFORT
FIREPLACE
HEARTH
LOGS
READING
SNUGGLE
WARMTH

COCOA
CRACKLING
FIREWOOD
HYGGE
MARSHMALLOWS
RELAXATION
TOASTY
WOOL SOCKS





COLOR ME!

October Days to Remember

BY: Jaxon Krause

October 1: National Pumpkin Spice Day

October 2: National Name Your Car Day

October 3: National Boyfriend Day

October 4: National Taco Day

October 5: National Do Something Nice day

October 6: National German-American Day

October 7: National Pumpkin Seed Day

October 8: National Fluffernutter Day

October 9: National Moldy Cheese Day

October 10: World Mental Health Day

October 11: National Sausage Pizza Day

October 12: National Farmer's Day

October 13: National M&M Day

October 14: National Dessert Day

October 15: National Cheese Curd

October 16: National Boss's Day

October 17: National Pasta Day

October 18: National Chocolate Cupcake Day

October 19: National Seafood Bisque Day

October 20: National Chicken & Waffles Day

October 21: National Apple Day

October 22: National Make a Dog's Day

October 23: National TV Talk Show Host Day

October 24: National Bologna Day

October 25: National Greasy Foods Day

October 26: National Pumpkin Day

October 27: Navy Day

October 28: National Chocolate Day

October 29: National Cat Day

October 30: National Candy Corn Day

October 31: Halloween

October Birthdays

October 1 –
Collin Tormaschy
Illya Shkandriy

October 4 –
Stetson Roemmich

October 5 –
Asher Rodgers
Megan Morast

October 6 – Lyam Goebel
October 7 – Eva Sparks
October 8 – Caleb Janzen
October 10 – Westin Stuber
October 13 – Briahnna Cox
October 22 – Koltyn Buckman
October 24 – Lynlee Tschetter
October 25 – Colton Steffan





Activities

Saturday, October 3
- Football: Southern McLean vs. Heart River – 7:00 p.m. at Belfield High School

Monday, October 5
- Varsity Volleyball: South Heart vs. Center-Stanton – 6:30 p.m. at Center-Stanton High School

Tuesday, October 6
- Varsity Volleyball: South Heart vs. Mott-Regent – 7:00 p.m. at Mott-Regent High School

Friday, October 9
- Varsity Volleyball: Killdeer vs. South Heart – 7:00 p.m. at South Heart High School

Saturday, October 10
- Cross Country: Class B Regionals – Dickinson Patterson Lake

Tuesday, October 13
- Varsity Volleyball: Event – 7:00 p.m. at South Heart High School

Thursday, October 15
- Varsity Volleyball: South Heart vs. Parshall – 7:30 p.m. at Parshall High School

Friday, October 16
- Football: Heart River vs. Shiloh Christian – 7:00 p.m. at Shiloh Christian School, Miller Field

Tuesday, October 20
- Varsity Volleyball: Belfield vs. South Heart – 7:00 p.m. at South Heart High School

Thursday, October 22
- Varsity Volleyball: South Heart vs. Trenton – 7:30 p.m. at Trenton High School

Friday, October 23
- Cross Country: Class B State Meet – Jamestown

Monday, October 26
- Varsity Volleyball: Opponent TBD – Time TBD

Thursday, October 29
- Varsity Volleyball: District 7 Tournament – Glen Ullin High School

Friday, October 30
- Varsity Volleyball: District 7 Tournament – Glen Ullin High School

Post-Hoco Horoscopes

BY Michael Mehrer

We all know how unpredictable the future can be, but here at the *Eagle Dayz* we have reliable predictions that may be able to ease some of your worries. All you have to do is find your sign and see what the month has in store for you.

Aries

(March 21-April 20)

Despite the weather turning gray, the air turning cold, and homecoming ending, keep looking for the positives this month! You will be surprised by how well things turn out.

Taurus

(April 21-May 20)

The weather is getting spooky outside, look out for those things in the fog. They're watching you.

Gemini

(May 21-June 20)

Your month will go smoothly! You will eat good food and make new friends. But if you even think about lighting a candle, something unlucky will be waiting for you.

Cancer

(June 21-June 22)

This month won't be good, but it won't be bad. You will just be the most bored you've ever been, and there won't be anything to fix that.

Leo

(July 23-August 22)

I hope you had school spirit during Homecoming week! Everyone will be looking to you to keep the good energy going.

Virgo

(August 23-September 22)

Avoid procrastinating on your homework this month. Just do it! Also, pro tip, it might rain on your birthday this month. Otherwise, things are looking up.

Libra

(September 23-October 22)

It's almost October, which means it's almost Halloween, but that's soo close to November so it's basically Thanksgiving already, but nobody cares about Thanksgiving so Christmas is basically right around the corner! Better get shopping; you don't want to forget.

Scorpio

(October 23-November 22)

If your hand is bigger than your face, you will have a great month! If not, watch out for cats; they will all hate you.

Sagittarius

(November 23-December 21)

Is school getting tough? Is there just too much homework to do and not enough time? Keep your head up. If you get through it now, it will only get better from here.

Capricorn

(December 22-January 19)

Don't give up on your dreams this month. You will meet someone that will give you the advice you needed to meet your goals.

Aquarius

(January 20-February 18)

The number 387 will appear an unusual amount this month. Take this number as a sign; I don't know what it means. But it's definitely a sign!

Pisces

(February 19-March 20)

The more money you spend this month, the happier you will feel. Buy anything that you want! It doesn't matter how expensive it is, as long as you're happy!!

THE LAST TIME THE NEWSPAPER WAS PUBLISHED IT WAS NAMED THE *COUGAR DAYZ* AS WE WERE HEART RIVER FOR ALL OUR SPORTS. NOW IN 2026 WE HAVE RETURNED TO OUR ORIGINAL NAME, *EAGLE DAYZ*. BUT AS WE ARE THE COUGARS FOR SOME SPORTS AND THE EAGLES FOR OTHER SPORTS, THE *EAGLE DAYZ* STAFF HAS IDENTIFIED A NEED FOR A NEW MASCOT. INTRODUCING

THE COUGLE

