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## CAIS Sinice

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## Mever Fade

## Atecolade 2006 Oave $\mathcal{S}_{\text {pring }}$ Obigh Sehaol $^{2}$

372 Chaparral Drive Roanoke, Va zqoris 5oth Edition

Population: 888




















Somie mupessions











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Becca Almond(12) celebrated her birthday during the summer with her friends. "My friends all came to my house for my 17th birthday. We ate a bunch of desserts and stayed up late talking and catching up," stated Becca.


Some students spent part of their summer participating in church activities. Lauren Reid(10) stated, "I went to Nicaragua on a mission trip with my youth group during the summer."


Assummeetinue Stips



Lindsey Stocks(11) and Whitney Williams(11) took a trip to Nirobi, Kenya during the summer with their church, Rosaland Baptist. Whitney and Lindsey spent 10 days in Kenya, Africa with 20 of their peers from church. While there, they helped children who suffer from HIV and AIDS and also
young people who were homeless. As well as helping the children with HIV and AIDS, Whitney and Lindsey did small Bible study groups with the children and teens in the villages. "Being in Kenya changed my life, it's hard to see people in need of so much.", said Lindsey. Whitney said, "This trip was a life changing experience. You look at things differently when you come home. You learn to really put things into perspective." We learned that many other students took trips over the summer but this trip to Kenya was ont that truly impacted lives around the world.

Lauren Harris Student Life Staff

Megan Bowles Student Lifi Editor

Courtsey of Mrs. Williams

## What did you

do this summer?



Kayla Wills
Scudent Life Staff
$=$ What is different about the school year?

"This year I have a lot more homework. I also have new friends." said Andrew Henahan(10).

"It was an honor to be able to carry the sword for Charles," said Stephanie Fortune(12).


Dr. Cobble presents the new Knight, Charles Sublett(12) to the students in the auditorium on the first day of school.

"I moved here from Michigan and I was very nervous, but after the first week I felt really welcomed," said Logan Smith(9).




## Student \& postliaht

The seniors, decided on toga day instead of dressing up for decade day. Because 80's day was Friday for the seniors, seniors decided to be unique and wear homemade togas. Many students gathered outside of school or the halls in the morning to help one another prepare for this senior activity. "It was a lot of fun to be able to be recognized as seniors by being different than everyone else on decade day," says Lauren Sledd(12).




Decorating the sophomore hallway for the last day of spirit week, Amanda Couture(10) said, "It was fun to hang out with my friends and decorate the halls for homecoming," Amanda said.


Nora Vitello(12) and her friends had the opportunity to help decorate for the senior spirit day on Friday. There were many jobs that had to be done so there was never a free moment.

Lauren Harris


Student Life Staff




What was your favorite part of the night? $\frac{\text { Meran Bowles }}{\text { Sudent Life Edroor }}$

"My favorite part was being there with all of my friends," stated Dana Orr(11).

"Dancing was my favorite part of homecoming, said Devon Koch(10)

"I'm glad I had the honor to be on homecoming court," said Grace Kytchen(11).

"The best part was getting ready and taking pictures," said Carrie Doughty(12).






Melissa Bernett(12) works in the snack shack at Hunting Hills Country Club during the summer. She stated, "It is a really fun job to have over the summer because a lot of people are here."


Folding clothes at J.C. Penny, JC Chauncey(12)
said, "Working at a department store in
Tanglewood is different than a lot of other jobs
because I am constantly helping someone."


During the holiday break students get together with friends to exchange holiday gifts. One of the most popular gift exchanging games is "Secret Santa", when friends buy eachother gifts, but keep it a secret. It is fun, easy and inexpensive, since there is often a price limit on the gifts. Sometimes students will have a party where everyone opens there gift and their "Secret Santa" is exposed. A twist on "Secret Santa" is "Dirty Santa" where you not only open your gift, but can actually steal another's gift if you like it more. Many students enjoy these holiday games because they are exciting and fun. Laurin Ann Link(10), Lauren Goetsch(10), Chelsea Custer(10) and friends are pictured below at their own Secret Santa slumber party. Laurin Ann said, "I really enjoyed doing Secret Santa because it gave my friends and I something fun to do while exchanging gifts."

Laurin Ann Link


Kara Campbell(12) and Lauren Ammar(12) enjoy a girls night together. The girls decided to stay out of the cold weather and play games, and watch some movies.

## What Did You Do On Your Weekends?




Kavla Wills
Student Life Staff


Before a basketball game, David Redick(12), Kenny Horan(12), and Tommy Burgess(12) relax and have fun hanging out together at Kenny's house.


Anthony Perry(11) helps himself off the ice after taking a fall at a friends house.

1 Gray Patterson(11) and Kelsey
${ }^{\circ}$ Mueller(10) have fun in a game of basketball. Gray said, "I really enjoy playing basketball with my friends."

During the holiday break, Rachel Henry(10) works on making some Christmas Cards for her family and friends.


Winter/Fall Weekends

\section*{Frashion fftetend <br> | Luuren Hurris |
| :--- |
| Suden Life saff | <br> Kristie Moore(12) and Ashton Helms(12) look through Kristie's purse before class. "This year I have become addicted to buying purses. The favorite purse that I have would probably be my Dooney \& Bourke," said Kristie. <br> What Was Your Favorite <br> Trend? <br> }


"Fashion is just another way for me to express myself. I have always had a great interest in highdesigner clothing, with such designers as: 7 for All Mankind, Dolce \& Gabbana, Juicy Couture, Versace, as well as Giorgio Armani," said Chris Mecca(11).
"To me, long tank tops are a lot more comfortable. I like being able to wear a regular or cropped jacket over the top of it to show its length," said Kaitlin Rice(12).



## Stadent \&portight

A new fashion trend among teenagers are mp3 players, specifically the new Macintosh iPods. These popular mp3 players can be used in numerous ways. Some students take their iPods to the gym, on trips, and just simply use them at home or in their cars. "I really enjoy using an ipod because it is smaller then a cd player." said Daniel Vaught(12).


## Student \& potlight



Mill Mountain Coffee \& Tea has become one of the main hangouts for high school students. The coffee shop lets teens hang out and communicate with eachother, and possibly study at the same time. At Mill Mountain, the relaxing environment helps students have fun and get work done. "Mill Mountain is my favorite place to go study for tests with friends," said Chelsey Hall(12).


## TV lim <br> The Kiights <br>  <br> cos <br> Come Out

What Do You Do In
Your Free Tíme?

Megan Bowles
Sudendiffe Edior


















The idea of bringing back a REC team was a hit when Terry Langford and Nancy Fralin decided to put together a team of fun, talented students. The newly developed team consisted of Quincy Ruckert(12), JC Chauncey(12), Richard Diones(12), Stephen Fralin(12), Joe Kozicky(12), Josh Leamnson(12), Will Osborne(12), Andrew Markey(11), and Jeff Wardach(11). The team decided to name themselves the "Ternances", by combining the names of the coaches.

With only one practice before their first game, the team had to face a challenge of playing against one of the three Hidden Valley REC teams. Half way into the game, Stephen Fralin(12) had to be taken out due to torn ligaments in his foot. "This was not a good way to start the season, but we knew we had to pull through" said Joe Langford(12). Although the Ternances did not)wintheir firspame, this did not stop them from trying their hardest and having fun while doing it. "After the fipst geme it nade ors realize What wedhad to do in order to be a team and start acting like one," said JC Chauncey(t2). When word got out Caboukhomenselthese games were, fans started pouring into the gyms to see what the excitement was all about. Some senior girls decided to support their fellow classmates by painting their stomachs to say "Go Ternances", which soon evolved into them being called the "Ternance Ladies."

The Ternances will never forget this experience after successfully ending their season with 7 wins and 3 losses. The idea of starting a small REC team just for fun and playing games turned out to be a very popular activity among the players, fans, and parents. When asked to comment about the team, Quincy Ruckert(12) simply said "Yeah, we're awesome!"


The Ternance players and their coach plan out what they need to do by huddling together during a time out. "We were all friends before we started playing REC basketball so this made us even closer," said Quincey Ruckert(12).

Senior girls showed their REC team spirit by painting "Ternances" on their stomachs. "We made it a tradition to meet somewhere and paint our stomachs before a couple games. This was something from my senior year that I will always remember," said Stephanie Fortune(12).

Julie Sablik(12) signs with Virginia Tech to be on their swim team. Julie now holds 5 individual titles, which is extremely rare for any high school student to hold.


Stacey Craighead(12) signs a schloraship with Seton Hall to play Volleyball during college. Stacey's records include, kills (731) and blocks (283), and she is ranked second in overall Hitting (40.2\%).


At the start of the senior year, students begin the application process to colleges. Students need to apply with the thought of what they want to do in the future. Some students, however, are offered scholarships to a college for various reasons; one of the most common being sports. This process invovles a scout coming to the high school and watching the student play whatever sport they are thinking of playing in college. There aren't many people who get scholarships like these, but when they come along, it is definitely something to be proud of. Three students were offered scholarships棫 various colleges for the sport they played during the 2006/2007 school year, with many more seniors to follow. (David Redick(12) was given a full ride to Marshall University to play football in the fall. Stacey Craighead(12) mill be attendingoSetont十allunivessity to-play volleyball. She said, "I had talked to the coaches of the other schools recrititus me and had waited max bave had other offers, but I didn't care, I knew Seton Hall was the best fit for me." Julie Sablik(12) signed with Virginia Tech at the beginning of November for swimming. Julie was also offered a scholarship by Clemson and when asked why she chose VT she said, "I chose Virginia Tech because I wanted to be closer to home so my parents could still be a part of my swimming. Also because I have known the VT coach since I was 12 when my sister coached with him. And simply, I have always been a Hokie fan."

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1. Cory Hauschildt(12) walks down the hall to his next senior class.
"Sometimes it's strange being with juniors in one class and seniors in the next," Cory said.

2. Lindsey Bauomel(12) studies hard before her history test. "Now I have to work harder to catch up with all the people in the senior class. I have missed so much." Lindsey will be attending college as soon as she graduates so she can complete her education.

Alison L. Donato

Caroline B. Doughty
Paige M. Earls

Nicole D. Edwards


Chelsea L. Eichenbaum

Lindsey R. Epperly
Sara E. Equi

Emily E. Ewoldt


AndrewJ. Feldenzer
Robert L. Fendley

Jessica B. Ferguson
William T. Fitzgerald



The rising juniors may notice at their graduation some people will be missing. They haven't moved away or dropped out, they graduated a year early. When asked why they decided to leave the nest so soon, Lindsey Baumoel(12) responded, "I was held back when I was younger so I decided to catch up." Most of the early graduates are supposed to be in the senior class but were kept back for different reasons. Betsey Beasley(12) said, "I am finally in the class I'm supposed to be in, my mom started me a year late in kindergarden." So what did these students give up in order to get their diploma a little earlie?? I gave up most of my summer to complete classes I needed for credits." says Kayla Caldwell(12). There are a few classes that/Peguire the summer, now most of the semior credit courses like English 12, uS
 time with the teacher. Some might wonder vyllyou take a year of or go straight to school? "Picking colleges is always a big deal," Betsey answers, "I have applied to three area colleges and one out of state. All I can do is work hard until I can transfer to another school." Kayla has been accepted into Virginia Western and plans to later transfer to Radford. Many of us know seniors who have graduated before us and we miss them, but do they have any regrets about leaving friends behind? "Most of my friends are in the senior class so I will have no one to miss" responded Lindsey. Early graduation is a wonderful opportunity to open up and see the world a little sooner then the rest of us. Other students graduating early are Cory Hauschildt, Tiffany Strickler, Megan Coffman and Mary Swaffar.


Thomas B. Floyd
Stephanie A. Fortune
Stephen S. Fralin
Laura A. George


Lauren M. Gerl
Andrew G. Gilliam

Chella A. Glennon

Maeghan L. Glimiecki


John E. Gordon
Juliann K: Greco

Kelsev L. Girmes

Randall S. Grubb
Claire A. Guzinski
Chelsey A. Hall
Kelly L. Hall
Sarah K. Hamby
Casey N. Hankins
George S. Hardwig
Daniel J. Harris
Nicole B. Harvey
Cory M. Hauschildt

## Rememberina Four Years In Review

The graduating Senior Class has been through many experiences that other Senior Classes were not able to experience. They will be the first graduating class after the Hidden Valley and Cave Spring division. Also they were the first freshmen class after the split. The class of 2006 is the 50th graduating class. Megan Bowles(12) said, "It is really neat being the 50th graduating class. There have been activities to honor our class and it makes it more special." The Senior's have had many speed bumps along the way such as not receiving laptops as Freshmen and were no longer the only class to be exempt from exams.

On the other hand ithe shaverhad mana wonderfut memories that they ${ }^{\circ}$ with atwass
 committee's and decorating the scheol was awesome." The Senior's also had the smallest class in the school. All the other classes before them had students from other schools which made their class population larger. Alex Veaich(12) said, "It always seems like the classes above and under us have been bigger. This year we're the smallest class and it's not as bad as I thought it would be." Although there were many ups and downs the past four years, the senior class has enjoyed every minute of it.


James H. Hobbs

Brian N. Holben

Justin M. Holland

Kenneth W. Horan


Laura E. Ireson

Jane A. Jennings
Amber M. Jewell
Jeff D. Johnson


Julienne L. Jones

Laura C. Jones

Melissa R. Justice

Tristin . Kaase

Liz Spar(9) hands her laptop to Lindsey Epperly(12) before class. "I have to borrow underclassmen's laptops for schoolwork sometimes, but I'm glad I don't have one", said Lindsey.

Walking through the hall between classes, Megan Bowles(12) talks with her friends. "It's a lot easier to get through the halls with less students and I still have time to talk to my friends," said Megan.



## Dere She Camesuon Valley

During the winter season, six seniors competed in local pageants. Katelyn Reilly(12), Wendy Young(12), Alyssa Walton(12), Stephanie Fortune(12), and Krytstel Rae Rogers(12) were the five seniors that participated in The Miss Roanoke Valley Pageant. Katelyn said, "We have to develop a platform, which is like an essay about something we think will improve the Roanoke Valley. We also have to practice a talent, prepare for judge's questions, and find new outfits."

Another participant, Krystel Rae said, "I've worked on my platform. It's by far my favorite part of the pageant. I feel so strongly about it." Her platform is bringing creativity into the schools. When asked what she would receive if she won, Krystel Rae replied, "I 保receive the ability to have a voice, and work on my platform." She also participated in Jr. Miss North Carolina, where she was 4th runner up. For her talent, Krystel read a dramatic monologue.

Senior Carrie Doughty participated in The Virgima Junt Miss Scholarship Pageant. Carrie explained, "Junior Miss is a little different from the Miss Roanoke Valley Pageant. There is no swimsuit competition, there is a fitness routine instead. There is also a self expression portion which combines interviewing and evening gown." To prepare for the pageant Carrie had to choreograph a dance, brush up on her current events, and buy dresses and accessopies. She also had to spend an entire week in Salem rehearsing and meeting all the contestants from around Virginia.

Although none of the seniors walked away with the crown, all gained valuable experience and made many new friends throughout the state.

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Katelyn Reilly(12) gets her hair done by Wendy Young(12). This was Katelyn's first pageant, and for her talent she performed a dramatic monologue. Katelyn said, "I loved modeling my evening gown, and having my father escort me on the stage. It was a special time we could both share."


Stephanie Fortune(12) waits in her hair curlers for the Miss Roanoke Valley Pageant to start. Stephanie said, "It was just like shopping for prom! My favorite part was strutting down the runway in beautiful gowns. I enjoyed meeting new girls and competing with my two great friends Wendy Young and Katelvn Reilin.

Three Seniors wait for class to begin. While only a select group of studnets were absent on the day of the NAEP testing, many Senior Classes had a very empty feeling.

The NAEP Test, whose results are often referred to as the "Nation's Report Card", was administered at the Brambleton Recreation Center located on Brambleton Avenue


Christopher W. McCoy
Ryan J. McFague
Christine N. McFarland

Elizabeth J. McGee


Sean A. McGhee

Stephen K. Meinhart

Jessica L. Miller

Jacob M. Moore


Kristie A. Moore

Tyler M. Moore

Aaron M. Moses


# The Mation's Repart Card Seniors Become A Statistic 

Students all over the country participated in the National Department of Education's National Assessment of Educational Progress or NAEP Test. The NAEP test is designed to compare the educational progresses of fourth and eighth graders, as well as Seniors across the nation. The test concentrates on reading, writing, math, and science. Many Seniors took the NAEP test on省anuary 24, 2006at the-Brambleton Recreation Center.

While these Seniops particinated in the test outside of school; the school day still went on without them. "I fell behind in my classes," said Peter Wetis (f2)The Seniors were also mithe disappointed with the test questions. One question read, "A girl has 3 dimes ind erer pocket and nothingerse. What are the chances that she will pull out a dime?" said Cassie Baker(12). According to Joanna Delaney(12), "The sample question at the beginning of the math section was 'Draw a triangle in the space provided." "I was pretty sad when I got to an example test question and they used the wrong form of 'women'. It's ridiculous that there was a grammar mistake on the test," said Sara Equi(12). After taking the test Charles Sublett(12) said that he felt, "Physically, mentally, and emotionally drained."

While the testing may have been slightly different than expected, students were able to take an excused day off and eat free pizza. And who doesn't like free pizza?

Alexandra? ()eateh<br>Academics Editor



Mallory J. Myers
Priscila E. Nakano

Ann L. Northern

Charles S. Nowlin


Courcnev L. O'Ouinn
William J. Osborne
Micah J. Pasquarell

Jessica M. Pearson


Ashlev L. Poage
Jessica A. Polfelt

Channing E. Portct
Danicl s. Potter


Bain Floyd(12) directs the drumline at a basketball game. "It's such a rush being out there and directing them," Bain said. The drumline began practicing again together after football season in order to prepare for basketball season.


Bain Floyd(12) plays the drum set during a basketball game. "I love playing at the games and hearing the crowd cheer," he said. Bain has been playing the drums for ten years.

Siera D. Price

David J. Redick

Katelyn E. Reilly

Lydiá N. Riall


Kaitlin N. Rice

Zachary J. Rice

Krystel R. Rogers

Joshua A. Roupe


Ouincy E. Ruckert

Julie A. Sablik

Amv B. Scott

Amelia R. Seagle
 the stands and on the court. Seniors Andrew Gilliam, Josh Roupe and Bain Floyd had the drumline at several games playing their hearts out. Josh Roupe(12) stated, "It was such an awesome feeling playing infront of the school because we actually had something to be proud of this year." During football season the drumline had many new stand tunes and difficult break drums during their show. Preparing for the games was difficult for the line too. They had many longpractices and spend extra time working on their skills. "The hardest part about drumline was having to memorize new stand tunes an hour before the game", said Andrew Gilliam(12). The drumline also spent time togethernonding eforgames whether it was at the school playing their drums or going out to eat before a game at Buffato Wifd Wings. Bain Floyd(12) said, "I always remember just to have fun and the tune will come out right." The drumline worked extremely hard to make all of their music perfect. Some mornings they would come in about an hour before school started and practice right until the bell. Hard work pays off and the drumline is a perfect example. Josh Roupe(12) stated, "We had to practice our parts so much longer this year because the music was really challenging but we got such an adrenaline rush when we performed at the games."

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\frac{\text { Catev Robbins }}{\text { Club Staff }}
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Bethanv M. Shelton

Heather L. Sitze

Lauren G. Sledd

Trevor S. Smith


Jeremv L. Spradlin
Tiffanv M. Scrickler

Charles IV. Sublett

Jillian L. Sullivan


Marv A. Swaffar

Joshua E. Sivam

Jennifer A. Takev

Areh C.Tame:

John C. Terry IV

Spencer L. Thomason

Shannon N. Thornhill

Andrea G. Thornton


Alexandra D. Veatch


Nora F. Vitello

Harry B. Walker IV

Alvssa M. Walton

Molly E. Webster


# Callege <br> <br> Ohoices <br> <br> Ohoices <br> <br> Getting Picked By The Best 

 <br> <br> Getting Picked By The Best}

With pressure throughout all the senior year, students had to make decisions that could affect their future in many ways. Planning for the future, students were faced with a challenge of deciding on a college to furthur their education. Family and friends are just a few of the people that may impact a student's college decision. "My parents have basically been the ones to influence my college decision," said Katelyn Reilly(12).

Once again, the decision to stay in-state was very popular among seniors. Some of the most popular colleges that students applied to were Radford University, Virginia Tech, Virginia Western Community College, and James Madison University. "I am going to Virginia Western Community College becausel do nothave amajor yet and I want to get my general studies out of the way. friter figure out whatl want to do, I can uanster to college that I have always wanted to go to," said Juliann Greco(12).

With the majority of seniots going to corfeges in Firginta, some students are laking this opportunity to move to a new place to have new experiences. Having to live on their own and being able to support themselves may become a struggle, but will help students in the "real world". The University of South Carolina, North Carolina State, University of Tennessee, and Penn State are some popular out-of-state colleges chosen by students. "The idea of going to college where it is really warm is so exciting to me," said Caitlyn Koch(12), who will be attending the University of South Carolina.

Excited to go to college, students start preparing themselves for their upcoming new life. Finding out new information about their roommates, buying dorm supplies, packing up all of their belongings, and spending their last days with family and friends are just a few of the things that the upcoming college freshman are looking forward to.


Alex Veatch(12) looks online for information about the college she will be attending in the fall, Emory and Henry located in Emory, Virginia. Alex said, "The campus is really beautiful; most of the buildings are Virginia Historical landmarks. I think it will be a really good place to spend my next four years."


Ashley Bland(12) showed off her Radford University school spirit by wearing the hoodie that she purchased prior to being accepted to the University. "When I visited the campus I was so excited that I went to the store right away to buy something related to Radford."

## Krystel Rogers














Nikita Aneja
Samira Asif Jaclyn Atkinson
Abigail Austin Michael Austin, Jr.

Scott Barrier Leigh Basham Enkhmaa Battumur Frank Beltran Michael Bern

Geoffrey Bernardo Emma Berry Joshua Birkhoff Jessica Boatwright Adam Bock

John Bohon Gregory Boitnotte Sarah Bowyer Kirsten Boyd John Braden

Elizabeth Bredenkamp Kelsey Bryant Jonathan Burgess Shane Butler Jared Casazza

Amanda Cayton Joseph Chandler

Amy Chang Jaclyn Clark Macon Claybrook

Eoin Coffey Rachael Conway Cournney Cook Kristen Cooley Melissa Cordell


The Country Store has always been very popular among the student body. Not only can teens fill up their cars with gas or get food, but it's also a place where they are able to see their friends whenever they go. Erin Griffin(11) said, "The environment at The Country Store is really laid back. I like going there because I know I'll see at least one person that I know. It's also nice because it's a central place to meet you friends if you need to; everyone knows where hie Country Store is." Not only is The Country Store busy during the day, but the later it gets, the more popular it seems to begome. Ho to The Country Store all the time, especially during the summer. I'd meet up with mil rivends /hepe and figupe out pfans fopp wat we were going tordo that nighf, ${ }^{5}$ said Whitney Williams(11).
 people hang out there at night, many students also go there in the mornings for breakfast The Country Store provides tables inside where people can grab a biscuit with their friends. The Country Store also has an iced tea and cappachino machine so teenagers can fulfill their morning caffine needs. Betsy Hudson(11) said, "Most of the time I go to The Country Store to meet up with friends before going out, but sometimes I get breakfast there before I go to school; their biscuits are great!" Overall, students like The Country Store because it's a central location for their everyday needs.


1 Erin Griffin(11) pumps gas 'at The Country Store. "It's so easy to get to The Country Store for everything I need. It's the perfect spot to get gas, snacks, and anything else I might want," said Erin.
2. Whitney Williams(11) 2. buys a drink after her practice. She stated, "It's close to the school so it's convenient. After practice I'm always thirsty so I tend to go to The Country Store because it's easy."


Hollv Cox
Allison Crawford
Christina Crawford
Chason Croom
Salvatore D'Angelo

Laurcn Davis
Kristen Deweesc
Meaghan Dill Jawb Dodson Mrhad Doughtu

Willam Downte Mollv Dovk Emuly Dumn Jammi Echterenadt Telancu Elkm

When you're walking down the hall and you see a group of people wearing tennis shoes, jerseys and jeans, it's the junior class "dream team". This group of guys wear different outfits on the same days and are dressed to impress. The trend started during their 8th grade year when they first created the "dream team". Some days they all wear jerseys and some days they all wear polds. The guys still keep the tradition alive but
 over-sized T-shirts with jeans and tennis shoes. The guys like to do this because it's something they can all do together and they get a lot of attention for it. On college game days, they will all wear either jerseys or team Tshirts of the schools that they support. The guys enjoy doing these fun things together and they get other students involved.


Catey Robbins


1. Pete Hamilton(11) and Vaughan Stevens(11) look at a website on their laptops during one of their dressed up days. "Dressing up is fun plus the guys all like doing it," said Pete.
2. Cameron Lee(11) talks with a friend before class on a dress down day. "I like dressing down because it's more comfortable and I feel more like myself when I'm casual," said Cameron.

 During junior year, most students must start thinking about their upcoming senior year. Junior year can be stressful in many ways, in that students start to look at colleges and get an idea of where they want to go to college. SAT's, the much dreaded tests that are normally taken during junior year, are sometimes very stressful on students. These tests show parents and colleges how much material you have learned throughout high school. "I really want to attend JMU so I know that I need to prepare and do well on mysAF's" said Lauren Harrjs(11).

Preparing for the SAT's is very time consuming but worth it in the end. There are SAT prep classes and tutors whicl are very popular among students beeatse the predlasseswith other peers that are wanting to review material that has been learned in high school. Studentsare alsoloncouraget to take the psAF's to get a feel for how the real SAT tests will be. "I thought the PSAT's were really hard but I think it prepared me for the SAT's in the spring." said Catey Robbins(11). On the contrary, some students decided to take the easy route and not prepare for SAT's. "I do not plan on doing too much preparation for the SAT's because I feel you either know the information or you don't," said TJ Marshall(11).


1. "In my free time during school, I look at the SAT preparation book in the guidance office," said Catey Robbins(11).

## 2. "It is really help-

 ful that they put up an SAT schedule so I can plan on a good time to take them," said Maggie Wagner(11).



# n Writing for tre Roanoke Tímes 

Many juniors were on a newspaper staff for The Roanoke Times called, "The Edge". The Edge is part of the extra section every Wednesday and produced by and for students. This staff was compiled of teenagers from across the Roanoke Valley. Most of the time the writers thought of their own topics, however sometimes if another person was better suited for the topic that person would get to write about it. Kelsey Bryant(11) stated, "Overall, being a part of the Edge Staff has been a great experience. thave-parned the importance of details, deadlines, and teamwork." In order to be on the staff, one needs a recomendation from a teacher, write fwo mock stories, and turn in personal information.

Writers for this section had tofollow strict beadines. ) Me deadiges depended on when a story was thought of, the amount of room on the upcoming page, and ts relevance:to a certan time period. Emma Berry(11) and Brian Bosche(12) were two other members of The Edge staff. There is also an adult editor that reviews the stories.

Indeed, many students were honored by being selected to write for "The Edge". Despite the work, and difficult deadlines, all were in agreement that being able to write for the Roanoke Times was worth it. Having such great responsibilities gave the members needed experience as a journalist.

 $\frac{\text { Melissa Cordell }}{\text { Club Staff }}$
Every teenager's dream is to turn 16 and get a drivers license. Driving on your own means freedom, but there are a lot of things that lead up to that first trip by yourself. More juniors prefer to drive their cars to school rather than ride the bus; but are the cars they are driving their own? "I paid for half and my parents are paying for the other half. I think it's a good deal," said Ryan Martin(11). At this point most juniors haven'been driviega yean bur most everyone has a hard copy of theizlicense. Going to court is a nervewracking experience, but it pays off in the lons run with a permanent license. Driving definitefy has its rewards but no one likes to be
 out if you have to be at work. Everyone likes to drive but almost no one has the money to pay for everything their cars need. Are gas prices too high for the average high school student? "Gas is out of control, but my parents gave me a gas card that they keep money on, and I work to pay them back every month," answered Amy Chang(11). In the end, the prices of gas and maintenance are outweighed by the ultimate sense of freedom driving brings.


1 Jaci Clark(11) grabs her bookbag and sweatshirt from her car and locks up before going to homeroom. "I love being able to drive because I can arrive whenever I want to and I only have to worry about me," says Jaci.
2. Fain Perrin(11) looks back as he tries to maneuver out of a tight spot in the parking lot. "You always have to be looking in every direction at all the cars, or else you will cause an accident," he says.


Dancing is very popular among some students, but Amanda Couture(10), Lydia Tran(10), and Kate Johnson(10) show special
in this hobby. Amanda Couture, who has been dancing for 14 years at Ardell Stone said, "My mom put me in dance when I was talent in this hobby. Amanda Couture, who has been dancing for 14 years at Ardell Stone said, "My mom put me in dance when I was
3." Kate Johnson has been dancing for 12 years at Ardell Stone, and Lydia Tran has been dancing for 10 years. Kate said, "My mom made me quit gymnastics to start taance and I was madyathe time butfgreyto love it orer the years." Kate, Amanda, and Lydia take Jazz, Tap, and Lyrical at the studio, and Kate alse takes a pointe class. These girls are very busy with danemg and spend around six to seven hours a week at the studio. Before competifionns, which normally make prace in February and March, these girls spend every day at the studio putting in extrahours of praetice to perfect heir darces-Daneing in college is their hexterallenge, with Amanda wanting to either be a High-Tech at Virginia Tech or a Dukette at James Madison University. "I want to dance for the University of Kentucky as a Wildcat!" said Kate. No matter what the future holds for them, dancing will always be these girl's passion. Spending long hours in the studio is nothing to these girls when they are with their best friends.


1. "My favorite part of dancing is the ability to express myself through movement, to stay fit, and the feeling of being on stage, performing for a big audience," said Kate Johnson(10).

Hanging out before a dance competition, Lydia Tran(10) said, "My favorite part of dancing is the rush of being on stage in front of thousands of people."

Randall Akers Sarah Anglim Cabot Armentrout William Avery Hannah Babcock


Amanda Baker Kaitlyn Baker Kevin Banks Jay Barrett Rachel Beaumont


Harold Benitez Margaret Bennett Tiffany Bennett Sarah Bingham Daniel Bishop



# Working <br> D $D_{a}$ Earning Money On Their Own <br> Many sophomores have jobs; Most of them to raise money for upcoming trips, increasing gas prices, and 

 insurance for their cars. Laurin Ann Link(10) has a job at Stein Mart inside Tanglewood Mall. She said, "I have a job because I'm going to Hawaii this summer and I have to help pay for the trip. The only hard part about having a job is I don't get to hang out with my friends-as muchro" Other students feel the same way. Evan Mixon(10) has a job working at The Country Store. Evan saia, "Ireanly like my job pecause it helps me earn money to pay for my car." Many of the students enjoy working because their friends gomeandyisiththemand they get to learn the importance of responsibility. The students also enjoy earnide thein owmomeyndune hasing to constantly ask their parents to borrow money to go out somewhere. Having a job encourages sophomores to take on a role of responsibility as they prepare for the future.$\frac{\text { Catey Robbins }}{\text { Club Staff }}$


1. Kenzie Conner(10) stirs barbeque at Back Creek Sweets and Treats. "I like working here because it's close to home and I can earn extra money for my car and to go out and have fun with my friends," said Kenzie.
2. Laurin Ann Link(10) organizes clothing at Stein Mart. "Everyone's really nice where I work especially my manager, we get along really well," said Laurin Ann.



# $\rho$ Lending d Around The World 

Over the summer there were many students that took a trip to Nicaragua with their church, First Baptist. Many students from the school went on the trip, and of them included the sophomores Meredith Siner, Lauren Reid, and Sarabeth Kerr. Lauren Reid(10) stated, "We went to different villages and gave out food and clothes We have several different ministries; a watermelon ministry, and a baseball ministry. We share food, candy and clothes along with the Gospel. All three sudents commented that they went to many different villages while they were in Nicaragua to help the population there. The students all liked gormg ondhe trip and found it very heartwarming. "I truly care for the people of Nicaragua. They have so little, but by the joy they have, you would never guess megnivem povery. They neeffo know how much Christ loves them. I can't wait to
 they all stated that they would enjoy going back next year. Meredith Siner(10) said, "All the villages were so much fun and it was so rewarding to be able to spend time and share the Gospel with the people in the villages. It was such a blessing." The youth group of First Baptist Church went to Nicaragua and were all able to make a difference in many people's lives. Many of the students that went were changed for the best after taking the trip, and all would like to go back when the chance comes.


Meredith Siner(10) cuts a watermelon for the kids in Nicaragua. Meredith said, "We distributed candy, watermelon, clothes, and toys. We also played soccer and voleyball with the kids while sharing the gospel."

2 Sarabeth Kerr(10) holds a
child in Nicaragua. "We went to villages surrounding Somotillo, Nicaragua. Here we shared the love of christ with the natives. We also distribute clothing, medicine, beans, and rice."

Kathryn Johnson
Shannon Johnson
Matthew Jordan
David Kaplan
Jonathan Keegan

Darryl Keeling Kaitlyn Keister Maureen Kelleher Andrew Kellinger

Kelsey Kerr



Tanmay Patel Kendall Patterson Benjamin Perfater David Poff Laura Pope

Santiago Prada Brittany Pulley Jordan Pulley Sabrina Rackow Kevin Reeder

Laura Reese Lauren Reid Elena Remine Ana Resnick Courtney Riall

Robert Rice Brent Ring Carla Scott Rachel Scott Hannah Seagle

Shantell Shifflett Brittney Simmons Matthew Simonic Meredith Siner Stephen Sinnes

Timothy Smith
Timothy Smith
Elizabeth Smoak Maximillian Snyder John Stovall

Ethan Sudenic Joshua Stultz
Hannah Swann Nicholas Thrasher Lydia Tran





# Dlawing With The Biy Dass Sophomores On Varsity Teams 

While most Sophomores are only playing on Junior Varsity athletic teams, a select few have the chance to move up to Varsity. For a long time coaches have been bringing up talented Sophomores from Junior Varsity to Varsity. Brooke Ulrey(10) has been playing basketball since she was little, "I really enjoy being on the Varsity Girls Basketball Team. The harder competition and the team bonding are worth the hard work," said Brooke. The Girls Basketball Team had an unpredictably great/season. Aignee Veatch(1O) plays varsity Basketball and throws for the Varsity Track Team. "The hardespart of being ondy eangstheend of the seasods when its all over," said Aimee. Sophomore, Rachel Wilkinson, cheers for the Varsity Squad and ©he Competition Cheer Squad. "The best part of Varsity Cheerleading is making friends with upperclassmen," said Rachel. Being on a Varsity Team is an honor, as well as a lot of hard work and the Sophomores involved in Varsity athletics have done a great job.


1. Shawna Page(10) defends a Liberty High School player. Shawna played on the Varsity Girls Basketball for the first time along with two other Sophomores.
. Taylor Yarber(10) leans out of a pregame huddle. Taylor was a member of the Varsity Volleyball Team and got to experience her first state championship victory.


Hayley Troth
Eliza Tutle Katelin Tuttle Brooke Ulrey Kiana Vafaei avval

Danielle Vankerckhove Joseph Vaughn Aimee Vearch Kristen Wade Gregorv West

Amber Whedon
Terrv Whedon
Sarah Whecker
Robert White
Rachel Wilkinson



## Mavies, Ohen Bhe Weekend Routine

Many freshmen students go to the movies each weekend. Where do they go after the movie? Barnes and Noble, has become a very popular hang out for the freshmen class and most of the students go there each weekend. Brittany Herberger(9) said, "While my friends and I are there, we normally hang out, get drinks, or listen to music. We love to go just to have a good time." Other students, however, choose to go to the mall until it closes then walk over to Barnes and Noble. Sharodlee Kinchen(9) stared, woplways go to the mall until it closes and then go to Barnes and Nolite to hang out before we have to so home. Most of the students enjoy hanging out at Barnes and Noble because iticcureremystudents from other schoos adsong. on the other hand, some students go with their parents. Tara Turner(9) quoted, "Sometimes I go with my mom and actually buy a book." All in all, most of the freshmen go to wait for a ride from their parents after a Saturday night movie with friends. "We normally stay for about 30 minutes waiting for our rides" said Deidre Brass(9). In conclusion, for freshmen, Barnes and Noble is the place to be on your typical Saturday night.


1. Laura Weeks(9) reads a book while waiting for her parents to pick her up. Laura said, "My friends and I like going to Barnes \& Noble after seeing a movie, to get a drink and wait for our ride home."

## 2. Brittany Herberger(9)

 looks at new books before going to get a drink at Starbucks. Brittany stated, "I really enjoy being there with my friends. We can just relax and have a good time."Genevieve Anderson Jacquelyn Anderson Nancy lee Andrews Neil Aneja Carl Austin



In July, the 15 and under Roanoke Stars soccer team traveled to Europe to play teams from all over the world. The team included eight freshmen: Meredith Walker, Sara Walton, Marion Whisnant, Melissa Meinhart, Kate Moore, Jennifer Wade, Danielle Cohan, and Elizabeth Wilson. For two weeks, the team played numerous soccer games, toured the cottity, and formed lasting friendshims. The team played at least 20 games. In Denmark the team placed third, and in Sweden the team placed 35th put of 114 teams. While the girls weren't playing they were bondingand sperfing time together the feam atso shepped and toured the countries during the day. "I loved hanging out and being crazy with my friends on the team, it was like a party for two weeks straight," said Sara Walton(9). Sara has been playing on the Stars for four years. The girls also were able to meet new people by staying with host families while they were in Denmark, "It was fun experiencing their culture in their homes," said Jennifer Wade(9). "The best part about the trip was how our team became united and if I had a chance to go again I have no doubt that I would," said Melissa Meinhart(9).


Courtesy of Nancy Wilson


Courtesy of Nancy Wilson

1. Jennifer Wade(9), Liz Wilson(9), Meredith Walker(9), Melissa Meinhart(9), Kate Moore(9), and Danielle Cohan(9) stand with their teammates at Frederiksborg Castle in Hillerod, Denmark.
2. The Roanoke Stars girls' 15 team and under pose for a picture in Denmark after placing third in the tournament. "I loved the competitive atmosphere and the people and coaches involved in the program," said Melissa Meinhart.

Kristan Diones Laura Dodson Michael Donato Frank Dowie Jacob Eanes


Jake Emmond Eric Evans Hillary Ferguson Olivia Ferguson David Francisco


Candice Furrow Alexandra Gerhardt Kule Gïbson Eric Gladfeter Briana Gilennon



Graham Grasty
Taylore Graves Lauren Guzinski
Travis Hahn
Megan Hale

Joshua Hinchee Ashley Hodges Frank Hudson Raymond Hudson Gary Huneault

Theodore Ivanco Christopher Jamison Danielle Jewell Andrew Jones Kellv Kecgan

James Kennedv Catherine Kerenvi Kolic Kerr Jordan Kcv Fiza Khaliq

Sharodlec Kinchen Andrew Kinder Brendan King Brook King Macthew Knuppel

Marv Kucbler Kimberlv Kuffel Brven Lambad Kathrvn Lavrosech Heather Lehrer

Savannah Leighton
Susan Lilly
Harrison Lima
Megan Loar Alexander Lochner

Joseph Lombart Victoría Long Ariannys Lopez Yingzhu Luqiu Ted Lyle

Daniel MacFarland
Gregory Mackey
Margaret Magee
Danielle Malkos
Daniel Maloney

Zachary Marrano Amanda Martin Kelsey Martin Quinlyn Mastaw Rian Mastrangelo

Lindsey Matko
Thomas Mazza Kevin McAden Brittaín McCall Tyler McCoy

James McDearmon Cara Mcfague Katy McFall Sarah McIntosh Mason McLeod

Dillon Meacham Molly Meador Melissa Meinhart Eric Minch Stephannie Miranda


## ATresh fotant Jew School

The Freshmen Class had many thoughts and mixed opinions on coming into their first year of high school. Many were unsure of what to expect coming into a new school, while others were excited to start a new chapter in their lives. Many Freshmen were able to experience their first homecoming, and most were in agreement that the dance was exciting, but different from middle school dances. Hannah Hawthorne(9) said, "The dance was so much fun, but the best part was getting ready for it."

Melissa Meinhaf(9) alse talked about the differences bewen/middle school and high school. She said, "There is less freedom during school nowf In middle school we were able to do a lot more on our own; here I feel
 I was mostly worried about getfing to ctass on fime. At fifst, beifg the yerngestim the school I felt outnumbered, but it was interesting. High school is more challenging and competitive than middle school." The Freshmen were both excited and nervous to start their first year of high school. All were affected by the many differences they encountered. They were able to take another step towards adulthood.


1. Jacquelyn Anderson(9) and Megan Loar(9) prepare for the day with friends in the Freshmen Hall. These girls always find time to stop by their lockers and get organized before school.
2. Danielle Jewell(9) talks with friends before school. Coming to school early gives people a chance to talk with each other before the bell rings and homeroom starts.
taurin Ann Link


Club Section Editor


As new freshmen come to the high school, many things change from what they have been used to in previous years in middle school. Most students lose track of their friends because of the change in the way schedules are made. A big difference for the freshmen class is the mix of grades during lunches. Students are many times put in different lunches tham theip friends begause of the crasses they are taking but a lotof the freshmen students like the mixed lunches because they are able to meet new people in other grades. Stephanie Coleman(9) stated, "I like being in lunches that are mixed with other grades hecause it gives us the opportunity 10 make new friends." Also, freshmen students now have a wider variety of electives to choose from. With this bogger variety of classes, the chances of students being in the same class with their friends are much smaller. Melissa Wray said, "I have lost track of some of my friends because of the mixed lunches and new classes, but over all, the lunch schedules don't effect me a great deal." All in all, the majority of the students agree in saying that although they may lose track of some friends, they have a bigger opportunity to meet new people and make new friends.


1. Brittany Herberger(9) and Stephanie Coleman(9) talk amongst themselves in the hallway before going to lunch. Brittany stated, "I don't have lunch with all of my friends, so I like to hang out and talk with them before and after lunch."
2. Jocie Bernardo(9) and Melissa Wray(9) talk with each other while they enjoy their break off from classwork during their lunch period. Jocie stated, "I have lunch with most of my friends, so the mixed lunches don't bother me."


Elizabecth Spar Madeleine Sprenger Michael Spurgeon Jessica Sarnes Jesse Steele

Hollv Strickler
Cierra Stump
Rachel Sullivan
Caitlan Swaffar
Aaron Thomason

Eric Thornhill
Ruben Torres
Devian
Trevev'Botnot
Tara Turner
Tacum Ivker this is reality. Kim Kufel(9) and Tatum Tyler(9) both have family members as part of you the school's faculty. Kim's older brother Andy Kufel is in his first year of teaching Algebra and Geometry in the state of Virginia. He moved back to Virginia from Buffalo New York. Mr. Kufehada really successful first year and is planning on coming back for the next academic year. "Since I'm a freshmen its really nice to have someone to talk to besides my friends. Plus, l've forgotten my lunch money several times and he's atwaysthere in case I need a few bucks," said Kim about her big brother. Tatum's mom, Sherrie Tyler has been aspecial Education teacher at the school since 2000. In addition to Tatum's mom working here, she also has a brother in the senfor class. "I don't mind having my mom and brother here, even though they seem to know everything that's going on," said Tatum. While some may think that going to school with family members would be unpleasant, Kim and Tatum have found out that it is not too bad after all.



Alexander Zuber


## x

eeping the school together With a strong foundation



Du M. ©abble


Mxs D. Hexchensider

M. P. Linesura

M.R. Meek


## Dr. Martha Cobble

Dr. Cobble began working with Roanoke County Schools in 1969, after graduating from Virginia Tech. She has served as principal at Cave Spring since 1992. Dr. Cobble is actively involved in school and community activities where she serves as a role model for her students.

## Mr: Paul Lincburg

Mr. Lineburg started working for Roanoke County Schools in 1995. His first year at Cave Spring High School was the 1995-1996 school year. Mr. Lineburg started as a U.S. History teacher and coached football, and track. He is also in charge of building operations. Some of his other duties include parking lot supervision, transportation, textbooks, lockers, building use, securing substitutes, and teacher evaluations.

## Mr. Randv Meck

Mr. Meck is in charge of working on scheduling and coordinating all athletic events, as well as all student activities. If it has anything to do with athletics or clubs, it probably goes through his office. This is his Sth year at Cave Spring High School and 3rd year as A.D.
Mrs. Diane Herchenrider
Mrs. Herchenrider began working at Cave Spring 7 years ago. Our school was the first to have her as an administrator. Some of her duties among many are scheduling students and teachers and being the special education administrator. Her favorite thing about Cave spring is, "The sense of community, the students and teachers are the best."


Peg Ackley


Connie Alonso-Mosher


Heidi Baird


Julian Barnes

## Behind the Scenes Attendance, Office, and Guidance Workers




Mary Branisteanu
Pat Bredenkamp


Andre Bruno-Gaston


Deidre Burns


Patricia Carr


Gary Carrell


Dr. Martha Cobble

1.) Mrs. Smith gives student Reed Braden(11) a note from his mother in the office.
2.) Mrs. Hughes goes over some paper work with another Roanoke County guidance counselor.
3.) Nurse Kostura checks a students weight on the scale in her office.


Rachel Davis


Susan Dobbs


Charles Filer


Mary Flora


Sandra Flora


Justin Garland


Jeannine George


Linda George

## Teaching Plew ${ }^{2}$ deas Math and Science Teachers




Taking a break as students enter the classroom, Mr. Power relaxes on his podium.


Mr. Fulton and Mr. Carrell help student Chris Rutheford look over his previous homework.



Stephanie Hiemstra


Larry Hill


Nancy Hoffman


Marsha House



Andrew Huray


Brenda Johnston


Andrew Kufel

loe Larocco


Kim Larsen


James Laughner


Janie Layman


Joe Legault

## Oelppul Knowledge <br> History, English, and Foreign Language




Paul Lincburg


Jacki Lucki


Peter Lustig


Tommy Maguire


Doreen Malcolm


Esteban Martinez


Randy Meck


Rachael Miller


1.) English teacher Mrs. Vagts prepares her students by writing on the chalkboard every period.
2.) Mr. Cozart, a new addition to the history department writes notes for his students to copy on his blackboard.
3.) Mrs. Larsen gives her French students some background history on the language by showing them pictures.


Harrilyn Mills


Matthew Neale


Beverly Newbern


Lenora Overstreet


Shane Pendleton


Douglas Perdue


Anne Pfeiffer


Bob Powers

## Making our school different Teachers that help out



Amy Quickel


Patricia Reidy


Mike Riley


Ann Rutherford


Tim Sauls


1.) Nina Edwards(10) turns in an assignment to Mrs. Dunstan during her Health class.
2.) Mr. Spruell talks to Latin teacher Ms. Cole before he goes to dust off the computers in the Library.
3.) Mr. Quakenbush, teacher of the year, plays the trumpet in his free period.


Paula Seamon


Scott Simmons

Susan Sine



Anne Smith


Barbara Smith


Kim Smith


Edward Spruell


Brent Stover

## Before school and tAtter hours Custodians and Lunch Ladies



Theresa Twine


Sherrie Tyler


Jonathan Underwoo


Mary Vagts


Liz Willett


Penny Williams


Tracey Williams


1.) Custodian, Lawrence Mitchell gets ready for another lunch period and puts a new trash bag in the trash cans before the students arrive.
2.) Mr. Nance fills out order forms for certain things that the custodians will need for the next few weeks.
3.) Lunch Lady, Pat Neighbors sets up apples and cinnamon before lunch time.


Rick Wolfe
















 world history class. Jia takes world history pa I and next year will have-the opportinily to tat world history part II.

Liz Spa


## Eoing Back in Jime

 To Learn Our Pas

## Aequdemice Abstracts

Students have their first chance to take AP World History in their sophomore year.

As a junior in high school students are required to take US and VA government. And as a senior the students are required to take US and VA government.

Students have the opportunity to take current affairs as an elective. In the current affairs class, students read the newspaper everyday, and play a review jeopardy game every Friday to test the skills they have learned throughout the week.

LEFT-Ellen Vest(9) stated, "I like being in history class with Mr. Cozart because he makes the class fun and enjoyable." BELOW- Demi stated, "I enjoy being in class with Mr. Lustig, my favorite part is being with my friends." Demi works with classmate Brittany Jividen(11).



ABOVE-Shawn Murphy(9) and Adam Pinell(9) read a novel in English class. Students read a varity of novels, short stories, poems, and plays. LEFT- Zac Cates(12) and Sam Cole(12) arm wrestle for a Mills Buck tie breaker. Ms. Mills rewards her classes with Mills Bucks that can be redeemed for extra credit, free homework, and candy.

## Ceadmmic Abstracts

This is the first year that Pre Advanced Placement classes were offered for Freshmen and Sophomores. In the past these classes were called Advanced.

From your freshman year to your senior year, you will study one Shakespearian Play every year in English. William Shakespeare is the one author that has the most effect on your English grades.

Freshman students get a chance to do an interesting project with subjects like the Salem Witch Trials, Anastasia, Bermuda Triangle, the Death of Marilyn Monroe and many other controversial stories and events.

Alezandra (7) Bateh

# $\mathbb{R}^{2}$ Studying English 

 Studying English}



## Aeqdemie Abstracts

There are 247 students enrolled in AP science classes.

Each year, students enrolled in advanced science courses have to participate in the annual science fair.

In the spring, many of the ecology
teachers take their students outside for nature walks to study the different types of leaves.

LEFT- Quincy Ruckert(12) stated, "Dr. Laughner is an incredibly fun teacher and he makes physics entertaining." BELOW-Will Guilliams(9) Evan Carswell(9) "I have a lot of fun in my science class because Mr. Filer lets us work with our friends and have a good time while learning," stated Will Guilliams.


Andrea Thornton




ABOVE-Srta. Spangler's Spanish class listens as she goes over a new lesson. "Spanish is really interesting; we not only learn how to speak the language, but we get to learn the history of Spanish speaking countries," said Derek Mastrangelo(10). RIGHT- Sophomore Ben Chapman finishes a quiz for Spanish class. "I chose Spanish because I have traveled to many Spanish speaking places and wanted to learn the language better," said Ben.

## Academic Abstracts

Students are offered a choice of four Foreign Languages: Spanish, French, German, and Latin.

Over the years students have had several opportunites to travel with Foreign Language teachers. The Spanish department is planning a trip to Costa Rica over the summer.

Spanish, French, and German all offer a fifth-year Advanced Placement Course and Latin offers two. There are a total of 41 students in AP Foreign Language Courses.


## Aud Around the TQ Oillits




ABOVE- Stephen Fralin(12), Andrew Markey(11), and Pete Hamilton(11), present a power point. "I enjoy all the hands on learning that there is in Marketing," said Stephen Fralin LEFT- "Marketing is a fun, interesting, and informative class. I really enjoyed it," said Chauncey Lumpp

## Ccadpmie Abstracts

The Marketing classes are divided into Intro to Marketing, Fashion Marketing, Advanced Marketing, Regular Marketing and Sports Marketing, which is a new addition to the marketing department.

Every Friday, the marketing classes got to watch the hit TV show 'The Apprentice".

A new activity that the marketing classes have gotten to work on is the online school store, which features anything from clothing items to automobile stickers.

Kruytel Rae Rppers

# Dearning the Skills 

 to enter the business worldmace


ABOVE-Mr. Salyer, the technology teacher, helps Ben Sellars(11) during his technology class . LEFT- "I love photography; capturing moments in still pictures and getting to develope them myself is such an experience", said Courtney Ferguson(11).

## Ceadpmic Abstracts

Only one girl takes woodshop, her name is Cassie Baker, she's a senior this year.

This year in photography a foreign exchange student from France is taking the class, his name is Vincent Baro(12).

There are only two students who take engineering, there names are Jerald Chauncey(12) and Willie Fitzgerald(12).

All our technology classes are part of the T. S. A (technology student association) They also compete in I. S. A competition.

## Basement Olasses Technology and Students





## Cteqdemic Abstracts

64 students attend Arnold R. Burton and 21 of them are seniors.

14 students attend Govenor School and 4 of them are seniors.

If you thought 8:30 was early, 140 students attend Burton at 7:30 in the morning for first block!

Cosmetology and Auto Service Technology are the most popular classes taken at Arnald R. Burton

Krystel Rae Raqera Academics Saff

Left-Tyler Kerr(12) enjoys taking a more in depth calculus class geared toward engineering at Gov. School Below- "I love taking cosmetology it's awesome making peoples appearance better," said Ashton Helms(12).





ABOVE-Kendall Earls(10), Katy Kiester(10), and Sabrina Rackow(10) participate in the hokey pokey during their skating unit. Sabrina stated, "I really enjoyed the skating unit. My favorite part was being able to talk and have fun with my friends." RIGHT- Elizabeth Bishop(11) stated, "I really like my weight class because we have a lot of freedom and time to do what we want in class."

## Aequdemie

Each year gym students have the opportunity to participate in a roller skating unit for two weeks. Students skate around the gym to the sound of disco music.

For their semester exam, gym students are taken to Lee Hi Lanes to go bowling. Students spend an hour and a half bowling with other students.

Foosball, table tennis, and badminton are three favorite activities in which students participate annually. Students can play doubles in each of the activities.


## Deiieng Jheir Into a Healthy Future





## Academie Abstracts

Every year in Interior Design students make a design board showing fabrics, colors, and room design.

Students have have the opportunity to make pj bottoms out of their own fabric and pattern design in fashions.

In Fashions, students make fashion accessories to match their fashion personality.
$X_{\text {cyutel }}$ Ree Ragata
Academics Staff

LEFT- "Fashions is a really cool class because you defiantly cannot live without clothes... and Ms. Lucki makes it super fun," said Kaitlin Rice while folding clothes. Bottom- I love that I will be able to do this to my own house one day and I love Mrs. Zegas what more can I say?" says Natalie Mardoyan



ABOVE- Newspaper editors Brian Bosche(12) and Kelsey Bryant(11) discuss InDesign at the yearbook plant. Newspaper as well as Yearbook classes design with this program. LEFT- Liz Spar (9) takes a peek at the machine that prints color yearbooks. While at the plant the students were able to see all the steps of printing yearbooks.

## Acadrmie Abstracts

Newspaper produces 5 papers a year; 4 are regular editions that come out every nine weeks and the final paper is the Senior Edition that wraps up the year and highlights the Senior Class.

This yearbook is only the second book to arrive in the spring and be in all color. In the past the yearbooks have been in partial color and black and white, as well as being a fall delivery.

The editors for the Newspaper are Brian Bosche(12) and Kelsey Bryant(11) and the editor for Yearbook is Carrie Doughty(12) and the assistant editor is Logan Paris(11).

## Migh School Saumalis Body Copíes, Photo Caps, Etc. <br> 




## Ceqdemic

Both Band and Choir have new teachers. Mrs. Kim Smith, the new choir teacher, came from Back Creek Elementary. Mr . Brian Quackenbush the new band teacher came from Lynchburg.

For the first time ever, the Choir sang at Walt Disney World's Christmas Candle Light Processional. The Choir learned several new songs for the audition and the performance; some songs were in other languages.

Under the direction of Mr. Quackenbush, the Band started a Pep Band for sporting events. Basketball fans welcomed and enjoyed the Pep Band and the Drum line.

> Alexandra (V)eatch
> Acadcmics Editor

LEFT-Linda Carr(12) practices her saxophone at band camp. The Marching Band went to camp at Ferrum College. When asked about band, Linda said, "Band is Life!" Many students in Marching Band also take a band class. BELOW- Mrs. Smith accompanies the choir as they sing. The Choir sang a variety of songs including music from the hit Broadway show Phantom of the Opera.




ABOVE- Mrs. Carr's class enjoys taking a break from all their other classes and coming to art to paint, "It's so relaxing," said Moses Moore(12). RIGHT- "I love art and creating things it will prepare me to become an architect," says Justin Yun(11).

## Acpidemie

Cody Greene(11) won top awards at the national school art competition in New York City. His winning altered book was in the Corkring Gallery in Washington, D.C. all summer long.

The requirements for the center of visual arts includes applying in 8th grade not only with an art portfolio but also a writing sample. You also need teacher recommendation.

In addition to theater art and advance theater arts students now have a choice to take musical theater.


# The Oreative Side of Public School 




Holly Strickler(9) finishing a worksheet in Mrs. Zegas' class, stated, "I love being in the Child Development class because it's a fun class, and we are able to talk and work with our friends.'

Liz Spa


## Students Future's In Parenting and Food



## Academie Abstracts

Every year in Child Development, students bring home a baby doll to practice and take care of for future experience in parenting.

Students bake a cake every year in Culinary Arts. The students also learn how to do border the cake and make icing flowers to decorate the cake.

The Child Development students have a guest speaker come in to teach them about stay-at-home dads and what it means to be one.

Slizabeth Sinat

LEFT-Andy Nichols(11) and Tiffany Bennett(11) trace patterns for the borders on cakes. Tiffany stated, "I like my Culinary Arts class because we get to do a lot of fun things with food and cooking." BELOW- Maeghan Gliniecki(12) and Virginia Vaughn(12) work on E icing a cake that they baked during Culinary Arts. Virginia stated, "I love my culinary arts class because it is a fun period and we are able to have a lot of hands on experience with different foods in the classroom."




ABOVE-Psychology, Sociology, and Anatomy students listen to a talk on hypnotism and its benefits. LEFT-Molly Doyle(11) talks to a friend after she finishes taking notes in Psychology.

## Ceademie Abstracts

Physchology students as well as Dr. Ross's Anatomy students had a chance to listen to a talk by a local hypnotist. Meredith Lumsden(12), Jessie Pearson(12), John Carlin(12) and others were all hypnotised that afternoon.

Students can take Psychology I, and then a more indepth study with Psychology II . Psychology is defined as the science that deals with mental processes and behavior.

Sociology is also offered to Juniors and Seniors. Sociology is defined as the study of human social behavior, especially the study of the origins, organization, institutions, and development of the human society.

## Sutideotherin 5




## Atepdemie Abstracts

Students were able to switch out of a study hall and become a guidance or office runner. In doing this, the students can run errands instead of doing homework or other school work. Students can also work with other students as a student aid during study halls.

The Guidance office had the most number of runners for the second semester, with a total of 17 students. Guidance runners get out of study hall to run errands for the guidance counselors or to send notes to students who need to come to guidance.

The office had the least number of students for the second semester, with a total of 7 students. Office runners can get out of study hall as well to run errands, and to bring notes to students when needed in the office to pick something up.

Elizabeth Spar
Academics Staff

LEFT-Rachel Henry(10) stated, "It's fun being a guidance runner because it's something to do other than homework during my study hall." BELOW- Brtitany Lanier(10) stated, "I enjoy being a guidance runner because it allows me to do something during my study hall, and it's good exercise."





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# Dultna E Boeryday an @anoas Art Club Members Show Off Their Creativity 

## Fop ctur elur chtimitios

The art club worked on a continuous basis to create beautiful displays of artistic talent for the student body to enjoy. Creating an atmosphere of culture for students to learn in was a major goal of the art club. Over the course of the year, the art club spent many hours in meetings before and after school to decorate the school campus with a touch of artistic flare. Cody Greene(11), vice president of the art club said, "It gives us the opportunity to grow together as a group and bounce ideas off each other while we work." "Put simply," replied Jaclyn Atkinson(11), "Art club rocks."

Laurin Ann Link and Reed Braden
Clubs Section Staff


This costume was inspired by the movie A Nightmare Before Christmas. Jonathan Keegan(10) wore this costume and helped the art club bring creativity to the Homecoming Parade. Jonathan said, "I like expressing myself through my style of clothing.


Art club members Cody Greene(11) and Kara Fitzgibbon(11) work with pictures from oid yearbooks to create a photomosaic of the school building. This project was a celebration of Cave Spring's fiftieth anniversary and was hung in the lobby of the school.


Cody Greene(11), decked out in an Oogie-Boogie costume of his own design, prances around the gym in the homecoming pep-rally. He also wore this costume during the Homecoming Parade. Cody said, "It was fun dressing up as an Oogie-Boogie; no one could figure out who I was."



Shannon Johnson(10) wall around the gym with the A Club. This was Shannon second year in the art clu Shannon said, "I enjoyed dres ing up as the Mayor from Nightmare Before Chris mas because I got to wear rockin' hat."



Jane Jennings(12) meets with Mr. Cozart in the library.


Brittany Lanier(10) and Sarabeth Kerr(10) look through their notes from the Key Club meeting.


Brock Vaughn(10) plants azaleas with Leo Club.


Leaders of the Key Club, Paige Earls(12), Jane Jennings(12), and Mr. Cozart hold a meeting to discuss upcoming events.

Molly Briggs(10), Brittany Lanier(10), Chelsea Custer(10), and Sarabeth Kerr(10) listen to aspiring ideas during a Key Club meeting




Leah Miles(10) looks on as her classmates seperate chicken to make Chinese food for their exam.


The girls of DECA plan out their next event while enjoying some sountern cuisine.


Melissa Justice(12) and Stacey Craighead(12) eat a quick lunch with DECA, before returning to school.



Sal D'Angelo(11) plans out his menu for FCCLA ahead of time so he will know exactly what to do. "I always like to be prepared," Sal said before class.

Amanda Towers(11) reads over her recipe worksheets so she can prepare for the bread sales.


Deading

Top SQct and K.T.T. Acrivitios

1. The SCA participated in many activities. They organized homecoming activities and raised money for the United Way. They also planned the homecoming pep rally.
Representative, Zac Cates(12), described some of his duties, "We sold doughnuts and soft drinks to raise money for United Way. We also prepared food for teacher staff meetings." Zac also said, "It's compelled me to be more outgoing and assertive about getting things done."
2. The K.P.P. (Knight's Pep and Pride) promotes school in spirit through the school trying to get students involved. They were in charge of decorating the school lobby, and the stadium for football games. They also decorated for other major sporting events. President of K.P.P. Wendy Young(12) said, "All of the members are so nice and enthusiastic, and the teacher sponsors are amazing."


Kate Johnson(10) prepares for a K.P.P. meeting. Kate has been a member of K.P.P. for two years.


Wendy Young(12) makes signs for K.P.P. Wendy said, "I loved decorating for home football games."


Katherine Jetton(11) organizes the I-Flirtz surveys for the SCA. The SCA coordinates the I-Flirtz love matches every February.



Jennifer Harvey(11) makes signs to promote the United Way Drive. Jennifer was the Junior representative and a reporter for SCA. Jennifer said, "My favorite memory from SCA was the cookout, it was fun to see students and teachers having fun after school."



Sarah Lilly(12), Lael Whiteside(12) and Priscila Nakano(12)


Laura Weeks(9) and Nora Vitello(12)


Paige Earls(12) and Sarah Kane(12)


Caitlin Conway(12), Rachel Beaumont(10), and Katie Mills(11) talk before a Spanish Club meeting.

Members of the German club strike a pose with the unofficial German club mascot, the German Bear.


## Having Fun With Languages

The foreign language clubs have always had a certain appeal to students of all interests. Foreign language clubs have an academic appeal to some students while others enjoy the group bonding and having fun with other students who enjoy speaking the same language. Whatever your interests may be, the foreign language clubs are a fun way to express your enthusiasm in learning about other languages and different cultures. "German club is a lot of fun," says Emily Ewoldt(12), a German club officer, "It's a great way to meet students in other levels of German."


Emily Ewoldi(12) looks at her German book during a class one day before a meeting. Emily was German Club President. "I enjoyed being president because I felt like I could help out more with the club," said Emily.

1. Taylor Moore(9) and Sarah Kane(12) run with buckets of plastic fruit on their heads and towels around their waists in the "African Relay" with the French club.
2. Samuel Kerr(11) and William Harriman(10) talk with Alex Zuber(9) "auf Deutsch" in a German club meeting.
3. Bethany Shelton(12) concentrates on matching french terms to their holiday-themed meanings in a race to beat the clock at the French club holiday party.



Mr. Powers briefs the academic team before the match begins. "I enjoy being around all my friends," says Maggie Bennett(11), a member of the academic team.


Alex Vinson(9) sets up for a game of chess with his friends. Chess is a true game of patience as players can take up to 5 minutes to make one move in a match.


Jackie Zillioux(11) works hard on preparing her presentation for an upcoming debate.



Gregory Malyssa(11) and Emma Berry(11) listen closely to the questions during an academic team match.

Janel Lamback(11) enjoys her time before the warmup. The team has a long warm up to make sure the players are ready for anything.



# And Ohe Beat Cloes On Marching Into The Knight 

1. Every summer the band goes to band camp which is located at Ferrum College for four days. The purpose of band camp is to help the band bond and practice with each other as a group. During the day they are all on the field practicing. When they're not on the field during the day, drill and flags are in the gymnasium learning their routines. The band breaks into their sectionals and learn their music. Laura Ireson(12) said, "One night at band camp we all got together to play chubby bunny."
2. The band participated in many band competitions through out Virginia. The categories in which the band placed were Color Guard, Marching Band, Drum Line and Drum Majors. They received first place at several different competitions.


Amanda Mauer(12) makes it first in line for the water cooler. "It gets so hot up on the field and it's very refreshing to get water every so often."


Lining up on the field at band camp, members of the Band practice for the half-time show.


Kenzie Conner(10) twirls fire during a halftime show. Kenzie said, "I enjoyed twirling and working with the band. My favorite part of halftime was when I got to twirl fire."


Courtes of Niles Harvey
Laura Ireson(12) enjoys twirling flags during the first song of the halfime show. She said "My favorite memory of being on flag corps, was getting to meet new people and make a lot of new friends that I didn't think l'd ever be friends with."



The drill team runs with balloons as part of the Saturday in the Park half-time show.


The girls of the dance team pump up the crowd betore the second half of the basketball game.


The dance prepare for the turn sequence in the half-time routine



Lael Whiteside(12) stated, "It being my last year on the team, I really wanted to make it the best."

Senior, Becca Almond said, "I enjoy dancing because of all the fun things we do and the friends that I make."




Lauren Goetsch(10) and Kenzie Conner(10) greet each other before an FCA meeting.


Molly Briggs(10) and Shannon Thornhill(12) chat at an FCA meeting.


Andrew Secrist(11) sings during FCA. The group enjoys
worshiping through music each meeting.


FCA members pray at a Friday morning breakfast. One Friday a month the members of FCA alternate meeting houses and enjoy a breakfast, and then prayer

Sam Kerr(10) starts off an FCA meeting. FCA always begins with one of the leaders leading the group in prayer.

Doug Currie(10), Lauren Goetsch(10), and Sarabeth Kerr(10) share food at a Friday morning prayer breakfast.



1. FCA(Fellowship of Christian Athletes) is a club where Christians can come together to worship with one another. They hand out candy during the mornings, and met once a week before school. FCA also gets together on Sunday afternoons to play sports. "FCA is a place where you can come and feel like you're a part of something. You don't feel alone, excluded, or unwanted. Everyone is always happy to see you, and they always have a smile on their face!" Meredith Siner(10)
2. FBLA(Future Business Leaders of America), works to help the community. During the holiday season, FBLA members went to local shelte! to wrap presents. President of FBLA, Sarah Lilly(12) said, "Having a leadership position in FBLA has given me discipline and great leadership skills. It was a great experience."

3. FCA members prepare to start worshipping on the gym risers. During an FCA meeting, club members get together for breakfast, songs, and fellowship.
4. Kenzie Conner(10) prays during an FCA meeting. Kenzie said, "Being an FCA Leader is a great honor! It means a lot to me that I can witness to other students."
5. Sarabeth $\operatorname{Kerr}(10)$ passes out papers as she leads the meeting. Sarabeth talked about wearing the armor of God.


# The Brains Academic Clubs Exel 

Jop Elub ctetioutios:

1. Science Club meets on Thursdays after school. They visited the Mill Mountain Zoo and The Science Museum. First year member Hannah Hawthorne(9) said, "I enjoyed Science Club and getting to spend time with my friends who also have an interest in science. Riding the train at Mill Mountain Zoo was my favorite activity I participated in."
2. Film Club gets together once a week with Mr. Sauls to rate and review movies. They had a Halloween showing of The Sixth Sense, a psychological thriller that the club members loved. Recently they attended a showing of the documentary "Down In The Old Belt-Voices From The Tobacco South", which was a smash hit at the Grandin Theater. Film Club plans most activities for Friday nights so the movies can work with everyone's busy schedule.


Caitlyn Koch(12) sits in a Science Club meeting. "Science Club is fun because we get to hang out with our friends and have fun doing it," said Caitlyn.


Nina Edwards(10) gets something out of her locker for Science Club. "I enjoy being in Science Club, especially with my friends," said Nina.


Sara Equi(12) finishes her painting. "Paintings and art are a big part of Literary Magazine, I love being able to submit my work and other people being able to enjoy it," said Sara.


Jaclyn Atkinson(11) watches a Film Club showing. "I love going to watch the movies Film Club shows. I get to be with my friend m and have a good time," said Jaclyn.



1. Class Officers work together to help make their classmates voices heard. All the students opinions are expressed in meetings by the presidents and they work on making dreams a reality. Senior class officers are in charge of planning senior day and picking out apparel for graduation so students will always remember "when they were young." The underclassmen are in charge of arranging homecoming hallways and floats. Class officers are the ones who make the Knights voices really count so we can have memories for the rest of our lives.
2. Prom committee members meet every Thursday to talk about how to make prom a success. After a theme is chosen, members must design the room, place tables around the dance floor, plan the menu and collect decorations. The day of prom, committee members meet at The Hotel Roanoke to arrange decorations and put on the finishing touches for a fairy tale night.


The girls of the senior class are hard at work serving up ideas on how to make the 50th year graduation the biggest yet.


Katherine Jefton(11) looks over her notes in the library before meeting up with the rest of the class officers.


Chris Mecca(11) and Maggie Wagner(11) look over the choices for Prom committee. Maggie said, "I am excited to work on prom because it's something that everyone will see."



Tina Crawford(11) works on her math before the junior class meeting. When asked why she ran for secretary Christina responded, "Our grade is so full of fun new ideas and I like to be the one who gets them out there"





















# Fighting Mntil the End 

 Proving They Have What It Takes

David Redick(12) jumps for a reception. "I love all of our coaches, especially the addition of our two new coaches, Coach Harless and Coach


Nick Fanti(11) kicks off at the start of the second half. Nick said, " 1 didn start playing football until 9 th grade and now it's my favorite sport."


Danny Aiken(12) steps back, looking for a receiver. "The line prolects me and the receivers get open, it's a lot of fun watching things unfold in fromt of me," said Danny.

Will Osborne(12) sprints down the open field. "Having an undefeated regular season was a great thing to accomplish," said Will.

## FAST FACTS

- At the end of its season, the defense ranked 8th in the state in Division AA. Tommy Burgess(12), David Redick(12), and Kenny Horan(12) all made the allstate team.
$\square$ Their final record for the regular season was 9-1.The team tied for the most wins in the history of the football program.
$\square$ Finishing tied for 5th in the AA State Tournament, the team won their regional playoff game for the first time in 30 years.

Jeff Wardach(11) lines up in starting formation. "The Homecoming game was rough because the field was so torn up and muddy. It made it hard to play," said Jeff


Stephen Fralin(12) and Chauncey Lumpp(12) chest bump before the start of the game. "Most of these guys are my best friends, we're all really tight," said Chauncey.


Kenny Horan(12) dives to interfere with the offence's pass. "Coach Fulton put a huge emphasis on being mentally focused at all times," said Kennv. Hannah Hawthorne Sports Staff

Chris McCoy (12) strides along the water towards the next tee. "Normally before my match I hit balls, putt and just relax before tee time," said Chris.


Practicing putting before a match, William Avery (10) and Chris McCoy (12) wait for the match to begin. "We usually warm up by putting to get the speed of the greens," said William.


Watching his ball roll to the cup, Andrew Lavender (11) hopes for success. "I joined the golf team because I really enjoy competitive golf," Andrew said.
Michael Doughty(11) and Gray Patterson(11) congratulate each other on a match well played. "The best part of being on the team is going out to eat after matches," Gray said.



Michael Doughty(11) chips the ball towards the hole.
"The best part of being on the team this year was playing golf everyday," Michael said.


Gray Patterson(11) gets ready to chip his ball out of the sand. "I work on hitting and putting every day," said Gray.


# $\delta$ aking It $_{\text {All }}$ A Dream Season <br> Andrea Jhoenton <br> Sports Editior 



## Fast Facts

$\square$ The team won the State Championships, as well as placing first in the regular season, districts, and regional tournaments.
$\square$ Seven seniors, including five starters, will be graduating in the spring. Captains Stacey Craighead(12) and Lauren Clary(12) will both be receiving scholarships to play ball at the collegiate level.
$\square$ Their overall record was $26-2$, with a district record of 12-0. They have accomplished a record of 78-6 in the past three years and have a current record of 58-0 in the district.

Tina Crawford(11) focuses on passing to target. "Volleyball is a much more complicated sport then most people give it credit for and it takes a lot of practice and skill," said Tina.


Katherine Jetton(11) jumps up to block a setter dump. Katherine made 52 blocks for the season. "I'm so proud to be part of such a successful program," said Katherine.


Front Row: Lauren Clary, Stacey Craighead Middle Row: Tina Crawford, Jessica Lancaster, Laura Jones, Caitlyn Long, Lauren Bosche, Kelsey Largen, Taylor Yarbor, Erica Wiegand Back Row: Coach Tamalyn Tanis, Coach Mark Tanis, Maggie Wagner, Katherine Jetton, Andrea Thornton, Allyson Paone, Coach Mike Wiegand, Coach Keesha Meek


Erica Wiegand(12) dives to pancake a ball. "Being on this team for three years has been an awesome experience and I know I'm going to miss it," said Erica.


Stacey Craighead(12) prepares to hit a ball set by Caitlyn Long(12). Stacey said, "It's hard graduating after being so successful and knowing I'll never play with this group of girls again."

# Over The River And Through the Woods 

Rachel Orapite<br>sports Staft



Ben Carlin(10), John Jennings (11), and Brian Holben(12) sprint off once the gun goes off at the Pre-District race.


Max Snider(10) and Ben Carlin(10) stride all the way through the finish line at the Lord Botetourt meet.


Laurel Sitze(12) takes a jump up the bank before she completes the 1st mile of the race. "Running has always been a big part of my life, mostly because I enjoy the competitiveness of the sport." Laurel said.

Mary Woody(11), Lydia Riall (12,) and Melissa Ivanco(11) keep a close pack going into the 2nd mile of the Knights Crossing Meet at Green Hill Park.

Fast Facts

- Post Season Meet Results:

| Districis: | Men | 1st | Women | 2nd |
| :--- | :--- | :---: | :--- | :--- |
| Regionals: | Men | 2nd | Women | 3rd |
| States: | Men | 9th | Women | 8th |

_- The Women's Cross Country team runs an average of 5-6 miles a day. The men run 7-8 miles a day.
$\qquad$ Over the summer the team goes to Appalachian State University for a Cross Country Camp. They stay for 5 days and at the end of the week there is a team race.


Rachel Travitz (11) sprints to complete the 1st mile of the District Meet. "I give my heart and soul into running and I enjoy every minute of it." Rachel said.


Tim Smith (10) finishes the Regional race. The Boys Varsity runners came in 2nd place overall.


Runners wait for the sound of the gunshot to begin the Regional race at Lord Botetourt.


Courtesy of Niles Harvey


Botfom Row: Tatum Tyler, Laurel Sitze, Rachel Travitz, Dana Orr, Jennifer Wade, Jackie Zillioux, Mary Woody, Melissa Ivanco, Nikki Harvey, Kara Campbell, Katelyn Reilly Middle Row: Teddy Ivanco, Chen Lin, Benjamin Carlin, John Jennings, Tim Smith, Max Snider Top Row Coach Loesel, Graham Casler, Mark Passeretti, Paul Lendway, Sam Kerr, Jonathan Carlin, John Gordon, Brian Holben, Mark Overstreet, Danny Bishop, Buddy Huneault, John Wheelock, Coach Maguire

## Scoreboard

Veeflimit:
ten: 2nd out of fredeams
JV 2nd
men: 2nd outeri9 teams
JV 1st

Blue Demon: -

> Mer 2nd out of 19 teams $\begin{array}{ll}\text { JV 2nd } \\ \text { Whment 2nd out of } 16 \text { teams } & \text { JV 2nd }\end{array}$ Knight's Crossing-

Men: Znd out of 14 teams Women 2 nd dut of 32 teams

JV 1st
JV 1st Staunton River

Men JU: 6in out of 10 in yaristymaee. Women JV: 2nd out of 7 in varsity race. Octoberfest:

Men: 15 th out oi 41 teams Women: 12th out of 37 -teams
Metro Invit:
Men: 3rd out of 11 teams
Women: 2nd out of 14 teams

# Oantinuing a Tradition of Building for the Future. 

$R_{\text {sperels }} \mathcal{F}_{\text {tapait }}$



First Row: Lydia Longmire, Lesley Williams, Lindsey Matko, Rebecca Balzer, Danielle Malkos Second Row: Staci Sledd, Alana Pinnell, Carla Scott, Sharodlee Kinchen, Kelsey Martin, Kenzie Conner

The JV football team all kneel right before their game. "I enjoy football because I get the chance to compete against other teams with my friends," said Brent Ring(10)


Freshman, Kylie Kerr, receives a serve from the opposing team. "I really enjoy playing on the Volleyball team, all my teammates are great," Kylie said.


First Row: Paige Baumann, Stephanie Crawford, Kim Kufel Middle Row: Ellen Vest, Jordan Reid, JoceyIn Kellinger, Kendall Patterson, Piper Hagan, Kylie Kerr Third Row: Coach Keesha Meek, Leah Miles, Meredeth Walker, Gina Burgess, Emily White, Kelsey Kerr, Coach Weigan


First Row: Matt Aiken, Zac Osbourne, Tucker White, Darryl Keeling, Greg West, Brent Ring, Carter Mull Second Row: Kevin Reeder, Clay Nash, Randall Akers, Ben Perfater, Tyler Caveness, Ryan Capps, Ted Lyle, Robert Rice Third Row: Doug Currie, Paul Overfelt, Jay Barrett, Dillon Meacham, Hugh Brown, Danny Knowles, David Francisco, Paul Craighead, William Guilliams Fourth Row: Carbot Armentrout, Ray Wray Devon Cain, Brian Doss, Eric Gladfelter, Alex Falls, Daniel Maloney. Fifth Row: Coach Fulton, Coach Draper.


## Dumpin Ul $^{2}$ The Crowd Throughout the Year

Hannah Torts Saffthorne



The cheerleaders pep-up the crowd during the tailgate before the Salem game. "This was my first year on the squad and it was a great experience," said Katy Keister(10).


Lauren Davis(11) talks to fellow cheer pal, Leigh Basham(11) at a home game. Leigh and Lauren have both been on the varsity squad for two years.

Before the away game at William Byrd, the cheerleaders pump up the crowd. Megan Bowles(12) said, "Cheering at the games is a great experience because it is up to us to get the crowd and players pumped up."


Even in the rain, the
cheerleaders show their spirit before the game. "Sometimes at games you want to be able to watch and yell, but you have to remember to smile and stay focused on cheering," Lauren Harris(11) said.

## Fast Facts

During the competition season, cheerleaders practice four hours a day, three days a week.

Over the summer the cheerleaders attended a camp hosted by Ricky Hill, the coach of the Virginia Tech Varsity Cheerleading Squad.

The cheerleaders placed second in the District competition and moved on to the Regional Tournament.


Shannon Showalter(11) flies a lib at away game. "Cheering during football season is my favorite because there is so much going on and were with the team on the field," Shannon said.


The cheerleaders show spirit by holding up a sign for the football team to run through before the homecoming game.


During halftime at a home baseketball game, Lauren Harris(11), Megan Bowles(12), and Caitlyn Koch(12) chat.


Wing IT


Front Row: Mary Swaffer, Caitlyn Koch, Ann Northern, Rachel Longmire, Stephanie Fortune, Kaitlin Rice, Megan Bowles, Brandi Cooper, Sarah Kane Second Row: Valerie Gurevich, Katy Keister, Shannon Showalter, Courtney Ferguson, Rachel Wilkinson, Lauren Harris, Kristen Hambright, Erica Horseman, Lauren Davis, Leigh Basham, Sabrina Rackow


Front Row: Mary Swaffar, Valerie Gurevich, Wendy Young, Caitlyn Koch, Megan Bowles, Rachel Longmire, Leigh Basham, Lauren Davis, Sabrina Rackow Second Row: Sarah Kane. Lauren Harris, Erica Horseman, Shannon Showalter, Katy Keister, Rachel Wilkinson, Coach Williams, Kaitlin Rice, Brandi Holland, Stephanie Fortune, Kenzie Conner, Kristen Hambright, Courtney Ferguson

# Different Strokes 

Butterfly, Backstroke, Breaststroke, and Free

Rachel $^{\text {Oraoite }}$

Sports Staff


Molly Kelleher(10) relaxs and talks with friends between swimming events. Molly said, "I swim because it's fun and I hate sweating."


The Cave Spring girls dive off the blocks to start the race.

Carrie Doughty(12) swims the backstoke at North Cross. Carrie said, "I really like swimming because it keeps me in shape during the winter."

Senior Julie Sablik jumps off the stand into the pool for a tri-meet against Christiansburg and James River High School. Julie has swam four years on the varsity swim team. She has earned five state fittes during her high school career.

## Fast Facts

-In the River Ridge District Meet, the girls team came in 3rd out of 6 , in the Region III meet the team placed 3rd out of 19, and at the State competition they came in 6th out of 37 teams.
-In the River Ridge District meet, the boys team came in 2nd out of 6 , in the Region III meet they were 3rd out of 19 , and at the State competition they came in 9 th out of 38 .
Each year that the team has made it to states, they have gone out to eat at Outback Steakhouse the night before.

Priscila Nakano(12) dives into the pool at the Gator Center to start her race. Priscila served as one of the captain of the girls team. Priscila was also a member of the varsity swim team for four years.

Nick Fanti(11) prepares to dive in after Chris Dean(12) finishes his leg of the relay. Nick said, "I really like to swim in the relay, my teammates and I are really close. We work well together."

Front Row: Jillian Cox, Carrie Doughty. Peter Wells. Kara Campbell, Scotty Hardwig, Julie Sablik, Priscila Nakano. Hal Walker. Bob Fendlev. Channing Porter. Melissa Bernitt, Nora Vitello. Jessi Pearson Second Row Nich Fanti, Kevin Munson, John Wheeloch, Michael Boucher, Marion Whisnant, Alexa Iolusso, Heather Pearson. Thaisa Nakano, Kelsey Webb. Ava Stevens, Kellee Jacobsen. Molly Reilly Bath Row: Molls Kelleher, Stephanie Craword. Dani Vankerckove, Coach Moore, Luke Munson, Michael Doughty, Josh Dean, Paige Baumann. Delany Elkin. Micheal Gileh. Nathan Ewoldt. Broch Vaughn, Richard Brown. Mateo Urrea, Meredith Walker, Kate Bondurant . Jackie Burke , Lauren Knuppel. Coach Huray, Stephanie Dehari

The team enjoys relaxing and hanging out in between events at the swim meet against Christiansburg and James River High School, held at the Gator Center.



Max Snider(10) and Chris Dean(12) prepare to jump into the water. Chris said "I swim because it keeps me in great shape and the team gets along really well, so we have a good time together."

\(R_{Rachel}^{\substack{Sport<br>Samite}}\) Sports Staff



Micheal Bern(11) competes in the triple jump at Liberty University.


Ana Scott(11) throws the shot at the Hidden Valley Polar Bear meet.



 Fast Facts

- The track team meets everyday right before practice. During the meetings the coaches talk about motivation and team unity.
- Ana Scott was the first shot putter for Cave Spring to qualify and go to the state Competition since 1985. Also, Tina Crawford and Rachel Travitz went on to compete at the Nike Indoor National Competition this season.
— There were 7 girls and 2 boys from Cave Spring that made it on the VHSL All State Team, which means they finshed in the top 8 at the state competition.


Front Row: Micheal Donato, Ben Harris, Ryan Capps, Steven Patterson, Trey Tyler, Zac Gates, Billy Munson, Tim Smith, Paul Lindway Second Row: Fain Perrin, Jeff Chrisman, Tyler Caveness, Merritt Ford, Doug Curries, Neil Aneja, Scott Barrier, Elliot George Bark Row: Danny Bishop, Buddy Huneault, Ben Carlin, Chris Boylan, Teddy Ivanco, Micheal Bern, Graham Caster. Steven Wright


Courtesy of Blake Travitz


# Dntense Teamurozk The Boys Push Ahead 

Hannah ZRapthome Sports Statt


## Fast Facts

$\square$ The boys placed third in the Holiday Hoopla tournament that was held at the Salem Civic Center.
$\square$ The team finished its season evenly with an overall record of 11-11 and a 5-5 record in districs.
$\square^{\text {The }}$ The team's average scoring per game was 54.6 points which out scored its opponents who only had an average of 52.3 points.

David Redick(12) fights for the jump ball at the start of the game. "This season was full of hard work and some disappointments, but our team stayed strong and always fought hard to do


Pete Hamilton(11) dribbles up the floor. "Even though our record and the outcome was a little disappointing, it was still a great experience that I learned a lot from," said Pete.


Front Row: Dawson Hicks, Brody Hicks, Andy Kinder, Scott Harriman, Cager Hicks Second Row: Sam Cole, Greg Mackey, Andrew Lavinder, Kenny Horan, Shane Butler, Shawn Ferguson, Andrew Secrest Back Row: Charles Sublett, Pete Hamilton, Justin Smedley, Danny Aiken, David Redick, Steven Nowlin, John Michael Bohon. Coach Bob Hicks


Coach Hicks talks to the boys on the side line. "I am really going to miss my coaches and teammates, and the excitement of playing all the games," said Charles.


Sam Cole(12) triple threats on offense. Sam said. "The worst part of this year was losing close games."

## Aqainst All Odds Varsity Girls Finish Strong

Hannach Jhawithorne<br>sports Staff



Lauren Gerl(12) gets into a defensive position. "Defense is the most important part of the game," said Lauren.


The team watches the intense game and their teammates before them from the bench.


Kim Hunt(11) shadows the ball as she guards her player. "Defense is what we mainly did in practice because 'defense wins games'", said Kim.


Christie McFarland(12) covers her opposing player. "I feel honored to have played for such a great coach as Coach Long. I will never forget all of the life lessons that she taught us all," said Christie.


Shawna Page(10) dribbles the ball up the floor to set up the offense.



Front Row: Brooke Ulrey, Shawna Page, Kim Hunt, Christie McFarland, Jaci Clark, Jourdan McDaniel, Lucy Smith Back Row: Coach Long, Monica Boatwright, Lauren Gerl, Aimee Veatch, Kayla Spurgen, Caitlyn Long, Coach Martinez, Manager Pam Ryan


Brent Ring(10) throws down his opponent. "The coaches push us really hard but I know it's for our own good," said Brent.


Eric Gladfelter(9) locks arms with his competition. "The key to matches is eating a good breakfastand geting a good sleep," said Eric.


Richard Diones(12) attacks his opponent. "It's awesome getting to slam other people on the ground for a sport," said Richard.

 a sporl" said Richard.

## Fast Facts

$\square$ Richie Diones(12), Darryl Keeling(10), Matt McCoy(11), Zac Osborne(9), TJ Marshall(11), Nick Crum(12), Devin Cain(9), and Brent Ring(10) all placed in districs and qualified for regionals.
$\square$ Team Awards included: MVP- Nick Crum(12), Rookie of the year- Richard Diones(12), Most Pins and WinsNick Crum, Sportsmanship- Aaron Thomason(9), Devin Cain(9), and Eric Gladfelter(9).
$\square$ Halfway through the season, Jason Hawes became the new head coach. The team's record under him was 4-0

TJ Marshall(11) jumps around and warms up before his match. "Our season starts in November and does'nt end until March, so you get to form a strong bond with all of your teammates," said TJ.

The team looks on as one of their teammates competes. "One of the best parts of being on the team is hanging out with my friends on Saturdays at matches," said Zac Osborne(9).


Front Row: Zac Osborne, Aaron Thomason, William Guilliams, Eric Gladfelter, Richard Diones, Andrew Chandler, Andy Kinder Back Row: Jim d'Alelio, Devin Cain, Daniel Maloney, Nick Crum, TJ Marshall, Matt McCoy, Coach Jason Hawes Not Pictured: Brent Ring


Matt McCoy(11) holds on to his opponent as he tries to crawl out of bounds. "Practices and all of the conditioning, weight lifting, sprints, pushups, and situps are the hardest part," said Matt.




The girls JV basketball team looks on during the game. "Before each game everyone thinks about their goals and concentrates on doing their best," said Laura Reese(10).


Melissa Horan(10) does a stunt during a timeout. "Doing stunts takes a lot of trust in your squad members. We're all really close," said Melissa.


Brett Buckland(10) looks for an open man. "The pre-season conditioning is rough," said Brett.


Front Row: Sarah Bingham, Nina Edwards, Brittany Frost, Olivia Ferguson, Kate Moore, Ellen Vest, Laura Reese, Hannah Hawthorne


Front Row: Lindsey Matko, Carla Scott Second Row: Danielle Malkos, Reba Balzer, Samantha Snyder, Caitlan Swaffar, Lydia Longmire, Melissa Horan Back Row: Alana Pinell, Sharodlee Kinchen, Coach Sadler, Kelsey Martin, Lesley Williams Not Pictured: Staci Sledd


Front Row: Brett Buckland, Matt Aiken, David Kaplan, Matt Burnette, Daniel Neighbors, Matt Simonic, Daniel Downing Back Row: Coach Kufel, Ryan Leet, Taylor Moore, Matt Knuppel, Brady Stovall, Bryan Wright Not Pictured: Chad O'Donnell Ping: Chad 0Donnel


Coach Kufel gives the boys JV basketball team a few pointers on the bench. "I can go to my coaches with my problems and they always push me to do my best," said Matt Burnett(10).

Mary-Aston Nichols(11) prepares to kick the ball across the field. "I personally don't think practices are that hard because I mainly focus towards games and strive to become better," said Mary-Ashton. This was Mary-Aston's first year on the varsity soccer team.


Focused on winning the game, Merrit Ford(10) heads the ball in one of the team's first games.
"We are able to win a lot more games this season because of how tight our team is and our overall refusal to give up," said Merrit.


Kylie $\operatorname{Kerr}(9)$ punts the ball out of the goal. "All the hard work we put into the new field was well worth it. It's awesome having our own field to practice and play on," said Kylie.


Cameron Lee(11) dribbles past a Franklin County striker. "There's a lot of chemistry between all of our players and we, as a team, are very united," said Cameron.



Front Row: Nick Fanti, Luigi Greco, Shane Butler, Merrit Ford, Alex Proffit, Ceaser Torrez Second Row: Taylor Woodrum, Michael Bern, Vaughn Stevens, Cameron Lee, Michael Cilek, Andrew Kelleher, Andrew Markey Last Row: Coach Briton, Hal Walker, Vincent Baro, Sal D'Angelo, Tyler Kerr, Chris Jones, Cory Housechild, Coach Simpson


Front Row: Michael Donato, Jordan Pulley, Ruben Torrez, Brent Ring, James Kennedy, Eric Thornhill, Andy Kinder Second Row: Harrison Lima, Andrew Brammer, Brian Jellerson, Buddy Huneault, Tom Murphy, Brennan Scott, Brock Vaughan Last Row: Coach Neale, Daniel Rector, Alex Doyle, Jordy Rice, Ian Carroll, Daniel Wright, Coach Harvey

| Lord Botetourt(V) | $3 / 14$ |
| :---: | :---: |
| Liberty | $3 / 17$ |
| William Byrd | $3 / 24$ |
| Patrick Henry | $4 / 4$ |
| Blachsburg | $4 / 5$ |
| Hidden Valley(JV) | $4 / 6$ |
| Hidden Valley(V) | $4 / 10$ |
| Lord Botetourt(V) | $4 / 11$ |
| Lord Botetourt(JV) | $4 / 14$ |
| William Byrd | $4 / 25$ |
| Christiansburg | $4 / 26$ |
| Lord Botetourt(JV) | $4 / 28$ |
| Pulaski County | $5 / 2$ |
| Salem | $5 / 5$ |
| Blacksburg | $5 / 8$ |
| Hidden Valley(JV) | $5 / 9$ |
| Hidden Valley(V) | $5 / 12$ |
| Christiansburg | $5 / 16$ |
| Pulaski County | $5 / 18$ |



Front Row: Jessie Durham, Danielle Cohan, Jocie Bernardo, Kate Bonderant, Marion Whisnant, Chelsea Custer Second Row Lauren Reid, Jordan Reid, Pauge Bauman, Sara Walton, Sarah Zilloux Last Row: Coach Capore, Lauren Markey, Kate Moore, Meredith Walker, Jennifer Wade, Kayla Funk


Front Row: McKenzie Garst, Melissa Meinhart, Mary-Ashton Nichols, Taylor Graves, Jennifer Talevi, Lydia Riall, Jennifer Harvey, Christie McFarland, Lucy Smith, Lindsey Stocks Last Row: Areli Tamez, Kelsey Kerr, Liz Wilson, Courtney Riall, Kylie Kerr, Jourdan McDaniel, Rachel Beaumont, Kelsey Meuller, Coach Jones, Coach Baughmann, Coach Martinez
,

## Rushing The Ret Tennis becomes "Kind of A Big Deal" <br> Andrea Thornton sports Editor

Gregory Malysa(11) prepares to swing at the ball during a practice drill. "King of the court is a good practice drill because we get to have fun and play in a gamelike situation while still working on our basic skills," said Greg.


Waiting for the ball, Brooke Ulrey(11) watches her partnee intensely from across the court. "We keep busy during the season by having practice everyday after school and having matches once or twice a week," said Brooke.


Steven Nowlin(12) runs backwards to receive an attack. "This year we were able to beat Hidden Valley for the first time, we were all pretty proud of that," said Steven.


Stacey Craighead(12) focuses on her target. "We have a lot of fun during both practices and matches. Our whole team gets along really well," said Stacey.


## GIRLS SCHEDULE <br> Opponent Lord Botetourt Northside William Byrd Blacksburg Hidden Valley Williat Byrd Lord Bofetourt Patriek Henry Chris ansburg Pulaski County alem <br> Blacksburg Hidden Valley Giristiansburg Pulaski County Salem



Front Row: Kelly Keegan, Kara Fitzgibbon, Brooke Ulrey, Laura Dodson, Kim Kufel, Lauren Ammar Last Row: Coach Rucker, Allyson Paone, Tristin Kaase, Stacey Craighead, Leah Miles, Lauren Goetsch, Coach Smith


Kara Fitzgibbon(11) retrieves the ball from the middle of the court. "Tennis is so much of a mind game; you have to constantly stay focused on where your opponent is standing and moving to," said Kara.


| BONS SOHEDULE |  |
| :---: | :---: |
| Opponent |  |
| Lord Botetourt | Date |
| Patrick Henry | $3 / 14$ |
| William Byrd | $3 / 17$ |
| Blacksburg | $3 / 24$ |
| Hidden Valley | $4 / 4$ |
| William Byrd | $4 / 5$ |
| Lord Botetourt | $4 / 6$ |
| Patrick Henry | $4 / 10$ |
| Christiansburg | $4 /$ |
| Pulaski County | $4 / 2$ |
| Salem | $4 / 28$ |
| Blacksburg | $5 / 2$ |
| Hidden Valley | $5 / 5$ |
| Christiansburg | $5 / 9$ |
| Pulaski County | $5 / 12$ |
| Salem | $5 / 16$ |

## Over The Fence

## Softball and Baseball Stríde for a Powerful Finish

The boys varsity baseball team huddles up for a meeting during practice. "It's been frustrating getting our act together at the beginning of our season, but once we do, we should start playing much better and hopefully start winning more games," said Andrew Sinnes(11).


Meredith Moore(10) gets low to catch pitches. "Our team this year is really strong and I'm very glad that I'm on it. We have a lot of talent and put in a lot of hard work, so the end of our season should hopefully represent it well," said Meredith.


Blake Klaiber(11) and Andrew Sinnes(11) grab baseballs out of a shopping cart. "Even though we've been struggling when it comes to games we practice hard everyday and keep improving," said Blake.


Jillian Sullivan(12) warms up pitching during practice. "Being a pitcher is very stressful, but I'm used to it by now. I'm not too worried this year because our team is good and I think we should go very far," said Jillian.


At practice, Zac Osborne(9) moves to catch a ball that a coach hit during an infield practice drill. "Our practices are really laid-back and our coaches let us have fun while still making sure that we work hard," said Zac.

The JV softball team huddles during practice as the coaches gives them infield pointers. "Our coaches are all really nice and very knowledgable about what they have to teach us," said Nina Edwards(9).



Front Row: Daniel Downing, Chris Boylan, Kyle Stuart, Cory Pickeral, Kevin Banks, Andrew Secrest, Michael Kluge, Brady Stovall, Garrett Johnson Last Row: Blake Klaiber, Andrew Feldenzer, Andrew Sinnes, Jordan Leet, Jacob Moore, Kevin Munson, Coach Campbell, Coach Dunstan, Coach Beheler


Front Row: Peyton Howel, Steven Cole, Brett Buckland, Luke Munson, Zac Osborne, Luke Feldenzer, Eric Gladfeltor, Stephen Sinnes, Kyle Gibson Last Row: Coach Draper, Josh Lank, Ted Lyle, Alex Berry, Carter Mull, Nathan Dodson, Nathan Wimmer, Gerald Delotto, Coach Roth


Front Row: Jaci Clark, Jessica Lancaster, Courtney Cooper, Mary Swaffar, Kim Hunt, Alea Bier Second Row: Grace Kitchen, Monica Boatwright, Meredith Moore, Olivia Ferguson, Kayla Spurgeon Last Row: Jessica Boatwright, Chelsea Kelley, Jillian Sulivan, McKenzie Meador


Front Row: Courtney Gaddy, Brittany West, Nina Edwards, Renee Mastrangelo Serond Row: Ana Resnick, Amanda Baker, Rachal Crum, Brittany Frost, Lisa Luqiu, Lasi Row: Coach Martin, Coach Kilbain, Jackie Harris, Sarah Mitchell, Mariah Stump, Coach Mitchell

Alana Pinell(9) frenchbraids her teammates' hair before a meet.
"Through track, l've been able to make a lot of new friends with people that I would've never talked to otherwise," said Alana.


During an afternoon practice, Zac Cates(12) takes a break at Penn Forest Park after he completes the relay workout. "Track has been great because we have two awesome coaches and very dedicated runners," said Zac.


Lauren Clary(12). Jackie Zilloux(11), Lauren Sledd(12), and Tina Grawtord(11) stretch after their 2 lap warmup. "I love track because it's very challenging, but in the end it's very rewarding," said Lauren.


John Jennings(11) streches and listens as Coach Maguire explains the day's workout. "Coach Maguire tries to prevent injuries by making sure we stretch well before we run or do a strenuous workout," said John.



Ryan Capps(10) and Meaghan Bowling(10) do situps after a long run. "Our daily workouts are very intense and physically demanding, but our performance in meets makes it all well worth it," said Ryan.

Neal Aneja(9) finishes a lap around the Penn Forest track. The team runs fast-pace workouts at Penn Forest once every week or two to bring out the runners' fastest speeds.


The boys long distance team takes two laps warm-up around the track. "We all work really well together and are constantly trying to bring out the best in our team," said Graham Caster(12).


Front Row: Stephanie Ayers, Samantha Snyder, Caitlyn Swaffar, Mary Woody, Kaitlyn Reilly, Lauren Clary, Tina Crawford, Rachel Travitz, Jackie Zilloux Second Row: Lauren White, Megan Loar, Jacquellin Anderson, Meghan Bowling, Kelsey Largent, Melissa Ivanco, Tatum Tyler, Lauren Bosche, Lauren Sledd, Ronica Richardson Last Row: Molly Reilly, Sarah MacIntosh, Brianna Glennon, Alana Pinell, Kim Remine, Candice Furrow, Kaylin Foor, Tessy Henry, Ava Stephens, Aimee Veatch

## SCHEDULE

| SCHEDULE |  |
| :---: | :---: |
| SCHEDEnt/Invitational |  |
| Opponete |  |
| William Byrd | $3 / 29$ |
| Bradford Relays | $4 / 1$ |
| Hidden Valley | $4 / 5$ |
| Radford Invitational | $4 / 8$ |
| Blacksburg | $4 / 12$ |
| Appomattox Invitational | $4 / 15$ |
| Salem | $4 / 26$ |
| Cosmos | $4 / 28-29$ |
| Pulaski County | $5 / 3$ |
| Chrstiansburg | $5 / 10$ |
| Southern Track | $5 / 12$ |

Fromt Row: Trey Tyler, Max Snyder, Jake Gerl, Danny Bishop, Tim Smith. Tyler Caveness, Paul Lendway. Darryl Keeling, Chris Dean. Byan Capps. Zac Cates second Row: Sam Laskev. Teddy Ivanco. Steven Wright, Bill Mullins, John Carlin, John Jemnings. Ben Carlin. Parker Vasich Thual Rou Doug Currie. Richard Brown, Jeff Wardach. Neil Aneja. John Wheetock. Matt Podlecki, Graham Castler Idst Bow: Matthew Morgan, Devin Cain, Daniel McFarland. Roan Martin. Crispin Harwell, David White





## DWIGHTBOGLESYADIUM <br>  <br> Go Knights!

|  |
| :---: |

## Oommunity





 da thrir hest and ucrer yine up, instill a sense af iesponsihility and eammitment. T() rther it is a pund iaiser liker
 trend a helping haurd. Qammunily and rammuntily Iradris and mermhers lend theiz suppoil le cluhs and aiganizalimens the heurfil the sucecess af the sechasi.


1. Caitlyn Long(12) won a DVD player from a raffle drawing at Midknight Madness. Caitlyn said, "I was really excited to win a new DVD player. Midknight Madness is one of the best things during the year because it starts off the basketball season."
2. Cece Currie, a member of the PTSA and mother of Doug Currie(10), helped out at the Project 50 event. Rudy Ruettiger was the guest speaker. Due to the space, the event was held at Northside Middle School.
3. The band starts off the night by playing the Cave Spring fight song. The drumline was present at Midknight Madness which made the night more lively.


1.) Terri Langford, Booster Club President, helps get ready by setting up an information table about Rudy Ruettiger.
2.) Assistant basketball coach, Bob Hicks prepares to pull the sword out of the stone at the end of the Midknight Madness.
3.) A Cave Spring supporter cuts meat before a home football game. Before each home football game, CS bootsters, supporters, and area restaurants provided a meal for all interested.
4.) Joe Langford(12), Jordan Leet(12) and Josh Leamnson(12) prepare to participate in a the volleyball game against the Varsity players during half time of Midnight Madness.

# TVorking $\mathcal{H a z d}$ <br> to help out their community 

Communities often pitch in to help their local schools with projects. The project that the community in Roanoke
County has been most involved with is Project 50. In order for Project 50 to be a success, students, parents, alumni, and other Cave Spring supporters, have been donating their money, time, and energy. Another large event that the community comes out to support is Midknight Madness. This activity gives the basketball teams an opportunity to showcase their talent before the season and to have a little fun. During the night, the JV and Varsity teams are introduced to the students and the community. During half time, students participate in games such as raffles, the senior scrimmage and basketball shooting contests. Overall, if the community stays strong, these events will continue to be the things that bind the community together.

1.) The varsity cheerleaders perform a stunt between quarters at a basketball game. The cheerleaders have the job of getting the crowd involved during and between games.
2.) Students watch the cross country team board the bus for states. Teachers took students to cheer on the cross country team as the team prepared to leave.


Courtesy of Niles Harvey


Red and Black, Knights, and Honor; just a few things that come to mind when you think about Cave
Spring. Students and parents that come out to the games and the events keep the legend of the school going.
Sports are a large part of the community because it can bring everyone together. Students pack the stands during
games, home or away, which keeps the teams going during their games. Parents lend support to the community by volunteering at the school, help out with fundraising and simply come to see the things students participate in. Overall, the tradition we have gotten from the past graduates have helped us keep up the great support and pride for the Knights.

1.) Mr. Smith, parent of Tim Smith, waits to announce the scores while the track teams have a home meet against William Byrd.
2.) Nikki Harvey(12) and Jeffery Johnson(12) try to stay warm as they sit around the track to watch the boys and girls track teams participate in a meet.



1. Cave Spring dads work over the fire at the cookout before the Salem football game. Cave Spring supporters are always willing to work together to better Cave Spring for the future.
2.Mr. Maguire and Coach Loesel give a pep talk to a few of their runners on the track team. Stephanie Ayers(9), Brianna Glennon(9), and Sarah McIntosh(9) get ready to run during a match.
2. A large section of fans watch as the girls varsity volleyball team get ready to break from a huddle and start off one of their games.

3. Students of Cave Spring Middle School gather in the stands before the start of Midknight Madness. Middle School students enjoy attending Midknight Madness because the event gives them the chance to participate in basketball games and talk with their friends.
4. Diane Kennedy, mother of James Kennedy(9) browses through the silent action before the Rudy Ruettiger event.
5. Mitzi Martin and Kelsey Martin(9) look at Rudy paraphernalia before the event starts.
6. During the state semi-final game against Brookeville, students gather together with to swat the Brookeville "bees."



## Some Smpressions



(Catcie- It has becn a long 3 years with you. I was dreading this year beciuse I thought we would fight all of the time but surprisingly we goo closer chan cver and never fought once. I am going to be really sad with out you next year, so please come baek and visit! You will do mazing chings becuuse you are so deditared and driven. With dance and school you never give up.

Dogaft - Even though you were never here, we knew you were here in spirit. Bue, when you were here wou worked so hard and pur your heart into us and the book io get things done. Thanks for caking over when I was gone chat week. I appreciate all your he/p..and who would have thought we would have goten along! I know that you are Forever indebred to Alex for finding you the PERFECT prom dress. Good Iuck next year!

Aleqant- You are such a hard worker! I know thar we will be missing you next vear! You have pulled us together so much; wíhour you there would be no student life section. Along with working hard, you always make us laugh, especially when you stuck the camera in our face. Thanks for not complaining when we made vou transfer to another compurer or do cexra work for us!
CAlex-You gor NAEP'd! That was by far your faverite spread ever... even though Carric hated fit. We will miss you when you go to Emory and Henry, but you will de amasing things! You always knew what you were doing when it came to compurer problems. You have such a strong pursonality and atritude, that sometimes was a lot to handle buc it made the vears lively. We can't chank you cnough for your help wich the inder.... bur.... we still expect that puppy chow!
Atredrecu- You were such a driving force ingecing the sports section fimished. Even though you sit by vour computer and look at your bank aciount, pou always got your work donic on time, in vour cwn way. Next year will be really different with out you, but you'll do great at JMU... go visic Maggic for me!
Leultinuauul - Oh Laurinamn, you are so crazy, but in a good way! You can ahwas make us haugh about anything and you are such a swcetheart. We can always ask you to do anvehing co help us out. You were our only sophomore this vear but you were the best! Neve vear wou'll be assistant ceditor, You'd better be cxciced!

$M_{s .} I_{0}$ atsechal- Thanks so much for all of your dedication and hard work to us! We would be lost with our all of your helpful advice and amazing support. Year after year you ep us going strong and are there for us when we need you. You start our our day by being a great teacher and a strong leader. I know we really enjoyed spending Saturdays and our afternoons th you and Josh. You have become more like our second mom then our first period teacher. Sec you next year!
encland- We had a great trip to North Gardina with you! Vistring the plant was one of our highlights of the year and it was an great opportunity to l learn how our book s made! It wasn't quite what we expected but we had a goal time. Thanks for coming in early in the morning and visiting us after school with all fy our goodies. Fou were always there wring our questions and helping us with whatever problems we had that day. Congratulations on the new addition to the Cleveland family and we look foward to seeing you next year...ff wo vent scared you off chis year.
"Some Impressions Never Fade" is the 50th volume of the Cave Spring High School Accolade. The book was printed by Jostens, Inc. in Winston- Salem, NC. 600 copies were printed. The theme of the book was developed by the entire Accolade class as a whole. Headlines were written in AVTCenlusmer and AVT/osh while the captions and body copy were written in AYTDavid. There are 219 pages in the book, not including the supplement. The Cave Spring High School enrollment is 982. The yearbook staff used Adobe Pagemaker 6.5, 7.0 and Adobe InDesign CS2 to create the spreads on the Macintosh G4's and the Dell Pentium 4's.

 ta Recces': In sorry that you hate the pictures of you in the yearbook, but we love them! You are full of grooviness but we love every bit of nt.
 defy and fun and can always make us lawn on a bad day. Thanks for letting us use war sharpie everyday! Way to not bring Carrie a secret Santa presem!


 at contract! You always had the best attitude , bout yearbook which made things go so much more smash.
 ra spreads inn' c easy but you kepergoing! We are ghat pee were so willmg to learn and help us sur all of the rime.
Six - You have opened up with all of us so much and we are: so glad that we have goren to know you so well this yearly You and Hannah were ahvous ateactind ac che hip but the two of wa always kept us hushing. You worked hard but you did it all in pour own, the laid bunk waw.
$K_{1}$
 fished doing it! Your positive suture was such in asset to our groups.


 eat help. Thanks for ahwask helping us cue and eking pictures for all of us when we were behind!

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Brian,
You filled your youth with creativity, personality, and charm.

And in your teens added leadership, accomplishment, and style.
Keep your faith and stay true to yourself.

We're Proud of You Mom, Dad, and Lawent


You came into our lives as our sweet baby girl and you have become a beautiful young lady with a future and dreams of your own.
We are proud of your journey through life thus far and look forward to watching you accomplish your dreams. All of life's lessons have made you a strong, loving, and beautiful friend to all that know you. May you have all the success and
happiness life can bring!

- We love you! Mom, Dad and Reed


Thanks for being such a great girl, we are very proud of youl John 3:16 We love you! (this muchl) Dad, Teresa, Tim, Tara, June, Lawrence, Mom, Nanny, and Chloe.


Ashley Bland

Congratulations! We are proud of you and love you!



## Congratulations


dosh Roupe to a wonderful nephew and cousin who has been more like


Jush Roupe

## Josh,

We've been so blessed to have you as our "Grandson"! We are so proud of you and remember- always give thanks to God for all he gives you in life.

Love you more than words can say, Granny and Grandaddy

## Courtney

From the time you were a little girl, l knew you would be someone very special.
lt seems like just yesterday. Now you're all grown up. You are a very beautiful, kind, caring, loving young lady. You will be successful in


Courtner O'Quinn whatever your heart desires.

Follow your dreams. We only

want the best for you now and always. We are very proud of you. Congratulations! Love, Mom, Dad, David, and Teeko


We treasure all the memories we have of you growing up. You have brought much foy and laughter to our fanily. As you prepare to go off to college and beyond. always remember God's words:
"For I know the plans I have for you declares the Lordi plans to prosper you and not to harm youg to give you a future and a hope You will call on me and pray to me and II will listen to you. You will seek me and find me when you seek me with all your heart."



## Charles,

From a precious child to a remarkable young man

- you are such a blessing -

Love You Mom and Dad



Chelsey Hall

## Chelsey

You have always been a light in our lffe, and you have let it thine from here to Argentina! We are so proud of you. May God continue to bless as you sech His dircction for your lafer. We Love You,

Mom and Dad
Proverbs 3:5\&6


Chelsey Hall



Congratulations to our " Little Sugurfluff?"
Best of luck and happiness always. We are so proud of you,

Lateen Ammar



Clint

Thanks for always being there for me I couldn't haveakkd for a better big brocher: Have fun at school and besse, IIlmis yousomuch!It won't be the same nor havingyourround

Love you always,
Chel


Gin-Gin, Pinhead, Vv - our precious gift from God. You have brought us 18 years of joy. We cant wait to see what tomorrow brings.

Love always,
 inginial Vasght


## Love Mama. Dad \& Haley

We are so proud of all you have done and all you will do. Follow your dreams. "Lauren"
 When times have been tough, you found a will and a way to "clear the bar" and that will take you far. We will always admire you and love you, Dad, Mom \& Kevin

## Beth

vietove vou and dive so blessed to here 190w. Wount womes 15 ond inte0 in it 5 serve you well ve kenory 4015 will be suecess in in Hurtever you doose in infe
Love.
iod wom and Damiel




Gongratulations, on all that you have accomplished: We are so proud of you: The best is yet to come. We look iorward to being with you, every
 step of the way

Mom and Dad



It is said that "the flower that follows the sun does so even in cloudy days


Hecther Contru"ux


HEEATFER You came to us as a little flower and you bave bloomed into a beautiful young woman. Mour smile brings joy to our bearts. We are so proud of your constant perser Derance. Ulse your gifts faithfully and let God lead the way. We love you GCom, Dad, Amanda, Brittani, and Alexander



Our little guy is grown up now; ready to move into the world on his own. Your past is our treasure; the future is your opportunity. Enjoy it while you can, and stay on the bright side of the road.

We love you,
Mom and Dad


Watching you grow up has been a joy, and we are proud of you. May God Bless You Always. Love. Mom \& Dad


## Kiddo.

Continue to amaze meThanks for growing up to be a great friend!

Love Sissy

 aura Welove you and everything you do. You make 1550 proud: Good
 luck in college.

Love,
繁 摂
Mom, Dad + Michael


## NIKKI

You make life fun wherever you are! Your "an-do" attitude and spunk will take you far in life and carry you through any rough spots you may encounter. You are a special young lady and you have made us proud to be parents: Make your dreams come true, Pooder! Love you so much,
Mom and Dad


I love you, Nik! Have fun in college! Brad
 Micalh,
Congratulations! We are so proud of the young lady you have become. Love,
Mom, Dad, and Sara

Alyssa Waltor


Alyssa Walton


You give us every reason to be proud. Love,
Mom \& Dad Mae,
Maria and Megan.


Driscila Nakano

Congratulations! Vou babe brought us so muluch joy one the years. © (ay God bless you with bappiness and surress.
T)ad. . 7 (omm, and Thaisa


Driscila Nakano


You are the daughter we always wanted, and more. You have taught us 50 much with your kindness to others, ability to forgive, and your willingness to find time to help a friend. You are not only amazing but beautiful, too! Life will give you your rewards. We are so proud of you and we love you so much. LOVE, $M O M \& D A D$

You are a wonderful sister. Congratulations and best of luck in everything you do. Your big brother.

## Curtis



Jane Jennings


Jane Jennings


Jane Jennings


What a great sister! Have fun in College. From your twin. one month a year. John

## Fessica BCarkbam

 You were our little surprise baby. Now your the most beautifue person we know. We love having you for our daughter and look forward to all the surprises well have with you in our life. Your future is bright and will hold many surprises. Enjo y!

Jessica Markhum

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dussica Markhan!

dessica Markham


Stacey Craighead


Stacey

From our little princess to the Homecoming Queen,
From t-ball, soccer, basketball, track and dance
Through competitive gymnastics to your commitment to excellence in volleyball,
We have been so proud of you and the person you have become and all that you have achieved.
You set a goal for yourself and worked hard to achieve it with confidence and courage.
Realizing that in order to guarantee your success you have to act as if it were impossible to fail. You realized carty that champions aren't made in the gym or on the field but, from something deep inside them. A desixe, a dream and a vision. You took all three and ran with then!

You are a worderful daughter and a terrific sister.
We love you very much and wish you the best in everything you do.



And always believe in Yourself. We are very proud of you!
Congratulations! Love, Mom, Dad, Amruta, AAI \& Shekharmama


## Apoona Acharya



Apoona Acharya

## Meredith -

Congratulations and Best Wishes!!
Love Mom, Dad, Kyle, Lauren, "Mac", and "jill"


Bornin the Same Hospital...In Illinois


## Channing

You bave gone from pretending to be a grown-up lady to becoming the young woman God is creating you to be... intelligent, faithful, independent, and beautiful (inside and out)! "We are so proud of you and lone you Dery much!



## Ilegan

You ve always had a style of your own! Stay independent and follow your dreams. $W_{e}$ are so proud of you!


Megan Coffman

Kara
GO For lit


We Love You! Mom \& Dad


You have incredible strength and fortitude. I hope all of your dreams come true. Love.

Mom


Savah Lilly:
From your first day of school to your last, we have always been proud of our Little Princess. Great Job!


Love,
Mom, Dad, and Susan.



Travis Becknev
We are very proud of you We look froward to your success.. Love Mom and Dad

## $\cong$ Ashton Helms $\approx$ Determined, Beautiful, :Graceful

You will always be our little ballerina, dancing around the house, playing dress-up, and taking care of your baby dolls.
"Livin' might mean takin' chances but they're worth takin'....And when you get the choice to sit it out or dance."
We hope you dance. Love, Mom and Dad


Ashton Helms


Ashton Helms


Ashton Helms


## We Laue You!

 of you!
## We

## are so proud



BETSY
May Life always be a dance. May you twirl through your challenges. May Frenchie help you jump to your dreams. And remember you will always be the "perfect" child.

## Love,

Dad, Mom, Keith, Katie (the favorite), fomminey dite and and Bemjamin (Babylt)


Besty Beasley


Emily. Megan. Apoorva, Bcth
Laura. Chelsca, and Lydia


Lana. Chisia. ind Ly


Betsy Beasley


Alexandra Dawn Hold on to Your Faith and Dance!


Romans $5: 1-5$
Love,
Mama, Pạa, Aimee, Ashlon, Aric

## Kristic

We knew you would be special the day you were born. Sou bave grow in to be a beautiful, sweet, caring young lady. We are so proud of you. Tou bave looked out and stood up for your brotber since you were two years old. We loDe you so Dery much.


Emily Ewoldt

## Emily

 you will always be our Princess! Go out and sparkle and shine. Love, Dad, Moin, Nathanı, anct Kyle

Imil: Fwoldt


Pongratulations Chelissa We are so proud of you!
Be happy with what you choose. Good Luck in everything and always follow your heart.

2ore - Alrions:
Mom, Dad, and Chris

## Graham



It has been a joy to watch you grow into manhood. Your quiet, unassuming nature hides a wit and
strength of character that
heartens those of us who know you best.

We are very proud of you.
Love,
Mom and Dad


Mom, Erie, and Nowa


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Atceolade Staff

Aduisar $\qquad$ Sandins'olucha
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Qluthes Ćsitione $\qquad$ Laurin ann yinte

Spaiti Údiloi $\qquad$ Andrea Thounton

Stuntruil Life Évitar: $\qquad$ Megar Bowles
$\qquad$ Siaff Ml culiert. $\qquad$ Lauren Harrij)

Catey Rolulioss
R1Bh
Elizabeth Sper $\qquad$
Telissa Cordele $\qquad$
Hawnah Hawthome $\qquad$
Kruptes R Ragoro
Rachel Traxitr
Kayla E. wiew


[^0]:    Lauren Harris
    Student Life Staff

[^1]:    Laurin Ann Link
    Club. Section Editor

[^2]:    Thes Sect planurd and voluntereril at the anumal Wland drive that is held in the auxillaity gym. The
    
     Qluhs and oiganizclians helped students and the commenmity to hreame one thrangh aut the year.

