

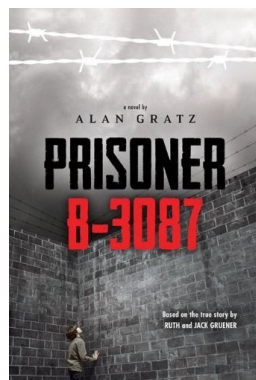
The Panther Press

Friday, November 5th

Contents

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

New Book Series Out!



Upcoming Events

Sports

Football Game @ Freedom HS

Kickoff at 7:30

Theme: **Onesies**

Winter Sports Started Nov. 1

Other

November 11th - Veterans Day



The Rematch

Written by **Cameron Capps**

On this Friday, the Hibriten Panthers made the trip to Hudson to take on the South Caldwell Spartans.

Even though the bus ride is only 12 miles, the trip seemed longer. Every Hibriten Panther on the bus that evening, replaying the September 17th, 2021 double overtime loss in their minds. And when Hibriten arrived at South Caldwell High School there was only one message, fate has given us a chance to correct a wrong.

With thousands in attendance, the atmosphere was so electric, you could cut the anticipation for "The Rematch" with a knife.

South Caldwell started with the ball at the beginning of the game and quickly turned the ball over to Hibriten defense stalled the Spartans on their own 30 and they had to give the ball to Hibriten early in the game.

On Hibriten's first drive, the Panthers lined up in their signature Flexbone formations and drove the ball down to the field. Junior Quarterback Coby Wilson and Sophomore Fullback Gabe Suddreth the primary ball carriers on that initial drive. But Hibriten's first drive would stall on the Spartans eight yard line.

An attempted Trenton Cornett Field Goal would fall barely wide to the left and give the ball back to the Spartans. After the referees would return the ball back to the 20 yard line the Spartans would get back on offense with the score still tied at zero.



(Above: Hibriten Marching Band)

The Spartans would work their way down to the Hibriten endzone where on a Quick Pitch play the Spartans would barely squeak through Freshman Corner - Miguel Morales and Sophomore Strong Safety - Gerard Felder. After

the Panthers defense held strong on the conversion the Spartans would only lead 6-0.

The Hibriten offense went back out on the field and appeared to be working. After a fortuitous slip the Spartans would end up with the ball off of an interception.

South Caldwell started their next drive back in Panther territory. The Panther defense held strong this next drive, sniffing out the quick pitch that got them earlier and making the Spartans pay for gambling on the 4th down. The Spartans would turn the ball over on downs and give Hibriten its third possession of the game.

Three was the lucky number for Hibriten. It was an offensive onslaught, that turnover from the defense lit a fire and the offense responded. Chandler Wyke, Sadharri Moore, Nick Smith, Jabee Powell, and Gabe Suddreth would not be denied this time but it was one of the team captains and Quarterback Coby Wilson that would punch in the first touchdown of Panthers rematch on the ground. After the Trenton Cornett Point After Touchdown the Panthers had taken the lead 7-6.

With renewed energy the Panthers defense looked different and made the Spartans work for every yard. When the Spartans tried to take a shot through the air down field Senior Corner Jabee Powell would intercept the ball and provide Panther Nation with a shot of pure electricity and put the offense back on the field for Hibriten.

Hibriten would take two big time shots down the field through the air. But the Spartans defense would drop most of their defense into deep coverage to prevent the Panthers from coming away with points just before the half. But with their heads held high and a few things to adjust the Panthers would go into halftime with the lead and knowing that they would get the ball first in the second half.



(Above: Hibriten Cheer Squad)

The Panthers got the ball coming out at the start of the second half and looked completely on fire, the flexbone triple option moved the ball well. Running Backs Sadharri Moore, Gabe Suddreth, and Deykel Sanders looked to be in charge of the tough yardage and Coby Wilson and Chandler Wyke seemed to keep the defense on their toes causing problems for the Spartan defense. But this possession there seemed to be another factor on the field that kept the Spartans off balance and unable to deny the Panthers. The Offensive Line of Daniel Baker, Christian Contrerras, Gavin

Riley, Isaiah Millsapps, and Jose Romero-Garcia seemed to blow the defense away, first on a 4th and short the line was able to mow down the defensive front for South and get the first to keep the drive alive. The second instance was down in Spartan territory the Spartans had seemed to have stopped Gabe Suddreth on the 5 yard line, but, with the ENTIRE defense on his back the offensive line came to help their Sophomore fullback and the wave of black jerseys came to push him and the wave of black jerseys would not be denied and crashed in the Spartan endzone.

The Panthers would take advantage of a Spartan penalty and make the game a two possession game with a 15-6 lead.

The rest as they say is history. The Panthers seemed to feed off of that energy and never gave back the lead to the Spartans. On many miscues from the Spartans and what seemed like an endless amount of damaging penalties the Panthers shined.

Jabee Powell had a long touchdown reception down the Panther sideline that was electric to watch.

Senior Free Safety Davey Shore had a pick against the Spartan offense that seemed to break their spirits.

A great night for all of the starters on defense because the Spartans just seemed overwhelmed at times. Performances from Middle Linebacker Dillan Earp and the defensive line Markel Helton, Jose Romero-Garcia, Jesse Taylor, and Matt Warhurst kept the offense that

considers themselves to be "Smash Mouth" from moving the ball.

The final score from the game was 29-18. Head Coach Sam Mackey said it best at the end of the game that this season, this game was all about how you respond. After "The Rematch" with South Caldwell, the Panthers have learned how to respond.



THE ADDICTION OF THE CENTURY

Dylan Greene

If I was to ask you what you did after you opened your eyes this morning, 80% of you would say "I checked my phone." I could honestly ask that same exact question but for night-time. I could ask, "What is the last thing you did last night?" About 93% of people would either say, "I checked my phone" or "I was on my phone till I fell asleep." It's just "normal" now for kids, and even adults in the 21st century.

To prove this addiction that we have, I conducted an interview and one of the questions asked "On average, how many hours are you on your phone a day?" I heard and saw anywhere from "Less than two hours" to "More than 16 hours." Just "wow" was my response to that. Out of those hours of people on their phones, do you know what most of it is on?

About 92% of you said a form of Social media! Apps like Snapchat, TikTok, and Instagram. "It's just the way we communicate." I heard an Anonymous student say. That is completely fine, but when it comes down to scrolling and scrolling for hours and hours on end it becomes an unhealthy habit. "I watch youtube until I fall asleep." Adam, a sophomore, said.

Being on your phone at night, believe it or not, will actually take you longer to fall asleep. It decreases Melatonin, a sleeping hormone, in your body and results in staying awake longer. I even heard Michael, a senior, say, "I'm on my phone way more than I need to be, It interferes with getting my work done, and sometimes, I don't." When your phone gets in the way of your work or anything that is important, that should be your key to getting off.

Being on your phone for hours and hours on end can also cause many risks to your health. Including brain cancer, Nervous system damage, headaches, and even shortness of temper. Social media such as Facebook, Instagram, and Snapchat can cause lots of mental problems as well such as Depression, anxiety, and even Insecurity from those "Better looking, Better life" people on social media. They either have something better than you or look better than you and you become depressed or even have these insecurities. In reality, about 85% of those photos that look "so good" are probably tuned in some way, something is fake, or even maybe photoshopped. So don't let someone make you

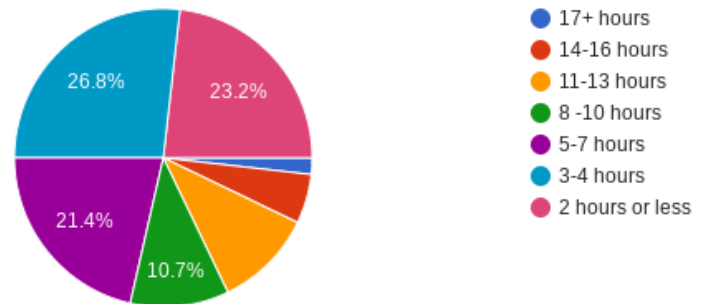
feel a certain type of negative way online, because it's not really true about you at all.

Sadly, Social media is also one of the main causes of suicide. Due to those insecurities and even "Cyberbullies." To prove these facts of Depression and Insecurities, In my interview I also asked a question that stated, "After all of your screen time on your phone, how did you feel." Most of the people on there, who mostly used social media, had said they felt Depressed, Insecure, or tired. Believe it or not, some people after being on their phone for hours on end said they either felt Headaches, fatigue or even hot, red cheeks.

Don't get me wrong though, I love my phone! It's the way I also communicate and entertain myself sometimes. Did you know that short screen time on phones can improve communication skills, Hand-eye coordination, and even memory? Well, it's true, and even scientifically proven! Like I've been saying though, too much screen time can be hurtful and even fatal if it results in suicide. So with all of that being said, make a good, healthy decision next time you decide to pick up your phone, and stay conscious of how much time you're on it. Stop the addiction!

(www.dw.com), D. W. (n.d.). Is your mobile phone damaging your brain? DW.COM. Retrieved November 4, 2021, from <https://www.dw.com/en/is-your-mobile-phone-damaging-your-brain/a-45020000#:~:text=Brain%20cancer%2C%20nerve%20damage%2C%20and,of%20regular%20mobile%20phone%20use.> - Davis, B. (2020, March 21). What impact phones have on society. MVOrganizing. Retrieved November 5, 2021, from <https://www.mvorganizing.org/what-impact-has-mobile-phones-had-on-society/>.

(Below: When HHS Staff and Students were asked how much time was spent on their phones on average)



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