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BEFORE BEING REMOVED DUE TO CONSTRUCTION, THE CAVE SPRING FLAGS STAND AT ATTENTION. Another
institution set to leave was social studies teacher Ms. Linda Long. Long, who came to Cave Spring after leaving Hidden Valley Middle School in 1983, retired after 39 years of teaching. "I'm looking forward to my retirement because I'm excited to travel in my motorhome and not have to be back on Sunday night in order to go to work on Monday," she said. "In my retirement, I will miss the students. I have been blessed to teach some really great young men and women. I will also miss the teachers I work with. especially the social studies department. I really love what I do and I chose a great career that has given back to me in more ways than I could have ever imagined."





new environment, but some liked the change of scenery. "My least favorite part about the trailers is having to go outside between classes, whether it's to print or use the bathroom," junior CJ Williams said. "I like the trailers. They're brand new, so they're nice and clean. Each one has windows, so they're always bright. I also love being able to eat outside for lunch each day," junior Riley Freccero said.


A PARTIALLY-DESTROYED ANNEX LAYS IN RUIN ON THE GROUND. Originally added in the 1980s, the annex was partially razed early on in the renovation process. "It's really weird driving by the school and seeing old classrooms being torn down and the school completely empty. I spent three years in that building, so it's strange to think everything is going to be completely changed. At least the students coming up will have an awesome, new learning environment," senior Taylor Loving said.






## PURA CONTINUED VIDA

KAYAKS ALIGNED FOR A GROUP PICTURE, travelers enjoy a calm ride on Arenal Lake. The group not only enjoyed kayaking, but were also able to snorkel and go white-water rafting in class II and III rapids on the Sarapiqui River. "When I saw what we would be doing in Costa Rica, I was most excited for white water rafting. I've done it before, but the previous time didn't compare to our time in Costa Rica. It was an experience l'll never forget," senior Taylor Loving said. WHILE AT A LOCAL MARKET, senior Anna Genitluomo speaks in Spanish with a papaya vendor. Gentiluomo put her AP Spanish skills to work during the Central America trip. "I was trying to find out how to pick a ripe papaya so lasked the woman which fruit was the best. It was also cool to talk and play with kids at an elementary school in their native language," she said. SHOWING OFF SOME IMPRESSIVE JUMP-ROPE SKILLS, senior Travis Schuck plays with elementary school children while visiting a school. While there, travelers visited classrooms, talked with students and teachers and watched a dance presentation. "One of my favorite parts of the trip was when we visited an elementary school in Tortuguero. The kids treated us to a cool dance presentation and then we played some games afterwards. I did some jump rope with them and they showed me up." Schuck said. SHOCKED BY THE TEMPERATURE OF A WATERFALL, seniors Sara Stewart, Casey Fentress and Grace Wetzel stand under one of the many waterfalls at a hot spring resort. Local springs fed multiple pools at the resort, with temperatures reaching over 100 -degrees in some pools. "The waterfalls were a blast. The water was so hot, it felt like an exotic shower with a ton of strangers, "Wetzel said

PPortuguese is my tirst language.I leamed it before Engish. When my mom's family comes over to visit, that's the only form of communication
we use."
Giovanaa Gilbert, 11

I speak a mixure of Nepali and English in my home, but mostly
Nepali Sometimes I serve as a translator for my parents. Abtinav Khanal, 12


## the SMELLY BOYS <br> 

Twenty-two travelers journeyed to Costa Rica, but four formed a special bond and dubbed themselves the "Smelly Boys." Entertaining, fun-lowing and, well, smelly, seniors Ethan Harris, Andrew Ditmore, Garrett Breiner and Matthew Colozza left their mark on Central America.

Ethan Hanis: "Being a small boy sprobably my most death)hidd honter and means more than could ene be wrussed with watk. Wheneerfim wh whit these Quis or think of then. Irealco tow muct itwe them and how will key neve havea group of tiends like this again. We hare a lot of fun. and our time togather is never absent ol a good laygh:
Andrew Ditinore: The bond bed amongsit the smaly boys is ma that
 whth this group of joung, raveraus and might 1 sy hanisome: men is what hanging with tha boris is all iavit wouddnitradeltor aysting in the world
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 how ar we ar form each of her net year, we will lamas be theretio

## surportout bres.

Mathen Coloza: The smely tors represent a bond tiart s untreachle: It sa constant eminder that no matter what happers in iny lle Ivil

 epariena h Costa Rica aswell as mery moreatewarish the not mayy ather poople pet thear with thei bast tionds:
learned more about the men's department at Macy's in gov Class than actual gov.

When I was in preschool I thanght I was hame and leon undressing in the hallway

In first Grace, we had a pajama day. If forgot about it and went to school in a regular outfit and wanted to be a part of it so I took of my pants and went the whole school day said anything. I lost my pants and when I got home my dad was embarrased of $m e$.
i put sunflower seeds in my friends orange juice -


MY FRIEND PS\&D ON MY GRANDMAS FLOOR A ND BLAMED IT UN MY DOG. SHE FIGURED IT OUT_

I'm single and not ready to mingle.

The confessions board is back! Last year, several of you shared some of your darkest secrets.
'This year, they were even better.

I'm still
in love with my sixth grade crush

I've had a boyfriend for 8 months and no one knocus

When I was 4 IE pres in my presinoal
Closet ind newer told a anyone ind blamed it on my bff

I never paid attention in Mrs. Price's class.
$\qquad$
in $7^{\text {TH }}$ Grade I came out as gay to mrs server because
I was tired and I was tired ceca didn't want her to talk to me.

when I was in Kindergarten, I had trouble doing jumping Jacks... and took my
aggression a bout this aggression about this
out on the boys by beating them up. E spent a lot of time in the principal's office 11
I almost failed Kindergarden

## IHE EARTHOUAKE HAPPENED IN PORT-AU-PRINCE, HAITI, ON TUESDAY, JANUARY 12 ,

2010, AND WE HAD NO TIME TO PREPARE FOR THIS DISASTER. It came out of nowhere. I was outside and everything around me started to shake. The ground that I was standing on fell out from under me, and I fell into a ditch. After that, a building fell on my body, crushing my right quad to pieces. I also suffered a severe brain injury. Next thing I knew, I was waking up from a coma in the hospital. I spent a year in a wheelchair. I went to physical therapy every day. I had to learn how to walk again.
A group from the United States traveled to Haiti to help those in need after the earthquake hit. In that group were the couple who would eventually adopt me. The group was able to bring me to the States, so that I could have surgery on my leg. Arriving in America was very nerveracking and scary. Seeing so many white people was different from what I was used to. I didn't speak any English and didn't know where I was going. I stayed with my future parents while I was recovering from the surgery. When it was time to go home, they told me they
wanted to adopt me and asked if I would stay. Both of my parents had died when I was very young in Haiti. My mother died in childbirth, and my dad died from lung cancer due to debris and pollution. I jumped at the chance to have parents. It was very hard adjusting to the lifestyle here. It took me a year to learn how to speak English. I'm still struggling, but getting better all the time. Throughout my time here, though, my adoptive parents have been very supportive of me, and I'm so grateful for the chance they've given me. My parents got me into wrestling, which is a sport I've grown to love. I hope to wrestle in college and have had schools reach out to me already.
I'm always thinking about what's further down the road. I make a point to keep working on myself and always stay positive. Some advice I could give anyone after going through what I went through is to keep your head up and stay positive throughout anything.

As told by junior Mark Daroshefski

'This past summer I went to Utah with my brother's girlfriend, Mary Beth, because she was moving out there to live with him. We drove, and it was probably one of the longest trips of my life.

We traveled through West Virginia, Indiana, Illinois, Missouri, Kansas, Colorado and Utah. The total trip without stopping is around 26 hours, but we stopped and visited landmarks, so it ended up taking around three days. We saw the Arch in St. Louis, Missouri, and in Louisville, Kentucky, we saw the world's biggest slugger bat. We tried to go see the world's largest ball of twine in Kansas, but then Mary Beth's car overheated and broke down in the middle of literally nowhere. It was so scary because I was driving. The car just started to slow down, even though my foot was all the way on the gas pedal. It wouldn't go past 30 mph . We had to trudge along to the nearest gas station so we could cool down the car, but it was six miles away."
Cecily Doyle, 12


## IПSTA SUMMER


@tay_hilovsky, Taylor Hilovsky 9


"In this picture, we are gearing up for the Appalachian State University cross country camp meet. I am leading the kill chant, which hypes us up for races. After listening to them for six years, it was finally my turn to lead one."
Josh Fretwell.


## NEVER GIVE UP

The boys' soccer team finished their season with their first state championshp. They were victorious against York High School, atter senior Marc Sharrer kicked a second-half winning goal. The final score was 1-0. This was the first time a boys team in the Roanoke Valley has ever won a state title in soccer.




AUSTIW Hayoell (1): What heped as out the most on the wave slate was our teaterstive aroas the teid They lec us theougt the







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WHERE WEVE BEEN State Champons 021

# NEVER GIVE UP 

CONTINUED

The competition cheer team and the girls' tennis team both dominated their opponents and took home a third state championship title, while sophomore Ricardo Harrington snagged his first state wrestling title.


FISTS CLENCHED, sophomore Ricardo Harrington celebrates his state victory on the mat. Harrington also dominated in the Knights of the Roundtable and Big Blue Invitational. "Winning states was one of the best feelings ever. "Harrington said. "To get to this point. 1 always went hard in practice. did extra reps and never took breaks. I had a pretty decent relationship with my teammates. so that also pushed me to work harder.'

DISTRICT CHAMPION TROPHY IN HAND,
senior Kayla Quinlan beams after a win on the mat. Quinlan was named Second All Region and Second All State. "Our coaches pushed us to our limits every single day and practices were exhausting. But, when we started to question why we put ourselves through it day after day, they reminded us how hard work pays off. And it did," she said. "I will never forget the feeling when they called our name for first place." SWEPT UP BY HER TEAM

AFTER HEARING THE FIRST-PLACE NEWS, freshman Burley Nichols embraces
freshman Caroline Mills on the mat in Richmond. The competition cheer squad took home their third state win at the close of their 2018-2019 season. " When we won, it felt like the world stopped. Everything was in slow motion. It was the best feeling ever. I realized then that every hard, long practice was worth it," Nichols said. SPINNING THROUGH THE AIR, sophomore Madison Wagner perfects her part of the state-championship winning routine. Wager, who was born with a knee condition, didn't let any obstacle hold her back from competing. "I was born with patellar maltracking in both of my knees, which is where the bone that keeps your kneecap in line is angled to the side instead of straight down your leg. After winning states last year, I underwent surgery. The healing process takes a long time, and there were moments where I thought I couldn't keep going. I am currently healing from surgery number three and only have one more to go," Wagner said. "I think winning any competition is both a team and personal award. I know how hard I worked and how hard my surgery was on me. I'm proud to know I fought through the barriers in my way." AFTER BEING AWARDED FIRST TEAM ALL DISTRICT AND ALL STATE, senior Mimi Clark raises her arm in triumph. Clark and the competition cheer squad took home their third state title win. "I received First Team All Region, First Team All State and VHSL 3A Cheerleader of the Year, all of which fulfilled the dream l've had since freshman year. This year's state title was the second of my career," Clark said. "I couldn't be more proud of my team."



TAKING A CLOSER LOOK
Junior Nandinin Sniram. senior Grace Holderman and sophomores Josie Beheler and Payton Harman weigh in on their state championship.




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 We tave sone suid tou picks Im lackne tonato to a greal seasem

## STARTED GYMNASTICS WHEN I WAS TWO YEARS OLD BECAUSEI HAD BOUNDLESS ENERGY, AND MY MOM WANTED ME IN A SPORT WHERE I COULD CHANNEL THAT ENERGY. Fourteen <br> years later, I am going into my ninth consecutive season of gymnastics at Roanoke Academy, where I am in Excel Diamond. <br> My family spends probably several thousands of dollars each year on travel, competition fees and other miscellaneous expenses, but the cost is worth it to us.

 I've competed at meets where l've had the opportunity to qualify for world teams. I've had amazing experiences competing both with and against collegiate athletes. I've been allowed the chance to work with former Olympians, who have become mentors and helped me understand things only people with their level of experience could. Both competing and training with athletes like these has taught me valuable skills that have more to do than just with gymnastics but preforming in general. The mental aspects of gymnastics are the most difficult to me, because in order to be able to perform the skills, I must be completely focused on what I'm doing all the time. Otherwise, it won't end up well at all. The only time l've ever been disappointed in myself is when I've decided a skill is too much for me or when Ididn't think l'd be able to complete something. I've always had coaches and teammates, however, who are there to support me and get me through those times, so, that in the end, I was able to accomplish what I was trying to achieve. I have won states the last three years in a row, on floor, beam and bars. The bars event is my favorite. It involves such a unique apparatus and not a lot of people are able to perform in such an event. I have a lot of fun while on the bars and love learning new skills to compete on them. This last season has been the most important to me. I was hurt while practicing and was forced to take off six months. I fell on my head and spent nine weeks in a neck brace with a severe concussion. I was released to come back in the middle of the season. My coaches didn't think l'd be able to compete or qualify in order to get to meets by May. However, I was able to get well by my first competition, and then I went to states. This competition wasn't about placing or the scores, it was just the fact that I was able to get back to doing what no one thought I would be able to do again.
I'm often asked what winning feels like. To me, winning feels like missing out on social events, friends and parties, but also having the dedication needed to get to that moment. In the end, the sacrifice is all worth it.

As told by junior Lauren Frampton


WHERE WEVE BEEN: Feature-Lauren Framplon


A postponed pep rally and earlier-than-ever start to spirit week didn't do anything to dampen the spirits of students (and faculty) celebrating Homecoming 2018.



SENIOR HOMECOMING KING MARC SHARER, QUEEN INGRID DIAZ, PRINCE BAYLOR BOONE AND PRINCESS BLAKE SMITH pose together for the obligatory winners picture after being named court winners. Students vote on members of the senior class for this honor. "l'd never been nominated for homecoming court before, so it was a huge surprise. When they called my name for princess, I was shocked. I didn't expect it, but I am thankful nonetheless," Smith said. WAITING FOR THEIR TURN ON THE TURF, FRESHMAN JA'LONY BANKS AND SENIOR JACK PARKER watch momentarily from the sidelines, Parker played both offense and defense, both as left tackle and nose guard. "I was very excited and ready to play. I knew the student section was going to be crowded and loud. Three out of my four grandparents were going to be there, along with my parents and sister, so I wanted to play well," Parker said. "The game didn't go the way we wanted; it was a disappointing, hard loss. It was nice to have a full house and hear everyone cheering for us, though. Some of our parents had big cardboard pictures of our head made this year and looking in student section to see them being held up was an awesome feeling." WHILE IN FRONT OF THE HOMECOMING PEP RALLY CROWD, junior Livvie Bowling holds up her sign, encouraging the crowd to chant along with the cheerleaders. Bowling and her competition cheer teammates took home the state championship more than a month after homecoming. "I love cheering at that pep rally because it's the only time we perform that's not against another team. It's our first performance of the season, so it's really fun to show the student body our routine before any one else sees it," she said.


THE CHEERLEADERS' STRENGTH IS NO MATCH FOR ALUMNUS AND FORMER KNIGHT CHRIS WOODRUM as he breaks through the homecoming banner. Woodrum led the team onto the field before the game. Unfortunately, Pulaski County the Cougars dominated the Knights, $34-0$. "Holding the banner is super exciting and is a fun way to start the game. I love looking around and seeing all the players and crowd getting so excited," senior Kayla









ON GROUND LEVEL WITH A BENCH PRESS, junior Connor Jarczynski works on putting gym equipment back together. The students in strength and conditioning were tasked with putting together gym equipment taken apart for the move to the trailers. "I'm just glad we didn't have to put the entire thing together without instructions," Jarczynski said. WITH SAFETY GOGGLES IN PLACE, freshman Ashton Alli uses a lathe to turn a pen in Mr. Cubberly's Woods I class to sharpen wood. During the year, students made bird houses, Appalachian stick chairs, pens, tables, desks and coasters. "I really enjoy being able to make things in a class," Alli said. INSTRUMENT RAISED AND MUSIC IN PLACE, sophomore Jason Bradshaw prepares to play a piece on his trombone. Bradshaw took both stage and concert band. He always performed with the marching band. "It is very fun and rewarding to play the trombone in the school band," he said. CONCENTRATING ON THE PROJECT AT HAND, junior Zoey Hughes puts the finishing touches on her chameleon with geometric aspects. The project was made of clay, which Hughes covered with acrylic paint and then a protective coat of Gesso. "Admist the chaos of everyday life, I work on my art to calm down and move away from all the stress," Hughes said.


GLOVED UP AND
PROTECTED, junior Mills Harris and sophomore Autumn MacGregor work on cutting up potatoes in Mrs. Terena Hale's Culinary Arts class. The move to the trailers impacted Hale's classes. When weather was warm, they were able to get outside and cook. When it was cold and rainy, though, the class was a bit more cramped than usual; however, that did not stop them from cooking up new recipes. "I learned a lot of good knife skills while cutting up a ton of potatoes. My favorite food I've made in culinary this year is Monkey Bread," MacGregor said.


The last time I had a serious hair cut was in the fifth grade it was a stereotypical sports dude cut My parents don t care My dad has had even longer hair l like that it doesn t look like every other harrstyle out there Sam Slate, 11



ELECTIVES
I want to take
213studers polled

"l like to try out different styles and colors with my hair. I do all of the styling and coloring myself I want to do hair or something dealing with hai when I'm out of school Jasmine Turner, 11


This length took me from July after sophomore year to June after junior year. Since then I've been getting regular trims. 'lil keep it long until it looks


T've worn my hair long for as long as I remember. and I really don t have any plans in the future to cut it. My dad's harr is even longer than mine, so my parents don t mind it at ail
Jaquan Rivers, 12

PRECARIOUSLY CLOSE TO LOSING HIS

## words of WISDOM



Stand im in y your belies and do not change simply for the public eye. Above all else, don't assume one's stivation and know that a small act of generosity can go a long way: Hunter Martman, 12

'Suround yoursef with people who make you love the person you are when yourre around then. You are going to have bad days, and the wortd is going to teel like il's ending. If's not. I promise. Never forget you are loved and are valued because high school can feel like a war zone and its easy to forget you matter:" Liberty Fetzer, 12

"Enioy this year as much as you can teccuuse as cliché ásit sounds. school gets harder and hardere every year: Do not slack off treshman year. Those grades to matiter: Odays Hernandez, 12


FFrom the moment you walk through thase doors on the lirst day of your Ireshiman year, to the mornent you walk arocs the stajg to tocedey your diplomay your SPA vill follow you. The workyou putinto in the classroom now will reflect that ${ }^{\prime}$ Banielle Brinkley, 12

BALANCE, senior Baylor Boone spins in his chair for a physics demonstration in Mr. Rusty Galbreath's class. A guest physics major from Virginia Tech led students in hands-on science demonstrations. "The lesson we were
trying to learn was how to use hand weights to make the chair spin. My favorite part was that I didn't have to

Maya Sawh and Gabe Currier practice their suturing techniques on bananas during anatomy with Ms. Anne Houston. The objective of this activity was for students to develop a deeper understanding of the layers of skin.
"I enjoyed performing horribly ineffective surgery on a
banana while attempting to properly sew skin back
together." Sawh said. LOOKING ON AS HIS
TEACHER IS ABOUT TO LOSE HER
BASKETBALL, sophomore Chris O'Meara watches on as Mrs. Chrystal Shawn proves she does not know how
to spin a ball on her finger. During this particular English class, students were tasked with teaching Mrs. Shawn a skill she did not know. "I enjoyed being able to
go outside and watch her try to learn new skills,"




"Oof"
'Well. I could say Mr. Parker rust oofed. I den know what not neans Mavbe ta teft takes a had cal at the game thr week it look at humb zant say int
Mr. Jacol Gruse

## POP QUIZ


"I'm Weak"
That just means someone said something ndiculous it made vou laygh Its like sayng Im dead or asng a skull emop Mrs. Colleen Morrison

"Threw Me For a Gurve" You threw me for a curve? Hmmm. I think that means vou contused mu Mrs. Margaret Taylor

"Boujer"
"Boujee' is an adiective used to describe. someone who liece a tancy lifestive and/o ams to appear hathricass line cautu say Mr thend ss se bouret Ste alwavs nax the niresithons
Mrs. Amy Boten

"Beef"
Th you have beef. It means you have a


M. Lane Hurst

## GENERATIONS OF KNIGHTS



# PIME 

Who knew show and tell could still be a thing after leaving elementary school.



## STARTED LEARNING AMERICAN SIGN LANGUAGE (ASL) BECAUSE OF MY SISTER. She

 originally wanted to start learning ASL because my grandfather and my dad are both hearing impaired, and the impairment has gotten progressively worse as they have gotten older. Even with wearing hearing aids, my dad has trouble, so we've been trying to incorporate the language into our conversations with him.I am also teaching myself Chinese and have discovered that learning to sign has been helpful with the process. For example, I can use basic phrases, what I call survival phrases, to learn the basics of Chinese. Because I am able to focus on more important phrases, rather than every single vocabulary word, I find that I am learning the language more effectively.
I knew some signs better than others, and when I was speaking Chinese and wanted to have a conversation, l knew the basic words I needed to say. ASL has helped me learn Chinese because it has taught me basic skills that make it easier to sort of piece together what I need to learn the language. The process is an easier way of learning a language that's completely different from English, like Chinese. ASL teaches you basic memorization of movements and how to work with different grammar structures. It's simple stuff, but in a language you already know, and serves as good bridge into a more complicated language. Chinese and ASL are similar in the ways that you have to learn certain vocabulary and grammar. Other than that, they are totally
different. The methods I use to memorize Chinese characters are the same ways that I memorize signs. As I learn Chinese, I focus hard on the characters, because to native speakers, they are like letters. I'm not at the point where I can see that yet, so it takes tactics like movements and silly sketches to remember every single character. Along with drawing out the characters, another useful tool in learning Chinese is talking with my sister.
Like me, my sister is working hard to learn a language, but she's not quite there yet. A middle-school student, she really wants to learn French on her own. Since we both know ASL, we are able to communicate with each other. As I sign and carry on a conversation with her, I speak in Chinese. Obviously, my ASL vocabulary is better than my Chinese, but I am able to practice signing to her as I speak out loud. Obviously, the process is super slow and it takes me a while because I have to change grammar with my hands, but it does allow me to talk to her and she can actually respond, rather than me just speaking Chinese to myself in a mirror. It helps me to have a conversation and get better at speaking out loud, which I think is super useful, especially for someone who is learning a new language. Ultimately, knowing ASL has allowed me to become comfortable with speaking and learning Chinese. Even though my Chinese is not perfect, I am able to use my sign language to further my language learning.

## As told by junior Jordan Rearick



WHERE WE ARE: Feature- Jordan Rearick 041

LINED UP IN FRONT OF THE CROWD, junior Lucas Holt prepares to perform during the half time performance. The band spent hours every week perfecting the show, which was performed at both halftimes and competitions. "When you are marching and playing at the same time, you have to make circles and curves. It is hard to make a perfect circle or curve," Holt said. SMILING AT THE CROWD, sophomore Lillian Hollins twirls with the color guard during the half time show. Hollins was a solo twirler. "It's kind of nice just being by myself because there's not really any rules to what I can do, but it also gets lonely so I hang out with the color guard," she said. WITH HER GAME FACE ON, senior Claire Lawson waits to march on the field with her flute. In addition to halftime shows and competitions, the band also performed at the local Veteran's Day parade. "At the Veteran's Day parade, there was so much wind, it was like a wind tunnel. There was no sound coming out of the flutes, and people's hat were flying
off," Lawson said.


MARCHING TO THE BEAT OF HER INSTRUMENT, senior Emma Maxwell leads the marching band during the halftime show. This season was Maxwell's final one. "Once you get used to performing the show, you don't expect to get nervous on home games. The first two home games, however, I missed my entrance coming in on the first song. When we performed for the last time, I just got really sad. I'm never going to do this again," she said.

PUT YOUR HANDS
IN THE AIR
"I was told to take pride in what you do, but I never felt like I did until last year, when I became a drum major. When I first stepped on the podium. I was thinking. Wow, this is really happening. Thad seen people up there before, but being the one to do it was something else. Being drum major for two years has taken a lot of dedication, but it has paid off.' senior Gavin Wilkerson said -I think being a drum major is a lot of fun, because people look up to you for guidance. You also talk to more people each day and make more friends. The responsibility is a big one, too. Mr. Quakenbush normally comes to us first when there is a problem with a marching band member or something else. We also tell Mr. Quakenbush if we see a problem. Also, when Mr Quakenbush isn t here, we run practice," senior Lena Scaer said



MOUTH ABOVE WATER TO TAKE A MUCH-NEEDED BREATH, senior Sydney Hilovksy swims freestyle in her lane in one of the last meets of the season. This was Hilovsky's fourth year with the swim team. "It's super exciting to have everyone supporting and cheering each other on during our final swims," Hilovsky said. AFTER RECOVERING FROM A DEFENSIVE STOP, junior Jahiem Tyler stands over a Blacksburg offensive
lineman. During this game, Tyler protected the line as the Knights powered through, but unfortunately fell short with the Bruins beating the Knights 29-0. "The best moment during the season was senior night because it was a proud moment to see
the seniors and all the work they had done," he said. FOCUSING ON THE BALL, senior Kylie Angel prepares to bump to the opponents. Angel served as libero for four years.
"Playing my senior year of volleyball was something I really
enjoyed and loved every second of, but it also was hard knowing that it could be the last team I could ever get to be on again. I have been a part of Cave Spring volleyball since the eighth grade, so it was definitely hard saying goodbye not only to the program, but my teammates as well," she said. IN THE OUTDOOR TERRAIN, junior Austin Hayden powers through his 5 K at the Blue Demon Cross Country Meet. During this
meet, Hayden came out on top, placing first. "I was feeling pretty good during the race, even though my facial expression didn't show it," he said.


A -ES ROANOKE AS HE BEGINS TO SURPASS HIS OPPONENT, senior Josh Fretwell grips his baton while running in the $4 \times 800 \mathrm{~m}$ relay. Fretwell and his team competed indoors at Roanoke College. "I was our starting leg for the $4 \times 800 \mathrm{~m}$ relay, so 1 knew I was going to have to get off the line fast," he said. "Our team was ranked third in the state, so there was a lot of pressure for me to start it off right. I got boxed out for the first lap, but managed to work my way up throughout the race to finish right with another runner in second place. I handed the baton to our next leg knowing I did everything that I could," he said

DEEPER



SPRING ATHLETES TO WATCH
${ }^{4}$ I think as a team, we want to make it decently far into the state tournament and make it further than we did last year. As a senior, I have a lot more senior roles. I'm doing a lot of the things the seniors last year did and l've had to step up as a leader. Personally, I hope to make it far in states and increase my scoring stats for the year."
Ethan Fox, 12
"My season last year was pretty good. I played forward and shared that position with a few people. I started off playing on the field when I was younger and then moved to goalie about two years ago, but when I made varsity that position was already taken. I really excited for this upcoming season, even though I have to get back in the swing of things. I am going to be working with trainers to help me do that. I think we are going to do really well." Katie Harris, 12
"Last year I was in the number four spot on the team. I had worked to improve myself throughout the year and felt like all my hard work had paid off. The highlight of the season was our victory against Western Albemarle. It was the most stressful match, because it was our state semifinals and we were tied 4.4 with them. After a long and exhausting last game that determined who would go to state finals, our number three doubles match won. Because of that game, we made it to the state finals." Nandini Sriram, 11

[^0]NOT ALLOWING A PULASKI OPPONENT TO CROSS HIM, senior Nick Mills overpowers two Cougar defenders. The Knights defeated the Cougars, 76-59. Mills had played varsity all four years. "Playing as a senior has been bittersweet because I've been working really hard for the past 12 years. My relationship with my teammates will definitely be missed, because we could always hit each other up and hang out," he said. PRACTICING HER PALMING SKILLS BEFORE A GAME, sophomore Zada Porter warms up her shooting arm. Porter broke the record for most amount of points scored in a single game, racking up 36 to beat the previous record of 35 . "We only had one senior on the team, so I felt needed, which made me feel good. My best memory was when I broke the record, which was done off of a free throw. My mom and all of the fans just went wild," she said. Our toughest game was probably against Patrick Henry for the district championship. It was a game we could have won, but we fell five points short."


A lot was riding on the line for many student athletes.



ALMOST TO THE WATER'S SURFACE, junior Trieu Tran (right) jumps off his block to start a race that would leave to a new personal record in the 50 -free. During the regional meet at Christiansburg, the boys' team qualified for a state final. "When I was feeling lazy, practice was very difficult, but I knew that it would be worth the effort. And it turned out being totally worth it, because I ended up a new record in the 50 -free event," Tran said. HAND POISED AND READY TO SET UP A SPIKE, junior Taylor Robertson jumps in position to return a ball. Robertson verbally committed to the University of North Carolina at Greensboro. She was also selected First Team All District, Region and State. "This team was a fun group to play with. We had a decently successful season overall, even though it didn't end the way we wanted. We shocked a lot of people in the district and really came back to old Cave Spring volleyball," she said.

## SPRING ATHLETES TO WATCH



"Lacrosse is a sport that I started playing for fun eight years ago. I never would have guessed that it could open so many doors for me. I have been given the opportunity to play in college at either Saint Leo University or the University of Akron. Regardless of which school I commit to by June, I am excited about continuing to play lacrosse after graduation." Makayla Dowdy, 11

"We went on a 10 game-winning streak at the end of last season. At the beginning of that season, I didn't think I would start as a freshman. After a few practices and scrimmages, though, I had worked hard enough to earn a starting position for every game, with the exception of two games due to my concussion. My biggest goal for this season is for our team to defend our spot as state champions. I would also like to be recognized at the district, region or state level." Tyler Mitchem, 10

"The highlight of my season last year was making it to states. The hardest thing about last season was that I broke my foot in a car accident and couldn't play in the state finals game. That crushed my heart, but I cannot even explain how proud I am for my teammates because they worked so hard during that tournament. For this upcoming season, I expect for the new team members to work just as hard as the returning ones. I also expect lots of laugh and good memories between all of us as teammates." Maliah Mizack, 11

MID-STROKE AND TAKING A BREATH, junior Mills Harris competes in the breast stroke during the regional event at Christiansburg. During this season, the team had a very successful record, qualifying second at regionals and fourth in the state, "Even though I had to miss school and it was difficult to make up assignments sometimes, the best thing about the season was when I won both of my events in regionals and the boys team won second overall, which allowed us to get a trophy." he said. WITH FOCUS IN HER EYES, senior Elizabeth Hertzberg completes a long jump event at the state tournament. As she was close to qualifying for the finals, she was in the top seed. "It was a pressure-filled moment because I was trying really hard to get top eight and I was currently sitting in ninth place," she said. Hertzberg finished ninth in the long jump, triple jump and high jump.


MHHETHELEAP

Taking risks paid off for many athletes.


GOING UP FOR TWO, Senior Crawford Enyart fights his way to the basket against the rival team, Hidden Valley. During this season, Enyart was awarded District Player of the Year, a prestigious honor given by coaching staff around the district. "It feels great. I could not have received this award without the help of my teammates and coaches. Their work has allowed us to be successful this year. Also, it goes without saying that our coaches have done a great job. Their selflessness and work ethic are the biggest contributors to our team's success," he said. BANKING A SHOT OFF THE FAIRWAY, junior Alex Glick holds his swing and watches to see where his ball lands. This was Glick's second year on the team. "Golf is fun, but mentally challenging. It is great because each round is different, you can find yourself in
different spots on the same course and it never is the same. The team works well with each other, supporting on another and giving advice when they can," he said.


# SPRING ATHLETES TO WATCH 


"Because this season is my last, I'm excited for practically everything, but most excited to be with my teammates and coach one last time. Last year, I was All-State in the 3200 m and I hope to do that again. I also really want our $4 \times 800 \mathrm{~m}$ to make it to states. I'll be going to UVA next fall, and since their varsity team is really competitive, I will most likely join a running club." Tori White, 12
"I've been playing baseball ever since I was four years old. I've played on rec, travel and school teams. Last season I pitched three complete games. It was such a good feeling to start and finish a game on the mound. I'm the starting pitcher for this season, so I hope I can feel it again. Last season we got to the regional semi-finals, but I hope we go all the way this season."
Connor Lewis, 12

"I've been playing tennis for five years and last year we finally went to states, which was awesome. This year we're planning on making it again, and hopefully this time we'll beat Hidden Valley and make regional champions as well. We may not win states but we want to at leas get there." Om Patel, 12

# 影URTU <br> Just because it's not VHSL sanctioned, doesn't mean it's not a sport. 

NOT AFRAID OF A LITTLE MUD, senior Delaney Groves competes on her dirt bike. Racing since the age of seven, Groves recently competed in Rural Retreat, Virginia, at the Coyote Run. "I loved racing, but had a bad crash when I was younger. I started back up when I was fifteen, though, and have been riding ever since," she said. "My dad is the one who got me involved in riding dirt bikes, because I grew up watching him race. I started racing this year in the Virginia Championship Hare Scramble Series. They hold two races a month that are located all around Virginia. I practice around my house, but mainly at Phleps Farm in Franklin County or Kairos in West Virginia." ON THE SNOWY SLOPES OF AUSTRIA, senior Allison Henion pushes across the flat. Austria is only one of many places she and her family have traveled to ski. "I've been skiing with my dad since I was three years old. We started skiing at Timberline in West Virginia, but now we take trips all over the world. We've been to multiple places in Europe, Canada and, most recently, Chile. One of our hardest treks was in Canada, when it was -28 degrees," Henion said. PROUD OF HIS KILL, senior Ethan Harris poses with the six-buck he shot on a hunting trip. Harris started hunting three years ago with alumnus Christian Howes. "We hunt for deer and ducks. I like to duck shoot more. You shoot more, kill more and are on the move constantly. You can get 12 ducks on a good day,"
he said.


"Before every game, we'd tailgate in the church parking lot across from the middle school. We had a grill and would make burgers and hot dogs for anyone who came. Once at the game and in the stands, we started every game by singing the beginning of the Spongebob theme song. We'd shout, 'Are you ready kids? 0000000 , and would then transition into the classic ${ }^{\circ} 0000^{\prime}$ for the kickoff. During halitime every game, we'd run the Cave Spring flag up and down the middle of the student section. Then, we d have someone do a speech Finally, we'd do the classic roller coaster. The leadership role really just shifted to the two of us, because we showed up to almost every game, we started chants and we were some of the loudest people in the front It also helps that Michael is a class officer and has access to the student section Twitter:"

As told by seniors Matthew Colozza and Michael Kyle

E
EVER SINCE I WAS YOUNG, MATH HAS JUST CLICKED FOR ME. I remember my family had Friday night dinners with guests. I would sort of serve as the entertainment. My dad would ask me math questions and have me run multiplication tables because I could get through them so quickly. I sometimes felt embarrassed. The guests usually felt a mixture of surprise and shock. Yes, math is easy for me, but it's not necessarily what I like to learn about. Math is not really applicable to everyday life. It's not like I can use the applications I've been exposed to on a daily basis. I do love teaching math, though.
I have many friends come to me for help. I am also a paid tutor. I love when I'm working with a struggling student and, all of a sudden, they understand the concept. That moment is such a satisfying feeling. Serving as a student tutor also develops better relationships with my peers. Everyone struggles with something. Once we acknowledge those struggles and get through them together, we're
better for it. We're no longer afraid to try or fail.
While math comes easily to me, I struggle with comprehension in English class. There's no definite answers in English like there is with a math problem, which I'm more accustomed to. Math may hold problems that take a long time to work though and solve, but you can at least be confident there's only one solution. With English, however, there's hesitation. Everyone can bring in their personal bias to support their individual perspective. When I'm not helping others, I like to be active and exercise a lot. I enjoy traveling and hiking. School can be a stressor. You need an avenue to clear your mind.

As told by senior Emmanuel Mahgerefteh
BREAHIIG DOWI PRODLEMS

WHERE WE ARE: Feature-Emmanuel Malggeretteh 053

"I started doing my makeup at the end of sophomore year. Over the summer I practiced almost every day. I would take bits and pieces from different YouTube videos and apply them to myself. Everyone has different skin types and face shapes, so not every 'makeup tutorial' I watch would work for me. It takes a lot of practice and self discovery to figure out what shades and brush strokes would contour my particular face shape and accentuate my natural features. Every single face is different and makeup is an amazing creative outlet to express yourself and your mood on a daily basis, " senior Geneva Grochowski said.

## yourcaints



7 had my nais done at fine llal and Spa Carier: I askef tor a cotin syi)/e tor thesenalis which I think looks really cool litink its abssitelel worth the money to getyour nalis done." Kaitlyn Young, 10


Tamars ty to go to Uniquellals when I get my nalls done I igno to a ways go tor a rounded sylye. This mancure was done for Chistimas They re not a tyical Chnistmas color. but love hem: Sara Chapman, 9

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1 like lo get my nais done for a spetaid occasiot ot event in ithis cass I had fitem dome up in med ust in tine for Chinstras i Inink asquare
 Tajor Hilosthy, 9

## CULTURAL appreciation

"My sweater is a remake of one worn by Christopher Wallace, aka The Notorius B.I.G. Coogi, a colorful knitwear brand that made its way into hip-hop culture in the 1990s. Various rappers, boxers, influencers, etc. can be seen wearing Coogi. Throughout the past two decades, this brand has been referenced constantly in rap. For many in the black community, owning a Coogi sweater represents success, power, coming up from nothing and 'making it' in
a harsh world. Most people who have access to Coogi sweaters consider them to be 'too loud. Most people buy the sweaters and only wear them once or twice a year. and in some cases never. The art seen on Coogi items has its roots in Australian aboriginal culture. There's so much intricacy in the knit-work, that l've spent hours looking over the sweater. Each time I look, I always find some pattern or stitching I hadn't seen before. I am terrified for anything to happen to my Coogi. Despite that sentiment, however, I wear it a lot. I'll mainly wear to special events or nights on
the town when I want to make a statement. For me personally, owning and wearing a Coogi lets me express
my culture."
Tanner Smith, 12



日月T
nOt
"Art is a strange medium, but I can't think of anything better to express concepts words can't. Nine years of practice have led to a possible career path and skills that help me both understand the world around me and understand subconscious thought. Surrealism is my favorite kind of art, which the use of concrete objects juxtaposed in strange ways. It's fun, a test of skills and gives a lot of freedom in expression," junior Gabe Currier said.
"This piece, while unfinished, is a surrealistic impression of myself throughout my junior year. In the piece, I am unraveling myself, and while I (obviously) haven't physically done this, I feel like this year I have mentally begun untangling in a sense, what with the stress of homework, work and AP classes. I try to use my art to ease some of the pressure on life. Don't worry, not all of my work is this deep and depressive," junior Caitlin Phillips said.

[^1]

## EeFf GgHh



## WHERE WERE GOING

## LIFE AFTER HIGH SCHOOL <br> 58

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"I am attending the University of Tennessee this fall. I was accepted to the Tickle College of Engineering and the Chancellor's Honors Program. My major is Biomedical Engineering, and I want to research and develop prosthetics to help those in need. I was raised as a Tennessee Volunteer, and my dad, who went there as well, always said I could go anywhere I wanted, as long it was Tennessee. I am most looking forward to meeting new people and doing extracurricular activities on campus."


Wetzel practices a fireman's carry as part of her Marine preparedness training. Wetzel trained with the Delayed Entry Program. "I chose the Marine Corps because it is the toughest branch of the military. I figured if I was going out of my comfort zone, I might as well go all the way. I've already been challenged more than ever before. I know that becoming a Marine will push my mind and body past their limits," she said. POSITIONED IN FRONT OF THE UMPIRE, senior Caleb Pritchrd leans in to snag a ball. Pritchard signed to UVA-Wise for baseball. "I received both athletic and academic scholarships. The intensity and the competitiveness will be a different scene in college. I will play as long as I can, and if I get to the pros, that's what I'll do," he said. WEAVING THROUGH THE PACK AT RUNNING WITH THE WOLVES, senior Josh Foth indoor and outdoor track. "I will attend Roanoke College both indoor cross country and indoor and outdoor track. I decided to further my athletic career because I like to push my limits as a runner. College running will bring more competition. The races will be long, but that's good for me because endurance is
my biggest strength," he said. STICK IN HAND, senior Spencer Pratt looks to where the action is on the field. Pratt signed with Randolph Macon for lacrosse. "I wanted to further my athletic career because l've dreamed about it since I was young. The skill level in college will be higher because everyone has worked hard to get to that level," he said.



# Tufforn AHEAD 

Seniors planned different paths, but everyone was excited to see what life would hold after high school.


"I will attend BYO-Idaho and want to major in Healthcare Administration. 1 want to be a hospital or clinic administrator, I am most looking forward to making new friendships and other relationships in college. Andrew Richardson, 12

lam going to Northwestem because if has a great communications proyram. My planned majer is sadio and telerision tilm or jounalism. I hopetully will wite for Vone day, Iam most looking forward to meeting new people. Iam most scared of the cold in Chicago Garrett Breiner, 12


I chose to join the Marines because I have always wanted to experience it or mysell I chose the Marines because It is the toughest branch and has the job that fits me the best I mate a decision that the miltary would not change me as a persen belorel decided to jain. Jorran Dancan, 12


Tm going to Smith Colesge in Massachusetis because it has aqpeat environmental science program and an awesume community. I want to help save the woild and prevent environmental catastronhe from prevaling I Im mest looking tonward to the atmosphere I'm mosi worned aboul He tenhour distance irom hone Lexie Agee. 12

MMY GRANDMOTHER MOVED HERE FROM JAPAN AFTER SHE MET MY
GRANDFATHER. He was stationed there for the Air Force. I'm a quarter Japanese. I was named 'Kyoko,' which means 'Sacred Girl,' because my mom was told that she couldn't have kids. To her, I was considered sacred. I'm also sort of named after my grandmother whose name is 'Yasuko,' because Kyoko and Yasuko are written the same way in Kanji, which are Japanese characters. The two names are pronounced differently, but use the same characters when written.
Ilove immersing myself in my Japanese heritage. My grandmother still practices some Shinto, the Japanese religion, so she has a shrine in her house that's supposed to hold the spirits of our ancestors. Every day she brings them a bowl of rice and some green tea as an offering that's called a 'Hotokesama.' This tradition will get passed down to my mom and then to me. If at any point we're not going to perform the ritual every day, we'll box it up and mail it back to the temple in the village my grandmother is from.
Other than my learning about culture, I enjoy practicing Tae Kwon $\mathrm{Do}_{0}$ and writing. I've been involved in Tae Kwon Do for ten years, but this year I underwent dental surgeries that prevented me from participating. I performed
with a demonstration team where we put on performances using Tae Kwon Do but also incorporated some comedy, entertainment and costume changes. I've also instructed. I was a second degree senior black belt for three years because I kept failing my testing, but I finally passed last year, earning my third degree belt. My passion for writing can be traced back to when my parents would read to me from a young age. I then started writing my own stories. I wrote a book in fourth grade by hand because I didn't have a computer, and it was mostly childish fantasy sort of stuff. In middle school I wrote two more books that I typed. I then went to some writer conferences and pitched to agents. I even received some manuscript requests. I began to pursue publishing, but then when I went to high school and didn't have time to write. At this point, it's embarrassing to look back on what I wrote back in middle school, so I would never consider publishing them now. I'm hoping that when I have more time I can get back into writing fiction. I always thought I would be an author, but it's an uncertain career path, so l'd like to look into other things as well. I plan to attend Brown in the fall and am excited to explore all of the opportunities ahead of me.

## As told by senior Kyoko Leaman



WHERE WERE GOIMG: Feature - Kyoko Leamal


## KEVINSHENG

I WORKED ON A RESEARCH PROJECT THROUGHOUT THE SUMMER OF 2017 AND INTO JANUARY 2018 WITH A MENTOR AT THE FRALIN BIOMEDICAL RESEARCH INSTITUTE ON LIOBLASTOMA, THE MOST COMMON AND DEADLY BRAIN

CANCER. Glioblastoma patients present a median survival length of 12-15 months, and only $3-5 \%$ of patients will live longer than five years after diagnosis. Currently, in cancer therapeutics, precision and personalized medicine are emerging as medical models that may drastically increase patient survival. The model is based upon the use of specialized treatnent plans for each patient based upon the classification of their risk for tumor events, such as progression or treatment Iesistance, that may hinder their chances for longer overall survival. To try and implement this model for glioblastoma treatment, I utilized big data analytics to identify a gene, RAN, whose exprossion was correlated with patient resistance to
temozolomide, the main
chemotherapeutic drug for glioblastoma patients. When importazole, a recently developedsmallmolecule inthititor that could inhibit RAN-mediated nuclear import, was tested against glioblastoma cell lines and primary cells in vitro, the drug was found to decrease cell viability and induce apoptosis, or cell death. In addition, the druy did not affect normal human brain cells when treated with the same concentrations as those against glioblastoma cells, and efficacy levels towards glioblastoma cells directly correlated with cell expression levels of RAN. These results showed that RAN could act as a viable therapeutic target for the development of drugs for glioblastoma patients resistant to temozolomide,

As told by junior Kevin Sheng

## OLLVIATULL

## I DECIDED TO START GOING ON MISSION TRIPS BECAUSE I THOUGHT IT WOULD BE A FUN ACTIVITY TO DO OVER THE SUMMER. MY YOUTH GROUP GOES ON ONE EVERY YEAR, AND MY FIRST TRIP WAS TO YELLOW SPRINGS, WEST VIRGINIA.

There, I realized how much I loved serving. I have been to Richmond, Virginia; Yellow Springs, West Virginia; and Concord, North Carolina.
The first trip I went on was in the middle of the summer in West Virginia, and my job was to repair and stain a deck. It was so hot and muggy, and we had to wear thick clothes for safety. I remember thinking about how hard it was, and I was really struggling. Even though the work was difficult, seeing the homeowner's reaction made it all worth it. On another trip to Richmond, Virginia, I worked on many different projects. In downtown Richmond, there is a park that many homeless men and women hang out in during the day. My group made lunches and handed them out. We also made bags that had sanitary items and handed them out as well. We spent the day with them, prayed with them and learned more about each other. An important detail of mission work is not only getting work done, but learning more about the people we are serving. They want to feel heard and share stories. I have learned so much from the people I have served. My favorite mission trip was this past summer in July of 2018, to Arecibo, Puerto Rico. We were heiping with hurricane relief and recovery. I don't speak much Spanish, but I knew a tew phriases. I picked up a lot of the language on the trip. I worked on home repairs. cleaned up a church, sorted doniations and
worked on a farm. Puerto Rico had some of the most beautiful scenery. My favorite day was when we got to go to the beach, and it was on my birthday, which was the best birthday ever. I met the most amazing woman, Miriam, who lost everything she had in Hurricane Maria, but had the most amazing faith and outlook on her situation. I remember her saying, "No matter what happens in life, you just have to look to God. God will always take care of you." I absolutely plan on going on more mission trips. I am happiest when I am traveling and helping people, and ever since I went to Puerto Rico I have discovered my love of experiencing new cultures. Mission trips are an incredibly humbling and fulfiling experience and have played such a huge role in my life. I have learned that oftentimes the people I serve help me more than I help them. Every time I go on a mission trip I learn more about myself and realize how blessed I am, even though sometimes life can be hard.

As told by senior Olivia Tull

## вulyYualu

## TAIWAN'S GOVERNMENT SPONSORS PEOPLE OF EITHER MAINLAND CHINA OR TAIWANESE ORIGIN TO TEACH ENGLISH FOR ONE MONTH. I APPLIED TO THIS COMPETITIVE PROGRAM AND WAS SELECTED. I was one

 of around five hundred students from around the world to teach in Taiwan. I met people from Australia, South Africa, Canada and the United Kingdom during my weeks in Taiwan. The volunteers were split into groups assigned a school. My group taught in the blistering slums ofTaipei, at Fuan Elementary. As the program was mainly centered around English, naturally, we taught them a
plethora of English grammatical
constructs and vocabulary, while simultaneously exposing them to the nuances and differences between their cultures as well as ours. Since we were there for only three weeks, we focused on big-picture concepts that would be a stepping stone for increased learning activity. My classroom centered on third and fourth graders, and I was paired with two other teachers. Our differences in learning style and technique definitely contributed to a cohesive lesson plan, and over the three weeks, we were able to cover around twenty vocabulary lists, weaving in examples of American culture and sentence structure and grammatical constructs within overarching themes. Since we were trying to teach the kids English, and nothing else, we weren't actually allowed to converse in Mandarin or Taiwanese at all. This led to a laundry list of misunderstandings and led to us resorting to pointing and selective lowering and raising of voices as needed. Daily routines such as asking to leave the classroom would be met with a blank stare. The kids in all their infinite wisdom provided endless sources of entertainment. One kid was fluent in English already, another kid forgot school supplies daily, and a third kid didn't know anything despite us giving him
personalized attention. Of course, thuse are problems with any classroom, but seeing them from a different point of view was enlightening. One day, the priticipal of our school had the great idea of a water balloon fight. Chasing duwn third graders with a giant bucket of water will forever
be ingrained in my memory. The post
certainly wasn't easy, but the lure of volunteering insofar as the kids needed help contributed to my decision. Staying home is boring. Staying liome gets nothing done. Staying home meant days passing
by with no end in sight. In Taiwan, I contributed to posinive change and the thought that education wasn't frivolous, but necessary. A second language is one of the most powerfult toals, and in the current global climate, having a working knowledge of English as well as Chinese is critical. I hoped to impress this upon the kids the best I could. The temptation of a month in Taiwan also was a key factor. Without control, in the weekends and weeknights, we were free to go out and explore a beautiful country and culture at our fingertips. We weaved in and out of tea shops and tourist attractions. From markets to beaches, there was always something new to experience. Exploring Taiwan and the stunning scenery paired with the ethnically homogeneous culture led to a fantastic month in Taiwan.

As told by senior Billy Luqiu

ORIELSOLTYSIK

ITOOK PART IN THE AMERICAN LEGION'S ORATORICAL SCHOLARSHIP CONTEST. IT REQUIRED WRITING AN EIGHT TO TEN MINUTE SPEECH, MEMORIZING IT AND THEN RECITING IT IN FRONT OF AN AUDIENCE. We had to choose a subject concerning our constitution, emphasizing a citizen's duties and obligations to government. For my prepared oration, I chose to write about how we as United States citizens have the duty to uphold our constitutional right to free speech. Additionally, there were four assigned topics, the 1st amendment, 4th amendment, 13 th amendment and 21 st amendment. For the assigned topic portion of the contest, we had to research each topic. On the day of the competition, one topic was drawn at random and each contestant was notified of the topic with five minutes to prepare a three to five minute speech on that subject. Each contestant then had to come up with an extemporaneous oration in those five minutes using their research, and then present it to the audience, coming up with
the speech while on stage. In the district level competition, I won first place and progressed to the regional level. While there were only novices competing at the district level, at the regional level the other contestants were all older than me, and two had already competed in this competition in previous years. Considering how I was the youngest person competing at this level, and how the decision between first and second was very close, I did rather well, and I am happy because now I know my strengths and weaknesses and can be better prepared if I participate in the future. Taking part in this competition was challenging and required an immense amount of effort and preparation, but I know that it will greatly aid me in any future public speaking. I enjoyed researching and learning about our constitution, and I learned a lot of important information pertaining to the rights, duties and responsibilities of citizenship.

As told by sophomore Oriel Soltysik

ON THE CHAMPION BLOCKS, junior Brianna Slawson, sophomore Donovan Goad and junior Christine Cobb pose for their winning picture. Competitors from across the county participated in Special Olympics at William Fleming High School. "That day was a lot of fun. There were a lot of people there, and it was very loud. I threw the softball pretty far, too. I got a ribbon for track and softball throw," Slawson said. AWAITING THEIR PRIZES, senior Hailey Surrell and juniors Matthew Jeffries and Alex Reed
stand upon the winners' blocks. Participants ran and competed in track and field events. "I did track and got a ribbon for it. I also did the softball toss, and had to stand on the podium to get a ribbon. I enjoyed it. We had lunch at Heavenly Ham, and my mom and dad came, too,"

Surrell said.


## qLL HEART



SENIOR DANIELLE DURRANCE LOOKS TO SEE WHERE HER BALL WENT after participating in the softball throw. Durrance also
participated in a wheelchair
race. "I remember doing the wheelchair race. It was lots of fun and I won a ribbon. I had all my friends there," she said.


I wish the ability to teleport was
 invented I could travel anywhere, at anytime. It I wanted food. I could just teleporit to any restaurant. If wanted to see anyone I I could just go see them on the spot"
Jacob Tozier, 10


7 want a silverware ofler at woik We spend an hour befiore we close rolling siverware. Having a machine that would roll it for us would be great" Baylen Martin, 11


7 wish there was an invention that you can be able to read people minds. How great it would be to see what people really think
about you?
Zachelle Lexima. 11 the ioturiget

"I started selling Supreme in September of my sophomore year because I didn't want to work at Kroger or somewhere else. I never had much of a plan. I just tried to sell items for more than I paid. The formula I follow is spend money, make money and repeat. I've made enough so that I don't have to get a real job. I was able to buy my car with cash. My sales goal this year is $\$ 20,180$ profit, but I probably won't hit that now that I'm banned on PayPal. I try to save most of the money I make, but I spend way too much on clothes. Supreme puts out a limited amount of stock, and people want it because they see it on high profile celebrities and because the company also collaborates with brands like Nike, Louis Vuitton and The North Face. People want to be a part of that and are willing to spend a lot of money to do so."

## Students embraced

 trends, some of which needed to be put back into the closet.

M
MY BROTHER IS ON THE AUTISM SPECTRUM, BECAUSE HE WAS BORN WITHOUT SOME OF HIS GENETIC MATERIAL.
Nate lacks a tiny segment in the ' $q$ ' tail of his 11th chromosome, which is called an interstitial (meaning 'within') deletion. In fact, his is the first recorded case of this deletion ever. This missing genetic information has affected him in other ways, too. He has a platelet (clotting) disorder, a colaboma (keyhole iris), sensory and motor challenges and ADHD which are all in addition to the behavioral challenges and developmental delays associated with Autism. Despite all that, Nate is active, enthusiastic, articulate, and, in many ways, a typical, annoying little brother. He reads constantly; loves everything Nintendo; knows an amazing number of sports statistics, jerseys and mascots; and can identify country flags from around the world with one glance. He can be funny and sarcastic and he plays a mean game of Trivial Pursuit.
Nate attends a private school called the Blue Ridge Autism and Achievement Center. While there, he catches up on academic skills and learn techniques to help him manage his behaviors. He has small classes with other kids who are also on the Autism spectrum. It's pretty awesome to see how far he's come in just the two years he's been there.
were little. Together, we have been through nine moves, a divorce and constant movement between different sides of the family. These changes have strengthened our relationship. However, we are still normal brothers, and no brothers go without fighting. Nate gets on my nerves, as I get on his. Occasionally, or sometimes not so occasionally, fights happen. As boys, we find the only logical way to solve a fight is through wrestling. But these small misunderstandings are always quick, and we are back to being buddies after 15 minutes. My favorite memories with Nate always involve his interesting way of phrasing things. For example, one time when my mom was reprimanding Nate, somewhere in the scuffle, my mom said, "Nate! I am at the end of my rope!" Nate promptly responded with, "Mom! I'm going to take my sword and cut your rope!" Additionally, Nate is known for his cheesy, yet charming sense of humor. For example, one of his most famous jokes begins with, "Josh, what is the national shape?" Originally caught off guard, I could not come up with an answer. Nate hastily delivered the punch line as, "IT'S THE PENTAGON, JOSH," which was followed by a cheesy grin and uncontrollable chuckling. Nate's goofy character and vocabulary not only make him unique, but they definitely make him my brother.

[^2]



Holly Hinchy

- live in Canada
- visit Paris + Venice
- get pilot license

Paige Hemin's HS

- Recce the gabar (band joule)
- Ger auk or school far

Kayla Mutter(II)

- own a dolphin
- write a book (Ma ja
- don't drown

Elijah Masirula li
1.) Base Jung
2.) S kr Dag em
3.) R au
4.) Build a 520 mp RYa
5.) GTR Suns ATt
5.) Surd Action in whistles
Rue.

We all have a list of things we want to do before we die. Take a look at some student lists and then make some goals of your own. MORGAN STOKES 12

- go to Turks andCaicas a win the lottery
is Buy a 6 -wagon
D meet a famous athlete
$\qquad$
Travel w/ my friends internationally

2. Paragliding

Go somewhere in Africa
Lathan Gregory $9^{\text {th }}$ 1) I would like to make it into VT
2) Becoming an Engineer
3) Graduate high school higher than a 4.0 GPA
2) Become an engineer
3) Live in New Yore



Andela Acic JV Volleyball (9-10)
Lexie Agee Academic Team (9-11); Green Club (10-11) Saira Ahmed Academic Team (9-10), Beta Club (12), Diversity Club (12), Green Club (9), HSTNG (9-10, 12), Knight and Day Café (10), Spanish Club (12), National Spanish Honor Society (10,12), Student Helper (12)
Cooper Albright Cross Country (10-12), Indoor Track (10 12), Outdoor Track (9-12), Swimming (11-12); Concert Band (9-12), Jazz Band (10-12), Marching Band (10-12), Symphonic Band (9-12); French Club (11)
Tyson Alderman

Abby Altizer Varsity Soccer (9-12); Student Helper (10), Two Hearts Foundation $(9,11)$

## Makaela Anders

Makenzie Anders
Kylie Angel JV Basketball (9-10), JV Volleyball (9-10),
Varsity Volleyball (11-12); FCA (9-10), FCCLA (11) Help Save the Next Girl (12), Prevention Club (9), Two-Hearts Foundation (9-10, 12)
Laurel Ayers Pre-Med (11)

Katie Ball Indoor Track (9), Outdoor Track (9); Academic Club (11-12), Beta Club (12), DECA (9-12)
Vivienne Barnhart JV Basketball (9), Varsity Basketball (1012), JV Volleyball (9-10), Varsity Volleyball (11-12), Outdoor Track (9-10); Two Hearts Foundation (9-12)
Alison Bassant Color Guard (9-11); Choir (9-12)
Rebecca Bauer Marching Band (9-12), Symphonic \&
Concert Band (9-11)
Arsh Baxi

Lilly Bay Cross Country (9-12), Indoor Track (9-12), Outdoor Track (9-12); Beta Club (12), Key Club (11-12), National Latin Honor Society (11-12)

## Natalie Bingham

Rachel Boch Color Guard (9-12); Beta Club (12), Choir (10-12), FBLA (9), FCCLA (11), Green Club (9-10) HSTNG (9), Spanish Club \& National Spanish Honor Society (10-12) Julia Booker Lacrosse (9-11); Beta Club (12), Key Club (10-12), National Spanish Honor Society (10-12) SCA (12), Two Hearts Foundation (10-12)
Ashlynn Boone FBLA (10), Key Club (11-12), Latin Club (12), Pre-Med Club (11-12), Two Hearts Foundation (11-12)

Bayior Boone JV Soccer (9), Varsity Soccer (10-12); Beta (12), Key Club (12), National Spanish Honor Society (10-12) Zachary Bowling JV Basketball (9), Varsity Basketball (1012), Varsity Football (9-12), Outdoor Track (9) Amanda Bowman Indoor Track (9-12), Outdoor Track (9, 11-12); Symphonic Band (9-12), Concert Band (9-12), FCCLA (12), HSTNG (12), Key Club (12), Two Hearts Foundation (9)
Belle Bowman Indoor Track (9), Outdoor Track (9,11); Art Club (9)
Cooper Brandetsas Yearbook (10)

Michael Breiner Indoor Track (10-12), JV Baseball (10-11), Lacrosse (10-12); Beta Club (12), Debate Team (10-12), National Latin Honor Society (11-12) Danielle Brinkley JV Basketball (9-10), JV Soccer (9), Varsity Soccer (10-12); Beta Club (12), FCA (9-10), PreMed Club (11-12), National Spanish Honor Society (9-12), Spanish Club (9-12), Student Helper (11), Two Hearts Foundation (9-12), Yearbook (11-12)
Ben Bryant Student Helper (11-12)
Vahniese Burrell Beta Club (9-12), FBLA (9-12)
Maddi Bushman



## EVERYONE'S HERO The people's choice.

"WHEN I LEARNED I WAS THE KNIGHT, I WAS HONORED BUT SURPRISED, TOO. I'm a mountain biker and was out riding when my dad called and said he had something to tell me. Having had an older sibling in high school, growing up in the Cave Spring community and understanding what the honor truly meant, made me even more honored to accept the role. The only reason I can figure that I am the knight is that I'm not a typical high school senior. I stand out a little bit because I do activities that are different. I'm a competitive downhill racer, which is kind of out of the norm for high school. I'm also an avid snowboarder. I also really try to keep kindness at the front of everything I do because my friends, teachers, coaches and role models have been so kind to me. The only thing that makes sense is to turn that around and pay that forward. My advice to anyone who might want to be the Knight one day is to always be looking for that opportunity to reach out and help others and be friendly Ultimately, I'm so happy to have been chosen. The honor is something special that will always hold a place in my heart."

## As told by senior Ben Bryant



## AS PART OF THE BURTON CENTER FOR PERFORMING ARTS PROGRAM,

junior Jake Dellinger and senior Peyton Conner held starring roles in "The Wizard of Oz ," acting as the Tin Man and Dorothy.
"Trying out for this play was hard because I was so nervous, but now plays have a special place in my heart. After acting for over two years, my favorite things have been meeting people from other schools and learning songs. My favorite part of ' Oz ' was when I rusted up as the Tin Man, but I did hate having to put on the makeup," Dellinger said.
"I have always been passionate about plays because I love singing, dancing and acting. That passion first sparked in sixth grade when I played Ariel in 'The Little Mermaid,' and now it continues to burn as I play Dorothy. Plays are great because they give you the ability to meet people from all over and learn more about the craft. I hope to be able to direct shows like this one later in life," Peyton said.



Tyler Byers Outdoor Track (9)
AJ Cacciatore Varsity Baseball (10-12), JV Baseball (9-10) Seth Carswell
Lauren Champ Sideline Football Cheer (11-12), Sideline
Basketball Cheer (11-12), Student Helper (10-12)
Kira Chapman

Will Chewning Cross Country (10-12), Indoor Track (1112); Beta Club (12), Pre-Med Club (12)

Diontae Childress Varsity Football (11-12), Wrestling (11-
12), Indoor Track (12), JV Baseball (11-12)

## Hunter Childress

## Tahyaun Childress

Jessica Christensen Cross Country (10-12), JV Soccer (9-
10), Varsity Soccer (11-12); Beta Club (12), FCCLA (12),

Green Club (9-10), National Spanish Honor Society (10-12)

Matt Christopher Concert \& Symph. Band (9, 11-12), Jazz \& March. Band (9-12); Debate \& French (9), Ntl. Spanish Honor (10-12), SCA (9), Spanish (9-10), Stu. Helper (11) Mimi Clark Comp. Cheer ( 9,12 ), Side. Cheer (9-12), Swim (11-12); Beta (12), HSTNG (12), Ntl. Spanish (10-12), Rho Kappa (11-12), Stu. Helper (11-12), Two Hearts (9-10) Mayali Clary Indoor \& Outdoor Track (9-10) Cori Clayton JV Basketball (9-10), Varsity Basketball (11); FBLA (9), Key Club (10), Two Hearts (9-12), Ybk (10-12) Jason Clingenpeel Indoor \& Out. Track (11-12), JV Soccer (10); Concert Band (9-10), Jazz \& March. (9-12), Symph. Band (11-12); Beta Club (12), Ntl. Spanish Honor (10-11)

Olivia Coates Beta Club (12), French Club (11-12),
HSTNG (11-12), Key Club (11-12), National French Honor Society (12)

## Jasmine Colburn

Matthew Colozza JV Basketball (10), Lacrosse (11-12),
Outdoor Track (9); Beta Club (12), DECA (11-12), Key Club (12), National Spanish Honor Society (10)

Peyton Conner Choir (11-12), Drama (9-12)
Alexis Cook

## Cassie Counts

Savannah Daining Varsity Soccer (11-12)
Aria Davis French Club (11-12)
Ingrid Diaz Varsity Soccer (10-12), JV Soccer (9); FBLA (10), FCCLA (9), Green Club (9-10), Key Club (9-12), Day and Knight News (10), Pre-Med Club (10), Spanish Club (10-11,12), Student Helper $(10,12)$
Ola Dinakin Varsity Soccer (11-12), JV Soccer (9-10);
Marching Band (9); Beta Club (12), DECA (9)

Aleck Disalvo Concert Band (9-10); Beta Club (12), Key Club (12)
Andrew Ditmore Varsity Football (10-12), JV Football (9), JV Baseball (9), Outdoor Track (10), Lacrosse (11-12); Beta Club (12) FCA (9-12), Key Club (12)
Emma Dmochowski Cross Country (11), Varsity Soccer (11-12), JV Soccer (9-10); Beta (12) FCA (9-12), HSTNG (11-12), Knight and Day Cafe (10), National Spanish Honor Society (11-12), Student Helper (11), Two Hearts (9, 11-12) Cecily Doyle Varsity Volleyball (11-12), JV Volleyball (9-10); Beta (12) Drama (9), FCA (9-10), HSTNG (10), Latin Honor Society (11-12), Two Hearts Foundation (9-11) Jordan Duncan

## IN THE <br> It's totally fine to be a follower.

## "I THINK PEOPLE LAUGH AT MY

TWEETS because I don't care what people think and just have fun with it. I'm usually tweeting something funny or retweeting memes that make me laugh. My favorite ones lately have been about trying to get Roanoke County to close school whenever it snows. I also like to tweet my reactions to celebrity drama. My favorite type of this twitter moment was when Rhianna started a twitter war with Teyana Taylor, which ended with

Rhianna throwing her net worth in
Teyana Taylor's face. I also love the Kardashians. They have a lot of money and can buy and pay for whatever they want. That's the lifestyle I would like to
obtain. I like their cars, houses,
businesses and how they can sell anything just by marketing themselves and being quotable and 'meme-able.' My favorite drama they've had was when Khloe's baby daddy cheated on her. Or when Kim exposed Taylor Swift on Twitter about the whole Kanye thing."
as told by senior Cooper Brandetsas



Ashton Foster Lacrosse (9-12), Beta Club (12)
Ethan Fox Lacrosse (9-12)
Jack Frazier Golf (9-12), Lacrosse (9-12)
Brooke Fretwell Beta Club (12), FCA (9-10), HSTNG (11.
12), Key Club (9-12), National Spanish Honor Society (1012), Rho Kappa (12) Two Hearts Foundation (9-12), Yearbook (12)
Joshua Fretwell Cross Country (9-12), Indoor Track (9-12), JV Soccer (9), Outdoor Track (9-12); Concert Band (9), Jazz Band (9); Beta Club (12), National Spanish Honor Society (10-12), Social Studies Honor Society (12)

Ryan Fugate JV Basketball (9), JV Soccer (9-10); Key Club (12), Prevention Club (9), National Spanish Honor Society (10-12), Student Helper (11-12)
Drew Fulton Indoor Track (9-10), JV Football (9-10),
Outdoor Track (9-12), Varsity Football (11-12); Concert Band (9-10); FCA (9-12), Key Club (10), Student Helper (12) Stas Funk JV Soccer (9-12), Varsity Soccer (11)

## Trevor Furrow

Aysia Garrett Competition Cheer (12), Sideline Basketball Cheer (12), Sideline Football Cheer (12)

Brady Gates Golf (12), Lacrosse (9-10)
Owen Gates Golf (11-12)
Audric Gayo JV Soccer (9-10); FCCLA (11)
Anna Gentiluomo Beta Club (12), DECA (11), Key Club (9-12), National Spanish Honor Society (10-12), Two Hearts Foundation (9-11)
Adam Gladfelter Golf (12), JV Baseball (9-10), Varsity Baseball (10-12), JV Football (9), Varsity Football (9); Beta Club (12), Key Club (12), Rho Kappa (10-11)

Alyssa Godifrey Beta Club (12), Green Club (12), Key Club (10), Pre-Med Club (10), Spanish Club (10) Nathan Goerner JV Soccer (10), Varsity Soccer (11-12) Catherine K. Gottstein Color Guard (10), Concert Band (9), Marching Band (9), Symphonic Band (10); French Club (11), Yearbook (12)

Veronica Graves
Tamara Gregoire French Club (12)

Madison Greimel Help Save the Next Girl (12)
Madison Griffin Competition Cheer (9-12), JV Softball (9),
Sideling Basketball Cheer (9-12), Sideline Football Cheer (912), Swimming (10)

Geneva Grochowski French Club (9)
Delaney Groves JV Softball (9-10), Lacrosse (11-12); FBLA (9), Pre-Med Club (10-11), Student Helper (10), Two Hearts Foundation (9-11)
Audrey Hale Debate Team (9-12), Key Club (11-12),
National Latin Honor Society (9-12)

Thomas Haroules JV Football (9), Varsity Football (10-11), Outdoor Track (9, 11-12); Concert Band (9)
Ethan Harris Varsity Soccer (9-12); Beta Club (12), DECA (11), FCA (9), National Latin Honor Society (11-12), PreMed Club (11-12), SCA (12)
Katherine Harris JV Soccer (9-10), Varsity Soccer (11); Beta Club (12), FCA (9-12), FCCLA (9,11), Key Club (912), National Latin Honor Society (10-12), SCA (9-12) Thorn Allan Samuel Harrison Knight and Day Café (12) Hunter Hartman Beta Club (12), DECA (10-11), FCA (910, 12), Key Club (11-12), National Spanish Honor Society (10-12), Student Helper (12)

Heather Hatcher Cross Country (9-11), Ind. Track (9-11), Varsity Soccer (9-12), Outdoor Track (12); French Club (10), Green \& Key Club (9-10), Two Hearts (9-10), Ybk (10-11) Raiyne Hayden Debate Team (12), OUT Club (10-12) Allison Henion Tennis (9-12); Academic Team (9, 10, 12), Beta (12); National Latin Honor Society (10-12) Odalys Hernandez Swim (10); FCCLA (9), French Club (9-12), Green Club (10-12), HSTNG (11-12), Key Club (1012), Pre-Med \& Prevention Club (11-12), Spanish Club (1112), Student Helper (11-12), Two Hearts (11-12)

Oscar Hernandez JV Soccer (10)

Elizabeth Hertzberg Varsity Basketball \& Volleyball (1011), JV Basketball \& Volleyball (9), Indoor Track (11-12), Outdoor Track (9-12); National Art Honor Society (12), FCA (9-12), Key Club (12), National Latin Honor (10-12), SCA (11-12), Student Helper (12), Two Hearts Foundation (9-12) Darby Heston
Jackie Heston Day \& Knight News (11-12), Stu. Help. (11) Sydney Hilovsky Swim (9-12); Symphonic Band (9-12); Beta Club (12), HSTNG (10-12), Key Club (9-12), National Spanish Honor Society (10), Two Hearts Foundation (9-10) Grace Holderman Tennis (9-12); Concert Band (9-10); Beta (12), Debate Team (9-12), National Latin Honor (9-12)

Keaton Hopkins Symphonic Band (11-12), Concert Band (11-12)
Jay House JV Basketball (10), Tennis (10-11), Lacrosse (12); French Club (10)

Miranda Hughes Jazz, Symphonic \& Concert Band (9-12), Marching Band (10-12); FBLA (9), French Club (9-12), HSTNG (9-12), Student Helper (9-10)
Haley Hurd Champions Together (9-12), Help Save the Next Girl (12), Special Olympics (9-12)
Johnathan Taylor Hypes Tennis Team (10-11); French Club (10-11)

Timothy Iferika Indoor Track (9-12), Outdoor Track (9-12); National Spanish Honor Society (10)
Waleed Iftikhar JV Soccer (9-10); Beta Club (12), French Club (11-12), Key Club (11-12), Pre-Med Club (11-12) Vova Jacobsen JV Football (9), Varsity Football (10-11), JV Soccer (9), Varsity Soccer (10-12), Outdoor Track (9) Kenley Jennings Color Guard (9-12)
Mark Jirout Golf (10-12)


"OVER THE SUMMER, I WENT TO CALIFORNIA and visited Huntington Beach, Laguna Beach, Santa
Monica, Los Angeles and Palm Springs, which was my favorite because it was in the desert and we stayed in a resort while there. Even though that area is always super hot, I'm glad I was able to experience it. While there, I was able to go ATVing in the desert. Two other favorite areas of mine were Huntington Beach, where I loved walking the boardwalk and watching the surfers in the water, and Rodeo Drive, where there are a bunch of very nice malls and stores. My least favorite area was Los Angeles, where we landed after a very long flight. The city is very industrialized. California's landscape is crazy, due to how it can rapidly can change from flat to mountainous land. Taking in the vibes from the different cities allowed me to gain different perspectives on how people live. I wish I could live there because everyone has a really happy attitude and were living easy.

As told by senior Abby Altizer

## Michael Jirout

Xander Keriazakos Cross Country (11-12), Indoor Track (11-12), Outdoor Track (10-12); Choir (9-12)
Abhinav Khanal Key Club (12)
Brian King Varsity Basketball (9-10), JV Soccer (9), Varsity Soccer (10-12); Beta Club (12), Social Studies Honor Society (12), National Spanish Honor Society (10) Jacob Knight Varsity Baseball (9), Varsity Football (9-12)

Matthew Knight JV Football (9), Varsity Football (10-11) Michael Kyle Indoor Track (9-10), Outdoor Track (9-10); Beta Club (12), DECA (9-12), FBLA (9-12)
Jeremy Lachowicz Cross Country (9-10), JV Soccer (9), Varsity Soccer (10-12)
Claire Lawson Swim (9-12); Marching Band (9-12),
Symphonic Band (11-12); French Club (9-12), National French Honor Society (12), Latin Club (9-10)
Kyoko Leaman Academic Team (9-11), Beta Club (12), DECA $(9,11)$, Latin Club (9-11), National Latin Honor Society (10-12), Social Studies Honors Society (11-12)

Sara Lee Lacrosse (9-10); FCA (9-10), Key Club (9), PreMed Club (9-12)
Connor Lewis Varsity Baseball (10-12), JV Baseball (9-10); Beta Club (12), National Spanish Honor Society (11)

## Steven Liu

Kirkland Loughlin JV \& Varsity Football (10)
Taylor Loving Varsity Softball (9-12), HSTNG (12), Key
Club (12), Pre-Med Club (12), Two Hearts Foundation (11)

Billy Luqiu Academic Team (9-12), Debate Team (10-12) Ronny Maga
Samson Mahgerefteh Indoor Track (9), Outdoor Track (9) Quinton Mallory JV Football (9), Outdoor Track (9); FBLA (10)

Joshua Mannon Golf (11-12); FBLA (11), FCCLA (9-10)

Zach Martin Lacrosse (9-12), Student Helper (9-10) Shaun Matthews Day and Knight News (11), Yearbook (12)

Emma Kathleen Maxwell Marching Band (11-12), Jazz Band (9-12), Symphonic Band (9-12), Beta Club (12), French Club (10-12)
Dasia Mayo Cross Country (10-11), Varsity Basketball (11), JV Basketball (9-10), Indoor Track (9-12), Outdoor Track (912); Concert band (9-12); HSTNG (12), Key Club (12) Jayden MicCubbin Wrestling (9-12), Lacrosse (12)

Dayie MicGraw Color Guard (12), Archery Club (10,12), Art Club (10), Debate Team (12), Drama (9-12), HSTNG (12), Key Club (12), OUT Club (12), Two Hearts Foundation (12) Emoni DJ Micllwraith
Jenna MicKeown Indoor \& Outdoor Track (9-12), FBLA (11), Day \& Knight News (12), Student Helper (11) Lindsay Merritt HSTNG (10-12), Key Club (11-12), Dance Team (10-11)
Claire Micklem FCCLA (12)



## SAY GOODBYE She's going to change some lives.

"I'VE ALWAYS KNOWN I WANTED TO ATTEND MEDICAL SCHOOL and become a doctor. When I made the initial decision to graduate early, I thought skipping one year would help offset all those years of education later. I want to go into pediatrics and was inspired to do so because of childhood experiences. When I was nine years old, I was playing a game of soccer. One minute I was running, and the next minute I was not. Pain rushed up and down my leg. I was not able to walk. My family and I went from doctor to doctor, from state to state, looking for an answer that never came. For five years I was handicapped, confined to both crutches and a wheelchair. No one could tell me what was wrong; some said my pain was fake, some said it was caused by a severe injury. Many treatments, procedures and medicines were ineffective. I slipped into a depression. Finally, however, after five years spent traveling to several different states, a doctor in Pennsylvania found a solution to the problem. The treatment to my never-ending pain was a gruesome, intense physical and occupational therapy program for eight hours every day. Nevertheless, this somewhat traumatic and intensely painful therapy helped me to gain my ability to walk again. From this long, extensive journey, I learned there is no amount of pain that could keep me from achieving my goals. When all of those physicians told me that I was imagining my pain, I was hurt and shocked, but the experience inspired me never to give up on anything."

As told by senior Saira Ahmed



Savannah Marie Mihalo French Club (11), Green Club
(9), HSTNG (12), Day and Knight News(9)

Nicholas Mills Varsity Basketball (11-12), JV Basketball (9-
10); Student Helper (11)

Kelli Morris
Benny Mortellaro Varsity Soccer (11-12), JV Soccer (9-10) Hannah Muncy Varsity Softball (10-12), JV Softball (9); Beta (12), FCCLA (9-10), HSTNG (10-11), Key Club (11), National Spanish Honor Society (12), Student Helper (11)

## Matthew Murphy

Andrew Neighbors JV Baseball (9-10), Varsity Baseball (11-12)

## Nathan Nesbit

Morgan Newbold DECA (11-12), FCCLA (10)
Michael Nichols FBLA $(9,11)$

## Jonathan Numeiry

John T. Parker III JV Football (9-10), Varsity Football (1112); Student Helper (9-10)

Om Patel Tennis (9-12); Pre-Med Club (11-12), Spanish Club (9-12)
Toni Perkins Varsity Soccer (9-12), Indoor Track (9-10); Beta Club (12), Green Club (9-10), Key Club (9-12),
Prevention Club (9-10), Two Hearts Foundation (9), Yearbook (12)
Nicolas Plybon JV Soccer (9-10), Varsity Soccer (11-12);
Beta Club (12), National Spanish Honor Society (11),
Prevention Club (9), Social Studies Honor Society (11)
Cameron Poindexter JV Football (10), Varsity Football (1011)

Avery Poulsen JV Softball (9-10) JV Volleyball (9-10),
Varsity Volleyball (11-12); Pre-Med Club (9-10), Two Hearts Foundation (9-11)
Spencer Pratt JV Basketball (9), Lacrosse (10-12)
Lauren Price Cross Country (9)
Caleb Pritchard Varsity Baseball (9-10)

Dawoud Qasem Art Club (11)
Kayla Quinlan Competition Cheer (10-12), Sideline
Basketball Cheer (10-12), Sideline Football Cheer (10-12); Key Club (12), Student Helper (12)
Alix Rainsbury Lacrosse (9-11); Beta Club (12), Day and Knight News (9-11), Debate Team (9-10), Key Club (9-11), Pre-Med Club (10-12), Student Helper (12)
Thomas Rainsbury Academic Team (9-10)
Michael Wayne Randolph National Spanish Honor (11-12)

Lily Ray Help Save the Next Girl (11-12), National Spanish Honor Society (11), Pre-Med Club (11,12), Student Helper (11), Yearbook (10)

Alexander Reed Special Olympics (9-12)
Andrew Richardson JV Football (9,10), Varsity Football (10, 12), Lacrosse (11,12), Outdoor Track (9); FBLA (11, 12), FCA (12), FCCLA (11), Key Club (12)
Nava Rickey Concert Band (9-12); FCCLA (9), French Club (10)
Jaquan Rivers

Hunter Rogers JV Foot. (9,10), Var. Foot (10), Track (9) Jeremiah Rosarion JV Basketball $(9,10)$, Varsity Basketball (11,12), Indoor Track (9), Outdoor Track (9-12); FCCLA (912), Student Helper (11,12), Ultimate Frisbee Club (9) Abigail Rutigliano Ind.Track (10), JV Soccer (9), Var. Soccer (10-12); Stu. Help. (10-12), Two Hearts (9) Tayler Schindler JV Soc.(9), Var. Soc. (10-12), Indoor Track (9); Beta (12), FBLA (9), FCA (9,12), Green Club (9), Key Club (9-12), Pre-Med Club (10-12), National Spanish Honor (11,12), SCA (12), Two Hearts $(9,10,12)$
Travis Schuck Ind. \& Out. Track (9,10); Academic (11,12), Beta (12), DECA (9-12) National Spanish Honor (10-12), Pre-Med (11), Spanish Club (10-12), Rho Kappa (11,12)
Ameen Serdah DECA (12), FCCLA (10)
Joseph Sesler
Marc Sharrer Varsity Soccer (9-12); Beta Club (12), Key Club (12), National Spanish Honor Society (10-12)
Tyler Shaywitz Concert Band (9), Jazz Band (9-12);
National Spanish Honor Society (10-12)
Kiley Sheldon

Kasey Skaff JV Soccer (9), Swim (9); DECA (9-12), Key Club (9-12)
Blake Smith Varsity Softball (9-10), JV Volleyball (9), Varsity Volleyball (10); Beta Club (12), Green Club (11-12),
National Spanish Honor Society (10-12), Student Helper (11-
12), Two Hearts Foundation (9-12)

Dylan Smith Beta Club (12), National Spanish Honor Society (10-12)
Erin Smith DECA (11-10), Yearbook (10-12)
Hampton Smith Concert Band (9-10), Marching Band (9-
12), Symphonic Band (11-12)

Hannah Smith Varsity Volleyball (9-12); DECA (11-12), FCA (9), HSTNG (10-12), Key Club (9-12), Two Hearts Foundation (9-12), Yearbook (9-12)
Jackson Smith Indoor Track (9-12), Outdoor Track (9-12) Seima Sosic JV Soccer (9-10), Varsity Soccer (11-12); Beta Club (12), FBLA (9), Green Club (9-12), HSTNG (10-12), Key Club (9-10), Pre-Med Club (11-12), Spanish Club (912), National Spanish Honor Society (10-12), Two Hearts Foundation (9-12)
Canzaeda Southerland Beta Club (12), FCCLA (9), French Club (9-11), HSTNG (9), Two Hearts (10)

## Brandon Spradlin

Jessica Sprinkel Day and Knight News (12); French (9-12) Taylor Squires JV Volleyball (9-10), Green (12), Key Club (10), Day and Knight News (11-12), Two Hearts (9-10) Sara Stewart Competition Cheer (9-10), Sideline Basketball Cheer (9-10), Sideline Football Cheer (9-10), Indoor Track (9-10, 12), Outdoor Track (9-12), Art Club (12), Two Hearts (9-10)
Miorgan Stokes Drama Club (9); HSTNG (12), Key Club (9-12), Student Helper (10), Two Hearts Foundation (9-12), Yearbook (10-11)
Hailey Surrell Champions Together, Special Olympics (9. 12)

## Ryan Svec

## Ethan Sweeney

Alex Tayloe Concert Band (9), Jazz Band (9-12),
Symphonic Band (9)
Kaitlyn Taylor
Matthew Taylor JV Soccer (9), Varsity Soccer (10-12); Beta Club (12), Key Club (12)



## Stop hurting yourself, would ya?

"I WAS GOING FOR A HEADER DURING THE FIRST FIVE MIINUTES OF the district semi-final against Patrick Henry (PH). Number nine on the PH side decided to kick the ball. I remember getting hit hard in the head. I bent over and held the spot but had no idea I had a huge cut in my head until I brought my hand down and saw it was covered in blood. My first thought was just a sarcastic, "great." Someone gave me a penny, which I used to apply pressure. One of the PH coaches ran over and walked me outside the stadium, where he put two band-aids on the cut and finished with some gauze. My dad rushed me to the hospital, where I had to get stitches. The worst part was when they numbed the area. The doctor stuck the needle with the numbing stuff into the cut multiple times. Then, I closed my eyes got 21 stitches put into my forehead. On Halloween day, my family finally decided to carve our pumpkins. My dad made a joke to not cut myself, sarcastically. Oh, the irony. My left hand was holding the pumpkin while my right hand operated the knife. I stupidly cut toward my left hand. The pumpkin resisted, so I pushed harder. The knife sliced through eight inches of pumpkin right into the crevice of my hand between my thumb and index finger. My dad and I took a drive to the hospital for the second time in six months. Again, the numbing was the worst part. In total, I got three stitches. It hurt to move my hand at all for the first few days, which makes you realize just how much you use it. Luckily, I still have full use of my thumb because I cut no nerves or muscles, just skin. Now I have stories to tell wherever I go.

As told by senior Mathew Taylor

McKinzy Toliver Day and Knight News (12), French Club (9-12)
Jessica Trible Beta Club (12), FCCLA (9-11), Key Club (12), Pre-Med Club (11)

Olivia Tull Swim (9), JV Soccer (9-10); DECA (11-12), FCA (9-12), FCCLA (9), Help Save the Next Girl (11-12), Key Club (11-12), Pre-Med Club (11-12), Two Hearts
Foundation (9,11-12), Yearbook (12)
Hannah Underwood JV Softball (9-10)

## Bernard Vrljic

Aiedan Walker Drama (10-11), FCCLA (10) OUT Club (10-12)
Brandon West Swim (9-12)
Elizer Westerband JV Soccer (9-10)

Grace Wetzel Indoor Track (9-12), Outdoor Track (9-12), Golf (11), Day and Knight News (12), Two Hearts Foundation (9-12)
Annalise Wheeler JV Volleyball (9-10), French Club (11), Pre-Med Club (11), Two Hearts Foundation (9-12)

## Christopher Whelan

Mason White Wrestling (9)

## Tyler White

Tori White Cross Country (10-12), Varsity Basketball (11), JV Basketball (9-10), Indoor Track (11-12), Outdoor Track (9-12), Prevention Club (9-11), Social Studies Honor Society (11-12), National Spanish Honor Society (10-12), Student Helper (11-12)
Gavin Wilkerson Marching Band (9-12), Concert Band (912), French Club (9-12), Key Club (10-12), Spanish Club (9-10,12), National Spanish Honor Society (10-12)
Clay Williams Symphonic Band (9-12), Beta Club (12), Green Club (9-10)

Grant Wilson Varsity Football (12), Varsity Baseball (9-12), DECA (12)
Lauren Wilson French Club (9), Student Helper (10)
Elexia Wynn Swimming (10-12), Outdoor Track (10),
National Spanish Honor Society (10)


"MOST PEOPLE THINK I'M EITHER SASSY OR INTIMIDATING, WHICH
MAKES ME SAD because because I try not to be either one of those things.
I'm super over the top, clearly. I'm known mostly for my acting and performing and my big mouth. The mouth gets me in trouble all the time, because I usually just say what comes to my mind without really thinking about it. I like theater, surprise, because it gives me a place to escape everything for a little bit. It also allows me to help other people escape find an escape, too, because times aren't that great right now. I feel good knowing I can help them with something that I love."

As told by senior Hunter Murphy

Andela Acic: "Smooth seas never made a skilled sailor."
Lexie Agee: "Being gay isn't a choice. It's a game and I'm winning." - Captain Holt, Brooklyn 99

## Saira Ahmed, "If all you have is God, then you have all you need."

Cooper Altright: "Bing-Batta-Beet. Bing-Batta-Boot. My high school years were rooty-toot-toot!"
Makenzie Anders: "I have a definite opinion un this: I don't care." - Hyde, That 70s Show
Makaela Anders: "Happiness is the best makeup." Drew Barrymore
Kylie Angel: "Just another Verizon Wireless survivor."
Laurel Ayers: "Occasionally Illl hit somebody with my car. So sue me," - Michael Scott, The Office
Katie Ball: "Im glad they didn't reconstruct this place. It took me a long time to vandalize all the things I did."
Allison Bassant: "People say nothing is impossible, but I da nothing every day." Winnie the Pooh

Lilly Bay: "Are my shoulders distracting you?"
Vivienne Barnhart: I think we've outgrown full-ime education, time to test out talents in the real word, d'you reckon?" - Fred Weasley, Harry Potter
Rebecca Bauer: "It's the one thing you can't replace." - John Mulaney

Natalie Bingham: "My mission in life is not merely to survive, but to thrive." - Maya Angelou
Rachel Boch: "Stay true fo yourself. Never follow someone else's path unless you're in the woods and you're lost and you see a path. By all means, you should follow that." - Ellen DeGeneres

Julia Booker: "That moment when you thought high school was easy-peasy lemon-squeezy, but it's actually difficult difficult lemun difficult."

Ashlynn Bonne: "No aducation without sleep deprivation"

Baylar Boone: "Wisdom in your teens would ba a lot less fun." - Luke Bryan
Belle Bowman: "Just keep swimming." - Dory, Finding Nema
Cooper Brandetsas: "If Britney made it through 2007, then you can make it through high school."
Michael Breiner: "Goodbye everyone, lll remember you all in therapy." Plankton, SpongeBob Squarepants
Danielle Brinkley. "Oh, I wish I could, but I don't want to." - Phoebe Buflay, Friends
Aidan Brown: "If idiots could fly, I would be a submarine."

Ben Bryant: "White boys, make some noise," - Carl Monroe, RV
Vahniese Burrell: "I solerminly swear that I am up to no good." Harry Potter. Harry Potter

Matdi Bushrian: "Mom, can you call me out?"
A Cacciatore: "Was released from a four-year sentence,"
Seth Carswell: "I am 100\% certain that I am 0\% sure of what I am going to do." - Chris Traeger, Parks and Recreation

Lauren Champ: "Deny til you die." David Champ
Will Chewning: "The best time to plant a tree was 20 years ago. The second-best time is now." - Chinese Proverh

Diontae Childress: "No soda."
Jessica Christensen: "At the end of the day you're another day older." - Les Miserables
Matt Christopher: "My I.D. is one of the highest, and you all know itt Please don't feel so stupid or insecure; it's not your fault." - Donald Trump

Mayali Clary: "Life is not important except for the impact it has on others." -Ren Clary
Cori Clayton: "I hope to walk across the stage instead of crutch."

Minni Clark" "Laurel also hit me with her car."

Jason Clingenpeel: "I believe in Christianity as I believe that the Sun has risen not only because I see it but because by it I see everything else." C.S. Lewis

Oivia Coates: "I have no idea what I'm doing, but I know I'm doing it really, really well." - Andy Dwyer, Parks and Recreation
Jasmine Colbum: "Il always seems impossible until it's done." - Nelson Mandela

Matthew Colozza: "I feel like I'm toa busy writing history to read it." - Kanye West
Atexis Cook: "Deep into that darkness peering, long I stood there wondering, fearing, doubting, dreaming dreams no morials ever dared to dream before." Edgar Allan Poe

Poyton Conaer. "Peyton, your senior quote needs to be inspiring and meaningiut, not ahout avocados." - Tonya Conner

Savannah Oaining: "Lie gets hard. Get over it.
Aria Davis "Oh my god whiat the heck. Im mungry." - Vine
Togrid Diaz: "Wo. Im not Mexican'"
Androw Gitmore: "I with there was a way to know you're in the good oid days before you've actually lett them." - Andy Bernard, Tha Office
DESIGN: staff COPY: compiled byi booker

Ola Dinakin: "I'm young, I'm handsome, I'm fast, I'm pretty, and can't possibly be beat." - Muhammad Aif
Aleck DiSalvo: "Wikipedia is the best thing ever. Anyone in the world can write anything they want about any subject, so you know you are getting the best possible information." - Michael Scott, The Office

Emma Dmochowski: "We've got nothing to lose and a world to see." - Unknown
Cecily Dayle: "It's the oldest story in the warld. One day you're seventeen and planning for someday. And then quietly, and without you ever really noticing, someday is today. And then someday is yesterday, and this is your life." - Nathan Scott, One Tree Hil

Cole Eller: "Seventeen. You don't think that much about life; you just live it." - Luke Combs
Crawford Enyart "The ceiling is the roof." - Michael Jordan
Casey Fentress: "You're off to great places. Today is your day. Your mountain is waiting, so get on your way." - Dr. Seuss

Liberty Fetzer. "I am often seized by the fatal American need to have a pretty good time." Unknown

Emma Fields: "Illl cry at the end of the day. Not with fresh makeup." - Kim Kardashian
Leah Fleshman: "An apple a day keeps the doctor away. But if the doctors cute, forget the fruit." - Unknown
Grant Floyd: "Future Most Interesting Man in the World."
Ethan Fox: "Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime." - Unknown Jack Fraizer: "If idiots could fly this place would be an airport." - Logan Paul

Brooke Fretwell: "I can't. I have dance."
Joshua Fretwell: "I felt like high school for me was like a big whirlpool of me trying to figure out what was okay for me to do." - Donald Glover
Ryan Fugate: "Everyone, I have a confession to make: I like pineapple on my pizza."
Drew Fulton: "True compassion means not only feeling another's pain, but also being moved to help relieve it." - Daniel Golemen
Aysia Garrett: "Yes, we're still together."
Brady Gates: "Spare a square 2."
Audric Gayo: "I wanna be a yoyo man, 'he cried. 'Make ma a yoyo man!' But the yoyo master did not answer. He just kept on yo-ing." - Yoyo Master

Anna Gentiuome: "I just drink coffee and pretend like I know what I'm doing."
Alyssa Godfrey: "Well, I amn not usually one for speeches. So, goodbye." - Ron Swanson, Parks and Recreation
Nathan Goemer: "Full send for the boys, eh?"
Catherine K. Gottstein: "Remember that true beauty comes from within bottles, compacts, and lipstick tubes." - Jeffree Star
Madison Griffin: "Mom, call me out. I wanna leave."
Madison Greimel: "Camera take the day off, I added 10 pounds to myself." - Gene Belcher, Bob's Burgers
Tamara Gregoire "1. Have faith in unicorns. 2. It's okay to be crazy just don't maim anyone."
Geneva Grochowski: "I would like to thank you Quiziet, Redbull, and Microsoft copy and paste for making this possible."

Delaney Groves: "Should I put something about Bojangles?"
Audrey Hale: "Yikes." Ancient proverb
Ethan Harris: "I knew exactly what to do. But in a much more real sense, I had no idea what to do." - Michael Scott. The Office
Katherine Harris: "What, ho!" - Romeo and Juliet, Act 1 Scene 1, Line 85
Hunter Hartman: "Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness." - George Sand

Thomas Haroules: "I wish I could say something classy and inspirational, but that just wouldn't be our style. Pain heals. Chicks dig scars. Glory lasts forever." - Shane Falco, The Replacements

Heather Hatcher: "Use sarcasm: It's like punching people in the face with words." - Unknown
Raiyne Hayden: "Me after graduating high school: I understand nothing." - Michael Scott, The Office
Andrew J. Hayes: "Hope for the best, prepare for the worst" - Unknown
Allison Henion "For all sad words of tongue or pen, the saddest are these: 'It might not have been." - John Greenleal Whittier
Odalys Hemandez: "I was born, and still am, the better Hernandez."

Osear Hernandez: "She was dropped as a haby."
Jackie Heston: "Dreams dan't always have to exist while the sun is down and your eyes are shut." - Alex Gaskarth
Miranda Hughes: "RLRR LRLL"
Sydney Hilovsky: "If temorrow isn't the due date, today isn't the do date." - Unknown
Grace Holderman: "I wish I were a little mouse with a sardine can for a bed." - Caroline Rose
Keaton Hopkins: "In nothing do men more neariy approach God as in doing good to men." Cicero

Jonathan Taylor Hypes: "It be like it is cause it do." - Unknown

Haley Hurd: "For I know the plans I have for you,' declares the Lord. Plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

Timothy Iferika: "What, what, what?" - Playboi Carti
Waleed Ittikhar: "Always make good choices, no matter what the matter is."
Vova Jacobsen: "What I will remember most about high school are the memories I created with my friends." - JJ Watt
Kenley Jennings: "We can do anything if we do it with our heart." - Unknown
Mark Jiruot: "Meet me at Madden."
Xander Keriazakos: "So this is where we write our quotes, right? Okay, awesome, I just need some time to think. Hmm, I don't know what to write? Wait, are you recording this?"

Abhinav Khanal: "I don't know. I have to think of my college choices and then find a quote for a high school yearbook."
Brian King: "Cave Spring High Schoot: Where the number of ceiling tiles in a room deternines how strong the smell of mold will be."
Jacob Knight: "Real G's move in silence, llike lasagna." - Lil Wayne
Matthew Knight: "Life is going to suck, so find the good while you can."
Michael Kyle: "Some people graduate, but be still stupid." - Kanye West
Claire Lawson: "Beware, for I am fearless and therefore powerful." - Mary Shelley
Dayle McGraw: "I'm a psychic, and I predict that I will never use anything I leamed here ever again."
Emoni D.J Mcilwraith: "We made it Thank you, teachers, for never giving up on me. I can't believe how quickly time passes,"
Jenna McKeown: "Still haven't learned anything useful."
Joseph McPeake: "I can drift literally anything with wheels on it."
Trey Meehan: "My name is Trey, and I have a basketball game tomorrow."
Lindsay Mernitt: "For every other situation, it's about the journey. Now, it's about the destination." - Unknown
Claire Micklem: "Not all who wander are lost." - Unknown
Savannah Marie Mihalo: "Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the 'present."' - Master Cogway, Kung Fu Panda

Nick Mills: "Full send."
Kelli: Morris: "And yet it moves." - Galilieo Gafilei
Benny Mortellara: "Just woke up from a little nap, little late. But you guys silly, I'm still ganna send it." - Larry Enticer
Hannah Muncy: "They don't know that we know they know we know." - Phoebe Butfay, Friends
Hunter Murphy: "Miss Vanjie, Miss Vaaanjiee, Miissss VAAANJIEEE!" - Vanessa Vanjie Mateo
Andrew Heighbors: "Red Bull got me through high schoal."
Nathan Nesbit: "Common sense is like deodorant, those whu need it the most never use it." - Unknown
Morgan Newhold: "When are you getting your braces off?"
Michael Nichols: "I am hecome death, destroyer of worlds." - J. Robert Oppenheimer
Jonathan Numeiry: "I'm finally done serving my 13 -year sentence."
John T. Parker III: "Never say never because limits, like fears, are often just an illusion." - Michael Jordan
Tucker Patout: "Opportunities multiply as they are seized." - Sun Tzu
Austin Patterson: "Cheaters never win, but I just gradualed."
Toni Perkins: "Looking good, feeling Thergeous!" - Thorgy Thor
Nic Plybon: "They laughed at Louis Armstrong when he said he was gonna go to the moon. Now he's up there laughing at them." - Will Ferrell, Blades of Glory

Cameron Poindexter: "Being $1 / 5$ of the black kids here, my time was aight."
Avery Poulsen: "Goodbye, seniors. Goodbye, class. Goodbye, high school." - Zach, Suite Life an Deck
Spencer Pratt: "You can never be let down if you never get your hapes up." - Unknown
Caleh Pritchard: "Get money." - Biggie Smalls
Lauren Price:"It's been magical, but I'm done."
Kayla Quinian: "Thanks, Mrs. Beggarly."

Alix Rainsbury: "Do you have to be in a good mood?" - Branch, Trolls
Michael Wayne Randalph: "People really be EXISTING in REALITY." - Michael Wayne Randolf
Lily Ray: "Big 00F."
Andrew Richardson: "Just 'cause you put syrup on somethin' dan't make it pancakes." - Shawn Spencer, Psych
Hunter Rogers: "Certain people in life are just going to take what is given to them, and certain people in life know they won't better and they're going to go find better," - Danny Brown

Holly Roberts "贝uotation is a serviceable substitute for wit." - Somerset Maugham
Jeremiah Rosarion: "I clean up real nice, I don't got a maid." - Gumna
Sydney Rubin "Im the one Laurel hit with her car."
Tayler Schindler. "Yes, I've seen the movie. No, I'm not related."
Travis Schuck: "You know, I've realized I'm prohably just perfect and it's everyhody around me that's got issues." - Scott Disick

## Canzaeda Southerland: "The best and worst three years of my life."

Ameen Serdah: "Always remember Super Bowl LI: 28-3."
Marc Sharrer: "I am not a fan of books. I would never want a book's autograph." - Kanye West
Tyler Shaywitz: "Goodbye everyone, I'll remember you all in therapy." - Sheldon J. Plankton, Spongebob
Kiley Sheldan: "You guys, I'm like really smart now. You don't even know." - Kelly Kapoor, The Office
Kasey Skaff: "Monica: Do you have a plan? Phoebe: I don't even have a pla." - Manica, Friends
Blake Smith: "And it's our time now if you want it to be. Maul the world like a carrival bear set free. " - Fall Out Boy
Erin Smith: "The number of days Mr3. Shawn has destroyed my confidence outweighs the number of days I've been in this school."
Hampton Smith: "People don't think the universe be like it is, but it do." - Unknown
Hannah Smith: "It idiots could fly, this school would be an aipport."
Riley Snowden: "Buddy the Elf. What's your favorite color?" - Buddy the Elf, Elf
Selma Sosic: "Pamet U glavu."
Brandon Spradilin"The beginning of purpose is found in creating something that only you understand." - Tyler Joseph
Jessica Sprinkel "High school was like an oatmeal raisin cookie- full of disappointment."
Sara Stewart: "Wish me luck."
Morgan Stokes: "If there's a will there's a way, if there's a Quizet there's an A."
Ryan Svec "Ask for forgiveness not permission."
Alex Tayloe: "Pursue what you enjoy!"
Kaitlyn Taylor "I procrastinated finding a quote like I procrastinated everything else in high school."
Matthew Taylor: "I hate when I'm on a flight and I wake up with a water bottle next to me. Like, oh great, now I gotta be respensible for this water bottle." - Kayne West

McKinzy Tolver: "The person who you're with most in life is yourself and if you don't like yourself you're always with samebody you don't like." Mark Lewis

Jessie Trible: "You're the girl that gets the green tea every day." Starbucks Empliyee
Olivia Tull: "I knew exactly whal to do. But in a much more real sense, I had no idea what to do." - Michael G. Scott. The Oiffice
Hannah Underweod: "Actually graduated. 'What a long strange trip it's been."' - Grateful Dead
Bernard Vrfjic: "Im sarcastic too much."
Aiedan Walker. "Become your own aesthetic."
Thomas Walters "Is that a rock? The pioneers used to ride these babies for miles." - SpongeBob, SpongeBob Squarepants
Brandon West: "Hey, you got your QUC code?" - Carol Lyn Eichleman Webster
Elizer Westerband: "LeBron is the G.O.A.T."
Grace Wetzel: "Get off your ath, let's do some math." - Dewey Finn, School of Rock
Annalise Wheeler: "You needi to believe in yourself and what you do. Be tenacious and genuine." - Christian Louboutin
Mason White: "Every day is a geod day because somewhere, someone out there is having a way worse day than you. Cheer upl"
Tori White: "It's 'Cross Country,' not 'Track."
Gavin Wilkerson: "Krogers of the World, Unite."
Clay Wiliams: "I spent more time figuring out my senior quate than studying for my Physics test.
Preston Wiest: "You have enemies. Good, that means you've stood up for something some time in your life."
Lauren Wilson: "I spent 113,880 hours of my life for a paper and a handshake."
Elexia Wyin: "Can 1 be excused for the rest of my life."



## TRASH OR treasure



Ethan Coates
Christine Cobb
Jennifer Colebrook
Charles Collier
Thanaira Colon
Briggs Cooper

Jack Cowher Ethan Craddock Makenzie Crawford Ashley Creekmore Tobias Crooke Bella Crouse

## Cake 8\%

## Cinnamon Buns 10\%

Cookies 17\%

Brownies 26\%

Ice Cream 39\%



Elizabeth Draper Lucas Duncan Katie Durica
Reagan Edmunds
Tiffany Edwards
Eric Eisenzimmer

Matthew English
Andrew Ferguson
Lauren Frampton
Grace Furrow
Owen Ghaphery
Giovanna Gilbert

Caroline Glenn
Sam Gobellan
Patrick Goodman
Elijah Hadfield
Dylan Hammes
Shad Hannabass

Mills Harris
Austin Hayden
Paige Hennen
Nick Henritze
Will Henritze
Matthew Heslep

Jaclyn Howard Logan Howard Julia Hrysenko
Parker Huffman
Nevaeh Hughes
Zoey Hughes

Grace Hurst Colten lademarco
Bilal Iftikhar
Leonardo Inga
Hannah Ireland
Connor Jarczynski




# Wetraverine 

"Riverdale" 21\%
"Stranger Things" 36\%


Logan Scott
Nathan Sharp
Charlotte Shelor
John Shelor
Kevin Sheng
William Shockley

Kobey Simon
Haili Sink
Lance Sipes
Sam Slate
Brianna Slawson
Cody Smith


## "That's So Raven" 4\%

"Hannah Montana" 14\%
"iCarly" 22\%

## "Suite Life of Zach \& Cody" 29\%

## "Drake \& Josh" 31\%




Sarah Ballou
Tanner Barker
Lucas Beardsley
Josie Beheler
Destina Bermo

Hailey Angell
Jeremiah Ashby
John Asimakopoulos
Meg Askew
Jon Baier
Jacob Ball



## words tive by



Isabelle Divers
Eric Dmochowski
Noah Donahue
Victoria Downie
Aidan Doyle
Cruz Duran

Ayush Dutt
Jabin Duviella
Josh Earls
Jumana El-Shenawy
Charles Emanuelson
Georgia Enyart

## Dodge 8\%

Chevy 11\%

## favorite make OF CAR

Subaru 13\%

Ford 14\%

Jeep 54\%




## was ARMESTED





## Peanut Butter Patties 15\%

# the best GIRL SCOUT COOKIE 

Caramel Delights 27\%

Thin Mints 45\%


Daniel Wheeler Samuel Wheeler Christian Wheeling Dante Whitley Milan Whitley Gage Whitt

Ethan Wiid Holden Wilkerson Dylan Williams Faith Williams Grace Williams Joshua Williamson


Ashlee Yeatts Hannah Young Kaitlyn Young Lizbeth Zaragoza FRESHMEN
Tristan Akins Muhammad Akozai

Hannah Allder Ashton Alli Carmen Anderson Griffin Anderson Jeshwanth Anthony Ethan Arrington

Jason Arthur Brandon Austin Alexandra Avery Allison Ayers Rachel Baffoe-Bonnie

Keon Bakhit

Bailey Barker Thomas Barrow Emily Bassant Laurel Bay Bryce Bennett Garrett Billings



## TOP'THREE



Jacob Blackwell
Walker Bolin
John Booker
Colt Boone
Nick Borchevsky
Blake Bowles


Devin Bowman Jason Bradshaw Hadley Brandetsas Isabelle Brooks Andrew Brunelle Bryce Brunelli

Sleeping 10\%

## how lspend STUDY HALL

Playing on my phone 16\%

Watching TV 23\%

Doing Homework 48\%

447 students polled



-I want to get straight As. score at least 1000 points in basketball, and get zero detentions." Jack Faulker, 9

"Before I leave Cave, I
want to get up my grades
and find a job so I have
money to buy things at
college. But, I also want to
have fun while I still can."
Colin Doyle, 9

"Before senior year, I want
to make good grades.
have a lot of friends and be drum major for marching band." Jason Bradshaw, 9

"Thope to get a pretty decent job that will help me toward the major I want. I want to help people, be a straight A student and get a good scholarship."
Lauren Matthews, 9

-Before graduating. I want to get both my license for driving and for cosmetology. Oh, and I don't want to fail." Sera Hartman, 9

## I leative




Edward Holderman Molly Holthouser Reese Hood Jenna Hopstetter Jack Horton Austin Huffman

Jason Hunter Jaden lademarco Caleb Iferika
Zack Jefcoat Teanna Johnson Jada Jones

Jordan Kalafut Tanner Kennedy Christian Keriazakos
Elliott Kesler
Jakob Kielty
Alexander Kinzie

Gage Koelsch
Sofia Kouser
Mary Laferty
Maria Lanter
Cheyenne Lawless
Sabian Lawrence

Cameron Lewis
Marijo Ljevar
Bradley Looney
Judah Love
Ryan Lucas
Christian Lumsden

Matthew Mahoney Alexa Maronic
Andrew Martin Lauren Matthews Miykael Mays
Benjamin McBride

Ciarra McCubbin
Eli McGraw
Kirsten McKinney
Corbin McLaughlin
Jade McNutt
Faith McPeake


## Granola Bars 7\%

Fruit 13\%

| Trail Mix $14 \%$ | the best snacks |
| :---: | :---: |
| FOR THE ROAD |  |

Trail Mix 14\%

Candy 29\%

Chips 37\%

455 students polled


Alexander Scott
Kendall Scott Matthew Seymour Kelsey Shaywitz
Ariel Siegfried
Marisa Sigrist

Jackson Simmons
Grace Simon
Nicholas Skeens
Adam Smith
Christian Smith
Kayla Smith


"My best memory was going to the Sadie Hawkins dance, because it was my first dance and it was something that I never experienced. I had a lot of fun, laughed all night and got a date."
Ameen Serdah, 12

"In tenth grade in my old school, I left school an hour early to go to a Blink-182 concert. Within ten minutes I get a call from my brother saying that somebody caught the bathroom on fire and they evacuated the school." Jacquelyn Heston, 12


My favorite high school memory was the day before winter break my freshman year. It was my birthday and we had a food day in class, and everyone was just really happy and there was no stressing about school work. Rachel Boch, 12


My favorite memory is my prom night my junior year. It was really fun. 1 got to hang out with my friends and my girfliiend, all while enjoying a very memorable night" Ryan Svec, 12

"Burton Mania' is my favorte memory. All the classes at Burton set up booths, and we were able to go around and play games. a lot of which were competitive. It was just a ton of fun."
Dayle McGraw, 12
"Definitely my junior prom. It was a fun night overall. I actually remember a picture where all of us jumped up instead of my friend, Matthew Colozza. In the picture it looks like he is holding all of us up." Andrew Ditmore, 12

My favorite memory was when I went to nationals in FPLA for Burton. We won 1st in regionals and 3 rd in states. so we were able to go to nationals. It stands out to me because it is something I was able to do with my friends." Michael Nichols, 12

"My favorite high school memory was definitely beating the juniors at powderpuff. It was an epic win, and a lot of people were talking smack, It was really good to win it instead of it being rigged.
Vivienne Barnhart, 12

Connie Alonso-Mosher Bookkeeper
Chris Askew BA, Emory \& Henry College; Health, PE; Football
Christina Bamber MA, Virginia Tech; BA, Old Dominion University; School Counselor
Kylee Beecher BS, Liberty University; Instructional Assistant; Volleyball
Amy Bolen BA, Liberty University; MA, Virginia Tech; Spanish III-V; National Spanish Honor Society, People's Club
Pat Bredenkamp Attendance Secretary

Betty Bridges BS, Salisbury University; Geometry, Algebra I Brandy Browning BA, Radford University; Special Education
Kaitlin Brubaker BS \& MS, Radford University; English 10 Pre-AP, English 11 CB; Help Save the Next Girl, Sophomore Class
Dana Bryan BS \& M.Ed., Virginia Tech; Pre-AP \& Double Block Geometry
Kelsey Burton BS, Liberty; US/VA History, AP US History; Swim; Senior Class
Chad Campbell BS, Brevard College; MS. Virginia Tech; Earth Science, Pre-AP Earth Science

Sara Cann BS \& MAEd Virginia Tech; Pre-AP Biology; Pre-AP Chemistry
Lisa Conroy Instructional Assistant
Ann Cranwell BS, Radford University; World Geography
Michael Cubberley BS \& MS, Miami University; Woods I/II, Photography I/II Lori Culver Instructional Assistant
Haley Deeds BS, Roanoke College; M.Ed, American College of Education; Assistant Principal

Amanda Downing BS, Virginia Tech; Ed.S, Radford University; School Psychologist Kimberly Emery BS, Roanoke College; M.Ed, Radford University; Geometry Nancy Friesen BA, Wheaton College; Spanish I- III; Spanish Club
Jacob Gruse BS, Concord University; Personal Finance; Boys' Basketball; FCA Kristen Gruse BA, UNC Chapel Hill; MAT, Kaplan University; Testing Coordinator; FCA Terena Hale BA, Longwood College; M.S.Ed, Virginia Tech; Culinary Arts, Nutrition and Wellness, Teachers for Tomorrow; FCCLA, Knight-n-Day Café

Brian Hall BS, Virginia Tech; MS, Radford University; Dean of Students Eli Harrison BA, Roanoke College; Spanish I \& II; Diversity Club, OUT Jon Hartness BA \& BS, Virginia Tech; Athletic Director
Tim Hayes BA, Roanoke College; MSW, Radford; SAP Coordinator; Balance Club Wes Holdren BA \& M.Ed, Virginia Tech; English 9 \&10; Diversity Club
Anna Hollins Guidance Secretary

Becky Hollins Instructional Assistant
Mark Hough BS, Radford University; Earth Science
Ethan Humphries BS, Roanoke College; M.Ed, Liberty University; School Counselor; Boys' Basketball
Michelle Hunter RN, Fanshawe College; School Nurse
Andy Huray BS, Alfred University; M.Ed, Virginia Tech; ITRT; Golf
Ashley Huray BA, Gettysburg College; MAT, Hollins; Latin I-IV; Latin Honor Society

Zane Hurst BBA, The College of William \& Mary; MPA, George Mason University; VA/US History, VA/US Government
Nick lademarco BA \& MA.Ed, George Mason University; Pre-AP World History I, Pre-AP World Geography, World History II
Rebekah Johnson BA, Virginia Tech; French I-II; French Club, French Honor Society Patrick Kemp BA, Virginia Tech; VA/US History; Swim
Carly Lee BS, Longwood University; Biology
Amy Leonard BS, East Tennessee State; MAT, College of Charleston; English 11, Algebra Functions; Help Save the Next Girl



## BELIEVE IN MAGIC Butterbeer for days.

"I FELL IN LOVE WITH HARRY POTTER 19 YEARS AGO. My fourth grade teacher, Mrs. Baker, started reading 'Harry Potter and the Sorcerer's Stone' at the end of each day, and, after two days, I was hooked. I forced my dad to buy me the first two books. I then became obsessed and wanted to know everything about this magical world. I attended every midnight release party at Barnes and Noble and bought tickets for the movie premieres months in advance. I was in awe of the way the books allowed me to transport myself to another world, where everything seemed to always feel familiar and safe. As I got older, Harry Potter continued to hold a place in my heart. Over the past two years I was able to travel to Universal Studios, where I immersed myself in Harry Potter World, drinking all the Butterbeer I could, having Ollivander choose my want ( 10.5 -inch willow with a phoenix feather) and riding the Hogwarts Express. It was a dream trip. I was so excited to see the flames shoot out of the mouth of the dragon on top of Gringotts, that I actually cried. I was in Oxford, England over Spring Break last year. I stood in the Great Hall where Harry stood before he was sorted, as well as on the grand staircase where he met Dumbledore for the first time. Needless to say, my love for Harry Potter started early and still is in full force, even after all this time. And it always will be."

Katie Lineback BS, Radford University; Earth Science, ADR; Cheer; Freshman Class.
Linda Long BS, Radford University; US/VA Government, Psychology, Sociology
Ricky Lonker BA, Emory \& Henry; Digital Photography, Art; Art Club, National Art Honor Society; Baseball, Football
Pete Lustig BS, University of Virginia; M.A.Ed, Virginia Tech; Dual Government, Dual US History
Mark Madden BS, Suny Geneseo; MS UNCA College; MS University of Maryland; AP/Dual Biology; Varsity/JV Football
Tommy Maguire BA, Radford University; Health/PE, Driver's Ed.; Cross Country, Track
Doreen Malcolm BA \& BS, Youngstown State University; Administrative Assistant Holly Moore BS, Longwood University; Advanced PE, PE 10, Drivers Ed., Health Colleen Morrison BA, Roanoke College; MAT Hollins University; English 10, College Bound English 10, Digital Journalism; Day and Knight News
Courtney Noell Instructional Assistant
Josh Noell BBA, Radford University; MS, Radford University; Ed.S, Virginia Tech; Algebra I Cathy Parker BS, SUNY Fredonia; MS, Radford University; English

Chuck Parker BA, Virginia Intermont College; MS, Radford University; Assistant Principal Kadie Pentecost BA, Radford University; Pre-AP \& College Bound Chemistry Amy Perkins BA, Lynchburg College; Culinary Arts, Fashion \& Design; Dance Team Ryan Poff BS, Radford University; World Geography; Football
Bob Powers BA, BS \& M.Ed, Virginia Tech; Pre-Calculus, Pre-AP Computer Science; Academic Team, Debate Team
Kathleen Price BA, Roanoke College; AP World History, AP Government, Pre AP-World History II; National Social Studies Honor Society

Rachel Prill BA, Virginia Tech; MA, Virginia Tech; Pre AP English-9; Volleyball Mara Pufko BA, James Madison University; MEd, Virginia Tech; English 11, College Bound English 11; Help Save The Next Girl
Timothy Roberts
Brittany Rodriguez BS, Southern Wesleyan; MAT, Mary Baldwin; Earth Science, Biology Derrick Roth MBA, Wheeling Jesuit; BS, West Virginia University; Accounting, Advanced Accounting; Economics/ Personal Finance, Principles of Business; Boys Basketball Paxton Sauerwald BS, Bridgewater College; M.S.Ed, Radford University; ELL Resource; Algebra I, Geometry

Ryan Schilling BS, Ferrum College; Geometry Double Block
Chrystal Shawn BA, James Madison University, MAT, Hollins University; College Bound English 10, AP/Dual Enrollment English 11, Photojournalism; Accolade
Meredith Shuman MS, Virginia Tech; BS, Virginia Tech; Introduction to Marketing, Marketing, Advanced Marketing, Sports Marketing, Entrepreneurship; DECA
Cheryl Shupe BS, UNC Wilmington; Special Education
Susan Sine BS, Roanoke College; Algebra II, AP Statistics
Brie Smith BA \& M.Ed, Virginia Tech; English 9

Paul Soucie BS \& M.Ed, University of Nebraska at Lincoln; Geospatial, Materials Process, CAD, Dual CAD, Architectural/Engineering Drawing; Architecture \& Engineering Club Steve Spangler BS, Slippery Rock State College; MS, Radford; Principal Michael Spradlin BS, Radford University; World Geography, US History II Edward Spruell BA, Elon; MA, Hollins; MS, Radford University; Media Specialist John Swartz BS, Roanoke College; Health, PE, Driver's Ed., Advanced PE, Strength \& Conditioning; Girls' Basketball
Margaret Tayior BS, Roanoke College; M.Ed, Virginia Tech; AP/Dual Enrollment Chemistry; SCA

James Tiffani BS, Plymouth State University New Hampshire; MA, Mary Baldwin; Special Education
Sherrie Tyler BS, University of Virginia; MS, Old Dominion University; Special Education Matt Vass School Resource Officer
Charlie Wallace BS, Radford University; Information Technology Technician
Darlene Walstrum BA, Hollins University; MS, Radford; Algebra II, AFDA, Computer Math Gabriella Weston BSBA, American University; Special Education

Elizabeth Willett BS, James Madison University; AFDA, English, Math
Kim Wilson BS, Roanoke College; MS, Louisiana Tech University; Biology, Ecology; Junior Class




## "BEFORE TEACHING, I WORKED FOR THE COMIMONWEALTH OF

Virginia and the Social Security Administration. Before Christmas, we would have a big potluck luncheon at our office and various consulting physicians played Santa as part of our gift-giving segment of the celebration. I helped to recruit the doctors, and one year I told one of the doctors that if he would play Santa then I would be his elf. He agreed, so I rented the elf costume I still use today. At the same time, my mom, Zora, was an instructional assistant at Back Creek Elementary School, and she suggested the preschool class might like having a visit from the elf. I started visiting them, and, since then, I've visited other schools and local businesses in December (often with Santa and Mrs. Claus). I'm also the elf at the 'Breakfast with Santa' for CHIP, the Children's Health Investment Partnership, at the Hotel Roanoke. I love CHIP's mission, which is to help provide medical care for children in need. One of the biggest challenges l've faced over the years is making my ears believable. I learned early on that little kids are brutally honest, so l've had to make my pointy ears as lifelike as possible. I've used a variety of makeup techniques and think I now have my ears at the point that they look very real, even up close."

## FOOTBALL

VARSITY (us-them)
William Byrd Staunton River Glenvar Alleghany Pulaski Blacksburg Patrick Henry Salem Christiansburg Hidden Valley


Front Row: Zach Bowling, Jacob Knight and Tyson Alderman. Second Row: Zyae Hopkins, Chris Hall, Lucas Duncan, Richard Kidwell, Nathan Chapman, Ethan Coates, Connor Lange, Ben Robinson, Jaquan Rivers and R.J. Chaustre. Third Row: Andrew Ditmore, Daniel Reeves, Layton Turner, Timmy Neighbors, Cameron Peters, Armani Jones, Jariel Rosario, Braden Prokopchak and Alex Davis. Fourth Row: Daren Darnell, Ayden Rinn, John Milby, Diontae Childress, Chase Hammes, Carson Askew, Jahiem Tyler, Connor Womack, Andrew Richardson and Dillon Wingo. Fifth Row: Jordan Akerson, Cody Perdue, Drew Fulton, Sam Smith, Matthew English, Zechariah Coates, Jack Parker, Ben Grider and David Richardson. Back Row: Ms. Danielle Powers, Mr. Chris Askew, Mr. Mark Madden, Mr. Ryan Poff, Mr. Tim Roberts, Mr. Shon Chisam, Mr. Ricky Lonker, Mr. Bill Petty, Mr. Mike Kendrick, Head Coach Mr. Tim Fulton and Aubrey Billings.

## MARCHING BAND \& COLOR GUARD

Cavalier Classic
Color Guard
Music
Percussion
General Effect
Lynchburg Classic
Place Guard
Music
Chilhowie
Music
Marching
General Effect
Percussion
Guard
Drum Major


Aito Saxophones: Cooper Albright, Rose Boch, Michael Cavicchio, Justin Clingenpeel, Isabelle Divers, Vikas Garimella, Elijah Ruffin, Mason Taylor and Josh Wainwright.
Baritones: Luke DeFalco, Webb Holderman and Jack Purnell. Baritone Saxophones: Adrienne Heston and Tanner Smith. Clarinets: Brianna Bradley, Jack Horton, Dillon Key and Nathan Sprouse. Color Guard: Rachel Boch, Katie Durica, Jaclyn Howard, Cailey McGlaughlin, Kenley Jennings, Alex Puthoff, Roxy Robinson, Cayton Savinda and Hannah Underwood. Drum Majors: Lena Scaer and Gavin Wilkerson. Drumline: Emily Bradley, Noah Hartson, Miranda Hughes, Holden Jeffords, Jordan Kalafut, Emma Maxwell, Robert Pickelsimer and Sam Slate. Flutes: Will Goodman, Holly Hinchy, Laurel Hudson, Claire Lawson, Skylar Perdue and Katie Sullivan. Majorette: Lillian Hollins. Mellophones: Rebecca Bauer, Gideon Pace, Sam Quakenbush and Hanna Scaer. Pit: Nicholas Cavicchio, Stephen Heston, Abbie Robertson and Erica West. Sousaphones: Ethan Arrington, Bella Crouse and Hannah Young. Tenor Saxohones: Paige Hennen and Jesse Wells. Trombones: Jason Bradshaw, Fletcher Burden, Lucas Holt and Jeremy Hudson. Trumpets: Amber Arthur, Emily Bassant, Matthew Christopher, Jason Clingenpeel, Matthew Danco, Elliott Kroll, Aiden McLaughlin and Lance Sipes.

## CROSS COUNTRY



## BOYS

Blue Demon 5th
Knights Crossing 5th
Maroon Tide 2nd
Allegany Invitational 2nd
Great American 8th
Metro 2nd
Runnin' w/ Wolves 5th
Regionals 1st
States 3rd

GIRLS
Blue Demon 7th
Knights Crossing 17th
Maroon Tide 7th
Allegany Invitational 6th
Great American 12th
Metro 12th
Regionals $\quad 3 \mathrm{rd}$
States

Front Row: Roxy Robinson, Andria Sowder, John Asimakopoulos, Christian Scuillo, Tori White and Morgan Martin. Second Row: Coach John Wiggins, Truman Collins, Campbell Best, Andrew Wheeler, Andrew Roland, Lathan Gregory and Coach Tommy Maguire. Back Row: Liam Schopf, Matthew Scuillo, Ben Palisca, Connor Jarczynski, Jessica Christensen, Jessica Palisca and Lilly Bay.

## GOLF



Front Row: David Martin, Jack Faulkner, Drew Harder, Garrett Billings, Jack Cowher, Walker Bolin, Owen Gates, Brady Gates, Michael Hays and Blaise Wood. Second Row: Will Henritze, Cameron Weld, Aida Doucoure, Christa Potgieter, Kayla Mutter, Avery Sutherland, Thomas Peterson, Mark Jirout and Joey Sesler. Back Row: Mr. Tommy Lovell, Mr, Earl Henritze, Nick Henritze, Alex Glick, Ethan Wiid, Walker Wright, Jack Frazier, Josh Mannon, Tyler Cundiff, Mr. Bob Van Kerchove, Mr. Mike Brancati, Mr. Andy Huray and Head Coach Mr. Andy Henritze.

| District Mini Scores |  |
| :--- | ---: |
| at Christiansburg | 5th |
| at Patrick Henry | 3rd |
| at Salem | 4th |
| at Hidden Valley | 3rd |
| at Blacksburg | 4th |
| at Cave Spring | 2nd |
|  |  |
| Dual Matches (us-them) |  |
| Northside | 182-201 |
| William Flem. | 185-215 |
|  |  |
| JV Matches |  |
| Blacksburg | $178-195$ |
| Blacksburg | $190-184$ |
| Franklin Co. | $183-178$ |
| Salem | $201-178$ |

Dual Matches (us-them) Northside 182-201 William Flem. 185-215

JV Matches
Blacksburg 178-195
Blacksburg 190-184
Franklin Co. 183-178
Salem
201-178
at Christiansburg 5th

CTH- $-201-178$

## COMPETITION CHEER

East Rockingham UCA Invitational Broadway High Brentsville Invit. Region
State


Front Row: Mimi Clark, Kayla Quinlan, Maddie Griffin and Aysia Garrett. Second Row: Hannah Ireland, Livvie Bowling, Ryleigh Balzer, Hannah Hodges, Lily Fox, Abby Holbrook and Jenna Hopstetter. Third Row: Kirsten McKinney, Charlie Nichols, Taylor Hilovsky, Lauren Fradette, Madison Wagner and Kate Manico. Back Row: Madison Lange, Burkley Nichols, Caroline Mills, Emily Cleveland, Sierra Harman and Erin Akins.

## VARSITYSIDELINECHEER



Front Row: Aysia Garrett, Lauren Champ, Kayla Quinlan, Mimi Clark and Maddie Griffin. Second Row: Ryleigh Balzer, Livvie Bowling, Hannah Ireland, Reagan Edmunds, Hannah Hodges and Lily Fox. Back Row: Charlie Nichols, Emily Cleveland, Madison Lange, Erin Akins and Madison Wagner.


Front Row: Kirsten McKinney, Taylor Hilvosky, Kate Manico, Abby Holbrook and Caroline Mills. Back Row: Lauren Fradette, Siera Hartman, Jenna Hopstetter and Burkley Nichols.

## VARSITY VOLLEYBALL



|  |  |  | W |
| :--- | :--- | :--- | :--- |
| Lord Botetourt | L | Salem | Wulaski County |
| W |  |  |  |
| William Byrd | W | P |  |
| Northside | W | Salem | W |
| William Byrd | W | Hidden Valley | L |
| Blacksburg | L |  |  |
| Northside | W | RECORD 10-9 |  |
| Christiansburg | L |  |  |
| Patrick Henry | W |  |  |
| Salem | W |  |  |
| Pulaski County | W |  |  |
| Lord Botetourt | L |  |  |
| Hidden Valley | L |  |  |
| Blacksburg | L |  |  |
| Christiansburg | L |  |  |
| Patrick Henry | L |  |  |

## JUNIOR VARSITY VOLLEYBALL



Front Row: Isabelle Laprade, Blair Emery and Ashley Ditmore. Middle Row: Hannah Peters, Emma Larson, Summer Patterson and Lauren Hays. Back Row: Alexa Maronic, Alenna Williamson, Sarah Earls, Lexi Miller and Gracie Walker.

Front Row: Vivienne Barnhart and Hannah Smith. Middle Row: Avery Poulsen, Kylie Angel, Allie Kolnok, Maya Monsour and Eliana Miller. Back Row: Georgia Enyart, Caroline Glenn, Taylor Robertson, Cecily Doyle, Casey Fentress and Megan Doyle.

## SWIMMMIG

## BOYS

Patrick Henry Jefferson Forest Hidden Valley
Salem
SW Invitational
Christiansburg
Blacksburg
Pulaski
Radford
Narrows
Giles
Region
State


## GIRLS

Patrick Henry
Jefferson Forest
Hidden Valley
Salem
SW Invitational Christiansburg
Blacksburg
Pulaski

Narrows
Region


Front Row: Shane Shepherd, Ashoka Wagner, Trey Childress, Jon Baier, Jordan Duncan, Kip Nininger, Grant Floyd, Trey Meehan and Preston Wiest. Back Row: Athletic Trainer Ms. Danielle Powers, Mark Daroshefski, Ricardo Harrington, Damian Bodner, Diontae Childress, Andela Acic, Jayden McCubbin, I'slyn Gardner and Coach Mr. Tim Nininger.

## INDOOR TRACK



Front Row: Eden Giannini, Tori White, Amanda Bowman, Elizabeth Hertzberg, Simone Schumaecker, Nicole Bulla and Baylee Hodson. Second Row: Jessica Palisca, Cooper Albright, Ben Rubin, Parker Waters, Xander Keriazakos, Amisha Sahni and Timothy Iferika. Third Row: Ryan Lucas, Aidan Doyle, Ben Palisca, Drew Fulton, Jason Clingenpeel, Robert Pickelsimer and Jahiem Tyler. Fourth Row: Connor Jarczynski, John Asimakopoulos, Tommy Haroules, Jaquan Rivers, Josh Fretwell and Austin Hayden. Back Row: Coaches Mr. John Wiggins and Mrs. Katherine Albright.


Front Row: Zach Bowling, Nick Mills, Assistant Coach Mr. Derrick Roth, Head Coach Mr. Jacob Gruse, Assistant Coach Mr. Michah Boyd, Jeremiah Rosarion, Crawford Enyart and Ball Boy Taylor Gruse. Back Row: Director of Basketball Operations Mr. Bill Turner, Athletic Trainer Ms. Danielle Power, Reed Pendleton, Lucas Duncan, Parker Huffman, Matthew Cagle, Jaxon Rinn, Adnan Jasarevic, Jalen Buster, Manager De'angelo Freeman and Character Coach Mr. John Sharp.

## State Results

Baylee Hodson: 6 th in 55 m Hurdles (9.10s) Cooper Albright: 4th in 500 m Dash ( 1 min 8.19 s )
Josh Fretwell: 4th in 3200 m Run ( $10 \min 0.51 \mathrm{~s}$ ) and 5 th in $4 \times 800 \mathrm{~m}$ Relay Austin Hayden: 3rd in 3200m Run $(9 \min 56.05 \mathrm{~s}$ ) and 5 th in $4 \times 800 \mathrm{~m}$ Relay Jessica Palisca: 2nd in 1000m Run
(3 min 8.71s)
Timothy lferika: 1st in 300 m Dash (36.02s)

| (us-them) |  |
| :--- | ---: |
| Northside | $51-57$ |
| William Byrd | $70-32$ |
| Glenvar | $57-45$ |
| Northside | $47-58$ |
| William Byrd | $79-60$ |
| Christiansburg | $66-59$ |
| Lord Botetourt | $65-54$ |
| Patrick Henry | $46-61$ |
| Salem | $75-68$ |
| Floyd County | $56-54$ |
| Broadway | $63-58$ |
| William Fleming $62-72$ |  |
| Pulaski County | $76-59$ |
| Hidden Valley | $57-53$ |
| Lord Botetourt | $75-57$ |
| Hidden Valley | $64-52$ |
| Blacksburg | $72-63$ |
| Blacksburg | $58-53$ |
| Patrick Henry | $57-53$ |
| Salem | $69-62$ |

Christiansburg 53-50
Pulaski $\quad 63-57$

Record 18-22

## JV BOYS' BASKETBALL

(us-them)
Radford $\quad 53-41$ Hidden Valley $56-28$
Northside $\quad 47-31$ Lord Botetourt 57-58
William Byrd $\quad 60-30$
Glenvar
Northside
William Byrd
Christiansburg 46-58
Lord Botetourt 45-50
Patrick Henry 61-45
Salem 68-42
William Fleming 51-44
Martinsville $\quad 66-62$
Franklin County 70-49
Pulaski County 40-38


Front Row: Alex Glick, Reese McMaster, Cameron Bishop, Charlie Urgo, Jacob Tozier, Tanner Kennedy and Nick Skeens. Back Row: Head Coach Mr. Ethan Humphries, Ayden Rinn, Bryce Cooper, Akanimo Ndem, Walker Swanson and Ashton Alli.

## VARSITY GIRLS' BASKETBALL

## (us-them)

Northside
William Byrd
Glenvar
Northside
William Byrd $\quad 53-45$
Christiansburg
33-49
Patrick Henr
37-68
Salem $\quad 64-45$
Pulaski 63-50
Blacksburg $\quad 59-24$
Hidden Valley $\quad 53-40$
Franklin County 59-49
Blacksburg 69-24
Christiansburg 47-61
Patrick Henry $\quad 41-51$
$76-48$
$55-50$
$46-50$
$45-57$

$11-8$


Front Row: Manager Monica Paige, Catherine Thacker, Kieera Mooney, Taylor Robertson and Sabrina Landsman. Middle Row: Athletic Trainer Ms. Danielle Power, Aria Davis, Emma Larson, Zada Porter, Blair Emery and Head Coach Jessica Ficarro. Back Row: Assistant Coach Mr. John Swartz.

## JV GIRLS' BASKETBALL

|  |  |
| :--- | ---: |
|  |  |
| (us-them) |  |
| Northside | $70-15$ |
| William Byrd | $34-28$ |
| Glenvar | $44-35$ |
| Northside | $64-22$ |
| William Byrd | $36-38$ |
| Christiansburg | $48-31$ |
| Patrick Henry | $58-42$ |
| Salem | $49-37$ |
| Brookville | $45-27$ |
| Floyd County | $37-35$ |
| Pulaski | $39-57$ |
| Blacksburg | $41-28$ |
| Hidden Valley | $44-36$ |
| Franklin County | $36-46$ |

Blacksburg $\quad 47-42$
Christiansburg 7437
Patrick Henry $\quad 42-33$
Salem $\quad 39-33$
Franklin County 45-34
Pulaski County $30-60$
Hidden Valley $\quad 52-33$
RECORD 17-4


Front Row: Abby Smith, Danielle Holland, Ava Hibbs, Ainsley Robertson and Katie Carroll. Back Row: Maggie Haroules, Emma Falatic, Rachel Anderson and Anna Gwinn.

## BOYS' TENNIS



Front Row: Suraj Lalchandani, Raj Patel, Om Patel and Taylor Hypes. Back Row: Webb Holderman, Roshan Ratel, Travis Schuck, Ethan Wiid, Coach Mrs. Rebecca Wessinger, Lance Beheler, Gurbaj Singh, Josh Long and David Lawson.

## GIRLS' TENNIS



Front Row: Emma Larson, Grace Holderman, Nandini Sriram and Caroline Treubert. Back Row: Coach Nancy Duffy, Coach Kim Murray, Allison Henion, Josie Beheler, Michelle Zheng, Catherine Chen, Payton Harman and Coach Tommy Harman.

## VARSITY SOFTBALL



## Schedule

William Byrd Northside
Blacksburg
Lord Botetourt
Christiansburg
Patrick Henry
Glenvar
Salem
Pulaski County
Hidden Valley

Away; Home 3/12; 3/19
Away; Home 3/15; 3/21
Home; Away 3/22; 4/26
Home' Away $3 / 25 ; 4 / 29$
Away; Home $3 / 26 ; 4 / 24$
Away; Home $3 / 29 ; 4 / 30$
Home; Away 4/1;4/8
Away: Home 4/2;5/3
Home; Away 4/5;5/7
Home; Away 4/11;5/9

Front Row: Hannah Muncy, Rachael Riley, Katie Mullins, Taylor Loving and Emma Fields. Middle Row: Maliah Mizack, Abby Weaver, Sierra Cox, Mikayla Ray and Coach Olivia Gess. Back Row: Coach Nick Sharp, Coach Scott Hodge, Hannah Peters, Alexa Maronic, Addi Browning, Logan Scott, Taylor Smithson, Coach Scott Sharp and Coach Jason Loving.

## JV SOFTBALL

## Schedule

William Byrd
Northside
William Byrd
Northside
Blacksburg
Christiansburg
Patrick Henry
Glenvar
Salem
Pulaski County
Glenvar
Hidden Valley
Christiansburg
Blacksburg
Lord Botetourt
Patrick Henry
Salem
Pulaski County
Hidden Valley

Home
Home
Away
Away
Away
Home
Home
Away
Home
Away
Home
Away
Away
Home
Home
Away
Away
Home
Home
$3 / 12$
$3 / 15$
$3 / 19$
$3 / 21$
$3 / 22$
$3 / 26$
$3 / 29$
$4 / 1$
$4 / 2$
$4 / 5$
$4 / 8$
$4 / 11$
$4 / 24$
$4 / 26$
$4 / 29$
$4 / 30$
$5 / 3$
$5 / 7$
$5 / 9$

3/12


Front Row: Isabela Deleon, Reese Hood, Sydney Smith, Riley Young and Ashley Ditmore. Middle Row: Coach Mr. CD Kilbaine, Blair Emery, Katie Carroll, Sydney Eurick, Olivia Hartman and Coach Mr. Bryon Earls. Back Row: Coach Mr. Josh Cundiff, Kylie Cundiff, Kendall Scott, Sarah Earls, Tristan Tofano, Madison Hanes and Coach Mr. Joe Mullins.

## VARSITY BASEBALL



Front Row: David Adams, Andrew Neighbors and AJ Cacciatore. Middle Row: Jalen Buster, Spencer Craig, Charlie Urgo,
Connor Lange and Caleb Pritchard. Back Row: RJ Chaustre, Aiden Dellinger, Grant Wilson, Bryce Cooper, Holden Wilkerson, Connor Lewis and Brody Luckey.
 Ludy, Connor Lange, Skylor Carroll, Bays Bryant and Ben Kingery. Back Row: RJ Chaustre, Holden Wilkerson, Bryce Cooper, Aiden Dellinger and Cole Pritchard.

## VARSITY BOYS' SOCCER



First Row: Nathan Sharp, Colten lademarco, Josh Earls, Austin Hayden, Andrew Keller, Seth Fleshman and Seth Poulsen. Middle Row: Coach Mr. Brad Collins, Hunter Morris, Nick Henritze, Alex Blanton, Will Henritze, Kobey Simon, Nathan Banning, Tyler Mitchem and Manager Chris Woodrum. Back Row: Nathan Goerner, Jeremy Lachowicz, Brian King, Matthew Taylor, Baylor Boone, Ethan Harris, Marc Sharrer, Vova Jacobsen and Ola Dinakin.

| Schedule |  |  |
| :--- | :--- | :--- |
| William Byrd | Home | $3 / 12$ |
| Northside | Home | $3 / 15$ |
| William Byrd | Away | $3 / 19$ |
| Northside | Away | $3 / 21$ |
| Blacksburg | Away | $3 / 22$ |
| Christiansburg | Home | $3 / 26$ |
| Salem | Home | $4 / 2$ |
| Patrick Henry | Home | $4 / 3$ |
| Pulaski County | Away | $4 / 5$ |
| Hidden Valley | Home | $4 / 10$ |
| Christiansburg | Away | $4 / 24$ |
| Blacksburg | Home | $4 / 26$ |
| Patrick Henry | Away | $4 / 30$ |
| Salem | Away | $5 / 3$ |
| Pulaski County | Home | $5 / 7$ |
| Hidden Valley | Home | $5 / 9$ |

## JV BOYS' SOCCER



Front Row: Martin Hanson, Charlie Sanders, Truman Collins, Jaden lademarco, Joshua Earls, Matthew Chapman, Mason Harris, Trevor Poff and Canaan Fetzer. Back Row: Coach Mr. Landon Durmont, Trevor Ermel, Blake Bowles, Seth Schindler, Dule Smith, Jacob Miller, Oliver Hernandez, Saad Ak, Holden Blanton and Ethan Sheehy.

## VARSITY GIRLS' SOCCER



Front Row: Grace Hurst, Rachael Snodgrass, Ingrid Diaz, Katie Harris, Maya Monsour, Eliana Miller and Charlie Nichols. Middle Row: Tayler Schindler, Mackenzie Kodatt, Emma Dmochowski, Macey Harder, Catherine Thacker and Toni Perkins. Back Row: Coach Mrs. Katie Dene, Lily Ray, Heather Hatcher, Aubrey Billings, Jessica Christensen, Julie Jenkins, Morgan Martin, Abby Rutigliano and Coach Mrs. Whitney Huffman.

## JV GIRLS' SOCCER

## Schedule

William Byrd Northside William Byrd Northside Blacksburg Christiansburg Patrick Henry Pulaski County Hidden Valley Christiansburg Blacksburg Patrick Henry Pulaski County Hidden Valley

Away $3 / 12$
Away $3 / 15$
Home $3 / 19$
Home $3 / 21$
Home $3 / 22$
Away $3 / 26$
Away $3 / 29$
Home $4 / 5$
Home 4/10
Home 4/24
Away 4/26
Home $4 / 30$
Away 5/7
Away 5/8


Front Row: Lucy Pendleton, Grayson Synder, Alicia Carvalho, Kaylin Grahame, Ella Tkachenko, Isabelle Laprade, Laurel Bay and Grace Simon. Middle Row: Emily Cleveland, Sarah Beth Tirico, Burkley Nichols, Megan Eller, Summer Smith, Maggie Dunstan and Mine Potgieter. Back Row: Coach Mrs. Tori Doyle, Lauren Pennington, Gemma El'Shenawy, Lexi Miller, Ella Bay, Alex Heffron, Lainey Thornhill and Cicely Webb.

## BOYS' LACROSSE



Salem
Byrd
Byrd
LCA
B.burg
R.bridge

Fran. Co.
H. Valley
H. Valley
C.burg
P. Henry
H. Valley

Fleming
E.C. Glass
J. Forest Home

Away
Home
Away
Home
Away
Home
Home
Home
Home
Away
Away
Home
Home
Away
Home


Front Row: Josh Wainwright, Andrew Richardson, Garrett Breiner, Spencer Pratt, Ethan Fox, Tyson Alderman, Zach Martin, Matthew Colozza and Andrew Ditmore. Second Row: Elijah Hadfield, Walker Swanson, Layton Turner, Briggs Copper, Holden Foster, Davis Lily, Michael Mahoney, Richard Kidwell, Parker Mills, Chase Hammes, Owen Ghaphery, Steven Landsman and Dylan Rice. Third Row: Ayden Rinn, Matt Crawford, Gabe King, John Booker, Jacob Mardian, Chandler Foster, Caleb Wheeler, Max Cass, Ben Kelley, Colin Doyle and Matt Mahone. Back Row: Coaches Mr. Rick Kelly, Mr. Mike Kendrick, Mr. Denny Barbour and Mr. Dean McDaniel.

## GIRLS' LACROSSE



## Schedule

Away $3 / 11$
Salem Home $3 / 14$
Blacksburg Home 4/3
Rockbridge Home 4/10
Franklin Co. Home 4/12
Franklin Co. Home 4/23
H. Valley Home 4/29
C.burg

PH
W. Fleming Home $5 / 10$

EC Glass Away $5 / 14$
J.Forest

Home 5/16

## BOY' OUTDOOR TRACK



Schedule
Northside
Away 4/6
Salem
Away $4 / 10$
C. burg Away $4 / 13$

Staun. River Away 4/24
Staun. River Away 4/27
B.burg Away 5/1

Fleming Away $5 / 3$
H. Valley Away $5 / 8$
H. Valley Away 5/10
W. Byrd Away 5/11

Front Row: Jahiem Tyler, Vikas Garimella, Liam Schoph, Ben McBride, Christian Lumsden, Parker Waters, Justin Sheldon, Apurv Verelly, Tom Lin, Jeremiah Rosarion and Timothy Iferika. Middle Row: Diontae Childress, Lathan Gregory, Vincent Williams, Ryan Lucas, Mark Daroshefski, Ben Palisca, Xander Kariazakos, Drew Fulton, Michael Rothbort and Jaquan Rivers. Back Row: Ethan Coates, Ben Rubin, John Asimakopoulos, John Shelor, Connor Jarcynzski, Joshua Fretwell, Landon Cox, Austin Patterson, Aidan Doyle, Matthew Cagle and Julius Price.

## GIRLS' OUTDOOR TRACK



Front Row: Kyndall Eckles, Kate Manico, Grace Wetzel, Elizabeth Hertzberg, Tori White, Lilly Bay, Campbell Best and Charlotte Shelor. Middle Row: Summer Patterson, Caitlin Allder, Jayna Reed, Caitlin Moore, Krithaka Subramanian, Priya Patel, Jada Jones, Eden Giannini and Logan White. Back Row: Kelsey Shaywitz, Mackenzie Sylvester, Ashlee Brickey, Megan Crowe, Baylee Hodson, Andela Acic, Miranda Price, Nicole Bulla and Jessica Palisca.

## ACADEMIC TEAM



Front Row: Rachel Baffoe-Bonnie, Catherine Chen, Michelle Zheng, Alicia Carvalho, Scott Rose, Maya Sawh and Jack Horton. Back Row: Dylan Colburn, Elliot Kesler, Andela Acic, Miles Vance, Billy Luqiu, Travis Schuck, Bennett Snyder and Elliott Kroll.

## ARCHITECTURE-ENGINEERING



Front Row: David Martin, Nathaniel Laprade, Jennifer Colebrook and Nicholas Moses. Back Row: Marisa Sigrist, Tanner Smith, Michael Cavicchio and Andela Acic.

ACCOLADE


Front Row: Julia Booker, Danielle Brinkley, Erin Smith, Toni Perkins, Caroline Daly and Gwen Overfelt. Middle Row: Katie Gottstein, Shaun Matthews, Megan Crowe, Sam Gobellan and Olivia Tull. Back Row: Brooke Fretwell, Hannah Smith, Adviser Mrs. Chrystal Shawn and Cori Clayton.

## ART CLUB



Front Row: Sara Stewart, Zoey Hughes and Natalie McGhee. Back Row: Jaclyn Howard, Jennifer Colebrook and Hallie Weitzenfeld.

## BALANCE CLUB



Left to right: Mr. Tim Hayes, Tamara Gregoire, Jade McNutt, Cayton Savinda, Rachel Boch, Savannah Mihalo and Ms. Harry Mills.

## BAND - CONCERT



Front Row: Christian Adkins, Matthew Christopher, Laurel Hudson, Oriel Soltysik, Emily Murano, Bella Crouse and Mr. Brian Quakenbush. Middle Row: Noah Hartson, Dasia Mayo, Kaden Oxendine, Miranda Hughes, Elliott Kroll, Katie Sullivan and Adrienne Heston. Back Row: Aiden McLaughlin, Gavin Wilkerson, Lucas Holt, Luke DeFalco, Clay Williams, Robert Pickelsimer, Tanner Smith and Skylar Perdue.

## BAND -JAZZ



Front Row: Emma Maxwell, Matthew Christopher, Webb Holderman, Emily Bassant, Hana Scaer, Laurel Hudson, and Tanner Smith. Middle Row: Sydney Schillen, Griffin Anderson, Adrienne Heston, Rachel Baffoe-Bonnie, Abigail Robertson and Ashley Arthur. Back Row: Mr. Brian Quakenbush, Jason Bradshaw, Riley Freccero, Jack Horton and Miranda Hughes.

## BAND-JAZZ



Front Row: Skylar Perdue, Roxie Robinson, Emily Bradley, Alex Tayloe, Justin Clingenpeel and Miranda Hughes. Middle Row: Lena Scaer, Jason Clingenpeel, Luke DeFalco, Noah Hartson and Sam Slate. Back Row: Mr. Brian Quakenbush, Jason Wainwright and Cooper Albright.

## BETA CLUB



Front Row: Sydney Hilovsky, Liberty Fetzer, Danielle Brinkley, Kyoko Leaman, Emma Maxwell, Grace Holderman, Allison Henion and Katie Harris. Second Row: Sarah Ball, Alyssa Godfrey, Zaeda Southerland, Olivia Coates, Hannah Muncy, Tayler Schindler, Julia Booker and Emma Dmochowski. Third Row: Lexie Agee, Kenley Jennings, Tori White, Alix Rainsbury, Toni Perkins, Liz Hertzberg, Anna Gentiluomo and Emmanuel Mahgerefteh. Back Row: Hannah Smith, Blake Smith, Audrey Hale, Ethan Harris, Travis Schuck, Matthew Taylor, Marc Sharrer and Waleed Iftikhar.

## BETA CLUB



Front Row: Lilly Bay, Om Patel, Tyler Shaywitz, Hunter Hartman, Andrew Ditmore, Jason Clingenpeel, Jeremy Lachowicz, Gavin Wilkerson, Nicolas Plybon and Michael Randolph. Middle Row: Grant Floyd, Ola Dinakin, Baylor Boone, Alexander DiSalvo, Brooke Fretwell, Selma Sosic, Odalys Hernandez, Rachel Boch and Josh Fretwell. Back Row: Casey Fentress, Tanner Smith, Will Chewning, Garrett Breiner, Matthew Colozza, Clay Williams, Billy Luqiu, Connor Lewis, Michael Kyle and Crawford Enyart.

## DAY \& KNIGHT NEWS



Front Row: Natalie Paul, Ryleigh Balzer, Caroline Glenn, Morgan Newbold, Caroline Daly, Sam Gobellan, Grace Wetzel, Bailey Cassell, Zoey Hughes and Eden Giannini. Back Row: Gage Whitt, David Martin, Tobias Crooke, Taylor Squires, Patrick Goodman, Zach Bishop, Jess Sprinkel, Jenna McKeown, Hannah Hodges and Mrs. Colleen Morrison.

## DEBATE TEAM



First Row: Natalie McGhee, Jessica Wei, Grace Holderman, Sarah Ballou, Abby Estrada, Michelle Zheng and Rachel Baffoe-Bonnie. Middle Row: Oriel Soltysik, Bennett Snyder, Billy Luqiu, Holden Foster, Joseph Kupidlovsky and Amisha Sahni. Back Row: Aida Doucoure, Garrett Breiner, Elliott Kesler and Breanna Rogers.

## DIVERSITY CLUB



Front Row: Asha Johnson, Nandini Sriram, Mr. Eli Harrison, Emily Lawson, Rachael Snodgrass and Maya Sawh. Middle Row: Jennifer Colebrook, Jessica Wei, Kieera Mooney, Nicole Bulla, Morgan Martin and Abby Estrada. Back Row: Natalie McGhee, Zachelle Lexima, Dasia Mayo, Simone Schumaecker, Aida Doucoure, Marisa Quesenberry and Dymond Carmon.

## DECA



Front Row: Parker Mills, Owen Ghaphery and Kasey Skaff. Back Row: Lena Kwitny, Sofia Midkiff and Maya Monsour.

## FACES



Left to Right: Olivia Bowling, Hannah Ireland, Jahiem Tyler and Hunter Hartman.

## FBLA



Front Row: Sofia Midkiff, Andrew Keller, Apurv Verelly and Maya Monsour. Back Row: Parker Mills, Prime Reece and Jacob Mannon.

## FCCLA



Front Row: Victoria Goodman, Amanda Bowman, Bryanna Lowry, Priya Patel, Ben McBride, Gracie Walker, Daniel Wheeler and Cruz Duran. Back Row: Austin Elmore, Carmen Anderson, Jacob Miller, Zac Crain, Jonathan Chen, Aaron Wheeler and Muhammad Akozai.

FCA


Front Row: Andrew Ditmore, Caroline Glenn, Maya Monsour, Liz Hertzberg and Jennifer Colebrook. Back Row: Mr. Jacob Gruse, Jalen Buster, Matthew Cagle, Drew Fulton, Taylor Robertson and Mrs. Kristen Gruse.

## FCCLA



Front Row: Autumn McGregor, Hannah Hodges, Natalie Paul, Alexis Boush, Lauren Pennington, Claire Micklem, Grace Simon and Taylor Hilovsky. Back Row: Matthew Heslep, Madison Lange, Mills Harris, Braden Prokopchak, Carter Taylor, Jaheim Tyler and Jacob Harrison.

## FRENCH CLUB



Front Row: Ivory Wood, Ashton Howard, Emma Maxwell, Matthew Christopher, Natalie McGhee, Maya Sawh and Aria Davis. Middle Row: Gavin Wilkerson, Bryce Bennett, Adrienne Heston, Bennett Snyder, Amethyst Wright, Julianna Jenkins, Maya Monsour and Sabrina Landsman. Back Row: Michael Cannon, Charlie Emanuelson, Elliot Kroll, Odalys Hernandez, Olivia Coates, Connor Jarcyzinski and Maddi Stephens.

## HELP SAVE THE NEXT GIRL



Front Row: Lauren Frampton, Amanda Bowman, Asha Johnson, Lia Lawson, Kierra Mooney, Savannah Mihalo, Emma Fields and Reeselynn Williams. Second Row: Sofia Midkiff, Jennifer Colebrook, Maliah Mizack, Sydney Hilovsky, Aria Davis, Jayna Reed, Autumn MacGregor, Rachael Snodgrass and Emily Lawson. Third Row: Jackie Howard, Maya Monsour, Nicole Bulla, Olivia Coates, Anna Richardson, Abby Estrada, Katie Durica, Cicely Webb and Dymond Carmon. Back Row: Amisha Sahni, Ryan Cass, Alexis Boush, Selma Sosic, Emma Dmochowski, Odayls Hernandez, Katie Sullivan, Shania Kasey-Mays and Marisa Quesenberry.

## NATIONAL FRENCH HONOR SOCIETY



The only member who showed up: Claire Lawson

## KEY CLUB



Front Row: Grace Furrow, Lena Kwitny, Jayna Reed, Victoria Downie, Ashlee Yeatts and Nandini Sriram. Second Row: Eden Giannini, Josie Beheler, Emma Newcomb, Maliah Mizack and Madison Lange. Third Row: Apurv Verelly, Jennifer Colebrook, Colten lademarco, Lance Beheler and Morgan Martin. Back Row: Jade McNutt, Rachel BaffoeBonnie, Holden Foster, Walker Swanson and Lorelai Hale.

## KEY CLUB



Front Row: Sofia Midkiff, Maya Monsour, Taylor Smithson, Hannah Peters, Bailey Cassell, Hanna Scaer, Hatley Loop and Taylor Hilovsky. Middle Row: Cicely Webb, Nicole Bulla, Parker Mills, Kobey Simon, Bailey Barker, Ashley Creekmore and Lizbeth Zaragoza. Back Row: Lily Fox, Roshan Patel, Suraj Lalchandani, Owen Ghaphery, Holden Wilkerson and Riley Trotter.

## KEY CLUB



Front Row: Sydney Hilovsky, Hunter Hartman, Olivia Tull, Ryan Fugate, Waleed Iftikhar, Liz Hertzberg and Katie Harris. Middle Row: Olivia Coates, Ashlynn Boone, Hannah Smith, Kasey Skaff, Anna Gentiloumo, Morgan Newbold, Amanda Bowman and Matthew Taylor. Back Row: Oscar Hernandez, Baylor Boone, Gavin Wilkerson, Odalys Hernandez, Brooke Fretwell, Dasia Mayo and Andrew Richardson.

## KNIGHT \& DAY CAFE



Left to right: Bryanna Lowry, Lia Lawson and Reeselyn Williams.

## LATIN CLUB



Front Row: Laurel Hudson, Josie Beheler, Lena Kwitny, Jessica Wei, Apurv Verelly, Rachel Baffoe-Bonnie, Natalie McGhee and Payton Harman. Middle Row: Abby Weaver, Abbie Robertson, Cicely Web, Lily Fox, Madison Cianelli, Meg Askew, Lucy Carr, Lauren Kelly and Roshen Patel. Back Row: Elliot Kroll, Riley Trotter, Aida Doucource, Owen Ghaphery, Michael Cavicchio, Alexa Maronic, Suraj Lalchandani, Miles Vance and Luke DeFalco.

## NATIONAL LATIN HONOR SOCIETY



Front Row: Liberty Fetzer, Grace Holderman, Abby Weaver, Lena Kwitny, Katie Ball, Lilly Bay and Liz Hertzberg. Middle Row: Andrew Ditmore, Jessica Wei, Natalie McGhee, Elliot Kroll, Katie Harris and Aida Doucoure. Back Row: Crawford Enyart, Owen Ghaphery, Clay Williams, Michael Cavicchio, Miles Vance and Luke DeFalco.

## RHO KAPPA



Front Row: Julia Booker, Jessica Wei, Lena Kwitny, Jennifer Colebrook, Maya Sawh, Katie Ball and Tyler Shaywitz. Middle Row: Aida Doucoure, Natalie McGhee, Morgan Martin, Simone Schumaecker, Tori White, Lizbeth Herzberg and Phillip Becher. Back Row: Travis Schuck, Billy Luquiu, Brooke Fretwell, Grady Brydges, Alex Blanton, Josh Wainwright and Josh Fretwell.

## PEOPLE'S CLUB



Front Row: Zoey Hughes, Maya Sawh, Avery Sutherland and Caitlin Phillips. Back Row: Natalie McGhee, Hallie Weitzenfeld, Aida Doucoure and Dymond Carmon.

## ROBOTICS TEAM



Front Row: Laurel Hudson, Sydney Schillen and Payton Harman. Back Row: Tyler Kendrick, Fletcher Burden and Akif Demir.

## SCA



Front Row: Julia Booker, Maya Sawh, Maya Monsour, Alexis Boush, Natalie McGhee and Katie Harris. Middle Row: Hannah Peters, Taylor Smithson, Emma Lawson, Tayler Schindler and Liz Hertzberg. Back Row: Roshan Patel, Michael Kyle, Taylor Robertson, James Snyder and Suraj Lalchandani.

## NATIONAL SPANISH HONOR SOCIETY



Front Row: Tyler Shaywitz, Sydney Hilovsky, Danielle Brinkley, Hunter Hartman, Matthew Christopher and Mrs. Amy Bolen. Second Row: Emma Dmochowski, Hannah Muncy, Taylor Schindler, Thanaira Colon and Caroline Daly. Third Row: Marc Sharrer, Dillon Key, Justin Clingenpeel, Amisha Sahni, Tori White and Rachel Boch. Back Row: Brooke Fretwell, Gavin Wilkerson, Baylor Boone, Matthew Colozza, Josh Fretwell and Jessica Christensen.

## SPANISH CLUB



Front Row: Sofia Midkiff, Nandini Sriram, Lauren Frampton, Victoria Downie, Asha Johnson and Mariam Botrous. Middle Row: Natalie McGhee, Hallie Weitzenfeld, Maya Monsour, Casey Boone and Emily Lawson. Back Row: Katie Sullivan, Morgan Martin, Nicole Bulla, Kobey Simon, Selma Sosic and Travis Schuck.

## NATIONAL SPANISH HONOR SOCIETY



Front Row: Jennifer Colebrook, Sofia Midkiff, Nandini Sriram, Lauren Frampton, Brianna Bradley and Mrs. Amy Bolen. Middle Row: Morgan Martin, Natalie McGhee Hallie Weitzenfeld, Anna Gentiluomo and Julia Booker. Back Row: Michael Randolph, Nicole Bulla, Kobey Simon, Blake Smith, Selma Sosic and Travis Schuck.

## STUDENT ADVISORY COUNCIL



Left to Right: Caroline Daly, Sophie LeGault, Julie Booker and Rachel Baffoe-Bonnie.

## STUDENT HELPERS - ATTENDANCE



Front Row: Mikala Kanode, Leah Fleshman, Tori White, Madison Snowden and Zachelle Lexima. Back Row: Blake Smith, Zada Porter, Vivienne Barnhart, Ring Acuol, Odalys Hernandez and Drew Fulton.

## STUDENT HELPERS - FRONT OFFICE



Leff to Right: Bella Crouse, Liz Hertzberg, Dylan Rice, Ben Bryant and Catereine Thacker.

## STUDENT HELPERS - GUIDANCE



Front Row: Hannah Peters, Sofia Midkiff, Abby Rutigliano, Abigail Robertson and Isabelle LaPrade. Back Row: Nathan Sharp, Kobey Simon, Jalen Buster and Laine Burchinal.

## TEACHERS FOR TOMORROW



Front Row: Tavia Wright, Belle Bowman, Thanaira Colon, Megan Crowe, Dixie Overfelt and Natalie Paul. Back Row: Madison Snowden, Kenley Jennings, Emoni Mcllwraight, Logan Scott and Maddi Stephens.

## TRI-M MUSIC HONOR SOCIETY



Front Row: Mr. Brian Quakenbush, Oriel Soltysik, Amanda Bowman, Sydney Hilovsky, Jordan Kalafut and Amber Arthur. Middle Row: Miranda Hughes, Bella Crouse, Elliot Kroll, Abigail Robertson, Adrienne Heston and Katie Sullivan. Back Row: Skylar Perdue, Jesse Wills, Dillon Key, Clay Williams, Tanner Smith and Jason Bradshaw.

## TRI-M MUSIC HONOR SOCIETY



Front Row: Brianna Bradley, Katie Durica, Emma Maxwell, Laurel Hudson, Matthew Christoper and Hanna Scaer. Second Row: Roxie Robinson, Claire Lawson, Miranda Hughes, Isabella Divers, Will Goodman and Justin Clingenpeel. Third Row: Rachel BaffoeBonnie, Lena Scaer, Jason Clingenpeel, Lucas Holt, Luke DeFalco, Webb Holderman and Mason Taylor. Back Row: Jason Wainwright, Jack Horton, Michael Cavicchio, Nicholas Cavicchio, Cooper Albright and Mr. Brian Quakenbush.



## REBECCA BAUER



We are so proud of you, Rebecca.
Never lose your gift for joy.
Thank you for sharing it with us.




It's been a short 18 years filled with laughter and joy! You make us proud every day just by being your awesome self. So here's to Big Ernie and a new life of adventures ahead.

We love you more than words could ever express! Mom, Joe, Dad, Jake and Abby

## HANNAH SMITH

We are so very proud of everything you have accomplished! You have such a big heart and your love of missions and children has positively impacted so many. We can't wait to see what God has in store for your future.

## We Love You!

Dad, Mom, Ryan, Eric, Sarah \& Mike
"Go confidently in the direction of your dreams. Live the life you have imagined."
Henry David Thoreau


## HANNAH MUNCY

Congratulations, Hannah! We are so proud of you and the
 smart, talented, and beautiful young lady you have become. We can't wait to see what the future holds.
Love you always, Mom, Larry, Victoria \& Sara


Gavin,
It has been an amazing journey watching you grow through your school years. You are a blessing to all you meet and we are proud to call you our son.

Love,
Dad and Mom

## AMEEN SERDAH

## Ameen,

We are so proud of you today and for all the accomplishments to come. Always stay true and kind. The sky is the limit, so open your wings and fly.

Love you forever and a day, Mom, Grandma, Grandpa,




# OLIVIA TULL 

Congratulations, Olivia Grace! We could not be more proud of the smart, beautiful, caring young woman you are. Stay strong in your faith and DREAM BIG! Love Always - Mom, Walker and Emily


## JULIA BOOKER

l'll love you forever, l'lll like you for always, as long I'm living my baby you'll be. I'm very proud of the life you've created so far and I know your future will be beautiful! Love, Mommy



## JOSH FRETWELL



We are so proud of the fine young man that you've become. You are kind, caring, and determined. Continue to be true to yourself and keep your faith in God. We know you will do great things. We love you, Mom and Dad


"All our dreams can come true...if we have the courage to pursue them." Walt Disney

## TYLER SHAYWITZ

 $\rightarrow 8$Tyler, you have turned into an excellent young man who we find extremely interesting, talented, creative, funny, hardworking, intelligent, and compassionate. You are very sensible, yet also a dreamer. We are so proud to be your parents. Congratulations for all your hard work paying off. You have done it! Keep working hard, even though you are done with school...at least for now.

Love,
Mom, Dad, Kelsey \& Jordyn


## SYDNEY HILOVSKY <br> 

Sydney, congratulations! We are all so proud of you, for everything you are and everything you do. Keep believing in yourself, stay true to you and have fun! We know you are going to do amazing things! Love, Mom, Jimmie, Taylor, Ashley and Gugga


## DELANEY GROVES


"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11
"Do not follow where the path may lead. Go, instead, where there is no path and leave a trail." Ralph Waldo Emerson



## MORGAN STOKES

Congratulations, Morgan Reese! No matter where life leads you, No matter what you do,
I will always be your biggest fan, And I will always be here for you! Stay sweet, Stay fierce, And most importantly, Stay You!!

Love you Always, XOXOXO -Mom-


## EMMA DMOCHOWSKI



Emma, We have loved watching you grow into a beautiful, intelligent, kind young woman. You have always been true to yourself and your beliefs, and we are so proud of you. We know God has great things in store for you! Keep smiling, keep laughing, and keep following your dreams! We will always be here to love and support you!

## Love,

Mom, Dad, Eric and Eliza


MATTHEW CHRISTOPHER


I closed my eyes for but a moment and suddenly a man stood where a boy used to be. You have given me so many reasons to be proud of the man you have become; you are kind, compassionate, musical, smart, funny and handsome, but the proudest moments for me are telling others that you are my son. Congratulations, Graduate! I love you, Mom

Behind you all your memories Before you all your dreams Around you all who love you Within you all you need

Congratulations, Peyton! We are so proud of you and have watched in amazement as you've grown into the beautiful young lady you are today, and we're watching with great anticipation to see what you PEYTON
CONNER

"For I know the Plans I have for you." Jeremiah 29:11


Love, Mom, Dad and Hannah


## BAYLOR BOONE


"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

Words cannot express how proud I am of you, all your accomplishments so far and the incredible young man that you are.

You are kind, sweet, smart and a blessing! Follow your dreams! The best is yet to come!
I love you! Mom

"Often when you think you are at the end of something, you are at the beginning of something else," shared Mr. Rogers. Baylor, this is just the beginning...of something special! I am very proud of all that you have accomplished and anticipate all that is to come! Thank you for being the young man that you are. Wishes for health, happiness and contentment with all that life will bring your way! I love you very much. Dad

## MIMI CLARK

 Mimi, we are so proud of you and all that you have accomplished. We can't wait to watch the next chapter of your life unfold.Love, Mom, Dad, Haley, Lexi, Oreo, and Waffles


## OLIVIA COATES



We have enjoyed every minute of watching you grow into the amazing young woman that you are today. We couldn't be more proud of you, and you are loved beyond measure. Congratulations, Olivia! Keep believing in yourself and reaching for your dreams!

Love, Mom, Dad \& Sophie

## MATTHEW COLOZZA



We are so proud of all you have done and can't wait to see all that you are going to do! Love, Mom, Michael and Nicholas





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# Congratulations to the Class of 2019!! Best of luck in all your future endeavors! 

# Sincerely, <br> Monsour Advisory Services 


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President


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## THEME:

"WHERE" seemed fiting as a theme this year. We have been throught the ringer this year: awaiting reconstruction, not knowing when we were going to move, looking out of our windows onto a seemingly sea of trailers that looked daunting at best. But, in the end, this is where we are. In a classroom or a "mobile learning cottage," we're still Cave Spring.

## ASSEMBLY:

COVER: We dig this cover and really hope you do, too! Our staffs usually love a traditional Cave red $£$ black book, and this modern take on a traditional vibe looks really good in our opinion. Our base material is a vista executive litho wrapped around a 145 -point cover board. We also used an anti-scruff matte and black foil.
PRINTING: Vegetable-based inks on 100 -pound premium matte paper applied in the Herff Jones Kansas City printing facility. Mark Plyler sevved as customer sevice adviser. And, as a side note, they better hope he never retires!!! Mark is THA MAN. PORTRAITS \& GROUPS: Lifetouch
RECOGNITION: Accolade has appeared on both the CSPA Crown and NSPA Pacemaker lists and won numerous state championships. "NOW IS THE TIME," the 2018 hook, won a state championship.

## SPECIAL THANKS:

Jess St. John: Year two down and you did a wonderful job! Thanks for talking the off the ledge and helping with those "hot messes."
Mark Plyler: Seriously. Thank you. I think I email you more than my husband sometimes.
Love you!
Amy Hayden: Thank you for being so generous with your photos (and salsa recipe). You rock!
Connie Alonso-Mosher: Thanks for keeping us straight on the husiness side of things. You are the best!
Mr. Spangler, Mr. Parker, Mrs. Deeds and Mr. Hall: You are always so supportive and trusting of us, and we appreciate you so much.
Mr. Steve Kent: Second year without you, second year I'm putting you in this book.
Without your big vision and amazingly beautiful talent, I wouldn't the able to put this yearhook thang together. Itry to remember everything you taught me and make you proud.

## STAFF:

| Julia Booker | Katie Gottstein |
| :--- | :--- |
| Danvielle Brinkley | Kate Manico |
| Cori Clayton | Shaun Matthews |
| Megan Crowe | Gwen Overfelt |
| Caroline Daly | Toni Perkins |
| Aidan Doyle | Eriin Smith |
| Brooke Fretwell | Hannah Smith |
| Sam Gobellan | Olivia Tull |







[^0]:    "I first started track in eighth grade, and have been committed to it ever since. Last track season was very memorable for me because I won my first state championship with my $4 \times 200$ relay team. So far this year. I have been a regional and a state champ and set a new school record, breaking the 300 m dash record. This season will be my best one yet. When I feel that legs can't run anymore, I will run with my heart, and I don't plan on slowing down." Timothy Iferika, 12

[^1]:    I love to edit and take photos because I like the emotion I can see in the final photo. My personal work tends to represent a dream or character in my life. The editing usually sets the tone, bringing the photo to life. In editing, you can make changes for the better. One click on a button can make a huge difference. The best part about photography and editing is creating your own work. Luckily, the worst of photography hasn't hit me yet. But, if would have to guess, it would be the reaction you get from people who don't understand your work," senior Sara Stewart said.
    "This piece is a scene of a swamp in an abstract background. It was inspired by the style of Romanticism. It was created with the use of different oil paint techniques," sophomore Nathan Tryal said.

[^2]:    As told by junior Josh Wainwright

