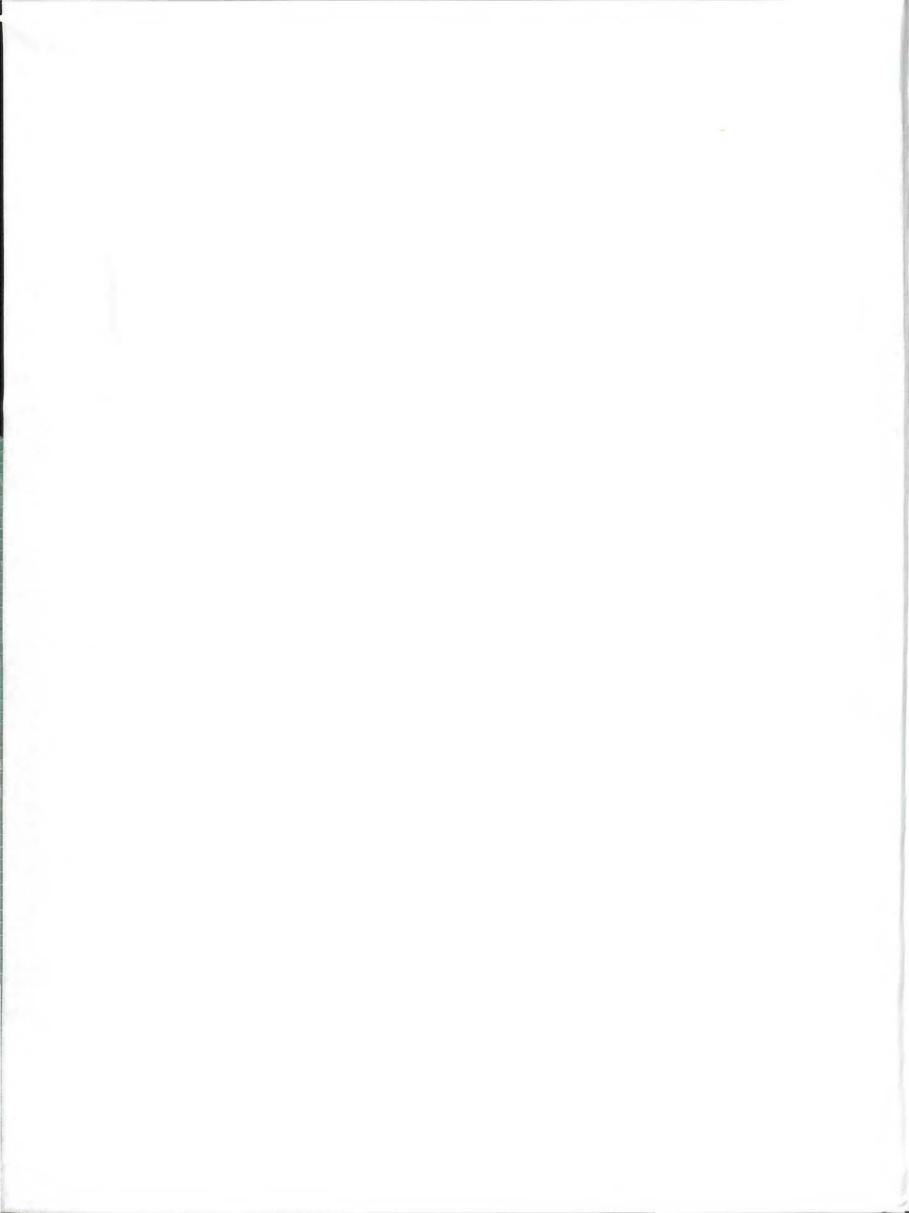
KNIGHT VISION





KNIGHT VISION

Student Life

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Cave Spring High School 3712 Chaparral Drive Roanoke, Virginia 24018 (540) 772-7550



















1 . Participating in vollerblading in gym, Samuel Kerr(9) stops to talk with Bert Dyc(9) "The best part about vollerblading was doing the chicken dance and limbo," said Samuel.

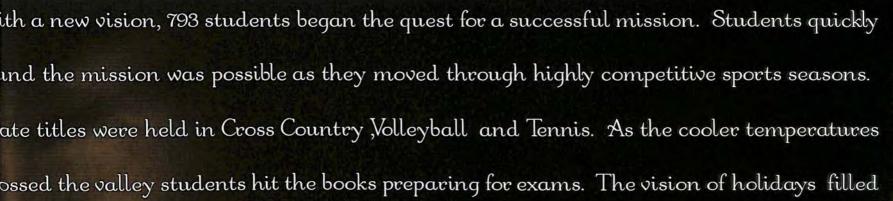
2. Decovating the school with signs of pride, Allison Hodges(11) places balloons on the knight.

3. Watching from the bus, Emily Harvey(12) sees the students come out and support the Volleyball team as they headed to States. "I loved our fan support," said Emily.









adents minds as they prepared for Spring Break. Some students envisioned heading to



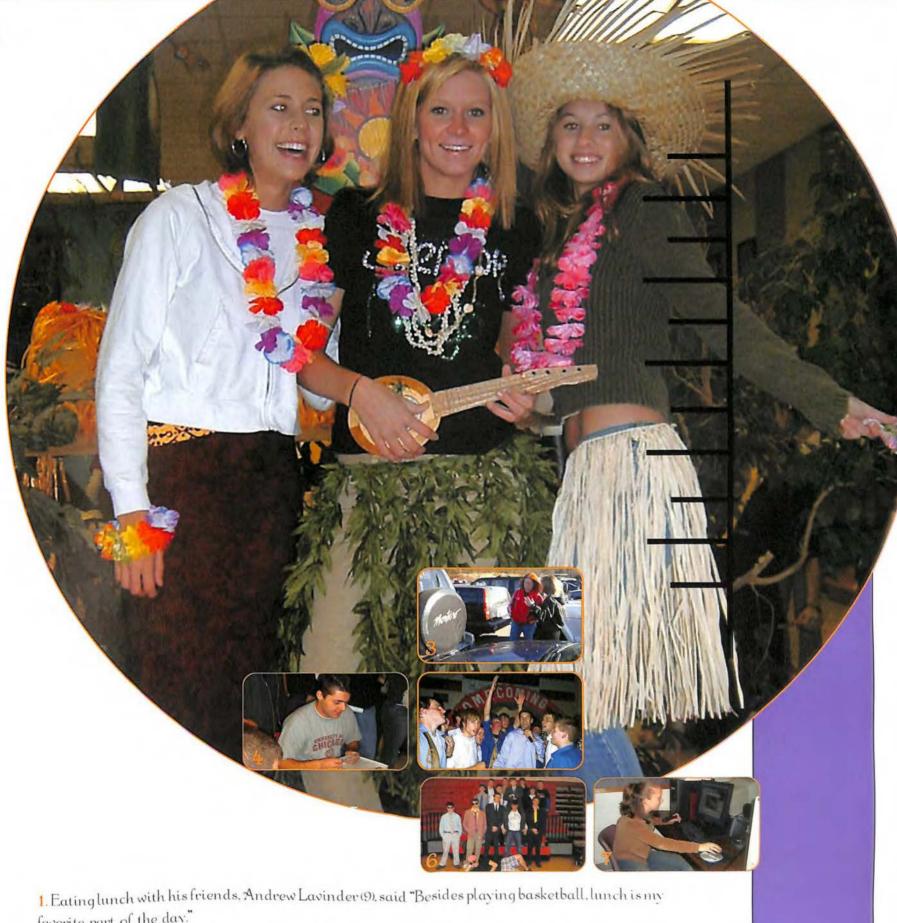
the beach and others to snow covered mountain tops. May brought visions of exams and the realization that the mission was almost over. The last locker was closed as the final bell released students into the long lazy days of summer.

AKNIGHT'S DAY

Already missing the long and lazy days of summer, 793 students filled the halls with a renewed spirit. With fall approaching students quickly settled into the rigorous academic life. A Hawaiian escape was planned by the seniors for homecoming making October seem light and lively: Soon after exams, the long winter days with ice storms caused nine missed days and several delayed openings and early dismissals. Students worried what this would hold for the much awaited and anticipated spring break. Students returned from break planning and making preparations for that special promevening. Hammering and nailing sounds could be heard echoing from the auditorium as Drama prepared for the Spring Production, Annie Get your Gun." Spring teams concluded their seasons with turning in their final performance. Soon after thoughts returned to exam exemptions and graduation for the seniors and underclassmen the dreaded SOI's and final exams. The warm breeze brought daydreams of summer excursions, looking forward for the perfect summer job, and hopes for a bright future.



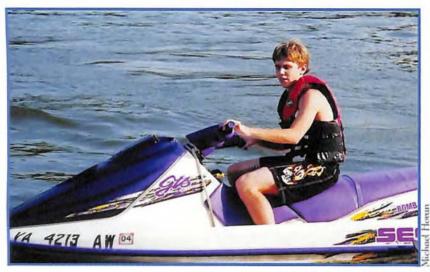




- favorite part of the day."
- 2. Making plans for the Spring Production. Kelly Anglim (11) is working on a press release.
- 3. Jennifer Mecca (11) tells Mandy McAden (11), that her car is a little under Mandis. "I thought it was very funny yet I was worried about the damage that could have happened."
- 4. Taking a break between exams by playing a game, Drew Nichols (12) said. "It was a fun way to keep our minds off of exams".
- 5. Singing "Friends in Low Places Kreg Savoie 12) said that it was a spur of the moment idea and that he had a great time.
- 6. Members of the swim team decided to dress up for their State Competition.
- 7. Working hard to get in her next assignment on time. Jourdan McDaniel (9) said. "I enjoy my technology class a lot."

Kenny Horan looks out on Smith Mountain Lake as he takes a vide on a Seadoo. Kenny frequently visits the Lake with his family and friends throughout the summer. He and his family enjoy taking long weekends off to catch some rays and have fun in the water.

"I was working with dolphins and one thing the trainers reward the dolphins with is a kiss, it is a form of positive reinforcement." Kelly "Anglim(11) vacationed in Hawaii in "August over her birthday. "The Best part was being there with the dolphins and actually getting to train them."



Knight Talk

Virginia Vaughn(10)

"I am climbing the high ropes course at Young Life Camp," said Virginia of her visit to Windy Gap.

North Carolina this past July. "The best part was getting to know new friends and getting to know old friends better," said Virginia. The Young Life campers also participated in horseback riding, swimming, and even bumper cars.



Camille Miles(11)

"I am reaching out to touch a waterfall on the rocks," said Camille Miles(11) about a trip she took to Boone, NC over Labor Day weekend visiting her family. "The best part (of summer) is being with friends, going on vacation, hanging out by the pool, and relaxing."



"I'm at Young Life hanging out during some free time." said Channing, "The best part of camp was getting away from school with friends, and also coming closer to God."



Katie Eggleston(12)

and the state of t

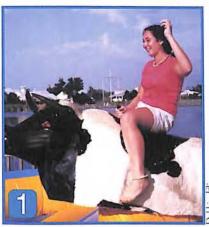
Katie visits her Grandparents in June at their pond on Bent Mountain, "I was trying to catch more fish than my friend," said Katie. "My favorite parts of summer are the times I get to go camping, hiking, fishing, and hanging out with my friends."

"I am reading a book while lounging in my pool," said Katie Davies-Ross of her vacation to her home in Hilton Head

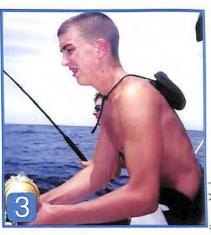


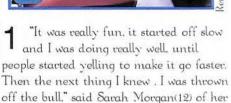












Beach, South Carolina.

2 Carrie Doughty(10) takes out the trash at Hunting Hills Pool as part of her closing duties as a lifeguard. "I chose this job because I love the summer, and I love kids, so I chose a job where I could be outside and watch

bullride in Barefoot Landing in Myrtle

and work with kids."

Andrew Markey (9) enjoys a fishing trip he made with his family this past August to the Atlantic Ocean. "I was pulling in a five foot dolphin." said Andrew. "the best part of our beach trip was chilling on the beach and going out in the water."





Nothing is more precious to any high school student than Summer break. It is when students are finally rewarded for ten months of hard work and dedication to their books. So how do you spend the two most valuable months of your year? "I took my friend with me on a family vacation to Hilton Head." said

Katie Davies-Ross(11), "I taught her how to play

football." Bonnie Culpepper(11) also went to the beach with a friend on her break. "The beach trip coincided with my sixteenth birthday, but the family I was with surprised me with a birthday party. Indeed, summer time is all about relaxing, catching some rays, but above all hanging with your closest pals.



Arriving Back

Students Welcome Back a New Year



Helping to decorate the drama club float Alex Veatch(10) makes decorations. "I had a great time working on the Drama float. Everyone worked really hard and the float turned out to be awesome!" Alex said.



A fter starting a new year, the juniors got the opportunity to order their class ring. "I ordered a class ring to have as a remembrance. I will wear it proudly to show that I attended Cave Spring High School." Caitlin White (11) said.

While participating in back to school night Sarah Combiths(12) and Megan Hovan(12) helped work certain jobs during the evening. "I told parents about FCA and Key Club to get more kids to join and I also helped collect senior class dues." Megan said.

pon arriving back to school, students noticed immediately several changes. One of the changes was the student population as a whole became smaller. Apart from previous years, the senior class consisted of 184 students. It was now the smallest class ever. The freshman class included 214 students therefore making it the largest class in the school Another change noticed throughout the school was the new arrival of laptops provided for the freshman to use in their classes. "I like having them in school, however I do not like carrying them around all day, because I have to carry my bookbag around Hamilton(9) said.

When students first arrived to school there was

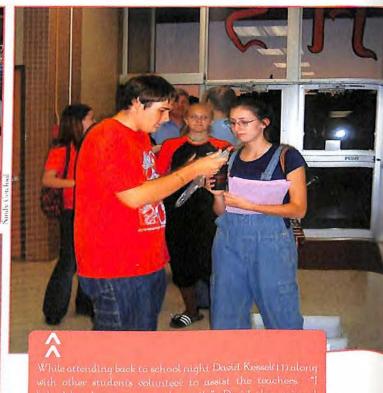
much controversy about laptops throughout the upperclass. Some students agreed with the idea of the freshman using laptops. Charles Sublett(10) said "I think it is good for the freshman to get such good learning resource. I just wish that my freshman class would have gotten them the same time that Hidden Valley. High School got theirs." Some upperclassman liked the idea of laptops, however others did not. "I think laptops are completely unnecessary and I'm glad we don't have to have them. I would hate to have to carry around a laptop as well as a backpack," said Joanne Delaney(10). Futhermore the student body adapted to the idea of having laptops.





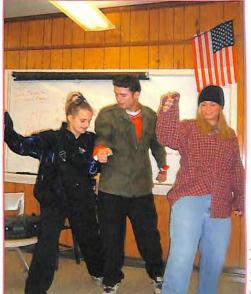
During back to school night students work different tables to share about the clubs or other groups that they participate in. "I worked the Junior class table in the cafeteria and I got to talk to a lot of my friends and their parents about Junior dues, prom, and powderpuff" said Kendal Martin(II)







As a cheerleader, Brandi Cooper(10) helps out at back to school night by collecting donations. "I was collecting greenback bucks and helped people find their way around the school Also. I enjoyed being with my friends and meeting new people." Brandi said.



uring drama class the students have to preform in front of their classmates. "It is a lot of fun acting in front of your peers because your friends get to see all your talents as an actor/actress. You really do learn a lot because they give you good advice on what you should or should not do." Ashely Bradon (12) said



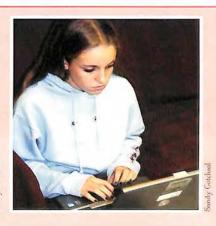
Erin VandeLine(12)

As captain of the dance team, Erin Vandeline makes locker signs for teammates as a way of saying good luck for their upcoming game. "Being captain is hard, but exciting and fun at the same time," Evin said.



Jayme Shepherd(12)

On the first day of school, Jayme Shepherd (12), the editor-in-chief of the newspaper takes the roll. "Being the editor is going to be a lot of work but tons of fun getting to know everyone on staff and working with them," said Jayme.



Kelsey Bryant(9)

While doing her homework Kelsey Bryant(9) enjoyed working on her laptop. "It was so much easier to do my work and participate in class when I have everything at my finger tips," Kelsey said.



Shannon Bernardo(12)

Enjoying a beautiful day while decorating the drama club float Shannon Bernardo(12) spray paints props for the float. "Drama club is great because you get to develop new friends while expressing yourself." Shannon said.

Assissing. Activities

Students enjoy their friends during their days off

hroughout the fall, students stayed busy with balancing classes and other activities in and outside of school. The football team practiced for games everyday after school, while the cheerleading squad prepared for Friday night games and their competitions. "Cheering for football actually worked out nice because we had games on Friday night and we used the rest of the week to practice for competition." said Jayme Shepherd(12) The students involved with drama stayed active to

prepare for a fall festival along with a competition. "The best part was when I told a scarry story to the kids for the Fall Festival. They all thought I was the coolest." Bukovsky(10) said. Clubs were busy preparing their floats for the homecoming parade while holding meetings throughout the week. All this was going on while students were still trying to get into a routine of a new school

> Camille Mileo Student Life Editor

> > Dattling the cold Dweather, Kristen Gliniecki(12) and Jennifer Craighead(11) try to stay warm. "We were outside taking pictures and we were freezing!" Kristen said.







Courtesy of Mrs. Wagner Thile attending a cookout at a friends house, Alex Sline(11) and Jill Bessett(10) talk about what a great time they are having. "Being with my friends is great! We have all been friends for such a long time, that its like we are all sisters." Alex said



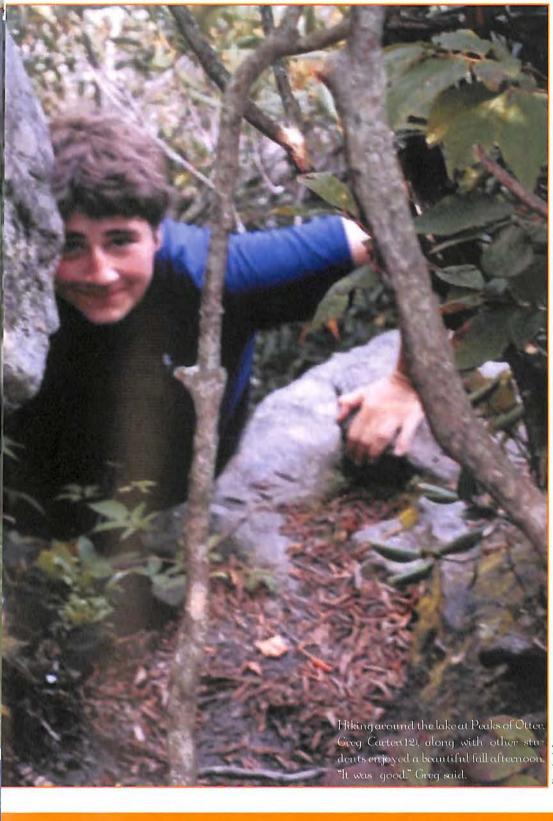
hris Mecca rides over to Penn Forest Elementary School to perform for the Fall Festival "As a club, Drama participated in this event. It was a great way to get to know everyone in the club because we all had to work together," said Chris.

oming back from a drama competition. Emily Ewoldt(10) preforms in front of her classmates "The ride back on the bus was so much fun. We sang songs, played games, and danced in the isles!" Emily said.

elebrating a friends birthday, Carrie Dought y 10) awaits to eat the cake! "It was my friends 16th birthday and we went over to her house and jumped on her teampoline! It was a great time!

"My favorite thing





Students took a trip out to Peaks Of Otter during the fall to look at all the colors of the leaves. "It was cool and I had a fun time." said Greg Carter(11).



Painting signs. Paul Bernardo(11) helps others in participating in junior class activities. "It was a new experience for me because I had never helped out on a float before" Paul

Jessica Criffith(11)
places support
beams for a homecoming float. "Creating the homecoming float and being
with friends was fun."
said Jessica.









I did this fall, was going to New York City for the first time!" Joyce Metzler(11).



Mandy McAden(11) puts her decorating techniques Minto the junior homecoming float. "A few of us came up with the theme of Staving Alice in 2005 Everyone had a great time decorating and we all worked well together. I think the final product turned out great" Mandy said.

Sandy Cotschal

Cetting pumped up for the home Coming game, Matt Mull(12) and David Lefevers(12) spray each other with body paint. "Dressing up was a decision I made just moments before the parade started. I thought it would be a fun way to show school spirit. I got a lot of strange reactions from people I didn't know, but others thought it was cool" said Matt.

On career day, Jaclyn Atkinson(9), dresses up as a fifties waitress and won first place for the most creative costume. "My favorite thing about the week was getting compliments and awards for my outfit." Jaclyn said.













Stephen Hoffman(12)

Practicing cheerleading for the powderpuff game, Stephen Hoffman(12) puts forth a team effort. "I would have to say my favorite thing about spirit week would be seeing how many people dressed up each day and how crazy some people looked in their outfits." Stephen said.

Geogre Leffue(12)

Enjoying a refreshing drink, George Leffue(12) takes a break from decorating. "My favorite thing about spirit week was when all the seniors wore togas to the volleyball game and then decorating the halls afterwards." George stated.

Amy Chang(9)

After dressing up for Hawaiian day, Amy Chang(9) lends a helping hand in decorating the freshman hall. "Spirit Week was amazing, fantastic, and fun! The best part was dressing up differently for each day." Amy expressed.

Nora Vitello(10)

Getting her hair done in preparation for the parade, Nora Vitello(10) reflects back on the week. "My favorite part of spirit week was coming into the school on Friday and seeing the school decorated. The classes really did their best this year and the school looked awesome!" stated Noah.

New Traditions

Students show their school pride while participating in Spirit Week

Continuing with tradition, spirit week happened with a "bang!" Kicking off the week, the junior and senior girls battled each other in the powderpuff game with the final score seniors 42 and juniors 0. "My most memorable moment during the powderpuff game was being tackled so I just threw the football as hard as I could. After the game I had huge bruises that lasted forever and I still have scares on my shoulders." said Katie-Davies Ross(11)

While keeping the idea of having a social activity after school during the week, the SCA put on an ice cream social filled with dancing, cating, and camaraderie with friends. "Iloved

the ice cream social because it was a lot of fun and I got to dance. I was in the ice cream eating contest and I was very messy but it tasted good!" Charles Sublett(10) said.

Along with the weeks activities students dressed up to different categories such as Project 50's Day, Hillbilly Day, Hip-Hop Day, and Red and Black Day. On the last day of spirit week, the seniors greeted the student body with warm welcomes and handed out Hawaiian lays. "We had fun handing out lays on "senior day" during spirit week. I went out and bought 300 to hand out. It was fun!" Megan Jessie(12) said.

Camille Miles Student Life Editor







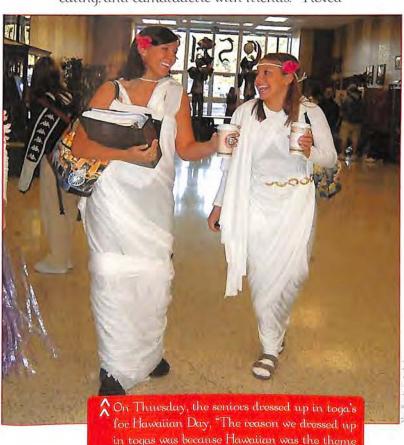
Travis Dunbar(12) waits outside for the underclassmen to arrive. "My favorite day during spirit week was definitely senior day. The feeling of being in control and knowing that its your day was definitely the best part of the day." said Travis.



Lending a helping hand at the least Cream social. Kendal Martin (11) works herice cream scooping skills. "Helping out at the social was tons of fun and it was nice to be involved and watch everyone have a great time" said Kendal

Awaiting the costume judging contest for Hawaiian day. Alan Moore(11) dresses up in his Hawaiian attire. "I decided to dress up for Hawaiian day because I have always loved Hawaiian clothes and I have a lot of them so I decided that it would be all right to look stupid for a day." Alan said

Decouting the lobby with follow so more. Pam Ferris(12) puts her thoughts into the decorating process. "Coming in late at might and decorating the school was a blust." I loved seeing eceryone's faces as they walked into the school and saw the decorations for the first time. Right then I know all the work had paived ref." Pain said. 10.12



for the seniors on the last day of the week. Also

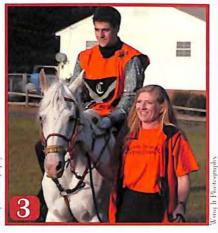
at beach week we are having a toga party, so we

wanted to have a "dress rehearsal" said Megan

Jessee(12).









Shannon Bernardo(12) as the Mad Hatter for their Alice and Wonderland theme. "It was fun watching the float come together after working on it for so long.

7 "It was such an honor to know that my fellow classmates thought highly enough of me to vote for me." said Princess Jayme Shepherd (12).

3 "I am enjoying the Homecoming parade with my friend Sarah," said Micah Kaplan(12) of the role he played in the parade. "I had never been on a horse before and it was a great experience for me," said Micah.

coming parade, Cel Arrington(11) and the ing alive in 2005" on their 70's theme float. "I



Cave Spring students show their spirit and dance the night away

The heroes of the Homecoming dance each year or two in the morning, "said Brandi Holland(11). are certainly the cheerleaders. In August they around and things really pick up. "We all know reward in itself.

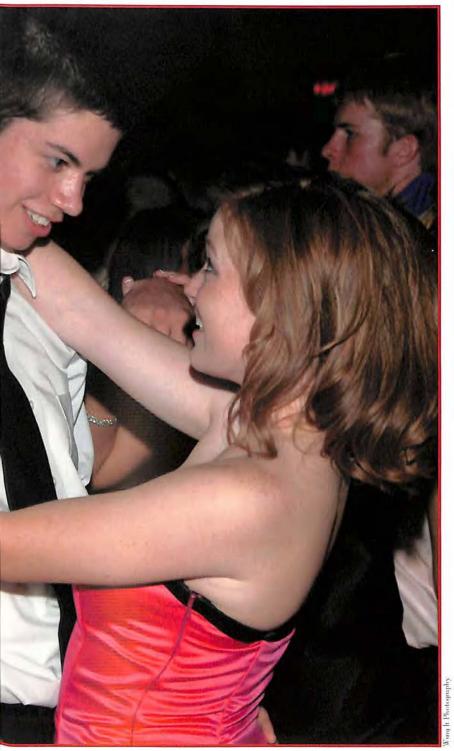
that after the game we are to decorate until one

Although the cheerleaders spend hours decorating begin thinking of themes and decorations for the for the event, it does have a fun side. "It's a really good Once the theme is decided it's only a way for both squads to bond," said Camille Miles (11). matter of time before the homecoming game rolls Indeed, seeing the results of their preparation was a

> Maggie Cannon Student Life Editor







don't think there was one moment on Homecoming night that I wasn't either smiling or cracking up completely," said Julie Jones(10) in reference to attending the Homecoming dace with her date David Finkler(11). "The only bad thing was the pain in my feet endured from dancing all night; David had to carry me to the car," said Julie.

Clay Kinder(12) sheds his formal wear while dancing with his friend Annie Hancock(11), "I got really hot so I thought by taking my shirt off I'd cool down a little," said Clay. "This would be my last homecoming with my friends, but hopefully it wont be my last."



Knight Talk



Tina Crawford (9)

"Getting my hair and nails done was a lot of fun. But arriving and seeing everyone all dressed up, especially the guys wearing ties and suits, was the best part." Tina represented the freshman class on the Homecoming court.

Clint Custer(10)

Clint Custer (10) spends the night dancing with his date Lael Whiteside (10). "Getting ready was kind of hectic because I didn't get the corsage until five minutes before I had to go," said Clint.



Lindsay Epperty(10)



Lindsay transferred from Patrick Henry at the beginning of the year. "It was definitely an experience and it was fun. The best thing was I got to hang out with my buddies."

Sarah Lilly(10)

Sarah enjoys a dance with her date Zach Cates(10) to "Here Without You" by Three Doors Down. "It was such a perfect song to dance to, it's one of my favorite songs." Sarah had a busy day before the dance as she attended a Cross Country meet. "I could finally relax and enjoy the night." said Sarah.



It was alot of fun and I was able to bond with my fellow classmates," said Virginia Vaughn(10) when asked what was her laworite part of being on the sophomore float

14-15

YYDRITT

Knights are rollin' in the dough

to also get more expensive. It's always hard to squeeze that extra dollar out of your parents, so many students have turned to taking jobs after school Many look for the perfect job, to fit their needs, their wants, and most of all their wallets. "It's usually not about what job fits you, but what job is available and pays well," said 'Amber Barton(11) of how she came about her job at Chico and Billy's in Tanglewood Mall, "It doesn't have to be the best job in the world, just as long as it gives you lots of good hours, and pays you well." Lots of students also went on Job Hunts, visiting all the local establishments

for applications. One of these students was Carrett Belcher(11), "I had been looking around for a couple of days, then I went into Texas Steakhouse and asked for an application. They called me. and that's how I got the job," said Garrett. Shan Shapiro(12) did the same. "I had been to a few places earlier in the day, but I was so cool that Staples hired me on the spot," said Shan. So next time you are considering to ask your parents for money, consider taking a job! Hey, it doesn't really have to fit you, just as long as it satisfies your pockets and shopping habits.



Maggie Cannon Student Life Editor



Manaia Campon

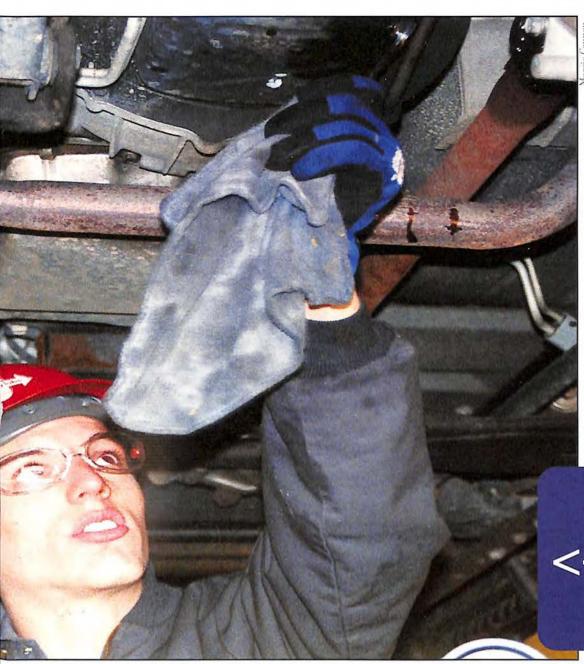
Th's a hard jeb making smoothies, but somebody's gotta do it." said Wade Snider(11) about his job at the new Zeus duice on Flectric Rexul. Wade has been working thece for 3 months. Wade also works alongside his good friend Sam Smith(11) who is also pictured as wade rings him up at a register.



Mandy McAden(11) vings up Cave Spring teacher aid Lindsay Cannon. "Working at Katie's is great because I get to many people that I know...and I get a discount!" said Mandy

Thomas O'Keele(9) bags groceries for the Kroger on Brambleton Road.
"The best part about my jobs is cating Little Debbie snack cakes on my breaks," said Thomas in a more pessimistic view of his job.





eredith Lumsden(10) arranges clothes at Toad'ly Kids, a boutique in Promenade Park where she has been working for six months. But Meredith doesn't let her job get in the way of her academics. "The best part about my job is they are really flexible with my hours," said Meredith.



Mannin (

"The best part about working at diffy Lube is working with my friends," said Will Wagner(12) of his job at diffy Lube for a little over a year. "Ilike seeing my friends coming through when they get their oil changed,"



Kendal Martin(11) mixes an Italian Soda at Mill Mountain Coffee and Tea located in Promenade Park. "I love coffee and I get to see all my friends. It's fungetting to know all the regulars," said Kendal about the perks of her job.



Katie Morrison(12) blends a smoothie at the counter for a customer at Elderberries, Katie's place of employment for nearly two years. "The best part of my job is making the smoothies that make people happy," said Katie





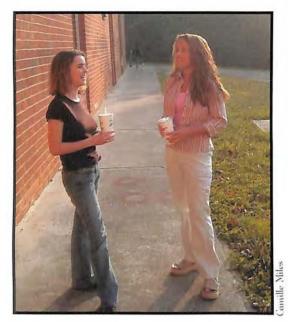
Folding a disheveled t-shirt. Caitlyn Clary(12) fulfills her duties working as a part-time sales associate for Abererombie. "I enjoy working at Abererombie because I get to shop while I work," said Caitlyn.



Maggie Cannun

16-17

atie Mixon(11) and Allison Hodges(11) got some fresh air while chatting before homeroom. "We like to go to Famous A's for breakfast," said Katie. The two had been friends since elementary school, and enjoy being able to spend their mornings together over a good meal.



Best friends Kelly Anglim(11) and Jessica
Goodspeed(11) hang out in the cafeteria as the
first bell rings, Jessica and Kelly spend time away
from the busy hallways to complete any work
they have as well as have some valuable time
together.





Drew Nichols(12), Brian Peters(12), Stephen Clarke(12) and Ben Bredenkamp(12) take a break from their morning exam schedule to play a little game of "Clue" in the hallway.



Nicole Glennon(9) and Kristen Deweese(9) help to finish the many signs needed for the Key Club Car Wash fundraiser to be held the weekend of prom.

Alexa Tollusso(9) and Chris Mecca(9) play the piano together in the stage band in the mornings before school. Alexa and Chris have practiced their musical talents since before high school in the Jr High band, and Chris in local productions.



Chason Croom(9) searches for some scrap to make into art before school in the art room. Chason along with others who take art like to come into the art room in the morning away from the hustle and bustle to spend more time on their pieces.





Early to Rise What's happening before first bell

or most students, mornings are about sleep ing in and then frantically rushing around his or her house in an attempt to make it to school before the late bell rings. For some the morning is a time to fit in the extra activities you just can't fit into your regular day.

For most who choose to venture out in the mornings before school, going out to breakfast is a must. Famous Anthony's and Mill Mountain Coffee seem to be the places of choice for their fair prices and great food. Many also congregate to the Cafeteria to socialize and grab breakfast. But when students are not snacking, they take time to make their mornings more productive. Many elective classes offer morning opportunities to finish work, or even start new projects. Some of these classes included, yearbook, newspaper, art, choir, and band.

Organizations provide these opportunities as well. The student council often gathers in the early morning sharing breakfast, stories of their days and discussing projects for school. One early morning project this year was making care packages for the

SCA alumni. They also came in early to help prepare for the very successful blood drives.

Aside from student organizations there were also sports. The football team makes an effort every year to prepare far in advance for their season as part of the "Bigger Faster Stronger" program. The captains of the following year help coach Foutz to organize the team and put them in the weight room before and after school. This helps to build team morale for the upcoming season.

So next time you are aimlessly wandering around your house, waiting for the clock to strike 8.15 before you go out of the door. Think about all the good you could be doing to improve your sports skills, your grades, or your college application by going that extra mile for the organizations or sports you are involved in at school.

Maggie Cannon atchet preExta



Maggie Cannon(11), Mandy McAden(11), Kendal Martin(11), and Aaron Bock(11) work on the SCA calendar in homeroom. "SCA was so fun this year, I can't wait until next year," said Kendal. The SCA put in many hours before school working on the calendars in the cafeteria hallway, as well as the blood drive.



Susie Dye(11) works on a poster for the Key Club car wash in her Key Club homeroom. Susie is president of Key Club this year as a Junior, a rare honor.

Caroline Doughty(10) heads to Mill Mountain Coffee with her friend before school begins. "I like to go to Mill Mountain to get coffee because it wakes me up in the morning," said Caroline.



18-19

Students Show Their Musical Talents

istening to the rhythm and keeping the beat, many talent.

Trey Tyler(9) plays the bass guitar while John Clark(10) keeps the time I play it, I fully appreciate it. beat on the drums in their band named "The Blue Phase." "We Not only do the band members enjoy the music they play, but people. At first it's easy to shake off, but it can wear on you. After listening to band members play, students enjoy rocking out! awhile, you forget about them and stop caring and just keep doing what you love," said Shea

Not all students play in a band, many take music lessons students are involved with music in some way. Students outside of school, Stephanic Melnik (11) plays the piano and takes ▶either participated in music lessons outside school, or they lessons once a week. "My favorite type of music to play is rugtime. developed their own bands. Whether they were playing the guitar, I play this when I am really stressed out, getting to pound out the drums, singing, or another form of music, students showed their notes on the key-board helps me a lot." Stephanic said "Another student who was musically involved was Lydia Riall (10) by playing Mitch Snider(9) is a new member of his band, "A Rement the cello. "One of the best parts of the cello is the deep, full sound brance of Autumn." "In the band I am the lead singer. The hardest the instrument produces. Since I have been playing it for five years part about being in the band is memorizing the lyrics," said Mitch. now, it is easy to take such a simple pleasure for granted, but every

have been together since the summer of 2003. We practice once a the students also enjoy going to their concerts on the weekends. week in my basement," Trey said. A member of the band, "Leona "I like going to local concerts of high school bunds because it is Dear," Shea Coffee(12) plays the bass guitar. "The hardest part of something different to do on the weekends." Carrie Doughty(10) playing in the band is all of the criticism you get from different said. Whether making music in a band, taking music lessons, or

Telping out at band I show, Sarah Combiths(12) mans the door. "I was collecting money for people to get into the show. I got stuck there because everyone else wanted to watch the bands play, but it was not too bad." Sarah said.

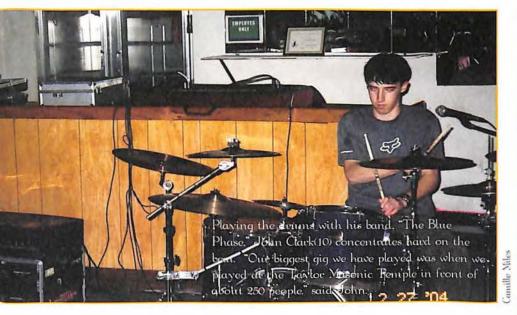
Playing on her baby grand Stephanie Melnik(11) practices before a lesson. "I have been playing the piano since I was six The hardest part is having to teach yourself the music and making yourself practice when you don't was to." Stephanie said.



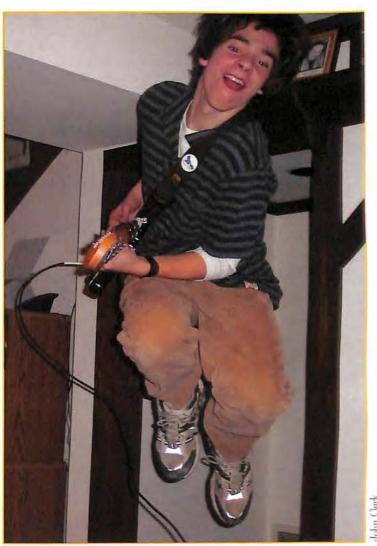




Singing with his band. "The Remembrance of Autumn," Mitch Snider (9) practices for an apcoming gig. "Hove being in my band, its so much fun to get with the guys and just rock out." Mitch said.







Trey Tylen(9) practices for an upcoming gig. "I've been playing the bass for a little over a year. My favorite part of being in a band is playing at the shows, seeing all the people come out to see us play is such a great feeling" said Trey.





Alex Veatch(10)

Alex Veatch(10) has been playing the piano since the second grade. "I started playing because my parents encouraged me since I love music and it is also a great stress reliever." Alex said.

Lydia Riall(10)

Playing the cello since the fifth grade, Lydia Riall(10), has performed for the Junior Strings and the Roanoke Youth Symphony. "My favorite thing about playing the cello is the challenge it presents.

ı

What Do You Do?

Outside school activities and extracurricular activites

kate boarding, dancing, horseback riding, and having game nights are some activities students participate in outside of school "What I like best about skateboarding is that I can express myself with the tricks I can do," said Joel Murphey(11). Another activity that students engaged in was playing card games such as poker a few nights a week. "It's always interesting to see how people react to losing or winning when its a big pot. Someone usually ends up doing

something crazy that cracks the rest of us up for the rest of the night." Zach Chapin(12) said.

Some different activities students took part in was creating a prison dodgeball team, while others participated in clogging and aerial dance. "I decided to start clogging because it looked like fun and it was very different." Katherine Reid(11) said. Outside school activities helped students get out of their academic routine and express themselves in their own unique ways.

Camille Miles

Student Life Laiter asey Benson pre forms an arial dance. "The hardest part of arial dancing is holding your body up so you can lay parallel to the ground."Casey Benson(10) said.

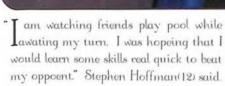


my oppoent." Stephen Hoffman(12) said





Thave been clogging for about two years. Hike I the way it feels and the rythmic sound that is produced said Katherine Reid(11) hardest part is keeping the rhythm and timing with the rest of the group."



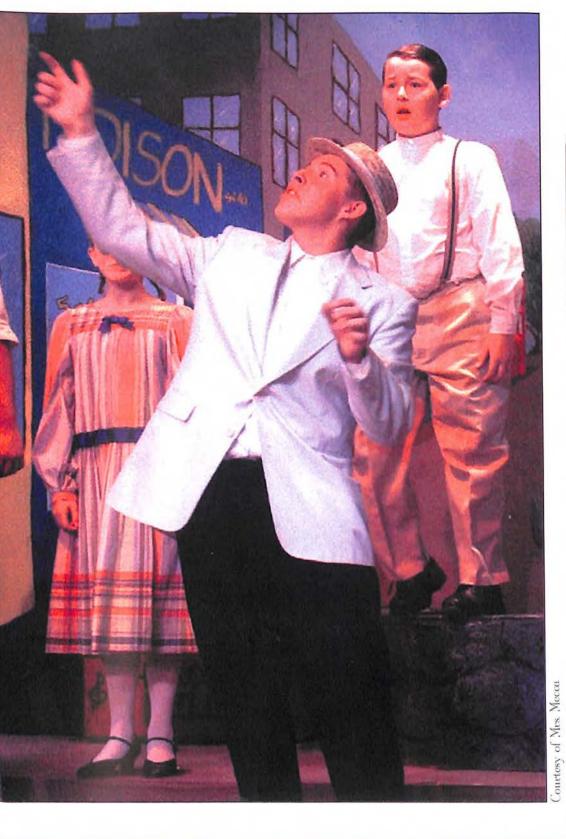
"My favorite thing



__njoying a nice day at the park, Jackie Raines(11) ∡climbs on a jungle-gym. "While I was climbing. I kept teging to do all the tricks that I could do when I was little, and I discovered that I could no longer do it! It was a sad realization, but I had a nice time " Jackie said

have been riding horses since was seven years old Idesse Patton(12) said. "The bardest thing about viding is a tenely balanced horse and keeping the balance in everything you do."





While at a friends party. Maggie Cannon(11) plays a game of fooseball. "I am terrible at fooseball, all I do is spin the handle really fast and hope that it goes in the goal," Maggie said.

Colin Cannon(9) prepares
to proform a trick on
his skateboard. "I am doing
a varial kickflip. This is
when the board flips and
turns at the same time."
said Colin.

ne time I fell or my neck after jumping off the decl onto the trapoline. I hurt at first, but it very funny now said Aaron Bock.

y of Mrs. Mecca

to do outside of school is to take part in drama prodructions." said Shannon Bernardo(12)



Mallory Myers 10) and Julie Jones 10) warm up before a dance class. "Dancing is a great workout for you and a good stress reliever. My favorite part about dancing is the recital at the end of the year. I really like proforming in front of a creud, it's an awesome feeling." Mallory said



Preparing for a jump off the ramp, Jamin Stovall(12) enjoys the snow day off school for a chance to snowboard. "Snowboarding is one of my favorite things to do. All my friends snowboard too and we all go to ski resorts together during the winter. It's a lot of fun to try new tricks, you just can't be scared, you have to have a positive attitude and try anything." Jamin said.

Injoying a nice winter day outdoors, Brain Thompson(11) and Mandy McAden(11) go hiking. "We went to Dragon's Tooth, it was a blast, but way to cold!" Mandy said.











Wendy Young(10)



Krista Windshitl(10)

Rebecca Almond(10)

While attending a sleep over at a friends house, Rebecca Almond(10) uses her cooking skills and prepares a goody for her friends. "I was making smoothies, and they were really yummy and everyone enjoyed them." Rebecca said.

Lauren Ammar(10)

Walking into school while it was snowing outside, Lauren Ammar(10) stops to enjoy the snow and catch snowflakes on her tongue before entering school to start the day. "I love when it snows while we are in school because that means there is a chance we can get out early" Lauren said.

Celebrating her birthday at a local restaurant, Wendy Young(10) gets pie in her face by the employee's. "At the restaurant, the staff comes out singing happy birthday and they have a piece of pie with them. While singing to you they put the pie all over your face!" said Wendy.

Krista Windshitl(10) rolls up her sleeping bag after a spend the night party with friends. "My friends and I get together every now and then on the weekends and have spend the night parties. They are always a good time and usually are very funny!" Krista said.

fes Sandy Cotschal

39 all all all some students enjoy winter weekends and their snowdays

TV, sledding down the hill or trying to put in some extra hours at work, students use their time on snow days. "On my snow days I like to catch up on sleep and just relax the whole day. said Chris Mecca(9) "On most snow days I end up going into work and my boss provides us with free pizza for lunch!" Pam Ferris(12) said.

Going outside and enjoying the cold weather, sledding, snowboarding, and skiing are some favorite things students like to participate in. "Bonnie Culpepper and I went skiing at Timberline, WV this past winter. It

was my second time skiing and when I was in the lift line, Bonnie knocked me down and I fell backward. Everyone saw me and they all started laughing at me." Maggie McClung(12) said. Shannon Bernardo(12) said, "One time I was sledding and a friend of mine hit a bump and couldn't stop and he hit a car that had to stop for him." "One time on a snow day, three of my friends came over to my house and we made up a game. The game was you had to swing on a swing in my backward and the other people would try to hit you with snowballs while you were swinging," said Heather Couture(10).

Camille Miles Student Life Editor







A fter enjoying an ice cream, Alan Moore(11) and Barrett Henderson(11) perform funny tricks for their friends. "People daved me to catch Barrett in my arms, so we did it. Afterwards everyone laughed really hard because they didn't think we would really do it." said Alan.



"I was walking down the stairs and I slipped and fell backwards" said Lyn Lambach 12) "My best friends brother saw me and started throwing snowballs at me!" said Lyn.

1) Attending a lock-in with her church. Marie Vitello(11) helps with a can food drive. "One of the things we did was help collect food for the local food shelters. It is always nice to get out and help the community." Marie said

2) Students stand outside school in the snow during a fire drill. Fire drills were held monthly in accepdance with Virginia High School State Law



Stephen Clack(12) looks at a scrap after snowboarding. "I was doing a trick at Wintergreen Ski Resort and I fell, when I got up I saw blood and I was like WOAH where did that come from?" Stephen said.



What is an advantage of having your family member at school?



"Everyone that works at the school is nice to me because they like her," said Tori Smith whose mother is the new school secretary.

Amber Barton, whose mother is an aide at the school says, "If I forget my lunch money, which I usually do, I can always go to her."

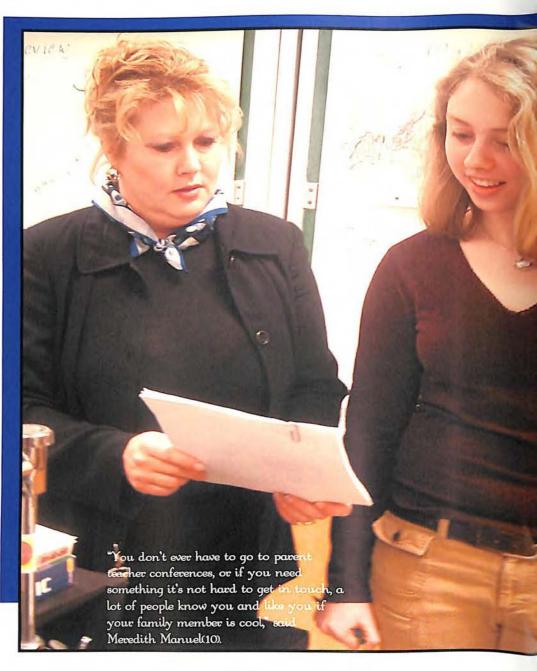




Wade Hammes(11) visits his grandmother in her room before home room. Ms. Hammes is the much loved psychology teacher who has been teaching for a number of years, and recently has begun teaching history, as well.

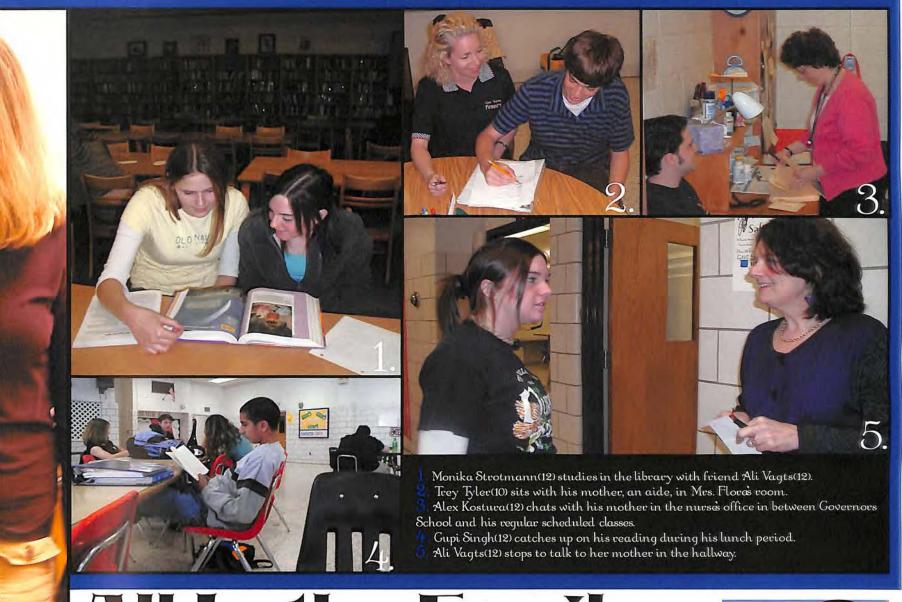
Maggie Cannon(11) talks with her mother before she makes her way to school Maggie's mother Tina is the yearbook representative for Jostens, the yearbook company that produces the school yearbook. "My Mom usually has a lot to do in the afternoons, and I work, so it's nice to see her for a little bit at school," said Maggie







Colin Cannon (9) attends school with his two sisters Maggie Cannon (11) and Lindsay. Cannon who is a teacher's aide and junior westy volley ball couch



All In the Family

Students share the high school experience with family members

I think everyone can agree that High School is no cake walk, but imagine coming to school everyday with a family member, or coming to school in a foreign land? Surprisingly, students go through this everyday. "I thought my Mom was kidding when she said she was coming to work here. I came back from visiting Miami when my dad told me. My Mom just had a huge grin on her face," said Nicole Edwards(10) about her reaction to her mothers job acceptance for the secretary position. Trey Tylen(10) had a similar reaction. "I thought I would be in trouble. I knew she would stay in contact with my teachers all through High School."

But having a family in school does have its pluses. "You really are more involved with what is going on in school," said Meredith. "It's nice to have my mom here when I am not feeling well," said 'Alex Kostura 11) who's mom is the school nurse. However, coming to school with a family member is not always a cake walk. "My

mom gets my bad grades before I do." said Tori Smith(12). Nicole agreed. "If I were to get in any trouble there would be no way to hide it!"

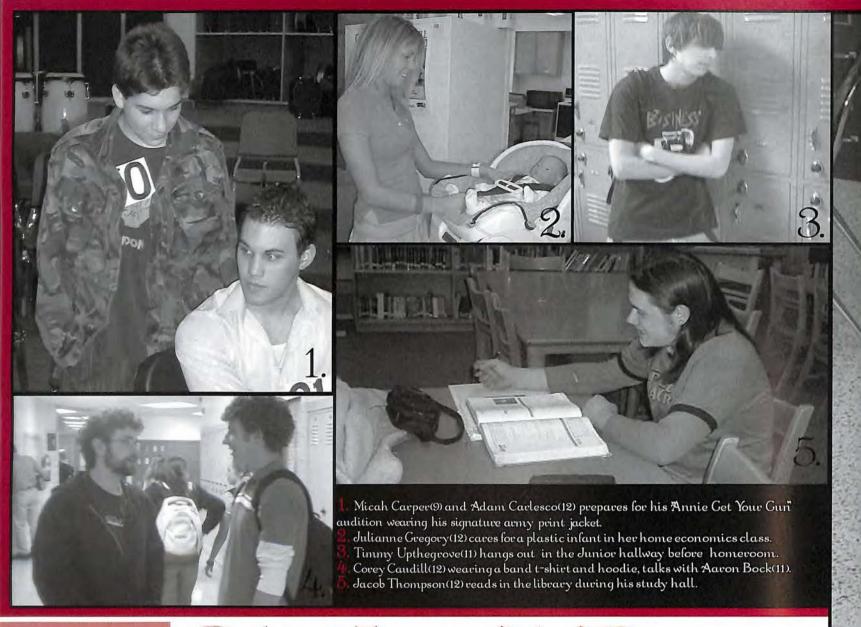
But even harder than having a family member in the school is attending school in a foreign land. Coupreet "Gupi" Singh(12) came to our school this year as part of the exchange program from Germany. "I heard about the program from a friend, and decided to improve my English." said Gupi. "The best part of America is all the friends I have made." said Gupi. When asked if he would recommend the exchange program to others Gupi responded. "yes, but only if you have a good attitude about it." Indeed. Cupi had the difficult task of coming to a country he had only read about in books, but now has managed to make friends and enjoy his experience here in America. Indeed, all the students have learned many lessons in coping with things they do Maggie Cannon not always enjoy.

Student Life Editor

10

Jobs at CSHS

- 1: Principal
- 2: Coach
- 3: Student Aide
- 4: Guidance
- 5: Athletic Director
- 6: Trainer
- 7: Nurse
- 8: Attendance
- 9: Bookkeeper
- 10: Secretary



top 10

Trends of 2003-04

- 1: Birkenstocks
- 2: Shaggy Hair
- 3: Initialed Shirts
- 4: Stender Jeans
- 5: Worn in Jeans
- 6: Knock off Bags
- 7: NB Sneakers
- 8: Trucker Hats
- 9: Off-shoulder shirts

10: Sheer shirts

Students show their unique personalities through fashion

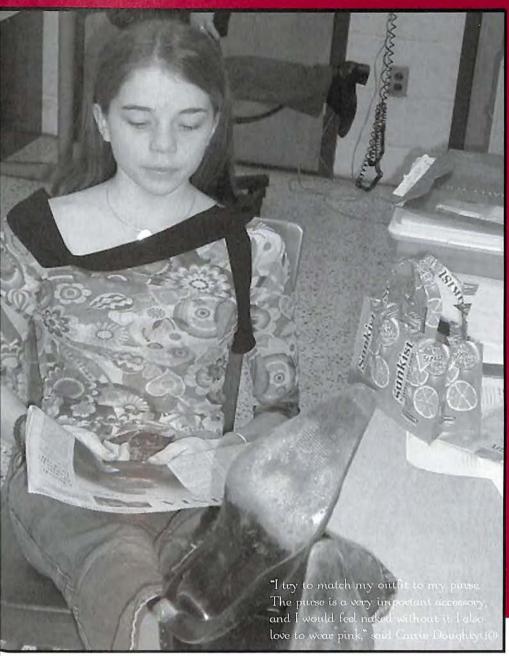
Tashion. Whether you realize it or not, every-body has their own unique sense of style. Personality traits of an individual can easily be seen through the use of fashion, "Fashion is an art you can wear," said Victoria Moravy(11), "My style is mostly influenced by famous designers such as Gucci and Valentino." Jaclyn Atkinson(9) said, "Itry to reflect different parts of my personality through all of my outfits. No, I'm not schizophrenic, I just have that much personality to me!"

But fashion isn't just for the ladies, there were many fashionable men walking the hallways, such as Jacob Thompson(12), "My style is unique, I wear what I feel like that day, which is usually something kind of country or redneck," said Jacob. Sean McGhee(10) was also picked for his unique, and often homemade style. "I am attention starved and I like to shock people," said Sean of his personal style.

But where can we find these unique fashions?

"Boutiques, because they sell different things from the typical Abercrombie style. Also, not everyone is wearing the things you find at boutiques." says Carrie Doughty(10). Some chose the online route. "I like to shop online because there are no crowds." said Timmy Upthegrove(11) But most of these fashion originals chose the Good Will as there store of choice "You have no idea what you might find there, and it's inexpensive." said Micah Carper(9). Jaclyn agrees stating. "It's so much fun to rexamp clothes and create the latest styles out of whatever you may find there." Most agree that the best outfits are the ones that you create yourself. So be unique, be yourself and your personal style is sure to show through.

Maggie Cannon Student Life Editor





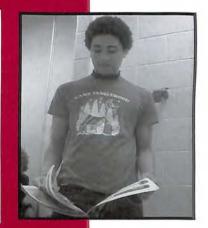
Spending her free time in the art room, Jackyn Atkinson(9) watches Channel One. When asked about her style she responded." To simply put it, eclectic."

How does the way you dress represent your personality?



"Fashion is an art you can wear. I'm a very artistic person and it's a great way to express it," said Victoria Moravy(11), "People always tell me I am lucky for being able to pull off what I wear, but it's all about being comfortable and confident.

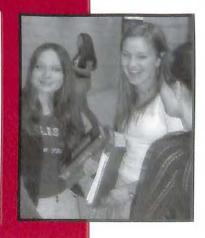
"I wear a crazy mix of everything. For some reason it's pretty controversial I guess. I like to be different and ridiculous. If I feel like being crazy, then I will go with that. If I want buttons on my tube socks, I will put them on, "said Sean McGhee(10)





"I'm odd," said Curtis Dinkinson(12) about his personal style, "I like to shop online because I can find anything I think of, I like to wear mesh, I try to wear it everyday."

"Well, my style is really different and unique, and as far as personality goes, I am fun and outgoing," said Alexa Tolusso(9). "I love shopping at H&M in New York City. They have great clothes for great prices."



Springing Forward Indulging in added daylight

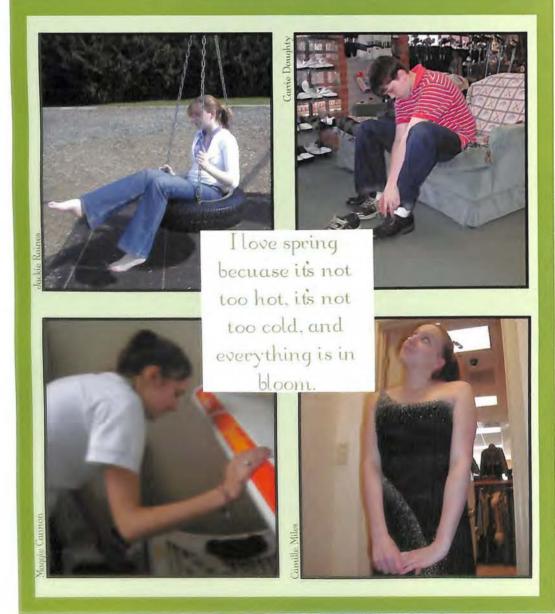
Springtime is a time for flowers in bloom, sunshine, and winding down the academic year. But most of all it's a time for fun with friends! Many people made the best of their spring breaks through vacation, working to earn some extra cash, or even volunteering. For example, Beau Austin(11), along with Shane Lumpp(10) and Chauncey Lumpp(11) went to Nicaragua for a mission trip over their spring break. On the other hand, some people spent time in school for their break, such as Jayme Shepherd(12) who worked hard on the school newspaper, as well as the drama club who worked long hours into the night to finish the set for the school's spring production.

Others spent spring weekends working at their jobs such as Latoya Jones(11) who dressed as a lobster for the "Seafood Roadshow" at the local Kroger. Michael Doughty(9) spent some time on a baseball diamond, umpiring little league games, whereas Caitlin White(11) spent time cleaning out the cages of her many animals.

Another large part of spring was prom preparation. While the guys were renting their tuxes, girls flocked to the local dress carriers spending hours trying on dresses for that perfect gown. Amber Barton(11) along with many other junior and senior girls frequented Caribbean Tan to get that natural brown glow to go along with their bright colored prom gowns. Bonnie Culpepper(11) took advantage of the sun and warm weather by washing her car.

Others just soaked up the sun, whether it was in Roanoke reliving childhood memories at the Penn Forest Park like Joyce Metzler(11) and Jackie Raines(11). Or making a beach trip with friends such as Lauren Gerl(10). Melissa Bernitt(10). Kara Campbell(10), and Jennifer Taleri(10), who rentured to Hilton Head Island where they enjoyed shopping, laying on the beach, and eating at many great restaurants. Indeed, most students made the most of their spring as they looked forward to summer!

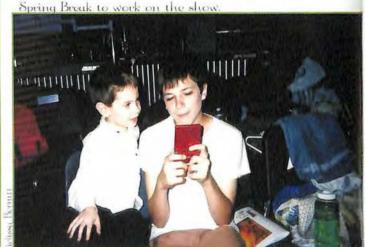
Maggie Cannon

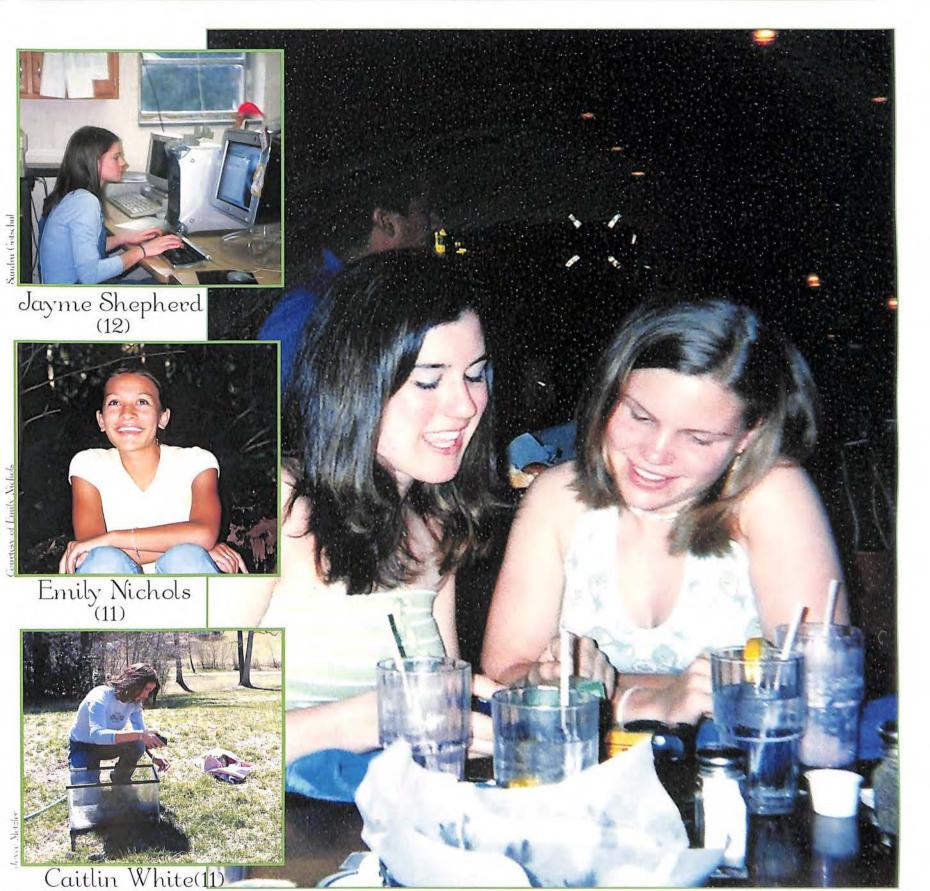




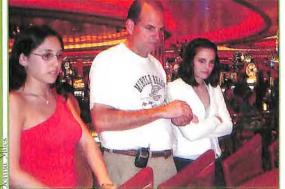
A fter a visit to the tanning bed for a pre-prom tan, Bonnie Culpepper 111 takes time out of her busy schedule to wash her car. "Washing it yourself is alot more fun than just driving through the carwash." said Bonnie.

Bonnie.
Ceoffrey Bernado(9) shows Walker Mastrangelo a move
on the Gameboy during down time of the Drama
Club's Spring Production. Students came in during



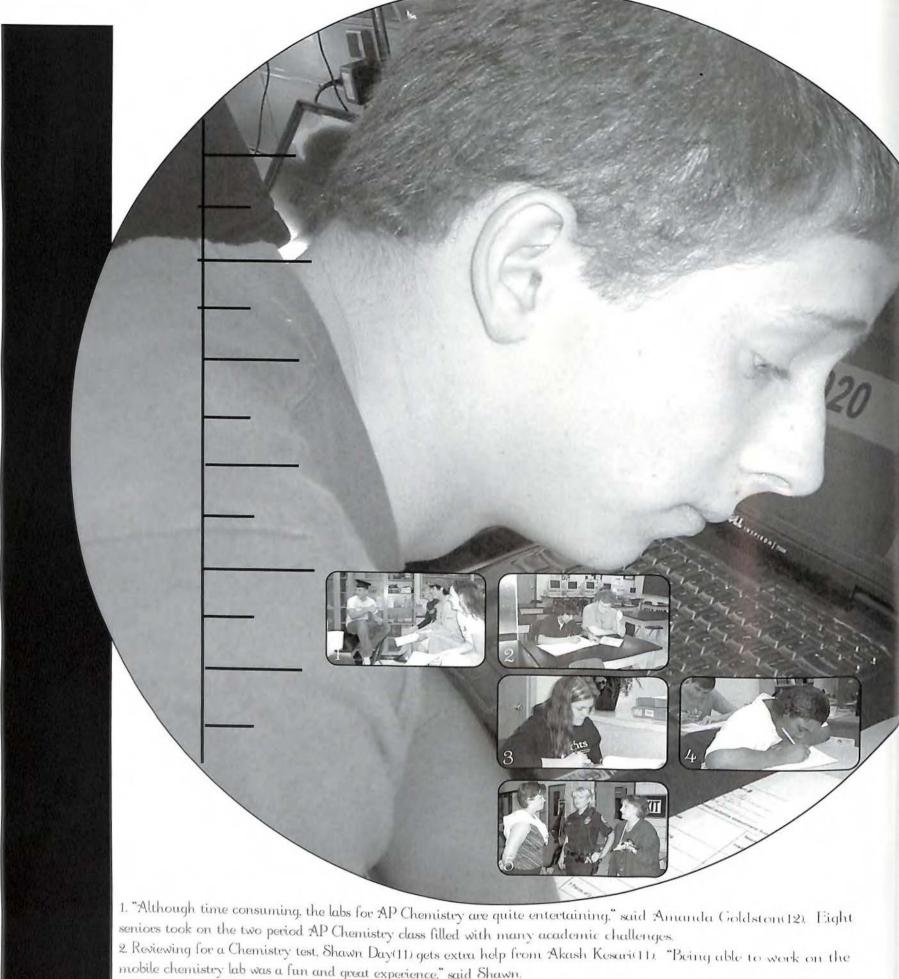


Zooming In...



Heather Conture(10) and Camille Miles(10) enjoyed a weeklong vacation on Royal Carribean's The Mariner of the Seas. "My parents planned the vacation in the fall, we went with the Miles family because all of our family members are friends and we thought we would all have a good time together." said Heather. Heather and Camille enjoyed teen clubs, tanning, pools, shows, and putt-putt golf all aboard the ship, but even more fun came off of the ship. While making stops in the Bahamas, St.Martin, and St.Thomas the girls snorkeled and visited some of the most beautiful beaches and scenery in the world. "The best part was visiting all the islands seeing the turquoise blue water…it was the most beautiful thing I have ever seen."

Heather Couture



mobile chemistry lab was a fun and great experience," said Shawn.

3. Taking a break from being an office aide, Nicole Edwards(10) gets in some last minute studying before her next class,

4. Writing a summary on Holding Me Here. Nicole Paige(9) works diligently before the bell rings. "My English class is great because my teacher makes class really fun," said Monica.

5. Mrs. Smith, Officer Lowe, and Mrs. Lucki talk about the events of Back to School Night.

6. "The hardest part about keyboarding was not being able to look at your fingers while you type." said Ryan Ricky(9). All students are required to pass the keyboarding proficiency test before they graduate.

7. Preparing for an Anatomy Test, Rene Newman(12) looks over her notes with Jimmy Bohom 12)

A KNIGHT'S QUESTS

he vision of Mission Possible carried on in the academic endeavor of all students. Seniors discovered new challenges with twelve seniors rising to the top of the Valedictorians list. Filling out college applications and finding that perfect college was another challenge the Seniors tackled. Taking the SAT's for the first time and the demanding Chemistry and History classes the Junior Class discovered that this was a mission that had to be conquered. Sophomores found Biology and dissecting pigs a difficult task. Taking PSAT's proved to be another challenge. Freshman arrived with their new laptops and the vision that in a few years they would trade them in for a diploma. With academic challenges and reaching prospective goals, students proved that with hard work and dedication they could conquer any academic mission.





+ Adding

wp for the future

ath is an academic subject thattakes lots of concentra Ltion and time. At times there are some homework problems that take up to half a piece of paper, not to mention the fact that it took at least five minutes to finish one problem. Some find math very annoying and time consuming. However, some people such as Josh Swain(10) enjoy the endless process. "In math class, I enjoy working the algebraic equations. They are like puzzles." Some people are able to face the stress of this class through the help of their friends and classmates. "I like to work in groups when it comes to my Algebra II class. At times I don't under stand what we are learning. Working in groups helps me understand the confusing material," says Ashley Poage (10). To make math more interesting Geometry teacher, Mr. Lewis, gives fun test reviews. "Mr. Lewis tries his best to keep the class from boredom. I personally give him credit for that," says Michael Jones 102. Even though math is a difficult subject for some students, the teaching staff tries their best to give their students time at the end of class to start on their homework. "MrsHoffman is really good about giving us time to start on our homework. She tells us to take advantage of the time she gives us and to ask for help if we need it," says Joyce Metzler(11). The majority of the

math teaching staff here at Cave Spring realize that math can at times be very boring and frustrating. In response to that they try their best to incorporate fun and interesting activities through out

the week.

Mary Lawson Staff Member



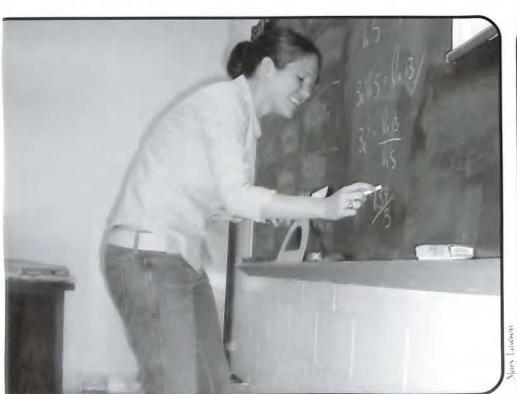
2 Sitting in math class, Brian Bosche takes notes. "The hardest part about taking notes is actually the diagrams and figures that we have to drawl," says Brian.



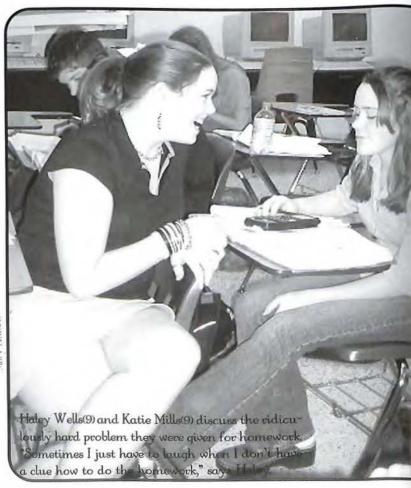
Eager to find out her third nine weeks grade Erin Griffin(9) asks Mrs. Hoffman. "Mrs. Hoffman knows that school can be stressful, so she lets us know our grade before report cards are sent out."

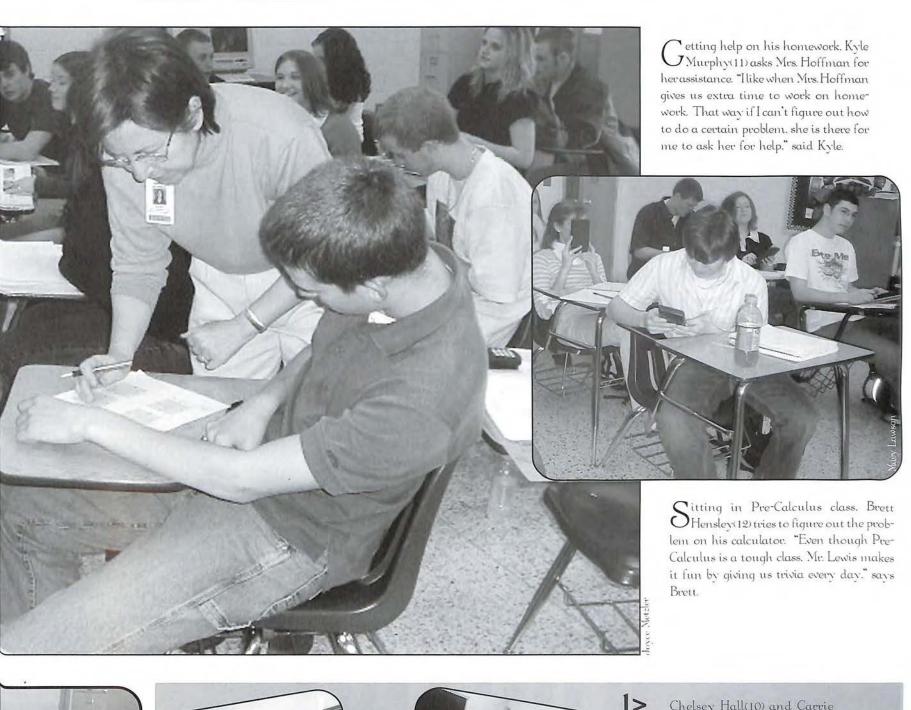


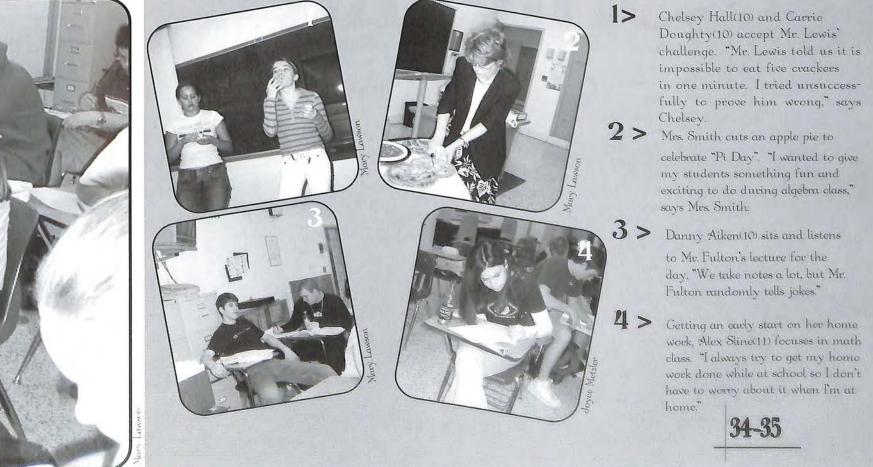
"I'm not too crazy about my geometry class, but I know that it will help me with SAT's," says Alex Veatch(10).



Katic Macrison(12) goes up to the chalk board to take a shot at the commonly missed homework problem that Mr. Lewis assigned the night before. "I solunteer to do problems on the board because that way I at least know if I am working the problems right." says Katic.







eniors Shannon Bernado, Katie Eggleson, Kathryn Ferguson, and Jessi Sisson sing while focusing on their music. Shannon's singing came in handy when she stared in the drama production, "Annie"





Taking a deep breath, Ashley Braden (12) prepares to sing. "Taking choir is a great experience. It is amazing how many different people I have met through choir," says Ashley.

Waiting for class to begin, Natalie Mardoyan(10) talks to Janel Lambach(?). "I like choir because it is a small class. That way we get to know everyone really well we are like a family," says Natalie.





Jessi Sisson(12) looks over the new piece of music she just recieved. "I like all the different types of music we sing in choir," says Jessi.





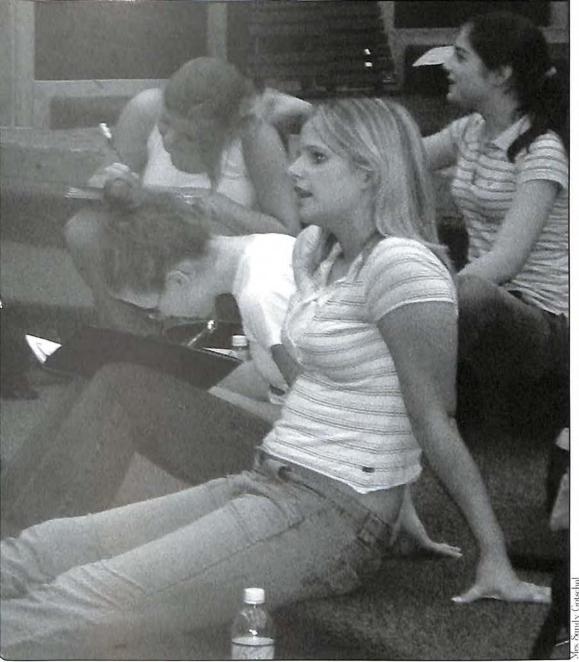


to their heart's content

themselves, to improve their voices, and to have as well as good performance etiquette." When asked about payed off. their favorite part about being in the choir, most everyone mentioned the fact that the class has no trouble when it comes to bonding. "Choir is a class where people make

Singing in the choir gives people an opportunity to express friends, become close, go sing for the kids and sing for the fun of it," quotes Natalie Mardoyan (10). "It is a good thing that we get camaraderie incorporated into their lives. "I made a lot of along so well, so that are voices are able to unite as one," says friends in choir. In our class, you can relate to almost Courtney O'Quinn (10). Through their bonding experience, the everyone singing wise," said Ashley Braden (12), the choir members of the choir are able to sing and unify their voices to president. Many members felt that their quality of singing sound as one. In any type of singing, it is important to sound has improved because of their act of joining the choir. unified and connected. No matter what kind of performing you Concerning improvement in her singing, Lynn Lambach are doing, if it always a great feeling to look out at the crowd and (12) said. "Yes I think my voice has improved. You learn see how they enjoyed the performance. Afterwards, you feel a to use good breath control and we learn the musical scales sense of accomplishment, and you know that your hard work has

> Mary Lawson Staff Member



Choir president, Ashley Braden (12), relaxes as she warms up her voice in the choir room. "I love to sing because it lets me express my inner thoughts. It also gives me a good way to relieve my stress," says Ashley.

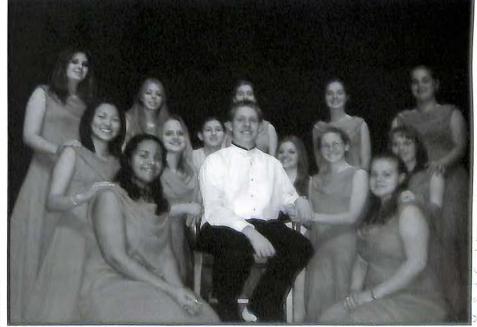
Sitting in choir, Lyn Lambach(12) and Courtney O'Quinn(10) practice reading music. "I love choir. The singing, the friendships I have buit, and the special way of expressing myself. The hardest part about it is learning how to read music well," said Courtney.





"Voices of the Knight"

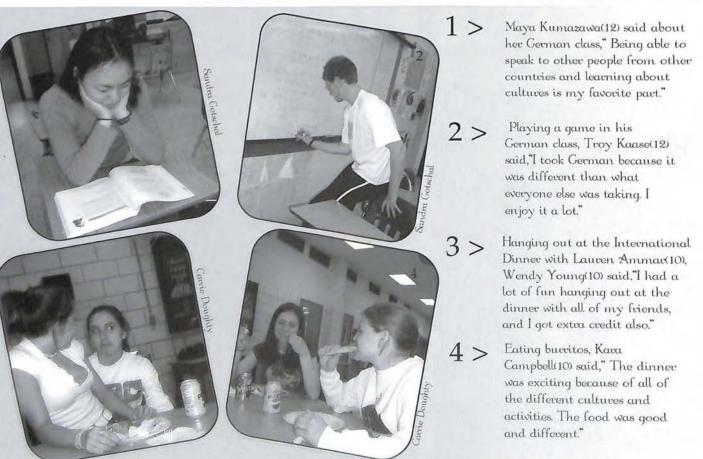
Front: Cynthia Vaughan, Chris Mecca Amanda McConkey Middle: Amy Chang, Ashley Braden, Natalie Mardoyan, Kathern Ferguson, Shannon Bernardo, Angela Carse Back: Courteny O'Quinn. Jessi Sisson. Katie Eggleston. Janel Lambach, Lyn Lambach

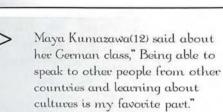


 A^{s} they worked hard on making the foreign language international dinner a success, Cody Greene(9) said, "I like working on things for the school I think foreign language is a fun subject and made it much better to decorate for activities.



Ctudying hard in her French Oclass. Sarah Kane(10) said, "I always thought French looked romantic and intriguing. I have always wanted to go to Paris. French is so much fun, I like learning about how the culture is different than that in the United States."







"I think group work is a lot easier for foreign language because it is less nerve wracking. Learning about legends is the best part," said Chelsea Eichembaum(10)



Megan Bowles(10)
said about her
Spanish class," In
Spanish you have to
memorize alot of
things. I have to
study because I am in
Spanish three. Its one
of the hardest classes I
am taking this year."



Cel Arrington(11),
Latin caroling in the
office, said about his
Latin Class," I heard
Latin wasn't very
popular, so I wanted
to bring it back. I
have a lot of fun in
the class."

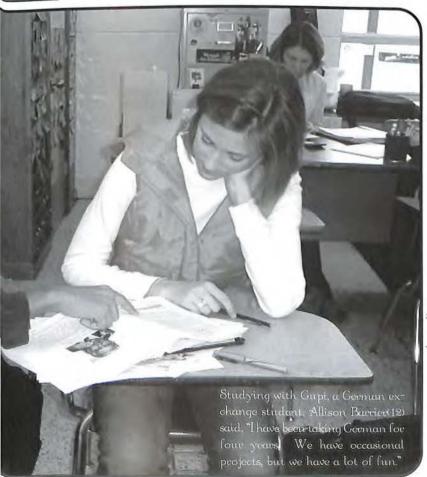
Combining Cultures

s Rebecca Almond (10), Sarah
Bern (11), and Cody Greene (9)
work on getting the international foreign language dinner ready,
many students were at home making
their dishes. Students showed up to
the international dinner to serve and
eat their native entrees of their foreign
language. Rebecca said, "The international dinner was a good cultural
experience with really delicious foods
to try."

Students were told that if they went to the dinner and brought a dish they would receive extra credit. The foreign language teachers encouraged their students to participate in the dinner. Students also had to do a variety of other projects in their foreign language classes. Michelle Madi-

son(10) said." Menu's army shields, and story legends are a few projects we have done." Spanish seems to be a favorite, but as the years passed Latin has become more popular among the high school students. Many students thought Spanish was the most spoken of the foreign languages. German also started to make a come back with other high school students. It should be interesting to see how the languages grow in the future.

Logar Paris Staff Nambal

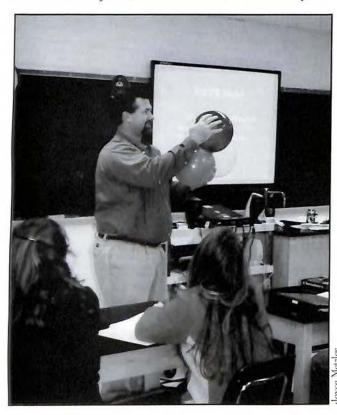




Ryan Epperly(11) studying with Jameson Hinkle(11) said." Spanish hard class for me to take. We have to de aler of things in the class. but Hike group work the best I think group work is easter because you have someone to work with and it makes studying easter."

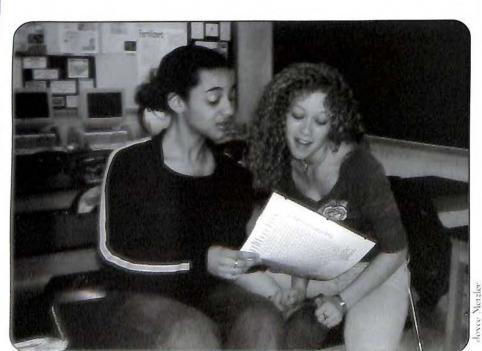
Sam Cole(10) and Hal Walker(10) scratch their petri dishes for signs of bacteria in Biology class. Students were able to observe the bacteria under a microscope the next day. Biology students usually had an average of about three labs a week.

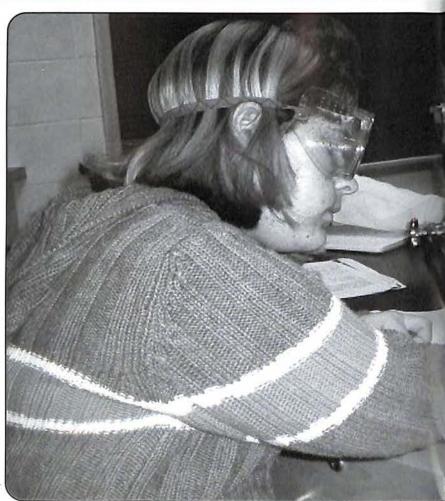
Sarah Bern(11) and Allison Overfelt(11) listen intently as Mr. Riley explains to his AP Chemistry students about the radius of an atom, using balloons to illustrate the different kinds of atoms. AP students received college credit for taking the course after they took an AP exam at the end of the year.



LaToya Jones(11) and Stephanie Melnik(110 help each other study before an upcoming quiz in Chemistry. Chemistry focused on compounds and elements. "Chemistry is the best!", LaToya Jones commented.

Pamela Ferris(12) records data for a lab in Miss Overstreet's Chemistry class. Students determined how different elements combined to form compounds." Tech labs were my favorite because they were more advanced and used the computers", stated Pamela Ferris(12).







Tracey Kinsey (11), Chris Amos (11), and Erich Arthur (11) complete a project for Ms. Kelly's Ecology class. Ecology students participated in labs in and out of the classroom.





Connellee Armentrout(12) skates on a scooter in Physics. Physics students participated in unusual labs to illustrate velocity.

Jessica Griffith(11) copies a lab for Miss Overstreet's Chemistry class. Chemistry students were required to copy labs before participating in them.

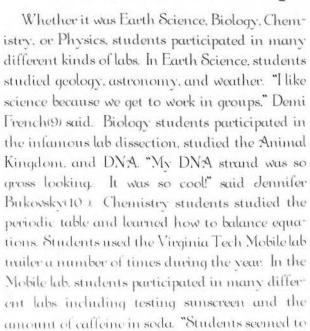




Mr. Simmons helps Earth Science students daci Clark(9) and Ben Sellars(9) with tectonic plate lab. Students colored in maps of the world with different colors to represent the different plates.

Blinded by Science





enjoy the Virginia Tech Mobile Labs because they related chemical topics to real life situations and the students got to use equipment that we did not previously have access to. "Miss Overstreet said. "The best lab we did in Chemistry was the spectrum lab. Miss Overstreet put the elements into an electrical source and turned off the lights and each one showed a different color." Caitlin Morgan(11) said. Students in Physics studied energy and static electricity. "My favorite experience in Ms. Kelly's physics class was when we played with scooters and moon shoes right in the hall." Brian Peters(12) said.

Peers Teaching Peers

In Mr. Lustig's Dual U.S. History class, students were given the opportunity to teach the class on a given topic that they chose. The method of teaching was up to each individual "It was really scary and while I was teaching my cards spilled everywhere and everyone laughed. Mr. Lustig was cool about it though and gave me a few moments to put myself back together" said Maggie Cannon (11). This project helped the students to learn more about their topic by going more in-depth in research than they normally would if the teacher was teaching the lesson. students also enjoyed the different atmosphere in the classroom when

they were being taught by their peers.

Other interesting activities students have participated in during history class included the famous "Civil War Baseball". "Everyone loves playing Civil War Baseball because as you are playing the game, you are learning," said Pamela Ferris(12). Often on Fridays, students would go outside and enjoy the weather while playing Civil War Baseball

Whether it was peers teaching peers, or learning about history on a baseball diamond, students agreed the creative ways of teaching were unique and memorable.

Meissa Bernitt Staff Member



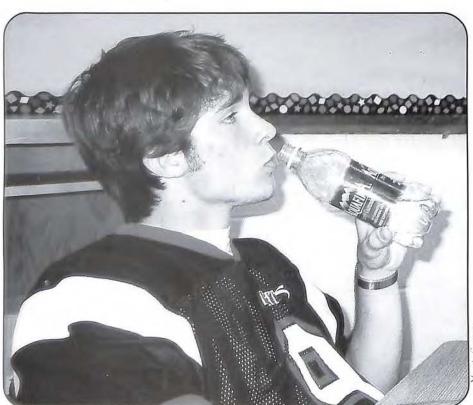
Kelly Sowder(11) tries to find current events on a computer during her history class. A major portion of a history student's grade was keeping up with current events.



Garret Belcher(11)
teaches Mr. Lustig's
class about hippies in
the 1960's. "I thought
it was a great experience to have the
opportunity to teach
the class," said Garret.

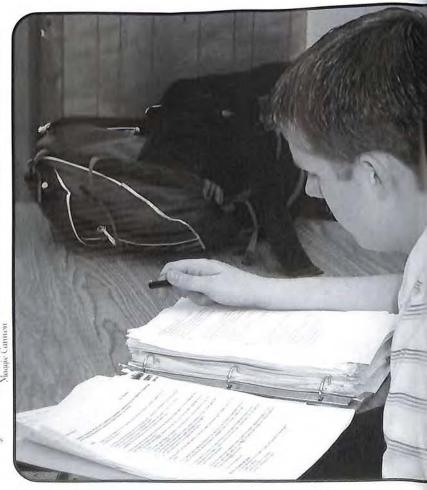


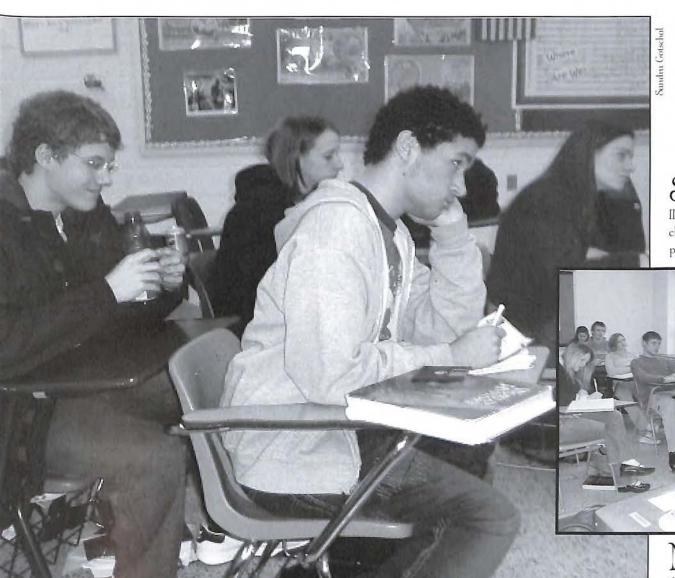
Jessi Jennings(11)
works on a computer
duving history class.
"Searching for current
events is informative
because you realize
you are learning
about history as it's
happening," said Jessi.



Bean Austin(11) enjoys a refreshing Aqualina during Dual U.S. and VA History class On Fridays, the class brought in breakfast food to share as they beared about history.

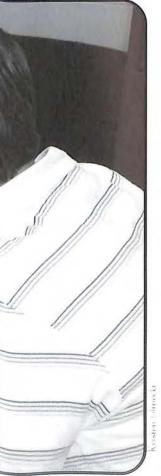
Chris Mecca(9) intensely Studies the notes for his history quiz in World History I.

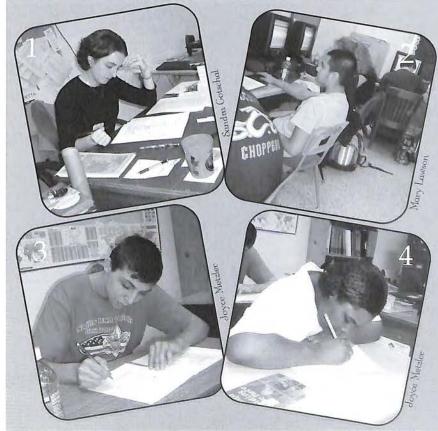




Sean McGhee(10) listens to Ms. Drombetta during World History: Il class. "History is one of the best classes because it's a blast from the past!" said Sean.

Mr. Foutz teaches his World History II class about the events of World War I. "History is one of the best subjects to learn because it's important to know about the world's history so that we can learn from the mistakes." said Carrie Doughty (10).





- 1 >> Beth Drombetta concentrates on grading papers for her World History class. Ms.
 Drombetta taught both World History I and World History II.
- 2 >> Victor Carreon searches for current events in the computer lab.
- 3 >> Jeremy Cilbert concentrates on finishing a Government test.
- 4 >> Students in history class focus on completing a worksheet for their history class.

Chris Jordan(12) cuts out pictures for an art project. Art was a fun class for students because it was relaxing and non-stressful





Jaclyn Atkinson(9) plays the role of Queen Elizabeth in the Renaissance Faire. "The best part of playing Queen Elizabeth was being waited on!" said Jaclyn.

Ms. Pfeiffer smells flowers at the Renaissance Fair.

Ms. Pfeiffer teaches Computer Graphics and 3-D

Art. "Teenagers are never boring and I thrive on creativity this is a very fun job, even if it is a very busy and physical job," said Ms. Pfeiffer.





Carolyn Lepper(12) paints a picture during class one day. Carolyn received a scholarship from the Miss Roanoke Valley Pageant for being the most artistic student in the senior class.



Expressing Creativity Making Art Come to Life

What are the first words that come to mind when you think of the word art? Words such as paintings, imagination, creativity, color, abstract, and inspiration are a few examples. Students taking various art classes have the opportunity to express themselves through art and the various projects they have completed. For example, students in Art 2-D have had the opportunity to paint portraits, still-life drawings, and watercolor landscapes. "I took an art class because I enjoy being creative and learning new ways to make things come alive" said Becca Almond (10).

Another new way students have been able to express themselves is through the Renaissance Fair. The Renaissance Fair offered students the opportunity to see what life was like during Shakespeare's time. Art students and freshmen dressed up and portrayed characters from the Renaissance. "The Renaissance Fair was a different experience because the school has never done anything like that before and it was a comic relief to see teachers like Mrs. Price in the stocks," said Carrie Doughty(10). Other activities at the Renaissance Fair included games and selling of various assortments of foods.

Whether it was painting, sculpting, or performing at the Renaissance Fair, art students found themselves making art come to life in more ways than one.

These se



Art students Ciaran Rea(11) and
Brittany Tucker(11) read over the
guidelines for their next art project.
Sometimes students would work in
groups for projects that would be
displayed around the school

Jay Wagoner(12) makes a figure out of plaster and water in her 3-D Art I class. Other projects students have done in 3-D Art I class include making pots on the wheel, clay figures, and clay masks. "I decided to take art because I feel I am a very artistic individual and I really enjoy everything we do in art class" said Jay.



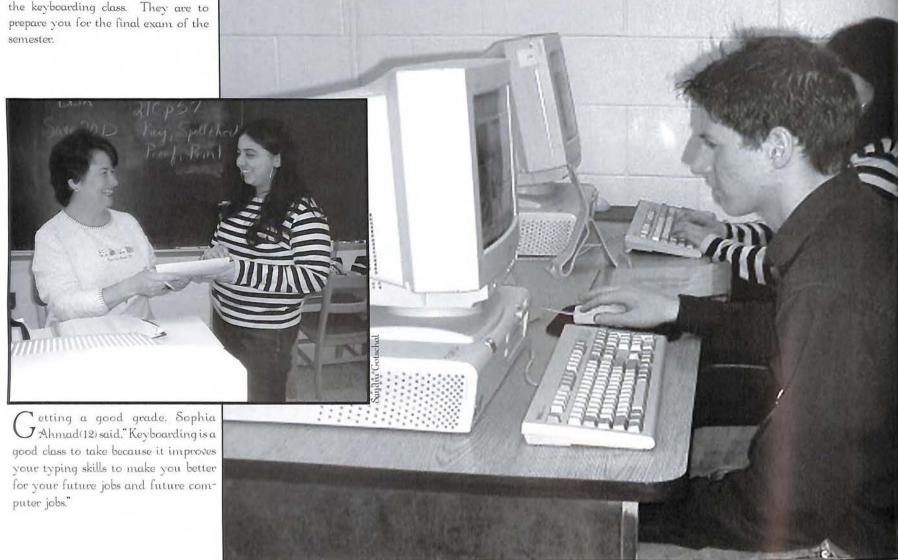
Lindsay Dickerson(12) paints to mask during class. "Ilove doing art because it's different than most subjects because you can express yourself without using words." said Lindsay.

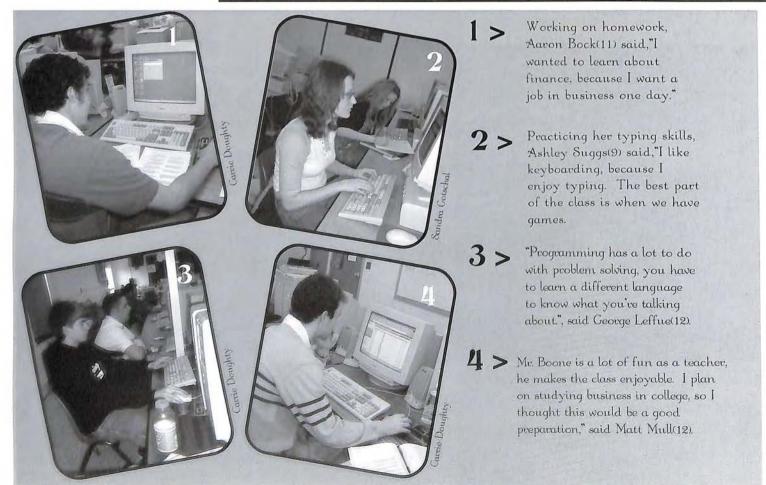
Land drawings at the art show. "Going to the art show was great because we could see everything we worked on all year. We are so talented and art is an awesome way to express that," said Lael.





Chris Reynolds(10) who is working on a test in his mandatory key-boarding class. Tests are a major part of the key-boarding class. They are to prepare you for the final exam of the semester.







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"I think keyboarding is easy because I have always been a fast typist. We have to type so many words a minute but it's not that hard." Adam Bock(9)-



>"Keyboarding is a fun class because when we aren't typing we can play games on the internet and talk to our friends." -Ryan Martin(9)-



"The hardest thing about keyboarding is that you have to type as many words as you can in three minutes." -Stephen Patterson(9)-

lyping To Graduate



work hard to pass the class, some students think the class is also fun. Typing isn't always the students favorite thing to do, but this class is not an optional class. In order to walk across the stage to graduate from a Virginia high school, you have to take and pass a keyboarding · class.

The class consists of learning what the parts of the computer are called. learning the proper typing skills, and taking an exam at the end. The school offers a keyboarding opt-out exam, for the students who don't have time to take the class. The optout exam is like the regular exam. with out the training. In class students work on keyboard for one Business students practice their skills to go into the real world.

As the students in keyboarding They have projects during the year to help them see what the business world is all about. For the last nine weeks of the semester we have a project that is a job simulation. This project involves getting a company to send the students packets about their company. Then the students have to act like they are the accountant for this company. Its the biggest project that the students in business will experience while they are taking the class.

> The business classes that the students take prepare them for the future. The classes help the students learn how the real world is going to be. Cetting ready for the real world is something the students have to do, and this aids them to get there.





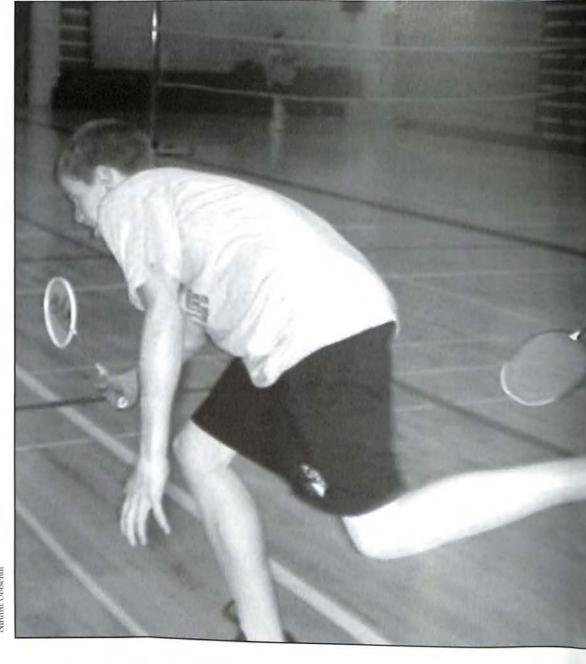


My lavorite project we do in accounting is ensembled because we have a pack of information with a company and use it as an accounting job." said Andrea Secrets 121

Having fun in gym, Geoffrey Bernardo(9) said, "Ilike my gym class because we just get to have fun. I think that it is one of my favorite classes because we don't have to sit at a desk all day. We have rules, but we can do what we like to do."

W orking on her trust skills, Laura George(10) said, "Mrs. Dunstan put three of the lobby seats on top of each other, then we turned around and fell backwards, trusting that our classmates would catch us."

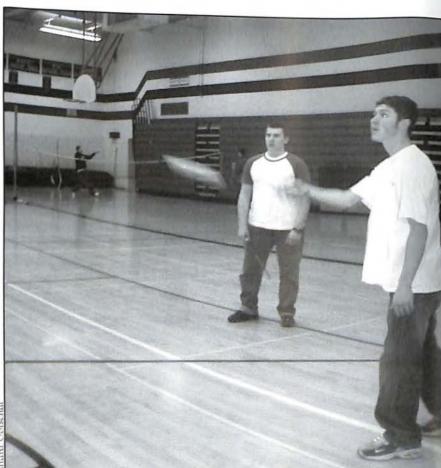




Catching her falling friend, Stephanie Fortune(10) said," My health class is really fun, its a class of all girls, which makes it that much better. I like working with the girls in my class because we all get along very well.

A aron Moses(10) play ing badmitton in his gym class said, "Ilike playing badmitton because its a great game that we get to play in our class.







Playing badmitton, "Joe Kosicky(10) and I are unbeatable I like all sports but badmitton is the best sport we play in gym." said Seth Potter(10).





Jon Powell(9) playing ping pong said," Ping pong isn't my favorite game in gym, but I like to play it sometimes."

Jordan Bergloff(10) said about her health class," We did trust falls in health, we got to work with different people to build our trust skills."



Playing ping pong, Dana Orr(9), said, "I like playing ping pong, especially with my best friend Caroline. I think gym is one of my favorite classes during the day."

Team Work Pros and cons



Students playing and studying in their gym and health classes seem to think its all team work. Over time, the gym and health classes have become more interesting. Students have said that they like their gym classes because they get to work in groups more instead of alone. The dance and aerobics class, which is an option for students to take, has grown over the years. The dance and aerobics class is a class mainly based on group efforts. The health classes have started a project called, "the trust fall" which is also done with a group of students. Jordan Bergloff(10) said, "For the first few weeks we did trust building activities, which we got to work with different people doing different things." Although, some students are not very happy with all of the team work that is involved in these classes. Students have said that they enjoy working by themselves because group work doesn't always

assure the same grade as individual work. Gym has always been an enjoyable class, with a lot of group work, but the school also gives students the option of individual and dual sports. This class is mainly based on individual activities, with some team work. Health teachers have started to do more group work because they think that it will help the students learn the material quicker. Students have also been known to like gym the best out of their classes because, "It gives me a time to be relaxed and have fun with the people that are around me but I also can improve my skills on my own", said Megan Bowles(10). Over all, it seems students sometimes need a little individual space.

Welcome To the Real World

Trump's hit show, "The Apprentice", marketing students in Mrs. Lucki's fourth period had ar unusual assignment this year. Students worked in teams to come up with the best way to market Mrs. Ackley's brand of homemade soap. Groups were eliminated depending on how well they did on the many tasks that were given to them. Their tasks included marketing the soap's logo and presentation to the soap company and hosting an employee banquet at the Clarion Hotel.

When they weren't getting fired, marketing students had a variety of assignments given to them, including creating a free-standing building out of newspaper and masking tape. Teams competed to see who could construct the highest building.

Hotel Marketing students came from five different Roanoke County high schools

and trained on the job in thirteen different departments of a hotel during class time. They met at the Hotel Roanoke during first and second period everyday. In addition, they were required to work at least 396 hours in a hospitalityrelated job during the school year to get credit for the class. The Hotel Marketing class went out to breakfast once a month at hotels and restaurants and evaluated the ambience, food quality, presentation quality, customer service and cleanliness after each breakfast. "Hotel Marketing is an opportunity for me to leave school during eighth period to leave for work", said Katy Hamrick(12).

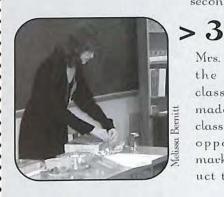
> JOYGE METZLER Starf



Ashley Akers(11) and Joel Murphy(11) start construction of a free-standing building made of newspaper. Students attempted to make the highest building in class.



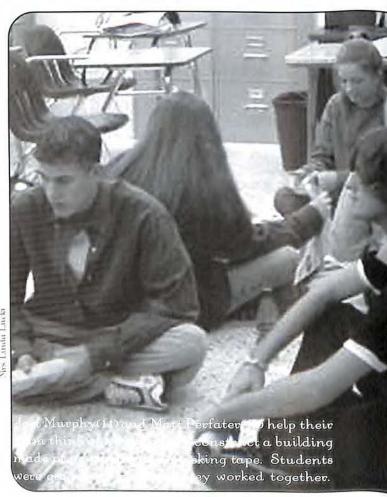
Mrs. Lucki grades
papers for her fourth
period Marketing
class. Mrs. Lucki
taught one class of
marketing during
fourth period and
one Hotel Marketing
class during first and
second period.

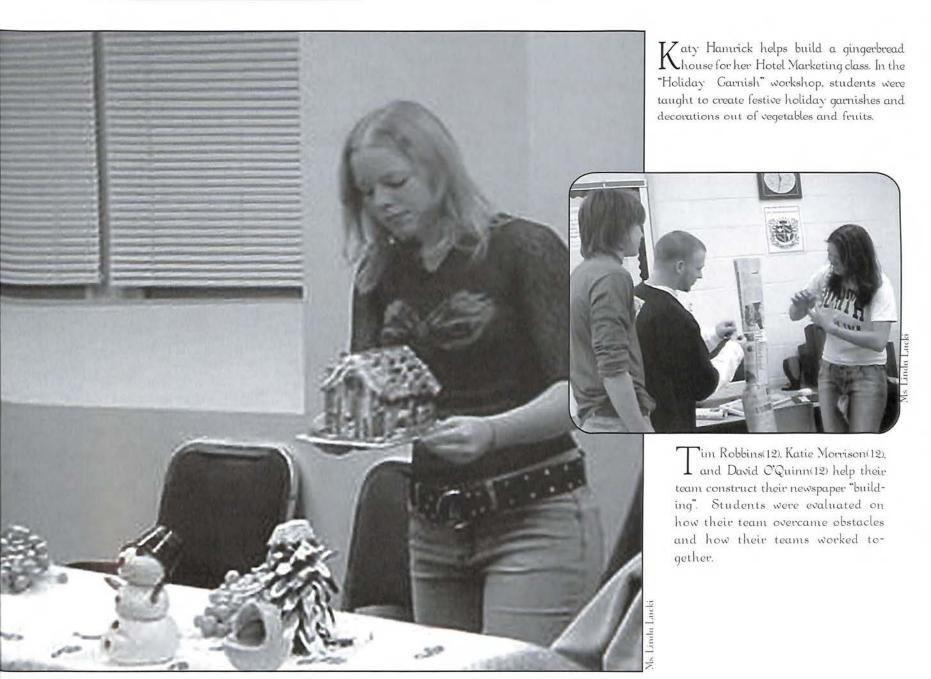


Mrs. Ackley shows the Marketing class her homemade soap. The class had the opportunity to market the product to the public.



Michelle Rothbort 12) and Jennifer Walser (12) finish an assignment for their faurth period marketing class. Marketing classes emphasized on creating effecting work teams.







Sitting in English class, Bobby Middaugh(12) enjoys his break from taking notes. "In class we take notes all the time." said Bobby.





Waiting for the bell to ring, Mr. LeGault and Delaney Elkin(9) watch Adam Bock(9) play a game. "I like Mr. LeGault He is laid back enough that he lets us have fun in class" said Adam.

Zac Cates(10) reads out loud the assignment his group has just received. "I was working on a group project for Ellen Foster." said Zac.



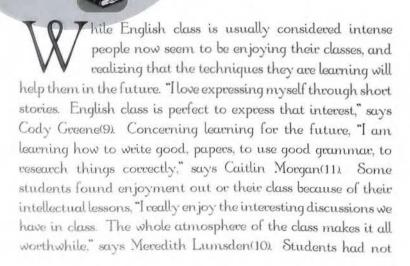


Eager to find out his grade, Sean McGhee(10) asks his teacher. "Mr. Sauls is always available when his students need him." said Sean.



Learning to Love

English for the benefits of it in their future



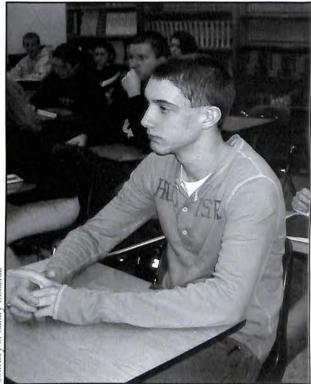
only been able to express themselves through their writing in English class, but were also able to discover that they could use all the skills they learned in their English class. Various English classes have taken part in interesting activities for example, "In Mr. Legault's, we had to perform a skit from "Romeo and Juliet". The neat part was that we got to use all kinds of different voice inflections," says Logan Paris (9) For the most part, students are able to realize that this academic subject is not only going to be very useful in their future, but they are also able to learn while having fun.

Marry Lawson
Stafff Maribar



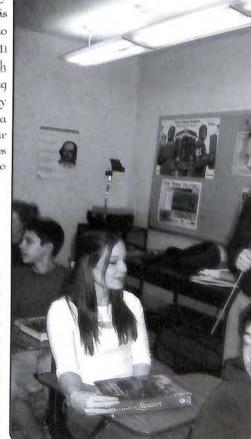
Maggie Cannon(11) seeks help from her English teacher. Mrs. Davis, on her research paper's works cited on Catcher in the Rye. "English has been really tough this year, but I really think it will prepare me for college. I think Mrs. Davis is really funny, and has helped me out a lot this year." says Maggie.

Sitting in English class, Zak Hart(11) listens to Mr. Sauls' lesson on grammar. Knowing grammar helps you write your papers so that they have an effect on those that read them. Zak found English class thoroughly enjoyable. "It's a great class, we get to do a lot of fun stuff." said Zak.



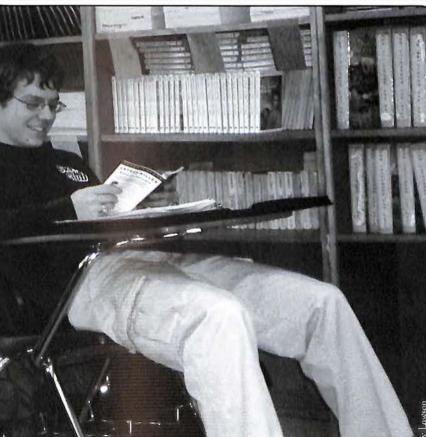
In general, I like my English class Mrs Davis picks good books for us to read, "says Exan Jacobs(11) "Tespecially enjoyed Death of a Salesman." Reading books in English not only is enjoyable but also is a

good way to extend your vocabulary, which comes in handy when you go to take your SATs



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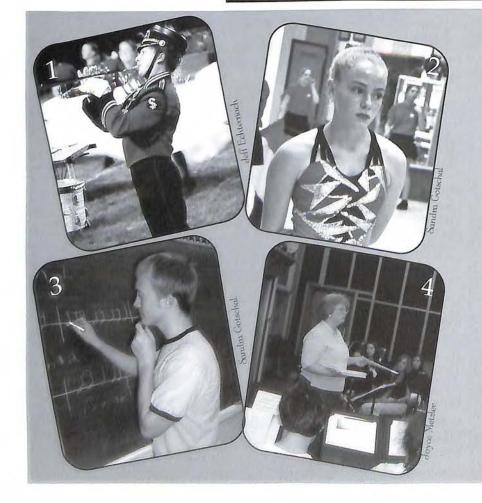
uestioning Mr. LeGault. Jessica Pollock®asks him about the school rules. "Mr. LeGault is always there whenever someone has a problem. He is very easy to talk to. It's nice that I can talk to someone with authority with out him getting mad at me." said Jessica.



Ocasey Leffue(10) dance to the music in the stands during a football game. "This year the football games were extremely exciting and I can't think of anytime during the season where we didn't jump on the stands and start dancing and yelling. Yeah band!" said Casey Leffue(10).



Andrew Gilliam (10) plays in the stands with the marching band at a home football game. "I decided to take band because I was interested in all aspects of music and wanted to expand my knowledge of music."



- 1 > Megan Dalton(10) plays her trumpet during the halftime show for football.

 Megan was featured as a soloist during the show.
 - 2 > The feature twivler, Katherine
 Reid(11), prepares to perform for
 the Homecoming pep-vally.
 "When I perform on the field, I
 get a huge advenaline rush and
 feel as though I can do anything" said Katherine.
- 3 > Matt Henderson(12) writes music on the board in band class. "Band is a great way to express yourself and learn new things" said Matt.
- 4 > Ms. Ellen Hanaan teaches one of her classes. "The best part of teaching band at Cave Spring is the student's enthusiasm for life and musical knowledge," said Ms. Hanaan.





Alexa Tolusso(9)
plays the marimba
bells during
Symphonic Band
class. "Band gives
you the opportunity
to express yourself

through music."



Kate Webb(11) plays the baritone during band class. "I love taking a band class because it's a different atmosphere than most other classes."



Devek Dooley(11)
plays his saxophone
during class. Band
was the last period
of the day.

Fine Tuning Under a new direction

s each new school year begins, new faces are a common occurrence around the halls. One of these new faces is the new band director, Ms. Ellen Hanaan. Ms. Ellen Hanaan had been a band director for six years full time and two years as an assistant director before coming to Cave Spring. "The hardest aspect of being a new teacher at a school is having enough time to get to know People on staff. The job has so many small details it takes a great deal of after school and early morning hours to get it all done." said Ms. Hanaan. Though students may find being under the direction of a first

Your band director difficult, many

students agreed it was a positive

experience. "Being under the direction of a first year band director is a new experience and rather different. All of the band is working together to make it as best as possible" said Andrew Gilliam(10). Susan Dickerson(12) agreed by saying "Being taught by a new teacher is a learning experience."

Ms. Hanaan came to Cave Spring to teach Concert Band, Jazz Band, Stage Band, Symphonic Band, as well as leading the Marching Band. Under Ms. Hanaan's direction, the marching band placed first in marching and maneuvering, first in drum majors, first in auxiliary, second in percussion and second overall at the band festival they attended in the fall.



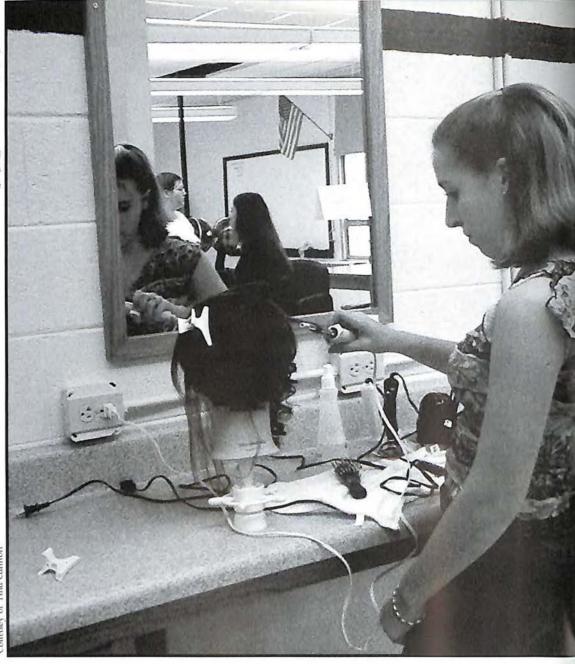


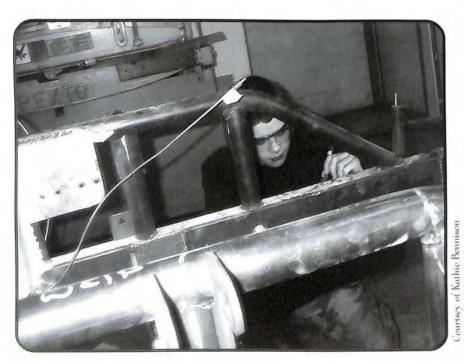
Stephanie Melnik(11) is at parade rest during the Homecoming Parade. "How performing because its just a lot of fun being able to dance in front of everyone and their parents. It's not new racking or anything its just basically. Juni" stated Stephanie.

A shton Helms(10) curls her model's hair during Cosmetol ogy Class at A.R. Burton. Students had the added benefit of running an actual shop one day a week to raise money and practice their skills.

A nna Fendly(12) enjoys creating a science mixture during her Physics class at the Governor's School Science classes did a lot of labs in order to help teach and reinforce the material.

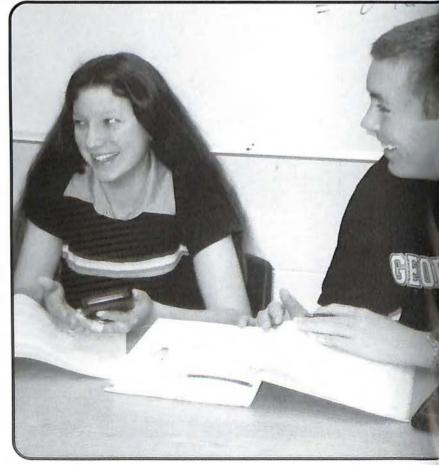






Tyler Brooks(11) marks the tuff truck frame for his motor sports technology class at AR Burton. These students were able to learn hands on the details used in the motor sports field

Pricilla Nakano(10) and Megan Dalton(10) studying their math problems during class at the Governor's School students liked learning more advanced math in a laid back environment





Alan Cordell(10) fixes computers at A.R. Burton. In Computer Information Technology classes students were always willing to help other classes with their computer troubles.





Lance Gallimore(12) works with bricks during his Masonry class at A.R. Burton. Properly mixing the mortar was the beginning of a strong project.

Justin Holland(10) works with one of the computer based design programs in his class at A.R.

Burton. Graphic Design students learned the main aspects of design and practiced using them by creating real advertisements.





Ian White(11) examines objects invisible to the naked eye through a microscope during a science class at Governor's School.

Thinking Outside the Box

Arnold R. Burton Technology Center and The Roanoke Valley Governor's School offered students a learning experience not offered anywhere else.

"Classes at Burton are very different from normal school, it is more like a job," said Jagger French(11). A strong dedication was required for some of the classes, but most students felt it was worth it. "It's fun waking up at six o'clock in the morning to learn new things," said Shan Shapiro(12). Since classes at Burton prepared students for certain career fields, they always looked for people to allow them to practice their craft. "The experience of being able to do the hair and nails of real customers is great," said Amanda Bunn(12). The overwhelming response to the Burton life was one of fun. "I have a lot of fun learning about all the things that are involved in my field," said Julia Goad(11).



As Burton students learned their future career trades, students at the Governor's School were challenged academically. "The amosphere is really relaxed and we had a great time, but we still get our work done." said Pricila' Nalcano(10). The courses at Governor's School covered a variety of subjects. "In chemistry we do labs every Wednesday," said Daniel Blukovsky(11). "We design and build marketable products for Product Enginerring," said David Finkler.

Students of both Governor's School and A.R. Burton appreatiated the opportunity to expand their education not available in the normal high school setting. "I love the chance to get to know students from other schools," said Anna Fendley (12).

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Preparing For The Future

took Challenges in Engineer ing so I could be creative in school," said Stephen Clark (12). The Technology department offered a wide range of classes that allowed students to experience fields that interested them.

Teachers began with basic skills then introduced the more advanced areas of the subject. "CAD is required by Virginia Tech engineering freshmen and I want to get a head start," said Kyle Schrader (12).

Students were attracted to the courses for several reasons. "I wanted a break from my normal school classes, so I took Challenges in Engineering," said Mike Griffin (12). "I enrolled in Wood Technology because I love wood and working with my hands," said Nick Fanti (9).

Since technology classes were electives, they tended to be a little more laid back than other classes. "I like Basic Technical Drawing because it gives me a chance to develop a style of drawing while having fun at the same time," said Kyle Moin(9).

Students in Communication Technology worked on their video recording skills. "It is a lot of fun to be able to help shoot and edit the senior video," said Chelsea Kelley (9).

Photography classes gave students a greater knowledge of how to use a camera and develop photos. "I like learning how to develop the negatives in different ways," said Maeghan Cliniecki(10).

Throughout the year students did and learned things in their technology classes that will prepare them for the future. As technology advances these students will be ready with the proper knowledge to create special projects.

Pamela Ferris



"I love when I get to work in the dark room and be with my friends." -Jay Wagoner (12)-

Sandy Gotschal

>

"I enjoyed Basic Technical Drawing because it gave me more freedom to improve my skills."

- Jeverny Spradlin (10)

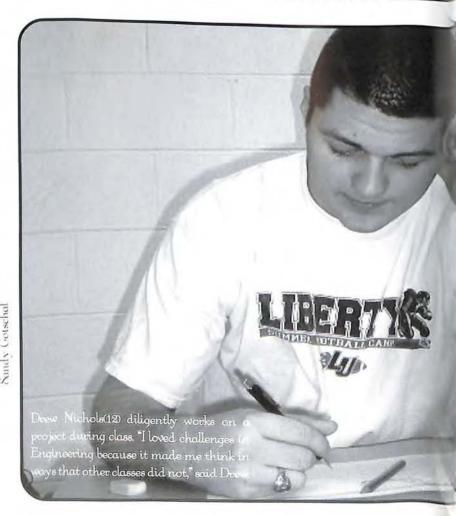


"I love developing pictures and seeing how good they look. It is also fun to share them with my friends."

-Nadine Tubman (12)

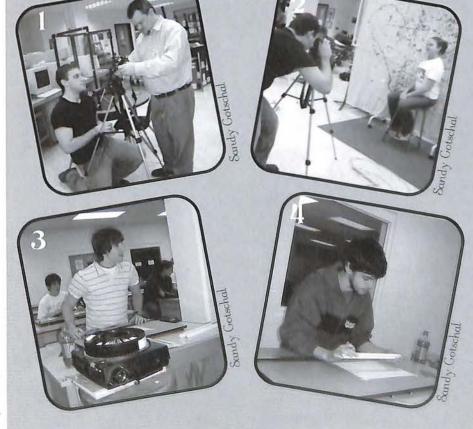


Edward Acery(10) limishes up a drawing assignment in class. An assortment of different drawing tools allowed more precision and accuracy in his work. "I used being able to talk to people while I work on my projects," said Edward.









- > Adam Carlesco(12) eagerly watches as Mr. Jones demonstrates how to set up the camera. "It was fun to be able to set up and take pictures like in a real studio," said Adam.
- 2 > Betsy Beasley(9) poses as Adam Carlesco(12) takes her photograph. "I really like being able to take pictures of whatever and getting a grade," said Betsy.
- 3 > Matt Helms(12) finishes up an assignment during his technical drawing class. "I liked being able to talk and joke with friends while I worked," said Matt.
- Working on a drawing in basic tech drawing. Donny Taylor(9) puts the finishing touches on a project. "I like taking this class because Mr. Jones is great and makes it a lot of fun," said Donny.

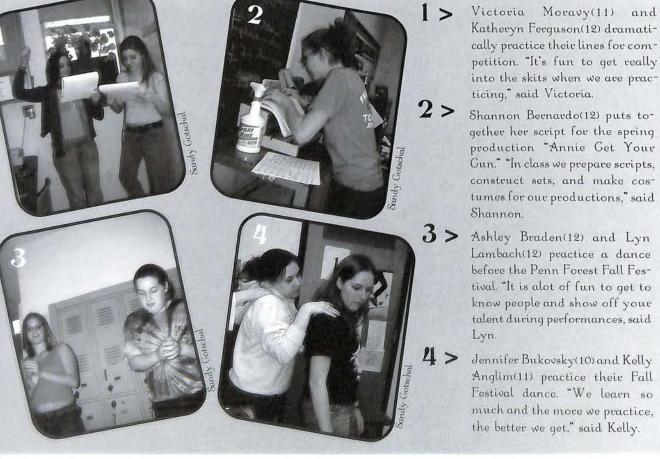
58-59

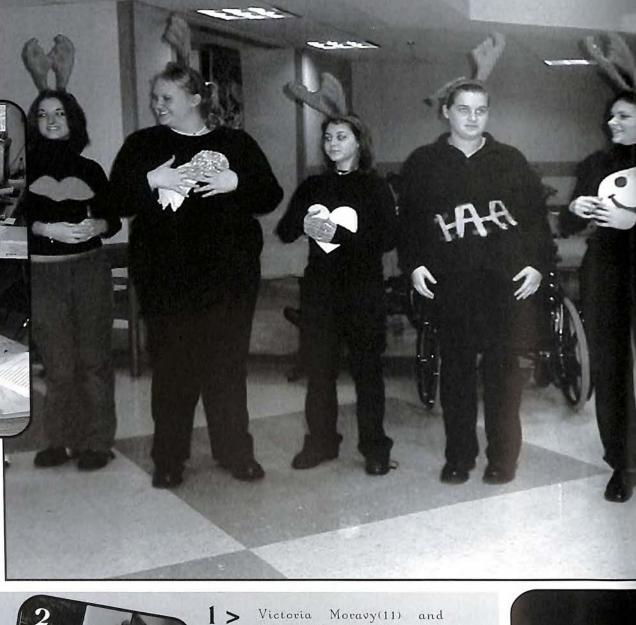
ictoria Moravy(11), Emily Ewoldt(10), Betsy Hudson(9), Lyn Lambach(12), and Sarah Lilly(10) performed skits dressed as reindeer at various nursing homes before Christ-

mas.



Katelyn Riley(10) prepares a cos tume for the Miss Roanoke Valley Pageant. "Sometimes we have to get creative with our outfits, but it is fun to think of ways to make things work," said Katelyn.





Sandy Gotschal

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"I enjoy learning mime routines but I like choreographing dances better."

-Tava Mastrangelo(12)-



"Class is a fun way to improve your skills while having fun. Being critiqued helps make me a better all around performer.
- Emma Berry(9)



3 >

"In order to relieve all the tension of performing we have to joke around a bit. This allows us to refocus on the role we are playing." -Jessica Cragun(11)

Acting Out

No Business Like Show Business

prama Class provides an artistic outlet for those students with creative blood in their veins. "Ilove acting and have been into theatre since I was eight," said Ashley Braden(12). Many students actively involved in the Drama Club were often drawn to take drama as a class so they could expand their involvement.

Favorite aspects of the drama class were as numbered and varied as the students taking the class. "It is fun and the people are great," said Emma Bercy (9). "It is lots of hard work but it is a blast," said Ashley. In order to keep the students exposed to different audiences the class kept busy with various activities. "We go to drama competitions and also to nursing homes," said Emily Ewoldt (10)

Aside from acting, the class learned about the many other aspects of the

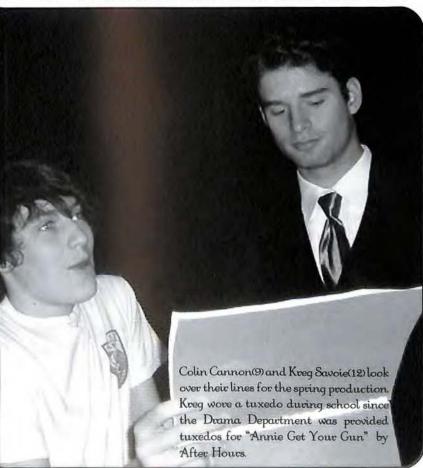
theatre. "I love acting and set build ing," said Kelly Anglim(11).

During class students prepared for the future performances in several ways. "We use skits and games to get us ready for competition," said Lyn Lambach(12).

The Spring production of "Annie Get Your Gun" gave students experience in all aspects of the theatre. "Set building, costumes, script reading, singing, and dancing, we do it all," said Kelly.

Students felt their time in Drama Class provided them with many positive experiences. "Now I can talk in front of anyone," said Ashley. The general feeling of Drama was that the time and effort was well worth it.

> Pamela Farris Sibari Mampar





Sarah Lilly(10) and Kava Campbell(10) glitter a sign to be used for the spring production. Drama's spring production was "Annie Get Your Gun" The spring musical was performed Mother's Day weekend.

Lending A Helping Hand

Students get the job done

Throughout the school year students lend helping hand to friends and administrators. "I think it is fun getting to help the office because you get to help them out but still have time to do school work," said Chauncey Lumpp(10).

Also during the school year students aids volunteered during their study halls to help other students on projects. "I love working with them instead of going to study hall because you get to help them understand new concepts," said Chaffin Scott(11). The students also got to go on educational field trips with them along with working in the classroom.

Other students volunteered during school to help guidance and the attendance office deliver messages. Kristen Gliniecki(12) said, "I like being able to help guidance with things that need to be done."

In the library, students helped out by working hard with the librarians. They worked on organizing the card catalogs and checking out books and organizing books. "It is fun getting to work in the library because you get to help out the librarians with jobs that need to be done," said Jennifer Walser(12).

Jannifer Gralghand Clube Scitor



"I like working with them in the weight room because I get to help them with something I like to do."
-Andrew Sellers(11)-



"I enjoy helping them because you get to teach them new technics."
-Ashley Young(11)-

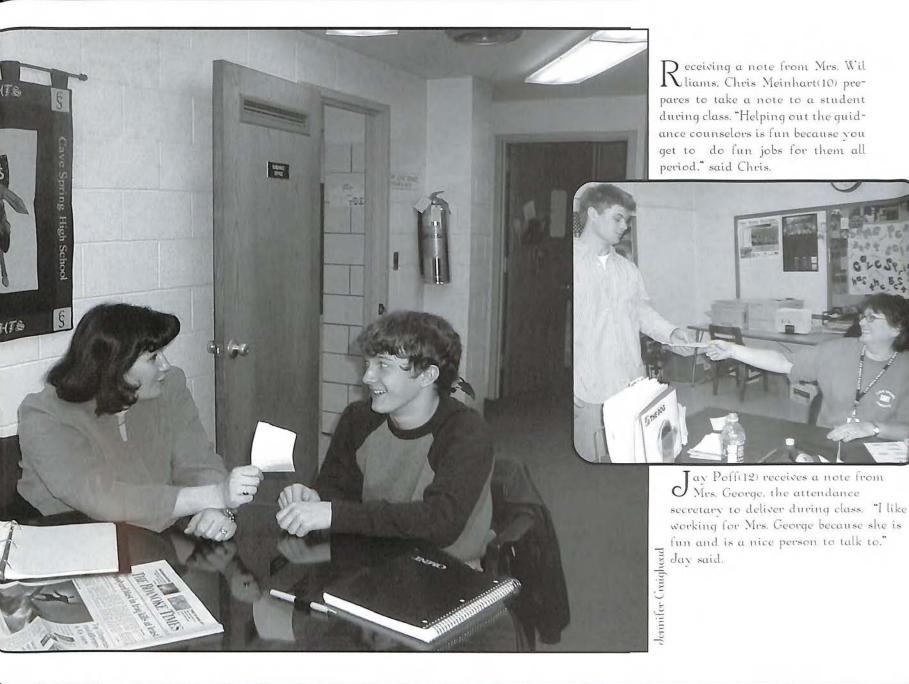


"I have no
problem with
helping Antonio
get around school
because he is a fun
guy to be around."
-Christine Pervarski(11)

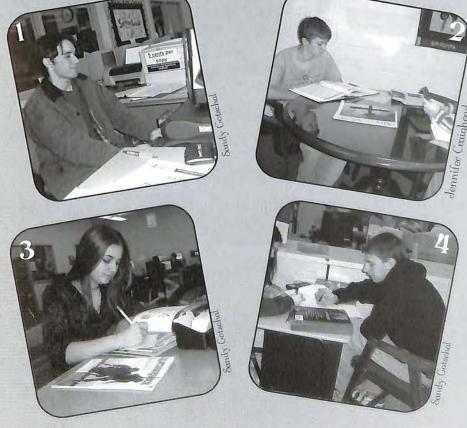


Helping out in the attendance office. Leigh Palmer(12) and Krupa Patel(12) write out a admit slip. "I like working in the attendance office because you get to have fun and help out attendance workers," said Leigh.









Andrew Mcfague(11), helps out the librarians duving 4th period. Andrew, helped students check out books.

2> Waiting to run a guidance note, Sam Kerr(10) works on homework. Sam was a guidance runner during 3rd. period.

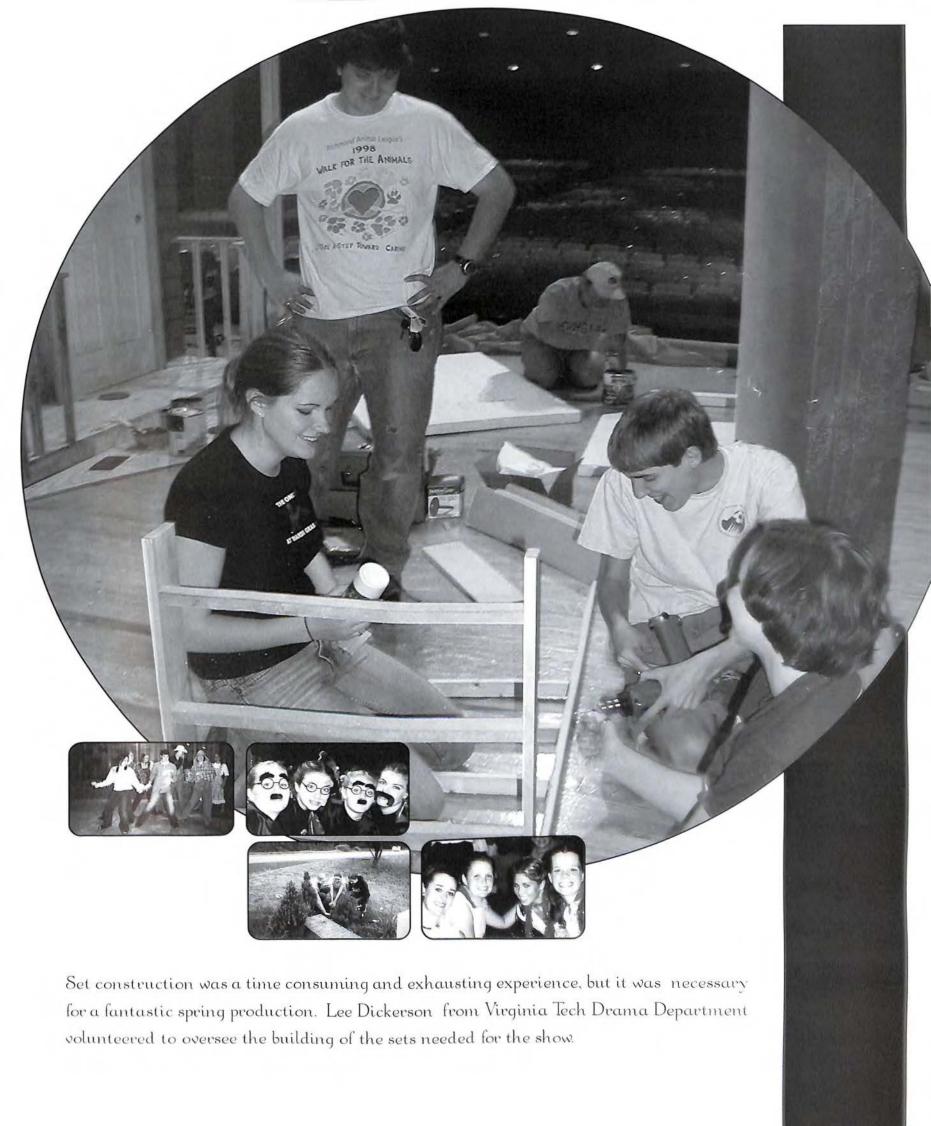
3 >Crystal Strickler(9) works on organizing the card catalog. "It's fun working in the library because you get to have fun while you do work," said Crystal.

Working on homework, Scott
Grubb(10) takes a break from
being an office runner. "I like
working for the office because
you get to do fun jobs," said
Scott.

62-63

A KNIGHT'S SERVICE

Beginning volunteer projects strong, students provided services throughout the community and the school. The campus beautification project, completed by the Leo Club included a new lime walking path outside for walkers to enjoy. With the addition of KPP (Knights Pep and Pride), students had a chance to show how much red and black KNIGHT pride they actually possessed. Dressed in costumes with pumpkins in hand, the Art Club delivered decorated pumpkins to terminally ill patients at Lewis Gale Hospital. Performing skits, and singing Christmas songs, the Drama Club showed off their skills in local nursing homes. Using the actual Broadway script and songs the Drama Club performed Annie Get Your Gun during Mothers Day weekend. The Key Club cooked and served spaghetti and chicken pot pie for residents at the Ronald McDonald house. From car washes, to coat drives, students volunteered throughout the Roanoke Valley.









Knights In Lights

Students Perform Shows

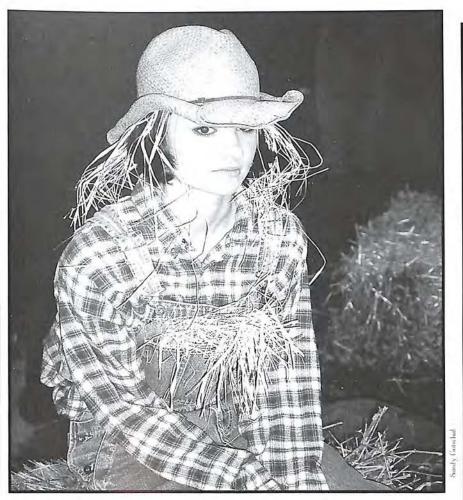


During the Fall Festival Production, Chris Mecca(9) sings "The farmer and the cow" from the play "Oklahoma" for a crowd at Penn Forest Elementary School. Although this is Christ first year in Drama, he is utilized as a male lead vocal in many drama activities.

he Drama Club started off the year by design ing and building a homecoming float with an Alice In Wonderland theme. Dr. Cobble posed as the Queen of Hearts on the float. The club also participated in the Penn Forest Pumpkin Festival. Along with singing and dancing, students dressed up as scarecrows in order to be living statues. For Christmas, students sang carols for those staying in hospitals and nursing homes. Building the set for the Miss Roanoke Valley Pageant

allowed students to sharpen their skills in different areas of drama production. Students perfected their skills in painting, constructing and stage production, which all contributed to the final Spring Production.

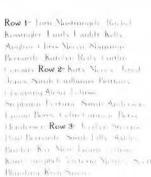
Hence all the activities the Drama Club participated in influenced the Cave Spring community, as well as helped to improve the skills needed to have a successful Drama production.



Tara Mastrangelo(12), performing a freeze frame during the drama club's performance at the Penn Forest Fall Festival. To perform a freeze frame Tara had to stop and not move no matter what happened around her. The drama club performed songs from "Oklahoma" during the festival.



Cheis Mecca 191 helps spray paint a post for the card army to be used on their first place winning float in the Homecoming parade





Patiently waiting for her performance to start at the Penn Forest Fall Festival Ashley Braden (12) stares into the crowd.



DRAMA CLUB



Helping out at back to school night, members of the drama club talked to new students about activities they participate in. Chris Mecca(9), Alexandra Veatch (9), Kelly Anglim(11), and Shannon Bernardo(12) patiently waited for new people to come to their table.



The Drama Club participated in the homecoming parade. Kelly Anglim(11) and Paul Bernardo(11) walked down the street beside the float during the parade.



Shannon Bernardo(12) and Tara Mastrangelo(12) concentrate on spray painting a board to go on the homecoming float. Students spent time before and after school to prepare the float.



Making sure everyone is ready for the Fall Festival performance at Penn Forest Elementary. Ashley Braden(12) practices the dance they will be performing with Lyn Lambach (12) and dennifer Bukovsky(10).

Flag Corps

"My two favorite things about flag corps are unity and the satisfaction of watching all of our hard work come together and pay off."



-Jessie Jennings(11)-

" My favorite thing about flag corps is dancing in the stands at half time to the marching band." -Puja Mody(11)-



"I love performing, especially out on the big field and dancing in the stands while the band plays songs." -Mallory Hanes(11)-



someone to talk to and there is always at least eight people to hang out with on the first day of school."



"You always have -Amy Scott(10)-



Parolyn Lepper(12) works hard to practice her skills during flag corps practice. During practice we work hard on memorizing our routines and working together", said Carolyn.



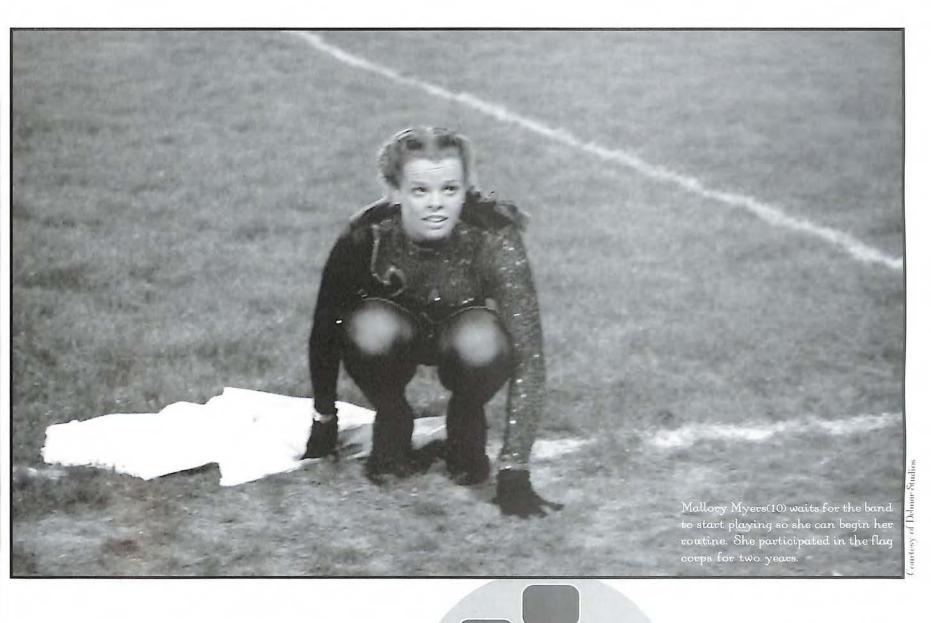
rancing to Coltic music the drill team performs at the homecoming pep rally Their theme for the dance came from old Celtic dance



Toncentrating on not messing up, Melisso Peritt(10) and Lauren White (9) practice for their dance before the pep rally." It is fur to perform in front of the whole school and see exervene cheer you on," said Melissa.



denestion O the rest of the drill team perform during the homecoming parade. "Th deill team isn't just a team; it's family of dancers that work togethe and support each other," said Juli James



Working Together

Students work hard to create a masterpiece

t the beginning of the season, the dvill team and flag corps practiced everyday to critique their voutines. Practices novmally lasted two to three hours a day. "We are a bunch of girls, so of course a lot of the practice is us goofing off and running our mouths but when that is not going on we are working extremely hard to give the students section a show that rocks." said Julie Jones (10)

Once the football season started the teams get ready to perform for the half time show. Everyone makes sure they keep smiles on their face no matter what happens out on the field." It's nerve racking at first, but once you get used to it, is a blast," said Puja Mody(11).

During the season, the dance team and flag corps worked hard to compete at competition held at the end of the football season. The teams won first place in the competition due to their hard work and dedication to their team.

A flevschool the drill team critiqued their dance moves. Heather Conture (10) sud." It's a lot of work but, it's a blast and you make a lot of triends while doing it."

68-69

51-101

Working Hard Students help out their comunity

students helped out their community. FBLA, FCA, and FCCLA are just a few of the clubs that helped out. They worked with the community to make it better for everyone.

The clubs met certain mornings of the week and talked about their club. "I like being in FCCLA because you do so many things for your community and still get to do fun things," said Jennifer Bennett(11).

FBLA did many activities throughout the school year.

They worked with other students on projects, participated in fund raisers, and also participated in the angel tree. "I liked working with the other students and selling the candy during the fund-raiser for extra money to help with projects," said Sam Smith(11).

During the year FCA worked hard on many projects and always had new speakers for their meetings. Coach Hicks was one of their guest speakers. Katic Davies-Ross said, "The part I liked the best was listening to the different speakers talk to us,"



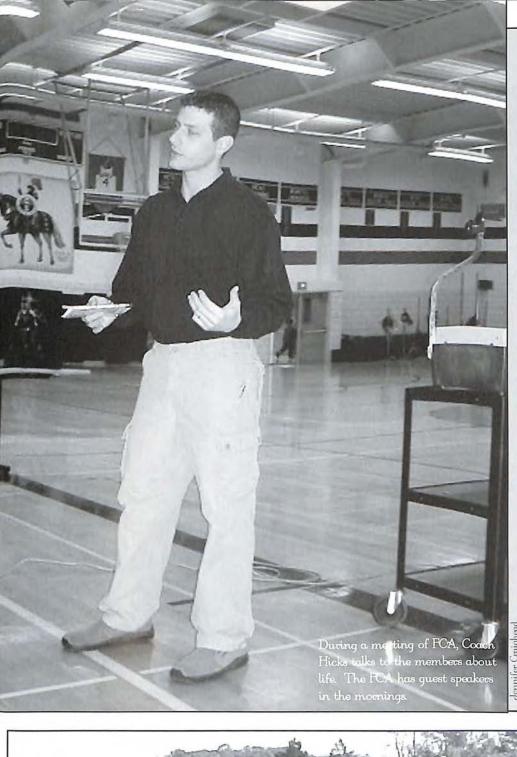
Row 1- Emily Long, Susie Dye, Katie Mixon, Claire Kerr Row 2- Erin Vandelinde, Carolyn Lepper, Laura Tolusso, Andrea Secrist, Megan Horan Row 3- Katie Davies-Ross, Channing Porter, Ben Bredenkamp, Aavon Bock, Mandy McAden, Kendal Martin, Tina Crawford

Row 1- Apoorva Acharya. Richie Bishop. Bruedon Houk. Amber Bacton, Jordan Bergloff, Emily Harvey. Megan Jessee, Brittany Lindsey. Heather Strang. Krupa Patel Row 2- Latoya Jones. Erin Rudder, Ashley Dodd, Brett Hensley. Derek Shelton. Shane Lumpp. Lauren Ammae. Rebecca Almond. Erin Vandelinde. Micheal Wardach. Megan Arthur Row 3- Leigh Palmer. Spencer Lendway. Matt Hundley. John Bast. Alan Moore. Berrett Henderson. Ryan Coch, Jessica Brim, Mary Greenway. Alli Heath. Lauren Weeke Row 4- Januin Stovault. Matthew Winston. Jordan Kirby. Kylo Lumsden. Aaron Bock, Megan Horan. Scott Blanding. Kyle Schrader. Stephen Clark, Austin Davis, Matt Currie Row 5- Sam Smith, Tyler Goldsmith. Lee Brudshaw





Row 1- Keista Wyndschyth Julianne Gregory, Britney Lindsey, Wendy Young, Jilian Sullivan, Caitlyn Koch, Clay Kinder, Mallocy Myers, Ann Northern Row 2- Kim Hunt, Keisten Cooley, Grace Kytchen, Ashley Moore, Sam Guilliams, Katic Lagleston, Cauthu Long, Aaron Bock, Matt Sinnes, Row 3- Lanna Cex, Valerie Gurevich, Any Frent, Ambrea Thornton, Whitney Hoback, Kristic Moore, Casey Hankins, Jennifer Bennett, Adam Spencer, Lanna Jessen, Rachel Longmire





"I always participate in the games that we play because it gets the students to be more interactive."
-Coach Boone-



"I like going on field trips with FBLA because we find time to hang out with our friends."

-Annie Hancock(11)-



"I have so much fun participating in FBLA because we hang out and do new and interesting things."

-Megan Jessee(12)-



"My favorite part about FBLA is the field trips like this FBLA school wide function"

-Alan Moore(11)-



FCA listens to a speaker during one of their meetings.

Emily Harvey(12) participates in a game at a FBLA school wide function. "My favorite thing is working with other students and learning about leadership and business," said Emily.

70-71

FCA often has speakers come

in to talk to them about new perspectives on things.

Thinking Hard To create new social events

dents in SCA worked said Micheal Jetton(11). hard to increase school participation. They worked all year long on new activities for the school. They put together the ice cream social, spirit week, blood drive and many other interesting things.

The ice cream social turned out to be a fun and crazy night. There were tons of ice cream and games for everyone who came. There was a large turn out of students ice cream social because we got to have fun and still be

uring the year stu helping out at the same time,"

Spirit week was put together by the SCA. They had to meet constantly to pick out themes for each day and new activities. "It was fun picking out the themes for each day because we had to use our imagination," said Kendal Martin(11).

The SCA also put together the blood drive. They encouraged students to give their blood at a Red Cross Blood Drive to help alleviate the national blood crisis. The students seemed to and they had fun all night respond well to SCA's enthulong. "I liked working on the siasm and many participated.

> Jenniter Craiglyead Clubs Editor





Row 1- Kristin Austin, Mandy Mcaden, Maggie Cannon, Kendal Martin, Mya Kumazawa Row 2- Micheal Jetton, Aaron Bock







Being Original

Thinking of new ideas

students from Chess club and Debate club competed in competitions. They all work hard to prepare for each competition. Each club has their own way of perparing but they both seem to come out of the competitions with flying colors.

The chess club concentrates all year long on increasing their skills at playing chess. Even though chess only has a few people in it they compete just like a team. They even play Mr. Powers to help them ac-

quire new moves. "My favorite part of chess is being able to play Mr. Powers in tribes," said Derek O'dell(11).

The debate club works on their thinking skills between competitions. They concentrate on trying to be able to come up with a statement in less than a minute. Normally during a debate they have to come up with new ideas that nobody has used off the top of their heads.



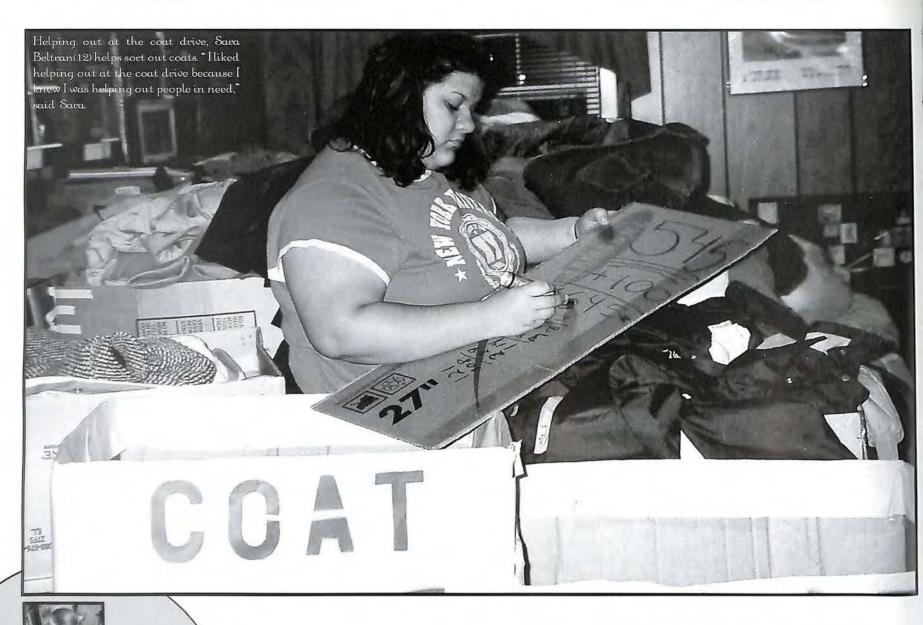
centrate on having new ideas.

Jackie.

Concentrating on his move, Derek O'Dell(11) works on practicing his chess skills for competition." I enjoy playing chess because we get to have fun while playing a intense game." said Derek.



Caroline Muelenaer(9) prepares for a debate during class. "I always try as hard as I can to make sure that I am prepared for anything," said Caroline.



Community Service Helping out the community



I love going to the Ronald McDonald house because we get to make dinner and then serve it to them. It is a great feeling because you get to know new people and you know that you are helping the less fortunate," said Mary Lawson(10).

orking hard throughout the year. Key club and Leo club helped outtheir community. They both tried hard throughout the year to raise money for people in need and to make

sure to have fundraisers for people who needed new clothes.

The Key club raised money all year for their community. The club had free car washes throughout the community to help raise funds.

They also went to the Ronald McDonald house and cooked food for people in need. Even though Key club was busy with helping the community they still were able to have movie night for their fellow students.

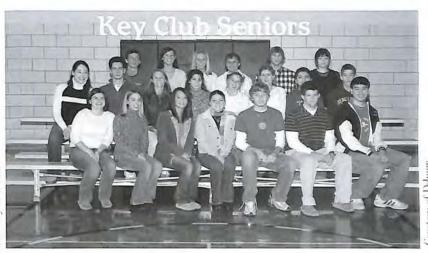
The Leo dub also did com-

munity projects to help out the community. They held a coat drive and collected well over one thousand coats for the community.

1 200



Row 1- Matt Sinnes, Frankie Beltran, Laura Tolusso, Bonnie Culpepper, Charles Sublett, George Leffue Row 2- Erin Vandelinde, Jordan Bergloff, Magen Arthur, Karen Thompson, Bailey Glasscock, Jessie Ferguson, Amanda Goldston, Sarah Beltran, Puja Mody, Julianne Gregory, Krupa Patel Row 3- Jennifer Mecca, Amanda Neighbors, Allison Richardson, Amber Barton, Brandi Holland, Kendal Martin, Clay Kinder, Caitlyn Koch, Jayme Shepherd, Mary Lawson, LaToya Jones Row 4-Maggie Cannon, Lora Light, Brian Trent, Wade Snider, Scott Blanding, Cel Arrington, Aaron Bock, Virki Kasza Joyce Metzler, Sara Morgan, Jocelyn Stephens.



Row 1- Katie Webster, Brittany Lindsey, Jenna McPeak, Jayme Shepherd, Justin Key, Kyle Schrader, Jonathan Urban Row 2-Kristin Austin. Alex Welch. Claire Kerr, Erin Vandeline, Megan Horan, Andrea Secrist, Ana Tamez, Matt Perfater Row 3- Ryan Cook, Laura Tolusso, Maryglenn Gust, Clay Kinder, Scott Blanding, Ashley Dodd



Row 1-Lee Bradshaw. Katie Davies-Ross, Kendal Martin, Josh Weisburg. Minor Terry Row 2- Ashley Young, Susie Dye, Wade Snider, Wade Snider, Adam Nielander, Philip Johnson, Bonnie Culpepper, Katie Mixon, Erin Rudder, Ryan Gulliford, Melissa Muskopf Row 3- Marie Vitella, Kate Webb, Aaron Bock, Andrew Sellers, Alex Roth, Cel Arrington, Alan Moore, Paul Bernardo, John Bast, Mandy McAden, Brian Thompson, Alex Lemmar Row 4- LaToya Jones, Vicki Kasza, Jocelyn Stephens, Joanna Hardie, Samantha Anderson, Trelisha Whitchead, Kyle Murphy, Tye Hagan, Micheal Jetton, Victoria Moravy





Row1-Stacey Cruighead, Trishin Kaase Beth McGee, Melissa Bernitt, Kara Campbell, Haley Wells Row2-Jennifer Talexi, Channing Porter, Krista Windschitt, Mary Lawson, Lauren Ammar, Wendy Young, Amy Scott, Shannon Thomhill, Bethany Shelton, Laura Jones Sara Equi, Jane Jennings Row3-Julie Sablik, Emily Long, Emily Ewoldt, Page Lards Sarah Lilly, Casey Benson, Becca Almond, Mallory Myers, Ann Northern, Caitlyn Koch, Jillian Sullixan, Christie McFarland Row 4-Nikki Harvey, Sarah Kane, Ashley Peage, Katelyn Reilly, Morgan Kittinger, Caitlin Conway, Jennifer Bukessky, Lael Whiteside, Clint Custer, Casey Leffne, Noru Vitello, Andrew Gilliam Row5-Mercelith Lumsden, Kay Sewder, Chris McCoy, John Clarke, Charles Sublett, Caitlyn Long, Lauren Clary, JC Chaumeey, Spencer Thomason, Steven Meinhart, Allyn Clark, Lauren Cerl

Row 1- Catey Robbins, Shannon Showalter, Alexa Tolusso Row 2- Ashley Lakes, Jenniter Mabry, Dana Ore, Caroline Muelenaer, Adam Bock, Mackenzie Meador, Maggie Wagner, Andrew Secrist Justin Smedley, Betsy Hudson Row 3- Jessica Boctungh, Kim Hunt, Chelsea Kelley, Katherine Jetton, Thomas O'Keefe, Bert Dye, Keein Munson, Sam Keer, Sama Issa Row 4- Jessica Pullock, Tina Crawford, Matt McCox, Nicole Glennon, Kristin Redwine, Amber Huntston, Tiffany Strickler, Grace Kytchen, Kristen & order, Lindsey Stocks, Delancy Likin

Courtesy of

74-75

BETA CLUB HONOR SOCIETY



"Being Beta Club president was an honor and a great experience. We had a good group of dedicated seniors who were easy to work with; and worked hard to complete many different community services throughout the year."

-Micah Kaplan (12)-



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"Although it was just a recognition it was great to know that I was chosen to be a member of the Latin Honor Society. To be a member we had to have been in at least Latin 3, and have a 90 average or better."

-Maggie Mclung(11)-



"I feel honored to be a member of Spanish Honor Society because it shows my accomplishments and hard work that I have made in studying and learning the Spanish language,"

-Alex Lemmer(11)-



"Setting traditions for the following National Art Honor Societies to come was exciting. I feel honored that I was chosen to be the first president of NAHS. It has been a great experience,"

Carolyn Lepper(12)



Viting comments about underclassmen's artwork, Lauren Casler(12) looks over artwork that was displayed during the Art Show. "It gave me the opportunity to look at other people's work; it was nice to see what the other art students were doing and see how they were progressing in their art, and that one day they might follow our footsteps and be in the National Art Honor Society;" said Lauren.



RustRow: Ana Tamez. Ly Smith. Matthew Henderson, David Lefavers, Alex Welch. Mark Floryan, Micah Kaplan, Laura Tolusso. Emily Harvey Second Row: Molly Prunett, Yumiko Kinugawa, Katie Webster. Erin Vandeline. Carolyn Lepper: Amunda Coldston, Claire Kerr. Katie Boylan, Sarah Combiths. Troy Kaase Back Row: Parker Tims. Matthew Bierwagen. George Leffue, Maya Kumazawa, Kristin Austin. Lyndsey Konen. Susan Dickerson. Andrea Secrist

Rest Row Toi Smith Sauch Beltran. Michelle Madison. Carolyn Lepper, Lael Whiteside Ashley Williams Lauren Caster Second Row Stephanie Hodges. Trelisha Whitehead. Jane Jennings Becca Almond. Lauren Ged Jeanna Delaney. Pailey Glasscock. Back. Row. Joe Ruckert. Kristen Williams. Jessica. Goodspeed. Amanda Young, Alison Donate.







For the first time, art

National Art Honor Society.

Members were chosen based on

their academic grade in their

previous art class. "I am very

and also that I could be a part

honored that I was chosen.

of the National Art Honor

Society's first year at Cave

Spring." said Sarah Beltran.

students were given the opportunity to join the

ooking over their fimal community service list Alex Welch(12), and Molly Barnett(12) discuss which activities they want to participate in. "Being in Beta Club gave me the opportunity to volunteer in many different ways throughout the community," said Alex.

> Club to complete many volunteer services. These included delivering pumpkins to terminally ill patients at Lewis Cale, constructing sculptures and painting fabric to be displayed for Youth Art Month, and also celebrating Van Gogh's birthday. "We all brought in a dish and had a big dinner while we watched a movie on his life story." said Sarah.

The National Art Honor Society wasn't the only Honor Society that volunteered

Club helped out and cooked for the teachers dinner, worked booths at Festival In The Park and also had a Phone-a-thon. The Phone-a-thon was held at the Roanoke County Administration building to raise money for Roanoke County schools. "The best part about the Phonea-thon was hanging out and having fun with the other members while making

telephone calls to collect money for a good cause," said Amanda

Through hard work and volunteer projects Honor Society students proved that not only were they dedicated to their club but that they were also dedicated to making a difference in the community.

Sed Major Est Honor Students Volunteer throughout the year, the Beta Club also took part in many volunteer projects. The Beta Goldston(12).

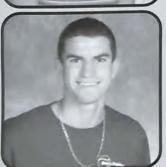
In order to complete more volunteer services the NAHS teamed up with the Fine Arts



1 > "I think the best part
about German club is that
we get to do a lot of
activities, and get free
breakfast. We also went to
Busch Gardens, it was a
lot of fun."
-John Bast(11)



2 > "I take French in because culture interests me, and I thought it would be a good way to get involved in it. We have done a car wash, and gone on trips. -Heather Couture(10)



3 > "I like being in Latin club because sometimes we go to Olive Garden. We have to get up way to early in the morning to be at school for our club meetings."

—Alan Moore(11)



4 > "The best part about Spanish club is when we go to Ranch Veijo and get to use the information that you have learned in class and in the club."

-Mary Lawson(10)





Row one Connele Armenteout. Matt Henderson, Kristin Austin, Susan Dickerson, Mark Jorgan Matt Surues. Row Two Charles Subjett, Michael Jetton, Alan Moore, Bonnie Culpepper, Kazen Thompson, Back Row Kyle Murphy, Maryglenn Gust, Laura, Tolusso, Daniel Overstree, Sarah Beltran



Ress One Katie Berylin. Maya Kumuzawa Pamala Ferris John Bast Laura Jenes Amunda Maure Ross Two David Kassel Claire Kerr Famili Cillinnas Jennifer Mench Brittany Chessing Allyce Bernut. States Canapiand. Tustin Kazsse Emily Esselt. Ross There: Fin Upthagesse David Lelexers Mutt Beconger, Allisen Barster Trev Kasse Nicela Edwards Andrew Cillians. Karen Thempsen Kris Jenes Last Ress Centralia: Assumitivant. Matt Handarson



Rew Core Andrea Turn, det dennes Amunda Nonfiders, Mes Burnes, Mes Laisert, Paige Finles, Vicki Kasar, Mes Burnett Kusta, Wuraschal, denneter Leiser dana dermanas, Norm Vardhe, Resse Laise Kann Fitzgibben, dari Class Tosse Honey, Linn Perent, Matthew Morgan, Madhers, Honey, Orea Padalis, Jacobi, Atkinson, Mary Woody, Po Bernardo, Thard Resse Grey Malvaso, Dress Suza, Jessey, Supphares, Jerr Burbakossky, Daniel Harris, Sauth Kea Heather Constant, Berlamy, Shalton, Dress, Deeley, Aury Charag, Jamie Bury, Nistar Anjeta, Last Rose Lannes White Morgan Dalton, Americ Beek, Zach Kier, Thora, Kempo Partel, Morgan, Aethan



Reserve Nike Places Pent Name Sammer, and the X-ray Sammer Property of Nice Lawrence Reserve Address Placed beautification of Sammer Sa







New Experiences

Through new cultures

"Getting to know people getting to do interesting things and learn about different cultures is
why I joined the dub" Said Sarah Beltran(12).
Foreign language dubs have increasingly gained
popularity in the past few years. People have
started to join them for many different reasons
such as the opportunity to make new friends.
participate in a lot of different activities, go out to
dinner together, or go on trips

The German club went on a trip to Busch Cardens Megan Coffman(9) said, "Everyone really had a lot of fun, and had a good time together." The Spanish dubhad a Cinco De Mayo celebration at the new Mexican restaurant Rancho Viejo. Latin dub had a Latin competition in Rockbridge where they divided into teams and were asked questions about Latin history and culture.

Students join the clubs for different reasons, and all gain valuable experiences in the organizations

Logan Paris Staff Member





78-79



The girls practice during a scrimmage at the field near the Veteran Affairs hospital. "After playing lacrosse in gym, I decided to play for the club," Amanda Dillion(12) said.



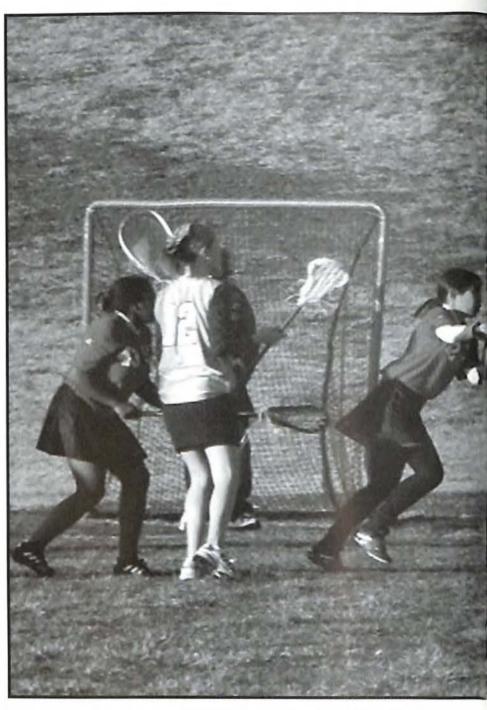
The girls lacrosse team runs during practice. Their practices consisted of drills, scrimmages, and runs. "Our practices are very challenging," Sarah Kane(10) said.



Megan Weber, Katie Howey, and Ashley Braden(12) present a birthday cake to their coach, Robin Allison.



"I play lacrosse because I love the game and really enjoy every practice and game. It is definitely a great way to stay in shape," Sarah Kane(10) said.







The girls lacrosse team group up before a game. The girls team consisted of two schools. "It was a great experience," Ashley Baden(12) said.

The girls lacrosse team tries to prevent the opposition from scoring during a scrimmage. The team practiced every weekday from 46







Checking &



Lacrosse players make lasting friends while playing a challenging sport

"The best part about playing lacrosse is bonding with my teammates, who mostly attend Hidden Valley. I've met some of my best friends through lacrosse, girls I otherwise wouldn't know," Sarah Kane(10) said.

The boys and girls lacrosse teams consisted of not only Cave Spring, but many other schools as well. The athletes agreed this unusual aspect had more advantages than disadvantages, however. "My favorite thing about playing lacrosse is the teamwork it consists of, "Meredith Lumsden (10) said.

Aside from combining schools that would normally be rivals into a club

that offers lasting friendships, lacrosse was difficult and challenging for both teams. "We practice from four in the afternoon until six. We stretch, jog, work on shooting, passing, and learn plays.

Practices were very challenging. After practice I always felt like I accomplished something, "Scott Watkins(11).

Hence both the girls and boys lacrosse teams didn't just work hard in a challenging environment in practices and games but worked with students from other schools to create a bonding relationship rather than a rivalry.



Row 1: Brian Peters, Joe Cirani, Mike Waltz, Javed Varney Row 2 Jake Brown, Robert Vaughn, Scott Watkins, John Gordon, Daniel Vaught, kun Pakazolla

for their team

Row & Mike Brown, Colin Simonds, Crenshaw Reed, John Clarke, Kris Perkins, Spencer Thomason, Exan Thomas, Tommy Burgess, Asst. Coach



Row 1: Jenna Chitwood, Caser Gearheart Row 2: Lindsay Freeman, Susan Danh, Kim McPhearson, Abbey Peltier, Montu Patel, Alicia McCarty, Jordan Marcus, Lindsay Freeman, Rachel Freeman, Julie Campbell, Margaret Stowasser Row3: Ashley Ausborn, Katie Howey, Sarah Kane, Mallory Haynes, Megan Weber, Braedon Houk, Stephanie Berry, Evin Coffman, Britni Wilson, Emily Claytov, Kate Nichols, Kathern Perez, Randi Canary, Carolyn Buchanan, Anamarie Ammen, Mattie Booth, Coach Robin

Not Pictured: Amanda Dillion, Ashley Braden, Alesha Allen

Pam Ferris(12) diligently takes notes as she performs an experiment during her science class.

Chelsea Eichenbaum(10) and Jessie
Ferguson(10) run througha practice
test of the trebuchet. The trebuchet,
which is similar to a catapult, flung a
tennis ball that broke a vase and later
set off a five alarm during the play.



Minds Combine

Creative thinking in Science Club and DI

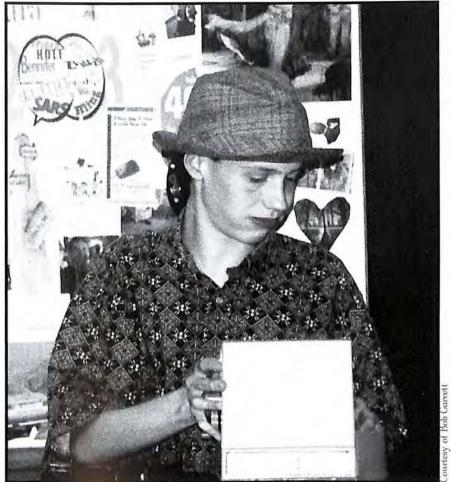
Science and the Des ination Imagina-Team stretched their minds to the limit to see the world in a much different light. The Science Club, under the of Dv.Ross. went on numerous field quench their thirst for science in the world around them. joining Science Club, I had the opportunity to go on trips not readily available in the classroom". Ian

White(11) said. Students had the opportunity to visit Roanoke College to dissect a human cadaver and went to Virginia Tech University to participate in a "virtual reality" cave. "The virtual reality trip was a very different program. It was really interesting because we got to actually interact in a virtual town". said Kristin Austin(12). Besides field trips, students listened to several speakers on the subjects of hypnosis, biofeedback, and black holes. Dr. G.F. Pranzarone, an expert on biofeedback, explained to the students that the mind can overcome the body to reverse health

problems.

The Destination Imagination team, DI, also thought outside the box. The team was a given a problem in January and worked until the March competition to think of a creative solution. The problem was to make up a creative story in which there are two different endings. It had to involve a "plot diverter," made of a pendulum. The DI team, which consisted of five members, worked for three months to complete this unusual project. The team created a trebuchet, similar to a catapult, to launch a series of events that gained them a second-place title at the Roanoke Regional Competition.

Hence students from both the Science Club and the Destination Imagination Team thought creatively to see a whole other outlook on the world around them, whether it was dissecting a human cadaver or working for months just to present an eight minute play, both clubs definitely combined their minds to accomplish their goals.



Josh Swain portrays an old man who owns an antique shop in a play for the competition at Northside High School. "We ended up all collaborating to get something done, even if we didn't win," Josh said.



Chelsea Eichenbaum, Joyce Metzler, Jessie Feguson, Bailey Glasscock, Josh Swain



Science Club: Row 1: Ian White. Anna Fendley. Lee Henebry Row 2: Yumi Ko Kinugawa. Alex Kostura. Kristin Austin

Dl and Science



Joyce Metzler(11), Jessie Ferguson(10), Josh Swain(10), and Bailey Glasscock(11) prepare with nervous anticipation before they compete at Northside High School on March 26.



Jessie Ferguson(10) narrates as Chelsea Eichenbaum(10), Bailey Glasscock(11), and Joyce Metzler(11) move the set in position to perform. "I asked the judge before we went on if we got points off if we threw-up, he just laughed." Chelsea said.



Bailey Glassock(10) makes a minor adjustment to the trebuchet to insure accuracy. "The first time the trebuchet worked properly. Kathy Finnegan, one of our coaches, screamed and everyone was cheering and jumping up and down," Bailey said.



Joyce Metzler(11) and Jessie Ferguson(10) perform during the play as a couple wandering through the antique store. "It was hard work but it definitely payed off in the end." Jessie said.

Helping

Students Help Out Anyway They Can

atural Helpers were chosen at various times by their peers. "I was chosen in seventh grade," said Sarah Combiths(12). I was voted on by my ninth grade class" said Emily Harvey(12). Each student had a different reason for participating. "I enjoy helping others in any way that I can," said Phillip Johnson(11). "I thought it would be a good opportunity to meet new people," said Ryan Cook(12).

Natural Helpers are available to assist all students. "I help people with their school work and show new kids around the school," said Sarah. "I help students with

their problems by talking with them," said Ryan. The Natural Helpers also try to make everyday student life easier. "We are there to help with any special projects they need us for," said Emily.

Activities this year included peer listening, tutoring, and special projects. "We helped with the angel tree and gave presents to less fortunate kids in the area," said Phillip. "I was involved with the new student social," said Claire.

Whether they were working on special projects, tutoring, or just listening, Natural Helpers were an invaluable part of school life.

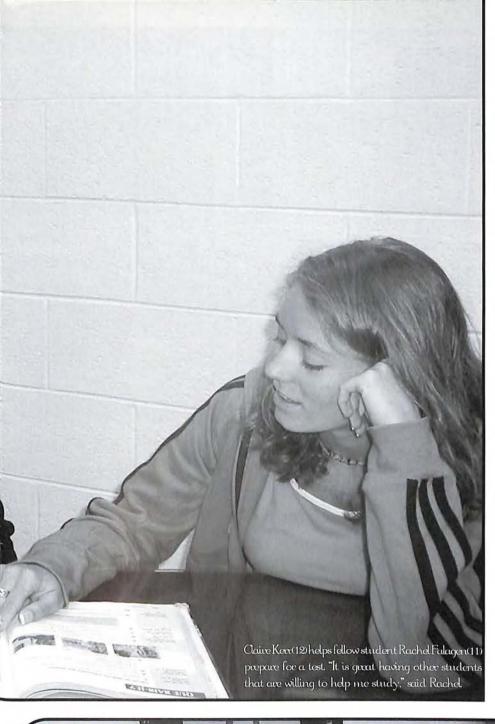
By: Pamela Ferris

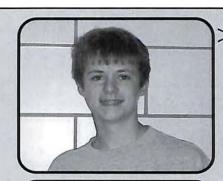




Row 1: Jane Jennings, Marie Vitello, Casey Leffre, Sarah Combiths, Ryan Cook Row 2 Lindsey Stocks, Jessica Pollock, Claire Kew, Emily Harvey, Tina Crawford Row 3 Chris Mecca, Ryan Martin, Phillip Johnson, Sam Kew







"I enjoyed being a Natuval Helper because it was a great way to help out my fellow classmates." -Sam Kevr(9)

__



"Natural Helpers is a fun way to help others through community service projects and peer tutoring.

-Casey Leffue(10)



"The Angel Tree was a great way to help the less fortunate children in the community."

-Chris Mecca(9)



>>

"I love being able to help my fellow students with anything they need."

-Emily Harvey(12)





Natalie Maxdoyan(10) and Jane Jennings(10) review their notes for an upcoming Geometry quiz. "I like helping others with Geometry because it comes really easy to me," said dane.

84-85

ral Helpers have done during

the year and what activities

are coming in the future.







Preventio

of drug and alcohol abuse

he south county coalition came about to increase the awareness of issues that the teenagers in the Roanoke Valley face throughout their school years. The coalition is made up of Roanoke county school administrators, parents and students. The group meets once a month at various locations to discuss, brainstorm and develop strategies to address the effects that substance abuse has on teenagers and communities. As a result of these meetings the members create plans that they then implement in their own schools and community. One such campaign to address drunk driving

involved the production of a public service announcement to be aired on the local television stations. The current project focuses on bullying in our schools. This project is a drama enrichment which includes monologues and songs written by the students.

The SADD club at school helped bring awareness of the ripple effect of drunk driving throughout the school and community. The SADD group lead the school in the activities of Red Ribbon Week, and the mock accident demonstration to focus on the drunk driving issue.



SADD Members: Row 1: Nova Vitello, Beth McGhee, and Casey Leffue Row 2: Brandi Holland, Jennifer Mecca, Laura Iveson, and Laura George Row 3: Chris Mecca, Allison Richardson, Erin Budda, Lora Light, and Mallory Hanes



South County Coalition Members Members consist of faculty, administration, staff and students from Cave Spring High School, North Cross School, and Hidden Valley High School





Ms. Carol Stockton speaks with a member of the South County Coalition about upcoming events.



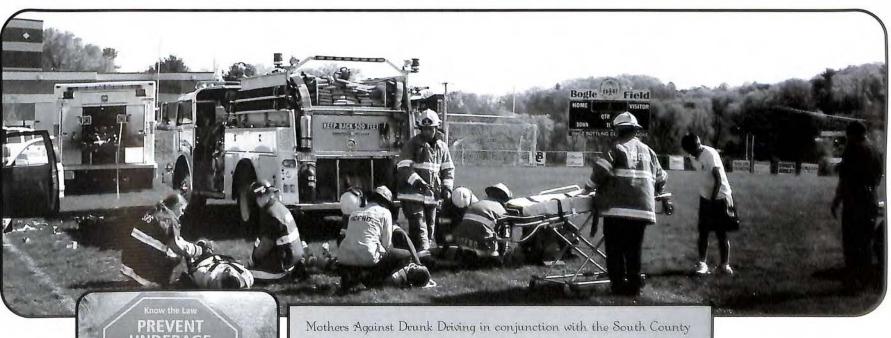
Theresa Toy meets with members of the South County Coalition who come from various schools.



Members of the South County Coalition meet to discuss the upcoming media blitz.



Coalition members brainstorm ideas on how to best involve other students in their ongoing project.



of driving under the influence of alcohol.

Coalition presented a mock caraccident to show students the consequences



Katie Hamvick decorates a gingerbread house for the Holiday Garnish project in her hotel marketing class. "It taught me to learn how to make garnishes," says Katie.



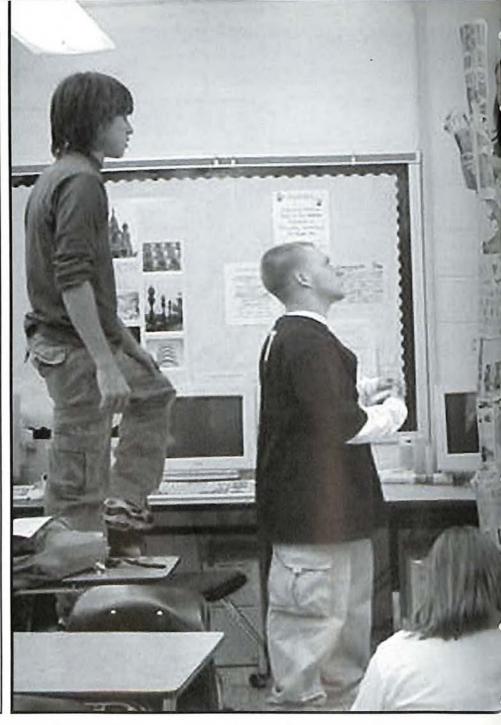
Students patiently wait to find out the results of the TSA competition. "It was a long process, so I passed the time listening to music," says Troy Kaase(12).



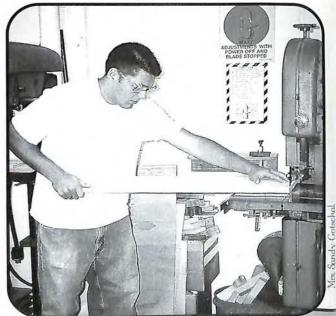
Katie Hamvick(12) folds a bed sheet after washing it. "I had to complete 396 hours during the school year. I did everything from laundry to waitressing," says Katie.



Cleaning up his station after wood shop class, a part of TSA, Zak Heart(11) responds. "After we work we always have to clean up," says Zak.







TSA
Front: Matt Curry, Bethany Shelton,
Caityln Long, Chase Sweet
Middle: Kyle Schvader, Ben
Bradenkapm, Alex Welch
Back: Mitch Snider, Austin Davis,
Drew Nichols, Stephen Clark

Drew Nicoles(12) focuses on cutting a piece of wood for TSA, making sure that every cut is even and precise.



along while building our st

care e we were graded on how we worked together to evercome obstacles," says Katie







Exploration

Students investigate Marketing and Technology

istributive Education Clubs of America, DECA, is a club for students that participate in marketing classes. They participate in various activities from community service to apprentice work. "We serve food to the homeless, have fund-raisers, and help companies sell their products," says David O'Quinn(12). DECA is different from other clubs because instead of meeting early in the morning, the club meets in a class. "I would recommend DECA to anyone who is interested in joining because it is a great way to be involved in volunteer activities and have fun at the same

time," says senior Katie Morrison.

Technology Student Association, TSA, is a club that helps students put their technological skills to use in real life situations. TSA includes different activities ranging from computer aided drafting to photography. Jonathon Urban(12) would recommend TSA to anyone who is interested. "The class and experience is great," says Jonathon.

Mary Lawson Staff Member





DECA

Front: Katie Monison, Sophia Ahmad. Back Katie McCoy, Tim Robbins, Matt Perfater, Lauren Weeke



Lasting Bonds Through girls and horses

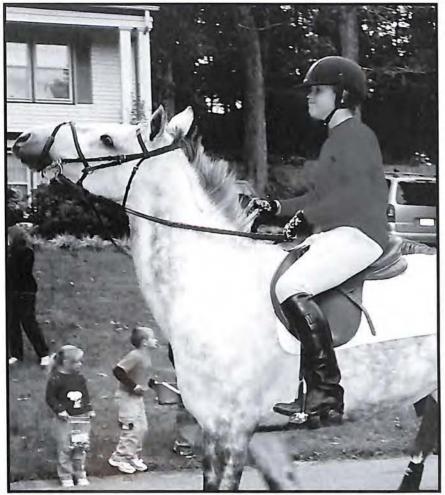
The equestrian club Homecoming float showcased a dark red barn with a white door. On the barn were ropes and horse shoes hanging by hooks. The barn was surrounded by hay on all sides. In front of the barn was a jumping pole that the horse riders use to jump their horses over.

Not only do the all the girls in equestrian club share a love for horses, but they also enjoy the time they get to spend together through club meetings. "I have met many new people that I know I will have a long lasting relationship with," said Lauren Weeke(12). All the girls in the club have made long lasting bonds with each other that started with their love for horses. "I have become friends with the girls I have met through equestrian club. Sometimes we get together and ride together."

said Brandi Cooper(10).

Many of the members of equestrian club have been in love with horses and riding horses since they were little. "I started riding horses six and a half years ago, and now I'm addicted, and now there is no turning back." said Allison Heath(12). Allison and Lauren started the equestrian club their junior year and hope the current members will carry it on.

By: Caroline Doughty



Riding a white horse through the parade, Betsy Beasley (9), follows behind her equestrian club members. This is the first year Betsy was part of the club, but has been riding horses since she was young.



Walking a pony through the homecoming parade. Lauren Weeke(12) participated in the homecoming float. "I love getting to know people who love the same thing you love," said Lauren.

Front Row: Stephanie Fortune, Lauren Weeke, Allison Heath, Katie Gordon, Kirsten Boyd, Back Row: Laura Ireson, Kelly Inglium, Jessica Goodspeed, Ms. Broyles



Sitting on barrels of hay. Jessica Goodspeed(11) rides on the side of the homecoming float. "I have made new friendships within the club, as well as, people throughout Rounoke" Jessica said.



Equestrian Club



Painting wood paneling that completed the barn on the float, Lauren Lyon(9) said, "I'm glad I have gotten to know people in equestrian club that share the same love for horses that I do."



Kelly Anglim(10) painted the barn that was showcased on the equestrian club homecoming float. Kelly is the secretary of the club, and has been involved in the club for two years.



Putting a wooden pole on the outside of the float. Stephanie Fortune (10) contributes her help as an equestrian club member. "I have been in equestrian club for two years, but I been riding horses for seven years." Stephanie said.



Supporting a pole that made the horse jump. Brandi Cooper(11) helped put the finishing touches on the homecoming float. Brandi has been riding horses for seven years.

Art Club & Literary Magizene



"I like art because there are so many different forms of it. My favorite type of art is photography." said Chason Croom(9).



Sarah Beltvan(12) has been in the art program since her sophomore year and is an active member in the art club.



"Art club is a way for me to express myself and it give me total freedom to be my own person." said Cody Greene.



"Art club has allowed me to express myself creatively. I enjoy painting." stated Kara Pevarski,



Delivering painted pumpkins for Halloween, the art club visited patients to a local hospital. Krystal Rogers(10) dresses up as a balloon girl for this activities.



Working on a project and a mem ber of art club. Bailey Glasscock(11) enjoys showing off her talents through her art.



Courtney Ferguson(9) paints using I did with art club was ridding on the homecoming float." Courtney said.









Joanna Delaney (10) works on an art project for her art class. "I think art is fun because I can be creative and put my own thoughts and ideas into painting and other types of art." Joanna said.



the community and stay actively involved in events throughout the school year. Starting off the year, the club decorated a homecoming float titled, "Sit, Stay, Watch Us Play," and delivered decorated pumpkins to patients in the hospital. Members of the Art Club made a coloring book and donated it to Toys For Tots and sponsored games and activities for the Turning Point Shelter. Participating in a collaborated lesson plan with other freshmen English classes to put on the Renaissance festival. The Art Club helped

with the festival by making all the costumes and providing pictures for the event. Other activities the Art Club took part in was making gifts for teachers during American Education Week, Teacher Appreciation Week, and Youth Art Month.

The Literary Magazine worked diligently throughout the year to publish "Idylls" which is composed of poems, short stories, and art work created by students.

By: Camille Miles

Country

students go western for spring play

"I loved hanging out with everyone in-between scenes and breaks, just doing whatever . . . we were just a big group of friends," said Kacie Leffue(10). It seems that the play proved when you put a group of teenagers together in one room for up to six hours a day . . . they are going to make lasting friendships. "The cast bonding at the end of the season had to be the best part," said Adam Carlesco(12).

But aside from the friendships, was the huge success of the play itself. Shannon Bernardo(12) and Chris Mecca(9) blew the audience away with their enormous vocal talent, as well as their stage presence. "The best part was just getting on stage and doing what I love to do," said Stephanie Fortune(10). Most of the cast members became very modest about their performances, "Messing up the dance and going on stage when I wasn't supposed to was pretty funny," said Stephen Hoffman(12). Obviously the audience disagreed as the play received standing ovations for both nights. In the end, the play turned out to be outstanding as evidenced by the audience response, as well as through the lasting friendships made by the cast.

> Maggie Cannon Student Life Editor





Beth McGae (10) plays a Native American game for the train scene in the play, "My favorite part of the play was all the great songs and music," said Beth who played the part of an Native American, which included the performance of a student - choreographed dance in the first scene of Act 1.







1 >>

> Rachel Kessinger(12) prepares for her big scene in Act 1 as Mrs. Miniclier helps her to pin up her hair complete with black feather.



2 >>

Dushyant Narayanan(12) reluctantly allows a parent to apply eye-liner to his eyes so that his features would be seen from the stage.



Caroline Doughty(10) shares a laugh with cast members behind the scenes. "The last week was the best, we all became really close and enjoyed each others company on stage," said Caroline.



>>

Cynthia Vaughan(9) sits patiently as Allyn Clark(10) applies her stage makeup. This was Cynthia's first year in a drama club production She portrayed a towns person.





Colin Cannon (9), Scott Balnding(12), and Betsy Hudson(9) share the first scene of the play together. All three had acted together before in the Dama Club competition. Paunting her garter as she dives into the part of a western saloon girl, Ashley Braden (12) participates in the saloon girl dance

A look back on the years:

1985-1986



November 4, 1985

With the Roanoke River cresting 23 feet above flood stage. Roanoke is faced with its first major flood. This dexastating flood killed 10 people and damaged many homes.



January 28, 1986

Space Shuttle Challenger explodes 73 seconds just after takeoff killing all seven astronauts on board. The cause was an Oring failure in the right SRB.



July 3, 1985

Directed by Robert Zemeckis and stacing Michael J Fox and Christopher Lived "Back to The Fittine" hits theaters carrum 200 million dollars worldwale **January 20, 1985-**Super Bowl XIX, San Francisco 49ers defeat Miami Dolphins 38-16

February 8, 1985-After 6-1/2 years, the television series <u>The Dukes of Hazzard</u> goes off the air.

May 29,1985-The Heysel Stadium disaster, 39 football fans die and hundreds are injured.

Jan 23, 1986-The first introduction into the Rock and Roll Hall of Fame.

February 19, 1986- The Soviet Union launches the Mir Space Station.

April 3, 1986- IBM unveils the PC

Convertible the first lap-top computer.



Summer of 1986

Valley View Mall opened giving the community a broader shopping experience. Providing employment opportunities for people of the Roanoke Valley.



April 24, 1986

Seen through telescopes and the naked eye, Halley's Comet was the closest to Earth for its best and last sighting period for another 76 years.



January 28, 1985

"We Are The World" written by Michael Jackson and Lionel Richie is recorded by USA for Africa to ruise funds to help famine efforts in Lithiopia. In total the album wised 30 million dollars.

Senior Vision

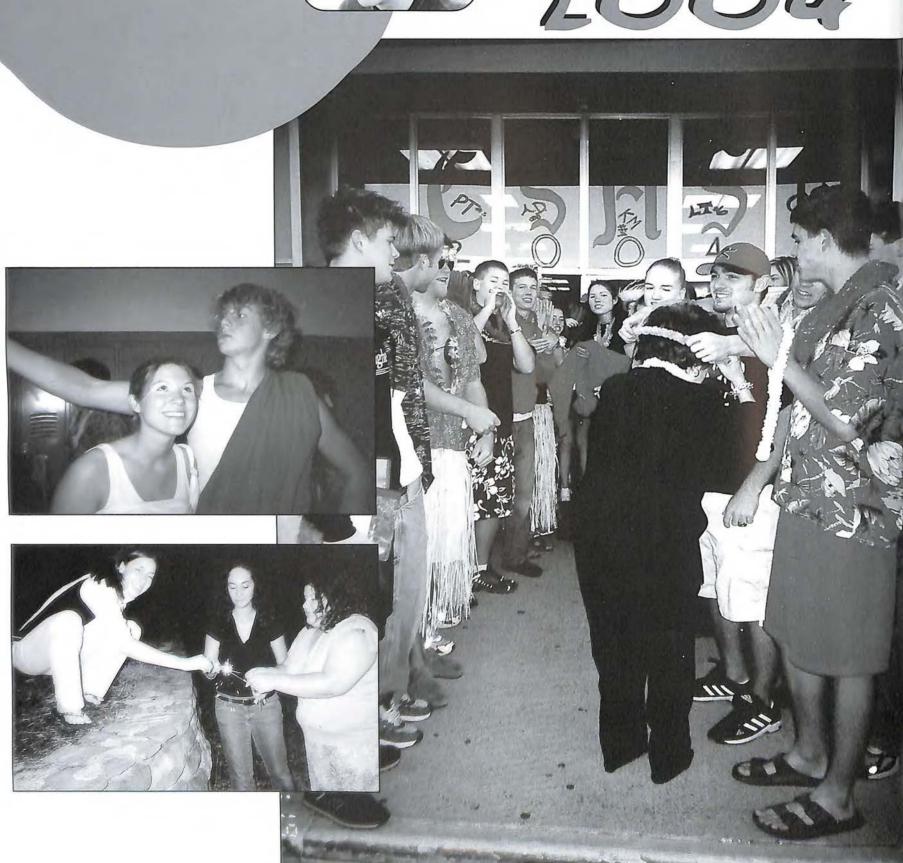
It's hard to imagine that our knight vision could be so clear at this point, with the hardships of the real world that lie ahead. As moms and dads led us by the hand into Kindergarten we didn't realize what a journey the next thirteen years would be. As we grew into adolescents we moved from middle school to high school. Our sophomore year we were worried about finding our classes in the crowded hallways; but nowadays with only 184 seniors our vision is much clearer. Having the smallest class since the 1970's we became one and united in our mission of putting together our homecoming ideas including our late night decorating the hall, building the palm trees made out of aluminum cans, and painting our bodies to show our Knight pride. As winter approached seniors enjoyed the snow days by sleeping in late, and then going outside for sledding, and snowboarding. Spring break arrived, and seniors took vacations with friends to anusement parks and tropical islands. As the end neared many found themselves waiting for that college acceptance letter and anticipating the future. Seniors realized how close the end was on Senior Day as groups of friends competed in team games. As the procession music began at Baccalaureate seniors realized there was no turning back. Graduation came much to quickly as we realized that our vision was now changing to a vision of the future. Leaving behind old friends and thoughts of

making new friends became the new vision for the Class of 2004.

96-97

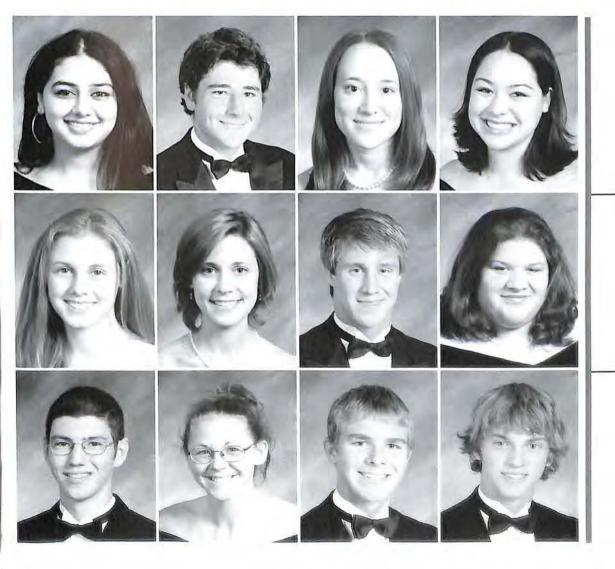


Cass F 2004



Reaching The Final Year

S-E-N-I-O-R: Six small letters, one big meaning. Reaching the final year in a student's high school career is one of the most rewarding and recognized points in high school. Along with being the oldest students in the school, reaching the well-deserved status of seniority comes with many privileges. One of the first steps towards graduation day is ordering the cap and gown. "The most symbolic part of this process is receiving the cap and gown." stated senior Sara Morgan. Seniors ordered them in November and picked them up in the spring once the shipment had arrived. "It seems like the year is over." stated Mrs. Gostschal, senior class sponsor. Once seniors decide on which college they will attend, they begin to plan one of the most recognizable features on Senior Day - the decoration of the cap and gown. Names of the senior's respective college or their college mascot are a common sight floating atop caps on Senior Day. When graduation day rolls around, decorations are taken off the cap for the more serious mood of the baccalaureate and graduation ceremony.



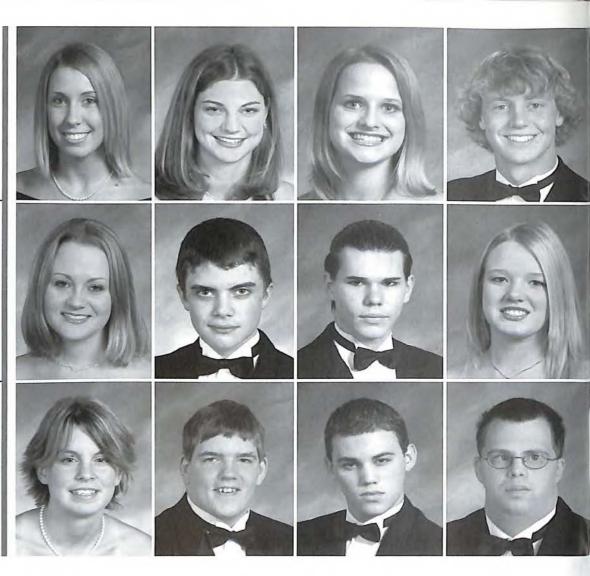
Sophia Ahmad Andrew C Armentrout Magen Leigh Arthur Kristin E Austin

Molly A Barnett Allison Barrier Mark Richard Bauman Sarah Beltran

Reed H Bergloff Shannon Bernardo Matthew K Bierwagen Scott T Blanding Samantha A Boyer Kathryn E Boylan Ashley R Braden Benjamin Bredenkamp

Jessica Lee Brim Tyler Page Brooks Christopher W Bryant Amanda Bunn

K Allyce Burdette Brandon Cain Adam S Carlesco Gregory Carter



What was your favorite part of your senior year?

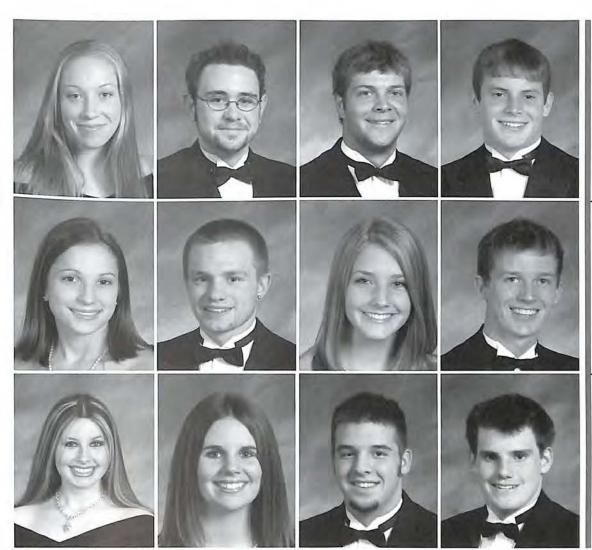
"Prom was my favorite!" -Lauren Weeke

"I enjoyed the last year with my friends and planning for my future." -Magen Arthur

"I enjoyed leaving school at noon and going to Virginia. Western. My senior year was awesome!" Jenna McPeak



Senior Ben Bredencamp, who volunteers on the Cave Spring Rescue Squad, celebrates his 2004 graduation with his peers.



Lauren C Casler Corey Ward Caudill Zach A Chapin Stephen D Clark

Caitlyn S Clary Shea M Coffey Sarah Combiths Ryan Michael Cook

Laura Cox Lauren E Crawley Joshua Crowder Matthew Currie

in the Cor

Seniors Ben Bredenkamp and Katie Boylan volunteered their extra time at the Cave Spring Rescue Squad. Some of the advendine pumping events that they have experienced will never leave their mind. "You always remember your first serious call. I remember every detail. It was a car wreck with a fatality." said Katie. Some may be timid when they first join the squad because of the gruesome images that come along with it. According to Ben. "It was hard dealing with some of the after effects of the injuries and deaths that I have seen, but with the help of my team, I have adapted to it all over time." The job isn't just about blood and death. "The calls that I remember are the people who thank the crew. Those calls make it worth while It feels nice to help people out." Both Katie and Ben would recommend this volunteer job." I strongly encourage anyone to consider volunteering at the Rescue Squad. You will not find any other experience to parallel it." said Ben. One may think that they don't have time for this large amount of volunteering between school and/or sports. However, on slow nights there was plenty of time to do school work. Sports practices ended at the time shifts started. "It equates to some long nights but its my favorite thing to do." said Katie.

As the end approached

As the senior year came to a close, seniors began to think about how their lives would change in the coming year. One of the first decisions many seniors faced was what College to attend. For many it was a decision that would influence them in ways that they had never even considered. "It took a while for me to choose a school, but I finally decided on Bridgewater," said Betsy Davies(12). Some decisions were made based on who was going to the same school, others were based on what they were trying to accomplish. "I want to go to Virginia Western so that I can get through all of my required classes and then transfer," said AJ Escue(12).

Anticipation is one word describing almost all of the senior class. Wondering what to expect, trying to imagine how they would react, what type of situation would they find themselves in the future. "The best part about being away from home will be that I can make decisions and do things on my own," said Betsy. "I can't wait to meet new people and learn about myself," said Megan Jesse(12). Along with the anticipation comes feelings

of insecurity. "I am scared of being on my own because I don't know what I will do with all my new freedom." said George Leffue (12).

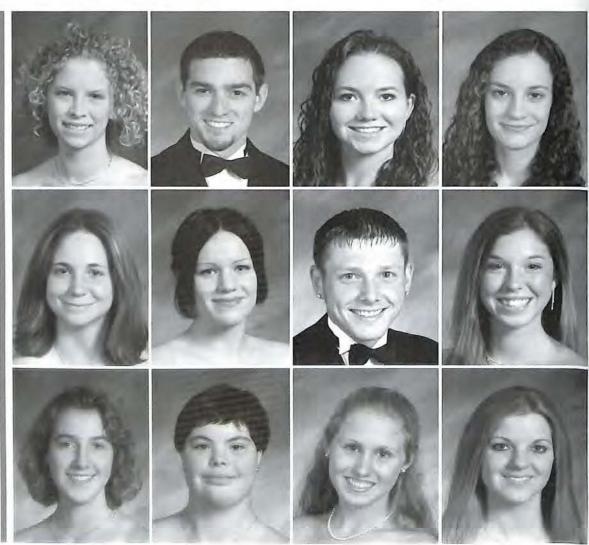
When thinking about the biggest changes after high school, most look to the positive and fun things. "I think I will hang out with friends more often and study more too," said Betsy. For some, the little things will be the hardest adjustments. "It will be strange not being able to sleep in my own bed," said Clay Kinder(12). Others are worried about the food aspect. "I don't know what I will do without my grandmother's home cooking, "said George. There are also some that don't foresee any major changes. "My lifestyle won't change at all because I'm already responsible and have my priorities in order," said AJ.

Everyone knows that no matter how exciting the next year will be there are bound to be some downsides. It is a fact of life! What exactly do the seniors consider the downsides of going to college? "Missing my mother and sister who have always been my cheerleaders and strength," said Megan. "Paying bills will definitely be the hardest thing for me," said Ad. As seniors ponder the future, they know they will learn to adjust.

Elizabeth Davies William Clay Davis Lyndsey A Dickerson Susan O Dickerson

Amanda M Dillon Ashley N Dodd Travis Wayne Dunbar Amber E Durham

Kathryn R Eggleston Erica Michelle Farley Anna Louise Fendley Kathryn A Ferguson



What was your favorite part of your senior year?

"I thought the Psychology trip was well planned and I learned a lot." -Clay Davis

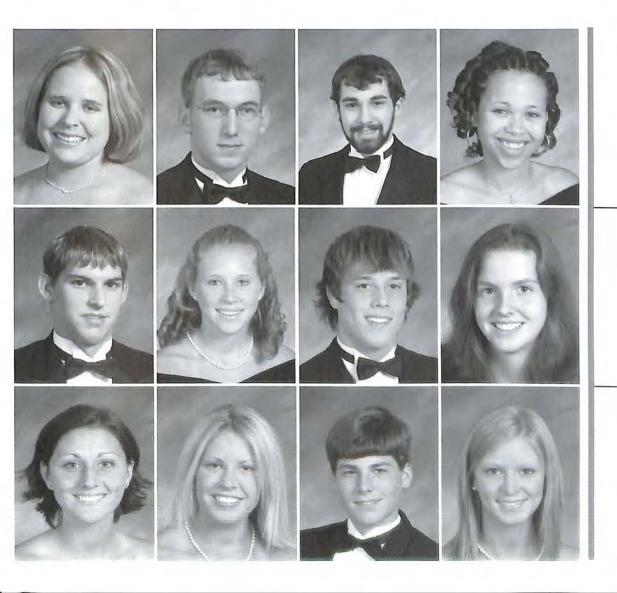
"My favorite moment was when I walked out of the school for the last time. I also enjoyed lunch, I got to talk to my friends and see how their day was going."

-Matthew Pendleton

"My favorite part was graduation!" -AJ Escue



Waiting for the Baccalaureate service to begin, Ben Bredenkamp delights the seniors with a tune. Baccalaureate was held at the First Baptist Church on June 6th.



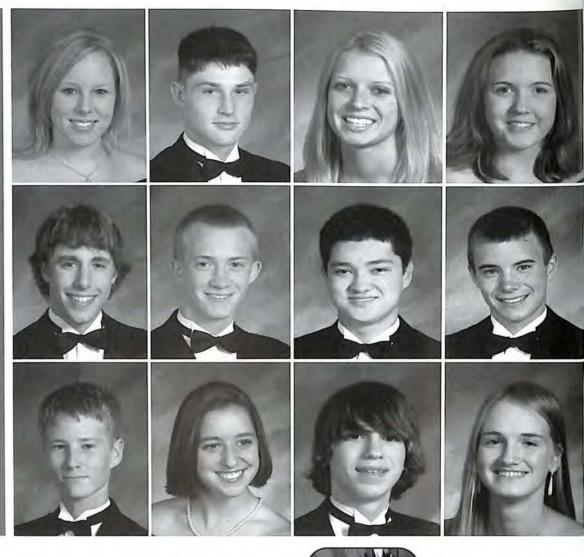
Pamela Ferris Mark R Floryan Nathan Foster Ashea M Francis

Lance Ryan Gallimore Kristen M Gliniecki R Tyler Goldsmith Amanda M Goldston

Mary Eliz Greenway Julianne Gregory Michael F Griffin Maryglenn W Gust Katherine Hamrick Bradley N Harvey Emily E Harvey Allison Heath

Matthew B Helms Matthew E Henderson Michael Lee Henebry Brett Andrew Hensley

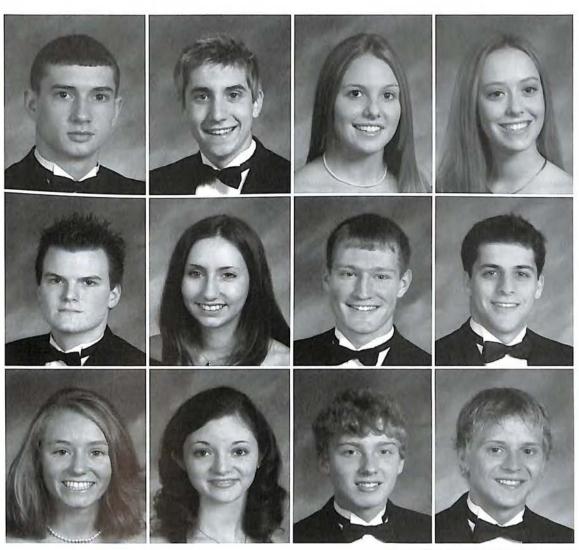
Stephen H Hoffman Megan Horan Nathan G Horsley Brittany Huddleston



Makin' a move to finish

"The first thing I thought was, "Where's Roanoke?" said Matthew Currie(12), after his parents told him that he would be moving to the area for his senior year of high school. Matthew had previously attended school in Chicago, Illinois. "Moving your senior year is not easy," stated Matt. Matt quickly found himself involved in several activities. For instance, in the fall Matt played football and added depth to the spring track team where he threw the discus. He also participated in the Drama Club's production of "Armie Get Your Gun," where he portrayed Chief Sitting Bull. "Matt is a really near and a polite young man. He was always

helping others with lines and costumes." stated Mrs. Gotschal. Being well-liked by his class, Matt was chosen for the 2004 Prom Court. Not only did he participate in after school activities, but he also found time during the school day to assist as an office runner. Teachers found a willing and able volunteer in Matt. Matt truly became an asset to the Cave Spring High School community and was always seen around the school with a ready smile for his peers. Matt will be attending University of Miami of Ohio in the fall of 2004.



Thomas Hurd Grant M Iwan Megan Jessee Michelle E Johnson

Jared Jones Chrisandra K Jordan Troy Davies Kaase Micah B Kaplan

Claire L Kerr Rachel Kessinger Justin Dillon Key James Clay Kinder

What was your favorite part of your senior year?

"My favorite moment was on senior day when we all marched in with our caps and gowns on . . I couldn't stop smiling!"

Sarah Beltran

"It would have to be the first round of regionals, for baseball, when teammate Robert Mills(11) hit two home runs to give us our first regional win since 1989!"

- Travis Dunbar



Matt Currie arrives at the after prom party eager to get out of his fux and sport his favorite cowbox hat for the occasion

What was your favorite part of your senior year?

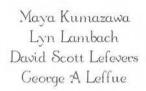
"My favorite part was during our Spring Production after the first performance when I realized it went pretty well. It was a good feeling knowing that all of our hard work paid off and people enjoyed our show."

Shannon Bernardo

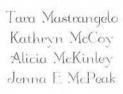
"I didn't just have one favorite moment...my whole senior year was fun!" -Kyle Lumsden

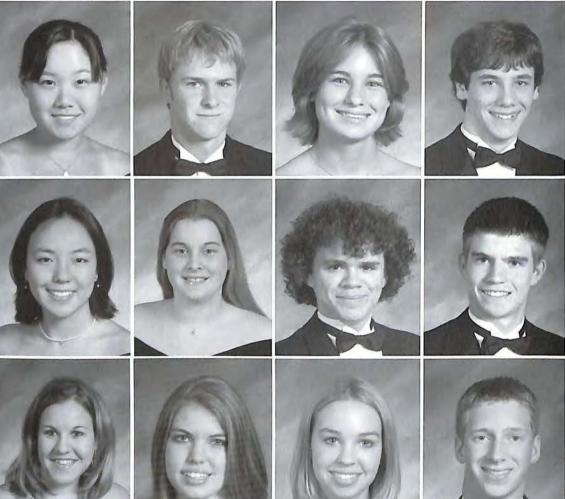


Yumiko Kinugawa Jordan C Kirby Lyndsey M Konen Samuel Kozicky



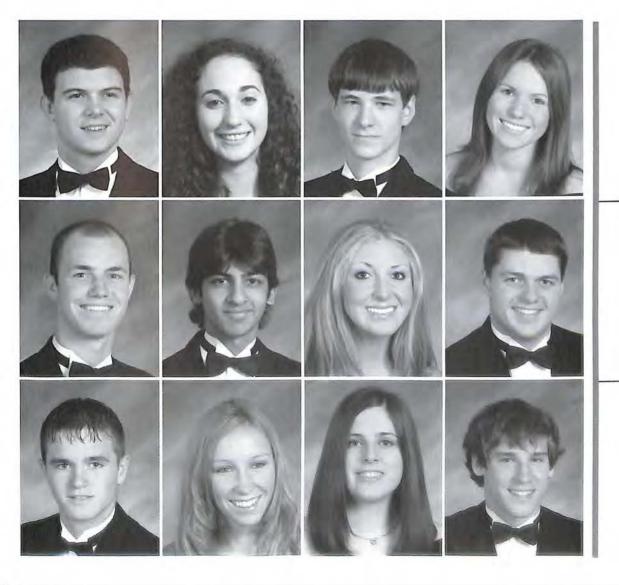






Preparing to finish

The end was in sight. Seniors picked up caps and gowns before Spring Break. Jostens was the company used for graduation materials. Jeff Leach was the company representative who provided the school with his services. The average price seniors paid for announcements and gowns ranged from thirty-five dollars to one hundred thirty-five dollars, depending on how many announcements and other senior memorabilia were ordered. Next came the decision of which family members and friends to send the announcement to and then finally, sitting down to address them and mail them. As each announcement was dropped into the mail, the seniors realized one more step was completed. The end was not far off.



Brian Meinhart Sara E Morgan Zachary D Morgan Katie M Morrison

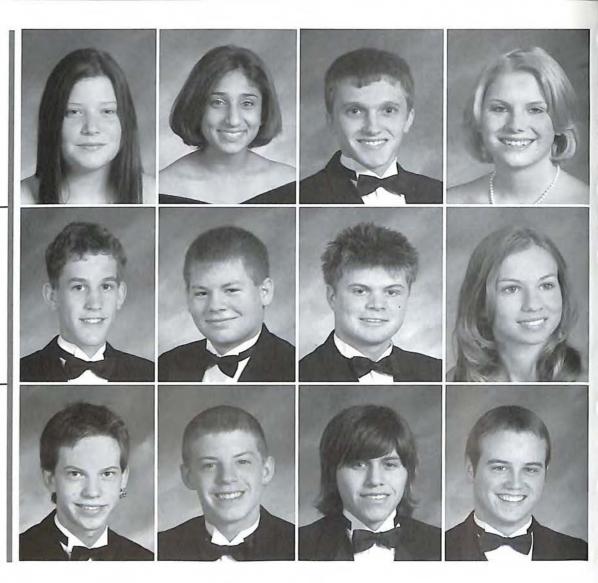
Matthew W Mull Dushyant V Narayanan Rene Newman Andrew R Nichols

T Lucas Nichols Jessica Onishenko Allison Overstreet Jeremiah 8 Overstreet

Mary Leigh Palmer Krupa G Patel Jesse Alan Patton Tiffani Pease

Matthew A Perfater Brian A Peters Jay Lawrence Poff Katie Polhamus

Ryan Matthew Pollock Jeffrey D Riddle Timothy C Robbins Andrew S Roberts

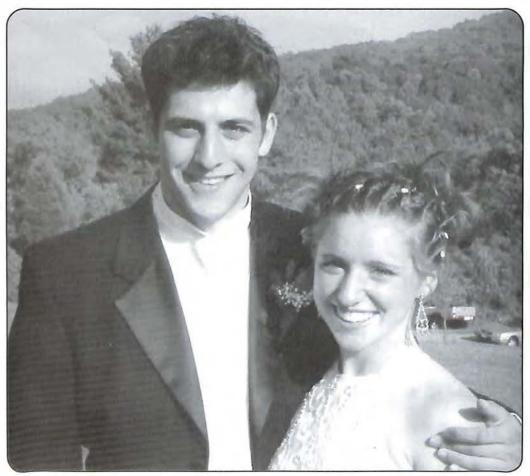


What was your favorite part of your senior year?

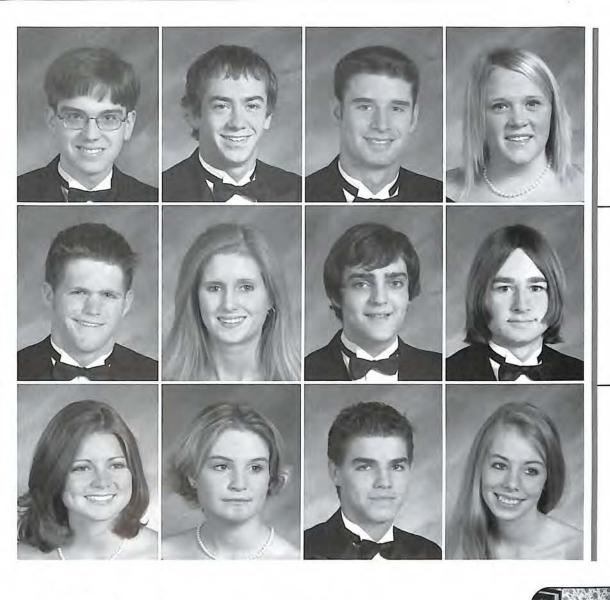
"The only thing I didn't like
was the juniors parking in
the senior parking."
-Ashley Braden

"I had an overall great last year...these were the best days of our lives!" -Andy Roberts

"Senior day was my favorite because I could finally see the year coming to a close."
-Lauren Casler



Seniors Megan Horan and Michael Kaplan started their school lives together and completed them together as friends and graduates of the Cave Spring High School Class of 2004



Clinton Thomas Sain Teddy Saunders Kreg Savoie Lindsay E Schoch

Kyle D Schrader Andrea M Secrist Shan Shapiro Devek S Shelton

Jayme Shepherd Erin Leigh Simmons Matthew R Sinnes Jessi Marie Sisson

Friends to the end

Isn't it odd what a small world we live in? Where can we go to elementary school with someone, then move away, change our lives, and end up in the same place to find out that you are now high school classmates? "One day we were sitting in class talking about elementary schools and Kreg Savoie(12) said that he went to Collieville in Tennessee. Immediately, I said that I went there, too! We kept talking and figured out that we were there at the same time and in the same grade. It was really weird to find this out, but at the same time it was also very cool," stated Ashley Braden(12).

Although they didn't know each other while in elementary school. Kregand Ashley still remember their school and town. "My favorite part of elementary school was gym class with Mr. Smith

because I got to play and run around and I didn't have to be in the classroom." Kreg said. "I also liked recess because we had a huge playground. My favorite part of the playground was a hot neon colored slide. It was the biggest one on the playground and the fastest!" said Ashley: "I also enjoyed field day with all of the games and activities that they had planned for us."

While Megan Horan(12) and Michael Kaplan(12) did not follow the same path as did Ashley and Kreg, they have known each other since elementary school and been the closest of friends since the beginning. Both began in elementary school together at Penn Forest and ended their school days as best of friends at Cave Spring High School.

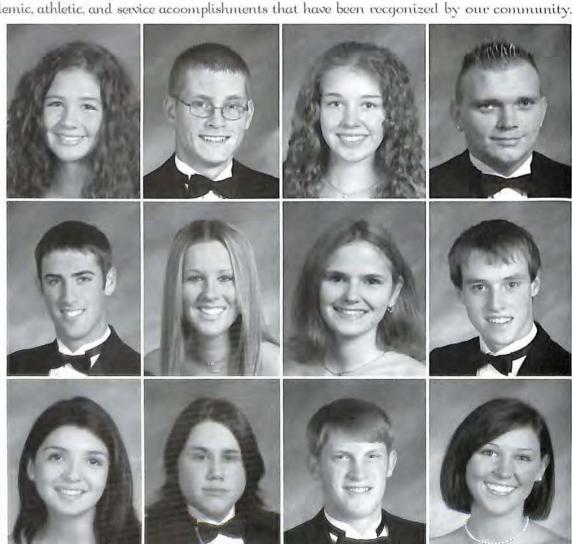
Celebrating — — accomplishments

Senior accomplishments were as varied and different as each senior. Valedictorian medals went to twelve seniors who were recognized at gradation for their academic endeavors. Sports awards were given during sports banquets and were recognized in local newspapers. Seniors were recognized for their volunteer work and patriotism in the community. Senior Megan Horan was the one female athlete nominated to represent Cave Spring High School for the Binai Birth Athletic Achievement Award. Senior Matt Mull won the Riverridge All-Academic District Award for his academic achievements. Seniors Bradley Harvey and Emily Harvey were nominated for the Virginia High School League Achievement Award for both excellence in academics and athletics. Senior Zach Chapin received the Roanoke Valley Golf Hall of Fame scholarship for his skills on the golf course, as well as, in the classroom. Senior Mark Floryan was recongized by many community groups for his achievements including receiving the UVA defferson Scholars Foundation Scholarship. Senior Frances Wimmer received the High Schools That Work Award in recgonition of students that are involved in successful marketing program. Senior Katie Eggleston recieved the Christian Service Leadership Award from Bluefield College, for service to her local church. Senior Gregory Carter received the Cave Spring High School's Above and Beyond Award. These seniors represent only a small number of the academic, athletic, and service acoomplishments that have been recgonized by our community.

Ivy R Smith Samuel Parker Smith Victoria Smith Justin Dean Snider

> James B Stovall III Heather L Strang Monika Strattman Chase Alan Sweet

Ana Lucia Tamez De La Garza Jacob C Thompson John Parker Tims Laura A Tolusso



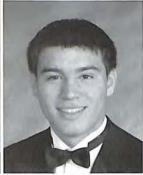
What was your favorite part of your senior year?

"Being South Roanoke's Junior Miss 2004 is one of the best experiences of my senior year. It is "The Most Fun!" - Tara Mastrangelo



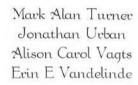
Senior Tara Mastrangelo was selected Virginia's Junior Miss South Roanoke for 2004.









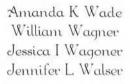










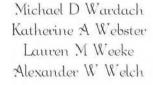
















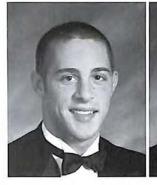




Jonathan B Wheeler Michael R Wilkinson Ashley E Williams Frances N Wimmer P Matthew Winston Matthew E Wittl Sheridin D Wright

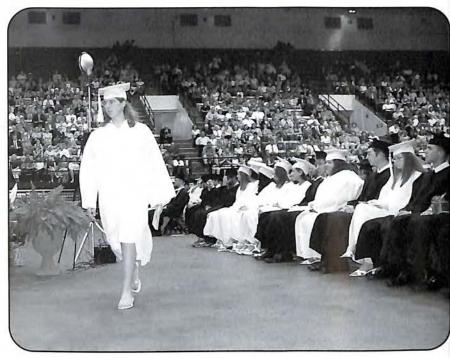
Not Pictured: Noah J. Chapman Kurtis W. Dickenson Anothy J. Escue Matthew S. Pendleton Michelle M. Rothbort Nadine Tubman













Senior Kristin Austin, class valedictorian, addresses those in attendance at the 2004 commencement exercises.

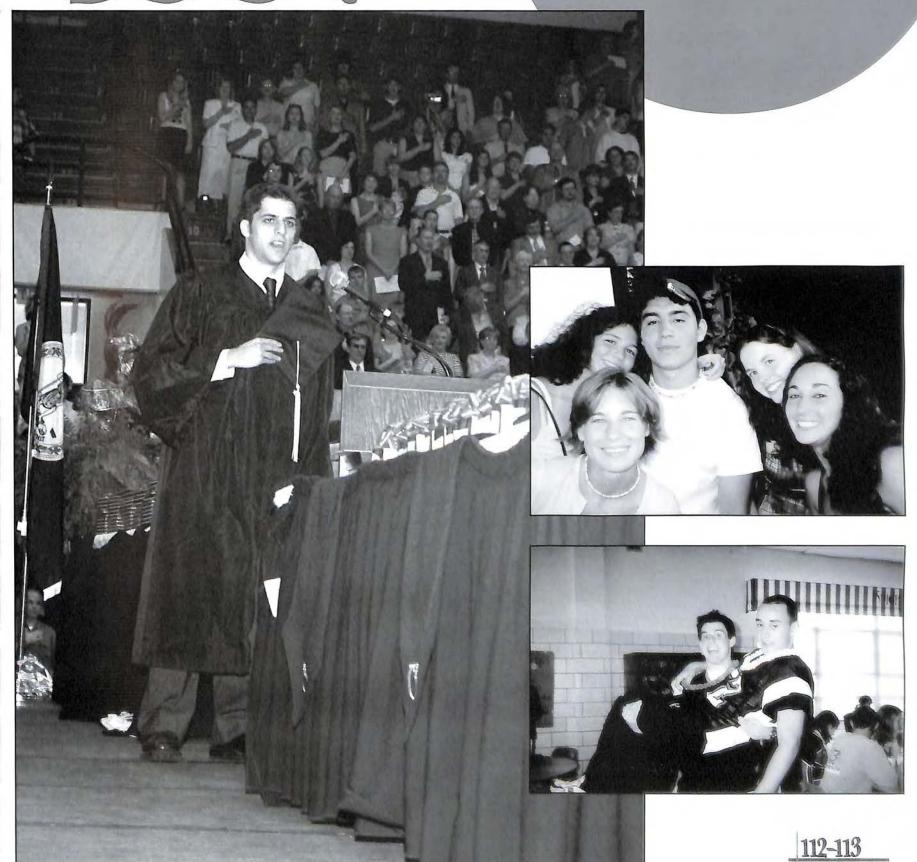


 $\ensuremath{\mathsf{S}}$ enior Jayme Shepherd salutes her class and reminds them never to forget Cave Spring High School.

Class F 2004







AKNIGHTSDAY

The long awaited Junior year had arrived. The year was all about driving, a later curfew, dating, and dances. The first dance was the homecoming dance. Juniors worked all weak on the float, hall decorating, the ice cream social, and the dance. The much awaited ring ceremony finally came when the Juniors received their class rings. After homecoming things seemed to calm down for the Juniors as they made plans for their SAT's and their first thoughts about colleges. After winter break much of their time was spent on finding that perfect prom dress, shoes, hairstyle, and OH yes, a date! The Junior class decorated for the prom making it come together perfectly. As the final bell rang on June 10 echoes of "We are Seniors!" "We rule sounded through the hallways. There was no doubt that the Juniors were rightfully taking their spot as the new Senior class.



Ashley Akers Danielle Alvarez Christopher A Amos Samantha Anderson Sara Anderson Kelly Anglim Mudd Jeans Landon M Arrington Beau Austin Justin W Balzer Amber L Barton John M Bast Garrett A Belcher Jennifer M Bennett Sarah E Bern Paul A Bernardo Richard P Bishop Aaron Jay Bock James H Bohon R Lee Bradshaw II Koren Breighner Devin A Brown Daniel J Bukovsky Rachel R Burks Maggie B Cannon Jaime Carpentieri Victor Carreon Kami Beth Christley Jessica J Cragun Jennifer M Craighead Bonnie C Culpepper Rose E Dangelo Katherine Davies-Ross Issaiah Davis Matthew W Davis Shawn M Day Mark Donahue Jr Derek H Dooley David Downing Brian K Duggar Susan Dye Jeffrey M Echternach Kiara G Elkin Emily Ann Elsea Ryan M Epperly Rachel Falligant William F Falls Kathryn E Fanti David M Finkler Neil A Francis Jagger Kinzey French

Laura Garrett Jeremy P Gilbert Bailey K Glasscock Julia Goad

Taking at Carnegie Hall

ttention, attention, Roanoke College Childrens Choir performs at Carnegie Hall, in New York City. The choir tried out against other choirs from across the nation, and were selected to perform as a feature choir meaning they opened out the performance. "We began preparations for the trip at the beginning of the choir year. When we neared the performance we had rehearsals twice a week." said Caitlin Morgan(11).

Traveling by bus, the trip to New York took two days. "Some of the things we did while in the city was shopping in Times Square. touring Ellis Island and The Statue of Liberty, seeing "Aida" on Broadway, and eating at famous restaurants." Ales Kostura(11) said. On the night of the performance, nerves were flying and excitement was buzzing through the air. "The hardest part about performing in the hall was keeping my focus because I was so excited about being there. I was also nervous when our choir had to perform as a feature choir. I was praying the whole time that I wouldn't mess up." Caitlin said.

"Carnegie Hall was so expansive and awe-inspiring that it was hard to keep my eyes off the extraordinary architecture and keep them on the the director," said Alex. "Being in Carnegie Hall was such a surreal experience and an honor that I may never have again." Caitlin said.

By: Camille Miles

Caitlin Morgan(11) and Alex Kostura(11) pose in Carnegie Hall during their trip to New York City. Alex and Caitlin performed at Carnegie Hall with Roanoke College Childrens Choir.

Carnegie Hall, N.Y.C.

Walking down the street in New York City, Caitlin Morgan(11) along with a fellow choir member, Amy Scott(10) take in the sites before they profrom at Carnegie Hall.





"There was a huge poster outside of Carnegie Hall with the concert information on it and we got to bring it home with us!" said Caitlin.

Family Matters

Big Brothers/Big Sisters

To give back to the community, students find themselves searching for different and unique ways to volunteer. Joyce Metzler(11) decided to get involved in the Big Brothers/Big Sisters program at the Boys and Girls Club downtown. "I found out about the program when I was flipping through the newspaper. They had an entire page on different volunteer programs and I thought the Big Brothers/Big Sisters program sounded interesting. Once I got further information on the program I decided to send in an application.

Before I knew it. I was a Big Sister," said Joyce. Each week, Joyce visited her little sister for an hour at the Boys and Girls Club. They spend quality time getting to know each other through different activities. "Normally we play basketball for a while and afterwards we play golf, then I help her with her homework," Joyce said. "Once that special bond clicks between you and your little brother or sister, you find that you can not wait until the next week to get to hangout and see them. This program is a great way to give back to the community, to become a role model and make a difference in younger children lives, and to experience new things."

By: Melisea Bernitt.



Sponding time with her "little sister," while volunteering at the Boys and Girls club, Jayce Metzler (11) enjoys an afternoon with her little sister."

Do You Volunteer?

Different Activities Students Do To Volunteer

Sam Smith(11)

"This past summer I went on a mission trip and helped build houses and handicap ramps for the people of the community where we stayed." said Sam.

Erin Rudder(11)

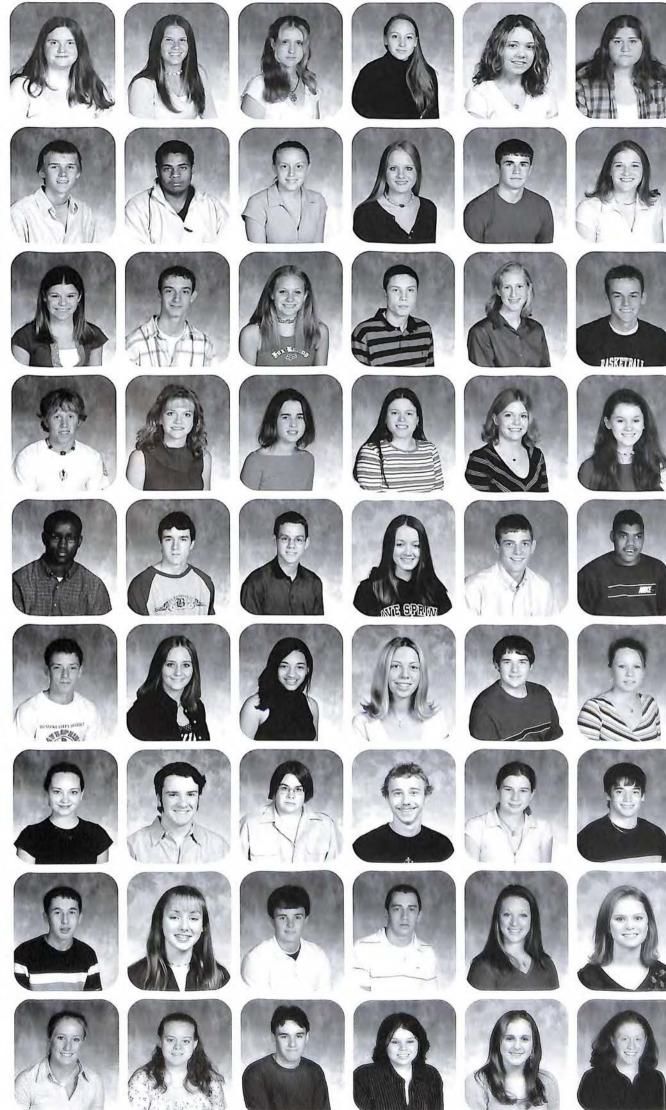
After a 24 hour training sesson, Erin Rudder(11) spends a week out of her summer as a camp counselor for the 4-H center.

Camille Miles(11)

"I helped with a food drive for the Presbyterian Community Shelter and participated in the CROP walk, raising money to buy food for the people in Africa" Camille said.

Beau Auston(11)

"Over spring break I went to Nicaragua with my church. While down there we directed a bible school and delvered food the locials." Beau said.



Jessica A Goodspeed Rachel Ann Gould Kelly Allison Graham Jessica A Griffith Rachael N Gromada Sarah E Guilliams

Hugh Tyler Hagan C Deven Hale Jessica Hambright Chelsey Hamilton Justin W Hammes Anne C Hancock

Joanna L Hardie James Hart Mallory R Haynes Barrett Henderson Rebecca L Henderson Samuel J Hiatt

Jameson E Hinkle Whitney R Hoback Allison B Hodges Stephanie R Hodges Brandi N Holland Braedon G Houk

Robert B Hummons III
Matthew R Hundley
Evan David Jacobs
Jessie A Jennings
Michael A Jetton
Jeffrey Johnson

Phillip J Johnson Jessica H Jones Latoya J Jones Victoria L Kasza David Enos Kessel Jr Stephanie Anne Kingrea

Tracey C Kinsey Alexander P Kostura W Carl Lambach Joseph Lambert Katherine A Larosa Alexander A Lemmer

Spencer E Lendway Lora S Light Shane W Lumpp Justin R Marianetti Kendal M Martin Amanda McAden

Megan F McClung Amanda M McConkey Andrew McFague Brooklyn N McGhee Katy L Meacham Jennifer M Mecca

Stephanie Anne Melnik Joyce B Metzler Camille M Miles Robert Mills James T Mills Jr Jennifer Minch Courtney C Mixon Puja P Mody Ashley Moore Paulus A Moore Ashley Moravy Caitlin A Morgan Joel Robert Murphy Kyle Durand Murphy Melissa L Muskopf Amanda G Neighbors Joshua Mark Neuse Emily Nichols Adam C Nielander Derek J O'Dell Hye Sung Oh Kate A O'Keefe Amanda K Otey Ashley Nicole Overfelt Daniel H Overstreet Carsone Patsel III Christina Perry Kara A Pevarski Kristen V Pevarski Ciaran Rea Katherine E Reid Allison M Richardson Jeffrey D Riddle Alexander D Roth Joseph Ruckert Erin G Rudder Evan Andrew Rudder Ryan Travis Scherer Chaffin A Scott Andrew S Sellers Kelly N Shepherd Kala R Simpkins Michael Andrew Sitze Alexandra Sline Ben T Smallwood Samuel J Smith

Eric Wade Snider Kelly M Sowder

Jocelyn E Stephens Jerrod Douglas Tackett Theresa M Terry Brian K Thompson Karen E Thompson Richard B Thrasher Jr





















CUCULATIONS Juniors with their childhood toys

an you remember your cute, reliable, best friend that you could not leave the house without when you were a little kid? This companion may be in the form of a stuffed animal or blanket. Some juniors still look to their cuddly companion when they are in need of a hug, or just simply need to catch up on their sleep. Junior Camille Miles(11) has a stuffed animal dog named "Puppy." "I got Puppy as a present for my first Christmas. I sleep with him everynight." said Camille.

Several juniors are able to look back at the time when they were literally inseperable from their stuffed animals. "When I was little, I had a dark brown bear named Chocolate. I was so attached to it that it became very tattered and dirty. I would probably still have it with me if my Mom hadn't taken it away from me. That day was very sad." Maggie Cannon(11) said. Joyce Metzlen(11) said. "I had a blanket that I would drag by my side all throughout the house. I had to get four replacement blankets because the edges began to tear. However the replacement always had to be identical to the original one." Joyce said. It is obvious that this attachment to our stuffed animals and blankets are still in existence today. "I don't know what I would do without my Puppy." Camille said. "When I get sad I can just go to my bed and hug my Puppy, amazingly he always makes me feel better."



Camille Miles(11) takes a nap with her stuffed puppy. Camile has had Puppy since she was one. She takes him on all trips and vacations.

Juniors and their childhood toys

Do you have a favorite childhood toy that you are still attached to?

Jennifer Craighead(11)

My favorite stuffed animal that I still sleep with everynight is a monkey named "Digits." I've had him for about four years," Jennifer said.

Mandy McAden(11)

"In ninth grade my friend gave me a stuffed animal which I named 'Huffy-Puff,' said Mandy.

Alex Sline(11)

My favorite stuffed animal that I have had since I was little is an Eeyore beanie baby," said Alex.

Jennifer Mecca(11)

"I have slept with a stuffed animal dog named 'Puppy' since I was born. I take him on long trips with me too." said Jennifer.

Taking It Full Force

Juniors Tackle Assignments, SOIs and SATs

t is the first year that our grades really count, but at the same time all our classes are getting more difficult. It also does not help that we take more SOL's," said Amanda Neighbors(11) when asked why she believed Junior year was considered the hardest of all the academic years. As we all know, Junior year is perhaps the longest and most dreaded year of high school. Aside from the difficult courses and assignments, there is also all the added stress of SAT's and beginning the application process for college. "Junior year is the worst year because you are so close to being a senior and we have to work towards college. Senior year is easy because it is just about waiting," said Anderw McFague(11)." "I was already getting tired of school and it was only halfway througt my Junior year," said Brian Thompson(11). Some of the less obvious forces that hinder the Juniors is that the Junior year may be the hardest, but it is also the most rewarding.

By: Maggie Callioli



Junior, doc Ruckert studies for a chemistry test. "Junior year is hard because teachers are constantly giving you assignments and projects. You have to balance your school work, along with preparing for SAT's and SCL's." doe said.

Junior Year

What did you like best about Junior Year?

Joyce Metzler(11)

"The best part of this year was getting to enjoy new responsibilities and privlages," said Joyce.

Ashley Moore(11)

"Unlike others, I did not feel that my Junior year was as hard as past years," Ashley said.

Jennifer Craighead(11)

"This year I recieved some of the best grades because I really foucused on getting them for college," said Jennifer Craighead.

Camille Miles(11)

"Junior year was difficult, but I felt like I grew as a person and made new friends with others," said Camille Miles.













Wm Nick Towers Andria A Tran Brian E Trent Brittney M Tucker Brice A Ulrey Timothy A Upthegrove













Marie Ann Vitello Kathryn E Webb Joshua L Weisberg John Wentsel Caitlin M White Ian P White













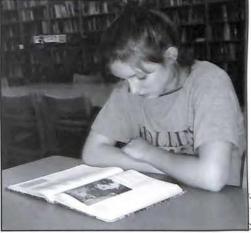
Trelisha Dawn Whitehead Valerie Wilson Corey Alan Wray Kevin Wu Phillip A Yamine Ashley Marie Young



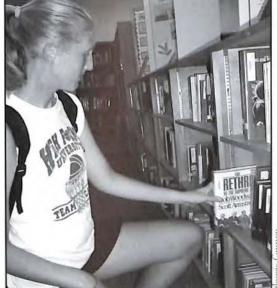


Elizabeth Sue Young Jennifer A Zegas

Lora Light



Rebecca Henderson



Jocelyn Stephens, Caitlin Margan



Barrett Henderson



Stephanie Melnik



Spencer Lendway



orethe States

AKNIGHTSDAY

Sophomores were considered the "middle child." Many were starting to date for the first time, yet others were still not old enough-at least in some eyes. Some were lucky enough to get the long awaited learners permit and drivers license. Students completed their last year of physical education and the physical fitness tests. In preparation for their college search, some Sophomore took the PSAT's for the first time and focused on their classes counting towards their diploma. As biology class came to an end, the pigs arrived. A project which all Sophomores participate in is the dissecting of the fetal pigs. Though not all were excited about this project, many enjoyed it and considered it a great learning experience. Towards the end of the year after a long battle, Sophomores who received their drivers license were able to purchase parking passes and park in the lower parking lot. Lending a helping hand, the Sophomore class officers helped decorate for the senior breakfast making senior day start off with a bang! Sophomores felt like they were too old for some things and not old enough for others-leaving them as the in-between class.



Apoorva Acharya Daniel L Aiken Rebecca C Almond Lauren K Ammar Brian Anderson Edward D Avery

Cassandra Baker Brett M Barber Reese C Baumann Benjamin Beasley Michael W Beaumont Travis D Beckner

Casey L Benson Jordan J Bergloff Melissa A Bernitt Jillian M Bessett Ashley Lynn Bland Kyle Micah Bomar

Brian C Bosche Megan N Bowles Krista Brancati Marisa Brancati Wayne Breighner Jennifer L Bukovsky

Thomas Burgess Kara E Campbell Jonathan Carlin Lynda F Carr Graham T Casler Zachary A Cates

Angela Cayse Jerald F Chauncey Jr Brittany Chewning Allyn O Clark John L Clarke Lauren C Clary

Samuel M Cole Danielle N Conner Caitlin H Conway Brandi E Cooper Alan A Cordell Heather R Couture

Jillian A Cox Stacey M Craighead Clinton R Custer Megan K Dalton Christopher E Dean Joanna G Delaney

Richard L Diones Alison L Donato Caroline B Doughty Paige M Earls Antonio Easley Nicole Edwards









CAVESPRING



















































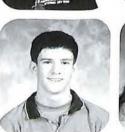


















Bringing in the Green Sophomores experience their first jobs



Amanda Mauer (10) works as a bread girl at Carlos' International Restaurant. "I love working at Carlos' because all the people I've met there are so friendly and willing to help you, and I'm so glad I work with them!" said Amanda.

ould you like fries with that?" That simple tatement could strike fear into the hearts of most high school students when contemplating where to work for their first jobs. In an attempt to avoid that, Amanda Maner(10) decided to work at Carlos International Restaurant, as a bread girl. where she brought customers bread during their dinners. "I absolutely love it there. The people I work with are so nice and so helpful," she said.

Zach Cates (10) began working as a server at Hunting Hills Country Club during the spring of his sophomore year. "I wanted to work there because I heard it was a good place wanted



think working is a good experience because you earn your own money and become more responsible as a result," said Rachel

money." Zach said.

Sometimes students decided to work for other For instance, Rachel Longmire (10). wanted to work so she could become more responsible. Rachel worked as a waitress at Famous Anthony's and enjoyed the working environment because of the friends she made there.

Whether students decided to get their first jobs for the extra money, responsibility, or just for the fun of it. they would always remember their first experience in the working field

Joyce Metzler Staff

Freedom on the Open Road Sophomores push the petal to the metal



Mallory Myers(10), along with other sophomores, rushes out to beat traffic. "I'm so glad that they let sophomores get a parking pass this year because now we can have the freedom to leave right after school, instead of waiting around for parents," said Mallory.

Thanges had occured in every class and the class of 2006 was no exception. Along with earning their licenses, sophomores were also given the privilege to park in the school parking lot, which previously was not allowed. How does the prospect of this new freedom make sophomores feel? "Taking the test for my learner's was frustrating because I wanted to drive so bad," said Carrie Doughty(10). "It was incredibly scary taking the test because five of my friends had failed it before I took it," said Tristin Kaase(10). After recieving their learner's permit, all student drivers were required to take Driver's Education. After taking Driver's Education, students were finally able to obtain their licenses and "let loose".

Once they were able to "let loose" many students

Anticipating the day that she will get her drivers liscence Jen Bukovsky(10) gets behind the wheel of her brothers car. "It's awesome for sophomores who can drive this year and finally park in the parking lot

(even though it takes forever to get to your car!)" said Jen.

Dad's old car, it is mine and takes me where I want to go," said Nicole Edwards(10). After earning their licenses, a change came about in school parking policies which gave sophomores the freedom to park in the school parking lot. "I'm so glad that the school is letting sophomores park in the parking lot now. We no longer have to wait around for our parents to come pick us up because we are given the freedom to drive to school and park," said Carrie Doughty(10). Each year brings new and exciting events into each student's life. The class of 2008 realized for the first time freedom on the open road.

Pamela Ferris Staff













Chelsea L Eichenbaum Lindsey Epperly Sara E Equi Emily Ewoldt Andrew Feldenzer Robert L Fendley











Andrew D Ferguson Jessica B Ferguson William Fitzgerald Stephanie A Fortune Stephen S Fralin Laura A George











Lauren M Gerl Andrew G Gilliam Chella A Glennon Maeghan L Gliniecki John Eric Gordon Juliann K Greco











R Scott Grubb Chelsey A Hall Sarah K Hamby Daniel A Hamrick Casey N Hankins George S Hardwig



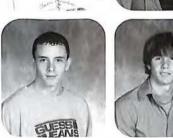






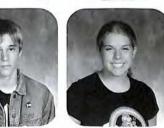


Daniel J Harris Nicole B Harvey L Ashton Helms Tracy M Heptinstall Brian N Holben Justin M Holland











Cody Lee Hoosier Kenneth W Horan David Allen Hoss M Ben Hudson Laura E Ireson Jane A Jennings















Sarah B Kane J Tyler Kerr Akash Kesari Morgan Kittinger Caitlyn M Koch Joseph Kozicky



























Joseph P Langford Anthony M Larosa Mary C Lawson Joshua T Leamnson Jordan Leet

Casey Leffue Sara Lilly Caitlyn E Long Emily Long Rachel A Longmire Chauncey E Lumpp Meredith A Lumsden





Jessica L Miller Ashley Moore Jacob M Moore Kristie Anne Moore Aaron M Moses Christopher C Murphy Mallory J Myers

Priscila E Nakano Ann L Northern Courtney O'Quinn William J Osborne Micah Pasquarell Mark S Passeretti Jessica M Pearson

Ashley L Poage Channing Porter Matthew R Porter Daniel Potter David J Redick Katelyn Reilly Chris L Reynolds

Lydia Riall Kaitlin N Rice Zachary J Rice Krystel Rogers Joshua A Roupe Quincy Ruckert Chris Rutherford

Julie A Sablik Amy Beth Scott Amelia Ruth Seagle Bethany M Shelton Heather Laurel Sitze Lauren G Sledd Trevor S Smith

Kaye L Sowder Jeremy Lee Spradlin Charles W Sublett Jillian L Sullivan Joshua E Swain Jennifer A Talevi John Coles Terry IV





































































Bon Voyage Friends cruise in the Caribbean Ver Spring Break, many sophomores took trips with close

Windschitl(10) all took a cruise to the Caribbean with Rebecca's family. While on their vacation, they visited a number of places such as the Grand Cayman Islands and Cozumel, Mexico. "Going on a cruise with my best friends was awesome because we had always talked about doing something like that! It was so much fun to meet new people and experience different places with your best friends along with you," said Krista. While on their cruise, they visited a turtle farm, went to Sting Ray City in the Grand Cayman Islands, and went to a private beach with a pool in Cozumel where they also got to go shopping. Heather Couture(10) and Camille Miles(11) also took a cruise in the Caribbean together. "The cruise was supposed to be a big suprise for Heather and I, and we were going to



Heather Conture (10) shops in a straw market in St. Marteen while on her cruise. "Shopping on the Islands was really fun because the clothing and jewelry were so unique—von can't find it anywhere else." said Heather.



"My friends and I took a cruise to the Caribbean over Spring Break. We had fun sunbathing, shopping, meeting new people, and relaxing from school," said Becca Almond (10)

leave for our cruise. However, we ended up finding out about the trip earlier than we were supposed to. It was still a surprise and we had so much fun!" said Camille. On their cruise, Heather and Camille visited tropical places like the Bahamas, St. Martin. and St. Thomas. They went to the Atlantis resort in the Bahamas and shopped at a straw market. In St. Thomas they went to one of the world's top ten most beautiful beaches. Magen's Bay and while visiting St. Marteen the two families went snorkeling together.

Nikki Harvey(10), Mallory Myers(10), and Erica Wiegand(10) also took a cruise together over Spring Break. Their ship went to the Grand Cayman Islands and was supposed to go to damaica, but they couldn't port. Whether students spent their break in the tropical Caribbean or in Roanoke, it was a great break from school.

Melissa Bernitt Staff

Take Me Out to the Ballgame Sophomores acquire unusual jobs



As one of his duties as umpire for the Roanoke Rec. Josh Leamnson(10 cleans off homeplate. Students had to apply and be tested to become officials for Rec League Sports.

s students became older, they needed more activities to keep them occupied. Instead of getting a job that involved many people and being indoors all day, some students choose outdoor jobs that were more fun. Josh Leamnson(10) started working as a little league baseball umpire. "I've been playing baseball most of my life, and once I grew out of playing little league I wasn't ready to get out of the game. Umpiring seemed to be the next best thing," said Josh.

Being an umpire involves a lot of patience, hard work, as well as a lot of gear that umpires are required to wear. It consists of a uniform, body pads, and a face mask. "Getting ready for a game takes a little while because you have to get all the gear on the right way," said Josh. "Being an umpire also requires a lot of patience because some parents and coaches get heated during the game when I make a call they don't agree with," said

Josh. "Being an umpire also involves being a fair person. You have to pay attention to what goes on in the game so you can make the best call that you can," said Josh.

Josh's favorite part of umpiring was being around the game and the little kids. "I like to see them have fun, because it makes me remember how much fun I used to have when I was playing the game."

Students tried to find something that they enjoyed doing, instead of jobs like bagging groceries, washing cars or waitressing. As students got older they started to realize that they needed jobs in order to have what they wanted-extra cash. Students tried to find jobs that were fun and exciting.













Spencer Thomason Shannon N Thornhill Andrea G Thornton Trey G Tyler Virginia K Vaughn Daniel J Vaught













Alexandra Veatch Nora Fenton Vitello Harry B Walker IV Alyssa Walton Molly E Webster Peter Wells













Lael Whiteside Erica N Wiegand Kristen S Williams Krista N Windschitl C Ryan Wiseman Kristopher Wiseman









Yuri C Woodstock Christina L Yamine Amanda N Young Wednesday Young

Faces from the Class of 2006



Sophomores Stacey Craighead, Kaye Sowder, Lauren Clary, Erica Weigand, and

Carrie Doughty(10) and Chelsey Hall(10) bet Mr. Lewis that you couldn't eat seven Saltine crackers in one minute



Beth McGee(10) and Amanda Maucr(10) play the bells during the half-time show.



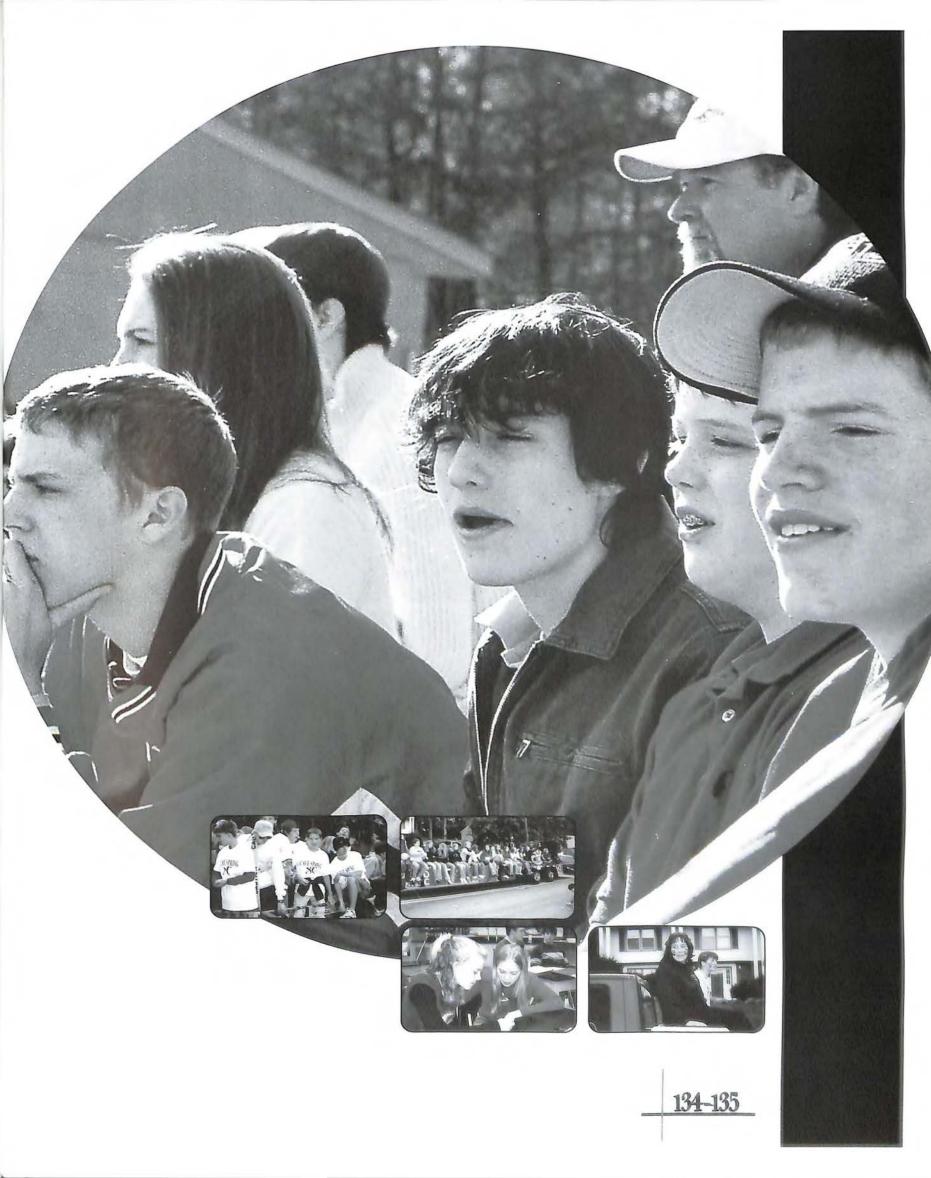
Jordan Bergloff(10) and Danielle Connor(10) enjoy the ride on the back of the JV convertible for the Homecoming Parade.

Joanna Delaney(10), Casey Leffue(10), and Jennifer Bukovsky(10) pile up during a "Annie Get Your Gun" reheavsal practice.



AKNIGHT'S DAY

From the first steps into the halls in August, the freshmen class came with expectations of their own. They were not quiet or shy, they were a class with a mission. As the freshmen class entered the auditorium they realized what it meant to be a Knight. Classes began and there was much to get accustomed to, the new building, classes with students older than them, and of course the new technology of "the lap top." Freshmen quickly settled in by electing class officers and homecoming court nominees, decorating homecoming floats, going to the first high school dance, and fully experiencing Knight pride through sporting events and pep rallies. The freshmen class took a stand while competing in varsity sports and being officers in clubs. Freshmen English classes collaborated with other classes such as art to put on the first annual Renaissance Festival. Students made costumes and prepared food from that time period all to honor the works of Shakespeare and other writers of the time period. As the year concluded the freshmen were eagerly waiting to be called the new sophomore class.



Chris B Anderson Nikita Aneja Matthew Angers Jaclyn E Atkinson Abigail Austin Michael E Austin Jr Jamie Ann Barr



Emma Berry Joshua Birkhoff Jessica Boatwright Adam Bock Gregory C Boitnotte Kirsten Boyd Kim Bradshaw

Elizabeth Bredenkamp Kelsey Bryant Jonathan W Burgess Shane Butler Kayla N Caldwell Colin J Cannon Kinza Carpenter

Micah Alan Carper Amanda Nicole Cayton J Andrew Chandler Amy Chang Jaclyn Marie Clark Macon Claybrook Eoin Coffey

> Megan Coffman Whitney Cole Rachael L Conway Kristen Cooley Lindsay Cooper Melissa Cordell Holly Cox

Chason Michael Croom

Jacob Lee Dodson Jaimie Lynn Echternach

> Nicholas A Fanti Courtney Ferguson Shaun E Ferguson Jessica Fields Kara S Fitzgibbon Ronald H Flowers Jr Rachel Freeman























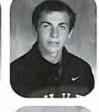






















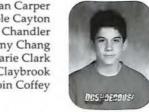










































































Every Strand Counts

ocks of Love" is a non-profit organization that provides hair pieces to children who are suffer ing from long term medical hair loss. The hair that is donated by anyone who is willing to help out these kids that are in need, such as freshman, Erica Horseman. The donated hair goes to patients with a medical condition called Alipecia Areta which has no cause or cure. The hairpieces help these patients restore their confidence level.

"I had grown my hair out since I was little. As I got older, a few of my friends had cancer and my uncle died from it. I began to realize how serious cancer was and I knew ever a little thing like donating my hair would make a difference," said Erica. After Erica had cut off her twelve inch long ponytail, she didn't have to worry about how to send it to the "Locks of Love" organization. "Your hair stylist then sends it to "Locks of Love," said Erica. Erica would strongly encourage anyone who has long hair to consider donating his or her hair for this good cause. If you are interested, just let your hairdresser know. Childern tend to prosper more from hairpieces because it helps them feel more like fellow classmates, rather than being different. By: Mary Lawson



Erica, looking in the mirror at her reflection with her freshly cut hair that she donated to locks of love.



Running her fingers through her hair. Frica Horseman(9) said.

"I was happy to donate my hair to the foundation because I know that other people need hair."

Hairy Facts

- Torker hair contains higher levels of Carbon than blonde hair
- Hair grows at a rate of approximately one-half inch per month
- Hair grows the fastest between ages fifteen and thirty
- The average life span of a strand of hair is four to seven years
- It is normal to shed 75-150 hairs per day
- ** There is an average of 1,000 hairs per square inch but varies by color Red: 90,000 Black: 108,000 Brown: 140,000 Blonde: 150,000
- * Dry hair can be stretched 1/5 its length before breaking
- Trichoptilosis is the technical term for split ends
- # The curling iron was developed in 1875
- The one to ten scale of hair color was originally developed by law enforcement to identify criminals

Source: www.sulle.to.t.com

Guys Night In

"Hanging out with my friends is something that I like to do. I like playing cards, and playing pool. I think it's fun that my friends and I can hang out at Coreys house whenever we want, because his parents don't really care who all comes over."





Thomas C'Keele(9) waiting for the games to begin, sits down and reads the school newspaper. "Tlike hanging out at Coreys house because it gives me something to do. We like to play pool and cards because it's kind of our guy thing to do on the weekends"

Ever spent half your weekend trying to figure out what to do? Well with a group of freshman boys, this was never an issue. Cover Pickerel(9) became famous for hosting cards and pool nights complete with food, friends, and insomnia. "It's always at Corey's house because he can always have everyone over every night," said Andrew Markey (9), "We usually do the same thing every night, but it's cool because we can all hang together. "Even better than the friends are the activites, which sometime include a paper hornet war. "We get a bunch of papers and fold them up we always organize it, we're not a bunch of hooligans!" said Colin Cannon (9). But probably the largest area of conflict is the sleeping arrangement. "The futons are the best, and we always fight over them," said Thomas O'Keefe(9),"There are so many of us you have to call the furniture when you get to his house, but most of us end up sleeping on the floor." "Poker is the best part," said Corey. "About a year ago we had seen some poker on TV and we decided we wanted to play it," said Colin. Corey's parents also add to the party. Cindi and Danny. "Toot Toot" Pickerel, received his nickname from the boys for his job with the railroad." Toot Toot is the best part because he is so funny, he always tells the best jokes," said Thomas. "I am over there so much I feel like Cindi is my own Mom," said Colin. "But if there's one thing I have to say, it's don't try to dodge the initiation!" said Thomas. Apparentley the boys have a hidden initiation to new members of the group at Corey's. "We wait until they fall asleep and then we will mess with them," said Thomas. Initiation usually involves antiquing, where the rookie is covered in powder, or getting a little water in the ear Indeed, these freshmen boys have it made when it comes to the weekends!

By: Maggie Cannon

What do you do on the weekends?



"I like to go to the mall play football, bowling and go to the movies. I especially like just doing nothing and hanging out at my friends house because the school week is so stressful."

-LaTara Nance(9)



"I like to work on cars with my friends, it gives us something to do because we enjoy cars, and working on them helps us learn more about them. I also like to ride dirt bikes because I think it is a lot of fun."

-Andy Nichols(9)















































Jennifer Harvey Crispin A Harwell Andrew Heilesen Theresa Henry Brian M Hoback Megan Lynn Hodges Amber N Holland



























Melissa Ivanco Kellee Jacobsen Catherine N James John W Jennings Katherine J Jetton Juan Jimenez Garrett R Johnson





























Michael Kluge Ronald Knowles Lauren Knuppel Muriel Kytchen Ashley Lakes Janel A Lambach Andrew J Lavinder















Krystal Lehrer Brandon W Lester Chen Lin Robert D Lindsey Lauren C Lvon Kerry Mabes Jennifer R Mabry















lan Alan Magee Gregory Malysa James A Markey Ryan Martin Emily Matko Matthew D McCoy Jourdan P McDaniel

Katherine S McFarland John D McIntosh Jr Kayla Meador Mackenzie N Meador Christopher R Mecca Brett J Miller Katie Mills Kyle S Moir Matthew R Morgan Donald Moser Caroline G Muelenaer Kevin Munson Latara C Nance Matt Neuse Andrew James Nichols Thomas F O'keefe Dana E Orr Catherine O Padis Monica Paige Logan Paris E. Grey Patterson Grayson Patterson Stephen Patterson Clint Pendleton Fain Andrew Perrin Anthony Perry Keeley McGee Peters Daniel Pickerel and the Ashley Poff Jacob Poling Jessica Pollock Jonathan W Powell

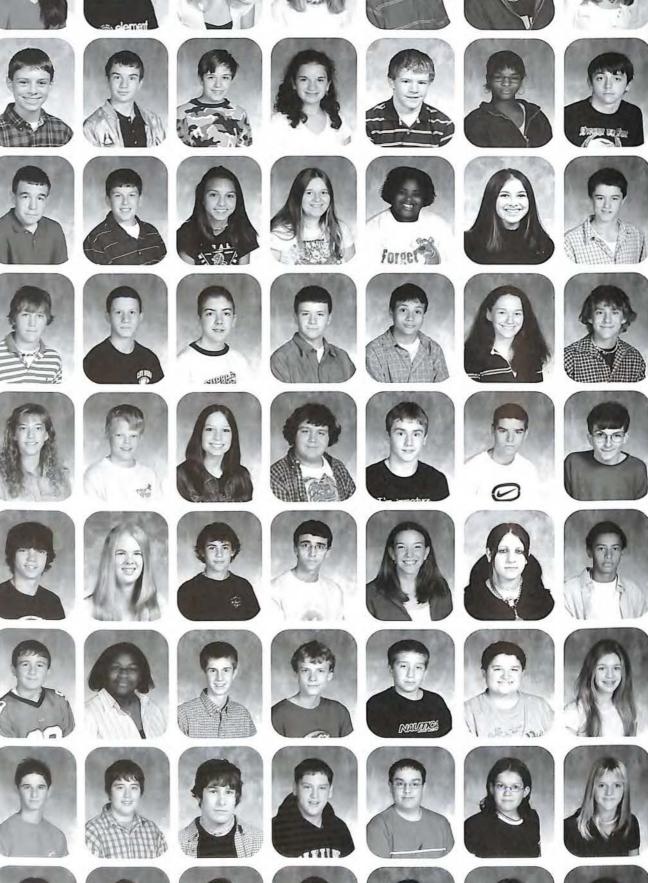
Logan Pritchett Nicholas A Proffit Aidan Rea

Andrew Reburn Kristen Redwine Ryan J Rickey David Rivera Ann Robbins Sandra Lynn Rothbort Brandon Alan Ruth

Kyle Schroers Ana Scott Andrew D Secrist Benjamin Sellars Kevin A Shank Robinson A Shay Shannon P Showalter

Andrew M Sinnes Justin Smedley Mitchell Snider Mark Spar Adam N Spencer Brittany Rae St Clair Ava Stephens

Glenn V Stevens Lindsey Stocks Crystal L Strickler Tiffany M Strickler Daniel Taylor II Elizabeth M Thomas Alexa Pia Tolusso



A Formal Affair

Freshman for the first time found themselves not just observing spirit week events, but participating. Students participated in events such as the homecoming parade, game, and dance. Students hurried to find dates, dresses, even a place to eat for the October 4, 2003, Dance. "The whole dance was pretty cool and I'm planning on going again next year," said Amanda Cayton(9). Andrew Markey's(9) favorite thing about homecoming was hanging out with his friends. "I would definitely go again, the whole dance was really fun," Andrew said.

Not only did freshman attend the dance, each homeroom class voted on two female class members to represent them on Homecoming Court. Jaci Clark(9) was on homecoming court and rode in the parade. During Spirit Week, Jaci participated in Red and Black day and Hip-Hop day. "I loved getting ready for the dance! It was so much fun getting my nails and hair done. I also loved picking out my dress. My favorite part of the dance was being with my friends and dancing," Jaci said. Nick Fanti(9) also participated in the Homecoming week as well. Nick dressed up for Hill-billy day during spirit week and attended the homecoming game against William Byrd. "I wanted to go to the homecoming dance because it was the first actual high school dance." Nick said.

Homecoming week events, from spirit week, to the big dance, was an unforgetable introduction to the high school experience for most freshman. They went from being on the sidelines to joining in all the fun!

By: Joyce Metzler



Riding on the freshman home-coming float during the homecoming pardae. Megan Hodges(9) said. "I enjoyed viding on the home-coming foat because it was something I got to do with all of my friends."

Christina Crawford(9) is escorted by her parents during homecoming court recognition. "Homecoming Court was a great honor that I was able to have while at Cave Spring. The best part was that I was voted by my classmates." said Tina.

Friends, Jaci Clark(9) and Logan Paris(9), pose for pictures before their first homecoming dance. "The best part of getting ready for homecoming is having your hair and make-up done," said Logan.



tsey of Mark Win

Best Thing Was.



"Homecoming was my first time dressing up and it was a lot of fun, but going out to dinner was the best part of the night."

—Josh Birkhoff(9)



"The homecoming dance was my first formal dance since those things in sixth grade, I had a great time." ——Jeff Wardach(9)

Same Faces, New Places



Logan Paris(9) trys to open her locker between classes. "My locker hates me, it takes at least five times to get it open, my friends always walk by and laugh at me," said Logan.

What is your favorite part of being in high school?

43% Being able to make older friends.

27% Having friends with cars.

20% Participating in high school activities.

10% Having Laptops.

Survey taken from 30 freshmen

"It was just like any other year," said Emily Dunn(9). Although some did not notice much, change was certainly present. One of the first things students noticed was how different the high school was from the middle school. "It was a lot easier to get to class because the halls were not as crowded," said Josh Birkhoff(9). "I really don't like how this school was built, it was really hard to get around," said Logan Paris(9).

Knowing there would be changes, the freshmen looked for the positive things. "It was great being in high school because people had cars," said Ian Magee(9). "I really liked the faster pace around here and that we were going on to new things like driving and working," said Josh.

While most adjusted to the new environment, courses, and expectations of the teachers all the freshmen faced the same delima - going from being the oldest to the youngest class. "It was weird because we had the run of the school last year," said Erica Horseman(9). "I kind of liked having older people around," said Emily.

The feelings about being the youngest were also mixed. "The best part was that we got laptops," said Ian. "We have alot to look forward to." said Logan, new school, new experiences, all add up to mixed feelings. The freshmen class faced a challenging new experience and they came through with flying colors!

By: Pamela Ferris

Catey Robbins(9) takes a sip of water before class. "I like to get water before I go to class so that I do not interript the teacher when they are teaching, because learning is important to me" said Cates.

Pamela Ferris

















Amanda R Towers Amy M Trent Lynn Tyrrell Jared R Varney Cvnthia Vaughan Kathryn D Vaught Elizabeth C Vest





























David White Lauren White Brian Williams Ryan Wilson Rachel Wise Jodi Wood Mary L Woody







Luvenia Wright Kyle Yacher Justin Yun Jacqueline Zillioux

"Mrs. Drombetta's history classes had a student teacher for a while, we would pretend we memorized his email address and phone number and stuff to scare him."

--- Rachel Freeman(9)

"I moved here in the middle of the year, so all of the guys I hung out with liked to mess around with me since I was the new kid. One day we were in the cafeteria before homeroom and they started throwing my bookbag around and all of the stuff flew out of it."

IGHS

"I was on the marching band this year, during a show for the football game, I got hit in the face with one of the flags in front of me."

--- Haley Wells(9)

--- Scottie Greenwood (9)

"One time we were playing a game in science and I was the score keeper on the white board. I accidentally used a permanent marker so when I went to erase all the scores, they would not come off."

--- Logan Pritchett(9)



"We were at track practice and my friend came up and shanked me, but luckily I had shorts underneath my sweatpants. I did it once again to myself just to spite her but I accidentally pulled my shorts down along with my pants right infront of the hole team."

-Lauren Lyon(9)

"Everytime I see Jaci Clark after third period I always run towards her through the library, one time I tripped on the carpet and fell."

-Ana Scott(9)

Administration



Mrs. Diane Herchenrider talks with a colleague as she takes a break from a hefty work load.



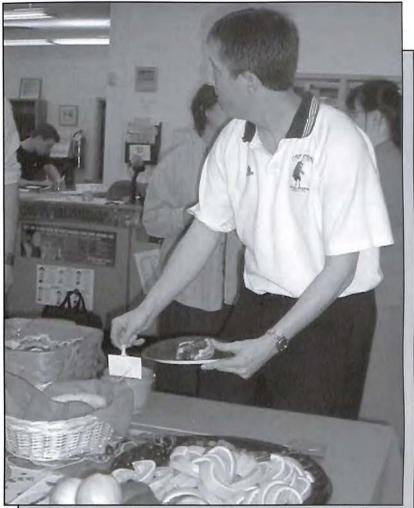
Principal Dr. Martha Cobble announces the senior speakers during the Graduation ceremony. Graduation was held on the eleventh of June at the Salem Civic Center, which was host to all five of the county high school graduations spaced over three hour intervals.



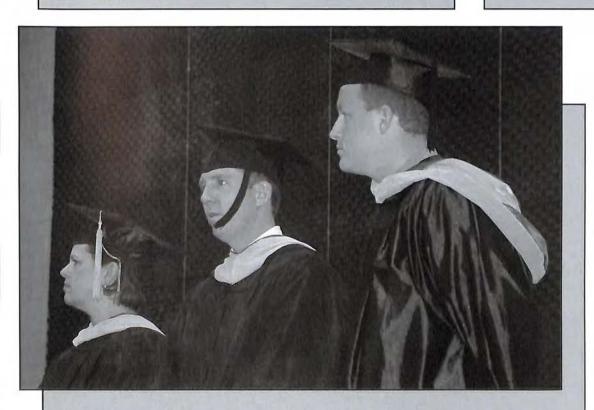
L-R Mr. Paul Lineburg - Assistant Principal, Dr. Martha Cobble - Principal, Diane Herchenvider - Assistant Principal, and Mr. Randy Meck - Athletic Director



Dr. Martha Cobble strikes a pose with a cutout of James Dean before the after prom festivities began. The cutout, donated by Xtremes in Tanglewood Mall, was later raffled along with a cutout of Marilyn Monroe.



Assistant Principal Mr. Paul Lineburg takes advantage of the buffet at a morning meeting in the library. PTSA parents provided the large breakfast in honor of the faculty for Teacher Appreciation Day.



Assistant Principals Diane Herchenrider and Paul Lineburg, along with Athletic Director Randy Meck, observe the procession of the senior class. Assistant principals aided in the graduation ceremony as Mr. Meck announced the names of the graduating class.

While volunteering at the 2004 "Hollywood Knights" After Prom, Athletic Director Randy Meck takes student Barrett Henderson(11) up on an offer to sing karaoke.



Faculty and Staff





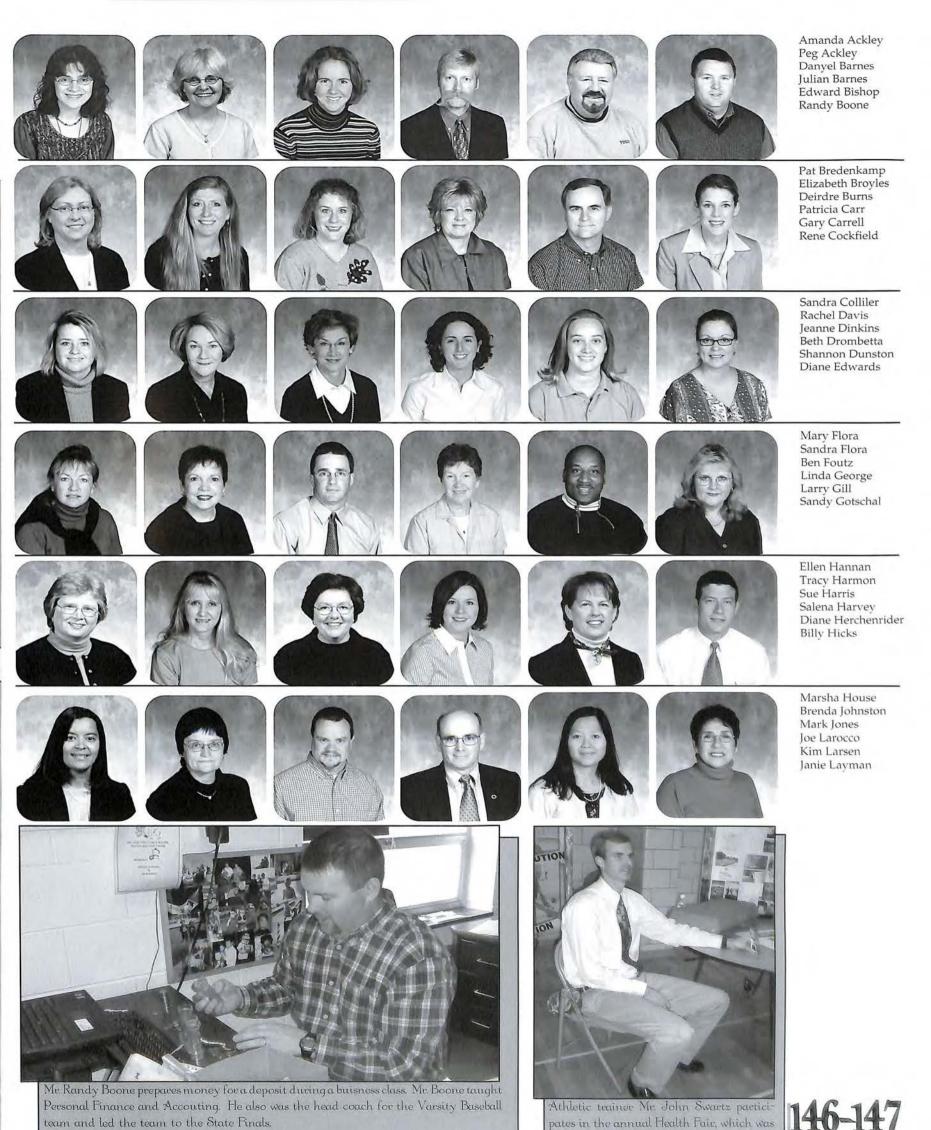
During Read Across America week, Mr. Tommy Maguire humored his fellow colleagues by wearing a striped top hat in honor of Dr. Suess. This is Mr. Maguire's second year teaching and coaching at Cave Spring High School.



World history teacher Mrs. Beth Drombetta focuses on grading tests duving her planning period. Mrs. Drombetta taught World History; sho also coached the Varsity Softball team as her extracurricular activity.



Before graduation Todd Lewis, Linda Long, and Jenny Dinkins went over last minute details. Faculty led the seniors into the graduation ceremony.



put on by the PTA.

team and led the team to the State Finals.

Joe Legault Mac Leighton Todd Lewis Paul Lineburg Linda Long Pete Lustig













Tommy Maguire Doreen Malcolm Margaret Manuel Cindy Martin Esteban Martinez Randy Meck













Rachael Miller Holly Moore Rochevious Nance Lenora Overstreet Anne Pfeiffer Bob Powers













Sue Price Patricia Reidy Mike Riley Rebecca Ross Ann Rutherford Jerry Salyer













Tim Sauls Kitty Schear Maggie Schons Paula Seamon Scott Simmons Anne Smith













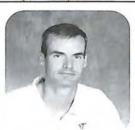
Jackie Spangler Melissa Speer Edward Spruell Carol Stockton John Swartz Sherrie Tyler













Mary Vagts Liz Willett Christie Wray









148-149

Mrs. Dorreen Malcom is the guidance secretary who helps send out all senior transcripts. Mrs. Malcom also helped type out the awards section of the graduation

Faculty and Staff





School nurse, Mrs. Kay Kostura files students immuzation records. Mrs. Kostura took care of all medical emergencies during the day; not only did she take on the duties of being a nurse she also assisted in the attendance office.







The attendance secretary, Mrs. George and Mrs. Paula Seamon an instructional assistance help with one day registration. Mrs. George prepares daily attendance reports, and Mrs. Seamon also helped out in the attendance office when needed



Mrs. Reedy, the career coordinator, puts up posters from colleges in the Career Center She also helped students with scholarship information and volunteered where ever help was needed.





- 1: Mrs. Diane Bliss answers questions at Back to School Night. Students and parents were invited to come to Back to School Night to ask questions about academics and activities.
- 2 Computer coordinator, Mes. Peg Ackley helped keep lab-tops up and running, along with helping out students and faculty with computer related problems.
- 3. School secretary, Mrs. Smith, looks over paperwork before giving it to Dr. Cobble Mrs. Smith also volunteered in the South County Coalition.

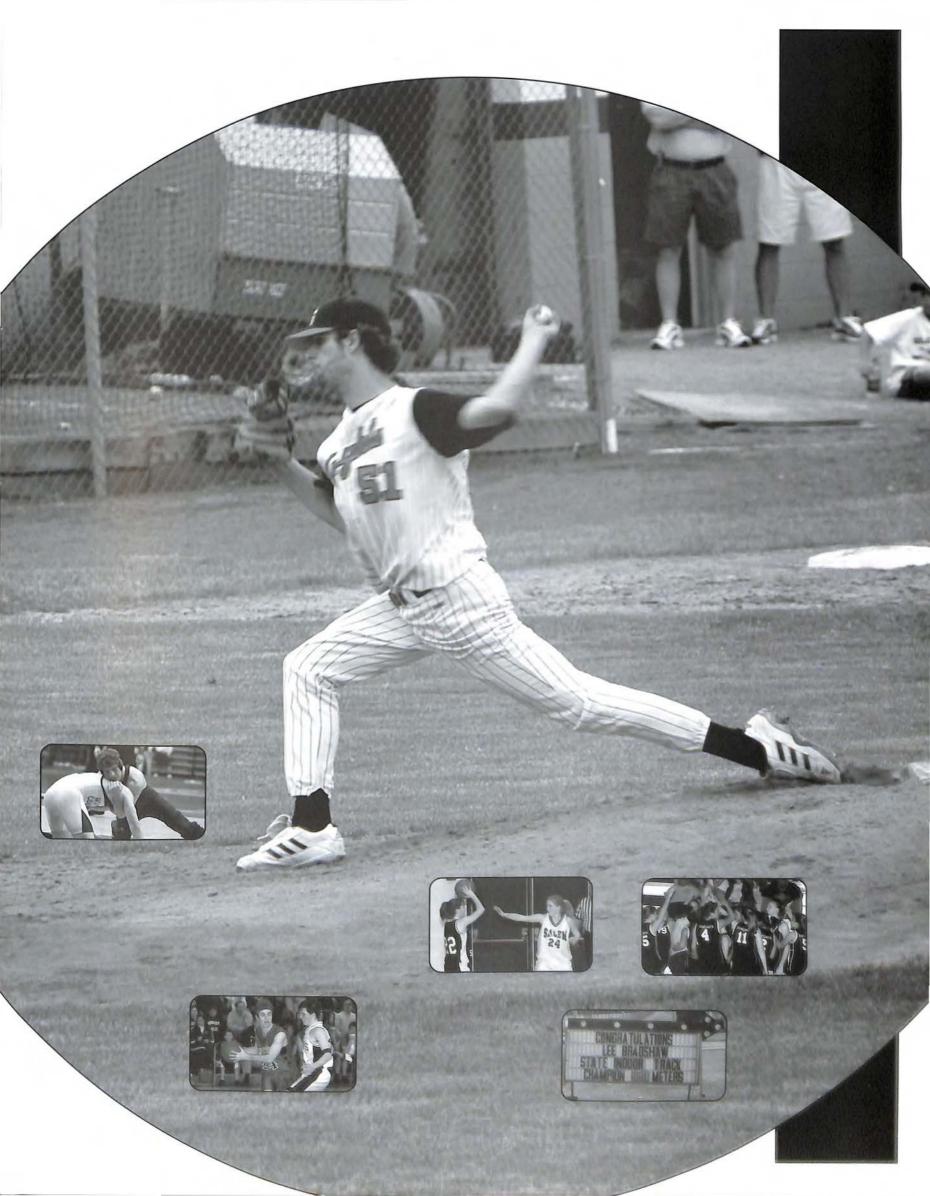


A Knights' Battle

This sport season was a battle to remember. The teams endured long days of practice and showed off their hard work for the fans. The football team returned to the field more pumped than ever. The team was able to defeat and trample many opposing teams including Hidden Valley. They finished their season with a record of 5-5. The Volleyball team captured their second state title with a win over Jefferson Forest. The Cross Country girls soon followed with a district win. Lee Bradshaw followed with a state award in indoor track. Julie Sablic was next to bring home two state titles in swimming. Spring arrived with the softball team capturing the district title. The baseball team had a field of dreams all their own taking the district title, the regional title and the state runner-up award. Brittany Huddleston wrapped up the tennis season with a state championship in singles. Brittany and Yumiko Kinugawa were the doubles runners-up in the state. The mission was accomplished!







Going For The Goal

And Kicking It In

The boys varsity team finished fourth in the River Ridge District.



Ryan Cook, Jay Poff, and Brian Meinhart were team captains.

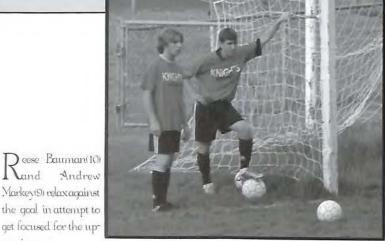


The most exciting game was against Pulaski.



eight feet.

The average size soccer field is One Hundred, twenty yards by Seventy-five feet. The average size goal is eight yards by



get focused for the upcoming game.

Phillip Johnson (12) signals to teammates down
the field as to what play to run. "Sometimes
before I get on the field I get a little nervous and have



contesy of Mr. Markey



Seriers were called onto the field and presented with awards and memorabilia to holp them remains con their past times on the secces field.



Devek C'Dell(11) waits in line for a snack during the senior celebration "I had a lot of fun making friends with the older guys," said Devek.

Brian Meinhart(12) pours a drink for fellow teammates before the senior game. "It's kind of sad that this is one of the last times I will play soccer," said Brian.

Senior soccer players enjoy the refreshments while discussing the upcoming game. Parents provided the buffet style meal in support of the team.









Taxity soccerplayers practice around the goal before a game. "Practicing helps ease the butterflies before a game." said Sam Hyatt(11)



Andrew Markey(9) practices his kick ling skills before a game. "It was an honor to be chosen for the saisits team as a freshmen," said Andrew Andrew was one of only two freshmen on the varsity team.

Corphagra

| Scurendaru | | | |
|----------------|--------|--|--|
| Opponent | Score | | |
| Northside | 5-2 | | |
| Lord Botetourt | 2-1 | | |
| Allegheny | 5-1 | | |
| Northside | 1-2 | | |
| Allegheny | 6-1 | | |
| Lord Botetourt | 3-1 | | |
| Blacksburg | 1-2 | | |
| Hidden Valley | 0-4 | | |
| Salem | 0-1 | | |
| Pulaski | 1-2 | | |
| Christiansburg | 1-0 | | |
| Blacksburg | D-2 | | |
| Hidden Valley | D-2 | | |
| Salem | 2-1 | | |
| Pulaski | 3-0 | | |
| Christiansburg | 6-4 | | |
| Christiansburg | 4-0 | | |
| Blacksbura | 1-3 DT | | |

R

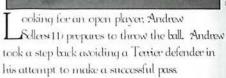


Front Row: Cameron Lee, Phillip Johnson, Andrew Markey, Brad Harvey, Brian Meinhart, Ryan Cook, Sam Hyatt, Reese Bauman, Gurpreet Singh, Clint Custer Back Bow: Coach Bednarek, Will Wagner, Jay Poff, Mark Bauman, Stephen Hoffman, Aaron Boch, Ian White, Matthew Bierwagon, Derek O'Dell, Derek Dooley, Beau Austin

By: Pamela Ferris

Staff Member







verjoyed by the win, Brandon Cain gave his teammate a hug. Brandon was one of the four captains.



unning a take Matt Curric 12) received the Nall from Kenny Horan(10). "Cetting to know a lot of new people in a short period was the best part of joining the town." Matt said.



Running into the banner Tyler Coldsmith(12) prepares for the game versus Clenzar "Before the game I get focused and visualize having a good game" Tyler said



Tharging off the line, Jeremiah Overstreet (12) looked for an opening to score a touchdown. "To me it is a big honor wearing our school's uniform. I take a lot of pride whenever I get a chance to wear our uniforms" decemials said.



V title his defenders in front. Brian Thompsontti can the ball down the field. "Having to recognize different offenses and memorize plays is quite strenuous on me" Brian said

Enjoying the game

while building friendships along the way



Quarterback Jeremiah Overstreet(12) van for the most rushing yards with a total of 1,128 yards. Jeremiah also scored the most touchdowns with 9 touchdowns through the span of the season.



Stephen Fralin(10) accounted for the most **tackles** during the season with 83.



Tyler Goldsmith(12) punted for the most yards with a **team high average** of 39 yards.



With 3 sacks, Mark Turner(12) amounted for the most sacks.

By: Caroline Doughty

Sports Editor



Ripping through the defense, Will Osbourne(10) can the ball down the field. "My pregame ritual usually consists of listening to my CD player while I think about what I have to do for the game" Will



Anticipating to throw the ball, Kenny Horan looked for an open teammate. Kenny played quarterback throughout the season.

Describe your pre-game rituals:

"I read a book and joke around to make players less tense." - Mark Bauman(12)

"I like to visualize the game ahead of me and study the guy I will be blocking." -Ben Bredenkamp(12)

"I enjoy joking around with the guys to keep from being up tight and I also listen to music." - Brian Thompson(11)

"Listening to music and joking around my some of my friends." -Tommy Burgess(10)



Receiving the ball from a kick Bean Austin(11)
Fran from the ten yard line. This was Bean's second year on the rusity team.

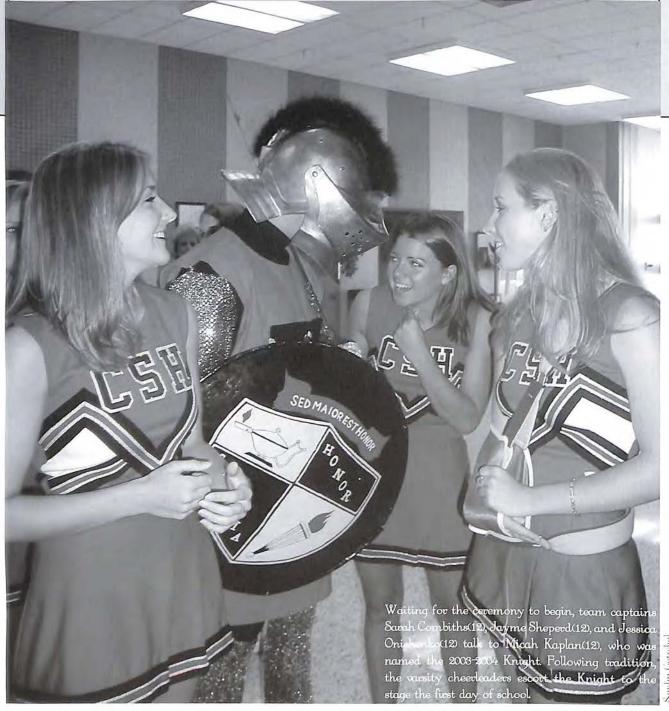


Front Row Stephen Clarke, Brian Anderson, Chauncey Lumpp, Will Osbourne, Kenny Horan, Chaffin Scott, Phillip Johnson, Shane Lumpp, Clay Kinder, Brett Hensley, Wade Hammes, Daniel Hammeick, Matt Currie Several Row Trainer Amber Barton, Wade Snider, Sam Cole, Beau Austin, Brian Thompson, Alex Roth, Zac Hart, Daniel Overstreet, Spencer Thomason, Joe Langford, Josh Leamonson, Mark Passeretti, Kris McKinney, Brandon Cain, Justin Key, Trainer Maggie Cannon Hard Kow, Manager Greg Boitnotte, Quincy Ruckert, Scott Blanding, Matt Davis, Drew Nichols, Josh Crowder, Jeremiah Overstreet, Jeremy Spradlin, Justin Balzer, Alex Lemmer, Andrew Sellers, Matt Turner, Danny Aiken, Michael Mordach, Ben Beasley, Stephen Fralin, Mark Bauman, Tyler Goldsmith, Jonathon Urban, Tonuny Burgess Lemith Row Coach Fulton, Coach Maxey, Coach Summers, Coach Cain, Athletic Trainer John Schwartz, Coach Foutz, Coach Darey, Coach Summers, Coach Riley, Coach Zegurski, Coach Leighton, Coach Herdon.

Scoreboard

| Glenvar | 36-7 |
|-----------------------------------|-----------------|
| Northside | 3-0 |
| Lord Botetourt | 19-14 |
| Alleghany | 27-21 |
| William Byrd | 6-12 |
| Blacksburg | 6-26 |
| Christiansburg | 10-14 |
| Salem | 0-44 |
| Pulaski County | 0-42 |
| Hidden Valley | 20-13 |
| Cave Spring score is put first in | the scoreboard. |

154-155





Lyces Mandy McAden(11) 1 and Megan Bowles(10) show their spirit in a lib. "I love being a flyer because every stunt is something new and challenging. It can be scary, but you learn to trust the people catching you." Mandy said.



The cheerleaders L complete their final stunt during their halftime performance. Caitlin Conway(10) said. "The best part of cheering was being at the games and getting the crowd going!"



tter completing a reutine. Rachel originica (0) shows her school spirit to excite the lans. "As a cheerleader it's sees important to show off my school spirit. It gets the team excited and makes them want to sur for our school" Ruchel said



he cheerleaders perform their routine for the fans at an way game "Getting twenty girls synchronized and listening to each other is tough and our routine has some really challenging stants in it that are hard to hit every time we run through it." Sarah Kane (10) said.



Ophemores Megan Bowles and Rachel OLongmire cheer on the basketball team at a game against Hidden Valley Megan said. "Cheerloading this year was great because we stuck together as a team?"

By Heather Couture

Sports Editor

Showing Spirit in more ways than one

>>

The cheerleaders practiced from August to November for two hours a day for football season and competition.

>>

Half the squad took **tumbling lessons** 1-2 times a week as well as **extra practice** with their coach to train for competition.

The cheerleaders had to memorize about **60 different chants** for football and basketball season.



The cheerleaders traveled to every away and home football game, as well as participating in all the home basketball games.



During a home football game, Jayme Shepherd(12) tosses free t-shirts to the student section. "Getting the crowd involved in the games is very important and it really has an effect on the players." Jayme said.

Cheerleaders Wendy Young(10) and Brandi Holland(11) complete a cheer during a football game. "Cheering for football and basketball is exciting. I love getting the crowd pumped up!" said Wendy.



Vingit



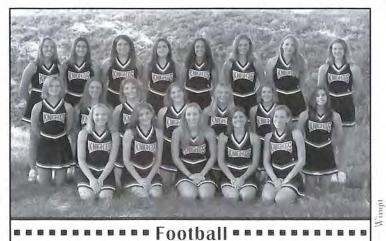
At a game against Salem, cheerleaders Rachel Longmire(10), Cholsey Hall(10), Camille Miles(11), Alex Sline(11), and Sarah Combiths(12) show their spirit on the sideline. "A lot of people don't understand the hard work that we put into each practice, game, and especially our competitions." Sarah said.



The cheerleaders celebrate with a cheer after a touchdown. For captain Jessica Onishenko(12), cheerleading was challenging as much as it was fun. "It's very time consuming, but it's fun and keeps me in shape." Jessica said.



Preparing for the homecoming parade, Camille Miles(11) and Kate O'Keefe(11) tape a poster on their convertible. "The best part about being in the parade was throwing out the candy." Camille said.



Front Row - Ann Northern, Sarah Combiths, Jessica Onishenko,

Jayme Shepherd, Wendy Young
Middle Row - Mandy McAden, Kendal Martin, Brandi Holland,
Annie Hancock, Caitlyn Koch, Megan Bowles, Rachel Longmire
Back Row - Chelsey Hall, Sarah Kane, Kate O'Keefe, Alex Sline,
Brandi Cooper, Stephanie Fortune, Jessica Griffith, Kaitlin Rice

V H E E R L T Y A D

G



Basketball

Front Row - Rachel Longmire, Ann Northern, Jessica Onishenko, Sarah Combiths, Jayme Shepherd, Wendy Young, Katherine Reed

Middle Row - Annie Hancock, Mandy McAden, Brandi Holland, Caitlyn Koch, Kendal Martin, Caitlin Conway Back Row - Stephanie Fortune, Chelsey Hall, Kate O'Keefe, Alex Sline, Sarah Kane, Camille Miles, Megan Bowles

156-157

Motivated through birdies and boggies



Zach Chapin and Jordan Kirby served as the captains of the golf team.



The golfer with the lowest score of the overall match is announced the medalist.



Jerrod Tackett(11) was the top medalist for the team winning a total of four medals.



A total of six golfers from the team play in a match, and the top four scores from the match count toward the teams overall score.



R esting on the putting green, Jordan Kirby(12) waits patiently for his turn to tee off. "Being a captain was a great privilege and I was glad that I was given the opportunity to represent the golf team." Jordan said

Christiansburg/Floyd 314-345-350 Christlansburg 251-270 Salem 288-285 Hidden Valley 266-275

Blacksburg 300-301 Stanton River 268-290 William Byrd 159-160 Franklin County 316-347

District Meet-316-4th place

Cave Spring score is put first in the scoreboard.

Bu: Caroline Doughty Sports Editor

Jutting on an incline, Michael Doughty19) practices on the putting green before teeing off on the first hole "Putting is the most important part of my golf game" said Michael



Ioncentrating on his putt, Michael Idetton(11) lines up his club with the ball "If your able to hit the ball straight and hit good shots then the team will hopefully win." Michael said.

Talking with the assistant coach and his fellow teammates, Chris McCoy(10) relaxes after a match of 18 holes. "The coaches were great, they were never to hard on us," Chris said

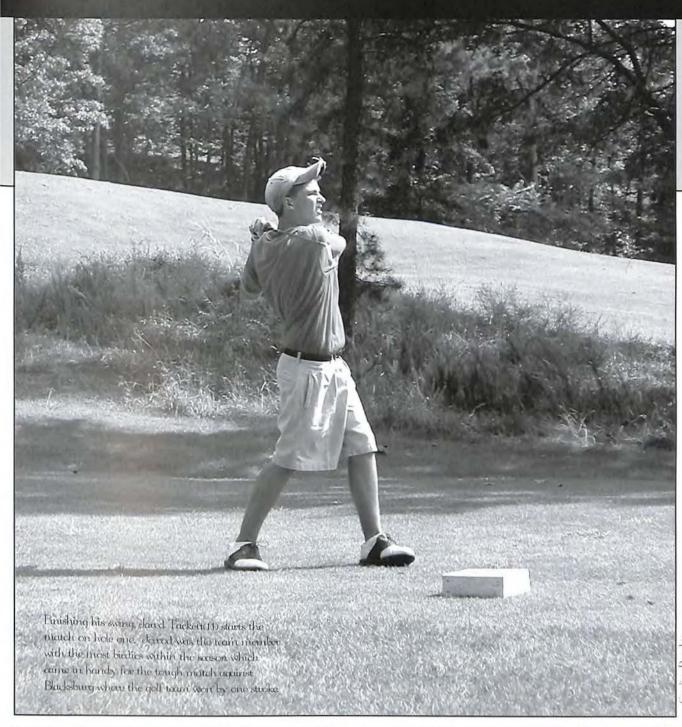




Receiving her ball from the hole, Vicki Kasza(11) is the only female on the golf town. "I am glad that I have the ability to play such a wonderful sport which I enjoy do much." Vicki said.



Front row- Hunter Hobbs, Andrew Lavinder, Grayson Patterson, Vicki Kasza, Jerrod Tackett, Michael Doughty. Back row-Coach Duncan, Chris McCoy, Jordan Kirby, Michael Jetton, Zach Chapin, Michael Griffin, Matt Perfater.



Happy with his putt, Hunter Hobbs 10 feels good about his upcoming match. "Being on the golf team was awesome, I was able to get close and bond with my teammates," Hunter said.

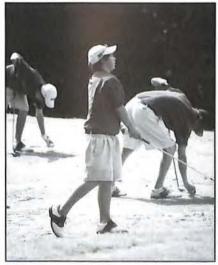


artesy of Donna Dune



retesy of Donna Duncan

Shaking hands with his Sopponent from Blacksburg. Zach Chapin(12) prepares for his match. "My favorite thing to do before my match, was sing and dance to get pumped up." Zach said.



Chipping a ball into the hola Crayson Patterson9) warms up with his teammates "We had great team spirit this unity throughout the suser was assessme." (nurson said.



Recording his score. Andrew Lavinden9)
Radds his total for the nine holes. The golf team members are responsible for keeping track of their score and turning in their score card to the coach at the end of the match.



Watching his teammates play at the regional match. Michael Criffin 12) and Matt Perfater (12) share time together. "The team was watching the last hole, waiting on the last group to finish their match." Michael said.

Courtes of Danna Dancan

Going the Distance

Cross Country runners show their endurance



The cross country team averaged a daily practice of running 5 to 6 miles on a base run and doing a speed training work out.



At the River Ridge District Championship, the girls cross country team placed first and the boys cross country team placed **second**.



At the Region Three Championship, the girls cross country team placed second and the boys cross country team placed third.



At the Virginia High School League State Championship, the girls cross country team finished seventh, and the boys cross country team finished eighth.



Concentrating on first place. Nikki Harrey (10) completes her race. "I joined the team because I ran distance in Jr. High, and I'm extremely glad I joined." Nikki said.

By Heather Couture

Sports Editor



Pushing herself to the limit. Dana Orr (9) finishes the last seconds of her race "Last year my friend and I joined the team for more exercise, and we liked it so much we decided to stay." Dana said.

What is the most challenging thing about running Cross Country?

"The mental aspect of the sport. You have to do things you don't want to do because it will make you better." - Trey Tyler (10)

"The practices; they are really hard and I need to push myself a lot to keep working hard." - Adam Bock (9)

"Keeping an optimistic mentality when we have to go to practice and work hard every day."- Channing Porter (10)



Marie Vitello (11) gives it her all while competing at the Virginia Tech Invitational. "Cross Country can get frustrating at times, and you've got to keep going or you'll get discouraged." Marie said.

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Scoreboard

| Opponent | Boys | Girls |
|----------------------------|--------------|-------|
| Salem | 1 <i>s</i> † | 15 |
| Radford Invitational | 4th | 2nd |
| Hidden Valley/Northside | 1st | 15 |
| Blue Demon Invitational | 3rd | 2nd |
| Virginia Tech Invitational | бth | 4th |
| Pulaski/William Byrd | 1 <i>s</i> † | 1st |
| Golden Eagle Invitational | 15† | 1st |
| Metro Invitational | 2nd | 1st |
| River Ridge District | 2nd | 15 |
| Region III | 3rd | 2no |
| State Meet | 8th | 7t6 |





reparing for victory, runners Nikki Harvey (10) Laurel Sitze (10) begin their race. "In order to win, you have to work hard, not only as a team, but as an individual." Laurel said.



 $\mathrm{B}^{\mathrm{cating}\,\mathrm{the}\,\mathrm{competition}}$, Aavon Bock Invitational. "Cross Country keeps me active in school but it's very tiring." Aaron said.



oaches Lawrence Loesel and Tommy McGuire study the improvements of their runners. "The coaches know how to have a good time." said runner Trey Tyler (10).



At the District Meet. Adam Neilander (11) and Auron Bock (11) race side by side at a chance to win first place for the boys "Cross Country was really fun this year because we had a bigger team and we finished with a great record." Adam said



are xpressing his hard work and Ladedication, Zac Cates (10) keeps ahead of the rest at the Cross Country Metre Meet "It left good to actually get somewhere this year." Zac said about the boxs making it to states.



avid Finkler III sprints to the finish line at a meet in Rudford. "One of the mest memorable moments of the year is tackling Ceach McCuire after he made us do an excessive number of push ups," said David 160-161

Dreams Come True

by working together as a team

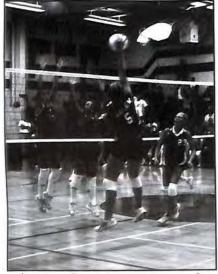
Of the 12 members of the volleyball team, 7 sophomores and 3 seniors participated in Junior Olympic Volleyball.

The 4 seniors on the team, Emily Harvey, Katie Morrison, Claire Kerr, and Andrea Secrist, had all been playing volleyball together since 7th grade.

Family matters: Tamalyn Tanis is named VHSL Coach of the Year for AA Volleyball. Her husband Mark assists her in coaching the team.

Captain and senior Emily Harvey was named River Ridge District Player of the Year as well as Regional Player of the Year. By Heather Couture

fter winning the state championship, the members of the A volley ball team group together for a team picture. "It was an experience I'll never forget; it's almost unbelievable." Laura Jones



ndrea Seacrest (12) jumps up for 🕻 a block against Salem. "Keeping in mind that all parts of volleyball are equally important is very challenging for me." said Andrea.

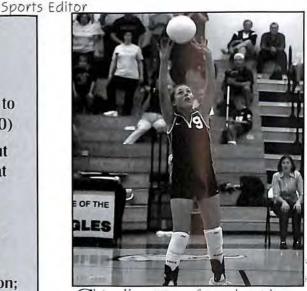
"Our team motto was 'Teamwork makes the dream work'." - Jillian Sullivan (10)

> "We're more of a family than a team. That's one of the major contributions to our success." - Christie McFarland (10)

"Not only do you have to play your best, but your teammates have to trust your ability at the same time." - Katie Morrison (12)

> "I will always remember all the fun team bonding we did throughout the year." - Andrea Secrist (12)

"Everyone got along so well this past season; it was awesome getting to play with them everyday." - Stacey Craighead (10)



laire Kerr (12) performs her job as a setter, as she successfully sets up a spike for her teammate. "We worked so hard this year and our hearts were in it so much!" Claire said.



Bottom Row Linds Harvey Ratte Morrison Claire Keer Andrea Secris Middle Riss Leica Weigand Laurin dones Curthin Long Lauren Clary Charge McLarland | Use Burdette

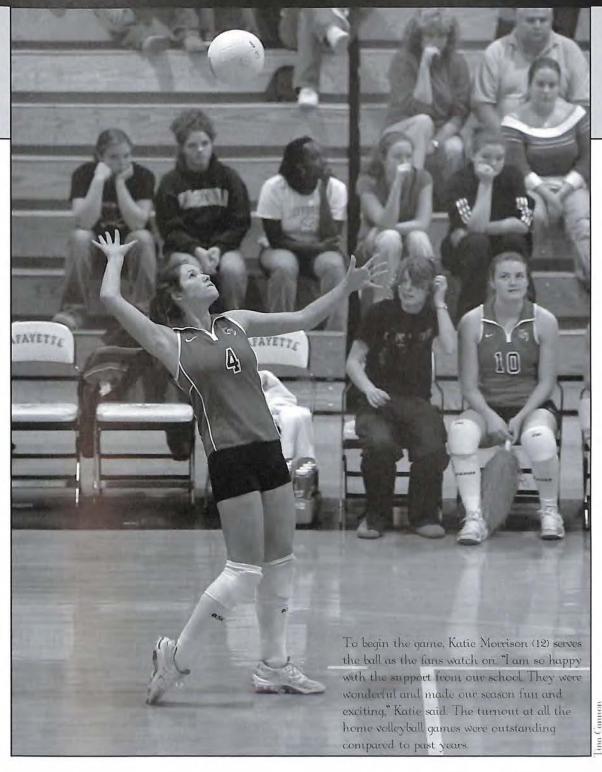
Back Row Jan Weigand Lymber Cannon Staces Craighead Andrea Theorem Jillian Sulligan Mark Tanes, Famalyo Tanes

B

| | scorepoai | °Cl |
|-------------|-----------------|------------------|
| Cave Spring | Opponent | Opponent's Score |
| 3 | Northside | 1 |
| 3 | Woodbridge | Ō |
| 3 | Albermarle | Ō |
| 2 | Grace Christian | 3 |
| 3 | Patrick Henry | Ō |
| 3 | Robert E. Lee | 1 |
| 3 | Patrick Henry | Ō |
| 3 | William Byrd | Ō |
| 3 | Blacksburg | Ō |
| 3 | Hidden Valley | 1 |
| 3 | Salem | 1 |
| 3 | Pulaski County | Ō |
| 3 | Christiansburg | Ō |
| 3 | North Cross | Ō |

The volleyball team placed first in districts, second in regionals, and first in the Group AA state championship for the second year in a row. The team is the only athletic team in CSHS history to be undefeated and

win a STATE CHAMPIONSHIP.





To get the crowd pumped up for the game, the volley ball team throws toy volley balls to the student section. "The prizes were great; they got the students more into the game," Caitlyn Long (10) said.



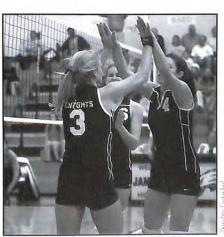
Stacey Craighead (10) steps out and waves as each member of the team is introduced. "I loved every minute of this year. I wish I could do the same thing all over again," she said.



The team practices serving balls before the game. "The most challenging thing about playing volleyball is being consistent as a passer, hitter, and server," Laura Jones (10) said.



Lauren Clary (10) completes a successful dig during a game against William Byrd. "Volleyball has taught me how to play as a team and to trust my teammates." Lauren said This was Lauren's first year as a part of the saisity team.



A fter winning a game, team captains Katic Morrison (12) and Emily Harvey (12) celebrate with a high-five. "Everyday that we were together is a memory. We always laughed so much and had a lot of fun." Emily said about her teammates.



Prior to a match, the volleyball players get advice from their coach Sophomore Erica Weigand said, "Hove our coaches. They are so casy to get along with and they let us have fun."

162-163

Intense Fun

Avoiding his defenders, Matthew Mull(11) Adibbled passed the defense to make a basket. "When I was on the court, I felt piece excitement." Matthew said

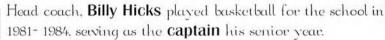


inside the zone

Scoring an average of 18 points per game, Troy Kaase(12) was the leading scorer. Troy was also the leading rebounder averaging 10.5 rebounds a game.

Point guards, Brian Thompson(11) and Matt Mull(12) led the





Assistant Coach Wally Kern played for Coach Hicks during his first two years of coaching. Coach Kern also was a captain his senior year.



oing up for a shot. Troy Kaase(12) U was able to jump past his opponent. "On the court. I was determined to get into a zone of my own. I zoned out everything else." Troy said.

ining up for a stack, Troy Kaase(12) waited to receive the ball from his teammate on offense. "Practices are necessary for the improvement of the team: however, they could be tough and competitive." Trov said





Jassing to his teammate. David Redick 10) received an assist for the next basket "Having (ave Spring across my jersey and playing for the teadition of the school, was the best part of playing basketball" David suid

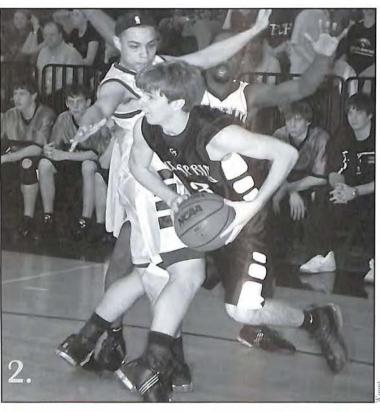


Going up for a shot. Teddy Saunders(12) out jumped his defenders. Teddy was a returning player, and was a game captain for the season.

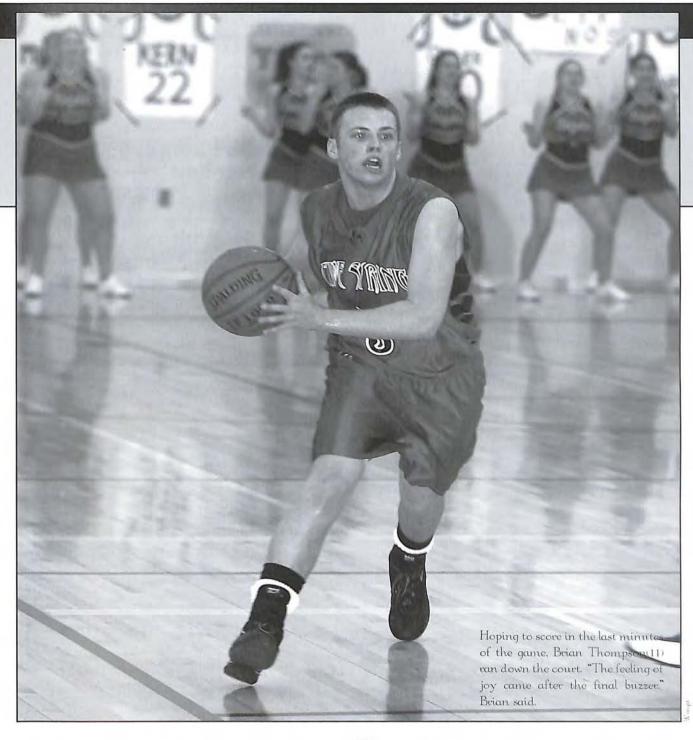
Attempting to make a reach around pass. Kenny Horan (10) looked for one of his teammates. "The team had to practice to prepare for games. Practices were high energy and require a lot of focus." Kenny said

During a time-out. Michael Jetton(11) headed for the bench to take a rest while Coach Hicks motivated the team. "While on the court. I felt pure excitement and concentration on the game I was playing Michael said











R ecciving a pass. Micah Kaplan(12) hoped to make a basket. Micah represented the varsity team as the captain.



Disoting with the ball Alex Lemme (11) was able to keep the ball from his opponent. "The most challenging part of being on the team was keeping up the tradition of the school being a dominant sport in the area." Alex said.

Scoreboard

| Roanoke Catholic | 50,64 | Salem | 40,56 |
|------------------|--------|----------------|---------|
| Northside | 67,72 | Pulaski | 59, 61 |
| William Byrd | 57,56 | William Byrd | 59,56 |
| Patrick Henry | 51,59 | Blacksburg | 45, 59 |
| Heritage | 42, 58 | Christiansburg | 60, 54 |
| Northside | 39, 48 | Hidden Valley | 42, 47 |
| Osbourn | 49,58 | Salem | 49, 53 |
| Patrick Henry | 54, 44 | Blacksburg | 51,54 |
| Roanoke Catholic | 59, 44 | Pulaski | 52, 51 |
| Roanoke Catholic | 46,66 | Christiansburg | 56,66 |
| Hidden Valley | 57,50 | Hidden Valley | 41,57 |
| William Flemina | 49, 47 | | 70 5930 |

By Caroline Doughty

Cave Spring's score is listed first in the scoreboard.

Sports Editor

V A B A S I K T Y T B A



Front Row-Kenny Horan, Brice Ulrey, Beau Austin, Matthew Mull, Alex Roth, Brian Thompson, Clay Kinder.

Second Row-Teddy Saunders, Alex Lemmer, David Redick, Troy Kaase, Michael Jetton, Micah Kaplan. Third Row-Manager Zach Culbreth, Coach Kern, Coach Cook, Coach Billy Hicks, Coach Bob Hicks, Manager Andrew Kinder, Manager Scott Harriman.

164-165

Working Hard while connecting as a team

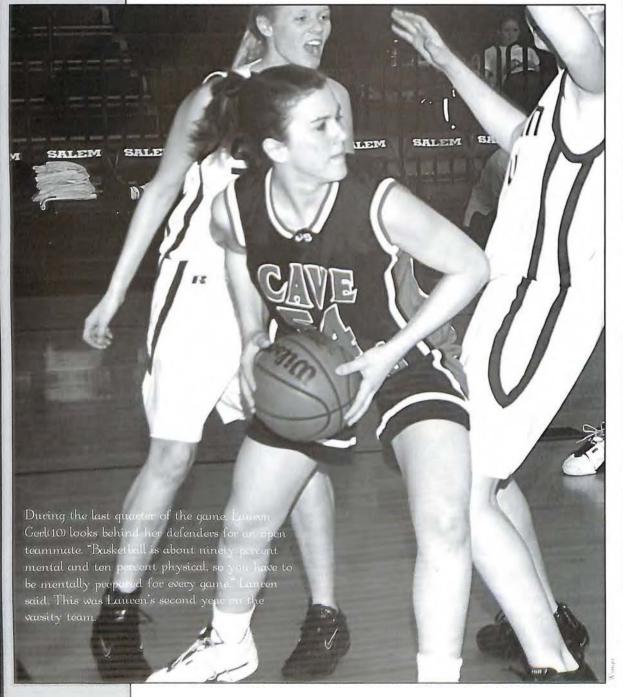
The girl's basketball team hosted a Free-Throw-A-Thon in which each team member shot 100 free throws to raise money for the team.

Senior Mary Greenway had the most rebounds of the season with 84 rebounds and received honorable mention for districts.

Junior Lora Light made 2nd team River Ridge District and sophomore Caitlyn Long made 1st team River Ridge District as well as scoring the most points during the season with 241 points.

Assistant coaches Allison Beightol, Mindy Reynolds, and Cheryl Rhodes all played basketball for the school and both Allison and Cheryl went on to play college basketball.





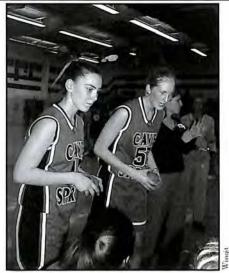


In an attempt to pump up the fans, the members of the basketball team toss toy basketballs during halftime. "Even if I hated basketball I would play just to be on this team. The girls were wonderful; it was like having ten more sisters!" team member Katherine Jetton@said.



During an away game, Caitlyn Long(10) receives a pass from a teammate. "Basketball is my favorite sport and it's so much fun This year was great because more people opened up and I became closer with the girls," she said





Teammates Rebecca Henderson(11) and Katherine Jetton(9) talk with their coaches during halftime. I never really decided at one moment that I was going to play basketball. It just kind of happened," Rebecca said.

Captain Katie Boylan(12) plays tough defense during a game against Salem. "Getting through practices was challenging, but the hard stuff made our team bond even stronger. I will be friends with these girls forever," Katie said.





Preparing to throw the ball back inbounds. Lora Light(11) looks around the court for an easy pass. "Even though it's hard at times. I still love the game and the competitiveness of basketball," said Lora.



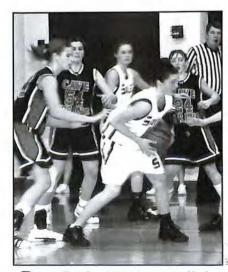
A fter the opposing team loses the ball, Caitlyn Long(10) dives for it to toss it to teammate Megan Horan(12). Megan, who has been playing since she was six, was glad to return to basketball this year after taking a year off to play soccer.



Megan Horan(12) begins to drive the ball down the court for a lay-up. Megan enjoyed playing this year more than any other year. "I have never been on a basketball team that was so close. We are all best friends and always laughed so much together!" said Megan.



During an intense part of the game, Coach Linda Long points out a play to assistant coach Esteban Martinez. Team member Christie McFarland(10) extremely appreciated their hard work throughout the season. "Coach Long and Martinez are great! Not only do they help to make us better players but they also help us to build character," she said.



Stacey Craighead(10) attempts to block a pass while playing defense. "I didn't play basketball last year and I missed it so much I decided to play again this year. I'm so glad I did because every player on the team became like a sister!" Stacey said.

RA LS SK E

Score Opponent Alleghanu 60-64 Tennessee 46-70 Honaker 54-50 Sullivan East 42-47 62-39 Amherst William Burd 38-48 50-61 Alleghany 41-34 TW Andrews High Point 28-56 47-75 AL Reynolds Hidden Valley 23-46 45-64 Blacksburg 42-58 Salem Pulaski 44-33 Christiansburg 41-53 Hidden Valley 47-41

Scoreboard



Bottom Row - Megan Horan, Jessica Lancaster, Lora Light, Mary Greenway, Lauren Gerl, Katie Boylan, Caitlyn Long, Christie McFarland Top Row - Coach Mindy Reynolds, Coach Linda Long, Stacey Craighead, Rebecca Henderson, Katherine Jetton, Coach Esteban Martinez, Coach Allison Beightol, Coach Mike Downs

166-167



Practicing for an upcoming meet.
Mary Lawson (10) works on her
front dive pike. "I like to dive because
it's something different: it sets me
apart from everybody else." Mary was
one of only three other people on the
diving team.

At the start of the 100 meter free style, the swimmers dive into the pool. Swim team member Kelsey Webb said, "Being on the team has allowed me to see different levels of talent and determination which inspired me to work harder."





Waiting for the last leg of his team to finish in the 200 free relay. Wade Hammes (11) cheers on his teammates. "I thought swimming looked funand it helped build shoulder strength for baseball. I'm really glad I did it." stated Wade.





While competing in the 500 meter free style. Hal Walker(10) does his best to do well in the race. "Only you determine how much you improve during the season. If you work hard during practices, you'll get better, and if you goof around, then you won't."



A fter the completion of her race, Julie Sablik (10) cools down as she looks up at the time clock to see her time. "Swimming has been a big part of my life and it's something that I enjoy. I'm glad I could give something back to the school."



During the 200 meter free style. Nikki Harvey(10) takes a breath of air. "Changing my mentality from running to swimming was challenging. I finished cross-country states on a Saturday, and then Monday I was in the pool." said Nikki.



Bottom Row - Apoorva Acharya, Erica Weigand, Nikki Harvey, Jessica Pollock, Casey Leffue, Nora Vitello, Hayley Wells, Priscilla Nakano, Lauren Ammar, Channing Porter, Jennifer Zegas

Second Row - Akash Kesari, Kara Pevarski, Delaney Elkin, Jillian Cox, Alex Veatch, Allyn Clark, Mary Lawson, Jayme Sheperd, Kara Campbell, Carrie Doughty Third Row - Kevin Munson, Michael Doughty, Scott Watkins, Wade Hammes, Zach Hart, Jeremy Gilbert, Alexa Tolusso, Jessi Pearson, Kellee Jacobsen, Kelsey Webb, Tina Crawford

Fourth Row Nick Fanti, Scott Hardwig, Chris Dean, Jay Poff, Bob Fendley, Stephen Hoffman, John Carlin, Hal Walker, Peter Wells, Kiara Elkin

Top Row - Scott Bauman, Katy Hamrick, Mark Bauman, Julie Sablik, John Jennings



Blacksburg

W Pulaskl L Hidden Valley W I D M I I V N I G G G

W

W

L



As the starter says 'take your mark'. Delaney I lkine) prepares to discinte the pool at the beginning of her race. "I see since I was little, I wanted to be on the team I sen though I'm a part of other competitive teams, the soun team is more about basing turn" she said.



Setting Goals and breaking records Mark Rauman broke the school record for the 100 Breast Strok

Senior and captain Mark Bauman broke the school record for the 100 Breast Stroke, made 1st team All-District, and received the award as Most Valuable Swimmer for the school team.

Sophomore Julie Sablik made 1st team All-District, received the award for Most Valuable Swimmer, received the award for Timesland Swimmer of the Year, and broke two state records and five individual school records.

The girl's 200 Medley Relay broke the school record with a time of 1.55.32 and the girl's 200 Free Relay broke the school record with the time of 1.45.76.

The men's team finished 3rd in districts, 7th in regionals, and 18th in states.

The women's team finished 2nd in districts, 3rd in regionals, and 10th in states.

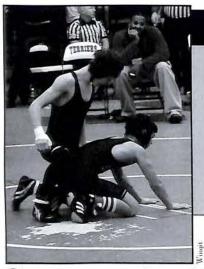


Before the start of the swim meet, Scott Hardwig(10) observes which events he will be swimming. "This was a great season for swimming: my goal for the year was to make it to states and I did!" Scott said.

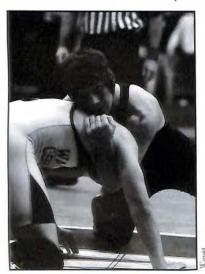


Swimmers Nora Vitello(10), Virginia Vaughn(10), and Alex Veatch(10) talk to Coach Moore during their break between events "Toe become stronger in my swimming ability. For gotten stronger arms and more muscular!" Virginia said.

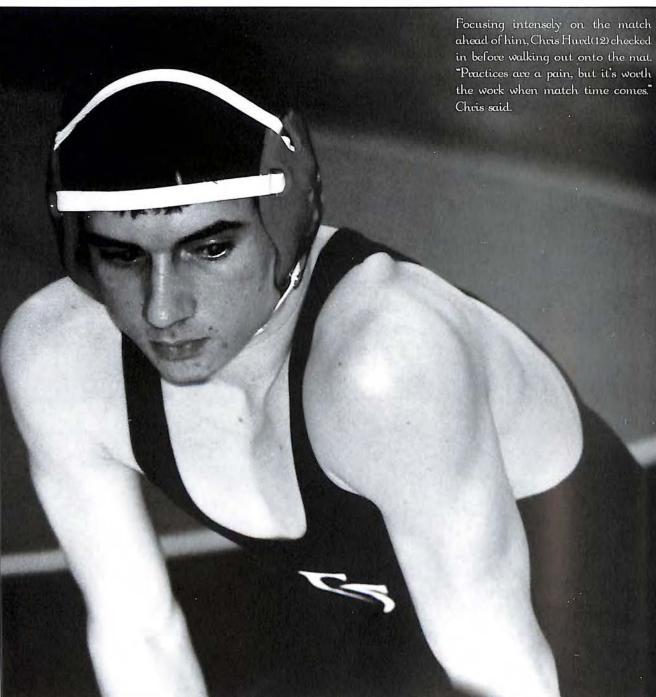




etting ready to start his match, **J**Phillip Johnson(11) gets into the starting position. "My matches are full of advenaline and concentration; I concentrate on what I'm about to do next." Phillip said.



Attempting to pin nis opposition the state tournament. Andrew ttempting to pin his opponent at Sellers(11) pulled his opponent to the mat. "Practicing for the matches are intense and hard working "Andrew said.



Geoff Bernardo 1-9 Paul Bernardo 0-6 Quinn Dougherty 0-2 Brad Harvey 7-4 Chris Hurd 6-4 Phillip Johnson Cameron Lee 4-6 Brian Meinhart 1-7 Drew Reburn 3-6 Andrew Sellers 6-6 Justin Yun

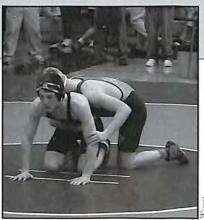
By: Caroline Doughty Sports Editor

Front Row- Brandon Lester, Ryan Rickey, Geoffrey Bernardo, Chris Hurd, Phillip Johnson, Crispin Harwell, Anthony Perry.

Second Row-Manager Tiffany Strickler, Drew Reburn, Paul Bernardo, Logan Pritchett, Burt Dye, Coach Bedenarek, Mark Passeretti, Justin Yun, Cameron Lee, Lance Gallimore, Manager Kristin Cooley.

G

Pin To Win



In the final step of pinning his oppo nent, Brad Harvey(12) turns his back towards his opponent. As a senior, Brad was one of the captains.

Talking with Mr. Meck before his match, Andrew Sollers (11) asked for the score from the previous match. "When on the mat I get the feeling that I am in a fight." Andrew said.



From blood, sweat, and dedication



The wrestling team practiced from **November to February**, everyday after school for two hours.



There are 14 different **weight categories** in which a wrestler can participate. The categories ranging from 103 pounds to 275 pounds.



Brad Hawey(12), Cameron Lee(9), Andrew Sellers(11), Chris Hurd(12), and Phillip Johnson(11) all made it past the district tournament.



Andrew Sellers(11) represented the team by wrestling in the VHSL state match.

What is the most challenging part about wrestling?

Trying to set a
pin on your
opponent

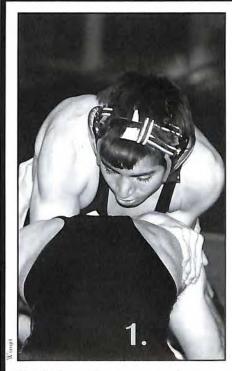
-Mark Passeretti(10)

Practices are tough and intense. "

-Geoff Bernardo(9)

"Conditioning "
for the season."

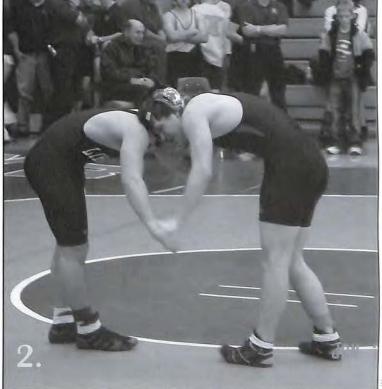
-Cameron Lee(9)

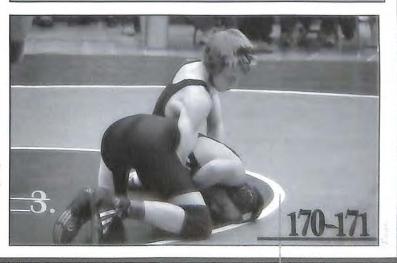


Positioning a three quarter nelson, Paul Bernardo(11) aimed to take down his opponent. "During my match, the advenaline was pushing through my veins" said Paul.

Trying to gain wrist control. Brian Meinhart(12) began his match. "I try to remain calm during my match, I want to have fun while wrestling." said Brian.

Defending against a shot from a Liberty opponent. Quinn Dougherty(10) took the final steps to pin his opponent. "When on the mat. I don't hear anything. I can't see anything but the mat and my opponent" said Quinn.





pectations

Dlaying pool at an indoor track get together, Jackie Zillioux(9) aims her pool stick at the ball. "Indoor track was great, it kept me in shape all winter long," said Jackie

Rising above the rest



Citting among her teammates. Allison ORichardson(11) enjoyed a premeet meal. "I really enjoyed having the opportunity to get to know all the people on the team." Allison said

Running down the halls at a Saturday practice Laurel Sitze 10 ran with her teammate Lydia Rial(10). "At practice, we warm up and stretch out before Coach Magnine begins to talk about what our practice will consist of for the day." Lauren said.





Ranging the 1 by 800 meter relay Stisic Diverte rounds the course of the track Lengt really challenges on to push myself I consularies go toster and mether than I



The girls indoor track team won its first River Ridge District title.



Lee Bradshaw(11) won the 1000 meter run in the Regional and State meet, and also set a school record in the race.



For the first time in eleven years the team won its first state title.



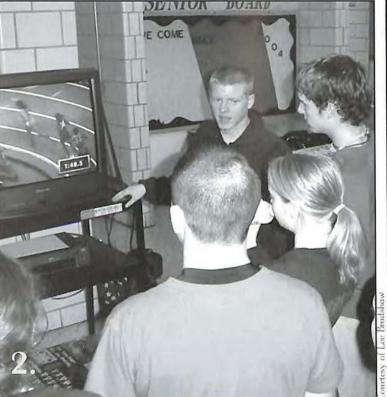
In the regional meet, Laurel Sitze(10) placed fourth in the 3200 meter run.



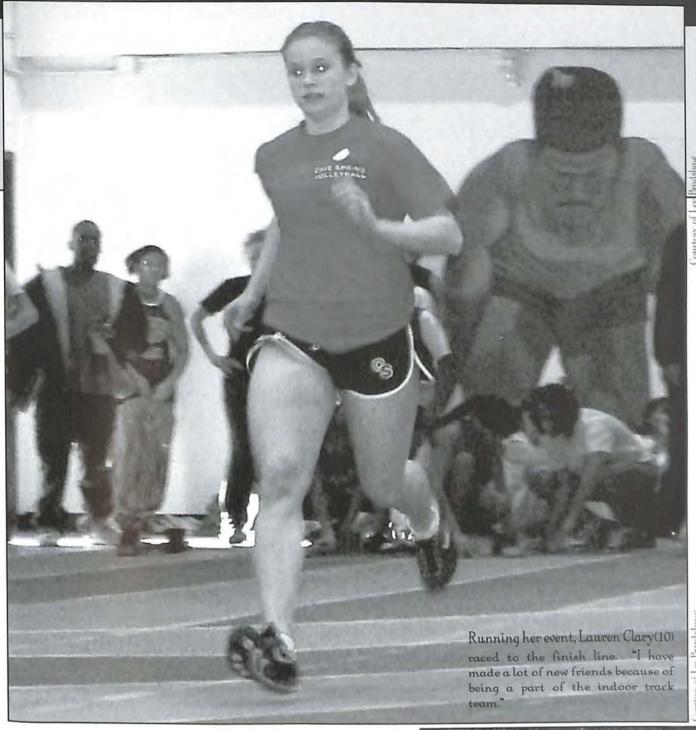
Running in the high school national meet, Lee Bradshaw(11) pushed himself to the finish. "During my races I tune out everything; it is a complete high to be out there running," said Lee.

Watching a video of past races, Lee Bradshaw(11). Laurel Sitze(10), and Stephen Patterson(9), listened to their coach speak about the races.

Relaxing between races, Jacob Jimenez 191. Allison Richardson III. and Jessica Hambeightells enjoyed having the time to talk to their teammates. "Track is a lot of fun, and I'm really glad I joined the team" said Jacob









Lating a team lunch before the district meet. Trey Tylev(10) gave his body the fuel it needed to run." At districts I was able to get a personal record on the 800 meter run." Trey said.



Cetting ready to run her race. Tina Centworth Pleoks at her ceaches for some last minute tips. "It was newe tacking while running because the competition at the district and regional mosts are very tough."

Scoreboard

| Scorepoard | | | | |
|------------|-----------------------|--|--|--|
| Dec. 6 | LAFTC Invitational | | | |
| Dec. 13 | Walt McCormack | | | |
| Jan. 10 | Heritage Invitational | | | |
| Jan. 17 | Keydet Invitational | | | |
| Feb. 9 | District Meet | | | |
| Feb. 21 | Region 3 Meet | | | |

By: Caroline Doughty

Sports Editor

172-173

I N D T O R O A R C

Front Row- Michael Bern, Fain Perrin, Matt McCoy, Spencer Lendway, Ben Carlin, Micah Pasquarell, Stephen Patterson. Second Row- Chen Lin, John

Front Row-Michael Bern, Fain Perrin, Matt McCoy, Spencer Lendway. Ben Carlin, Micah Pasquarell, Stephen Patterson. Second Row- Chen Lin, John Jennings, Matthew Morgan, Sam Kerr, Wayne Breighner, Adam Nielander, Kris Wiseman. Third Row- Jacob Jimenez, Stephen Hoffman, Lee Bradshaw, Josh Birkhoff, John Bast, Trey Tyler, Seth Potter. Fourth Row- Coach Maguire, Justin Key, Mark Turner, Scott Blanding, Kevin Mayes, Kris McKinney, Coach Loesel.

Front Row- Koren Breighner, Jackie Zillioux, Rachel Gould, Dana Orr, Lauren Sitze, Second Row- Courtney Riall, Jessica Hambright, Marie Vitello, Lauren Lyon, Melissa Ivanco, Mary Woody, Third Row- Allison Richardson, Kate Webb, Joanna Hardie, Jordan Bergloff, Lydia Riall, Fourth Row- Coach Maguire, Marissa Brancati, Lauren Sledd, Tina Crawford, Susie Dye, Coach Loesel.

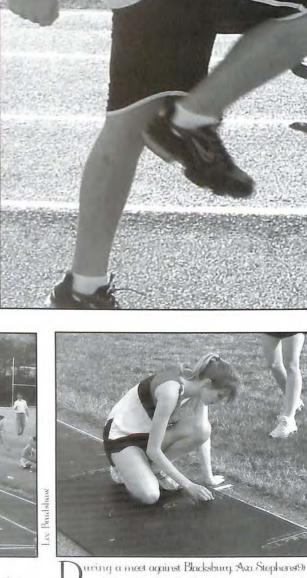




uring the 1600 meter run. Lee Bradshaw completes the last 100 meters of the race. "I started track because I had the desire to do something more productive with my life. It has changed my life completely, all for the better." he said.



uring a hot day at practice, the girls take a break from their workout. "When its hot outside it definitely effects my performance at practice I drink a lot of water to stay hydrated," said Jessica Pollockt91



marks her steps for the triple jump. Are participated in the triple jump, the 100 hurdles the 300 hurdles the high jump and the long jump this season.



n the somen's 200 meter dash, Lauren Carry Wand Lauren Sledd (10) finish within seconds of each other. The two girls ended the season with the top two times on the team for the wearen's 200 meter deish



Pacticing dalls with Michael Wavdacht

Thave always had a ru

eun. I joined the track team all a minute.

fast time last year in football." he

At the beginning of practice. Lauren Sledd(10)
takes turns stretching teammate Tina Cauwford(9) Lauren, who worked hard to recover from an injury, lelt that truck helped to develop her running skills "Being on the track team has improved exerything about my running physical and mental" she said



At practice, Coach McGuire and the boys on the distance team race to improve their times. Distance runner Brian Bosche said. "I hated Mondays because the practices were quite difficult."

By Heather Couture

On the Mark

Start to finish, both teams race for states



The outdoor track team was one of the largest the school had ever had, representing 10 percent of the student body.



The girls' outdoor track team placed 6th in districts, and 13th in regionals.



The boys' outdoor track team placed 5th in districts, 16th in regionals, and 41st in states.



In the **State AA** track meet, Tina Crawford placed **12th** in the 300 meter hurdles, Laurel Sitze placed **15th** and Nikki Harvey placed **24th** in the 2 mile, Lee Bradshaw placed **5th** in the 1600 meter run, and Tyler Goldsmith placed **9th** in the discus.



During the final home meet of the season. Mark Turner(12) participates in the long jump, his first event of the night. "I like the fact that the long jump is short; you run, you jump, and you're done." Mark said.



During the 100 meter dash, Lauren Clary(10) gives her all in the last few seconds of her race. "At first, I joined track to get in better shape, but it turned out I really liked it," she said. Lauren had the best time in the women's 100 meter dash on the team with 133 seconds.



At a meet against Clenxar. Tina Crawford(9)
Completes the last leg of the 100 meter relay.
"The best part of being on track is getting a chance to improve your times. The worst thing is the newousness before a race." Tina said.



Front Row - Shaun Ferguson, Jeremy Gilbert, Michael Wardach, Mark Turner, David Downing, Daniel Overstreet, Zach Elmore Second Row - Matthew David, Alex Profit, Jeremy Spradlin, Matt Currie, Scott Blanding, Spencer Lendway, Daniel Oh, John Jennings

Third Row - Jeff Wardach, Bert Dye, Crispin Harwell, Charles Sublett, Justin Key, Clay Kinder, Lee Bradshaw Fourth Row - Jacob Jimenz, Ryan Martin, Fain Perrin, Wayne Breighner, Brian Bosche, Brandon Lester, Trey Tyler, Seth Potter Back Row - Micah Pasquarell, Chris Downy, Kyle Lumsden, Troy Kaase

Scoreboard Bous Girls Opponent Northside/Franklin Co. 2nd Blacksburg/William Byrd 2nd 151 Hidden Valley 151 151 2nd 2nd Salem 151 Christiansburg/Glenvar 151



Front Row - Jaime Ecternoch, Katie Mixon, Rachel Gould, Lauren Sledd, Jackie Zillioux, Dana Orr, Laurel Sitze Second Row - Heather Couture, Kara Campbell, Nikki Harvey, Lauren Clary, Lauren Lyon, Caroline Mullener, Mary Woody, Lauren Knuppel Third Row - Lauren Ammar, Katherine Jetton, Melissa Bernitt, Sarah Lilly, Koren Breighner, Melissa kanco, Ava Stevens, Allison Crawford Fourth Row - Katelyn Reilly, Caillin Conway, Jane Jennings, Marie Vitello, Melissa Cordell, Lauren White, Tessy Henry, Jenny Hale Back Row - Jessica Pollock, Rebecca Henderson, Stacey Craighead, Kate Webb, Vicki Kasza, Jordan Bergloff, Delaney Elkin

Wing-It Studi

174-175

MakingaRacket winning forty - love

At a regular tennis match, 9 matches are played. The top 6 players from each team play, and the top 3 doubles team also play in the match.

Brittany Hudleston(12) and Yumiko Kinugawa(12) made it to the doubles district, regional, and state match.

Adam Nielander(11) made it to the district match for the boys team. Adam and Tye Hagan(11) represented the boys team at the doubles district match.

Brittany Hudleston(12) represented the girls team at districts, regionals, and won the state singles match.



Sitting on the bleachers together. Brian Holben(10), Chris McCoy(10), Chen Lin(9), and Gregory Malysa(9) watch their teammates play on the court. "Tennis has been a lot of fun, and I have gotten to know a lot of my teammates really well." Brian said.



Brittany Huddleston, State AA Player, takes a break during a match to pose at the net.



In the stance to return her opponents serve.

Bonnie Culpeppa(11) keeps her eye on the ball.

"Tennis is definitely a mind game. Your head has to be in the right place in order to win." Bonnie said.



waiting to return the serve from the opposite side.

Adam Nielander(11) ends up on top at the end of the match. Adam served as a captain for boys team.

Saving to the right side of the court. Stacey Cauighead (10) finishes her save. "Saving takes a lot of concentration but I had help along the way with my fellow teammates." Stacey said.





K ara Fitzgibbon(9) warms up with a teammate in preparation for her next match. This was the first year Kara has been a member of the girls team.



Assumed his epiponents serve. I se Hagarette stands in the reads position to return the serve. "Torins is easily organished however it is hard to light the way se present urge to throw a racket when his not playing self." I se said.

Scoreboard

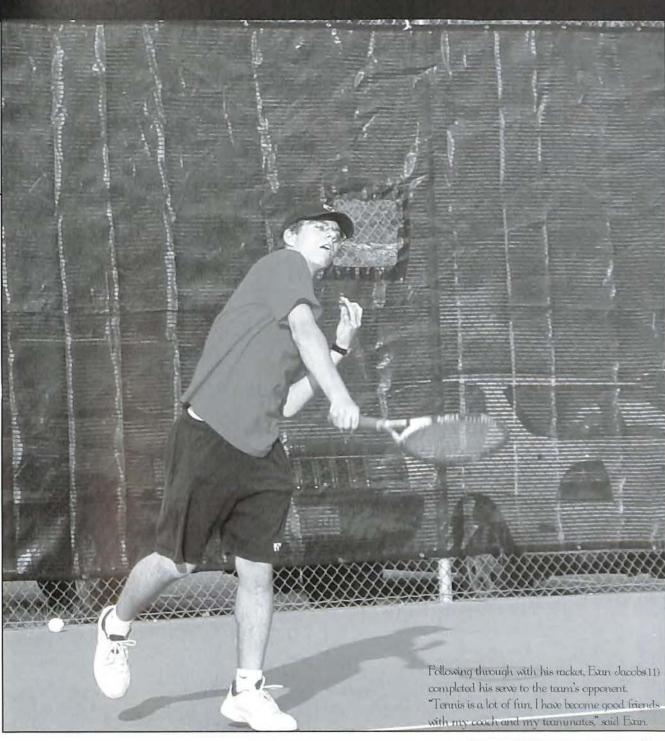
| | Boys |
|----------------|------|
| Northside | 9-0 |
| William Byrd | 8-1 |
| Lord Botetourt | 9-0 |
| Blacksburg | 0-6 |
| Hidden Valley | 0-9 |
| Salem | 9-0 |
| Pulaski | 8-1 |
| Christiansburg | 7-2 |
| | |



-- Varsity Boys Tennis---

Front row Coach Hughes, Gregory Malysa, Chen Lin, Brian Duggar, Evan Jacobs, Akash Kesari.

Backrow Brian Holben, Chris McCoy, Sam Smith, Dushyant Narayanan, Tye Hagan, Adam Nielander, Andrew Heilesen.



Following through his shot to the his opponent, Dushyant Navayanan(12) awaits for his opponents return. "Before the match I am confident about my ability to do the best I can" Dushyant said.





Starting to pivot and bring her racket back for her forehand shot. Tristin Kaase(10) makes her move to shut down her opponent.



Yumiko Kinugawa.

Backrow-Brittany Huddleston, Susie Dye, Stacey Craighead, Tristin Kaase, Maggie McClung, Coach Mitchell

Scoreboard

| Northside | Girls 9-0 |
|----------------|--------------|
| William Burd | 9-0 |
| Northside | 8-1 |
| Lord Botetourt | 9-0 |
| William Byrd | 9-0 |
| Botetourt | 9-0 |
| Blacksburg | 7-1 |
| Hidden Valley | 3-6 |
| Salem | 8-1 |
| Pulaski | 9-0 |
| Christiansburg | 8-1 |
| Hidden Valley | 3-6 |
| Salem | 8-1 |
| Pulaski | 5-0 |
| | |

By: Caroline Doughty



Intensely watching her just finished serve. Yumike Kinucawa(12) prepares for the return. Yuniko was a captain of the team along with her teammate Brittens Huddlesten (12)



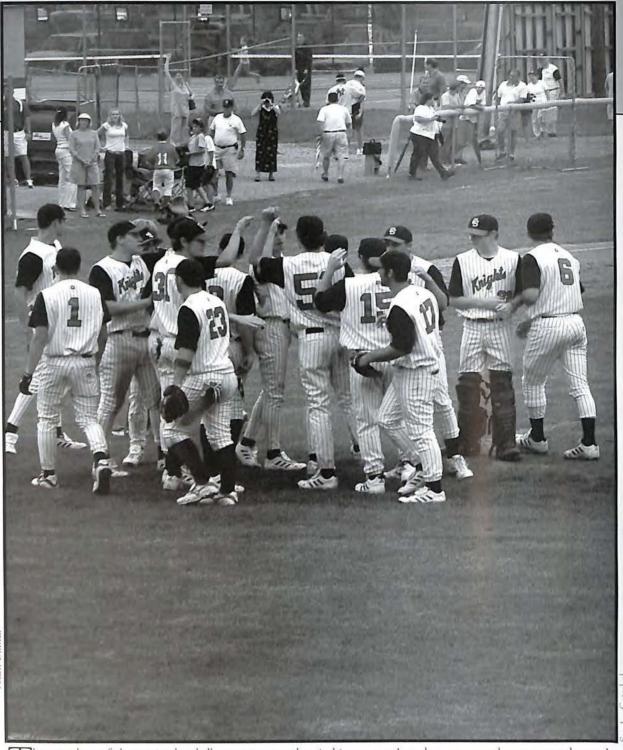
Tonsulting with each other on the pitchers mound, Robert Mills(11), Teddy Saunders(12), and Mark Floryan(12) prepare to start



he baseball team congratulates Teddy Saunders(12) as he comes in from hitting a home run.



amin Stovall (12) takes a break of from hard work on the field to hydrate himself. "We work hard every practice to improve the areas that need the most work," said Jamin.



The members of the varsity baseball team meet at the pitching mound as they congratulate one another and celebrate their victory against Tazewell in the State Semi-Finals.



embers of the baseball team warm up Abefore a game "We've had 2 goals this year the first was to make it to states and the other was to win it "said Alan Moorella



Citting in the dugout, members of the baseball Oteam wait for their turn at but "We have continued to work hard throughout the year as a team so we can become stronger individually and as a team "said Austin Davis(12).



Robert Mills(11), who has been playing baseball for twelve years, pitches during the game against Hidden Valley "I very one on the team has helped each other to push ourselves to become better plaxers and develop our skills," said Robert.



Winding Up

To prepare for victory



Over Spring Break, the varsity baseball team went to Myrtle Beach and played teams from New York and Ohio



At the River Ridge District Championship, the varsity baseball team won 13-2 in 5 innings



The boys varsity baseball team won the Region Three Championship against Amherst 11-5.



At the Virginia High School League State Championship, the varsity boys finished 2nd in the state in the AA division.

Ovdan Kirby(12) practices catching as he gets ready for a game. Warming up the pitchers before play begins is essential to prevent injury.

By: Melissa Bernitt

Staff Member



Before the start of the game, Burrett Henderson(11) helps out the team by collecting the ground balls hit during warm-up.



K regg Savoie(12) prepares to throw a strike during the regional game against Tazewell Kreg is a senior pitcher and has been playing baseball since he was in elementary school



Pitcher Travis Dunbau(12) prepares to catch a fly ball. "As a pitcher we have to be in the best shape possible to stay strong so we can go longer during games," he said.



Bottom Row - John Bast, Mark Floryan, Austin Davis, Matt Winston, Wade Hammes

Middle Row - Matt Sinnes, Travis Dunbar, Andrew Feldenzer, Barrett Henderson, George Leffue, Jamin Stovall, Andrew Sellers Back Row - Coach Randy Boone, Robert Mills, Teddy Saunders, David Redick, Kreg Savoie, Alan Moore, Alex Welch, Parker Tims, Jordan Kirby, Kyle Schrader, Coach Mike Duncan

V II A A A S II II T A Y II

Glenvar 8-0
Glenvar 5-1
William Byrd 12-7
Xaverian NY 5-4
Proctor NY 7-2
Cardinal Mooney OH 2-1
Liverpool NY 11-0
Austintown Fitch OH 6-8
Blacksburg 8-1
Hidden Valley 12-1
William Byrd 10-11
Salem 2-5
Pulaski County 3-0
Christiansburg 11-2

Blacksburg Hidden Valley 12-1
Christiansburg 18-1
Regional Quarte State Quarte State Semi T

Blacksburg 11-1
Hidden Valley 6-2
Salem 4-3
Pulaski County 10-0
Christiansburg 6-2
District Semi Pulaski County 2-1
District Championship 13-2
Regional Quarters Alleghany 8-2
Regional Semi Amherst Co. 11-5
Regional Championship 11-?
State Quarters Tazewell 4-0
State Semi Tunstall 4-0
State Championship 0-4

Cave Spring's Scores are put first in the scoreboard

Dedicated to the game and the team

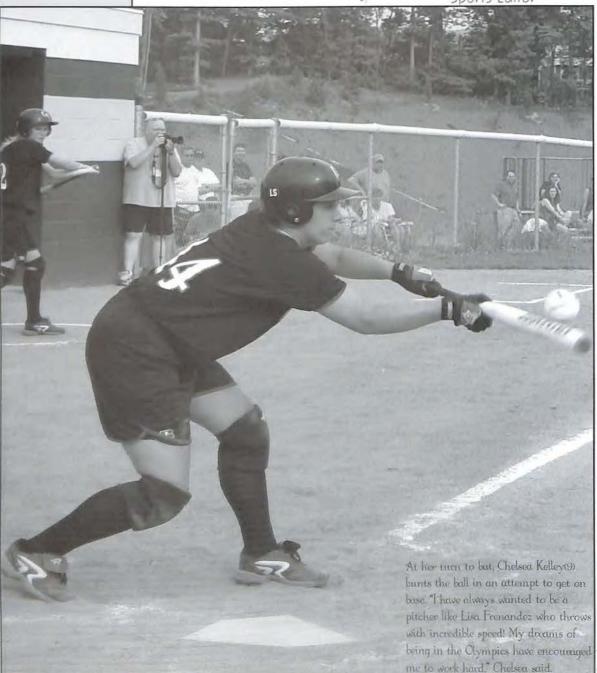
The varsity softball team completed their season by placing first in the district, and second in the region.

Sophomore Jillian Sullivan received the award for District Pitcher of the Year.

Senior Mary Greenway received the award for District Player of the Year.

Team members Jillian Sullivan, Mary Greenway, and Kendal Martin all made 1st Team All-District and Jillian Sullivan and Mary Greenway made 1st Team All-Region.

By Heather Couture





ndrea Secrist(12) assists Kaye Sowder(10) as Andrea decrisives her batting during practice "Without my own dedication and love for the game, I wouldn't be playing today. My teammates have kept my confidence up and I appreciate all the good moments I've received from all of them." Kave said.



uring practice, daci Clark(9) works on her skills at first base as the pitcher throws her practice balls. "We worked really hard as a team this year. We have had set-backs, but we always pick each other up and get past them." Jaci said.



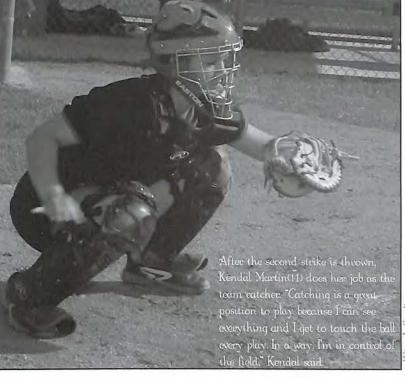
s the ball is thrown to the catcher. Alamber Kenens slides in to home plate to score a run. "Throughout the season, we made up so many little jokes that we always and Like when Jillian Sulliam hit her first homerun, we all velled, 'at a way" said Lyndsey

At the first home game of the season.

Jillian Sullivan(10) winds up her pitch.

After playing for the school for three of her nine years as a softball player. Jillian said, "Being on the school team has definitely helped me be more of a confident and focused player."







Mary Greenway(12) catches a fly ball during a game against Salem. "The team's main goal was to get to know each other and play as a team. I definitely think we achieved that goal." Mary said. Mary has played on the varsity team since her sophomore year.



Adjusting her stance in the box, Jessica Lancaster(10) awaits a pitch from her opponent. "I have worked hard in and out of practice and played on a travel team that a lot of my school teammates were on also. We all work hard to become stronger players," she said.



Before the start of the game, the softball team a last minute pep talk. Our coaches are probably some of the best I have ever had. They are so fun to be around. They celebrate and joke around with us but they also know when it's time to get down to business," said Jessica Beatweighus).



After completing the third inning out on the field, the members of the softball team gather in the dugout for a refreshing water break. Mackenzie Meadors9) said. "The games are intense; you have to be ready for anything that comes your way. Sometimes when it's hot it gets more difficult because it's harder to keep focused."



Secrist 12) prepares for a hit to left field.

"My lasorite thing about being on the softball team was all the team support. Not only did I work hard for myself everyday, but I worked hard for my team." Andrea said.

S Scoreboard

| Opponent | Score |
|------------------|-------|
| Jefferson Forest | 5-1 |
| Franklin Co. | 6-1 |
| Franklin Co. | 2-3 |
| Jefferson Forest | 3-2 |
| Blacksburg | 15-0 |
| Hidden Valley | 5-0 |
| Salem | 7-0 |
| Pulaski Co. | 5-0 |
| Christiansburg | 3-0 |
| Blacksburg | 17-0 |
| Hidden Valley | 1-0 |
| Salem | 7-0 |
| Pulaski Co. | 2-0 |
| Christiansburg | D-3 |
| Christiansburg | 10-3 |



Front Row - Jessica Boatwright, Jaci Clark, Kendal Martin, Jessica Lancaster, Grace Kytchen

Back Row – Mackenzie Meador, Lyndsey Konen, Jillian Sullivan, Andrea Secrist, Kaye Sowder, Chelsea Kelley, Mary Greenway

Meaningful Connections

between cheerleaders and players



Representing the junior varsity football team as **captains** were Danny Aiken, Will Osbourne, Josh Leamonson, Ben Beasley, and Joe Langford.



On average, the cheerleaders throw four to six stunts at a football game, while at basketball games they throw six to eight stunts.



Will Osbourne, the runningback, scored the most touchdowns spanning the range of the season.



The cheerleaders must learn over 35 cheers and chants to perform at the games.



Waiting for the snap of the ball, Scott Barrier(9) anticipated the blita against Pulaski. "When I have the ball I get excited because there is always the chance that I could score a touchdown." Scott said.

Scoreboard

Lord Botertourt 28-15
Allegany 27-14
William Byrd 40-20
Christainsburg 35-16
Salem 19-44
Pulaski 7-43

By: Caroline Doughty

Sports Editor

Cave Spring score is put first in the scorenboard.



Watching the other teams cheedeading squad cheer, Erica Hoeseman(9) cooled down from the first half of cheering Erica was on the JV squad for the first time



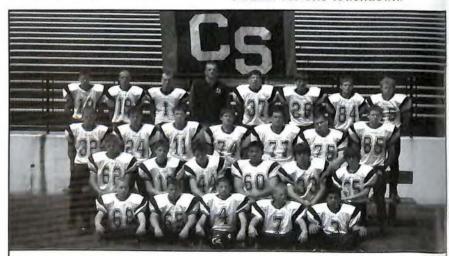
Showing spirit after a basket was made.
Brandi Cooper(10) was able to get the crowd into the game. "Cheerleading is hardwork but we are also able to have fun at the same time." Brandi said.

Preparing to call a cheer, Kaitlin Rice(10)
consulted the squad as to what cheer they were
about to perform. "I love being a captains because I
am able to help everyone else" Kaitlin said.

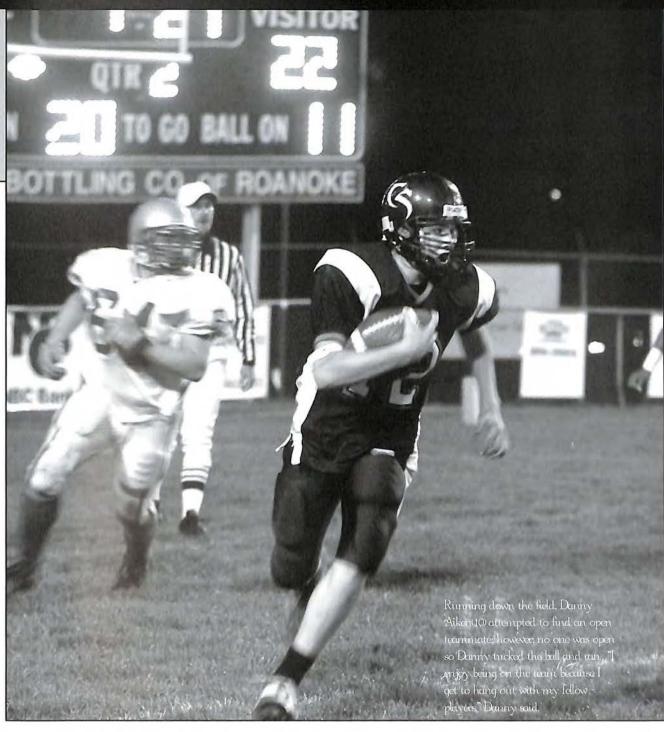




Tackling his opponent, Kris McKinney(10) brought the offense to the ground. Kris and his team were able to hold Pulaski for one touchdown.



Front row- Daniel Hamrick, Crispin Harwell, Stephen Patterson, Scott Barrier, Cameron Lee Second row- Jeremy Spradlin, Danny Aiken, Kris McKinney, Justin Yun, Drew Reburn, Spencer Thomason Third row- Jesse Bayne, Will Osbourne, Chauncey Lumpp, Mark Passeretti, Josh Leamonson, Ben Beasley, Jeff Wardach Fourth row- Nick Fanti, Sam Cole, Joe Langford, Coach Foutz, Ryan Martin, Quincy Ruckert, David White, Brian Anderson



atching a kick, Will Osbourne(10) helped the team to a victorious game. "Having the ball, it's an advendine rush knowing that there are 11 guys out there that want to kill me." Will





7p in a stunt, Shannon Showalter(9) pumped up the crowd while the players names were announced. "The hardest part is memorizing all the cheers, because we usually only call one or two chants over again in a game." Shannon said.



Front row- Lauren Davis, Kelsey Bryant, Danielle Conner, Jordan Bergloff, Courtney Ferguson, Erica Horseman.

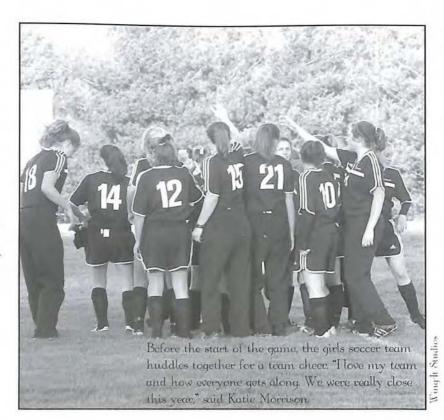


Basketball Basketball

Front row- Kelsey Bryant, Leigh Basham, Lauren Davis, Amy Trent, Valerie Gurevich, Shannon Showalter Back row-Coach Cockfield, Courtney Ferguson, Brandi Cooper, Kaitlin Rice, Erica Horseman.



Fulfilling her position as stopper. Lydia Riall(10) steals the ball and prepares to pass it to a teammate. "I feel a lot more confident on the field this year. Playing stopper has forced me to play more offensively, and in doing so. I feel stronger," she said.



Cetting up for a pass, Rose D'Angelo(11) looks for an open player. "As a team we worked really hard and focused a lot on passing," said Rose. This was Rose's second year on the varsity team.

Wing-It Studies



t a postgame party, the members of the girl's soccer team enjox pizza while playing cards. "Spending time with my teammates was one of the best parts of being on the soccer team," said Erica Weigand (10).

Who has inspired you as a soccer player

"Our awesome seniors have inspired me so much. They have great leadership ability." - Jennifer Talevi(10)

"I first started playing because I wanted to be like my brother. He still motivates me to play my heart out on the field." - Jessica Hambright(11)

"Myself. I have always loved playing sports but I especially love soccer. I enjoy being challenged and I love my teammates." - Jennifer Mecca(11)



Thristic McFarland(10) dribbles the ball down the field in an attempt to score a goal. "My favorite game this year was when we beat Blacksburg in overtime. The whole team played with such desire and determination," said Christie



Front Row - Katie Fanti, Lydia Riall, Katie Morrison, Megan Horan Middle Row - Jessica Hambright, Rose D'Angelo, Mary Lawson, Jennifer Talevi, Christie McFarland, Erica Weigand, Jourdan McDaniel, Jill Bessett Back Row Coach Esteban Martinez, Coach Angie Baughman, Allison Richardson Maggie Wagner. Jennifer Mecca, Jennifer Harvey, Katie Davies-Ross, Mandy McAden, Coach Mandy Diewulski

Scoreboard

G

SC

C

E

R

| Opponent | Score |
|----------------|-------------|
| Northside | 7-1 |
| Lord Botetourt | 2-0 |
| William Byrd | 6-1 |
| Northside | 3-1 |
| William Byrd | 9-0 |
| Lord Botetourt | 4-2 |
| Blacksburg | 1 -1 |
| Hidden Valley | O -2 |
| Salem | 3-1 |
| Pulaski Co. | 9-0 |
| Christiansburg | 9-0 |
| Blacksburg | 5-4 |
| Hidden Valley | 2-3 |
| Salem | 3-1 |
| Pulaski | 9-0 |
| Christiansburg | 0-8 |
| Blacksburg | 2-3 |



oing for a steal. Megan Hovan(12) Jattempts to beat her opponent to the ball "Being a center midfielder means you have to do anything and exerciting, and I tried my best to do that in every game," sand Megan

In the last 30 seconds of the game, Jenni fer Harvey(9) attempts to steal the ball from an opponent in order to score a last-minute goal. Two played fall soccer for eight years, but being on the varsity team has helped me learn to play a position that Ive never played before," Jennifer said.



SRII IMPYOVEMENT through focus and determination



In the **regular season**, the girls' soccer team finished with a record of 13-3-1 and in the **district**, finished with a record of 7-2-1.



Team captain Megan Horan(12) received the award for the school's Female Athlete of the Year and was nominated for the B'nai B'rith Award, honoring her for her outstanding athletic ability and academic achievement.



Jennifer Harvey(9), Katie Fanti(10), Lydia Riall(10), and Megan Horan(12) made 1st team All-District. Jourdan McDaniel(9), Jennifer Talevi(10), and Katie Morrsion(12) made 2nd team All-District.



Freshman Jennifer Harvey(9) led the team with the most goals and the most assists during the season.



A fter obtaining the ball from an opponent. Katic Fanti(11) kicks the ball down the field to a teammate. "Being a forward I had to be aggressive and be first to the ball. In practice, we run sprints to practice getting to the ball faster."



Prior to a game, Mary Lawson(10) jogs a couple laps around the field to warm up. "For the most part. I just wanted to improve my skills and confidence level this year. Through the help of Coach Martinez and my teammates I have been able to grow in both areas."



By Heather Couture

Sports Editor

Safely Sliding into home plate for a run Corey Pickerell⁽⁹⁾ takes his cuts of



Baseball and softball requires many different skills such as batting, fielding, pitching, throwing and sliding.



The main purpose of **JV teams** is to prepare the underclassmen to play on the **Varsity teams**.



The JV baseball team's batting average for this season was much higher than last year's.



A softball is **twelve inches** in circumference, making it **three inches larger** than a baseball



Thomas O' Keefe(9) prepares to toss the ball to his throwing partner. Throwing mechanics are as essential as batting and must be worked on daily.

Corey Pickerel(9) takes his cuts off the batting machine during practice. Taking pitches off of the batting machine gives the players opportunity to perfect their skills at hitting and placing the ball in certain places in the



Mary Lawson

Staff Writer



A na Resnick gathers balls that have been hit all over the outfield during batting practice.



A baseball player must be ready for both fly and ground balls. Michael Austin (9) makes a move to catch a line drive that was hit to him.

B



Standing at the plate, Mackenzie Meador(9) prepares to hit the oncoming pitch off of the batting machine.

Kingkle Jaghte Maghte M

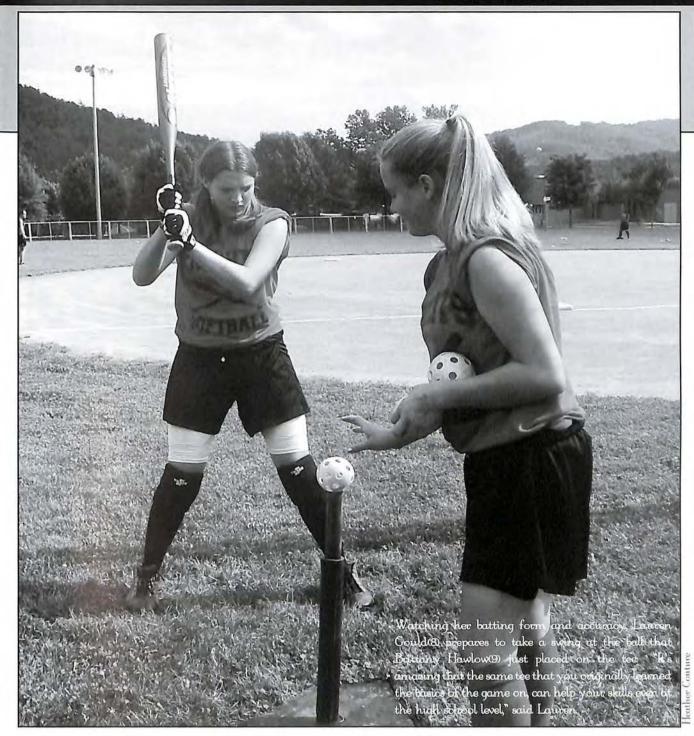
Front Row - Chris Boylan, Michael Kluge

Middle Row - Daniel Downing, Thomas O'Keefe, Michael Austin, Kevin Munson, Scott Barrier, Blake Klarber, Brady Stoval, Garrett Johnson

Back Row - Coach Garland, Jake Moore, Andrew Sinnes, Andrew Secrist, Danny Aiken, Jordan Leet, Corey Pickeral, Will Osborne, Coach Burtis

SCOREBOARD

| | STATE OF THE PERSON NAMED IN | |
|-----------|------------------------------|---------|
| <u>CS</u> | OPPONENT | VISITOR |
| 46 | N . A . C | 6 |
| 12 | North Cross | 2 |
| 8 | Glenvar | 10 |
| 12 | Glenvar | 4 |
| 8 | William Byrd | 9 |
| 15 | Blacksburg | 1 |
| 10 | Hidden Valley | 9 |
| 5 | William Byvd | 8 |
| 10 | Salem | 11 |
| 8 | Pulaski | 4 |
| 6 | Christiansburg | 1 |
| 4 | Blacksburg | 2 |
| 12 | North Cross | 0 |
| 5 | Hidden Valley | 11 |
| 3 | Salem | 5 |
| 14 | North Cross | 2 |
| 8 | Pulaski | 7 |
| 7 | Christiansburg | 6 |





Tirst year JV softball l player Meredith Moore(8) trys to keep herself hydrated during practice. "At some practices it is so hot that we have to take numerous water breaks."



ourtney Cooper(8) practices her pitching form and technique.

SCOREBOARD

| CS | OPPONENT | VISITOR |
|-----|------------------|---------|
| 0 | Jefferson Forest | 11 |
| 10 | William Byrd | 6 |
| 1 | Franklin County | 11 |
| 2 | Franklin County | 6 |
| 2 | James River | 9 |
| 1 | William Byrd | 12 |
| 3 | Jefferson Forest | 4 |
| 3 | Hidden Valley | 10 |
| 19 | Salem | 12 |
| o o | James River | 2 |
| 10 | Pulaski | 0 |
| 4 | Christiansburg | 0 |
| 13 | Blacksburg | 4 |
| 5 | Hidden Valley | 5 |
| 1 | Salem | 1 |
| 20 | Pulaski | 5 |
| 10 | Christiansburg | 7 |

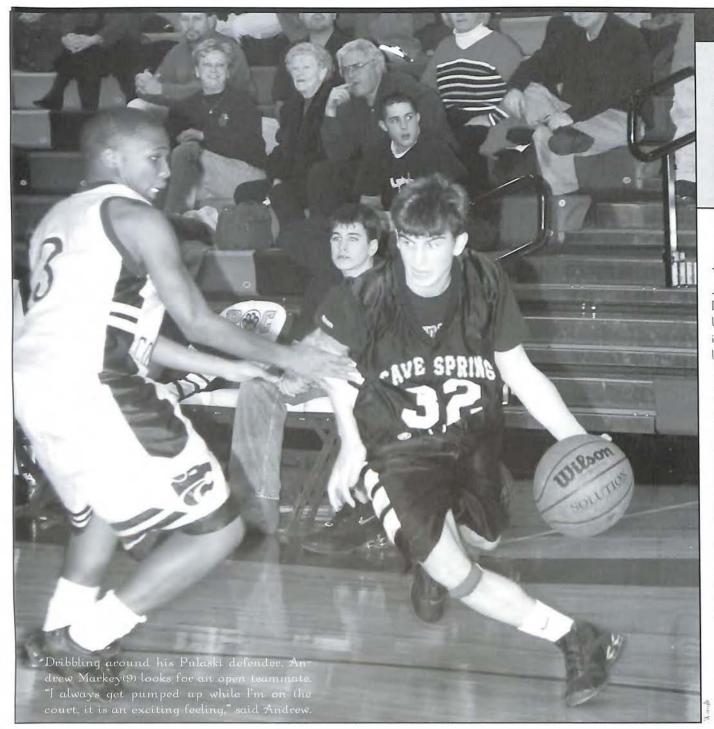
S



------Softball

Front Row - Brittany Harlow, Casey Palmer Middle Row - Ana Resnick, Jessica White, Kim Hunt, Courtney

Back Row - Jessie Ferguson, Ana Scott, Kristen Boyd, Meredith Moore, Olivia Ferguson (manager), Kristen Hambright Not Pictured - Lauren Gold





Playing defense against his opponent. Andrew Lavinder(9) hoped to steal the ball. "Playing defense is really intense, and it gets your advenatine pumping." Andrew said.



Getting in front of her oppo nent. Lauren Knuppel(9) blocks her from scoring a basket. This was Lauren's first year on the junior varsity basketball team.



Front Row- Kim Hunt, Jaci Clark, Demi French, Jamie Barr, Tessy Henry. Second Row- Lauren Knuppel, Jessica Boatwright, Ava Stephens. Third Row- Coach Downs, Coach Reynolds, Coach Rhodes, Tristin Kaase



Front Row- Shawn Ferguson, Andrew Lavinder, Andrew Markey, Rich Diones. Second Row- Sam Cole, Adam Bock, Andrew Secrist, Pete Hamilton, Joe Langford. Third Row- Coach Garst, Quincy Ruckert, Charles Sublett, Stephen Fralin, Danny Aiken, Coach Myers.

IMINGHIGAN and Stephen refending her opponent from going up

ooking for an open teammate, Adam Bock(9) makes a pivot step to pass the ball "I have made many new friends from being a member of the team." Adam said.

Hor a shot, Tristin Kaase(10) tries to guard the ball from going in the basket.



Fralin(10) were the captains of the team.



Charles Sublett(10) accounted for the most rebounds spanning throughout the season



Sam Cole(10) scored the most baskets for the junior varsity team.



The captains of the girls junior varsity team were Jaci Clark(9), Tristin Kaase(10), and Jessica Boatwright(9).

Scoreboard

Boys

| Roanoke Catholic | Lost |
|------------------|------|
| Northside | Won |
| WilliamByrd | Won |
| Patrick Henry | Lost |
| Northside | Won |
| William Fleming | Lost |
| Salem | Lost |
| Roanoke Catholic | Won |
| Pulaski | Won |
| Christiansburg | Won |
| William Byrd | Won |
| Hidden Valley | Lost |
| Blacksburg | Won |
| Salem | Lost |
| Hidden Valley | Lost |
| Blacksburg | Won |
| | |

Girls

| 3 | 9) |
|----------------|------|
| Alleghany | Lost |
| patrick Henry | Won |
| Amherst Co. | Won |
| Wm. Byrd | Won |
| Alleghany | Won |
| Patrick Henry | Won |
| Wm. Byrd | Won |
| Amherst Co. | Won |
| Blacksburg | Won |
| Salem | Won |
| Pulaski Co. | Won |
| Blacksburg | Lost |
| Christiansburg | Won |
| Hidden Valley | Lost |
| Salem | Won |
| Hidden Valley | Lost |
| Pulaski Co. | Won |
| Christiansburg | Won |
| | |



Coing up for a rebound. Stephen Fralin(10) jumps toward the basket. Stephen has been on the junior varsity team for two years.

Dribbling down the court. Sam Cole(10) makes his way to the basket. "I'm so glad I was part of the team. I really enjoyed hanging out with my fellow teammates." Sam said.

Dribbling around her Salem opponent. Jessica Boatweight(9) looks to her open teammate, Jaci Clark(9) to pass the ball. Jaci and Jossica have played basketball since they were in elementary school





MovingUp

scoring more than years before



Bethany Shelton(10) and Channing Porter(10) were the capitans of the JVgirls soccer team.



The girls JV team won 10 games, lost 4, and tied 2.



The boys JV team won 13 games, lost 1 and tied 1 during their season.



Zac Cates(10), Hal Walker(10), and Jonathan Carlin(10) were the capitans of the JV boys soccer team.



orking hard on the field. Melissa Justice(10) said, "Soccer is the best sport. I like it because it gives me a feeling of energy that I can't get from anything else. Before I go on the feild I'm nervous, but when I get out there I'm ready to go."



Running with the ball. Katie Revolution Straid. "The bast part about barrie on the social team is that you get to bond with your team, but the worst part about it is when we loose a name."

Scoreboard Opponent 3/16 Northside 3/19 Lord Botetourt Girls 1-0 4-0

3/16 Northside 3/19 Lord Botetourt 3/22 Wm. Byrd 3/26 Northside 5-1 6-0 4/6 Wm. Burd 2-2 4/8 Lord Botetourt 1-1 4/20 Blacksburg 0-2 4/24 Hidden Valley 3-0 4/27 Salem 7-0 4/30 Pulaski 4-0 5/4 Christiansburg 0-2 5/7 Blacksburg 0-2 5/11 Hldden Valley 3-1 5/14 Salem 9-0 5/18 Pulaski 5/20 Christiansburg

Running for a go

Running for a goal, Channing Porter(10) said, "I get such a rush when im on the feild, I get really agressive and excited at the same time."

Performing a back pass, Adam Bock(9) practices his skills at with his teammates at practice after school

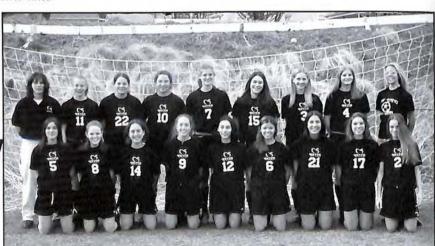


Kicking the ball, Kellee Jacobsen(9), said, "I love soccer so much, when I get on the field I don't think about anything else."





Kicking the ball down the field, Jonathon Carlin(10) keeps the ball away from his opponent.



Front row- Coach Angie, Kelsey Kerr, Sarah Hamby, Courtney Riall, Rachel Bouamont, Channing Porter, Kellee Jacobsen, Nikki James, Assistant Coach Mandy Back row- Melissa Justice, Katie Gordon, Bethany Shelton, Abby Austin, Jamie Barr, Paige Earls, Kristen Whinchetl, Lindsey Stocks, Allison Crawford

By: Logan Paris

Staff Member



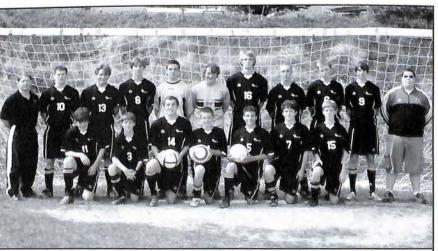
Blocking the ball, Jamie Barr said, "Soccer is one of my favorite things to do, I enjoy it because it isn't like any other sport."





Directicing his goal keeping skills, Tyler

Kerr(10) kicks the ball back to his teammate.



Front row- Coach Niles Harvey, Nick Fanti, Gray Patterson, Jonathan Carlin Josh Roupe, Tyler Kerr, Hal Walker, Zach Cates, Graham Casler, Andrew Haudnshatl, Ben Beasly, Back row-Vaughan Stevens, Kyle Moir, Adam Bock, Shane Butler, Anthony Perry, Stephen Mineheart



Daying defense on his opponent. Cameron Leas) chases after the ball. Having control of the ball all of the time is essential.

Scoreboard

| Opponent | Bous |
|---------------------|-------|
| 3/16 Northside | 7-0 |
| 3/19 Lord Botetourt | 6-0 |
| 3/23 Alleghaney | 6-0 |
| 3/26 Northside | 5-0 |
| 4/6 Alleghaney | 8-0 |
| 4/8 Lord Botetourt | 4-0 |
| 4/23 Hidden Valley | 3 - 1 |
| 4/27 Salem | 6-0 |
| 4/30 Pulaski | 5-0 |
| 5/4 Christiansburg | 5-0 |
| 5/7 Blacksburg | 0-4 |
| 5/11 Hidden Valley | 0-0 |
| 5/13 Salem | 4-0 |
| 5/18 Pulaski | 4-0 |
| 5/20 Christiansburg | 6-0 |

A KNIGHT'S COMMUNITY

The Cave Spring community is always involved in the schools activities. Around homecoming signs and flags were always flying to support the teams. Many residents in the area came out to support the athletes and school clubs by cheering on the students as they rode down Chaparral Drive for the annual Homecoming Parade. Parents in the community united for Red Ribbon Week, decorating the entire school with red ribbons. The community is one-hundred percent involved in Project 50 as we prepare to complete a new sports complex for the school's 50th anniversary in 2006. The lobby and gymnasium were transformed by parents for the after-prom party. Cave Spring parents joined together to brainstorm different themes and activities for the students to participate in at after prom as stores and restaurants around the Cave Spring area donated prizes and gift cards for student to win. Parents were behind the scene for school productions, senior day, and school beautification projects. The community truly encircled the school and was always ready and willing to give their time and talents to form the Knight Community:



Tara

Our shining star.
Life's a dance,
Live it to the
fullest.
Love, "All of us"!



Matt Bierwagen

To a very special grandson, Matthew Bierwagen.

Hals und Beinbruch!

All my love - Gran



Little Bets...

FRIENDS FOREVER

that's what sisters are... and that's what you are. Always keep smiling!

Much Love, Meg



Betsy Davies

Brit~



We are very proud of you and will always be there for you!!





Brittany Lindsey

Love Always, Mom, Dad, and Daniel

Allison

The BEST is yet to come!

PROMISE!



Love always,

Mom and "Dud"

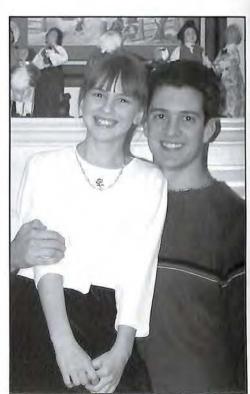
ALBAY

Your are such a great brother. Thanks for helping me with so many things.

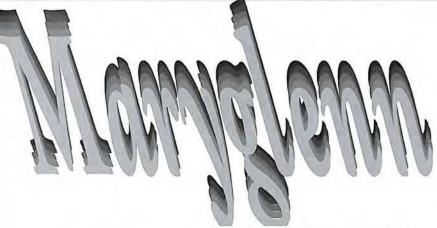
Love, Charlotte



Alex Welch



Alex Welch







Maryglenn Gust



Maryglenn Gust







Maryglenn Gust



Maryglenn Gust



MAY YOUR FUTURE BE AS WONDERFUL AS YOU HAVE MADE THE PAST 18 YEARS FOR US.

> LOVE, MOM AND DAD

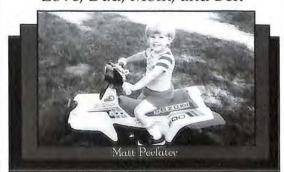


Matt Perfeter



Congratulations! We're proud of all your accomplishments You Made It!!!

Love, Dad, Mom, and Ben





Anna Fendley

Congratulations Anna

We are SO proud of you!

Lots of Love, Mom & Dad



Do not follow where the path may lead.
Go, instead, where there is no path and leave a trail. Congratulations!

Love, Mom. Dad. and Tim



Congratulations!
Way to go, Rachel!
- Your loving family



104_105

Congratulations!

Love Always, Mom



Lance Gallimore

Congratulations

We love you Daddy, Sis, and O





"Yesterday's dearest moments are today's dearest memories." -W.R. Lawrence

We wish you a lifetime of love and joys with your goals fulfilledin always being our special "spudrow"!

Love, Mommy, Daddy, Maeghan, and Matt







Kristen Gliniecki

Julianne



We are so proud of all you have accomplished. Don't ever lose your dream. We love you.

Mom, Daddy, and Sarah

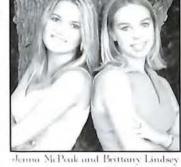
*

JENNA AND BRITTANY









We made it!! **BEST FRIENDS ALWAYS!** CLASS OF 2004

Allison **CONGRATULATIONS!**



Good luck in everything you do.Remember to always follow your heart and your dreams.

> Love Always, Mom and Dad



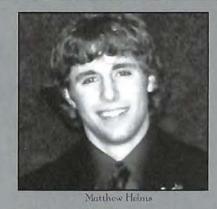
Jessica Brim

MG Property Management would like to recognize Jessica Brim her senior year 2004.

> Good Luck, **Best Wishes!**

A Friend to All!

Matthew



Helms

It seems like yesterday when you graduated from preschool. Oh, the lessons you have learned...most importantly valuing the uniqueness in all and offering friendship to everyone. We are so very proud of you.

May all of your dreams come true.

Love,
Mom and Dad



Matthew Helms

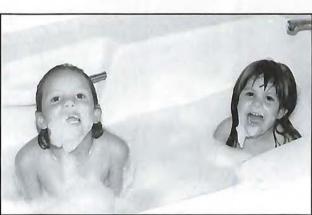
AMANDA



Life is a journey. Play hard.
Play to win. When they count
you out; count yourself in.
Follow your heart, trust your
abilities, and dare to dream.
Bounce, bounce, bounce!
Love,
Mom, Dad, and Jennifer



Amanda Wada



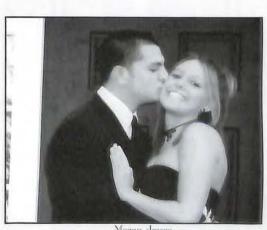
Megan Jesse



Megan,

Good luck in
Hollywoodl
We're so proud
of you.
We love you Gooners!

Mom and Stephanie



Megan Jessee



Megan Jessee

Kyle

Congratulations!

Love, Dad, Mom, Lauren, and Meredith



-Magen-

We are so proud of our little girl! May your dreams take you fa<u>r!</u>

We love you, Mom & Dad



Andrea





We are so proud of you. You are very special to us and we will always love you and pray for you.

Love

Mom, Dad, & Andrew

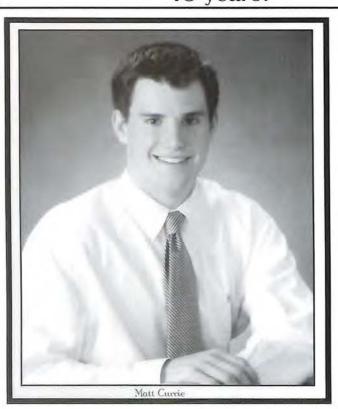


Matthew

Congratulations Mattie! Your family is so proud of you. May the rest of your life be filled with as much happiness as you have brought us over the past 18 years!



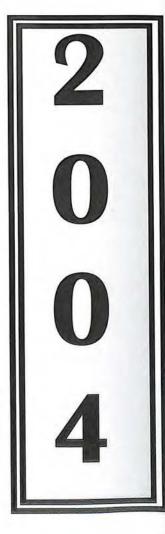
Matthew Winston



We are so proud of you! As you head off to college, may all your dreams come true.

Remember, We love you most!

Mom, Dad, Jac, and Doug







You have made us proud from coast to coast. We love you. Mom & Dad



"Many daughters have done well, but you excel them all." -- Proverbs 31:29

Mark



We are so proud to have you as a son and a big brother. Thanks for 17 great years! Here's to many more.

With much love, Dad, Mo, Matt, David, Sarah, and Meghan



As you leave the family table and journey off into the world to find your own piece of the big cake, we want you to know how proud you make us and that we will always love you. There will be an empty spot at the table; and, oh, by the way, we are going to Cancun on the money we will be saving on groceries.



Love. Mom, Dad, Tristin, & Taylor

Laura

"I see trees of green, red roses too. I watch them bloom for me and you and I think to myself: What a wonderful world" -Louis Armstrong-"What a Wonderful World"





You make our world so wonderful! Congratulations! 1000 Dad, Lisa and Alexa

Congratulations!





Seek up!
We're proud of you
Love,
Dad & Ellen



We're so proud of you

Josh

Love, Mom, Dad, Sara, and Deidre



Josh Crowder

Kattie

From the time you graduated from PreSchool to now, you have and will always be our "Little Girl". We

are so proud of you.
Follow your dreams,
Love,

Mom & Dad



Katia Marrison



Kutii Morriso

We love you very much and are so very proud of you! Love,

Dad, Mom, Lorna, and Alison





Erin Always let your heart keep dancing.

We Love you, Mom & Dad

Maryglenn

Thanks for being a wonderful sister!

We love you, Caroline and Virginia.





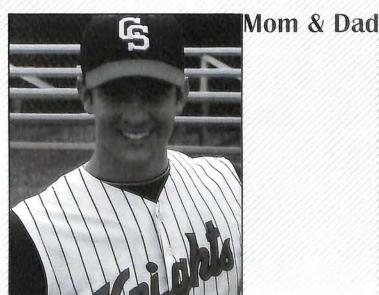
Through the years of your life, These are the ones you'll relive the



With Love, Morn, Dad & Brandon



CONGRATULATIONS TO THE MOST WONDERFUL SON! Love always,



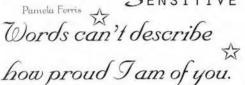


⊅OSITIVE ARTISTIC MOTIVATED SNDEARING LOVING AMBITIOUS



Pamela Ferris FAITHFUL ENERGETIC RELIABLE REALISTIC INTELLIGENT SENSITIVE

[☆] Love,







"A child is laughter conquering the world with an open smiling face. A child is love uplifting the world to a happier, higher place."





Thanks for your smile, your love, and all the laughs!



Love,

Mom, Dad, and Katie



Lauren

You are a class act. You have been a gift to us and we are proud to

be your parents.

With love forever, * Mom and Dad

You are a special young man and have made us very proud. You have incredible strength and fortitude but you will never be able to hide that big heart that always shines through. We know that happiness will follow you wherever life leads! Make your dreams come true,

Bruiser! Love you so much, Mom and Dad



I am so proud of you, big brother, and love you very much!





Boad Haives

Congratulations Jamin!

We love you,

We are always so proud of you! We're blessed to have you as a son. We wish you the best and we'll always be here for you.



Mom, Dad, Brady, and Jordan



From a sweet little boy to the wonderful young man you have become; we are so proud of you!



Love, Mom and Mike

ගෙග

CLAIRE

We are so proud of the beautiful young lady you've become. We

love you dearly!



Love, Mom, Dad, Samuel, and Sarabeth

PROVERBS 3:586



MARK



What a trip it's been! We love you and wish you so many good things.

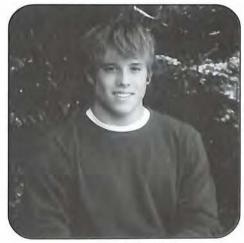
Mom, Dad, and the dogs



Good luck to the last Bauman Knight from the others! Good luck, Mark B.

Love, Carrie B and Andy B

CONGRATULATIONS



Tyler Coldsmith

TYLER

We wish you the best as you begin the next chapter in your life. No matter where you go or what you do, we will always be

so proud of you.



Tyler Goldsmith

202-203

Love, Mom, Dad

Lauren, and Christy



Congratulations Erica!

It has been a long journey but you made it with dignity. I love you, Your Grandmother

Congratulations "Curly Top"! God has truly blessed us with a precious daughter like you!



Always remember Philippians 4:13.



Love, Mom and Dad



Emily

We're so proud of all you've achieved, the lives you've touched and most of all for being you. You bring us sunshine and such happiness. Remember to work hard, love, play, and live life to the fullest.

You'll always be so beautiful and precious to us. We love you, Mom, Dad, Stephanie, & Jennifer



Matthew-

You have brought so much joy into our lives. We could not be more proud of you! **CONGRATULATIONS!**



Love, Mom, Dad, and Stephanie





Allyce-

You were always on the move, my little traveler, can't wait to see where he

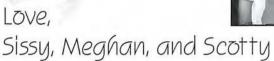
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Jenna Mcpeak

Vove. Mom



Congratulations Al!





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Dad, Mom, Kristen, David



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Laura Tobusse

Lally

From the day you were born, you have brought so much love, happiness, and joy with your beautiful smile and thoughtful personality to everyone you meet. You are so special and l am so proud of who you are and all that you will be. May all your dreams come true!

With tons of Love, Mama





Sarah S





Sarah Beltran

Savah Beltran

We are both very proud of you. We know you are going to succeed in college as well as in the rest of your life. Have fun, but most of all believe in your dreams.



With All Our Love, Mom & Dad



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zristen

May happiness and success be yours today, tomorrow, and forever.

| Love You,
| Nana

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You will always be our little princess! Love: Mom, Laurie, and Andrew





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> Love You Very Much! Mom



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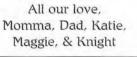


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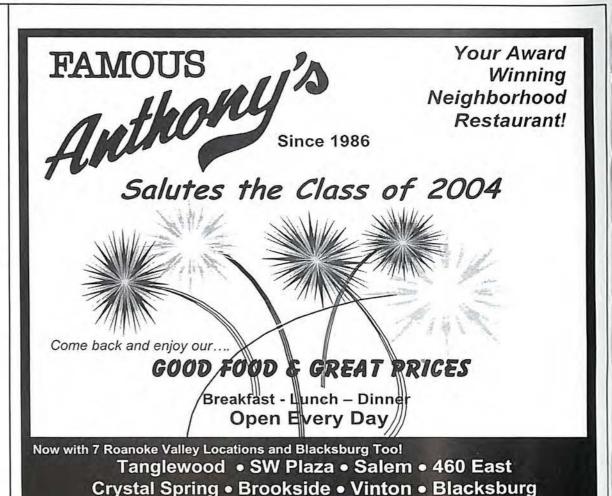
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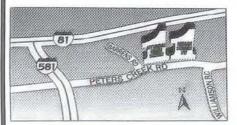
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CAPTURING MEMORIES

Focus of the 2004 Accolade Yearbook staff



The 2004 Accolade was published by Jostens Publishing Company located at 2505 Empire Drive, Winston-Salem, North Carolina 27103-6709. The local representative was Tina Cannon and our in-plant representative was Jana Poplar. The contract photographer was WingIT.

The theme "Knight Vision" was developed by the staff during the summer. Rick Brooks, a Creative Resource Consultant from Jostens took our ideas and developed our cover design. Laura Schaub and Shannon Williams, two of Jostens Creative Resource Consultants, helped with the development of our page layouts.

The yearbook staff consisting of 12 students who met during first period created this publication on Macintosh computers using the programs of Adobe Pagemaker 65*. Photoshop 60 and Jostens' YearTech program.

Logan - It was great getting to know you, talking about our love for John Mayer and making Kristin turn off the country music every time she made us listen to it.

Joyce - It was great catching up on childhood memories. Thanks for sharing the computer with me and not getting mad on deadline days when I would freak out!

Melissa -Thanks for all your smiles and quite assuring way of getting things done.

Mary - Through tears and yelling we made it through. Thanks for not killing us when we told you your spread was due tomorrow.

Jennifer - Thanks for helping me cram for psychology tests and making us feel smart when you would make an A on the test while Kristin and I just made passing grades on the test. Without you, our club and academic sections would not have turned out the way they did.

Maggie - Thank you for helping me with staff organization and attempts at fixing the MAC's when they broke down.

Carrie - You always made us laugh when you made us listen to the Spice Girls CD. Your creativity and superb photo skills will get you far. Good luck in the future as a soon to be editor.

Camille - Thanks for hanging in there when it got tough. Thanks for the cheer in your heart and the delicious goodies.

Pam - What a year! Thanks for helping us keep track of the business ads.

Heather - You always kept us up to date on sports related activities and when we needed to take pictures. Without your help and dedication as sports editor, our sports section would not have turned out like it did.

Good luck and have a great year. Love - Sara

Tina and Teresa - Thanks for the late night corrections and computer help! You truly are our Shining Knights!

















2004 Accolade Staff

Sitting on floor: Camille Miles, Mary Logan,
Heather Couture, Editor Kristin Gliniecki.
Carrie Doughty: Sitting on couch: Ashley
Moore, Melissa Bernitt, Joyce Metzler: Standing: Pam Ferris, Sara Morgan, Maggie Cannon.
Jennifer Craighead. Not Pictured: Advisor
Sandy Gotschal









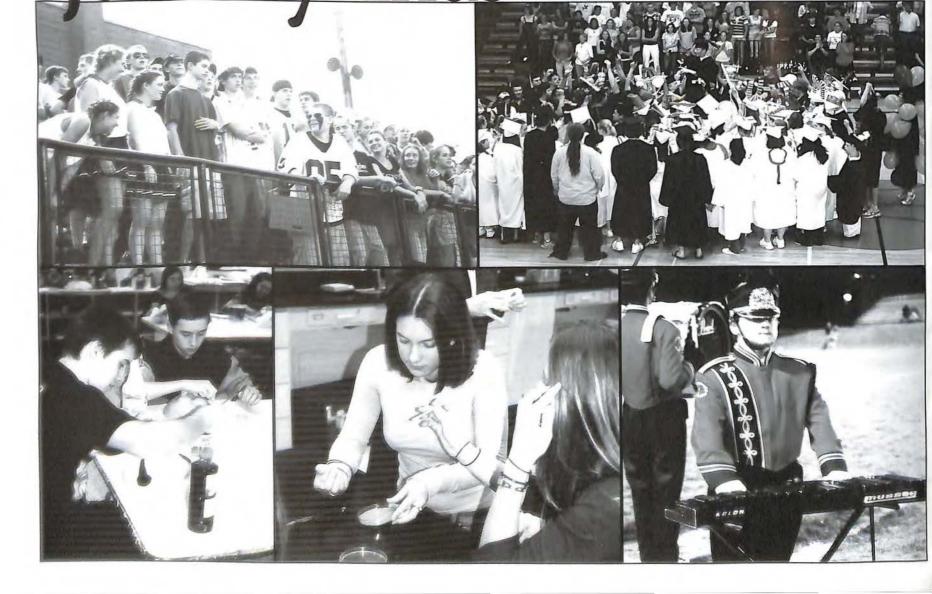




A Knight's Journey Ends



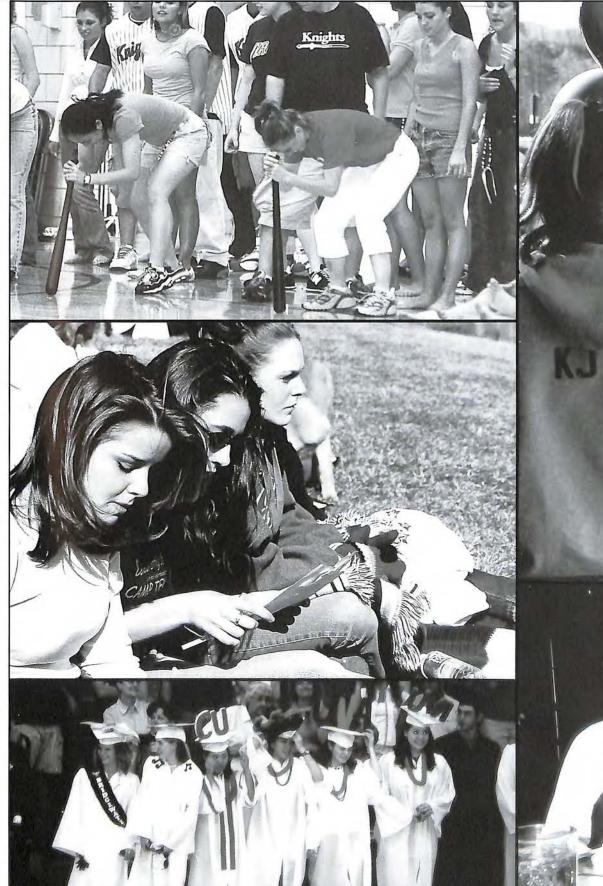
















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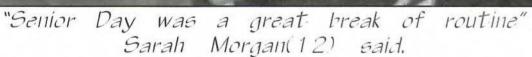


UST FOR YOU Time for farewells and fun

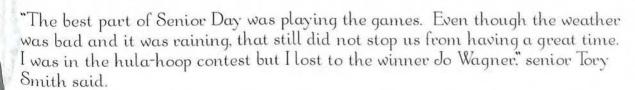








"My favorite activity of Senior Day was definitely the dizzy bat race. It was so funny to see everyone get really dizzy and not know where they were and run into people. I tried to do the hula-hoop contest, but the hula-hoops they got were too small and most of the seniors could not fit in them including me!" said by Smith(12)



As I walked into the breakfast, I finally realized that my senior year was coming to an end and that I would soon be graduating and moving onto the next phase of my life. Over all senior day was great way to end the year," said Matt Sinnes(12).

"Senior Day made me realize how great my class was and just how much I am going to miss them when I go off to college," Maya Kumazawa(12) said.







nille Mile

Senior Day



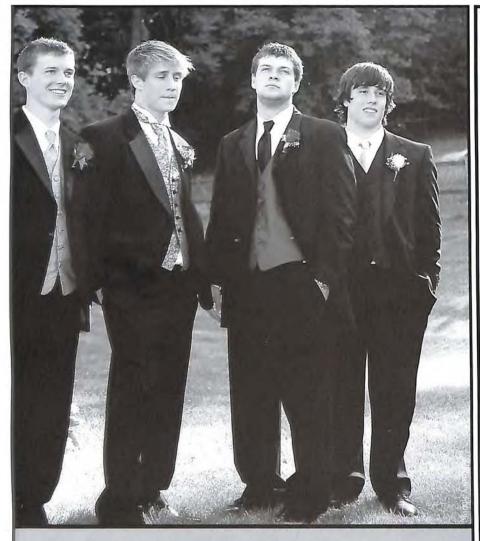




Starry Constarry Knight



Dancing The Night Away at Prom



Ryan Cook, Mark Bauman, Zach Chapin and Tyler Goldsmith pose for pictures before taking their dates to the prom. "It was hard to keep smiling for an hour while all the parents stood around us and took pictures." Mark Bauman(12) said about posing for pictures before the prom. The Prom was held at the Hotel Roanoke.

"I think the most memorable part of prom was just being able to be with all of the people you care about and just having a blast!" Kiara Gomez(11) said.

"I loved the decorations and how formal everything looked," Maggie McClung(11) said.

Maggie Cannon(11) said. "Prom is where you can really cut loose and have a good time. The best part was dancing with my date because we had a lot of fun together."

"I was really surprised when I found out that I was on the prom court. It was such a shock because I did not think that I would be chosen," Shannon Bernardo(12) added.

"Going to prom as a freshman was a great experience. I had a lot of fun with all of the activities that night." said Chris Mecca(9).

"A funny thing that happened to me and my date was that we were wondering around the hotel and we ended up in a wedding party!" said Tava Mastrangelo(12).

"Prom was tons of fun. The music was decent and it was not too crowded. Even though many of my friends weren't there, I still had fun," commented Ashley Braden(12)

"The food on the buffet was wonderful! It was a lot better than I expected," Heather Couture(10) said.

"My favorite part about prom was the whole dance in general because it was the first time I went to a school dance with a boyfriend and not just a friend" said Kristen Cliniecki(12).

> By: Camille Miles Student Life Editor

















"Being a senior, prom was my last school dance. It was a great way to end the year with wonderful memories," Sara Morgan (12) said.





Dancing to the beat and having a good time, students made prom 2004, Storey Storey Knight a macross

Scott
Blanding(12) and
Megan Horan(12)
take their dance
as prom king and
queen. "It was an
honor being
chosen as the
prom queen. It's
nice to know that
my peers think of
me as someone
that deserving,"
said Megan.



Drew Nichols, Mark Florian, Matt Currie, Scott Blanding, Mark Baumann

Shannon Bernardo, Megan Horan, Katie Morison, Krupa Patel, Erin Vandeline

King: Scott Blanding Queen: Megan Horan Prince: Drew Nichols Princess: Katie Morison

2004 Senior Prom Court



Tim Rabbina 120 picks up his picks up his picks up his picks. Didn you students received a clock with a picture forms and a pickness home key chain.

Prom

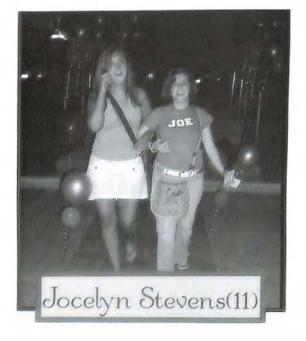
Holyvvood Knights Late night fun at Afterprom

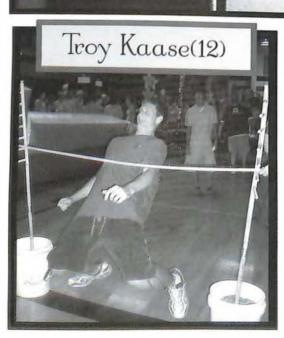


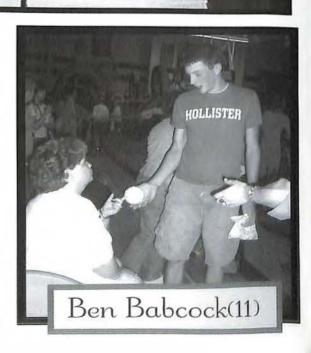
Barrett Henderson(11) peeks outside the entrance to the inflatable obstacle course to talk to a friend, I was racing one of my friends and he cheated so I had to yell at him for being unfair," said Barrett"



haffin Scott(11) thinks carefully before placing a bet at the blackjack table despite the influence of his friends. "Playing Blackjack was the best place to win money, "said Chaffin.









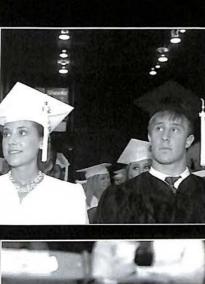
Once again the senior parents outdid themselves on the after promextravaganza. The always free, always fun event was a smash hit this year with games, karaoke and, of course, raffles and prizes. "Singing That Old Time Rock n' Roll' by Bob Seager with Mr. Meck was the best part of after prom. We were inspired by the free sunglasses. Likewise, I loved catching Tyler Goldsmith(12) singing 'Man I Feel Like a Woman' on camera for the senior video," said Brian Peters(12). But while Brian enjoyed the Karaoke, it seems the most loved event was the joust. "There is no greater feeling than going to town on your opponent," said George Leffue(12). Rachel Leonard(12) agreed, "Iloved the gladiator fights because I got to kick my friend's rear!" said Rachel. "My favorite part was probably watching and doing the velcro wall. It was Hilarious!" said 'Allyce Burdette(12). "I had three favorite things," said Jessica Hambright(11), "the prizes, the velcro wall, and definitely the inflatable slide."



Kendal Martin(11) and boyfriend day Poff(12) get ready to play a great place for tickets in hopes to receive a good prize." After prom is a great place to go after the dance because you get to see your friends and earn prizes at the same time," said day.

Maggie Cannon Student Life Editor



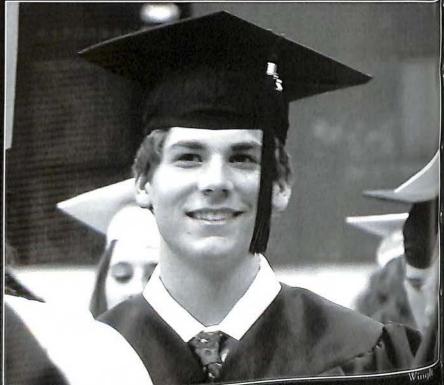


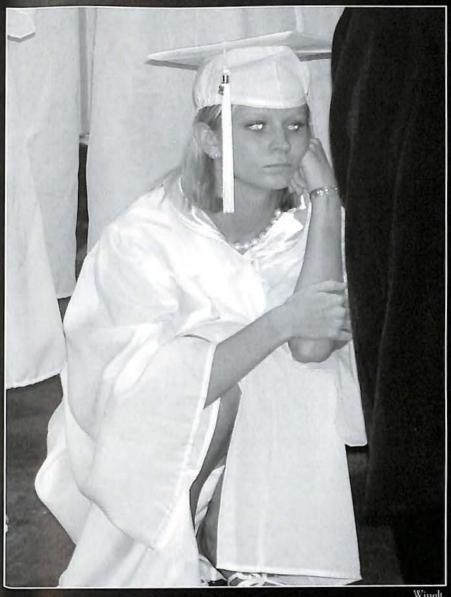




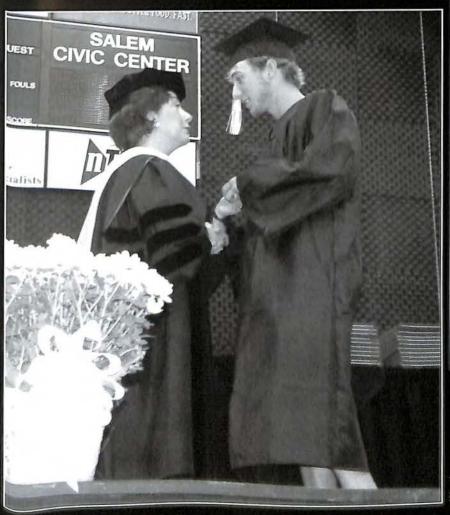




















Graduation Speeches

"Be proud of all your accomplishments and rejoice in all the friends and memories you have. Take that memory and store it." Kristin Austin(12)

"Class of 2004 lask youto remember the beginning and the end, but most importantly, remember the middle." Brian Peters (12)

Congratulations!

Camille Miles Student Life Editor

Graduation



Senior Signatures











