THE REBEL REPORT

Pride,
Class,
Courage,
The Will to Win

Friday, February 28, 2025 Strom Thurmond High School

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Rebel Runners provide important service to STHS

Delivering materials throughout the school



Braeden 'Moose' Coleman and Marshall Smith deliver paper to Ms. Pataro's room as one of the many services the Rebel Runners provide.

By McKenzie Fleming

Here at Strom Thurmond everyone is included! We have our amazing rebel runners who deliver a variety of things ranging from supplies to even food. Our Rebel runners are students who are a part of the special education classes at Strom Thurmond. The deliveries they make are very helpful to the teachers and staff.

Coach Wilson said, " I usually pick 1 upperclassmen and 1 lower classman to go as a team. It also depends on how many deliveries are needed on that given day. The number of packages that come in each day varies. Rebel runners provide a service that not only benefits the faculty and staff of STHS but also my students. It provides employability skills, memorized navigation throughout the school, and it also gives them an opportunity to get out and about to see everyone!"

Coach Wilson claims that he has never heard a complaint and that students love their job. Their jobs as rebel runners provide them with the skills of responsibility, increased work ethic and mobility around the school. With the help of Mrs. Schwartz in the front office the packages are correctly labeled and coordinated with the students to get them to their destinations. The list of Rebel Runners includes B. Coleman, D. Delgado Vazquez, A. Mejia, D. Roberts, L. Smith, J. Merriweather, C. Sellers, and H. Taylor.

These kids love their job and get great benefits from it. The rebel runners not only benefit students vocationally, but they help the teachers and staff. Strom Thurmond loves their Rebel Runners!

FBLA brings home awards

Students compete in state

By McKenzie Fleming



Left to Right: Estefani Cortez, McKenzie Brown, Kelley Widell, Cherish Harris, Faith Johnson, Harmony Talbert-Williams

Along with their sponsor Michelle Smith, Strom Thurmond's Future Business Leaders of America (FBLA) attended and competed at the state leadership conference in Greenville, South Carolina.

Along with over 1000 students and advisors, STHS students participated in many workshops, general sessions, and group and individual competitions.

FBLA students performed well during the competition. "My students prepared and did an excellent job in each of their competitive events. For each event they recognize only the top four. Although only Estefani Cortez made it to the stage, the other students' scores placed them in the top ten" sponsor Ms. Smith said.

Ms. Smith feels that FBLA plays an important role in the future of students and "helps high school students prepare for college and careers in business through academic competitions, leadership development, and educational programs."

Special recognition goes to Estefani Cortez for placing first in the State in Accounting I. "This was my first competition. It was very exciting to compete but also a little nerve wracking. The most memorable experience was the moment when my name was announced that I had won first place, but also spending time with McKenzie Brown."

See page 2, FBLA

FBLA, continued from page 1

"I have been an FBLA member for three years, and I am also an officer.
FBLA fits into my college and career plans because I plan on majoring in accounting. I currently own and will hopefully continue to own a small business, and I might potentially study international business," Estefani said.

She will compete at the National Competition in June in Anaheim, California.

Congratulations to all the participants.



Estefani Cortez placed first in Accounting I at the state FBLA conference and will continue on the nationals in California..



Groundhog Day brings jobs out of the shadows

Students look at future careers

By Mary Hamilton



Sophomore, junior and senior Strom Thurmond High School students take advantage of the national groundhog job shadowing day on February 7th as they visit businesses of interest to experience their desired future career first-hand.

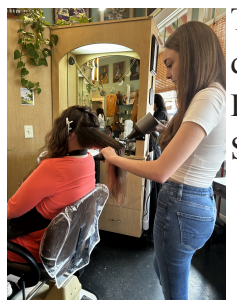
"The day enables students across the nation to get an up-close look at the specifics of an actual job and how the skills they learn in school can be put into effective action, in line with the jobs. On this day, students from across the country shadow scientists, firefighters, mechanics, doctors, teachers, and every other type of profession," according to the Future Forward Organization (futureforward.org).

The groundhog job shadowing experience started on a local scale before the late 1990's. "In 1996, the Boston Private Industry Council and Boston schools sponsored the first Groundhog Job Shadow Day, during which about 300 students from four high schools in Boston took part, shadowing public officials and workers from Boston businesses (checkiday.com).

Later that year, the National Job Shadow Coalition was created, and they brought Groundhog Job Shadow Day to the national level the following year. The coalition originally consisted of America's Promise - The Alliance for Youth (now called America's Promise Alliance); School-to-Work, which was a federal initiative administered by the U.S. Department of Education and U.S. Department of Labor; Junior Achievement; the Association for Career and Technical Education; and the Society for Human Resource Management. More than 100,000 students participated in 1998, and by 2011, over one million students and 100,000 businesses were participating each year," (checkiday.com).

In the past few years, millions of students and thousands of businesses nationally have participated in the groundhog job shadowing program, with Strom Thurmond being one of the schools that observes this event. Since this national implementation, students at Strom Thurmond and other schools have been given the opportunity to encounter real-world jobs to see if they are interested in pursuing the job as a future career.

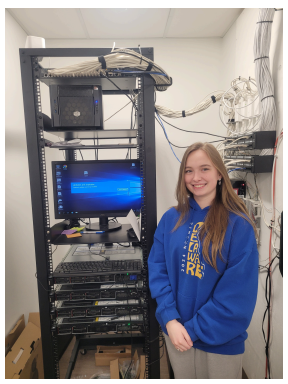
See page 8, job shadowing



Taylor Johnson does hair at Edge Salon and Spa.



Jalia Simpkins visits Edgefield Medical Center



Raina Barrs explores ttechnology at BarrNone Technology



Kinsey Berry at W.E. Parker Elementary School



Jordan Rich visits Titan Farms.



Sophia Simpkins at TS Simpkins Investments



Toney Robinson and Carter Massey at Massey and Massey ,LLC

Seasonal merchandise sold through the Career Center

Student created products available throughout the year

By Chandler Gagnon and Nathaniel Gagnon

Though some of the Career and Technology Center work is completed in the classroom, everyone has hands-on opportunities to create actual products or even personal items. These products represent the skill and dedication required to produce salable materials for the community.

First is the Agriculture classes led by Mr. Laughlin. The merchandise sold by the AG classes at annual plant sales are used to supplement the STHS FFA organization and Agricultural program. These profits are used to pay for field trips, meals for FFA members, and most importantly purchasing items for future activity in the FFA program such as equipment, seeds, fertilizer, and pesticide.

The AG classes mostly sell flowers and vegetables. As secondary products, planter boxes and sprinklers are sold occasionally along with wreaths during the holiday season. Additionally these classes provide maintenance service on lawn mowers and other landscaping equipment.

Prices for the plants vary depending on what is bought, but the general price is $10 for hanging baskets, $5 for 1 quart pots, 3$ for 6 packs, and 2$ for 4 packs. As for who helps, most of the work goes to the horticulture classes, but all classes help Mr. Laughlin to maintain what is grown and sold from the AG area. As for when to buy, there are sales happening midway through October, throughout December, late March, and a few weeks in May and June. The next plant sale is March 29th 8am-2pm. These plant sales continue until they run out of stock which Mr.Laughlin states “sometimes that is one day, some years it takes a few weeks”.





Profits vary yearly. Often they make around $2,000. The highest profits have reached $6,000. Meanwhile, sometimes profits are not made such as this year's Fall plant sale as most of the plants were destroyed or damaged by the hurricane only making around $1,500. AG has towork around copyrights to safely produce and sell merchandise. For the AG center 20% of what is sold is patented meaning they could sell it but not regrow, and only grow from seeds bought from the proper sources.

The AG classes buy from a common list but a survey is also offered which allows adjustments to be made. Additionally, the stock changes based on what sold better or worse the previous year. These changes could be color, type, or variety, and most of this planning also happens in the Garden Center class.

Finally, most of the customers are outside of the school as advertising happens on Facebook and fliers, but some teachers support the program as well.

Rebel Printing is another one of the many career center classes that sells merchandise that helps support their classes. Rebel Printing sales profits support the class by covering the cost of materials used for their other projects and maintenance of the large bed printer.

The classes that help with the Rebel Printing are Fundamentals of Business, Marketing and Finance, and Work-Based Learning-Business.The main products of Rebel Printing are banners, posters, vinyl stickers, yard signs, and canvas prints. Rebel Printing’s most popular product for booster clubs/rec league is sponsor banners.







September 2024

REBELS CUSTOM PRINTING

Customer Product Price List - Retail

1. Wall Fabric Phototex (“Fathead” Material) $6.80 per square foot	**2. Arlon 13 oz Banner (Matte or Glossy)** $3.80 per square foot
3. 18 oz DS Blackout Banner $4.80 per square foot	**4. Panorama Innova - 54" x 100'** $5.70 per square foot
5. Picasso Solvent Canvas $7.20 per square foot Frame Charge (If Needed) – Depends on size	**6. MacTac Rebel Vinyl 5 yr** $4.00 per square foot Installation charge- Price varies per job, free estimate
7. MacTac Vinyl with Laminate $6.00 per square foot Installation Charge- Price varies per job, free estimate	**8. Posters – Lightweight - Laminated** $3.00 @ square foot
9. Posters – Thick (SPG3) $4.20 @ square foot	**10. Semi-Gloss Translucent Backlit Paper** $4.80 per square foot Installation Charge – Price varies per job, free estimate
11. Windscreen Material $3.20 per square foot	**12. Reflective Material** $4.65 per square foot
13. White Corrugated Plastic Squares (Yard Signs) (Double-sided) 18” x 24” 1-2 = $18.00 each 3-5 = $16.00 each 6 or more $15.00 each **36” x 24” - Single Sided - $25.00**	**14. 1’ x 2’ Magnets with vinyl lettering** $20.00 each

*There will be an Artwork charge for every job created by Rebel Printing. Pricing begins at $5.00 but will vary per job, free estimate provided. (If you provide a print ready copy format, there is no charge.)
**Price per square foot can change depending on supplier pricing.



See page 9, career center merchandise

NJROTC Drill Team

Pushing themselves to be the best

By Kristian Brown and Isabella Mora

The Strom Thurmond Drill Team is built on precision, discipline, and teamwork. Whether it's learning to march in sync or mastering rifle movements, each cadet brings their own strengths and challenges to the team. With competitions and performances pushing them to be their best, the cadets and instructors work hard to make every drill count.

For Ty'Kirriah Papageorge, this is her second year on the drill team. She enjoys the marching and uniform aspects of drill, as well as teaching new cadets. She finds unarmed drill easier and prepares by practicing repeatedly until everything becomes second nature. Her advice for new members is simple: "You can have fun, but lock in."

Aerial Brown has been in drill for two years. She joined after her instructor, LT, told her about it, and she was immediately interested. The hardest part for her is staying aligned with the team. She prefers armed drill because it challenges her more than unarmed. To prepare, she practices every day. Her biggest challenge during performances is avoiding mistakes while focusing on the routine. Her favorite memory? A post-competition trip to Wendy's. Her advice: "Don't start drama, don't stress, and just be patient."

Samantha Tyler joined drill at the start of the year because she loves movement, making friends, and competing. For her, the hardest part has been dealing with drama. She prefers armed drill because she enjoys flipping the rifle.





Master Sargent Josh McCord joins the NJROTC program

Samantha practices well in advance of performances and struggles most with the fear of messing up in front of people. Her favorite memory was the team's pool party, where everyone could relax and have fun. "Drill should feel like that," she says. Her advice: "Have fun, be respectful, and try your best." She plans to continue next year.

Makayla Herron joined drill to try something different and gain new hobbies. She enjoys both armed and unarmed drills equally. To prepare, she spends time with her team. The biggest challenge for her is staying focused and not overthinking during performances. Her favorite memory was the team's Halloween party. "Have fun," she advises new members. She plans to stay in drill next year.

For La'Trez Figueroa, joining drill was a spontaneous decision after a friend encouraged him. Since the beginning of the year, he has faced challenges, especially learning how to handle rifles. However, he prefers armed drill because it makes him feel more powerful. His biggest struggle is the "right shoulder arms" movement, but he works hard to improve. His advice for new members: "It's okay if you mess up. I was in your shoes, and you just have to keep going."

Inspired by his dad, Chase Lawton is in his first year of drill. The hardest part for him has been dealing with drama. He prefers armed drill and practices with his own rifle or sword. The biggest challenge varies depending on the drill, but his favorite memory is his first competition. His approach? "Just practice."

Sophomore Chloe Castle originally joined because of a friend but quickly developed a love for drill. She gets frustrated when teammates goof off and don't take it seriously. She enjoys both armed and unarmed drill, as she's skilled with a rifle but also appreciates the precision of regular drill. Before performances, she ensures everything is in order. Her biggest challenge is staying aligned with the team. Despite a rough first meet, it remains one of her favorite memories. Her advice: "Don't give up. Always get better and strive for leadership positions." She plans to continue next year.

For Jordyn Rictner, this is her first year on the team. She was drawn to drill because it looked fun but admits she still struggles with getting her rights and lefts correct. She prefers unarmed drills since holding rifles is difficult for her. She prepares mentally and by running through marching movements. Jordyn's biggest challenge is holding back tears if she messes up.She cherishes every moment with the team.

Jayden Augustin has been on the drill team for three years. He joined as a freshman because his friends were doing it, and he ended up enjoying it. The hardest part for him is competitions and teaching newcomers basic movements. He prefers armed drill, as he believes the best performances come with rifles. Preparation varies depending on positions—call commanders rehearse their commands while the team follows instructions.



See page 7, drill team

Students celebrate Black History Month at STHS

By Jamirah Lites

Black History Month is celebrated every February to honor the achievements and contributions of African Americans throughout history. It started as “Negro History Week” in 1926, created by historian Carter G. Woodson.

The week was chosen to align with the birthdays of Abraham Lincoln and Frederick Douglass. In 1976 it expanded to a month-long celebration.

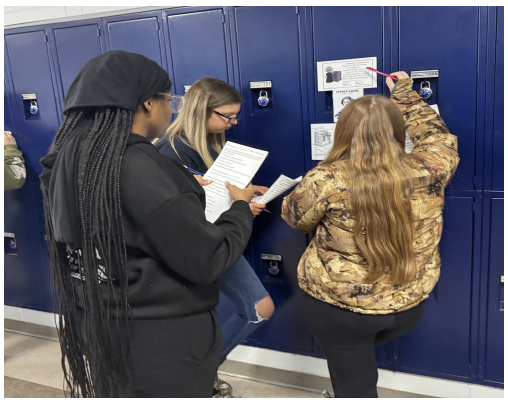
Black History Month helps Americans remember the struggles and successes of African Americans and encourages them to learn more about their impact on society and the ongoing fight for equality and justice.

Some people who get celebrated during black history month are Martin Luther King Jr., a civil rights leader who fought for racial equality through nonviolent protest. He is best known for his “ I have a dream.” speech and his role in the civil rights movement.

Rosa Parks, known as the “ Mother of the Civil Rights Movement,” refused to give up her seat on the bus for a white passenger during segregation, and Harriet Tubman an abolitionist and political activist who escaped slavery and then helped others gain their freedom through the underground railroad.

Many more get ecognized during Black History Month such as poet Maya Angelou, Supreme Court Justice Thurgood Marshall and former president Barack Obama.

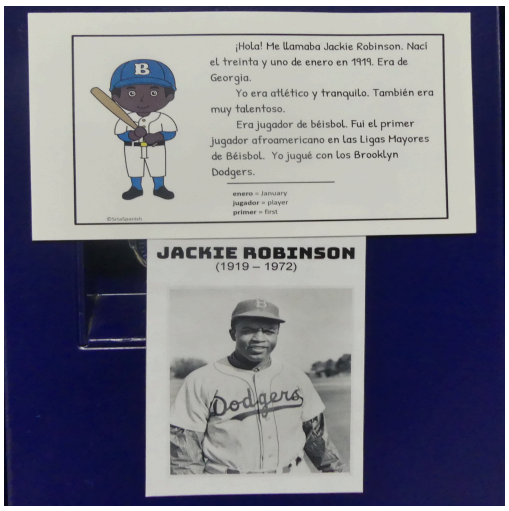
Sophomore Paris Fowlkes said “ I don’t really celebrate it,” but she does give her thanks to the people that did big things in the world. She said her favorite African American is Martin Luther King Jr. because "he put all people together," and she wouldn't have the friends she does if it wasn't for him.



Social Studies teacher Mr.Bundy said Martin Lunter King Jr. is his favorite because “his contributions have had a long lasting effect for our community.” Mr. Bundy said he honors and recognizes the importance of black history. “Yes , I believe that a month should be dedicated to black history,” he said . Mr. Bundy also said all schools should take the time to recognize black history.

Sophomore Ahmad Norris feels “all schools should celebrate Black History Month .” Other races can celebrate black history month in many ways. Sophomore Hayleigh LeCroy said other races could celebrate black history month by joining causes, supporting black owned businesses and learning black history.

STHS continues the tradition of celebrating Black History Month each year making sure that important figures in the fight for civil rights are not forgotten.

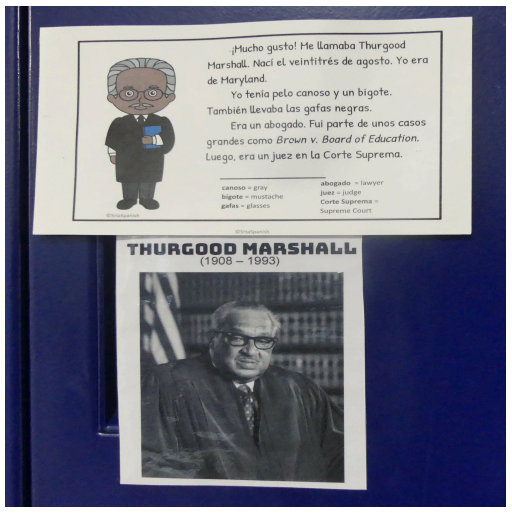


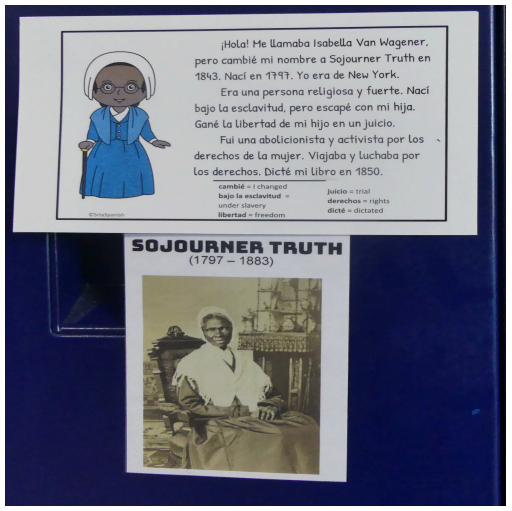


Throughout the hallways at STHS, Ms. Krahulek's students learned about famous African Americans who impacted US history.









Strom Thurmond Baseball players and coaches gear up for the season

By Isabella Mora and Kristian Brown

With the baseball season just around the corner, Strom Thurmond prepares for what they hope will be a winning year. From experienced athletes to dedicated coaches, everyone is putting in the work to improve their game and push the team to new heights.

For Landen Jones, baseball has been part of his life since he was two years old. His strengths on the field are hitting and pitching, and he trains by working out and improving his hitting skills. He makes sure to balance his schoolwork before practice, knowing that success in the classroom keeps him on the field. “Having supportive coaches and teammates helps build confidence and makes me a better player,” he says. His goal for the team is simple: win a lot of games. After high school, he plans to continue playing in college.



Landon Jones

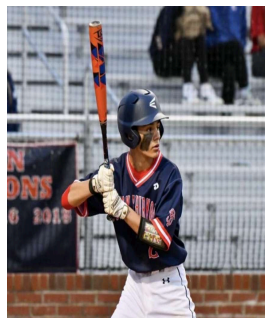


Hayden James

Hayden James grew up with baseball in his family—his dad played, and he decided to follow in his footsteps. Hayden has been playing since he was four, and focuses on staying calm and keeping a clear head during games. “I try to stay relaxed and not overthink,” he explains. Before games, Hayden sharpens his hitting skills and makes sure his schoolwork is done. “My schoolwork is what keeps me on the field, and my coach is very aware of that.” His dream is to make it to the State Championship. He has planned to play in college since he was a kid, with full support from his parents.



Bryston Bryant



Lucas Quiles

Bryston Bryant, known as BB, is a skilled fielder and hitter. Though he started with basketball at age four, he quickly realized baseball was his true passion. By nine, he was playing travel ball and never looked back. To handle pressure, he takes a deep breath and recites his favorite scripture, Philippians 4:13: “I can do all things through Christ who strengthens me,” Bryston said. Before games, he works on areas where he needs improvement to ensure he’s ready.

Managing school and sports comes easily to him—“As long as you stay on top of your work, you can balance both.” His biggest goal is to help the team win the state championship after coming up short in the Upper State Championship last season. While he’s planning to play in college, he’s still deciding where.

Lucas Quiles brings strong infield skills and team spirit to the team. Playing since he was two, he fell in love with the game early on. While handling pressure during games can be tough, he says, “You just have to stay calm.” His game preparation includes practicing every other day and resting before a big game. His main expectations for the team are to win, stay positive, and make a deep playoff run. While he loves baseball, he doesn’t plan on playing in college.

Assistant Coach Yonce is no stranger to coaching and has coached generations of players. He believes in getting to know his players on a personal level, having coached many of their family members and siblings. “Knowing them personally helps with motivation because you understand their emotions and how to help them,” Coach Yonce explains.

His biggest challenge is remembering that the season is a marathon, not a sprint. He also believes that talent and passion reveal themselves over time, with some players progressing faster than others. Coaching takes up a lot of time, but he says it has taught him valuable time management skills.

Head Coach Horton has built a reputation for being more than just a baseball coach—he’s a mentor and leader for his players. He emphasizes the importance of forming strong relationships, saying, “It’s important to know them beyond baseball—to understand their school life, home life, and let them know I care about them as people, not just athletes." He believes that personal connections are what build strong teams.



CoachYonce



Coach Horton and Coach Ahrens

Horton’s coaching philosophy is centered around discipline, hard work, and preparation. He watches game film to break down opponents’ strengths and weaknesses, ensuring that his team is always ready for whatever challenge comes next. “Baseball is about more than just talent—it’s about effort, mindset, and commitment,” he explains.

His love for the game is undeniable: “I don’t like baseball… I love it.” Despite the long hours and challenges of coaching, he wouldn’t trade it for anything. “Seeing my players grow, both on and off the field, is the most rewarding part of this job.” He has high hopes for this season and believes that with dedication and teamwork, the team has what it takes to make a deep playoff run.

With a dedicated group of players and a coaching staff committed to their development, Strom Thurmond’s baseball team is determined to make this season a success. Their eyes are set on a state championship, and with hard work, teamwork, and determination, they just might achieve it.

Bringing awareness to bullying

Editorial

By Abigail White



Bullying can happen everywhere and to everyone; it's usually targeted but sometimes the person doesn't know that their actions are a form of bullying. Bullying can be in any form, in-person, through writing, phone calls, and online. Bullying is when a person intentionally uses hateful words or performs hateful actions towards someone else. Bullying is usually done by someone who wants to feel like they have power and need to feel in control. Bullying can go from leaving someone out of the group, to becoming verbal and physical.

Bullying can be too much for a person, it can be too overwhelming and cloud their judgement of themselves. Bullying can lead to depression and anxiety, maybe even cause feelings of loneliness. The person can lose interest in things they used to enjoy, stay in bed all day and not really talk to anyone, maybe even interrupt their eating patterns like eating too much or eating too little.

Unfortunately, some people take matters into their own hands. Teens could have access to dangerous means of hurting themselves. Bullying should be taken seriously.

"The district defines harassment, intimidation or bullying as a gesture, electronic communication or a written, verbal, physical or sexual act." That is what Strom Thurmond High School considers bullying, and the school takes bullying very seriously. If a student is being bullied or harassed they can file a complaint, after that the school will investigate what's going on. Then the school will determine what type of consequences will happen depending on the developmental age, and if the student has had any other behaviour issues.

If you or someone you know is being bullied, get help. It doesn't mean you're weak for telling a friend or an adult what's happening, if you don't tell anyone it won't stop. If you don't have anyone you trust you can always tell the guidance counselors in the office. or you can dial 988 the suicide hotline that is on your student badge.

Continued from page 4, drill team

For Jayden, the biggest challenge during performances is keeping everyone marching together. His favorite memory was after their AMI performance. His advice for new members: "Don't be anxious. It's tough at first, but you'll get used to it. Once you're on the drill team, you're part of it forever."

Drill team and the entire NJROTC program welcomes Master Sergeant Josh McCord. He grew up in Fairview, Tennessee, and always knew he wanted a military career. He was drawn to serving his country and being part of a team. After 9/11, he enlisted in the Marine Corps.

His career took him through multiple roles—first as a Marine, then in law enforcement, and eventually as a drill instructor at Parris Island for three years. He also spent five years in North Carolina, worked overseas deployments and later became an artillery instructor for junior Marines. His journey then took him to Lexington, Virginia, where he served as an assistant Marine officer.

McCord always had an interest in NJROTC, inspired by his time at Parris Island. He wanted to mentor young cadets, push them past their comfort zones, and help them develop discipline and leadership skills. He expects cadets to give their best effort and advises them to show up on time, be respectful, and focus on solutions instead of problems. His biggest piece of advice? "Don't give up."

When choosing a school to teach at, McCord was drawn to Strom Thurmond because of its small-town values and close-knit community. He believes that smaller schools offer more meaningful opportunities for leadership and growth than larger ones.

With dedicated cadets and strong leadership, the Strom Thurmond Drill Team continues to improve and push toward greater success. From first-year members to veterans, every cadet plays a role in maintaining the discipline and teamwork that make the team great.

With competitions, challenges, and memories still ahead, the future looks bright for the Rebels' drill team.

Continued from page 2, job shadowing



At Strom Thurmond, career specialist Meghan Johnson was put in charge of the 2025 groundhog job shadowing day. There were around 75 students that she approved to attend the event from Strom Thurmond. Once the students were approved, they set up times with the businesses to shadow and had to take a picture the day of shadowing to prove they actually attended.

Students shadowed at the following locations; Pioneer Hauling, Terrace and Crest, TQ Construction, Johnston Elementary School, Edgefield County Hospital, Bela Dentistry, Titan Farms, Agner's Tree Service, Canvas Salon, W.E. Parker Elementary School, Herlong Ford, Covar and Company PC, TS Simpkins Investments, Charlie Norwood VA, Edgefield Post Acute, Image Makers, Wellstar (MCG) Health, Styles by Dreka, Creative Learning Center, Miranda Cornwell (OT w/ECSD), Merriwether Elementary School, Schneider Electric, Douglas Elementary, BarrNone Technology, INC, STCTC, National Healthcare, Strom Thurmond High School (including the career center), Nouveau Hair and Wigs, JET Middle School, Styles by Rrann, Fiya Braids, SC Pet Solutions, Edge Salon and Spa, Merriwether Middle School, Amanda's Cleaning Service, Rolling Green Village, Edgefield Post Acute, CSI Computer Company, ECSD, Edgefield Pool Room, Massey and Massey, LLC, Edgefield Medical Center, Aiken Regional, Hidlay Construction, ATI Physical Therapy, Walmart, Messer, Johnston Animal Hospital, Edgefield Post Acute, North Aiken Elementary, Image Makers, Sumner Law Firm, LLC, and Terry Lambert Hyundai.

Additionally, students shadowed the following teachers/staff from Strom Thurmond High School, including the Agriculture teacher, Mr. Laughlin, the theater/drama teacher, Mr. McKinney, the Rebel Printing teacher, Mr. Williams, mathematics teacher Mrs. Clark-Stevens, and English teacher Ms. Carter.

I, among many of my peers, participated in the job shadowing day and I chose to shadow at Edgefield Post-Acute since I am interested in becoming a physician. The work day that I observed was a mixture of treating patients, administering medicine, and paperwork. The most surprising thing I observed was definitely the connection between the staff and the patients.

There are important qualities for people in the medical field to have, since the job requires you to work with patients that are going through tough times in their lives or are even receiving end-of-life care. I observed the way the nurses log charts, administer medications and insulin, take blood sugar, change dressings, and more. One thing that the nurse I was shadowing faced that I didn't necessarily expect was when one of the patients was sleeping heavily, and she couldn't wake them up to give them their medication.

This job was different than I thought because I imagined there would be a lot more running around than the nurse I shadowed did. This experience changed how I view my future career because it made me realize that post-acute care isn't for me. My experience has helped me decide that I want to explore other areas in the healthcare field, such as dentistry or pediatric care.

Sophomore Khloe Issacs also participated in the job shadowing day and said "I shadowed a dental hygienist at Bela Dentistry in Edgefield and chose it to see if I wanted to go to college for that." Khloe explained that during her experience shadowing it was slow in the mornings at the office, but as the day went on the business picked up. "The most interesting thing was that I got to see her pull out someone's teeth," she said, which isn't a task you get to observe every day.

A dental hygienist, or anyone in the field of dentistry, needs to know "how to use the tools and how to make the patient comfortable," Khloe said. At Bela, Khloe observed multiple procedures, including but not limited to cleanings, extractions, and post-orthodontic care. After her experience at the dentist's office, Khloe said she wasn't interested in any other careers and her experience was what she imagined because "I'm pretty set on this one."

Another student, sophomore Olivia O'Gorman chose to job shadow at the Johnston Animal Hospital "because I want to be a vet," Olivia said. "I observed some checkups, for some dogs and cats, then I went and looked at surgeries."

"I was surprised about how many surgeries they do in a day, because when we were there it was only from 8:30 am to 12:30 pm and there were 6 or 7 surgeries," she said, adding a comment that vets "have to have perseverance. I think if you have good perseverance and drive then you'll be able to do it."

Even though Olivia did not get to perform any of the tasks by herself, she said, "I observed a cat getting spayed, some warts being removed from a dog, a dental cleaning, and some other minor surgeries." A good part of the job shadowing experience is that students, like Olivia, get to observe a wide range of tasks the person they shadow do throughout the day. Olivia expressed that the job was "a lot more work than I thought", but she still wants to be a vet and would have to gain more motivation to have this job as her future career. Olivia said that she was also looking into other careers, like an "ultrasound tech or an occupational therapist."

See page 9, job shadowing

Continued from page 8, job shadowing

For Khloe, Olivia, and other students, the experience was enlightening and made them become even more interested in the career, while for others it was eye-opening to the fact they couldn't see themselves doing that job for a future career. Overall, the job shadowing day is a great experience and all students should take the opportunity to shadow the job that they are interested in because it gives you a new perspective of the job and helps you decide if you want to attend college for that specific career.



Continued from 3, career center merchandise

All rebel printing projects are priced by the square foot of the media used for the job. All products made by the printing class are made for public use. Rebel Printing products are mainly sold to the Edgefield County School District, Edgefield County Rec League, area businesses, and schools in surrounding counties.

Rebel Printings jobs are orders from individuals, area schools, and businesses. As far as seasonal merchandise, Ms. Smith said "We are typically slow in January but for the most part we always have jobs that we are working on for a school or the public."

As far as how much is sold in a given season, Ms. Smith said, "The product varies greatly. It is truly based on what the customers need and want during any given time". The only time the printing class made less on a project than what they spent on the project was when a job did not go as expected, and they had to reprint because of a mistake.

The only item they keep in stock is ST Rebels stickers. Rebel Printing is currently working on several orders for canvas prints and banners for the rec league.

Other products manufactured by the Career and Technology Center include items from the welding classes. Recently, seniors Trent Kelly and created a BBQ/Smoker that quickly sold. They customized it to include deer antler handles and a shelf.

Students will continue to produce merchandise throughout the year. Merchandise production and sales also give students opportunities to apply their classroom skills in the real wold.



Seniors Trent Kelly, Gage Cockrell , and Trinity Wood created a custom BBQ/Smoker in their welding class.

Super Bowl LIX brings out Eagle fans at STHS

Armchair quarterbacks discuss game results

By Kamira Johnson-Williams and Aundria Davis

On Friday February 9th, 2025 at 6:30 pm the Kansas City Chiefs took on the Philadelphia Eagles after winning in the Super Bowl two years in a row. The Super Bowl was played in San Francisco at the Caesars Superdome stadium.

Many coaches and students at Strom Thurmond High School were rooting for the Eagles and predicting a win. Their predictions came true; the Eagles won 40-22 against the Chiefs. After the game Coach Ahrens reflected that, “Yes, they’re a quality team”. While Coach Felton states “No, their wide receiver Cord is really really weak and they need to boost that position and stop basing their O line off of the Super Bowl”.

As far as quarterback performance, Zy’kerious Rouse and Darian Underwood felt the Chiefs had the better quarterback, Patrick Mahomes who is ranked as the top NFL quarterback. Coach Bell was hoping the Eagles were going to win, but he thought the Chiefs had a great chance of winning. Coach Ahrens said he thought the Chiefs were going to win because “It's hard to go against the Chiefs with them winning two years in a row.”



Many of the Coaches and students have different teams that they root for. Coach Ahrens is a Browns fan, Coach Bell is a Carolina Panthers fan, and Darian is an Eagles fan. Most of the coaches and students' favorite NFL players are from the team they root for.

Coach Felton likes the Pittsburgh Steelers and his favorite player is “All time NFL player Jack Lambert or Joe Greene.” Coach Ahrens said that his favorite NFL player is “Miles Garret.” Coach Merriweather’s favorite player is “Lamar Jackson” who plays for the Baltimore Ravens.

Not everyone agreed on who should have played in the Super Bowl. Coach Bell and Coach Temples felt that the Buffalo Bills and the Eagles should have played. Darian and Zy’kerious said that the Chiefs and Ravens should have been on the field.

All of the coaches and students interviewed have played football, are currently playing or coaching. Coach Bell, Coach Temples, Coach Ahrens, and Zy’kerious have all played quarterback. Coach Felton played O-line and D-line and Coach Merriwearther played defensive back and receiver.

Whether a fan who plays football or a fan who never has played the game, the Super Bowl is one of those American events that attracts millions of viewers with millions of opinions. Next year’s Super Bowl will be played on February 8, 2026, at Levi's Stadium in Santa Clara, California.





Loneliness matters

Ways to tackle loneliness



Editorial

By Alan Mote

"The worst year in history" or, to be honest, just an odd year. In 2020 for the first time, many people experienced a pandemic, and with one happening every 100 years, you could imagine that it's also the very last one anyone wants to worry about. What became a major focus as a result of the pandemic was loneliness.

The feeling of loneliness or "a subjective distressing experience that results from perceived isolation or inadequate meaningful connections, where inadequate refers to the discrepancy or unmet need between an individual's preferred and actual experience" (www.gse.harvard.edu), is now an "epidemic." According to a study done by Harvard and MCC (Making Caring Common), the most common age group to deal with this loneliness is 30-44 with 29% stating that they were always or frequently alone. A surprise was the last age group examined during this study and found that the elderly, from 65 and higher, experienced the least feelings of loneliness which was 10%, and not to mention that the group which contained 18-29 year olds had a percentage of 24% that felt lonely.

Certain factors are to blame for the increase in loneliness. A survey conducted by Harvard found technology topping this chart with 73%, and the runner ups being "insufficient time with family and friends" at 66% and "being overworked and too busy or tired" at 62% (www.gse.harvard.edu). Many factors can also lead to the feeling of being lonely or actually being lonely, with a keypoint being that the feeling of loneliness results from the concoction of other emotions emerging from within, such as anxiety, nervousness, depression, lack of purpose and even social disconnect.

COVID-19 did impact and cause more struggle and a higher rate of loneliness within the United States, but even before the epidemic, "about half of U.S. adults reported experiencing measurable levels of loneliness," (www.npr.org). With this being such a problem, there are of course solutions and remedies. Harvard University found four top results. "Reach out to family or friends, learn to love myself, learn to be more forgiving of others, and find ways to help others," (www.gse.harvard.edu).

These solutions take on even more importance when considering health issues connected to loneliness such as strokes, heart disease, and developing dementia due to a lack of poor connection with others. On the surface, the large amount of people experiencing loneliness might not seem like such a concern, but the issue runs deep, and with more awareness of this issue, more people will acknowledge that loneliness is not such an easy thing to brush off and live through from day to day. U.S. Surgeon General Vivek Murthy reports that, "Some people react to loneliness by withdrawing and getting quiet. Others react to loneliness by becoming irritable and angry, and they may lash out more." "That's why sometimes it takes a little time to really reflect on what's happening in our life. And sometimes we need somebody else to tell us, 'Hey, you've been withdrawing more' to help us understand that we might actually be dealing with loneliness."

Murthy also states that help is always around us, but our lack of dissociation and lack of connection towards what's around us can dig us an even deeper hole to climb out of. Being aware of the four things that could be done to aid the feeling of loneliness, could be a step towards a healthier life: reach out to friends or family, love yourself, forgive those within your life, and help others.