

The Panther Press

Friday, November 12th

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- The Rematch (HHS vs SCHS)
- The Addiction of the Century

Be sure to give thanks to our Veterans



Upcoming Events

Sports

Football Game @ Concord
Kickoff at 7:00

Other

November 25th - Thanksgiving!



Music on Mental Health

Written by Norah Cool

Music is a universal language. It speaks not only about itself, but also about its audience. There's something really special that comes from the rhythm of its harmonic sounds.

As music progresses, technology and people alike grow with it, causing a never-ending cycle of evolution; in technology and the brain. Especially, the music of today's younger audience is vastly different from those from a different time. Maybe it's time to start looking into it. It might be deeper than you think.

With every sort of variety, there's bound to be preference. But with music, it seems to be different. More often than not, people can't seem to decide what their favorite genre is; 20% of participants in the *Panther Press Virtual Interview* chose 'other'. "Depends on the day." Says an anonymous participant. Other popular choices seemed to be Rock, which

measured at 17.6%, and Pop and Country, which both measured at 15.6%.

People seem to be heavily driven by not only the technicality of each piece, but also what it reminds them of. Another anonymous participant was asked what their favorite song was and why. “*Neon Moon* by Brooks and Dunn. Cleverly written, great tune, takes me back to high school/college days.” “I have many, but right now it is *The Fall* by Lovejoy.” Says Kendall T. “I can relate to its lyrics easily.” Repeatedly, answers mention how music is “encouraging and uplifting” and “mirrors my life” (*An anonymous participant on Worship Music*). On the other hand, some view music for it’s relatability. “Want it Again by Thomas Rhett. I can relate to this song.” says an anonymous Junior.

What’s even more interesting, is that music has a chemistry-based response. It hits a spot of the brain named the striatum, which releases dopamine. We associate large surges of dopamine with receiving actual rewards; much like the study of Pavlov’s Dogs.

Whatever it is you listen to, it’s a good therapy for your mental state and your dopamine levels. Keep music in your life, no matter what!

Encyclopædia Britannica, inc. (n.d.). Know the science behind why the brain gets attracted to music. Encyclopædia Britannica. Retrieved November 12, 2021, from <https://www.britannica.com/video/187019/science-a-ppeal-music>.

~Song Recommendations~

“Steering wheel prayers by Caleb Lee Hutchinson.”

“Lovejoy, Chamomile by Field Medic, Passerine by the Oh Hellos, Cafe 1930.”

“Skillet, 3 Doors Down, Killer Queen...”

“Any song by Chris Stapleton”

“Hurt by Johnny Cash”

“The Hamster dance.”

“Any song by Maretu, or IC3P3AK”

“Lord of Disaster by Godheads”

First Round of the Playoffs

Written by *Cameron Capps*

When November hits in North Carolina many high school students think of time off from school, the coming exams, and winter break. On this Friday night in November, the Panthers of Hibriten and the Patriots of Freedom High school had one message in their minds: “Win and advance or lose and your season is over.”



For every athlete, the playoffs are the reward for all of the months of hard work leading up to this time of year. The hot days in the summer where workouts take place all over the campus. High school-age young men and women have done everything their coaches asked to get to the playoffs, for a shot at glory, and to put a final chapter on a season or, for seniors to wrap a high school career.



(Student section, in their 'onesie' theme)

The Hibriten Panthers took the field November 5th and for the second time this season, it would be against an opponent that they have already played.

Freedom High School would do everything they could think of, they even changed their defense every offensive snap to keep the Panthers guessing. But early penalties and mistakes on the part of the Patriots would keep the game close for a long time.

At times Freedom seemed to be on the move to punch the ball in the endzone of Hibriten. But outstanding plays from Jabee Powell along with the rest of the Hibriten defense, and a strip fumble from

Matthew Warhurst put a halt to the early Patriot momentum.

With the momentum from the recovered fumble, Coby Wilson and his offense had a renewed energy. The Panthers were able to march down the field with contributions from Dillan Earp, Jabee Powell, Sadharri Moore, Gabe Suddreth, and Chandler Wyke. It would be an outside option play by the Hibriten offense that would allow the Panthers to score the first points of the game.

The Panthers' defense would return to the field with an almost rabid pursuit to the ball. The jerseys of the Panthers sometimes seem to appear out of nowhere to bring down the ball carriers. Miguel Morales making some big shoestring tackles for the defense. The entire defensive front for the Panthers sniffing out and stuffing a trick reverse. This all put the Panthers back on offense.

Just as quickly as they got the ball there appeared to be a miscue by the Panther offense and the Patriots were back out on the field. The defense held strong again even though the Patriots made it all the way down to the Panther 9 and 3/4's like a menacing Harry Potter. The Patriots would have to settle for a field goal which would be a win for the Panthers only giving up three points. The Panthers would block the field goal attempt and that is where the Patriots took advantage of a little-known rule. When the field goal was blocked the ball never passed the line of scrimmage, this made it a fumble. The Panther's defense was electrified, but the

referee never blew the whistle and the Patriots picked up the ball and got their first points of the game making the score 7-6 with the extra point attempt to come. This time the kick would be good making your halftime score 7-7.

The Panthers seemed to have refocused at halftime where they recovered the kickoff for the second half deep in Patriot territory. With the ball deep in Patriot territory there seemed to be a wave of Panther offense that crashed against the Patriot defense and it would be Sadharri Moore and Trenton Cornett that would put the Panthers back on top 14-7.

The Panthers and the Patriots played their best during the late 3rd and 4th quarters. Trading offensive series with one another there would be a late drive by the Patriots that would produce points for them. They would score and go for a 2 point conversion to try and **have the lead at** the end of the game. The Patriot offense would slip when they needed them the most, giving Hibriten the ball back with less than four minutes on the clock and holding on to a 14-13 lead.

The Panthers would drive from their own 6-yard line to the middle of the field. That is where the Coby Wilson and the Panthers offense would kneel down securing a victory for the 7th ranked Panthers, and Hibriten would for the second time this season be victorious against the Freedom Patriots.

This Friday is the 2nd round of the Playoffs where Hibriten will host the Spiders from Concord. There is only one

message on the minds of your Hibriten Panthers: "Win and advance, lose and go home."

Want to submit a story?

Submit one in the next interview! We'd love to hear from you!



THE YOUNG PHOTOGRAPHER CHALLENGE

InvestIN's Charity Competition: My Peaceful Place

For every entry we'll make a donation to Stem4!

Trustpilot ★★★★★