

Today's weather

January 24, 2014

Mostly Sunny
Hi: 42° F
Low: 28° F
0% chance of rain



Data Matches

Valentine's Day surveys match couples

by Taylor Gee

Do you ever glance around the halls and wonder who is most compatible with you? Well, wonder no more. Last week, the National Honor Society sponsored a Valentine's Day compatibility survey for the high school and results will be returning soon.

Fourth period classes filled out a form and returned it to their teacher to be shipped off. Students answered various questions to find out who would be best matched with each other.

Questions were random but all had an assessment of each student's personality. While some may have seemed silly, the answers could actually be very revealing.

On Valentine's Day, during all lunches, you can buy your results and compare your matches with your friends. Students can pay \$1.00 for your matches in just your grade and for an additional fifty cents you can see results for every grade.

Many students eagerly await the results to find out whom they would be most compatible with. Along with finding out who would make the best boyfriend or girlfriend, the results of the survey will also pair you up with people in which a good friendship could occur.

An interest in physics

by Hunter Collins

Physics is usually a subject that students tend to gravitate away from. However, when it comes to the theatre department's new play, "The Physicist," students have lent their attention to the hard work of the thespians. On Monday January 16 students auditioned for roles in the play. There is an extensive cast of actors who are all looking forward to performing this out-of-the-box script.

One Act Play is an 18-40 minute play that only has one act. When performing they cannot go over or under the time or there will be serious consequences. Consequences could include disqualification or a low ranking.

Theater teacher Mr. Justice is very excited for the competition.

"We want to do well and advance," Justice explained. "We have a great play and cast this year for One Act."

The cast has already been working incredibly hard for the second week of rehearsals and plan to go far for competition. "I'm very excited for this play," junior Katie Everett said. "We have an awesome cast and I believe we can go very far."

The cast of "The Physicist" will have their first competition this spring and will be rehearsing almost every day to prepare.

42 days until Spring Break!

What's Inside...

Page 2	Feature
Page 3	Entertainment
Page 4	Opinions
Page 5	Sports
Page 6	News

The Panther's Paw

January 24, 2014

Spring Hill High School

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Celebrating 68 Years of Journalism Excellence

Off to the big leagues

Spring Hill seniors sign to play collegiate ball



Seniors Hailie Gilbert and Madison Haney pose for a picture after signing on to the teams of their future colleges.

by Kaitlyn Harris

For seniors, the spring semester is crazy; college decisions to be made, scholarships to be earned and the everlasting struggle of "senioritis" that intensifies with every passing week. However, for two ladies in the senior class, the spring semester just got a lot sweeter.

Last week, seniors Madison Haney and Hailie Gilbert signed to play softball in college at a ceremony surrounded by their family, coaches and teammates. Haney will be attending Bossier Parish Community College and Gilbert will be at University of the Ozarks.

"I'm extremely excited to get to continue my softball career," Gilbert said. "It's been a huge part of my life and I'm so blessed that God allowed me the opportunity to play at the collegiate level."

The benefits of signing reach beyond continuing to play their favorite sport. Haney is also receiving money towards her education when she signed on to her new team.

"I am so blessed to have the opportunity to play softball on a full scholarship," Haney said. "I'm excited about what God has in store for me."

At a ceremony conducted in the

high school gym, the two seniors took a huge step forward into their future as their teammates supported them.

"Signing with all my teammates around me was just an awesome experience," Gilbert said. "Having their support solidified how a team can be just like a family, and knowing that they are there to support me means the world to me."

Making such a big decision has not only given them a definite direction for next year, but it has also taken a huge load off the girls' minds as they round third base on their way to graduation.

"Knowing that the next door is ready to open is definitely a stress reliever," Haney said. "But let's face it, there is still a season to win and I'll always be a lady panther."

As seniors, the girls are leaders on the team and are expecting promising results from this year's line up.

"I expect great things this season," Gilbert said. "We have so many talented players coming back this year and I'm so pumped to be able to play my last season with such a great group of athletes."

A winning season isn't the only thing on the minds of these two

powerhouse players. They have high hopes of taking their team all the way to the state competition this year.

"We have the coach, the talent and the heart to make it all the way," Haney said. "I'm going to do my best to lead by example. I'm there for my team in any capacity!"

For these two young ladies, softball has been a part of them since they were biting ankles, and the feeling of making it this far and having the chance to continue on a whole new level is very humbling.

"I'd have to thank, first and foremost, God. I give him all the glory and the praise," Gilbert said. "Second, my family for the encouragement and support. Third, to all the coaches I have had, and a special thanks to Coach Mayfield for believing in a left handed catcher."

Ladies, bring a guy to save a child

Spring Hill Z Club to host Western-themed Sadie Hawkins

by Taylor Gee

Most girls can relate to the struggle of attending a dance, only to sit around, awaiting some brave boy to ask them on to the dance floor. Thanks to Z-Club sponsoring a Sadie Hawkins dance, now the ladies have the chance to ask the boys

Sadie Hawkins is a where the girls are encouraged to ask the guys to accompany them instead of waiting for the guy to ask.

Girls all over campus have been racking their brains to find creative ways to ask their favorite boy to accompany them. Senior Allison Akins, being the outgoing gal she is, asked senior Nick Irwin to the dance over the intercom last week during announcements. For those of you who may have missed it, he said yes.

Other creative proposals have included handwritten notes, baked goods and writing on cars.

Along with the chance to finally bring the guy, by attending the event they will help save a child. Half the proceeds made from the dance will go to St. Jude's Children Hospital. This explains the common phrase associated with the dance, "Ladies, bring a guy to save a child."

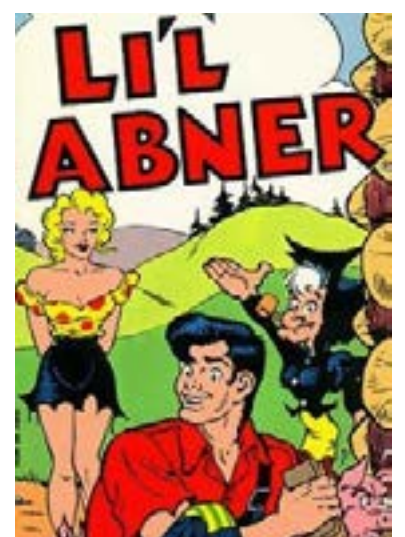
The dance will be held at the Wallis Barn on February 8, from 7 to 9 p.m. The venue will be country themed with two- stepping all night.

Tickets will be on sale the week of February 3. Since the dance is called a "Two-Step Sadie Hawkins", the dress will be country western. Most gals will enjoy a simple western dress with good old cowboy boots. Guys should be prepared with jeans, boots and their favorite button down.

The dance allows students to have some fun will supporting a

good cause. It also is a nice addition to the line up of spring events.

"Since we've never had a dance besides prom since my freshman year, a change will be fun," senior Carson Clark said. "Also it's a cool way to raise money for needy kids while being able to enjoy ourselves."



Sadie Hawkins dances are a character in the Lil' Abner comic strip, Sadie Hawkins. Created by cartoonist Al Capp, the tradition of the dance began in 1937. Photo credit www.imdb.com

Faculty Flashbacks

Teachers take the time to share their high school experiences.

When I, Seddy Logans, was a senior in high school in 1988-89, my favorite part of school was athletics. I was involved in Soccer, Basketball, and Baseball, and AWS & FYST. I wanted to be a Coach. I loved to go to the gymnasium on a Saturday night with my friends. I drove my Mustang to the movies and watched my favorite movie, The Green Mile. My best friend was Mark Carter and he/she was great at Basketball. I was good at everything and loved to play sports. My senior year, Bill Carter was President and the Backstreet Boys was the most popular band. My late night cram session consisted of eating chili and drinking beer more than studying. My crush was Michelle because he/she would get up for me. Looking back, I see myself being most like my student, Michelle. He/she is intelligent, athletic, & respectful just like I was. If I could go back in time I would have worked harder in athletics and on my academics.

When I, Chelsea Mayfield was a senior in high school in 2003, my favorite part of school was playing sports. I was involved in softball & volleyball. I wanted to be a coach. I loved to go to the lake on a Saturday evening with my friends. I drove my Toyota Corolla to the movies and watched my favorite movie How to Lose a Guy in 10 Days. My best friend was Erin Pope (coach's daughter) and he/she was great at skating my boyfriend. I was good at pretty much everything and loved to chat on AOL. My senior year, George W. Bush was President and Good Charlotte was the most popular band. My late night cram session consisted of eating cheese & chips and drinking milk more than studying. My crush was changing weekly because he probably didn't have a crush on me. Looking back, I see myself being most like Michelle Tucker. He/she is awesome just like I was. If I could go back in time I would not go back in time!



How to save a life

New class teaches life-saving skills

by Katie Everett

Statistics show 80 percent of all out-of-hospital cardiac arrests happen at home. That said, being properly trained in CPR can be the difference in life and death of a loved one.

This year, Mrs. Borden's Health Science classes were trained to perform CPR and the Heimlich maneuver correctly.

"This is the first time in the history of Spring Hill, students have obtained certification," health science teacher Mindy Borden said.

Knowing how to perform CPR is a vital skill that could benefit someone in many fields of work. Jobs ranging from babysitting children, lifeguarding and nursing often require certification.

"I want to be in the medical field, so being CPR certified will look great on my applications," sophomore Kaitlyn McKnight said.

All students enrolled in Health Science went through the course, and 38 students were actually certified. For many students interested in the medical field, certification is imperative.

"It's crazy to think that I could actually save someone's life now," sophomore Mallory Decherd said.

For other students, the course itself was just a fun and useful way to apply concepts learned during the class. The students practiced compressions and breaths on adult and baby mannequins.

"When I signed up for this class, I didn't think we'd get a lot of hands-on learning," freshman Sommer Harkins said. "I'm so glad that we have a class that teaches real life skills."

Forever friends

by Shelby Rushton

Spring Hill has an abundance of teams, organizations and activities in which our students can participate; they do so inside and outside of school. Many of these activities are well known throughout the student body. However, some program's purposes and pursuits are still quite obscure to students and teachers alike.

One of these organizations is the ongoing ladies mentorship program aptly named Forever Friends. Forever Friends has been helping girls in many countries since 1996, and its legacy has been instituted in our very own Spring Hill High School.

For those unaware, Forever Friends meets every Wednesday during lunch as an avenue to help young girls become the people they envision themselves to be. UIL and Robotics teacher, Debby Bass, brought the program to Spring Hill.

The girls are provided lunch, while they have discussions and activities designed to challenge their character. All of this is set up by the volunteer mentors, whose role in the program is to, not only plan activities, but stick with a girl for at least one year to help improve their life with support and comfort.

Because few people know about Forever Friends, many female students who could benefit from the program are not involved, as the majority of its participants are personally invited by volunteers.

Albeit narrow in membership, the contribution each member and volunteer make throughout the community is broad. Giving back is their primary goal.

The program's many charitable activities include volunteering at the women's shelter, baking food for the volunteer firehouse and holding a drive for Coats for Kids.

The Paleo diet: What's it about?

by Haleigh Bingham

With the New Year bringing resolutions of getting healthier and losing weight, many students are finding themselves trying the Paleo diet. This diet is described as a high-fat, meat-concentrated, low carbohydrate diet meant to help lose weight, clear skin, and heighten energy levels.

In addition to the usual benefits that accompany dieting and healthy eating, this new fad has claimed to have some additional reasons to try it. The list is extensive but includes reduced bloating and gas, better sleep, improved attitude and mood, reduced chance of heart disease and cancer, and reduced allergies.

However, all of these benefits depend on how you do the diet. Dieters must follow it exactly and wholeheartedly for at least 30 days in order to see the results. Along with the benefits come some downsides. For example, if you don't eat range-fed meat, you can be susceptible to inflammation, mitochondrial dysfunction, and increased cortisol level.

Followers of the Paleo diet are restricted to certain foods that provide all the benefits that are needed in order to reap the results promised. Products included on the list of allowed foods include fish and seafood, eggs, nuts and seeds, healthful oils, fresh fruit and veggies, and most meats. While this list of things you can eat is long, there are always restrictions for diets. Foods that are not prescribed on the Paleo diet include cereal grains, dairy, refined sugar, potatoes, salt, processed food, soft drinks, fatty meats, grains, starchy vegetables, energy drinks, ketchup, snack like foods (pretzels, chips, pastries, and cookies), candy bars and honey.

While being limiting and strange, the Paleo diet has been rising in popularity over the past 5-10 years. While still not wildly popular, students at Spring Hill are starting to take notice and give the 'miracle diet' a try.

"I've been doing it for a month now and it was hard at first, but the longer I go the easier it becomes," senior Holly Moore said. "I haven't been doing it for a long time, but, I definitely see weight loss and I have a ton more energy. It's nice to know I'm treating my body right, but I seriously miss french fries."

If done right, this diet can be very beneficial and healthy. However, students need to be weary of the risks before they start.

The Paleo Diet		Not in the Paleo Diet	
Refined, Processed Foods			
Vegetables		Sugars, Candy Bars	Sweet Fruits, Juices
Tart Fruits		Grains, bread, beans, GMO foods	Dairy
Wild Meats		Coconut & Olive Oil	Extracted Seed Oils
Nuts			
Eggs			

photo credit: sierraculture.com

There is a UIL meet tomorrow! If you're supposed to bring something for the hospitality rooms, don't forget!

The Sadie Hawkins dance is coming up Feb. 8th! Don't forget to find a date!

Do you or someone you know have a special talent? Tell a Panther's Paw member so we can feature you in Student Spotlight!

Don't forget to come ask Mrs. Tucker for yearbook order forms!

Need volunteer hours? Contact the Longview Public Library! More info on Mrs. Childers' page.

There is a twirler flag workshop on February 1st! If you're in band- grab a form and learn a routine!

SENIORS! Don't forget to look at Mrs. Bowles page for scholarship opportunities!

Don't forget about the new rules in the cafeteria! You can't leave. Don't get in trouble.

It's the final stretch! Don't let your grades slip when you get the summertime blues!

February
calendar of events

2 Groundhog Day

8 Sadie Hawkins Dance
UIL practice meet in Hallsville

11 White T Shirt Day! Wear white with all your friends!

14 Valentine's Day!

15 Singles Awareness Day!

17 NO SCHOOL!!
Teachers have inservice

22 Pacesetters go to competition in Roulett, TX

March

1 UIL practice meet in White Oak

2 The Oscars come on tonight!

4 Mardi Gras!
National "Do Something" Day!

Written in the stars

Horoscopes for Every Sign

Pisces (Feb 19- March 20)

Today is a good day to take chances, Pisces. You may be quite successful if you're ready to defend the things you really care about.

Aries (Mar 21- Apr 19)

You have a kind of creativity that knows no bounds today, Aries, and a kind of originality that knows no limits. How are you going to go about expressing this rich creativity that abounds inside of you?

Taurus (Apr 20 - May 20)

This is an ideal day to take a look at your financial situation. Try and pretend that you're your own banker and describing your situation as objectively as possible, without overestimating what you bring in or underestimating what you spend.

Gemini (May 21- June 20)

You may have been worrying about something you did recently that you aren't very proud of. Today you'll discover that all that worrying was for nothing. Soon, you shall have no regret.

Cancer (June 21- July 22)

Not all friendships are the same, Cancer. You may have learned that the hard way, but that's OK. Today you could feel like putting your friendships in some kind of order and getting a bit of perspective on things.

Leo (July 23- Aug 22)

Not only do you want to live life to the fullest every second, you also feel the need to leave your special mark on the world you live in. You just have to be creative in life, Leo. You can't help it.

Virgo (Aug 23- Sep 22)

Your mind is in a period of great activity, and your curiosity about the world around you is practically insatiable. You're interested in anything and everything.

Libra (Sept. 23- Oct 22)

It's very difficult for you to reconcile your desire for creativity and originality in your life to the constraints that society puts on you to be an efficient, productive person, Libra.

Scorpio (Oct 23- Nov 21)

You seem to have a lot of resentment toward someone who may have hurt you. Don't keep these feelings inside or they'll eat away at you. Take advantage of your day today to put all your cards on the table and forget about revenge, for it could hurt you in the end.

Sagittarius (Nov 22- Dec 21)

Today, Sagittarius, you may feel like hiding yourself away in your ivory tower and watching the performance that is going on before your eyes. Why not? This allows you to get a handle on things in your own life.

Capricorn (Dec 22- Jan 19)

You're creativity is flowing in all directions. Let it do that. Let it run its course, soon it will be done and you will have completed something amazing and vital in your life.

Aquarius (Jan 20- Feb 18)

You enjoy your freedom, Aquarius. You're a very independent person and you hate it when anything gets in your way. That's all right, but you may want to take a look at your financial situation even if that's not really your thing.

STUDENT SPOTLIGHT



Junior Zack Hinson
Singer

When did you begin having an interest in music?

-I started playing guitar when I was 11.

When did you start writing your own songs?

-I didn't really start that until I was 13 or 14.

When is your first performance?

-I had a performance on February 21st at Cross Roads in Tyler. I've also performed in the talent show for Spring Hill.

What do you get out of singing and writing music?

-It brings me joy and gives me an outlet to express myself and my feelings.

Sophomore Alexis Samples
Dancer

How long have you been dancing?

- For 12 years.

Do you compete? Where and how often?

- Yes I do. My team usually goes to 3 competitions a year, usually from January to March and they're mostly close to Longview or in Dallas.

What's your favorite kind of dance and why?

- Jazz, because



Senior Madison McKinley
Competitive Cheer

How long have you been doing competitive cheer?

-Since I was in 3rd grade.

What team do you cheer for?

-I cheer for Spirit of Texas in Dallas

Do you plan on going anywhere with cheer?

-I'm going to Texas Christian University for cheerleading.

What's your favorite part?

-The feeling I get after I hit a routine is like no other!



Entertain Me

Sudoku

			8			
		6	3			
1	8		7	6	5	
	3	5	7		2	
7	2		4	3	6	
	6	3	1		4	
6	3		1	9	2	
		9	4			
			5			

Review of the Movies

To see or not to see: Recent movies

The Secret Life Of Walter Mitty

In, *The Secret Life of Walter Mitty*, Ben Stiller creates a feeling of adventure without the unnecessary violence, and crime. The movie is amazingly scored, and the scenes captured in this dream like film, help the viewer feel as if they are there. This is easily one of the best movies that has come out recently. Everyone should go see this mixture of dream and reality.

Lone Survivor

While, *Saving Private Ryan*, is an amazingly well done war movie, *Lone Survivor*, takes the cake. Excellently mastered and anticipated, this movie, is a great kick-off to the year. Peter Burg did an excellent job directing this film, and chooses absolutely perfect viewpoints in each and every spot. However, I do not recommend this to anyone under the age of 17, for the amount of language used in the film.

Anchorman 2

There's not much to be said bad about, *Anchorman 2*, but it does seem to be a repeat of the first one. There were some things different, but this sequel is one that seems to downgrade on the first. It may have been funnier than the original, but it seemed like a desperate attempt to make something wonderful. This movie was good, but not that good.

Frozen

Frozen, the newest Disney movie, reminds many of the Disney movies from their days as kids. Disney has probably hit a gold mine with their newest hit. The animations add an amazing viewpoint of what Disney can really do. And it was a nice change seeing them step away from the usual prince, and move towards a more regular average Joe.

At the movies

Showing or soon-to-be showing at a theater near you

I, Frankenstein

Jack Ryan: Shadow Recruit

Ride Along

The Nut Job

Lone Survivor

Crossfit, more harm than good

Does new fitness fad create health problems?

by Kaitlyn Harris

One of the most popular new year's resolutions is to workout in the new year. As we approach the end of January, the popularity of one workout program has been growing, as those new years resolutions seem to be sticking.

The newest fad in the health and fitness spectrum of the world is Crossfit, a workout program specializing in NOT specializing, as their website says. Each day, there are different workout plans posted, so as to not fall into a boring routine of working out that stops many people from continuing.

However, along with the growing popularity there have been many concerns popping up in regard to the strain it puts on a person's body.

One widely-spread concern that has been voiced through the

media recently has been a disease that seems to be occurring with Crossfitters new and old.

Rhabdomyolysis, which is a disease that causes your muscle cells to explode under extreme conditions, has been hit hard in the media recently and even dubbed Crossfit's "dirty little secret."

Because of it's increased occurrence since the emergence of Crossfit, it has unfortunately given a bad wrap to the popular workout program.

However, notice the cause of the disease is 'strenuous' exercise. All in all, how many push-ups, sit-ups and pull-ups a person can handle is up to them.

Another commonly-stated issue in the program is the strain that is put on joints and muscles during the workouts. Knees, backs,

shoulders and necks have all been reported injuries in relation to the new fitness regime. Due to the length and intensity of each day's workout, soreness is to be expected, but some are reporting more than just a little pain.

Whether you're a current Crossfitter or one that's considering joining, keep in mind all the things you learned in health class. Listen to your body, stay hydrated and don't be afraid to take breaks to avoid straining a muscle.

Crossfit isn't the culprit for the recent exercise-related health problems; the athletes are.

Your two cents

We want to hear from you! If you have any topics you would like to see featured in the Opinion section of the paper, feel free to submit ideas to any Panther's Paw staff member.

Dear Darcy

Students get their questions answered

I've got a ton going on this semester and I can't juggle it all. I feel like I'm constantly stressed out, any advice?

The spring semester is hectic for everyone, so don't worry, you aren't alone. Try organizing your tasks that need to be completed and marking them off as you go. That way, you don't forget anything and you'll feel better when you cross things off the list. Don't forget to take breaks though, you don't want stress to build up and make tasks harder in the first place.

I have a crush on this guy and he's really popular. I've liked him all four years of high school plus some. Should I act on this crush?

Well, it's your final semester of high school- and chances are, you won't be seeing him much after graduation unless you make the effort. So, why not? If he doesn't feel the same way, then you won't see him after grad. But, if it works out, you're happy and you won't have any 'what ifs' or regrets.

Are you paying attention?

The future is in the hands of our students

by staff

Every day, students sit in history class and listen (or not) to teachers discuss the past events and politics of the world.

The importance of these classes are often overlooked and shrugged off after the information is memorized for a test.

However, per special request of students at SHHS, we as a staff want to bring to your attention the importance of understanding and engaging yourself in history and the current events of the world.

While it may seem far away for some students, in a few short years it will be your responsibility to vote in elections. However, it's expected that you as a voter

be well-informed of what is happening in the world and what has happened in the past.

We know what some of you are thinking; "I'm 14. Why should I bother with it right now?"

Well, young grasshopper, bother with paying attention now, so in four years when you're 18 and eligible to vote, you'll have a greater understanding of how things work.

Knowledge is power, (yeah, mom is right) and the more you know, the better you'll understand what is being said during elections in 2018.

As crazy (scary) as it is to think, we are the future of the

country. The future President of the United States could be walking the halls as you read this.

Being the future is a huge responsibility to hold, and wouldn't you like to rise to the challenge as well-informed, intelligent members of society?

After it's all said and done, we aren't trying to preach to you about your class habits. We have all doodled during lectures and caught the occasional snooze, and that's okay.

Just keep in mind what you're learning is actually necessary and important to your future and everyone else's.

@stopcyberbullying

Are you part of the problem or the solution?

by Kaitlyn Harris

Social networks are great for communicating with friends, sharing ideas and showing off pictures. However, in recent weeks, sites that used to be fun are now battlegrounds for cyber bullies to pick on anyone they please.

Bullying is never acceptable and shouldn't be tolerated- but with the recent cyber bullying tactics, its reached a whole new level.

Pages dedicated to calling girls derogatory names, anonymously might I add, have started filling up Instagram and is a problem not only for Spring Hill, but surrounding schools, as well.

The actions of the creator are not only disgusting, but are also

punishable by law. The nature of the pictures going up can be classified as child pornography, which is grounds for reprimand, not only for the poster, but also anyone who views it.

Despite the illegal content on the page, there are still people who choose to view and bring popularity to it. Mocking the girls who are bullied and giving gratification to the bullies is just as bad as creating the page.

Fortunately, there are good Samaritans attempting to bring a silver lining from a bad situation.

An anonymous student created another Instagram page, @springhillcompliments, in retaliation to the negative pages that were created.

On this page, flattering and appropriate pictures are posted of various students, along with uplifting captions that highlight their good traits for everyone to see.

To the creator of this page, thank you for turning things around. To the rest of Spring Hill High School, make a point to discourage the bullying mentality, whether you see it at school or online.

Don't aid in bringing attention to the bad, but lend yourself to helping people see the good.



Have a question for Darcy to answer in the next edition of the Panther's Paw? Be sure to write it down and submit it to the Dear Darcy box outside of Mrs. Tucker's classroom!

Who is Darcy??

Submit your best guess to the Darcy box, along with your name for a chance to win a gift card from The Spill!!

January/ February
Calendar of Events

24
Girls soccer tournament through the 26th @ Longview
Boys basketball game @ Home vs. Gladewater

28
Boys and girls basketball and game vs. Chapel Hill @ Chapel Hill
Boys soccer game vs. Atlanta @ Atlanta

31
Boys and girls soccer game vs. Carthage @ home
Boys and girls basketball game vs. Henderson @ home

4
Girls and boys basketball games against Gilmer @ Gilmer
Girls and boys soccer tournament against Hallsville @ Hallsville

10
Boys golf invitational @ Pinecrest
Girls basketball Bi-District playoffs

14
Boys basketball district playoffs
Girls basketball Area playoffs
Girls and boys soccer games vs. Kilgore @ Kilgore

25
Varsity girls golf invitational @ Garden Valley
Boys and girls soccer vs. Carthage @ Carthage

28
Boys and girls soccer @ Home against Hallsville

Girls soccer teams off to a great start for the season

After a win against Chapel Hill, girls prepare to face Carthage

by Melissa Palencia

The Spring Hill soccer season is finally underway and the girls' teams are starting off with a bang. JV and varsity both won a game in the three way scrimmage in Kilgore on January 4. Varsity beat Kilgore 3-0 while JV beat New Summerfield 2-0.

"It was great starting off the season with a three-way scrimmage," junior Abbey Hicks said. "Playing in the scrimmage we played teams that we might see later on in playoffs."

January 9-11 the varsity team played a tournament in Palestine.

"Being in the Palestine tournament was really an eye-opener," senior Tessa Murray said. "It helped us see what we need to focus on and what we would be seeing in playoffs."

After playing in the Palestine

tournament, Spring Hill went on to host Palestine that following Tuesday. JV started off the day with a game win, beating them 2-1.

"It was a great moment when we got a win over Palestine," freshman Hannah Belt said. "We did great, but they are so many things that we need to great better at."

Varsity put up a great fight against Palestine and in a very close game, ended up losing 4-3.

"All the team needs to do is finish what they started," Coach Todd BonDurant said. "I see the girls going far and they are working really hard to just to make it further than they did last year."

This past Monday, January 20, both girls teams traveled to Chapel Hill and came home with wins. JV won 3-0 and still remains undefeated.

"It felt great having another win over another team," sophomore Tara Pleasant said. "We just need to keep going strong and not lighten up for anyone."

Today through January 26, varsity will be playing the Longview Invitational Tournament. Today they will be playing at 12 p.m. against Longview's JV and later on will be playing Chapel Hill at 4.

"I'm so glad that we are playing. They are going to be challenging," senior Tessa Murray said. "But it's going to be a great opportunity to grow as players and for us to get closer."

District is coming up fast and they will be hosting Carthage on January 31. Varsity will be playing at 5:15 and the varsity boys will continue afterwards. Come out and support the soccer teams!

Boys team racking up the wins despite struggles in numbers

by Kaitlyn Harris

The boys soccer team is off to a promising start with a 3-3-1 record, despite the lack of numbers on the team. With two key seniors, Diego Gonzalez and Ramtin Eskandani, out from injuries, and a relatively young team, the boys are pulling out all the stops to make a season that is already better than in the past.

"We're a young team, but it's not really effecting us," sophomore Leo Gonzalez said. "We keep getting better, and there is no stopping us next year."

Coach Todd BonDurant has a huge responsibility being over both the boys and girls teams this year with the assistance of Coach Chatterton. Bondurant has the full respect of the teams and the boys team looks up to him as a role model, both on the field and off.

"Coach is really knowledgeable about everything that needs to happen for a win,"

Gonzalez said. "He used to play for a semi-pro soccer team, so he's a really good coach."

In a game against Tatum Jan. 20, after two overtimes and a sudden death match, the boys pulled out a win after a penalty kick by Leo Gonzalez.

"We had a lot of people out at the Tatum game," Gonzalez said. "We had to have people sub in to help us out with our numbers. Eli Reagh actually ended up going in and really helping us out on the field."

While the girls teams have both a JV and Varsity, the boys only had enough players to form a varsity team. Having a smaller group has provided benefits and allowed the boys to really come together.

"If I had to describe our team I'd say we're just like a family," sophomore Brandon Jester said. "We're all really close and we get along really well."

Having a close-knit team reaps benefits both on and off the field.

"We have really good communication on the field," Jester said. "It really helps us pull out the wins against teams we had trouble against last year."

Last year's team had a 7-0 loss to Pleasant Grove, but with the skills and knowledge that fill this year's roster the team won against Pleasant Grove 3-1 at the home scrimmage Jan. 7.

The boys team, despite their young age, has the skill and heart to have a winning season. The boys are building a reputation for pulling out all the stops at the end of games and scoring in the final seconds.

"In our second game, we were down by one at the end," Gonzalez said. "Then we drove down the field to score in the last thirty seconds."

Golf season starting; promising season ahead

Boys and girls have high expectations for teams

by Taylor Gee

Spring Hill golf will officially start Feb. 3. To begin the season, the team will compete in their first tournament at Wood Hollow in Longview, Texas.

The teams have been practicing every day since school resumed from Christmas break.

Both teams have high expectations as to how far they will go.

"We have been pushing

ourselves as a team to play the best we can, to go farther than regional this year," sophomore Hannah Murray said.

Last year the boys' varsity team advanced to State, while the girls were just shy of moving on to the State competition.

The teams have a challenge system where everyone has a fair chance to prove their skills; when the tournament approaches, the top five will

be the ones to compete, while only the top four scores count.

"My goal is to shoot less than one hundred, freshman Peyton Long said.

Junior Kelsey Dobbs, also, has high expectations for this year.

"We are working to make it to state," Dobbs said.

With big goals and positive attitudes, the teams' plans for the season look promising.

Boys basketball has rough start to district

by Alli Hall

So far, this season hasn't exactly been what the Varsity boy's basketball team might have wanted, but they still have high hopes for the future.

"We haven't won much but I feel like we're moving in the right direction." Senior Nick Irwin said. "I feel like the second half of district will be a lot better."

"I think that our guys are working their tails off." Coach

Longino said. "They continue to fight each game."

Although there have been several close games, the team has yet to win in district. However, the team works hard and improves with each game played.

"We work really well together," junior Luke Sheppard said. "We anticipate each other's movements and know where to look for passes."

The varsity boys are looking only

up when it comes to the future. They plan to build on what they started and finish out on a high note.

"I'm proud of their heart and their effort," Longino added. "I know things haven't gone the way we would have liked, but we're going to continue to work hard and get better."

Prepping for college

College classes continue for juniors and seniors after an extra week off

by Haliegh Gilbert

Many juniors and seniors at Spring Hill High School are enrolled in dual credit classes through Kilgore College. Students can take US history, English 1301 and 1302, and government in the mornings on campus.

The professors drive from Kilgore in order to teach classes every Monday, Wednesday, and Friday.

In the past, students were allowed an 'off period' on Tuesday and Thursday when class wasn't in session.

This year, instead of having an off period, the school put study halls in order for the juniors enrolled in Kilgore College to prepare for the STARR test at the end of the year.

Besides taking care of college credits ahead of time, going the dual credit route has its perks. One being that two weeks before Spring Hill is released for Christmas Break, students don't have to attend their KC classes due to college being let out earlier.

Instead of attending study hall every day, students are given an off period once again, but only for that short period of time.

In addition, the week students got back in school from the break, they recieved extra time off from their college class while waiting for Kilgore to start classes back.

CX debate district next week

UIL teams expected to advance to state

by Kaitlyn Harris

The spring semester holds many important dates for UIL teams at Spring Hill. For one event specifically, these dates come sooner than the rest. Next Wednesday, January 29, the CX debate teams will compete in the district meet for a spot in the state competition, which is scheduled during spring break.

CX debate is one of two kinds of debate at Spring Hill. In this debate, students partner up and discuss a topic that's presented ahead of time.

"This year's topic is 'Resolved: The United States federal government should substantially increase it's economic engagement toward Cuba, Mexico or Venezuela,'" junior Londyn Bull said. "I really like the topic this year. It provides us with a lot of opportunities for different cases."

In CX, teams must have evidence to support their arguments and each member of the team has different jobs to fulfill during their speeches.

"When we're negative, I usually run analytical arguments with things that are pretty common knowledge. When we're affirmative, I basically defend our case against anything our opponents say," junior Carley Rhymes said. "Having evidence and

understanding it is very important. You have to stay on top of the news."

The Spring Hill debate team is well-known district wide for having more depth and experience in comparison to the surrounding area. Expectations are high for Spring Hill as they head into their district competition next week.

"We have a team that went to state as freshmen," debate coach Jennifer White said when asked about Spring Hill's 'claim to fame'. "That's a huge deal. Only two teams go from each district."

Debate requires a lot of work, but is also very rewarding for participants as well.

"I love the feeling I get when I'm speaking in a round. I have so much confidence in what I'm saying, and everything I'm saying is intelligently put," Rhymes said. "I think it's important that people see what we're doing and participate in the kind of conversations we have. We are the future and we need to have experience in discussing politics and other international topics."

Besides the talking, arguing and preparation, students also have a lot of fun while attending meets, having

class discussion and cracking jokes that only a debater would seem to understand.

"I think everyone sees debate as boring or difficult," Bull said. "We actually have a lot of fun when we're out doing these things."

The next level after district is state, a level that is not new for juniors Bull and Rhymes, who have competed together since freshman year.

"We went to state as freshmen which was really fun; we went 2-2 against other people from all over the state," Bull said. "This year my goal is to beat our old record and to ride the go carts in Austin, because they were closed last time we went."

“...I basically defend our case against anything our opponents say.”

-Carley Rhymes

Band students advance to state

After weeks of preparation, three band members qualify for state competition.

by Kaitlyn Harris

State, the highest level of achievement for which a high school student can qualify. For three Blue Brigade members, weeks of hard work paid off at the area competition when they all placed high enough to advance to the state level.

The state competition is held in San Antonio at the same time as the popular music conference for the Texas Music Education Association.

Students travel there, stay in a hotel and dine at fine restaurants in between rehearsals with the finest young musical talents in Texas.

"It's an amazing musical experience, probably the best one anyone could ever have," junior state veteran Samantha Morris said. "And TMEA is a blast, so that's always another reason to go."

The road to state is one that few travel. Practice, dedication and hard work are all mandatory if one wants to succeed.

"It takes dedicated daily practicing of the try out music to make it to state," senior Brian Cobb said. "It's a great opportunity to make awesome music with people who love music, too."

Cobb isn't a newcomer to the state stage. In fact, he has qualified for state every year of high school.

"This was a goal I set for myself freshman year," Cobb said. "It feels great to have completed it. I feel very accomplished."

“It's an amazing musical experience.”

-Samantha Morris

Juniors Samantha Morris and Brandon Dunaway also qualified at the state level and will be traveling

to San Antonio to compete for their chair orders along with Cobb.

Morris, Cobb and Dunaway play clarinet, euphonium and percussion, respectively.

"I took home the marimba over the summer and Christmas break and practiced at least 30 minutes a day," Dunaway said. "There will probably be like twelve people there, so I'm hoping for 5th or 6th chair."

Through region, area and finally state tryouts the band students have been supported by friends, family and directors.



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