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# THE PANTHER'S PAW

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Spring Hill High School

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## Love: an important lesson taught by Spring Hill faculty

Spring Hill High School staff shares personal love stories like how they met their significant others and how they keep their romances alive

Full story on page 7



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### We like it a latte

A quick review of the latest coffee shop craze - Longview's very own Silver Grizzly Espresso

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### Love songs for lovers (and other songs too)

Set the mood for your Valentine's day with this playlist, no matter your relationship status

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# The name is silver, but the coffee is gold

by Mallory Wallace

The newest addition to the Longview coffee shop family is the Silver Grizzly.

This minimalistic style coffee shop is a great place for focus and have more intimate conversations.

Because Silver Grizzly has only been open for around five months, I figured the best way for people to find out about the vibe of the coffee shop is to get a first-hand glimpse at what it is like behind the counter.

Baristas Christian McNeal and Josh Neibert give an excellent description behind the mission of Silver Grizzly and what makes it so special.

“Our biggest goal is to create this sense of community,” McNeal said, “We want them to learn and appreciate the art of coffee... Essentially allow them to see past Folgers or Starbucks as the only forms of coffee.”

The biggest difference between small businesses such as Silver Grizzly compared to Starbucks is the knowledge and appreciation to every cup of coffee. Neibert was able to give a realistic and eye opening perspective on the amount of work that goes into one cup of coffee at Silver Grizzly.

“All of our coffee beans come from independent farmers. These beans are hand picked from coffee bean trees,” Neibert said. “Each tree can make around 1-2 pounds of coffee beans. Our machines can hold up to 2 pounds of coffee beans at a time. Making one full batch, one full tree.”

Buying a cup of coffee from places such as the Silver Grizzly more than buying just a plain cup of coffee. You are buying an experience.

When asked what their mission statement is McNeal said, “Our mission is to form community and educate people on the world and art of coffee.”

Personally, I have found Silver Grizzly to be one of my favorite places in Longview. Its positive hospitality and genuine passion for coffee is contagious. Don't sleep on this coffee shop, people!

For those of you who are hesitant on what to order, the most popular order is a 12oz maple bourbon latte. This drink is strong enough to keep you focused but sweet enough to not be overpowering. Another shop favorite is the classic chai tea.

Overall, Silver Grizzly is a perfect place to hang out or study with your friends.

Silver Grizzly is located at 100 Tyler Avenue in downtown Longview.



## Sickness Tips

by Mallory Wallace

As we are in the middle of the flu epidemic, here are a few tips to keep you from getting sick!

- Do not drink/eat after other people
- Put hand sanitizer on before and after you leave a room.
- Take Vitamin C and Zinc to help strengthen your immune system
- Try to avoid putting your mouth on objects such as the water fountain
- Get plenty of sleep

If you feel like you might be getting sick, do everyone a favor and go home. Coming to school only helps spread the illness. Yes, exemptions are nice to have, but don't put your peers at risk for them.

# Dear Cupid/Dear Venus: your anonymous love questions anonymously answered

Dear Cupid,

I need a boyfriend. Help.

Cupid: Don't be desperate.

Venus: First of all, you don't *need* a boyfriend. Boys are difficult sometimes. Just let it happen. There's no rush and dating in high school rarely even matters.

## Remember history in the present

by Mallory Wallace

February is often referred to as the month of love, celebrated with gifts and candy. To me, February is about a celebration of how far we as a society have come. It is about the love and respect for each other.

Black History Month is a 41 year old celebration of the progress being made throughout our society. It is also a reminder of the constant need for progress when it comes to celebrating people equally. Thanks to the works of Martin Luther King Jr., Abraham Lincoln, Fredrick Douglas, Rosa Parks, and Harriet Tubman, we live in a world today that is constantly moving towards racial justice. We are able to truly cherish each other despite our ancestors' tension.

The focus during February should be spent less on buying teddy bears and chocolate for your loved one, and more on appreciating the never ending progress being made for racial justice throughout the United States.

Dear Cupid,

How can I tell if a guy is being flirty or friendly?

Cupid: He'll try to make you laugh and he'll walk you to class

Venus: He'll find little ways to let you know - whether it's sneaky little things he says or does, trust your instinct, girls always know. But be careful, and it might be a good idea to talk to a friend and get their honest opinion on whether you're looking too far into it or not.

Dear Cupid,

How do I show my friends how much I care about them on a tight budget for Valentine's Day?

Cupid: Try to spend the day with them at home.

Venus: I agree with Cupid. Just spend time with them and enjoy your singleness (aka freedom) together, whether that means getting a mani-pedi or playing video games or watching bad romance movies.

Dear Cupid,

How do I tell my crush that I'm falling for him and wish we could go out if only I wasn't focused on my school so much?

Cupid: School comes first, so maybe try it in the summer.

Venus: Just tell him! He might never know otherwise! (Guys can be a little slow sometimes).

## Students kick it at annual Sadie Hawkins dance

by Grace Stark

"Everybody cut, everybody cut.." "Everybody cut footloose!" Every year Z-Club hosts a Sadie Hawkins dance around Valentine's Day.

Spring Hill High School students came dressed in boots and their 80's gear, ready to two-step and line dance the evening away.

Grades freshman through seniors alike got together for a Footloose themed dance.

Senior, Jessie Murphy made his first appearance at Sadie Hawkins.

"Sadies was a blast!" Murphy said, "If I wasn't a senior I would go again!"

Murphy enjoyed dancing and rocking out to the song Jessie's Girl.

"I learned all the dances." Murphy said, "My favorite one was footloose!"

# Roses not bruises: teen dating violence in real life

by Rebecca Heaton

If you haven't been listening to the announcements this month, February is Teen Dating Violence Awareness Month. In honor of that, the Panther Paw staff decided to print a PSA on a topic that most are scared to breach, but needs to be heard.

Teenagers aren't stupid. In fact, it could be argued that we have an advantage - a mind that functions like an adult's, paired with just enough childlike naivety. We're smart and we've seen a little bit of the world, but we're open to all kinds of influence because we're still figuring the whole "life" thing out.

Influence can come from a lot of places, from parents to peers to celebrities. Thanks to the growth of social media, this influence has proliferated itself to the point where it's pretty much inescapable. Everyone wants to be in love, is in love with the idea of love, and I really can't blame them. There's something indescribable and unforgettable about the feeling of euphoria your first love can bring, but what's called "love" these days can bear little resemblance to what it really is.

Abuse isn't always sudden. It usually starts quietly and grows without the victim even realizing it. It's also not always just bumps and bruises; it can pass the physical realm. There's a whole other level that is neglected, often to the point of making it incredibly difficult to recognize - even if it's happening to you.

Emotional abuse is defined as behavior and language designed to degrade or humiliate someone by attacking their self-value or personality.

It's easy to read this definition and believe there's no way it applies to you (and I truly, sincerely hope it doesn't), because the media has begun a dangerous trend of glamorizing and effectively romanticizing these dangerous types of relationships. Bella and Edward or Chuck and Blair should not be your relationship goals. Love shouldn't be based off of mistrust or lies and you shouldn't bring out the worst in each other.

According to breakthecycle.org, "1 in 3 high school students experience some form of dating violence in their relationships."

But if it's that common, why does it seem like no one ever sees it?

A lot of it can't be seen, and a lot of victims find ways to excuse their abusers. Because of this "hidden" quality, the signs are difficult to recognize, especially if you don't know what to look for - which would make sense, considering its neglect in mainstream media.

Here are some things to watch out for:

- Checking cell phones, emails, or social networks without permission
- Extreme jealousy or insecurity
- Constant belittling or put-downs
- Explosive temper
- Isolation from family or friends
- Making false accusations
- Erratic mood swings
- Physically inflicting pain or hurt
- Possessiveness
- Telling someone what to do/wear/say
- Repeated pressuring someone to have sex

Of course, there's a fair amount of personal judgement that comes into play when determining what is abuse and what's just a bad boyfriend/girlfriend. But if you are experiencing any of these or feel unsafe or uncomfortable in your relationship, take action. Don't let yourself settle for anything less than what you know you deserve. Talk to a trusted friend or adult, and if you ever find yourself in a dangerous situation, remember that your safety and your life are most important.

**If you or someone you know is  
experiencing abuse,  
loveisrespect.org has an open chat-  
line 24/7/365. Call 1-866-331-9474 or  
text "loveis" to 22522**

# Hey DJ, hit the Cupid Shuffle

by Mallory Wallace

Valentine's Day is often referred to as the day to celebrate love, specifically relationships. I set out on a mission to try and create Valentine's Day playlists that appeal to everyone.

## For the people who are in love

She Will be Loved (Acoustic) - Maroon 5  
 The Woman I Love - Jason Mraz  
 Iris - The Goo Goo Dolls  
 My Lover - Bird Talker  
 Mountains - Savoir Adore  
 With You - Chris Brown  
 If I Ain't Got You - James Bay  
 Ooh Love - Ria Mae  
 Lost Stars - Adam Levine  
 Free Fallin (Live at Nokia Theatre) - John Mayer  
 Better Together- Jack Johnson  
 Falling in Love in A Coffee Shop- Landon Pigg

## For the people who are still bitter

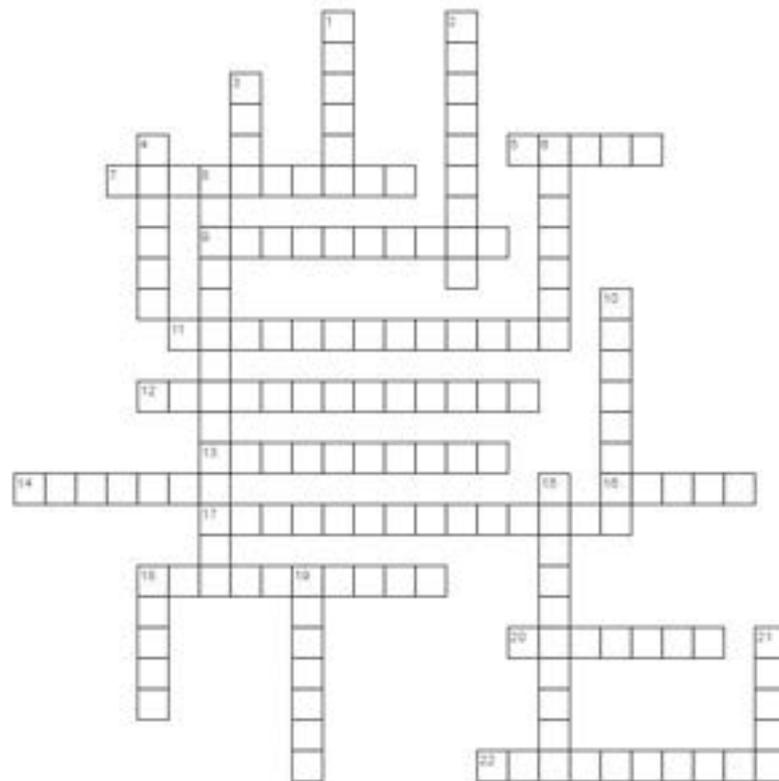
The One That Got Away (Acoustic) - Katy Perry  
 Come Back to Me - Vanessa Hudgens  
 Stitches - Shawn Mendes  
 Somebody Else- The 1975  
 Monsoon (Mia Mark) - Amber Mark  
 The Scientist- Coldplay  
 I Don't Wanna See You with Her - Maria Mena  
 Since You've Been Gone - Kelly Clarkson  
 Cry Me A River- Justin Timberlake  
 Lies - Marina and the Diamonds  
 Drowning Shadows - Sam Smith  
 Come Back To Me - Vanessa Hudgens

## For the independent people

White Flag - Joseph  
 Feeling Myself - Nicki Minaj, Beyoncé  
 I Don't Need a Man - The PussyCat Dolls  
 Miss Independent - Kelly Clarkson  
 One, Two Step - Ciara, Missy Elliott  
 Shout Out to My Ex - Little Mix  
 Irreplaceable - Beyoncé

# VALENTINE'S CROSSWORD

by Staff



Across

5. Terminally ill teens fall for each other in 'The \_\_\_\_\_ in Our Stars'
7. This actor starred in the peculiar love story 'Edward Scissorhands'
9. Spanish for White House
11. Orlando Bloom & Kirsten Dunst star in Amye Tucker's ALL-TIME FAVORITE MOVIE
12. This 1961 musical is an adaptation of Shakespeare's 'Romeo & Juliet'
13. This teen drama involves a map & adventure
14. Musical set in Greece starring Meryl Streep & Amanda Seyfried
16. Kevin James & Will Smith star in this rom-com
17. Star-crossed lovers
18. Love & \_\_\_\_\_
20. Main character in the classic love story 'Gone With the Wind'
22. Chris Pratt & Jennifer Lawrence star in this futuristic love story

Down

1. T-birds, Pink Ladies & fast cars
2. 'Pride & \_\_\_\_\_'
3. 'Dear \_\_\_\_\_'
4. Bradley that starred in 'Silver Lining's Playbook'
6. 'I can show you the world...'
8. Writer of romantic tragedies such as 'A Walk to Remember'
10. Vampires & werewolves battle for love in this teen romance
15. This singer/actress plays lead in a story about a young girl who falls in love at the beach
18. The mangled monster with whom Belle falls in love
19. 'I'll never let go, Jack...'
21. '50 First \_\_\_\_\_'

# A dinger-filled future

by Keaton Hicks



Landrum back row, 3rd from left

The Lady Panther Softball Team will compete against The Waskom Lady Wildcats to start off the new season on Feb. 14 at home with the JV starting at 4:30pm and the Varsity afterwards.

“I think we will do good if we focus on defense and try not to make any mental errors,” junior third baseman Sydney Johnson said. “We’ve been working hard with the freshmen and they’ve improved a lot from the beginning of the season.”

Johnson during the New Diana scrimmage on Feb. 11 hit a dinger, resulting in a 7-0 win.

“We’ve gotta focus at the plate so that we can make up errors in the field,”

second baseman Maddie Malloy said. “If we keep the ball in play, we should stay ahead of them.”

Malloy during the scrimmage New Diana Had multiple line drives.

“I think we will come out strong, we did good against new Diana,” head softball coach Ashton Brey said. “We are gunna put the ball in play, so if the defense shows up we’ll be good.”

## Girls Softball

Feb. 14 – Waskom – Home

Feb. 16/17 – Longview Tournament – Longview

Feb. 17 – Pleasant Grove – Pleasant Grove

Feb. 21 – Tatum – Home

Feb. 23-24 -- Lindale Tournament -- Lindale

Feb. 28 -- Harmony -- Harmony

Mar. 2-4 -- Pine Tree/Spring Hill Tournament -- PT/SH

Mar. 7 -- Rusk -- Rusk

Mar. 10 -- Henderson -- Henderson

Mar. 17 -- Gilmer -- Gilmer

## Varsity Boys Baseball

Feb. 17 – Christian Heritage (Scrimmage) – Home

Feb. 23-25 – Rusk Varsity Tournament – Rusk

Mar. 2-4 – Spring Hill Varsity Tournament – Home

Mar. 17 – Pleasant Grove – Home

Mar. 21st - Lufkin Hudson – Home

Mar. 24 -- Bullard -- Home

Mar. 28 -- Gladewater -- Gladewater

Mar. 31 -- Chapel Hill -- Home

Apr. 4 - Kilgore -- Kilgore

Apr. 7 -- Gilmer -- Home

Apr. 11 -- Bullard -- Home

# Horoscopes for the month of love

by Alyssa Miller

**Aries** - A spiritual person will shower blessings and brings peace of your mind. You will be ready for a smooth love life for the month of February. During the end of the month you will have many social events and become very busy, but do not forget responsibilities towards family members.

**Taurus** - Your charms and generosity will attract new friends and romantic opportunities throughout the month.

**Gemini** - New romantic opportunities will arise, but be careful not to get your heart broken.

**Cancer** - A serious romance is just around the corner, so prepare yourself for exciting moments that are going to occur this month.

**Leo**- This month brings an important development on your romance. It will bring joy to you and your partner or close friends. Your creativity will amaze the people around you and people will learn to notice all of the hard work you have been doing.

**Virgo**- This month will bring many difficult experiences that may take turn on your relationships, causing many disappointments. Things will take an unexpected turn and tensions may arise.

**Libra**- Your current love interest is likely to give you immense amounts of joy and happiness in a romantic gesture. All things go in your favor in your love life.

**Scorpio**- Relations with your partner will remain joyful. Those of you who are single are likely to have a romantic encounter with the person of your dreams.

**Sagittarius**- You are likely to take steps to enhance your love life by sharing old memories with friends leading to a new romance.

**Capricorn**- Your intimate moments and personal encounters are not coming easy right now. Stay focused on sharing your ideals. Regardless of your relationship status, you need someone who can engage your curious mind.

**Aquarius** - You are attracting admirers, some in fact you make take a romantic interest in you.

**Pisces** - You may want to stop and reevaluate your needs and desires. Physically, emotionally, and financially, you will want to tread calmly until this time phase passes for you.



## Learning to love

### Staff members tell their real-life love stories

by Marley Phillips and Maddie Malloy

It's the season of love and we've decided to ask a few teacher how they met their significant other.

**Budd Dunn:** "I was catering a job for some friends of mine, and they were having this Christmas party. This woman kept following me around asking all these questions. She asked if I was single and I said, "Yeah," and I thought she was asking for her, but she was married and I was getting nervous. She said she had a sister, and I don't do blind dates. She walked away and her sister comes walking in and everything slowed down the music started playing and that's how we met. We started dating and never separated. 17 years ago."

**Glenda Rice:** "I met him in college back in the early 70s. We were in a singing group together and never dated or anything, and then 37 years later I found him on Facebook and I asked him to be my friend. 6 months later we were married."

**Jeanie McLemore:** "We were high school sweethearts when I was a junior and he was a senior. He sent a friend to ask me out, and we talked and dated for a while. He even asked if I would wear his senior ring. We had regular date nights, but we kept things fresh and fun and we're each other's very best friends. He always



makes me laugh and that's my favorite thing about him. We've been married for 30 years and we dated for 4. We broke up for about 4 months because of college, but he came back and told me that I was the one. We got married about two weeks after graduation."

**Anne Herman:** "We met in high school biology. He asked me out, and by senior year I'd realized he was the one. We've been together for 25 years, and we got married in college in 1994. We still have regular dates - you have to keep dating each other and forever try to keep it fresh and keep it special."

# Seniors spill college apps. dos and don'ts

by Rebecca Heaton

Applying for college is a daunting task. You're essentially determining what your life will be like for the next four years, and as a 17/18 year old, that's terrifying. Most seniors don't even know what they want for dinner, much less where they want to shape their future.

The class of 2017 has, for the most part, finished the grueling application season. There are definitely plenty of websites full of tips to ease the process, but some lessons are better taught through experience - and some suggestions you can begin working on now, no matter your grade. Here's some of the things this year's seniors would have done differently throughout their high school career, given the chance.

"Start the application early. Once you get into the school year, there's so much going on. And attaching an actual resume is a good idea." - Katherine Spurrier

"Do ApplyTexas or the Common App instead of applying to individual colleges." - Cameron Seymour

"Start before winter break or the day they're due, and get good at one thing instead of doing a bunch of random stuff." - Jenny Kim

"Volunteer more." - Hanna Jackson

"I wish I'd learned how to write an essay and done well my freshman year, that way I wouldn't have to go to SFA." - Kevron Madden

"Get better at math." - Grace Stark

"Write down specifically what you did and document it." - Sommer Harkins

"Don't care about the distinguished program because you're probably not gonna be on it anyway and it doesn't matter." - Justin Hix

"Don't procrastinate on anything." - Hunter Risinger

"Look into dual credit and scholarships." - Vincent Tran

## Sweets for your sweet: what to spend your money on (and what not)

by Rebecca Heaton

Brach's Candy Conversation Hearts - \$3

Cliched but effective, these candy hearts are a classic. While they tend to taste more than a little chalky, these are veterans when it comes to Valentine's candy with their cute messages on hard, powdery hearts.

Reese's Miniature Peanut Butter Cups Heart - \$5

As a big fan of anything peanut butter and chocolate, this is a winner in my book. You get about 25 pieces which breaks down to about 20 cents per piece - pretty good for such a commercialized holiday. It's a little elementary and it may leave your significant other wanting a little more, but it's a decent gift - just check for allergies before you give them to your date.

Lindor Milk and White Chocolate Truffles - \$6

These are probably the best value and best quality candy you can get this Valentine's day. They're creamy and silky and sweeter than a lot of chocolates you can find at the store. These are sure to win you something sweet from your Valentine and for a decent price - you get fancy-quality style chocolate for a Walmart-style price.







