

## Howell reflects on the impact of positivity in her life as teenager

Chloe Russell  
Features Editor

Positivity has become such a rare trait for high schoolers as they face the struggles of life and school. Senior Sydney Howell makes it her mission to spread positivity and happiness to her classmates by being a better person.

“I try to be the best person I can be. I simply be the kind of person I needed once, too. I listen and try to understand whatever it is that they’re going through, so they know they aren’t alone,” Howell said. “It is so hard to feel like you are the only person experiencing hardships, and I think it’s nice to know others go through the same things.”

Howell advises her friends that there are many ways to overcome the negativity that is deep rooted in today’s society and everyday school life. “Something that has helped me [be positive] is having such a wonderful support system. Never be ashamed to express how you feel because chances are someone else feels the same way. It’s O.K. to ask for help. It is easy to let stress overrun everything else but knowing that you’re not supposed to have it all together right now — no one does — is completely okay and normal. While the golden rule may seem elementary, I believe it’s something that will always be important.

Treat others with respect even if they don’t give you the same courtesy,” Howell said. “When you do good things, the Lord will bless you in so many way,” said Howell.

Howell owes the Lord all the glory for her positivity.

“I give all the credit to the Lord. He is the reason I try to be someone who is looked at for their positivity. Everything that I am today I owe to Him. I strive to be like Him everyday. The Lord helps me constantly, even in tiny ways I probably do not notice, and gives me the love and strength to do the same for others,” Howell said. “I want everyone to be able to feel the joy I have through Him.”

One battle Howell has had to face is the feeling of self doubt, and she believes many other students struggle with the same flaw.

“I think that so many students don’t believe they are good enough or smart enough or pretty enough to do the things they truly want to do. As hard as it is to ignore these thoughts, once you do a whole new life opens up to you that you never thought you could have,” Howell said. “When you feel negatively about yourself, I think it is sometimes easy to project that onto others, so it is a cycle that can be hard to break.”

Howell believes that negativity is such a big part of most teenagers’ everyday lives, it is a hard journey to overcome and beat.



photo/ Haley Berry

**‘I’m walking on sunshine’-** Senior Sydney Howell stays positive throughout school by always helping her classmates with their school work, and giving them life advice. Howell and her fellow classmates work hard in class while still lifting each other up.

“Staying positive in hard times that you aren’t sure you will ever get through is definitely difficult. My love for people grew. My love for life grew. Most importantly, my love for the Lord grew. I had to learn how to trust Him fully. I believe the Lord allowed me to go through hard times not to hurt me but to make me a better person, and it has allowed me to appreciate the things I would have taken for granted if I had not went through those times,” Howell said. “It tested my positivity but it ultimately made me stronger.”



photo courtesy Luke Thompson

**‘Bullseye!’ -** Senior Luke Thompson practices shooting targets in order to be prepared for an upcoming competition.

## High school student becomes semi-pro archer

Isaac Burns  
Sports Editor

“I started when I was seven, and I have been shooting ever since,” senior Luke Thompson said.

Not only is Thompson a tight end and a punter for the George County Rebels, he is also a semi-pro class archer that competes in many competitions around the country.

Thompson stated that he started archery because of his father.

“My dad got me into the sport,” Thompson said. “He’s been shooting archery for more than 30 years,

and at one time [he] was the best in the U.S.”

Given that Thompson has been shooting since he was seven years old, he has been to approximately 180 competitions competing for plaques, trophy cups, medals, and sometimes even money.

Thompson said that he mainly practices at his home shooting “dots and 3D targets.” He stated that he either practices in the afternoons or early in the mornings.

“I’ll shoot anywhere from 50 to 200 arrows on the days I get to practice,” Thompson said.

While Thompson is in the semi-pro shooting class, he hopes to someday move up into the pro class where he will be able to compete against some of the best archers in the world.

In all, Thompson has won between 50 to 60 competitions. Thompson said he has been to so many that he lost count of them.

“When I win a tournament, it’s because I’ve spent hours and hours shooting thousands of shots. I make sure my bow is tuned and is shooting dead on. I shoot smart and to the best of my ability.”