# The Panther Press

*February 18th, 2023 - Issue 2*

## Staff Feature: Mrs. Samantha Johnson, LCHS Assistant Principal

By Kira McGill

**When did you find that you had a passion for helping/influencing teens?**
I discovered that I enjoyed working with students at a young age while helping my aunt out (who was also a teacher).

**What would you say is the hardest part about your job?**
The hardest part is realizing that I cannot fix every single problem. Just carrying the weight of caring about students and wanting to help them but knowing that some things you just can't fix on your own

**What are some positive changes you hope to see in the next few years at this school?**
I hope to see more support for learning difficulties, higher level education opportunities, and more opportunities for students to come out of their shells and comfort zones.

**What does an average day at LCHS look like for you?**
My day begins with bag checks upfront, meetings, and conferences with adults and staff. During first and second lunch, I am typically speaking to students and checking up on them. If it is a crazy day then I will knock out some paperwork during my lunch. Prepping for the day is the key to success - Prep is crucial.

**Who was your most influential teacher when you were in school? Why were they so effective?**
Ms. Gladys Gary. I just honestly felt like she went out of her way to be supportive, and that was a really nice feeling each day at school to have an adult who wanted to see me be successful.

**Why did you choose this career path?**
I wanted to be an ear for kids who don't have it at home or don't receive the support they need.

### Schoolwide: Dates to Remember

**March 4, 11, 18, 25** - Saturday School, 8-12
**March 9** - Spring Job Fair @ Continuum (for juniors & seniors)
**March 10** - SEL Day
**March 17** - No School, Teacher WorkDay
**March 17** - St. Patrick's Day
**March 21** - ACT Administration
**March 22** - Report Cards

**How do you balance work life and family life?**
It's important to limit yourself and choose a time to "cut it off." I devote my weekends to getting rested and set a timer for the evenings that allows me to focus on my family.

**Who was your most influential person growing up?**
Mom and Dad were both pillars of strength. I never recognized what they didn't have because what they had was enough. To this day, their example really makes me look at things in a positive light and appreciate what I have.

**Many children whose parents were educational majors choose to follow that career path, do you believe that your children will attempt an educational career?**
YES, in some form of education or helping others. My oldest child wants a daycare, and the middle child wants to teach dance. My youngest daughter reminds me a lot of herself, so I wouldn't be surprised if she follows similar steps and has a career in education.

## Katelyn Porter wins High School Division of FSD3 Spelling Bee

By LCHS Journalism Staff

Florence School District 3 hosted its annual spelling bee on January 30th at the Blanding Street Auditorium.

Students in grades K-12 from schools across the district participated in various divisions depending upon their grade level.

Katelyn Porter, an LCHS junior, was named the 9-12 division champion. She went on to explain how she appreciated the experience and the opportunity to represent her school at the district level.

"I enjoyed competing alongside my fellow classmates and being able to demonstrate the intelligence that resides at Lake City High School," Porter explained.

Pictured above: FSD3 Superintendent, Dr. Laura Hickson, presents Katelyn Porter with the 1st place trophy.

---

Students and staff enjoyed a photo backdrop provided by Ms. Tonia Wilson on Valentine's Day. Pictured to the left: Freshmen Jada Robinson and Kyla Hicks.

# Journalism Students Participate in World Read Aloud Day

By Kira McGill

The LCHS Journalism class celebrated World Read Aloud Day on February 1st by recording videos of themselves participating in read alouds for elementary students.

Senior Kira McGill read the story book *The True Story of the 3 Little Pigs*. This storybook presents the wolf's perspective from the traditional story of "The Three Little Pigs."

The author begins by explaining that many people have heard the story *The Three Little Pigs,* but that it was only from the piggies' perspectives. The Wolf, the new narrator in this text, begins his tale in jail and gives his side of the story.

The Wolf explains that what really happened was that he was making a cake for his grandmother's birthday, but he didn't have any sugar. Wolf went to each of the pig's houses looking to borrow a cup of sugar for the cake.

Unfortunately, the Wolf had a cold, and his sneeze destroyed the first two houses. At the third house, the piggie was rude to Wolf and even insulted his grandmother, which made him extremely angry.

Wolf beats on the front door, and then the police arrive and arrest him. At that point he claims that the police have twisted the story and made him look like the bad guy when in reality he just wanted to borrow a cup of sugar.

Click the video below to check out Kira's reading of the story!

# Peer Pressure: The Adolescent Struggle

By Emiyah Thomas

As teens mature and develop, they naturally consider their life's purpose, who they are, and where they want to be in the future. Whether you realize it or not, your peers have a significant impact on the person you become, for better or worse. This is where you have to trust your instincts and the values you have for yourself. It's not easy to resist peer pressure in complex circumstances.

For example, when teens go to a party, the use of alcohol and drugs could always be a factor. Having people pressure you to join in makes it difficult to withstand because you want to have the same feelings as others and don't want to feel like you're missing out. As a result, seeing peers involved in drugs and alcohol increases teens' curiosity. However, there are so many experiences in life that can replace the need to seek out this kind of rush.

Teens who participate in sports or other activities have found that these activities provide them with extra motivation to avoid negative behaviors in spite of pressure to conform. Some teens even abstain for religious reasons.

Teenagers' brains are still developing so they are much more likely to be influenced by their emotions. This means they have a harder time considering the consequences of their actions. That's why it's important to have a plan and understand what you stand for before going out with your friends. We need to be leaders, and demonstrate to others that you don't need to seek out artificial highs in order to have fun.

LCHS sophomore Cameron Strickland defined peer pressure as, "[P]ressure to do what I don't want; Pressure to do things I don't know. Wanting to fit in, still yet not comfortable. Little mistakes leading to a world of trouble."

Let's break down these thoughts one at a time. *Pressure to do things I don't know*. If you don't know, don't do it. *Wanting to fit in, still yet not comfortable*. Find your type of people, or what you do best that makes you feel at ease. *Little mistakes leading into a world of trouble*. Minor decisions and actions that you sweep under the rug can cause long-term damage.

No matter who you are, you play an influential role in someone's life, even if you don't realize it - so set the example. Find out who you are and what you believe for the sake of your own happiness. If you do that, you are less likely to be influenced to do things that don't reflect your values.

# The Importance of Self-Injury Awareness Day

By Tierra Burgess

Wednesday, March 1, 2023 marks the date of Self Injury Awareness Day. Self Injury Awareness Day is an international day when everyone recognizes self harming behaviors and supports those who practice them. This day and support of those who struggle with self-injury is oftentimes marked by the use of an orange ribbon as a show of support.

Self harm occurs when a person results in non-suicidal self injury (NSSI) due to experiencing physical, mental, or emotional stress. People who inherit the habit of self injury may not look or act any different from "average" everyday people.

Some mental disorders like depression, anxiety, bipolar disorder (BPD), and post traumatic stress disorder (PTSD) can trigger self harming behaviors. However, just because a person has any of these mental disorders does not mean they practice any methods of self harm.

Society doesn't recognize that self harm is a major issue when it comes to the younger generation. Teens are prone to engage in self harm because of stress stemming from relationships, friendships, bullying, and more. According to Michael R. Hollander, a nationally recognized expert in the causation and treatment of self injury, at least 17% of adolescents engage in self harm. LCHS Alumna Myeisha Sellers (10) stated, "I believe that acknowledging self harm is important because it's a cry for help that most people undermine which is a gateway to something irreversible."

Mrs. Sellers' quote demonstrates that we should not only recognize self harming behaviors but we should also comfort and support those who self harm.

Too often there is judgment that prevents those who feel the need to self-harm from getting the kind of help they might need.

LCHS student sophomore Tia Myers added, "As a community I believe that we shouldn't place judgment upon individuals who self harm; instead we should perform acts of kindness towards them."

Self harm can be a difficult topic to discuss, but it's important to know that you're not alone in this fight. Even if you don't engage in self harm but know someone who does, simply understanding them and being open to talk to them can help relieve their burden and guide them towards getting help if they are open to it. In doing so you're offering to be part of a valuable support system that they might not know is available to them

## LCHS Wrestling Program Posts Impressive Showings at Region, Lower State

By Christopher Scott

On January 25th, the boys wrestling team dominated the Region VI-AAA individual tournament hosted by Camden High School.

13 wrestlers qualified for the Lower State Individual Tournament, and the following wrestlers won the region title for their weight class: Christopher Brown, Derrick Graham, Andre McFadden-Pressley, Messiah Singletary, Corey Wilson, and Torrance Wilson.

Coaches Lorenzo McFadden and Kevin Graham watch one of their wrestler's matches at the 3A Lower State Duals Tournament.

On Saturday February 4, 2023, Lake City High School hosted the Lower State AAA wrestling duals tournament. In the first round, the Panthers handily defeated Georgetown but ultimately fell to Beaufort High School in the second round by a final score of 48-33.

Christopher Brown, an LCHS sophomore, gained some practical knowledge from his wrestling experience. "If wrestling has taught me anything, it is to be the hammer and not the nail," he said.

The wrestling team resumed its season on Friday, February 17th @ Dreher HS, where the student-athletes competed at the AAA Lower State Wrestling Championship. Andre-McFadden Pressley (1st) and Corey Wilson (2nd) both qualified for the SCHSL State Wrestling Championship, which will be held February 24-25th in Anderson.

## The Role of Music: Essential or Not?

By Madisen Graham

Britanicca.com defines music as "art concerned with combining vocal or instrumental sounds for beauty of form or emotional expression, usually according to cultural standards of rhythm, melody, and, in most Western music, harmony."

However, this formal definition of music does not do it justice. Many students feel strongly about its importance in their lives. It is a way to make life better. When doing boring, menial tasks, you can put on music to make the task more fun and enjoyable.

Studies have even shown that music reduces stress and improves your mood. Music affects the blood flow to the places in your brain that control your emotions. Many

listeners use music to feel happy, calm, or relaxed. From gyms, to school hallways, to car rides, music is constantly surrounding us.

Although music can be helpful, it can have a negative influence on your feelings as well. An LCHS student, who wished not to be named, said that they feel "sad and lonely" when they listen to music.

While it is well-documented that music makes people feel certain emotions when listening to it, another question that rises is why are so many people drawn to it? Some people absolutely love music and can't go a day without listening to it. Others view it as a luxury.

While the debate over the impotence of music may never be solved, it is safe to say that its role in the lives of LCHS students is one of great importance.

## Club Spotlight: Big Panther, Little Panther

By Tierra Burgess

Big Panther, Little Panther is a second year program founded by LCHS Assistant Principal, Ms. Ashley Dress. This program recognizes high school students, known as "Big Panthers," who demonstrate leadership skills to mentor "Little Panthers" at the neighboring elementary school, Lake City Early Childhood Center.

Every Friday, the LCHS students visit the Lake City Early Childhood Center to meet with their Little Panther mentees.

Senior cheerleader D'Aria Dickie meets with her Little Panther mentee.

Ms. Dress states that, "The program began as a way to support the mentees with positive advice, friendly interactions, and support for academic achievement. The program really seemed to help the mentees build positive self-esteem and reinforced the importance of a positive mindset."

However, Ms. Dress believes that the program benefits the LCHS student mentors just as much. She explained that "for the mentors, it really helps develop some leadership and communication skills. They seem to enjoy the responsibility of working with a student one on one and being that positive role model for them!"

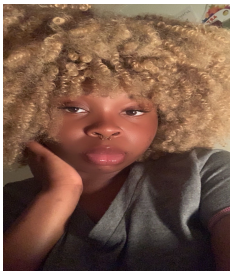
LCHS senior Taylor Fulton agreed, adding, "As a Big Panther participant, I believe this opportunity is an amazing way for us to contribute to the community because we're being recognized as students that our mentees can look up to. Not only that but it helps our mentees remember that they have people there to guide and support them."

With the development of different school programs such as this one, students now have the opportunity to play a role in mentoring the next generation of learners.

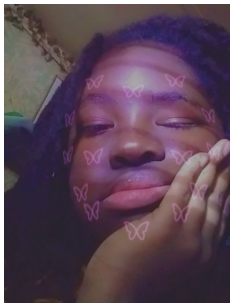
# Newspaper Staff

Kira McGill is a senior at Lake City High School. While being a full-time student and a part-time employee, she also sells jewelry. She is very interested in the way the mind works and hopes to become a mental health counselor. She lives by the quote, *"I love it when people doubt me. It makes me work harder to prove them wrong."*

Emiyah Thomas is a sophomore at Lake City Early College High School. She is very ambitious, understands and connects well with others! She is undecided about her career choice, but she has a few options she's thinking about pursuing, such as computer science, dance choreography, architecture, or writing. She enjoys dancing, playing games, writing stories, going to the gym, watching tv shows, and creating YouTube videos in her spare time.



Tierra Burgess is a sophomore at Lake City Early College High School. Tierra is extremely passionate about going to college and pursuing a career in forensic science. In her spare time she enjoys reading.



Madisen Graham is a student at Lake City Early College High School. When she is older she hopes to pursue a career in art. Currently she is looking into becoming a graphic designer. Her hobbies include painting, drawing, reading, and listening to music.

## Newspaper Staff (continued)

Cody Butler is a journalism student at LCECHS. He loves to write and is thinking about writing his own graphic novel or book someday. In his spare time, he enjoys playing video games and watching anime.

Christopher Scott is a junior at Lake City Early College High School. He is extremely passionate about cars and hopes to pursue a career in the automotive industry. One day he hopes to either own his own business or work for another company and become a manager. In his spare time he enjoys traveling and seeing new places.

Lake City Athletics Department
Follow Us on
Social Media
@LakeCityAthletics
@athleticsLCHS
@lakecityathletics