Today's weather

September 27, 2013

Partly Cloudy Hi: 89° F Low: 63° F 0% chance of rain



NHS inducts new members

by Kaitlyn Harris

The National Honor Society inducted 16 new junior and senior members on Sunday, September 15.

Senior officers Kaitlyn Harris, Tessa Murray, Rachel Riestenberg, Ruby Gamboa and Sophie Hughes all spoke at the ceremony.

"I was so nervous to speak in front of everyone at the induction," NHS historian Sophie Hughes said. "My first time to read my speech all the way through was in front of everyone."

Students were encouraged to bring their friends and family to watch them get inducted into the prestigious organization. For many this was a very honoring moment in their lives.

"It was a huge honor to be inducted," junior Londyn Bull said. "I felt like I was taking a step towards being a leader in the future."

Steel Magnolias SHHS Theater department begins rehearsals

by Kaitlyn Harris

This year, the students involved in the theatre department will be performing "Steel Magnolias." Performances will be on November 21-23 at 6:30 p.m. with a matinee performance that Saturday at 2:30 p.m.

This production has high expectations from the cast and crew members.

"This is the strongest cast we've had acting wise," sophomore actress Carley Rhymes said. "We all have experience so it's all going well."

With a new director in town, the adjustments have been interesting for the veteran members.

"Getting accustomed to a new director was a little strange at first," junior and stage manager Sherry Bogue said. "Mr. Justice is great! Rehearsals are fantastic and we've moved through the play really well,"

This play has brought nothing but fun for the cast and crew and with a few practices under their belt they have nothing but positive comments.

"Mr. Justice is so much fun to work with. You can tell that this isn't 'work' for him," Rhymes said. "We're all so happy to be involved with the production,"

58 days until Thanksgiving break!

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The Panther's Paw

September 27, 2013 Spring Hill High School

Volume 68 Issue

Celebrating 68 Years of Journalism Excellence

Heads of State

Upperclassmen take on responsibility and lead the school



by Christian Adair

Several seniors have stepped up to the plate this year along with the help of a few underclassmen to lead the school in the right direction. The officers of organizations such as Student Council, National Honor Society, Leader's Core, Z Club, the Pack, the band, and the athletic teams have already begun to increase cooperation throughout the school.

Friday night football has a way of bringing people together. It started at the White Oak pep rally when the football team, a handful of band members, cheerleaders, flags, twirlers, and pacesetters formed an impromptu huddle and swayed side to side to the beat of stand iams.

"It was crunk," senior and Co-captain of the varsity football team Morgan Knight said. "The different groups just meshed together with the band. It was just really cool seeing the whole school come together."

Under the Friday night lights, the Pack led the band members in a chant to support the football team. The cheerleaders and drill team joined in unison and filled the stadium with panther pride.

"The pack, band, cheerleaders, and pacesetters were in beautiful, harmonic rhythm at the White Oak game," senior and Pack Leader Nathan Methvin said. "The Mojoes leader said he wished he had pack people like ours because we were so crazy! Everyone did a great job!"

Off of the field, the service organizations have also begun spreading cheer throughout the halls. Z club gave bottles of Gatorade, along with an inspirational quote tagged on the lid, to the football boys in hopes of lifting their spirits.

"This year, we're really stepping up our game," senior and Z Club President Christian Adair said. "We're focusing a lot more on raising school spirit both within the school and in the community through service projects and volunteer work."

Leader's Core and NHS focus more on

service outside of the school. They volunteer at places such as the Truman W. Smith Center and Asbury House and work with the children.

"NHS this year is really trying to focus on bettering and promoting the school and our values," senior and NHS president Kaitlyn Harris said. "We have a secret project in mind that we think is going to really excite the student body."

All of the organizations, though varied, have one goal in mind: to make the school successful

"There are many different kinds of people in our school, but we are one big family," senior and Assistant Drum Major Sophie Hughes said. "We need to support our family in everything they do. All it takes is a little work and a lot of enthusiasm to make a difference, and I think this year's school leaders have the skills it takes to make the 2013-2014 year a great one for the Panthers"

If the crown fits, wear it...



Senior court from left to right: Holly Moore, Ashley Phillips, Rachel Gibson, Allison Akins, Lydia Wallis and Madison McKinley Below: Newly-crowned Homecoming Queen Madison McKinley is escorted by her brother Joseph.

Traci Wallis thatas

by Melissa Palencia

This year the Senior class was represented by Allison Akins, Rachel Gibson, Madison McKinley, Holly Moore, Ashley Phillips, and Lydia Wallis. These young ladies were nominated by the Senior class and one of them took the crown at the Homecoming game on September 6th against Athens.

"It's an honor to have people nominate me to represent the school," senior Allison Akins said. "I was just excited to spend that moment with these girls."

Most of the girls were excited to be nominated to be on the court their last year and each girl expressed their excitement in seperate ways.

"I was like Harry when Hagrid said 'You're a wizard' (surprised)," senior Rachel Gibson said. "The best part is that I know I had an influence at the school, and that I made a difference."

Not only did these girls have to be ready for that night but their escorts had to be ready too

"Sharing this experience with my dad was really nice," senior Ashley Phillips said. "My dad and I joke around a lot, so on the field we laughed the whole time."

These six girls were not the only ones taking the field that night. The underclassmen also nominated two girls to represent their class as duchesses.

"I actually didn't hear the announcement cause I have band first period," freshman Avery Barnhill said. "I was surprised and excited that my class wanted me to represent them."

The student body had to vote on their Homecoming Queen during their English class.

"I knew I'd happy for anyone who was crowned," senior Akins said. "I wanted Madison McKinley to win. She is the definition of beautiful inside and out, she has a heart like no one else and represents Spring Hill well."

The girls had a short period of time to go dress shopping this year since the game was so close to the beginning of the year.

"I actually had no time to shop since I am so busy with volleyball, but thanks to Tessa Murray," Akins said. "She let me borrow her gorgeous dress she had wore for prom last year."

This year the crown was given to Madison McKinley.
"I was surprised that the school had voted

for me. I knew someone of the girls on the court told people to vote for me," McKinley said. "I didn't think that I would get that many votes."

Once again congratulations to all the girls that were nominated to be on the homecoming court



Sophomores and

Juniors - sign ups

for the PSAT are now

the office! Bring 16 dollars and sign up today!!

Pigskin Bob from KYKX will be at

today's pep rally.

Faculty flashbacks

Teachers take the time to share their high school experiences

When I. Debley Bass was	a senior in high school in 1978, my
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Summer days

BOMMITTED TO DO MY AMOUNT MENT

by Melissa Palencia

As the school year starts to get on a roll students look back to reminisce at the days where sleeping in was the usual and homework was the last thing they thought about.

"I just love that during the summer I get to sleep in late," sophomore Addie Graff said. "I miss getting to just relax and hang out with my friends."

Not having to go to school was just one of the perks of summer days. Many loved the relaxation aspect of the season: no worries, no responsibilities, just relaxation.

"Most of the summer was pretty relaxed for me," Graff said. "But I got to experience a lot of new things that made memories that I will never forget."

Other students got to go out of the state and visit new

"I got to visit California and see some family," sophomore Ryatt Matin said. "I actually got to drive in San Francisco and it was great! It was little scary but a lot of fun,"

One student in particular got to go Hawaii and visit one of the many islands that make up the state.

"I actually got to visit a university while I was there," sophomore Trystan Deck said. "It made me really love the island I was at and I kind of want go to the school there

While summer vacations are the highlights of several student's summers, some chose to stay in town and enjoy

themselves. "My friends and I went to the movies a lot," freshman Richard Gallegos said. "We went to a few family parties every once in a while for a change."

Staying at home for the summer is the perfect remedy for the stress of the school year for some students and staff

members. "Staying home is the greatest because I can watch One Tree Hill all day," senior Kaitlyn Harris said.

Although the summer days are long gone and school has started again students should remember to take the time to relax as they did in the summer.

used to no late work."

and keep up their grades in order to

be a part of extracurricular activities.

Freshman Elizabeth Whitwell is involved

in many extra things, and is learning to

"Keep up with grades for band and

volleyball is difficult," freshman Elizabeth

Whitwell said. "Since I'm involved with so

much, grades are really important to me."

upperclassmen have been there and done

that. They all know what its like to be the

juggle the various responsibilities.

With all that being said, the

freshman and all have great advice.

The big show High school from the eyes of a freshman

by Hunter Collins

High school can be a scary thought, especially for an upcoming freshman. However, any seasoned high school student will tell you that if you put in effort and do your work you will be fine.

Coming into high school can be quite an adjustment for a freshman. With all of the new teachers and switching classes, it can make for an exhausting day.

"I couldn't find any of my classes and I lost my schedule," freshman Maya Larbi said. "I didn't have the ideal first day."

Along with the struggles of a new school, some of the classes can be stressful. High school is vastly different from Jr. High and it takes a lot of adjusting to catch up.

"Biology is hard," said freshman

Meet the Panther's Paw staff

Kaitlyn Harris, Senior Four years on staff Age: 17 Little known fact: She's allergic to apples





Christian Adair, Senior Four years on staff Age: 17 Little known fact: It takes 45 minutes for her to brush her hair.

Hunter Collins, Junior First year on staff Age: 16 Little known fact: He has performed at the Gladewater Opry many times; he sings counrty music.





Melissa Palencia Two years on staff Age: 17 Little known fact: Her older sister live

Drew Bienhoff, Junior Two years on staff Age: 16 Little known fact: I know where you live.







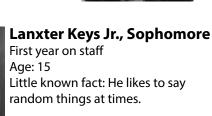
Taylor Gee, Sophomore First year on staff Age: 15 Little known fact: She has an INTENSE cough



Alli Hall, Sophomore First year on staff Age: 16 Little known fact: She has 15 first cousins

Shelby Rushton, Sophomore First year on staff Age: 16 Little known fact: Dad is a folk/ Americana recording artist





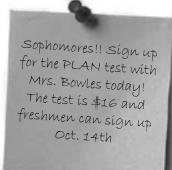




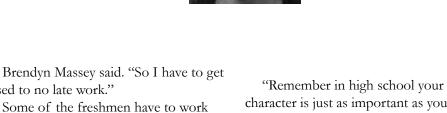












character is just as important as your grades." Senior Sophie Hughes said.

"Put effort into everything you do and you will succeed."

Although you are in high school and have a lot of work, you to remember to always have some fun.

"Don't ever be to cool to have fun." Senior Kaitlyn Harris said. "You get one shot in high school so don't blow it on cool."

Entertainment

October calendar of events

Justin Timberlake's *The 20/20* Experience 2 of 2 comes out. It's also World Vegetarian Day so eat your veggies.

Gravity comes out in theatres today and it's World Smile Day so smile at everyone you see!

Star Wars Reads Day! It's a day long celebration of literacy and all things Star Wars. May the force be with you!

Miley Cyrus drops her new album Bangerz. Panic! At the Disco also releases Too Weird to Live, Too Rare to Die.

American Horror Story: Coven is set to premiere tonight! Happy National Chess Day!

The Avett Brother's Magpie And the Dandelion is released today. I Love Lucy Day!

It's World Food Day!

Carrie comes out today! It's National Chocolate Cupcake Day!

The Conjuring comes out on DVD today.

The Hogwarts Library by JK Rowling comes out! Ride your broom to Booksamillion and grab your set!

Happy Halloween!

Written in the stars

Horoscopes for All Signs of the Zodiac

Pisces (Feb 19- March 20)

You're in for a busy day today! Work on being organized so it's not as stressful. Watch your favorite movie and drink some coffee to wind down afterwards.

Aries (Mar 21- Apr 19)

Just have fun! Today is your day to be spontaneous and wild. Excitement is heading your way but make sure you don't go too crazy.

Taurus (Apr 20 – May 20)

Love is in the cards for you this month. Keep smiling because someone is falling in love with your smile. Confidence is key.

Gemini (May 21- June 20)

Look up from the paper- whoever you just looked at is destined to be your best friend for the rest of your life. You're welcome.

Cancer (June 21 – July 22)

Your luck isn't looking up today. Watch your back and keep moving forward. You can make it better by doing good deeds.

Leo (July 23- Aug 22)

Be optimistic today and things will go your way! Oh and that test you took? ACED IT!

Virgo (Aug 23- Sep 22)

Just remember, curiosity killed the cat. Don't let your suspicions get the best of you today.

Libra (Sept. 23- Oct 22)

Go eat Chinese food today because today is the only day in your whole life that the fortune in the cookie will be true. Good luck, my friend. May the fortune be in your favor.

Scorpio (Oct 23- Nov 21)

Trouble is coming your way. Try not to fight with anyone because you might just lose.

Sagittarius (Nov 22- Dec 21)

You've got a lot on your plate right now but don't let it stress you out. Take things one at a time and everything will fall into place.

Capricorn (Dec 22- Jan 19)

The love of your life is going to be making an entrance into your life soon. Put your best foot forward.

Aquarius (Jan 20- Feb 18)

You let your chance slip last time. You can make it up though. Focus on the goal and don't give up.

At the movies

Top 5 movies out in theaters

1. Runner Runner - Oct. 4

Starring Justin Timberlake and Ben Affleck

2. Gravity - Oct. 4

Starring Sandra Bullock, George Clooney and Ed Harris

3. Romeo and Juliet - Oct. 11

Starring Hailee Steinfeld

4. Captain Phillips - Oct. 11

Starring Tom Hanks

5. Carrie - Oct. 18

Starring Chloë Grace Moretz and Julianne Moore

Hadley represents Spring Hill by Kaitlyn Harris Hall

The spirit was high as junior Sophia Hadley represented the school at the Miss Gregg County pagent Thursday, September 5.

"I will never forget the feeling of being in the Miss Gregg County pagent with all those wonderful girls," Hadley said. "Looking down and seeing all my friends and family there to support me was amazing,"

Hadley spent weeks preparing for every aspect of the pagent, from the questions being asked to 'the walk'.

"The support I recieved from my peers, but more specfically Mrs. Kincy and Ashley Phillips, helped me tremendously," Hadley said. "I'm so thankful my parents stood by me through the dress shopping and practicing."

With all her preperation, Hadley felt right at home on the stage and represented the school with grace.

"On stage I felt so comfortable," Hadley remarked. "I had done everything before and was super prepared."

Despite the end result of the pagent with Kilgore taking the crown, Hadley looked and acted the part of a true beauty queen.



WET PETS N CRITTERS LONGVIEW, TEXAS

Entertain me...



Back to School

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BAND EDUCATION

FOOTBALL FRIENDS SCHOOL **TEXTBOOKS**

SPORTS SUPPLIES TEACHERS



A re-make of the 1976 Carrie, this film, set to release Oct. 18, promises to be a crowd-pleaser.

Opinion

What happened to Hannah Montana?

Former child stars succumb to Hollywood pressures

by Alli Hall

We've all seen it happen. They start off as your everyday, girlnext-door. They have their own T.V. show, and every girl aged 4-14 idolizes and even envies their perfect, star-studded lives, then it all changes.

Suddenly, they are found all over the news (and not in a good way), many times for some sort of illegal action, or, in most cases, for becoming something much more rebellious, leaving everyone wondering, what happened?

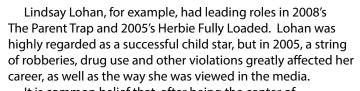
The most recent of these 'ex-princesses' is Miley Cyrus, of course! "I could see her start changing a long time ago," remarked junior Mara Barnette. "But after the past year, she's become crazy!"

In many people's eyes, this past year has been filled with demonstrations of the 'new' Miley.

Between bleaching and chopping off her long brown hair, producing a couple of questionable music videos, and of course, giving a controversial VMA performance, everyone is wondering what in the world changed the former child star.

"She gave in to the ways of the world," said sophomore Camie

Has society and the pressures of the spotlight driven them to these lengths? Is this what has happened to our childhood idols? Many seem to think so.



It is common belief that, after being the center of overwhelming pressure, Lindsay sought stress relief and solace in the wrong place; drugs and crime.

Britney Spears is one of the earlier examples of rebellious child stars. Britney starred in the hit 90's show The Mickey Mouse Club.

In a manner very similar to Miley Cyrus, Spears became an overnight music sensation, quickly changing her innocent, girly appearance to a much racier image that went hand-in-hand with her newer, edgier lyrics.

Spears eventually turned up in the news for sudden daring acts, such as shaving her head. Spears was known to continually change her image to keep up with the changing fads, some of which left little to the imagination.

These shocking, yet tale-as-old-as-time transformations beg the question: is child-stardom the precipice for celebrity doom?

Dear Darcy

Students get their questions answered

"My best friend is a guy and he likes someone else so he never seems to have time for me anymore....what should I

If he is truly your best friend he will always make time for you. If you're truly his best friend you could understand him in this

If he really likes this person; you need to be a good best friend and support him because this person may not feel the same way and you need to be there if something goes wrong.

Always remember that although it may not seem that he has time for you he is there when you most need him even though it doesn't seem like it.

"Why is the sky blue?"

Well, good question. Although I assume you asked this sarcastically, I'm going to answer you seriously so get ready for a science

It took many centuries and a lot of smart people, including Aristotle, Isaac Newton, Thomas Young, James Clerk Maxwell and Hermann von Maxwell, to find a conclusion. You're probably coming to the wrong person, so I'll look to their work and NASA's research for inspiration.

There are many components in the appearance of the sky: the colors in sunlight, the angle that solar illumination travels through the atmosphere, the size of airborne particles and atmospheric molecules, and the way our eyes perceive color.

Color refers to the wavelength of visible light leaving an object and striking a sensor, such as the human eye. These wavelengths might be reflected, or scattered, from an external source, or they might emanate from the object itself. Atoms, molecules and particles in the atmosphere absorb and scatter

However, not all wavelengths in the visible light spectrum scatter equally. Shorter, more energetic wavelengths, toward the violet end of the spectrum, scatter better than those toward the longer, less energetic, red end.

This is due in part to their higher energy, which allows them to bounce around more, and in part to the geometry of the particles that they interact with in the atmosphere.

The Rayleigh scattering model showed that, in certain systems, the intensity of scattered light varies inversely with the fourth power of its wavelength. In other words, shorter wavelengths -- like blue and violet -- scatter a lot more than long ones when particles -such as oxygen and nitrogen molecules -- are relatively small.

Under these conditions, scattered light also tends to disperse equally in all directions, which is why the sky appears so saturated with

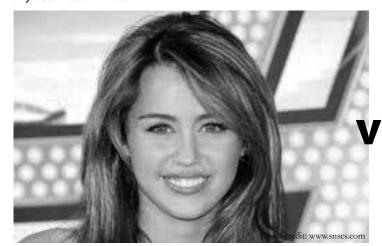
So why doesn't the sky appear violet instead of light blue? The eyes have it. Your peepers perceive color using structures called cones. Although each kind of cone is most sensitive to certain peak wavelengths, the ranges of the cone types overlap. As a result, different spectra and spectral combinations can be detected as the same color.

Our eyes and brains interpret certain combinations of wavelengths as a single, discrete color. Our visual sense interprets the blue-violet light of the sky as a mixture of blue and white light, and that is why the sky is light blue.

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!!





The seniors suggest...

Wise words from the class of 2014

"Be yourself, don't let them haters get you down."

-Madison Carson

"Take it one day at a time, and chillax. Be yourself."

-Deldrick Fritz

" Enjoy your life as a high

schooler."

" Study hard kids, you want to have a bright future!;)"

-Brandon Wiess

-Ramsie Ater

"Carpe Dieme'(sieze the day)"

-Nathan Methvin

"Always keep up with your school work and stay or ganized. It will help you so much

-Kaleigh Chargois

"Keep your grades up early in highschool. You'll regret it later if you don't."

-Cameron Copeland

"Know your place and don't mess with redheads."

-Tessa Murray

"Always put forth effort. Don't ever be too cool to try."

-Christian Adiar

When in doubt, never twerk it out. -Carson Clark

things" -Anne Tadlock

"Rule #32 Enjoy the little

Do the rules rule? 2013-2014 school year begins with change

By Shelby Rushton

As you walk down the hall today you may notice an abundance of people wearing things you wouldn't have caught them wearing last year.

Things such as sleeveless shirts, shorts, and pants with holes were completely banned in previous years but are now given far more leniency this time around. The changes don't stop there. In the lunchroom you

might be greeted with the flashing and buzzing of cell phones. Where phones were confiscated in any situation in being pleased with the current rules. When presented years before, you can now use them freely in the cafeteria. As long as you don't misbehave and get your privileges

There is no doubt that the students have their own special feelings on the situation. Whether they are taking advantage of it, or they feel like it's still not enough, everyone has their unique opinion about it.

Many people are satisfied with the new rules, wanting to change very little. Some even claim that changing the rules more would result in students "getting out of control". enough power to change them.

It seems that our seniors, having the same rules for many years, have a more positive look at the rule changes. One senior, Angel Pickens, stated that the rules are "...more lenient and better suit her school experience. The phone rule is pretty cool, but the main thing is the sleeveless rule since the girls have really needed them because it's so hot."

However, some would most likely scoff at the idea of with the new rules one freshman expressed their disdain for them, remarking, "The rules are still far too strict. The phone rule is nice but the dress code still isn't very fair. And the penalties for not following them can be ridiculous. If you ask me they should really lighten up."

That student, like many others, only wishes for a bit more freedom in their day-to-day school life. This is fair, although we students do not have much choice but to follow the rules placed before us, as we don't have

Even if we did hold the influence to change the rules, we seem to be divided by two sides: One side is content with the rule changes and do not care to change them again. While the other side would like it if there was more leniency on the rules, varying in degrees depending on

However, we can all agree that very few students would like the rules to go back to how they were, and that is a definite improvement compared to last year's distain towards the rules.

Hopefully in the future, we can get this settled to where everyone can come to an agreement on them and be more or less satisfied with the rules and regulations of our school.

Panthers are 2-2 heading into District

On the heels of a win against Brook Hill, Panthers set to face Kilgore



Senior Eric Jiminez fights off Athens player in the second game of the season. Photo credit Kaitlyn Harris

by Kaitlyn Harris

After hours of training and work during the summer, as well as outside-of-school hours, the Panthers kicked off their season with a 24-6 win against Pleasant Grove August 30. Two -a-days started weeks before school began, and practice was held every day after school, except Thursdays and Fridays.

"Any win feels great, but honestly we can play a lot better," senior captain Morgan Knight said. "We have mistakes that can be fixed by the next week that make us a better team and improve our stats."

A second game that resulted in a tough loss against Athens fueled the boys into the next week with more determination and fire to win. The work they put in each week prepares them for the fight every Friday.

"The feeling on Friday night is hard to put into words," senior quarterback Jacob Rooney said. "Some might think we feel pressure or nerves, but we just go out there excited to play the game we all love so much. It's an incredible feeling,"

With the third pre-district game being at White Oak, the spirit around school was tangible. The preparation for our face-off with our long-time rival made for a very exciting game. After a well-fought four quarters, the game resulted in our second lost of the season.

The last game, at Brook Hill was nearly rained out, but much to our benefit continued despite the storms. In our last pre-district game of the season, the Panthers pulled through with a win in the books. Rough conditions and injuries on the team couldn't hold them down, as they drove a 35-14 win last Friday.

"I loved how physical we played between the whistles at the Brook Hill game," Knight said. "We had a lot of knockdowns and pancakes from the O-line, the receivers blocked well and the defense picked up and played well in the second half,"

Today the team faces Kilgore at home, hoping for our first district win. With a buzz in the air left from last week's win, the anticipation of this week's showdown is high.

"We've had a great week of practice and there's a lot of focus on the task at hand," Knight said. "Win or lose, [the Kilgore game] will be a hard fought game,"

October calendar of sports

Spring Hill @ Gilmer 5 p.m. 9-JV-V Volleyball

Gladewater @ Spring Hill 4:30 p.m. Volleyball Football @ Gladewater 7:30

Tennis vs. Center @ Longview HS 9:00 a.m.

> Chapel Hill @ Spring Hill 4:30 p.m.

Football Chapel Hill @ SH PINK OUT 7:30 p.m.

Cross Country @ Gilmer Time TBA

> Tennis vs. Kilgore @ Kilgore 4:00 p.m.

Volleyball @ Henderson 4:30 p.m.

Football @ Henderson 7:30 p.m.

> Cross Country @ Gilmer Time TBA

Volleyball @ Kilgore 5:00 p.m.

Football Senior Night SH vs. Gilmer 7:30 p.m.

Volleyball Senior Night SH vs. Gilmer 5:00 p.m.

Lady Panther Volleyball is rockin' out win after win

by Kaitlyn Harris

The Varsity volleyball team has a near perfect 25-2 record for the season so far and continues to dominate the court with teamwork. After starting their workouts and practices in the summer, the girls have a knowledge of each other's strengths and weaknesses that aids in their playing styles.

"We worked out together during the summer, and that really helped us start off strong as a team," senior captain Rachel Riestenberg said. "We have really good team chemistry,"

Not only does this team play well together, but they are close off the court. This special team dynamic only adds to the fun of each game.

"We're all best friends," senior and captain Jacey Fleet said. "It's cool to be able to have such a good time while we're playing the game we all love. We are each other's support system, and we always have each other's backs. Our team is like a family."

With three powerhouse seniors, the leadership on the court shows in their performance. Each girl has their respective skills that shine, and they demonstrate by example.

"As seniors, we all bring something different to the court," Fleet said. "We bring a different attitude that helps lead our team to success,"

As with every team, there is always room for improvement. Whether it is in skill or teamwork, the volleyball team is

constantly improving their technique. With each game, the adjustments are evident, as they continue to soar through district with win after win.

"Our biggest problem is just playing enough to win," Riestenberg said. "We need to start working towards perfect games so that when we hit post district season we'll be better off,"



Senior Rachel Riestenberg sets up the spike for the win against the Lindale Eagles. Photo credit: Kaitlyn Harris

Cross Country strong at halfway point

by Taylor Gee

This year the cross country team is off to a running start. They have competed in multiple races to start off the season and performed well in all of them.

"The team is off to a better start than ever before," junior Haley Buskell said. "We should have a great year."

With new coaches Jordan Eudy and Allan Pope, the team has had to adjust to different techniques, but they have coped well with the shift. Waking up early has paid off for the teams, as they have done well in their most recent race.

The girls team placed 19th overall at the race in Arlington, with over 30 teams and 204 girls competing. Coming to the school at 5:45 in the morning to practice running their four miles certainly showed in their performance.

What would drive them to arrive at school two hours before most people? "I run to relieve stress, stay fit and to be able to eat whatever I want whenever I want," answered junior Haleigh Bingham.

Running is a great way to exercise, and the team runs quite often. During practice, the team has great accountability. By running in a group, the team is forced to keep up with one another and push themselves to do the best they can.

Running gives the teams a chance to rid themselves of stress. Burning off stress can help the team work harder and push them, so they can have a higher self esteem, which will help them come out on top in their races.

Cross country is a race against yourself to beat your last time. It is also a chance to improve the team's overall ranking.

"I push myself to beat my old time to get a new personal record," junior Samantha Morris said. "I want to get my timeas fast as I possibly can by the end of the season."

Tennis Love

New Fall season proves to be a well-met challenge

by Taylor Gee

Tennis, which is usually a spring sport, has been moved forward in the calendar to the fall semester. Although the temperature is hotter than in their Spring season, the players have learned to adapt to the heat.

In years past, the team had several months to prepare before play began. With the change, they had to jump right into practice at the start of school. While the team has had to work harder to keep up their game, they don't anticipate these set backs will affect their performance this season.

"It doesn't matter what time of year it is, I just love the sport," sophomore Mabry Nichols said. "Making my opponents run around the court to keep up motivates me," she added.

The team lost some valuable players from the state team last year, but under the leadership of senior team captain, Lydia Wallis, the team has the same goal in mind.

"Being team captain is great and mostly just involves a lot of encouragement for the team," Wallis said. "The team is very young this year, being made of mostly first-year varsity members,"

Playing matches instead of practices during fall will help the team be able to see what they will be facing this year by way of opponents. This young team is strong and determined to keep their winnings up this year.

"The whole team works really hard," Wallis said. "The seniors are trying to do our best to set an example of what it takes to be on varsity."

So far this year, the singles and doubles have been working hard and sharing their fair share of wins and losses. Under the coaching of Coach Ford and Coach Jones, the team is continuing to succeed in wins and in experience. Playing up the team's strengths and working on the weaknesses, the team has everything they need to make the season a winner.

Despite having lost valuable practice time, the team plans to push themselves even harder than before to be the best they can be.

Bank Board plans for school year

Real-life experience for members

by contributing writer

The Texas Bank and Trust Student Board has kicked off another great year with the assistance of three of our own seniors.

Christian Adair, Rachel Gibson and Michaela Davis applied for positions on the board at the end of their junior year and attended the first two meetings this month. They will be working with separate teams developing hypothetical business plans, with intentions to pitch their ideas to potential investors.

The presentation is based on the television show "Shark Tank." However, Texas Bank and Trust is making the game a little more personal by recruiting local business owners to listen to the students' presentations.

The students will also be learning about budgeting and doing activities designed to make the transition from high school senior to college freshman smoother.

The board is a service organization and will be doing several projects locally in an effort to teach board members the importance of serving others.

New faces in the halls

SHHS welcomes seven new members to the faculty

By Shelby Rushton

In the close of last year, Spring Hill High School had to say goodbye to some great teachers and staff. With those departures came openings that needed to be filled.

We have welcomed seven new staff members to our campus this year, one of which is a brand new position.

With 28 years experience as a nurse, Mindy Borden brought her knowledge to our new Health Sciences class.

"My goal is to enlighten students who have an interest in the world of medicine and provide interesting lessons, as well," Borden remarked.

The hope of the district is to use this class as a jumping off point for adding more medical-related classes in the future.

Another new face is that of Counselor Allison Bowles. She has replaced Kayla Lindsey as the residing guidance counselor for the sophomores and seniors.

"I am excited to be a part of the faculty at the school I graduated from and my children attend," Bowles stated. She added, "my goal for this year is to help the students carry out a bright future

by having positive academic goals during and after high school." Bowles is the sister of longtime counselor Paige Childers.

Allan Pope has taken his place as the new head basketball coach for the Lady Panthers, as well as our new World History teacher.

In addition, he has replaced Coach

Bobby Rush as the Gym Coordinator.

Family and **Consumer Sciences** has a new teacher

"I will be teaching life knowledge to our students by teaching them skills for living on their own and helping them become more employable," Cole said.

Foods is a new addition to the class offerings, and they have already been at work making meals for faculty and staff.

Chelsea Mayfield is the new Physical Education, Credit Recovery and RTI teacher. She has also taken on Librarian duties.

She is not new to Spring Hill, but she is a new face at the high school campus.

"[I want] to enlighten

students who have an

interest in the world of

medicine."

-Mindy Borden

When volleyball season comes to a close, where she serves as Assistant Coach, Mayfield can be found on the softball field as Head Coach.

Jacob Justice, coming from his last job as a teacher at Gladewater, is the new Theater Arts and Professional Communications teacher.

> "I hope to challenge students' character and know their beliefs," Justice

stated.

Along with his Theater Arts duties, he teaches Theater Production and is in charge of the Spring Hill Theater Company.

Emmie Drueckhammer is our new English I and Pre AP English teacher. However, this is not her first year working at Spring Hill; you may remember her as Ms. Thomas. In 2011, she was Charlotte Kincy's student teacher, and she was here much of last year as a substitute and TAKS tutorials teacher.

These new additions to Spring Hill only add to the professionalism and pride our school embodies.

Word on the street

"French the llama"

"here's my sherbet"

"gotta get Frankenstein in the words"

Our staff members are in the halls every day listening to your conversations.

In context, all of these phrases make perfect sense, but separated from the rest of the sentence, they sound pretty funny!

These are the funny snippets we've heard this month.

"nobody eats Lunchable cheese"

"pig it in the arm"