



# The Panther Press

March 27th, 2023 - Issue 3

## Staff Feature: Mr. Steven Barr, LCHS Assistant Principal

By Stephen Butler

### What things have changed since you first began your career at LCHS?

Students have way more freedom and opportunities to participate in different things.

### Coming from a different city, what was it like teaching math at LCHS your first year?

The first year was definitely difficult. I was trying to fit in, learn my role, and be an effective educator.

### What does your average day look like as an assistant principal?

It's extremely busy and changes from day to day. I am usually in meetings, looking at or writing reports, handling technology issues,

### What made you want to be an administrator?

It was really just a natural progression. I spent 11 years in the classroom and felt like I could continue to make an impact as assistant principal.

or addressing teacher/student concerns. During sports seasons I am at many of our home games as well.



### What is the most difficult part of being an assistant principal?

Disciplining students - I don't like for kids to get in trouble or have to miss school for behavior.

### In your opinion, how has technology changed the way that we teach today?

There are definitely pros and cons to the way technology has impacted education. One big advantage is that technology can help us stay organized and provide students with different ways to look at information. One negative of technology is that we can rely on it too much in the classroom at times.

### What is your favorite thing about being an assistant principal at LCHS?

I love the daily interactions with kids the most.

### Schoolwide: Dates to Remember

**April 1, 22, 29** - Saturday School, 8-12  
**April 7** - Half day for students  
**April 8** - Prom @ Bean Market

**April 10-17** - Spring Break  
**April 19-29** - ArtFields  
**April 26** - Interims issued



## Seniors, Get on the Scholar(Ship 🚢)

By Kira McGill

Anyone that plans to attend college should not be stressed about the cost and future debt that comes with accepting student loans.

There are millions of dollars in scholarships that remain unclaimed every year that students are missing out on.

LCHS English teacher, Tressia Gibbs, emphatically agreed that it is important for students to look for and apply to scholarships early and often.

“Absolutely! It's incredibly important for students to apply for scholarships because it cuts down on the money their parents will have to pay for college and the money they will have to pay back if they apply for loans.”

The importance of scholarships is obvious: they're financial support to help college students receive their degree in whatever field they choose.

Many seniors at Lake City High School plan to attend college in the fall, and the application experience can be stressful. No one should be stressed with a financial

burden, and there are numerous scholarship opportunities being offered everyday.



We have several staff members that specialize in helping students work towards scholarships. These staff members include: Kendra Wilson, Tressia Gibbs, and Yvonne McDaniel.

Ms. Kendra Wilson, the 11th and 12th

grade school counselor, keeps students up to date on local, state, and national scholarships via a scholarship folder available to all seniors in Google Classroom. Hard copies of scholarship applications are also available in the school counselors' office.

With all these resources available, there is no reason for students to miss out on opportunities to make their college experience affordable.

Ultimately, our senior class must not be afraid to apply for scholarships. They were made so that everyone can have an equal opportunity to receive higher education. It's up to us to seize that opportunity.



## Acknowledging Autism

By Tierra Burgess

April 2, 2023 marks the date of Autism Awareness Day. Autism Awareness Day is an international day that was created to highlight and support those who have autism.

Autism Spectrum Disorder (ASD) is a developmental disorder that affects the way a person may think, behave, communicate, and learn. Currently there's no cure for autism but neurologists, doctors of the brain and nervous system, are working on how to better interact with individuals who have autism.



I believe it's not only important to make individuals with autism feel comfortable within their environment but it's also important to take the time to understand them. People with autism often lack social skills; therefore, communicating with others may be a challenge for them. In fact simply understanding and comforting them may help others learn how to best communicate with them.

If you know someone with autism, it's important that you approach them gently. No one should ever make fun of or tease people with autism. It's an everyday challenge for families to let them know that they're loved and supported.

LCCHS student Isabelle Bryant added, "A lot of people don't realize how hard it is for people with autism. Seeing my brother go through all of his life struggling with autism has taught me a lot about it. I've learned that people with autism often have trouble understanding their emotions and how to socialize with others, which can lead to them being a target for bullying. That's why I believe it's important that we acknowledge them."

Kingstree Senior High School Alumnus Tyliek Pinesett agreed with Bryant and added that, "As a society, I think that we should engage with people who have autism more. Having deliberate, meaningful interactions with them may allow them to open up and connect with others in particular ways."



Freshman Tiara Muldrow (center) competes in the 100 meter hurdles at a track meet in West Florence.



## Women's History Month: Flowers for Girl Power

By Kira McGill

Women's History Month is upon us, and yet we still have a way to go before true gender equality is achieved. There are thousands of articles about the equality and rights of women and still change is slow to come.

For centuries the accomplishments of the ladies have been put down, but this generation is where that stops.

Women's History Month is celebrated every March to learn about and applaud women's contributions to the world. Learning about these contributions helps promote gender equality and allows citizens to see what the country needs to work on.

Senior Sivani Hickson emphasized that Women's History Month is important because women deserve to have their accomplishments recognized. "I think it's important for historic women to get their own educational month," Hickson stated.

Women face disadvantages such as fewer job offers than men for the simple fact that some employers believe they cannot balance their work and home life. Many employers still hold on to the belief that women will

struggle to manage careers, particularly if they are mothers.

This belief is an example of gender bias, which is when a person faces unfair disadvantages because of their gender.

Some disadvantages that women face

everyday include: not earning higher level positions, a lack of respect, and being seen as a mother before a worker.

America must combat this inequality and break the cycle. We have been running our society the same way

for so long, perhaps it will take a woman in the executive office to change things for the better?

Mrs. Samantha Johnson, an LCHS assistant principal, agreed that women do not get enough credit for their accomplishments. In fact, she elaborated that "women can do just as much as men can, maybe even MORE."

Although it has taken time, women are finally getting credit for their contributions throughout the world, and they deserve every bit of that recognition given to them. Now, go get those ladies their flowers.







## Gibbs and Miller Bring Self-Contained Classes into Spotlight

By Tierra Burgess

A self-contained classroom is an isolated learning environment that consists of one instructor who's responsible for teaching multiple subjects to students that learn differently from their general education counterparts.

Mrs. Alecea Miller teaches self contained classes for students in the CTE building at Lake City High School, and she has been working hard to get her students recognized for the work that they are doing each day.

Mrs. Miller states that the different personalities of her students and the way they perform tasks is unique to her. She describes self-contained classrooms as "a place where students are included, accepted, and have access to everything they need."

Presently the students within her class are working on proper etiquette and managing money. They are learning how to travel, manage money, and take care of themselves in the real world.

LCCHS's Creative Writing teacher, Mrs. Tressia Gibbs, has pushed her students to collaborate with Mrs. Miller's class. They've worked together on books, interest sheets, and more. They're currently planning events that all the students at LCCHS can participate

in such as a sports themed spirit week in honor of the upcoming Special Olympics.

While self contained classes are sometimes overlooked because they operate outside of the general education time schedule, they

are extremely important for the school. Students who learn at different levels need more academic and social support.

Students in general education classrooms are more likely to get noticed for their accomplishments than students in self-contained classrooms, and that is what Gibbs and Miller have been trying to draw attention to through their collaboration.



LCCHS junior Ronisha Flowers appreciates their effort. She added, "With the minor fact that kids in self-contained classrooms don't generally get recognized for their accomplishments [due to their not being as visible during the school day]. They put forth some of the hardest work and need to be recognized."

Schools must do a better job of educating general ed classrooms about self-contained classes and allowing everyone to connect with students in self-contained classrooms. If this happens, society will be more welcoming of those students, and we will be better for it.



## McFadden Named Support Staff of the Year

By Christopher Scott

On March 8, Lake City Early College High School held an assembly to discuss Social Emotional Learning with the student body. However, the assembly also had a surprise in store for one of our staff members.

During the assembly, there were a few students selected to give shoutouts to someone who encourages them to make better decisions. Several students, including the son of the soon to be named support staff member of the year, talked about his passion for education and his willingness to go the extra mile for students. After the students finished giving their remarks, Coach Lorenzo McFadden Pressley was named the 2023-24 LCHS Support Staff Member of the Year.

Known by students as Coach Lo, McFadden is known for his willingness to help and encourage students, faculty, and staff members.

Coach Lo is always quick to crack a joke, and he creates an enjoyable learning and working environment with his many stories.

Ms. Ashley Dress, LCHS assistant principal, said, "Coach Lo is someone I have witnessed go above

and beyond for the students over my years working with him. He not only coaches multiple sports, but he spends countless hours mentoring the students here at LCHS."



## Emhof Named Teacher of the Year

By LCHS Journalism Staff

When Ms. Elisabeth Emhof woke up on March 8th, she likely had no idea that she was hours away from being named the LCHS Teacher of the Year.

Even better, Emhof's mother, a woman she cited as a source of inspiration, flew down from New York to surprise her daughter as she

was recognized as the school's top educator.

Students and staff attended a social emotional learning assembly in the morning that eventually became an opportunity for several students to shout out teachers who had made an impact on them. However, these students





were actually all describing one single teacher, Ms. Emhof.

After the students shared their stories of the endless kindness and love that Ms. Emhof demonstrates on a daily basis, the administrative team called her down to be recognized for her accomplishment.

Mr. Josh Jennings, an LCHS English teacher, believes that the honor was well-deserved. “I cannot think of anyone better suited to represent their colleagues,” Jennings said. “Ms. Emhof brings an energy and love for her students and job that is simply unmatched.”

## LCHS Recognizes Athletic Training Month, Mrs. Sierra

By Emiyah Thomas

March is National Athletic Training Month, a month which strives to increase awareness about the crucial role that athletic trainers play in the lives of our students and staff. This month is dedicated to all the athletic trainers who play an important role in the development and well-being of athletes' development at all levels.

Mrs. Sierra Woodberry serves as Florence 3's athletic trainer, and she wears many hats in that role. “An athletic trainer is someone who is trained in emergency medicine, orthopedic injuries and general medical conditions.” Woodberry explained. “We have to complete over 1000 hours of observation and clinical experience before

we can take the test to become certified. To quote this year's NATA motto ‘there's an AT for that’ - meaning that we have such a broad knowledge and skill set, we can usually tackle anything that comes our way.”

Mrs. Woodberry, affectionately known as Mrs. Sierra by the district's student-athletes, has played a significant role in the rehabilitation and strengthening of our athletes over the years.

In honor of her contributions to our athletic department, our students put together a video to express their gratitude for all that she does. **Click [here](#) to check it out!**





## Senior Spotlight: Shi'Daisa Graham

By Kira McGill

### What college are you going to and why did you decide to go there?

I will be attending Winthrop University because they have an excellent education program.

### What challenges have you faced in your senior year?

During my senior year, some challenges that I faced were trying to stay focused and earning good grades while going through a hard time in my personal life.

### How would you describe your experience at LCHS?

I would describe my experience at LCHS as bittersweet because some days were better than others.

### What classes would you recommend students at LCHS to take?

I would recommend students at LCHS to take Creative Writing , Digital Multimedia , and Journalism.

### What is your favorite thing about LCHS and why?

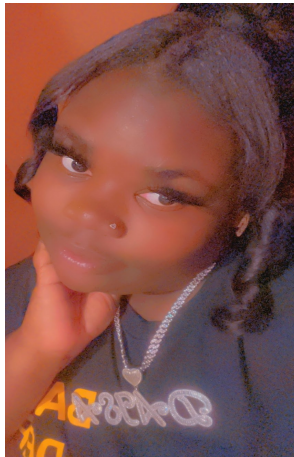
My favorite thing about LCHS is the teachers, they are very outgoing and helpful.

### How has the Dual Enrollment Program at LCHS prepared you for college?

The Dual Enrollment courses at LCHS have prepared me for college by teaching me the importance of time management.

### What career are you interested in pursuing and why are you passionate about it?

The career that I'll be pursuing is teaching high school English because I enjoy writing and helping people become better readers and writers.



### How are you planning on celebrating after graduation?

After graduation I plan to have dinner that night and have a party the next day to celebrate my accomplishment.



Senior Markeis Hudson makes a play on the ball at first base.





## We Are What We Eat

By Emiyah Thomas

The first mention of the phrase “you are what you eat” came in from 1826, from the works of the French author, Anthelme Brillat-Savarin. He wrote: “Tell me what you eat, and I will tell you what you are.”

Forty years later, Ludwig Feuerbach echoed Brillat-Savarin with the more well-known phrase:

“You are what you eat.” This proverbial saying is the idea that you need to eat well to be fit and healthy, but the phrase actually has a much deeper meaning than that.

Cynthia Sass, a registered dietitian nutritionist, emphasized that the nutrients we receive from the foods we eat provide the



foundation of every little cell in our body. Thus, the healthier you eat, the better your body feels and vice versa.

As LCHS instructor Mrs. Contessa Bradley remarked, “Our body cannot break down some of the foods we eat. Many health illnesses are caused by what we eat.”

To improve our health, it is important to follow a sustainable diet that encourages the eating of plant-based foods, eliminates food waste, and limits the use of animal products. By following these steps, we can reduce the risk of developing illnesses and contribute to a more sustainable food system.

## Apicella named Region 6-3A Athletic Director of the Year

By LCHS Journalism Staff

Lake City Athletic Director and Varsity Baseball Coach Matt Apicella has been named the 2023 Region 6-3A Athletic Director of the Year.

His selection marks the third time he has earned this honor, including his selection as the 3A Athletic Director of the Year back in 2019. Apicella has served as the district’s athletic director for the past 10 years.



Apicella has spearheaded a number of athletic and academic initiatives since his promotion to the top of the athletic department 10 years ago.

Perhaps most impressively, he has pushed the athletic department to prioritize giving back to the community. Apicella has overseen thousands of community service hours performed by our student-athletes.





## Newspaper Staff



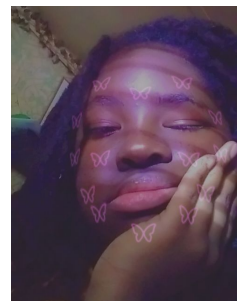
Kira McGill is a senior at Lake City High School. While being a full-time student and a part-time employee, she also sells jewelry. She is very interested in the way the mind works and hopes to become a mental health counselor. She lives by the quote, *“I love it when people doubt me. It makes me work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





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