

ACCOLADE 2013

RED

ALL OVER

X IT'S WHAT WE DO

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X WE'RE JUST BETTER

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RED



ALL OVER

RED



ALL OVER

CAVE SPRING HIGH SCHOOL
3712 CHAPARRAL DRIVE
ROANOKE, VA 24018

540.772.7550

SENIORS:	200
JUNIORS:	195
SOPHOMORES:	238
FRESHMEN:	255
FACULTY & STAFF:	116
TOTAL KNIGHTS:	1004

X ACCOLADE 2013
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GROUP AA, DIVISION III

ELATION ON THEIR FACES, seniors Erin Holsinger and Sarah Smith celebrate after what Smith describes as the "best play of her life" during a Hidden Valley match. "The ball had just been shanked, and everyone thought the play was dead. I went after the ball, diving to keep it up and over the net since it was the third contact. Somehow the ball tapered over, landing on the Titan's side and taking one point away from our five-point deficit. Every Knight in the gym went insane. The moment was unbelievable," Smith said.

019

COLLEEN TRUSKEY
EMBODIED IT TO CHANGE
CHILDREN'S LIVES.



032

BREN HUGGINS
WAS JUST
BORN WITH IT.



KENDALL BAYNE INSPIRED
IT IN THE ENTIRE VALLEY.

022

AARON TATE
CONSTRUCTED
THINGS FROM IT.

039



HARRISON RUSSELL
HAD A BRUSH
WITH IT.

034



KAITLYN CREEKMORE
WON THREE WORLD
CHAMPIONSHIPS WITH IT.

054

0 80

IT BONDED CONNOR BAKER,
JORDAN BRYANT, DYLAN BRUCKI
AND JON EVANS TOGETHER.



IT MOTIVATED NATHANIEL
AXT AND EMILY CHRISMAN.

0 68



RED



THE METTLE OF A KNIGHT.
THE FIRE TO PREVAIL.
THE PASSION TO IMPACT.
IT CARRIES AND DEFINES US

ALL OVER

X IT'S WHAT WE DO

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M

MOVING MOUNTAINS

NINE MEMBERS OF THE VOLLEYBALL TEAM AND THEIR COACHES JOURNEYED TO NICARAGUA FOR ONE WEEK OVER THE SUMMER, SPREADING A MESSAGE OF FAITH AND PROVIDING FOOD, CLOTHING — AND MOST IMPORTANTLY — FUN AND HOPE TO THE PEOPLE THEY ENCOUNTERED.

M

MOVING MOUNTAINS



SENIOR KENDALL SCOTT
BLOGGED ABOUT HER TRIP.
HERE ARE EXCERPTS FROM
HER FIRST-PERSON ACCOUNT.

“IN

November of 2011, I stood
on the Siegel Center
court in Richmond,

embracing my team. One hand held a medal and
one hand reached above my head, resting on a
trophy for the state volleyball championship.
I was blissfully happy. My team had just
conquered the dream of every school in the
state, and I was so happy for them. The huddle
broke, and as we lined up on the court with our
new golden cup, a hundred cameras catching our
smiles, tears and disbelief, something hit me.
This was it. We ended our season in the best way
possible and imaginable, but we were finished.
Volleyball was done forever. That particular
team would never play another game together
again. Or so I thought.

THE TRIP

On the day we left, I woke up after about
two hours of sleep. That was the day I had been
awaiting for over six months. Nicaragua. I had
written a bucket list of “100 Things to do Before
I Die” in the 9th grade, and going on a mission
trip to a third world country was right at the top.
That day was the start of a new journey.

Our coach Tamalyn Tanis had told us that if
we wished, we could share the story of our faith
while we were there. That meant that we could
preach our life story to villagers.

Before I knew it, we were in Nicaragua. That
first day, some of us found ourselves riding in
the back seat of a pickup truck with Don, the
organizer and founder of Because We Care
Ministries, and our translator Nidia. As we
pulled out of the hotel parking lot, a pickup truck
drove by with three men sitting in the truck bed.



IN FRONT OF A SOUP THEY PREPARED, alumnae Morgan Shannon and Shannon Craighead and junior Olivia Sass ladle soup for villagers. The girls prepared a soup made of rice, chicken and vegetables for the village. "The look of desperation in their eyes for the food that we take for granted every day really broke my heart," Shannon said. **COLORING WITH LOCAL CHILDREN**, seniors Alyssa McKinley, Kendall Scott and Erin Holsinger relax after hiking to the top of Cacao Mountain, which amounts to a four-mile hike at a 4,000-foot elevation incline. "While the hike was really humid, extremely hot and on an unstable road, what we got to experience at the top of the mountain was totally worth it," Scott said. **AS CHILDREN SWARM HER**, alumna Shannon Craighead enjoys her new best friends while visiting Jinocua. When the group arrived in this village, the children ran out of their school to see their visitors. "It was amazing to see the amount of joy a simple bubble could give them," Craighead said. **PINTAR TUS UNAS, OR PAINTING NAILS**, senior Sarah Smith shares beauty tips with friends in Rodeo Grande. The group brought nail polish, bubbles, sports equipment, coloring books, crayons and other toys and games to share with children they met. "We brought a huge suitcase full of clothes, shoes and toys. The kids would run out of their villages and the forest, trying to follow our bus and catch the items we would throw to them," Smith said.



WITH HER NEW FRIEND, junior Olivia Sass blows bubbles in the Rodeo Grande village. It was one of the more developed villages she and her group visited on their trip. "They had so little," she said. "And they appreciated everything they received."



PASSING OUT BRACELETS. Coach Tamalyn Tanis shows compassion through a small gesture. "Most American children would not get the same joy from the little, homemade bracelet but the Nicaraguan kids did and it was extremely rewarding being able to make them happy," senior Alyssa McKinley said. **SEATED IN A CIRCLE,** players remove their knee pads and shoes and offer them to the Nicaraguan Junior National team. Coach Tamalyn Tanis then spoke about the importance of teamwork, not only on the court, but also in faith. "We were able to share our faith and story if we wanted to," senior Kendall Scott said. **THE TEAM IS ALL SMILES** as they prepare to visit their first village, Villa Esperanza. Transportation was handled very differently in Nicaragua. "No one really observed a speed limit. Old schools buses were used for city buses, and they were crammed full. People even rode on top of the buses," senior Erin Holsinger said. **DANCING WITH THE CROWD,** alumna Shannon Craighead, senior Kendall Scott and junior Kallie Wilkes entertain village children while their families are being treated by the missionary doctor. "The kids were so sweet, wanting to play with you and receive attention and love," Wilkes said. **THROWING CANDY FROM THE BUS WINDOW,** seniors Kendall Scott and Sarah Smith wait in anticipation to see the smiles of the kids who will run after the bus hoping for a treat. "The best part was looking back after the bus had passed them. The kids would be dancing over a little piece of candy," Smith said. **WADING INTO THE OCEAN,** alumnae Shannon Craighead and Morgan Shannon, seniors Sarah Smith and Annice Link, and junior Kallie Wilkes cool off and get ready to witness their teammates' baptisms. "Getting baptized there was very special. It changed the trip and made it more meaningful," Sass said. **A HERD OF 40 VACAS** make hiking down a mountain nearly impossible. A sudden rainstorm caused the animals to scatter and block the trail. "All I kept thinking was, 'Nothing like this has ever happened to me before,'" senior Annice Link said.



M

MOVING MOUNTAINS

“THEY’D be pulled over in a heartbeat if they were in the States,” I joked, trying to break the silence. Then, as the pickup truck pattered away, a construction dump truck sped by in the opposite direction. It must have had 30 people in the back of it. At that moment I realized all safety and comfort I found at home in America had been stripped away from me. I couldn’t stop staring with my mouth open, and watched the men casually hold on for their lives to the back and sides of a dump truck bed simply to get a ride somewhere.

“The rule for passengers in Nicaragua is this,” Don said after noticing my eyes follow the dump truck down the road, “How many people can fit? One more.”

OFFICIALLY IN CULTURE SHOCK

In Villa Esparanza, one of our many stops, we were surrounded by smiling children before we stopped the truck. We hopped out and began to set up a volleyball net in their cow pasture. As we finished, I talked to two little girls in very bad Spanish, and got them to join a pepper circle that we had made. The kids hit the volleyball maybe three or four times before somebody would hit it out, but they had so much fun. We taught them techniques to dig, set and hit the ball. When I asked one of the girls if she liked to play volleyball, she said, “No puedo.” (I can’t). I was about to ask her what she meant, but her father called her from across the pasture. “Come take care of your brother.” Her friend left, and the girl looked at me sadly, and said, “Tengo ayudar” (I have to help), before turning away.

We played with so many children while we were there, making them laugh and smile. In Rodeo Grande, we blew bubbles and painted nails. I played with the boys for a long time, until I saw a girl sitting in the center of the park by herself. I asked her, “Puedo pintar tus unas?” (Can I paint your fingernails?). She smiled and nodded. She already had the remains of green fingernail polish on her nails, so I had to paint the purple polish she had chosen over the green. When I painted the last of her nails, she said something to me I couldn’t understand. I asked someone to translate. “She said, ‘They’re not painted.’” At first I thought she was criticizing the mediocre manicure, but when I looked back to her, she pointed to my own unpainted nails. Here I was, supposed to be serving her, and she wanted me to feel pampered too.

THE MORNING AFTER

The morning after I returned from Nicaragua, I couldn’t seem to pull myself out from under the covers. Eventually, I got up and walked to my kitchen, where I re-heated a few pancakes in the microwave. I sat down and watched the news on our flat-screen TV. I began to eat my breakfast without washing my hands. I picked up a glass and filled it with water from the refrigerator without worrying about checking to see if it was safe to drink. I sat back down, and thought, “This feels so wrong.”

I realized when we left the Dulles Airport, our car trip was the first one in a week I had used a seat belt in. I was back in my comfort zone now, and so was the rest of my team.

“THE one thing which really stood out to me in the past week was the smiles. The smiles of the children as we played catch with them, painted their nails and braided their hair. The smiles of their parents seeing their kids so happy, and seeing them go to sleep for just one night with a full belly. The smiles of my teammates and coaches, laughing and singing and loving like they never had before. Everyone was so happy there, even though they had nothing.

THE WORLD I'M ALL OVER IT

"This summer I went to India and saw my family. Over there I got to drive because the laws are different than in the U.S."
Supreet Pannu, 9



"I went to the island of Bonaire over the summer. It was really warm all the time and barely rained. Scuba diving was the best part."
Stuart Whisnant, 10



globe trotters

STUDENTS EXPLORE THE WORLD AROUND THEM DURING SUMMER ADVENTURES

The thrill of visiting a foreign country, living in a different culture and escaping the tediousness of a repetitive schedule was hard to resist for travelers with curiosity and adventurous spirits.

Some students visited foreign countries as part of a fun vacation, such as senior Ebony Ruffin and her family.

"I went to Mexico with my family for relaxation and fun times away from the United States," she said.

Others traveled due to family obligations or exchange opportunities, but enjoyed themselves just as much. Junior Kallie Wilkes had the opportunity to live in New Zealand for a few months because of her dad's job. Senior Lisa Istad traveled abroad during the school year as well. However, she traveled from her homeland of Norway to the United States as an exchange student.

Also spending some time as exchange students were senior sisters Kathryn and Lauren Butler. They traveled to Normandy, one of Roanoke's Sister Cities.

"I learned how important knowing a foreign language is. There are many beautiful places in the world that can only be seen by learning a language," Kathryn Butler said.

SUDAN OR BUST.

For an entire year, sophomore Safa and senior Marwa Eltaib's family had been planning a trip to their homeland of Sudan. The two-month long trip required Visa additions to their passports, but documentation was never returned to the family. After a call to the Sudanese Embassy, they discovered the passports were lost in the mail and the family would not be able to visit Sudan. "We were ready to just kick back and relax all summer, but in one instant all of our plans were shot," M. Eltaib said.





WITH HELP FROM HER HOST student Marie-Helene, senior Kathryn Butler explores the outer edges of the town St. Lo, where Marie-Helene lives with her family on a cow farm. Butler found customs were different than what she had learned about and encountered during previous visits to France. "Meals were very different. Breakfast consisted of a bowl of hot milk and a pain au chocolat. Dinner was a very long, multi-course meal that began at exactly 21:00. The people also spoke with a different dialect than townspeople and had slang that I wasn't familiar with," she said. **SCRAMBLING OVER THE ROCKS OF CASTLE HILL,** junior Kallie Wilkes tries some amateur rock climbing at the "mecca for rock climbing on the South Island," which turned out to be more like "scrambling over big rocks" for the Wilkes family. Wilkes spent four months in New Zealand over the school year, an exciting adventure for a girl who was known for having a love for the outdoors and trying new sports. "Since New Zealand is in the Southern Hemisphere, it was the summer when I stayed. It was great to skip winter and enjoy the New Zealand summer," she said.



DISCOVERING FUN PLACES IN ROANOKE, senior Lisa Istad stops by one of her new favorite eateries. During the school year, Istad traveled away from her homeland Norway to study abroad in America. "California was my favorite place, but of course all the people and all the fun was in Roanoke," she said. **WHILE IN PUERTO VALLARTA, MEXICO,** senior Ebony and freshman Eleah Ruffin relax on the luxurious beach while the setting sun radiates through the omnipresent clouds. Later that night, the Ruffins dined outside and were almost caught in a vicious thunderstorm, the worst they had experienced throughout the cycle of nightly storms. "It was terrifying! We almost died," Ebony Ruffin said. **TOURING THE BEACHES OF NORMANDY, FRANCE,** was just one of many activities senior Lauren Butler enjoyed with her friend and host student Amandine. After two years of being a host student herself, Butler and her sister, fellow senior Kathryn Butler, was ready to explore the French culture in more depth and stay with the students they had previously hosted in America. "The trip increased my appreciation for foreign language by allowing it to serve as a skill not just for a class in school, but to form friendships," L Butler said.



the doctor is in

A JUNIOR GETS THE CHANCE TO EXPLORE
THE BODY, BOTH INSIDE AND OUT

Nominated by the National Youth Leadership Forum (NYLF) and teachers, junior Mehgan Giammona attended a summer session of the medicinal branch of the NYLF in Washington, DC. The forum was broken into three parts. Giammona was nominated and accepted in the NYLF on Medicine and was invited to participate in a two-week program, where she met other students from all over the country who shared the same goals and wanted to gain more knowledge about the medical field. The program took place in Washington, D.C., and was very close to the White House.

"I am very interested in the field of medicine and thought it would be a great experience. I was around some of the most influential doctors in the United States. Meeting doctors of all nationalities was an awesome part of NYLF, and I would never trade this experience for anything," she said.

One of the most fascinating experiences during the duration of the NYLF was being able to handle and examine cadavers. While at the Medical School of Maryland, the students went to the morgue and were able to touch body parts and organs.

"At first I thought it was pretty gross, but later on I got used to the idea," she said.

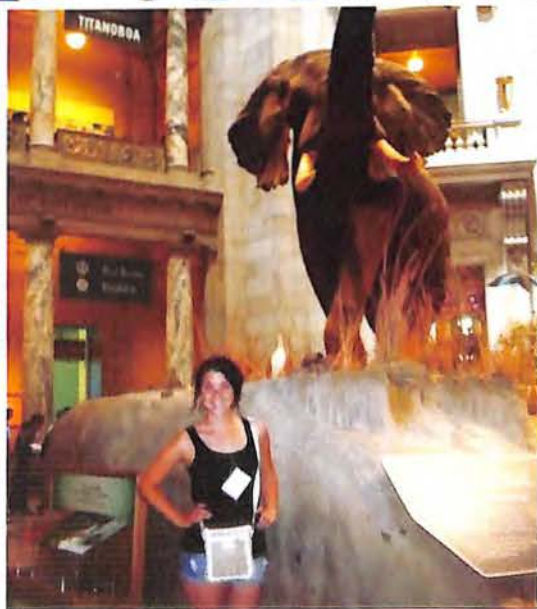
Students had fun as tourists too, visiting museums and The White House.

"I recommend National Youth Leadership Forum on Medicine for students who aspire to pursue the medical field. The ten-day experience really opened my eyes to a career in the medical industry," she said.

WE KNOW PEOPLE.

Sisters freshman Olivia Nepper and junior Lauren Nepper met the U.S. Secretary of Education, Arne Duncan. During the event, which was held at Virginia Western Community College, Duncan gave a speech and discussed his plans for the education system. At first, the sisters were mostly excited to get out of school but found the occasion quite fascinating. "Meeting him was pretty shocking because he's not as strict as I thought he would be," Olivia Nepper said.





LEARNING ABOUT THE CARDIOVASCULAR SYSTEM, junior Mehgan Giammona uses a dummy to practice listening to a person's heartbeat. At the Inova Hospital, she got to use various types of medical equipment. "I'm very appreciative of everything the nurses and doctors do," she said. **IN THE MORGUE,** a table covered in cadaver parts await students eager to study medicine. Giammona at first disgusted by the bodies, but later thought they were quite fascinating. "The head I got to hold is actually cut in half. On the other side, you can see what's inside," she said. **TOURING THE D.C. AREA,** students stop for a visit in the Smithsonian National History Museum. During their time at the nation's capital, the group toured countless monuments and museums. "My favorite place was the Holocaust museum," Giammona said. **WHILE IN THE INOVA HOSPITAL,** nurses guide Giammona and students through CPR processes. She learned all the steps to take during, before and after providing resuscitation. "I knew the general idea of CPR, but the staff taught me how to properly administer it," she said.

THE BEACH I'M ALL OVER IT



"I always go to the beach with the Penny family. That morning we woke up at 5:30 AM to watch the gorgeous sunrise." Maya Azar, 12



"Lance [Bibbs] and I were on our annual trip to the beach. We like to eat at a restaurant with an ocean view every night." Jenny Frank, 12



"Luquillo Beach is one of the most beautiful beaches. I enjoyed the clear water and the soft sand." Roshni Lalchandani, 9



"The top of the Sky Wheel at Myrtle Beach is amazing, especially at sunset." McKenzie Prillaman, 12



BEACH BUDS.

Every summer, siblings sophomore Ryan Smith and senior Sarah Smith spend a week at Oak Island, North Carolina with their family. "We've been going to this beach since I was two, and it's my favorite part of the summer," R. Smith said.

arm

THE TRUSKEY FAMILY SERVES
IN GUATEMALA, AND
TWO SIBLINGS LEARN ABOUT
THEMSELVES IN THE PROCESS.

in

arm

Siblings Colleen and Patrick

Truskey and their family traveled to Guatemala over the summer as part of a church mission trip suggested by a family friend. Colleen, a senior, shared her journal from the journey.

[CONTINUE ON PAGE 11](#)





SAYING GOODBYE.
A little girl named Ofi hugs senior Colleen Truskey to say goodbye on the last day of her mission trip. On this day, the Truskeys and their group visited the Kairos House, located in Guatemala City, where families can get food, shelter and medical treatment. "Ofi was staying there because she had a severe illness and needed medical attention," the senior said. "She was one of the sweetest children I met while staying in Guatemala."

arm in arm

CONTINUED FROM PAGE 50

Colleen Truskey's Journal

Guatemala cannot be summed up in a word or phrase. It was a place of contrast and clash. The disparities were inescapable no matter where we went.

For example, Guatemala City during the day was a city of claustrophobia. The traffic crawled around us, the signs and buildings jammed together in a disorienting array of conflicting color, the whole metropolis murmured with the heat and day-to-day lives of millions of people. At night, however, when the air cooled and the streets cleared, the city was a sprawling expanse of lights. Homes, slums and skyscrapers alike glimmered for miles, swallowed only by the darkness of high volcanoes.

The cities and towns weren't the only manifestation of Guatemala's incongruences though. The trip was my first real exposure to legitimate poverty. Not just the need that goes along with temporary joblessness, natural disaster or other transient circumstances, but poverty that had become a way of life, a perpetual existence.

Seeing such circumstances framed by the hospitality, kindness and welcoming nature of the people experiencing it was astonishing. I still can't fully wrap my mind around what I experienced there, and probably never will, but I remain ever grateful and appreciative of the trip.



ON THE LAST DAY OF THE TRIP, the volunteers take plenty of pictures together so they remember their life-changing experience. The Truskey family went to Guatemala with a church group from Pennsylvania after a long-time family friend contacted them and suggested the mission trip would be a worthwhile experience. "From this trip, I learned we are all blessed beyond what we know and we should not take anything for granted," sophomore Patrick Truskey said.



X



"I went to Huntington, WV to help repair houses in low-income areas. The living conditions make me appreciate what I have."
Ana Silva, 12



"I worked on the Lakota Indian Reservation in South Dakota. We spread a message of love to curb a recent jump in teen suicide."
Emma Pendleton, 9



"I went to the Dominican Republic and helped rebuild houses and a dentistry clinic. I was happy to help those who don't have a lot."
Ryan Flora, 12



"In Johnson City, I helped rebuild a woman's trailer that barely had a ceiling or floors left. I broke my finger while there."
Eliza Gaylord, 12



"I enjoy the work that's required on a mission trip. I like fixing houses while being able to spend some time with my friends."
Zach Leet, 12

MISSION TRIPS
I'M ALL OVER IT





SURROUNDED BY VILLAGE CHILDREN, sophomore Patrick Truskey recruits onlookers for a soccer game between the village children and mission teens. He first discussed the rules and then showed the kids tips and techniques, after which they formed teams and played. "My most memorable event of the mission trip," he said, "was playing soccer with the children." **ALL SMILES**, Truskey stands with his new friend Wilfredy after the young man received medical treatment and talked with the mission group. In Guatemala, cameras were rare sights, so having a picture taken was a huge honor for the children. "Everyone was dressed up in their nicest clothes to get treatment, and they were all eager to get their pictures taken," Truskey said. "From this trip, I learned we are all blessed beyond what we know and we should not take anything for granted."



BUBBLE WAND IN HAND, senior Colleen Truskey creates bubbles for village children while they wait for the parents. After witnessing the poor living conditions the children were under, she said she was glad to bring some joy into their lives, if only for a short time. "I didn't know what to expect my experience to be like," she said, "but I found it to be both humbling and breathtaking."



I AM a normal high-school student during the day, one who worries about tests, what's for lunch and any other normal and random thought that enters a teenager's mind. But, after school, I turn into something else. Most students head home when they hear that 3:20 bell. For me, however, that bell signifies the start of my other life: the life of a firefighter. I juggle school and the duties of a volunteer firefighter. While I'm not a full-fledged firefighter yet, when I'm not in school I act as one. Currently, I'm stationed at Back Creek Company 11.

I've been running calls with Back Creek for about nine months now and I love it. I've always wanted to help people and now I am. Also, I love the rush of adrenaline you get when responding to a call. You never know exactly what you're getting into when you respond to an emergency. Any time I can help someone and get a "thank you," I feel pride. Even that little "thank you" feels like a million thanks at all once. Basically, helping others makes me feel amazing.

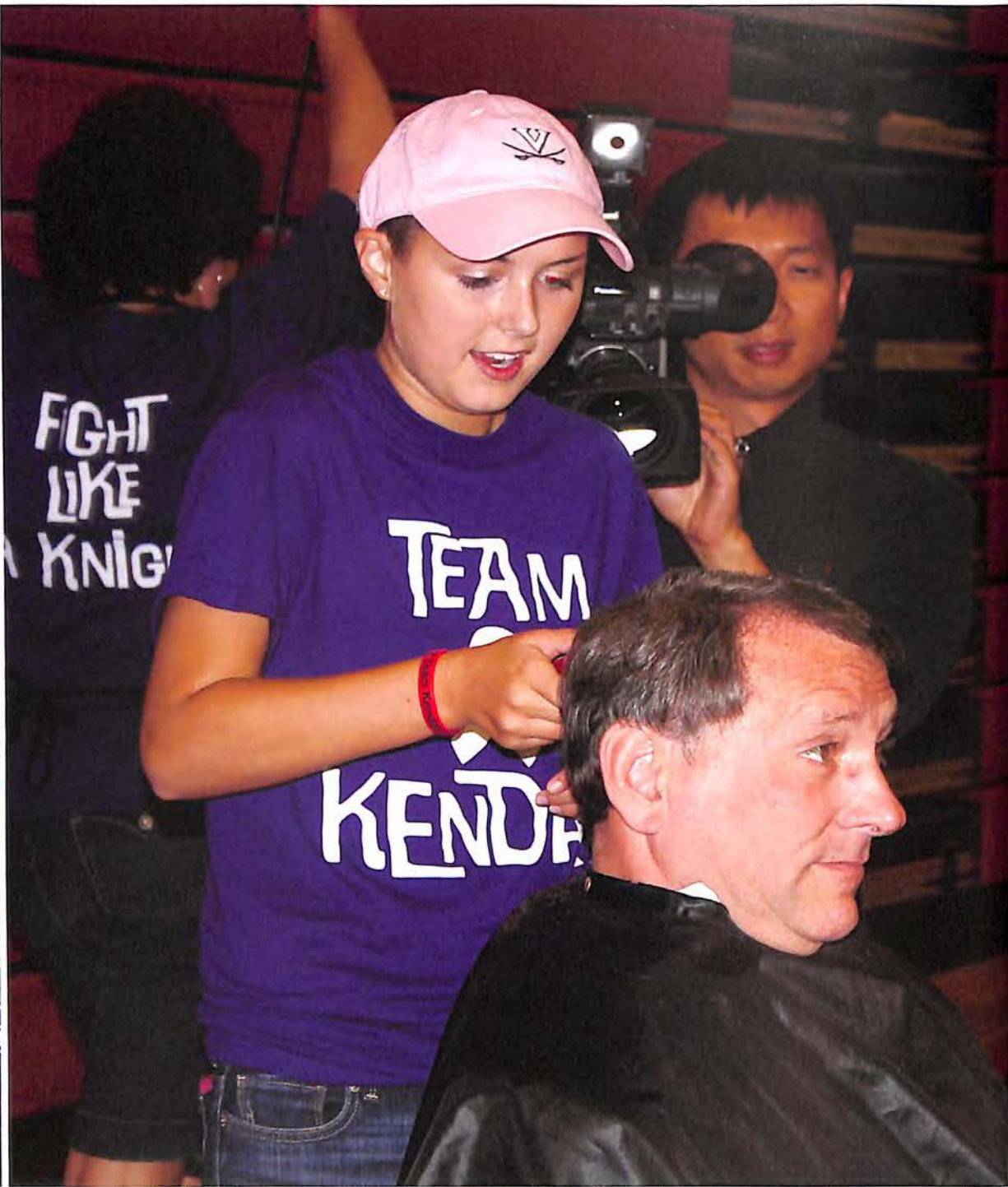
A lot of hard work goes into my volunteer work and firefighter training. On Monday and Wednesday nights we have something called academy training. Then I'm on duty Tuesday, Thursday and the weekends. Some of the training involves being in simulated fire situations. While in these trainings, we'll black out our masks so we can't see a thing. It's as if we're in a real fire. You can't see anything because of the smoke. You better make sure that being in enclosed areas doesn't scare you any because you have to crawl and work your way through some tight and dark spaces.

Even though all of my outside-of-school life is spent at Station 11 and some may feel like I'm missing out on other teenage stuff, I love it. At the station there's a sense of brotherhood that's like nothing else. We are all just one happy family, and I know they have my back, just like I'm always there for them. Plus, when we're not running a call, we have so much fun together. You can usually find us hanging out, playing some X-Box or watching television.

ADAM
SHELTON
RED MOMENT



CLIPPERS IN HAND, junior Kendall Bayne shaves principal Mr. Steve Spangler's head during the fundraising event held in her name as WSLs camera crew films the trim. "Kendall's Karnival," as the event was known, raised money for Bayne's medical expenses. "I have no problem doing whatever it takes to get Kendall's story out to the student body and community," Spangler said. "Even if it means losing my hair every year until she's in recovery." **AS FACE PAINT IS APPLIED**, senior Sarah Smith keeps still so the paint will not smudge. Event goers could also get their nails painted and participate in events such as a cake walk, or eat breakfast. "Even though painting my face and attending the Karnival were both small things," she said, "I was happy to help Kendall in any way I could." **IN FRONT OF THE BLEACHERS**, science teacher Mr. Steve Biscotte checks out his buzzed head halfway through the cut. Local hairstylists donated their time and clippers to the cause. "I've shaved my head each year for Kendall and have been very happy to do so," Biscotte said. **BRAIDING HAIR**, senior Lauren Fariss does her part at the Karnival. Fariss and other Beta Club members were among the hundreds of students who participated in the event. "I really wanted to help out and do whatever I could do to be a part of the fundraiser, so I could show Kendall how much we care about her. Students have come together through so many events," Fariss said.



**X HELPING OTHERS
I'M ALL OVER IT**



"Everybody at the Karnival was just trying to help out Kendall and her family, so it was really cool to be a part of the entire experience."
Relilly Graves, 11



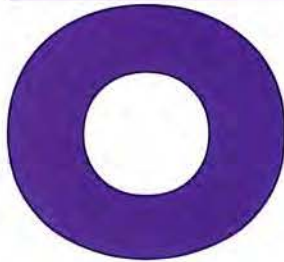
"I didn't mind shaving my head because I knew it was for a good cause. Everyone coming together was pretty cool to see."
Hunter Richards, 10



"The three things I enjoyed the most were the glitter tattoos, the fingernail painting and the pancakes. The pancakes were great."
Madeleine Lawson, 9

creating a buzz

KENDALL'S KARNIVAL RAISES MONEY TO HELP JUNIOR FIGHT CANCER



On Septmeber 20th, the second annual "Kendall's Karnival" took place so community members could raise money for Kendall Bayne, a junior who battled a rare cancer called Adrenal Corical Carcinoma.

Almost 500 people attended the event, which raised more than \$3,400. Attendees paid a \$7 donation, which went directly to the Bayne family.

Neighboring schools showed their support as well, as William Byrd, Patrick Henry and Hidden Valley High Schools all held events to contribute to the cause.

The Karnival offered a cake walk, hair cuts, manicures, hair braiding and face painting to those who participated in the gym.

"It was cool coming to a new school and seeing everyone come together to show support for Kendall and to cheer her on during her battle," junior Austin Beeker, a recent transplant from Alabama, said.

To show solidarity for Bayne, any event-goer could sit for a clipped buzz cut.

"The whole Karnival was a good experience for our school and the community," math teacher Mr. Alan Moore said. "I would never put my hair in that situation normally, but I did for Kendall."



PAINTING UP.

Using a face as a canvas, freshman Joe Wells paints faces during the Karnival. "I'm in the Center of Visual Arts program at Arnold R. Burton," he said. "My teacher, Mrs. Pfeiffer, is always keeping me updated on art-related volunteer opportunities. I had lots of fun at the Karnival, but I'll admit I was nervous. After all, it wasn't painting on canvases. It's a strange and bumpy surface to me. My nerves were okay after I got the hang of it, though."

PAINT UP OR SHUT UP.
Senior Jessie Dwyer paints senior Lauren Butler's torso before the homecoming football game. "Painting up" to show spirit at games was considered primarily a senior tradition. "My favorite part about the football games I went to was hanging out with friends and cheering loudly for the football team," Butler said.





BRUSH WITH GREAT NESS



CONQUERING THE COUGAR, senior Connor Baker gets the student body pumped before the homecoming football game when he slays the Pulaski County Cougar. Each year, the Knight fights the opponent's team mascot. Later that night, the team defeated the Cougars for a homecoming win. "It was a little awkward at first, but you just have fun and go with it. All the cheering made me feel good and that the students were on my side," Baker said. **REPRESENTING THE SENIOR CLASS**, senior Matt Webb encourages the crowd to cheer him on in the pep rally candy challenge. The seniors wound up dominating all other classes in the challenge that involved being wrapped up like a mummy and having to eat a certain amount of candy in a timed face off. "Being chosen to be the face of the seniors was pretty cool because that's just what I wanted to be this year," said Webb.



"LIFE IS GOOD AT CAVE SPRING," according to the spirit week shirt modeled by senior Grace Holley. Spirit shirt designs were revealed to the student body during the pep rally and were available for purchase during the following Spirit Week. "I liked the fashion show best because the school got excited to see our outfits for spirit week," Holley said. **READY TO GET THE CROWD EXCITED**, sophomore Kayla Carver and the competition cheerleading squad runs to their mat to greet the student body. The competition team took their routine Richmond, where they placed 14th in state competition. "The weekend at states was absolutely incredible," Carver said.

SPRIT WEEK KICKED OFF HOMECOMING FESTIVITIES, FOLLOWED BY THE PARADE, FOOTBALL GAME AND DANCE. SUNNY WEATHER MADE FOR A SUCCESSFUL PARADE, WHERE DOZENS OF TREATS WERE THROWN TO THE GATHERED CROWD. FLOATS CARRYING CLASS REPRESENTATIVES, THE HOMECOMING COURT AND RECREATIONAL TEAMS DROVE DOWN CHAPARRAL DRIVE.

"My favorite part of the parade was riding on the float and throwing candy," sophomore Melissa Mortellaro said.

At Friday's game, school spirit rose to a deafening roar when we were the first to score. During halftime, the marching band played "Canon" while the homecoming court walked onto the field.

"I loved halftime and seeing my sister walk for the court,"

freshman Chris Weston said.

Ultimately, seniors Jordan Bryant and Marta Timmerman were named prince and princess, while seniors Connor Baker and Marsha Line, king and queen.

"I was like wowza. No, but really, it was a surprise. I would have never guessed that I would have won. If you asked me four years ago if I thought I would be homecoming queen, I would probably would have said 'No

X SPIRIT WEEK
I'M ALL OVER IT



"The ambiance of the senior lobby was very spooky. And being able to scare all of my classmates and the underclassmen was a real thrill for me."
 Jackson Doyle, 12



"My friends thought my mall-bought Captain America costume was cool. I definitely enjoyed wearing all of the padded muscles."
 Anthony Ball, 11



"I borrowed this suit from my son. Everybody I came across laughed hysterically. I got many fist bumps and high fives that day."
 Mrs. Cathy Parker



"Seeing your classmates dressed up in silly outfits is always fun. The people who go all out make homecoming week more memorable."
 Samantha Casauay, 10



DARKNESS AND GLOOM.

Not all costumes had to do with animals or superheroes. Seniors Allison Reese and Colleen Truskey embraced the theme of "Knightmare" when they chose their outfits. "People definitely tend to respond to you differently," Reese said.



CONTINUED FROM PAGE 27

way," Line said.

The game ended with a 21 to 14 victory over Pulaski County.

"I knew that a win would make the weekend that much better," senior Jon Evans said.

"After a win we always do the dirty bird. The students storm the field, so we can celebrate with them," senior Jack Woody said.

The theme for Saturday's dance was "Knightmare." Spider webs and fake blood greeted students when they entered the lobby.

The dance was located in the main gym. For those who weren't the dancing type, they could watch "Sleepy Hollow" in the main lobby.

Most students said they enjoyed some part of the evening.

"The dance was a lot of fun," junior Heather Vandergrift said.

"The music was really good," sophomore Haley Zielinski said.





FLAG IN HAND, sophomore Chris Woodrum leads the football players through their banner and onto the field before the Homecoming football game. Usually a duty reserved for the Knight, Woodrum took over since knighted senior Connor Baker played on the football team. "I think everyone is jealous of me because I get to go out and run. Next year I'm going to paint up and dye my hair red," he said. **WHILE PAINTING FACES** for the haunted senior lobby, senior Nick d'Alelio was able to transform students into zombies, werewolves, vampires and other terrifying creatures. d'Alelio had previous experience working with stage makeup through his dancing. "It was fun because I got to make up people and transform them. Plus, Halloween is my favorite holiday," he said.



PREDICTING THE FUTURE, senior Jenny Frank acted as a fortune teller in the Halloween-themed senior lobby. Frank predicted love lives, financial outcomes and life expectancy during her free palm-reading sessions. "When we were planning the senior day I said that I would read palms. I went home and looked up online how to read palms and fingers," she said. **JUST AFTER BEING ANNOUNCED HOMECOMING COURT WINNERS**, seniors Connor Baker, Marsha Line, Marta Timmerman and Jordan Bryant pose for a photo. Bryant and Timmerman were named prince and princess. Baker and Line were named king and queen. "When they called my name for queen I honestly did not believe it! I was amazed and hugged my mom and friends," Line said.





WHETHER THEY WERE GIFTED SINGERS, SKILLED MUSICIANS OR BAGPIPE PLAYERS (YES, YOU READ THAT CORRECTLY), BAND MEMBERS HAD SOMETHING UNIQUE TO CONTRIBUTE. "HONEST" FORMED UNDER THE GUISE OF CREATING A RARE SOUND. BANDMATES, JUNIORS MAX CAMERON AND LANCE BIBBS MET VOCALIST AND COMPOSER, SENIOR, STUART BURKE, THROUGH MUTUAL FRIENDS AND A SUCCESSFUL JAM SESSION.

WITTY THE BAND



SOPHOMORE JULIANA CROUSE SANG WITH ROANOKE COLLEGE CHILDREN'S CHOIR SINCE SHE WAS SEVEN. WHILE IN THE CHOIR, CROUSE PERFORMED AT CARNEGIE HALL, CANTERBURY CATHEDRAL AND OTHER CHURCHES IN ENGLAND. SHE SANG MULTIPLE GENRES WITH VARIED VOICE STYLES, RANGING FROM BROADWAY SONGS TO OPERA. IN ADDITION TO SINGING, SHE PLAYED THE OBOE WITH ROANOKE YOUTH SYMPHONY. MEMORIZING FIRST THE MELODY AND THEN LYRICS SAME WAY AS FOR A POEM OR MONOLOGUE, CROUSE WORKED DILIGENTLY AT HER CRAFT. "IT TAKES ME ABOUT HALF AN HOUR TO AN HOUR OF STRAIGHT WORK TO JUST MEMORIZE WORDS AND NOTES," SHE SAID. "BUT PERFECTING A SONG USUALLY TAKES ME ABOUT TWO TO THREE WEEKS."



JAMMING IN A GARAGE, Knockout" members seniors Kyle Westlake and Nathan Morrison play live sets. Members of other local bands support them by throwing down, among them members from "We Burned They Skyline." "It was just an idea that really took off. Since we were all involved and loved the music, we just agreed to form it and see how far we could go. I went to shows for about a year before I started playing in bands," Morrison said. **PERCHED ON A SOFA,** "Bon Qui Qui and the Dawg House" members and juniors Ben Roberts, Zach Williamson, Jonathan Ribbe and Nate Axt hold a practice in Williamson's basement. Practices were usually held, he said, in family homes. "Most practices were usually held in the dark, seldom unvisited and often used deadbeat depths of Zach's basement," junior Ben Roberts said. **BAGPIPES INTONING,** junior Bren Huggins entertains volunteers at the Knight's Crossing meet. The crowd at the meet was energetic as they cheered on the runners. "They weren't expecting it but they were a good crowd. The cross country team is very good about inviting me out. We have a mutual relationship. It's hard for bagpipers to get publicized," he said. **ILLUMINATED BY A SPOTLIGHT,** senior Kenneth Tryal of "Continuum" takes the mic during Bandfest at Northside High School. The band won second place and was asked to return for the second round of Battle of The Bands. "It's like singing in the shower with a bunch of people," Tryal said. "I'm not really comfortable in front of crowds, so I wasn't expecting us to do as well as we did." **HEADS BANGING,** members of "We Burned The Skyline" perform "Dirty Johns" before other touring bands at Rainbow Forest Baptist Church. Guitarist and backup vocalist, senior Tim Rindorf received a blow while in the pit and obtained a scar above his right eye while encouraging his fellow musicians. "Tim got a souvenir during that show," junior Colin Ensor said. "Large rooms filled with an audience often cause a lot of pain. It's physically demanding to squat when there's a breakdown "



"Our practices are really loud, and they're fun because I'm with my friends. We get in fights sometimes, but they usually don't last too long. Usually Stuart will signal the start of practice by playing a piece. We have a good time although sometimes it's hard to keep up with Stuart."

Max Cameron, 11



"We practice as often as possible, probably about three times a week on average. We meet in my basement, and the practices are pretty informal. Any discussion we would have during a meeting, we just have during practice. Tensions do get high sometimes, but we usually get along pretty well. Tolerant and forgiveness are two big things that will help any band get along."

Lance Bibbs, 11



"Singing hurts my throat and often my ears hurt after practice. It can be taxing, but we have a lot of fun. Once, we jokingly tried to use a didgeridoo in one of our practices. Lance just randomly picked it up and started playing it while we played a song, intermittently making tunes."

Stuart Burke, 12

WITH THE BAND

CONTINUED FROM PAGE 31

"Honest" had unassuming beginnings, with a drum set from Toys R Us and no vocalist.

For another band, a musical retelling of *Jack and the Beanstalk* led to the formation of an inseparable bond between juniors Zach Williamson, Ben Roberts, Nate Axt, Jonathan Ribbe, Drew Maczugowski and freshman Kevin Moody. They formed the band "Bon Qui Qui And The Dawg House."

Axt also fronted the acoustic pop rock band "Empress." He had also performed in the band "Collateral" with junior Zach Williamson, who also played the guitar for "Empress" and bass for "Dying Ohio," a band who cited "Four Year Strong" and "Fall Out Boy" among its inspirations.

Sophomore Adam Sulkin contributed to both "Dying Ohio" and "Continuum," which was formerly known as "P-Noise." Starting out as an entirely Asian band, "P-Noise," saw serious changes and obtained their only non-Asian band member and guitarist, Sulkin. "Continuum" changed its name to describe their "changes in style, personnel and practice locations."

Progress was also the key to keeping the heavy metal band "We Burned The Skyline" together when it experienced various changes in its lineup.

"Knockout" member Kyle Westlake described its style as hardcore punk. He and classmate, senior Nathan Morrison became intrigued with music in sixth grade in different ways. While Morrison said he was hooked on rock, inspiring him take up the drums, Westlake began his career in choir, which he continued throughout middle and high school.

BEING EPIC I'M ALL OVER IT

"It was fun to approach the story 'Beowulf' in a different way that helped us understand. We had a blast with props and performing."

Haylie Hamilton, 12



"In addition to just reading the epic 'Beowulf,' we prepped skits and acted them out. We were able to add props and costumes."

Kathleen Legg, 12



acting the part ENGLISH STUDENTS PLAY A ROLE TO HELP OTHERS UNDERSTAND BEOWULF

Battles unfolded in front in an audience of spectators. Swords flew and monsters were slain as the reenactments rolled on. The hero journeyed over rapid waters and past countless obstacles. Once the final battle ceased and the conflict resolved, portrayers took their bows, and all was right in the story of "Beowulf." Ms. Harry Mills' 12th grade English classes reenacted scenes from the British epic, in which the character Beowulf must battle three monsters to help different individuals. Students read the work in class, and then worked in assigned groups to recreate scenes with props and costumes of their own making.

"I loved creating our own props and working on the project," senior Sarah Smith said. "At first I was scared to perform in front of everyone, but once I got up there it wasn't bad at all."

Before performing, her classmates spent time practicing and working out all the rough edges, using their creativity to put their own twists on the scenes. The performances weren't just for fun, senior Jennifer Vigh said. Instead, the skits gave students a way to visualize the epic's events.

"We did skits to remember the events in the story more clearly," Vigh said.

MAKING PREPARATIONS. Before students could perform their "Beowulf" skits in front of the class, students spent two full blocks making preparations. A narrator had to choose and write down a section of the epic, actors had to figure out a way to convey the scene and props had to be constructed. "It was an exciting experience, definitely better than reading about. It was hilarious to watch others acting out," senior Harrison Russell said.





FIRE ABLAZE, seniors Mary Beth Balzer, Ian Glenney and Kaila Carter perform their scene for the class. Glenney held up a shield to defend himself against Balzer during the group's battle scene. "We acted out one of the scenes from 'Beowulf.' It was really fun and a different way to understand the play," Balzer said. **PRACTICE, PRACTICE, PRACTICE** was the mantra for seniors Jennifer Vigh, Shelby Smith, Marta Timmerman and Harrison Russell while perfecting their scene. Students had to write out a re-enactment of their assigned scenes before performing in front of classmates. "Acting out the scenes of that play was fun, but at the same time challenging. I'm not used to acting in English class, so it made me nervous at first. But it got easier and even helped me to calm my fright of doing presentations," Smith said. **ATTEMPTING TO SLAY HIS ENEMY**, senior Sam McCray swings his sword at senior Jack Woody in an attempt to end their drawn-out battle. Woody said he believed the skits helped the students learn more about the epic. "We read 'Beowulf,'" and then I was assigned to play Grendel's mother. My favorite part was when I, the mother, got to fight Beowulf," Woody said.



DURING THEIR BATTLE'S CLIMAX, senior Julia Lowen attacks senior Coty Love before fellow classmates. Lowen was assigned the part of Grendel's mother in her class period. "Our skit was in the middle of part two of another group's skit. The whole piece was an action scene, an intense battle. We performed so that we were able to be interactive with other students and learn the long poem," Lowen said. **A LONG-DESERVED REST** is allowed for senior Sam McCray as he takes a breath before confronting his next enemy. McCray, who played the main protagonist Beowulf, said he believed completing the project would help him with a future career goal. "The whole experience was great. It will help me with my future acting down the road," he said.

DANGLING FROM BLEACHERS, seniors Steve Kim and Jackson Doyle drop tennis balls down onto the field. Senior Bryan Kolozvary then measured the ball's drop and time in freefall. The mostly senior class in Advanced Placement Physics AB enjoyed hands on experiments similar to this one throughout the year. "Completing labs in Physics helps me learn the concepts," Kolozvary said. **TOSSING A TENNIS BALL**, senior Marsha Line attempts to measure a ball in freefall. One of the perks of labwork in AP Physics was being about to enjoy outdoor labs during nice weather. "It was so gravitational! We learned a lot about physics in this tennis ball experiment. Labs are basically our physics class. That's how we learn," senior Marsha Line said. **MARKER IN HAND**, seniors Caleb Fischer, Ebony Ruffin and Marwa Eltaib take part in an AP Biology lab in which they mapped what they had eaten in the past 24 hours. The lab was used to show the transfer of energy through ecosystems "Biology is a great way to get hands-on experiences through group projects," Fischer said. **LIT MATCHES ARE ACCEPTABLE** while being used in lab work. Seniors Ana Silva and Madeleine Lerch lit the matches necessary to launch tennis balls across the classroom. "Physics is an extremely challenging, yet rewarding subject," Lerch said.



CHEMISTRY I'M ALL OVER IT



"Make sure you have Mrs. Taylor for Pre-AP Chemistry. She's very sassy to her students but helps us makes sense of Chemistry."
Kristina Price, 11



"I would recommend Pre-AP Chemistry to students who are considering taking it. It's a great class with Mrs. Taylor."
Anthony Ball, 11



"My only recommendation to future students who decide to take Pre-AP Chemistry: Don't get on Imgur the whole time."
Hannah Ruth Wellons, 11

hands-on learners NERF GUNS, CANNONS AND ROLLER COASTERS REPLACE BOOKS FOR STUDENTS

A

AP Physics always provided many unique opportunities, but students weren't sure what to expect with the arrival of new teacher Mr. James Winterer. What they found, however, was a class filled with labs where equations learned throughout the year and the variables involved were demonstrated in more concrete terms.

"Physics is very different from any other science. It's such an applicable subject that is very much like a puzzle. Somehow it all fits together," senior Victoria Thomas said.

Students learned momentum by shooting tennis balls from can cannons, kinematics from shooting targets with Nerf guns, and kinetic and potential energy from toy roller coasters.

"It's been interesting to learn how math concepts relate to real world applications," senior Lauren Farris said.

As a double-block AP Science class, the students had more time to conduct hands-on research. With plenty of time to discuss and practice AP style questions in order to prepare for the AP Physics exam in May, students always found work to be done.



BURNING UP.

Turning up the heat, junior Mason Early demonstrates proper safety procedures in Pre-AP Chemistry. Using rubber pot holders and safety goggles, Early heated up chemicals on a Bunsen burner. "Chemistry is Sodium fun," he said. "There are always interesting labs to do. You get something out of each experiment, whether it be knowledge or a golden penny. There's always something to learn from the experience."

building blocks

CLAD IN SAFETY GOGGLES, THEY DRILL,
SAW AND SAND TO FORM GADGETS

T Technology Education featured classes that proved to be different than traditional ones, with students using heavy machinery and wearing protective safety glasses during a class that could sometimes be looked at as dangerous.

Fortunately, Mr. Stuart Rawlings knew how to keep students safe at all times, so they could enjoy being on the edge of danger while competing fun and interesting projects.

"The most important part of Tech-Ed [classes] is teaching students how to problem solve using technology. Every project we do has that goal: utilizing skills in pursuit of solving a given problem," Mr. Rawlings said.

Woods Technology was one of the Tech Ed classes that was a popular choice among students.

"I plan on taking Woods at some point in high school. As long as no one has cut off a finger or anything, I'm good," freshman Tyler Bradley.

Students in classes like Woods Technology got to make projects such as turkey calls, clocks and wooden glue sticks.

"My favorite part of Tech Ed was seeing all the finished projects. My favorite project was constructing the turkey call," freshman Aaron Tate said.

"We get to use different kinds of instruments. My favorite project was constructing a car. Tech Ed is more unique than other classes I have ever taken," sophomore Dalton Craighead said.

FOCUS ON THE TASK.

During Woods Technology I, freshman Colson Brandetsas completes a project in which students had to build a cube within a cube. To construct a perfect cube, Tech Ed students had to cut holes on each of the cube's six sides, observe its depths and cut away corners perfectly. "This project wasn't too hard. I enjoyed it, though, because we got to learn how to use a drill press," Brandetsas said.



FASHION
I'M ALL OVER IT



"Everybody in Fashion Marketing and Interior Design are friends with each other. We feel more like a family than a class."
Breann Ragan, 11



"I love Fashion Marketing because we get to do a lot of the work on our own. We can work on any project we're interested in."
Adair McCabe, 12



"Our teacher Mrs. Lucki always listens to any ideas we come up with in both Fashion Marketing and Interior Design."
Ashley Phillips, 10



"My favorite part of Fashion Marketing is learning all about the history of fashion and famous designers."
Kaitlyn Creekmore, 9



CHANNELING DIOR.
Senior Carys Wigglesworth checks out the latest edition of "Glamour" while in Fashion Marketing & Interior Design. "We researched a lot of designers and taught the class. I loved learning about Valentino and Balenciaga the most," Wigglesworth said.



IN FRONT OF THE TOOL WALL, freshman Aaron Tate starts his work on a game by first sanding a block of wood. Tate said seeing the finished product after putting in so much time and effort to his work was the best part of construction. "The coolest project that we've done so far was the turkey call," he said. **GOGGLES ON AND BLOCK IN VICE,** sophomore Dalton Craighead sands a block of wood in Tech Ed class. Craighead's favorite construction was also the turkey call. "In my opinion," he said, "sanding is the best part of the class." **FILING THE INSIDE EDGES OF THE WOOD** sophomore Smitha Bajgain makes a glue stick. Bajgain said he enjoyed the hands-on learning environment in the class and getting to use so much machinery to create. "Constructing a clock was my best project," he said.

"Meeting deadlines and getting substantial quotes from people are always stressful and challenging. But, I still love it."
McKenzie Prillaman, 12



"People should consider taking yearbook as an elective because it forces you to talk to people and get out of your comfort zone."
Ana Silva, 12



it's all about me

STUDENTS USED ELECTIVES TO EXPLORE WHAT THEY REALLY WANTED

F

From Sports Marketing to Fashion and Interior Design, electives gave students the opportunity to study subjects using a more hands-on approach than just reading a textbook.

"Food has always been big thing with my family and at any of our celebrations or get togethers. I want the same experiences with my future family, so that's why I decided to take both Culinary Arts and Nutrition and Wellness," senior A.J. Hill said.

Others chose their particular electives to learn about concepts and subjects completely new and different to them.

"I took Fashion and Interior design to explore the different aspects of clothing and fashion and how we base those choices off our daily lives," junior Mindy Boyd said.

Some students even got the opportunity to broadcast their talents. The annual art show allowed students to display and even sell their art.

"The school art show gives students a chance to come out of their shells and show other classmates and people their talents," senior Melody Makoui said. "The art show is a gateway for students to build confidence and open opportunities that they may not realize they had."

REDUCE. REUSE. RECYCLE.

Freshmen Clay Trump and James Stover collect recycling boxes from classrooms. Trump and Stover were both enrolled in Mrs. Jacqueline Lucki's Introduction to Marketing class, which partnered with Cycle Systems, a local recycling center, as a way to earn money for the school's marketing program. "I enjoy taking the recycling boxes out. It helps our program and let's me walk around a bit during class," Trump said.





HUNKERED DOWN OVER HER CREATION, senior Bailey Jenkins absorbs herself in a painting. Jenkins' piece allowed her to practice painting drapery, distinguishing light from shadows. "My favorite part of creating a piece is seeing the outcome of each work," she said. **DEMONSTRATING THE ART OF FOLDING A CHIP**, Mrs. Terena Hale assists junior Cayla Martin with a pita chip recipe. When not in the classroom, Mrs. Hale also ran the Knight and Day cafe. "I love cooking because it is a stress reliever," she said. **LAYING OUT THE LATEST ISSUE OF THE NEWSPAPER**, senior JT Roberts works on the "Knight Letter." Part of Roberts' duties as co-editor-in-chief included assigning stories, designing layouts and editing copy. "I always look forward to B-Days because I get to start off my day in Newspaper," he said.



DEMONSTRATING HIS KITCHEN SKILLS, senior A.J. Hill uses his Kitchen Aid mixer to whip up a Devil's Food Cake for his Culinary Arts class. The class didn't always make sugary treats, as they studied units that included information on healthy food alternatives. "I love Culinary Arts. I always learn a lot during the hands-on portion of the class," Hill said. **ABSORBED IN HER WORK**, senior Lauren Butler works with Mr. Soucie in Digital Photography class. Butler and students worked on a project where they had to blend two Hollywood movie posters into one piece. "I signed up for this class because I wanted to learn something new. I've always really liked photography, but I had never taken a class in the subject before," she said.







MAKING my family proud of me and helping others is my ultimate goal in life. My brother joining the Marines when I was in fifth grade made a big impression on me, considering I've always looked up to him. His choice and success encouraged me to join the Navy and complete medic training, Air Force Junior Reserve Officer Training Corps, or AFJROTC, teaches me the basic military conduct and leadership skills I'll need when in the Navy.

There are more girls in the program than most think. As the second female and senior cadet, I feel like I'm sending a positive message, one that says girls don't have to fall into the "girly" stereotype. A message to girls: Don't think just because you put on the uniform you instantly become "one of the guys." As a group leader in my class, I've gained a voice. You can rock the look and still surprise people with your shining confidence.

I had to get gas the first day of wearing my full uniform to school.

As I walked into the gas station, I immediately took off my flight cap (one rule of the uniform code is no wearing of hats indoors), and I gave the cashier my money. She looked at me, smiled and asked, "Will that be all for you ma'am?" I was stunned. She could have just said 'ma'am" out of habit, but that one word gave me this gut feeling I was doing what I was meant to.

That small sign of respect and my freshly ironed uniform encouraged me to follow my dreams of serving my country even further.

The military is not an easy choice, or just a simple substitution for college. For me, this path will get me to college and provide me with a better life. Just because I don't fall into the same category as most graduating seniors does not mean I'm any less capable.

One of my greatest wishes is the program continues strong after I graduate. I've met friends and mentors through this opportunity, and I feel like a leader now, as opposed to the shy girl who moved just under the radar.

**BREANA
JOHNS
RED MOMENT**

no one comes close

STUDENTS LEARN FIRST-HAND WHAT IT TAKES TO REPRESENT A NATION



Open only to William Byrd High School students for the past six years, the Air Force Junior Reserve Officer Training Corps (or AFJROTC) finally allowed students from all county schools to partake in the program. Some took the classes to gain new experiences, while others signed up for the program because they planned on joining the armed forces.

In the classroom, students learned and performed basic military drills and were required to partake in physical training, which ranged from participating in a variety of sports and even making up their own games. Other times, the class could be found in deep discussions about varying topics, from combat to sociology. Class would also meet outside to participate in volunteer work, attend field trips and conduct experiments.

The AFJROTC required students to wear their uniforms every Wednesday or Thursday, depending on which day was an A day.

"Wearing the uniforms is my favorite part," senior Zanebia Brown-Saunders said.

This uniform served as a reminder to students of their duty. They always remembered the Core Values of the Air Force: Integrity First, Service Before Self and Excellence in All We Do.



SERVING THE COMMUNITY.

The end of the Drumstick Dash was a rewarding time for students in the AFJROTC program. They had served their community and earned the respect of runners. An added bonus was getting turkey hats at the end. It was a cold day as well, and participants had to arrive downtown extremely early. This was just one of the many volunteer opportunities students had, but one of junior Mikael Diaz-Perdue's favorites. "I had fun hanging out with my friends and helping a good cause," Diaz-Perdue said.





A LINE OF STUDENTS AWAIT INSTRUCTIONS as an AFJROTC event. Students in the program were placed in groups to complete different physical and mentally-challenging activities. Among these activities were rappelling, zip-lining, billeting and rock climbing. "It was really exciting to be there, and I was eager to lean all the activities," senior Breana Johns said. **BELOW THE ROPE** senior Breana Johns encourages her fellow student walk across the tight rope. Johns was not afraid of heights, so she was able to easily cross the line, but said the task was not so simple for some of her peers. "It was exhilarating. The point was to get you out of your comfort zone," she said. **WHILE MARCHING** in the Veterans' Day Parade, AFJROTC members display their uniforms with pride. Junior Mikael Diaz-Perdue noted the experience was an extraordinary one that put students' marching skills to the test and allowed them to meet men and women who represented all of the armed forces. "I liked getting to see all the people and talking to veterans," Diaz-Perdue said.

X ACADEMIC TEAM
I'M ALL OVER IT



"You don't have to be crazy smart. It's more about being part of a team. You can contribute so much by being an expert in just one area."
Maddie Burton, 12



"Academic Team isn't aggressive. It's casually competitive, so you can go at your own pace. But winning is pretty fun."
James Cole, 11



"It makes learning even the smallest facts exciting. When you hear something, you instantly think 'I should remember that.'"
Colin Rooney, 12



"There are always questions you're almost embarrassed to answer. Sometimes a guy correctly answers 'Katy Perry' or 'My Little Pony.'"
Taylor Powell, 9



"I remember one time when an answer was 'Star Wars.' Roshni [Lalchandani] was supposed to answer but she said 'Jack Black' instead."
Nathan Rose, 9



lost in space

CLUBS LIKE SCI FI ALLOWED STUDENTS THE CHANCE TO GET THEIR INNER GEEK ON

H

Having a strong passion for all things Science Fiction, Ana Silva, a senior, decided to found the Science Fiction Club, which served as a forum for discussions on video games (a popular one was Dead Space), TV series (they couldn't get enough of "Dr. Who"), movies (such as Star Wars: Revenge of the Sith) and literature (such as "The Hitch Hiker's Guide to the Galaxy"). Other popular topics that came up during meetings included everything from time travel to alternate dimensions, the Death Star to Deep Space 9, telekinesis to telepathy, empaths to dragons, and Vulcans to Weeping Angels.

"Sci-Fi is one of the most involved clubs I have ever been in. We're a bit disorganized since nothing is set in stone," senior Caroline Whisnant said. "It's very dependent on suggestions from members. We tend to have movie nights that usually turn into game nights and hangouts."

When they weren't debating the depths of the universe, club members partook in outdoor games, like The Duel of the Fates. Members dressed up as their favorite science fiction characters and duelled with lightsabers and Nerf guns.

"It's a great bonding experience for people in our school with common interests. We really have every grade represented and its a great way to meet new people. It was definitely a learning experience and a great way to meet people I wouldn't have known otherwise," senior Emily Chrisman said.



DEAD LANGUAGES I'M ALL OVER IT



"I started Latin Club to help people see Latin is fun. We learn about Roman history and their way of life and see how we apply them today."
Weston Dean, 12



"I like being a part of Latin Club because of the realistic Roman activities we participate in and the cool facts we learn."
John Ferguson, 11



"I don't hold an office, so I represent the Plebians. This is my first year in Latin club and I really like it. I plan on joining again next year."
Drew Maczugowski, 11





LIGHTSABER IN HAND, senior and founder of the Science Fiction Club, Ana Silva, battles with fellow club members while dressed as Cat Woman from the "Batman" movie and TV series. Members often brought in props or explanatory material when making presentations on various Science Fiction subjects. "We try to make the presentations welcoming for everyone, especially people who have never heard of the show or piece of literature. It's a great opportunity for members to educate others on subjects they love," Silva said. **FLAUNTING THEIR JEDI CAPES**, junior Drew Maczugowski and senior Maddie Lerch battle in the Duel of the Fates. When participating in the Duel of Fates, some club members chose to wear costumes that represented their favorite Science Fiction movie or television show. "I chose to dress up like a Jedi. I watched the first movie when I was five years old and ever since then I've loved Star Wars," Lerch said. **NERF GUNS DRAWN AND AT THE READY**, senior McKenzie Prillaman and sophomore Andrew Farley gear up for battle. Members of the Science Fiction Club staged the battle at local Penn Forest Park. "It's a fun way to get in touch with your inner nerd and make great friendships," Farley said.

COUNTING DOWN. Mr. Edward Spruell signals the start of the Knight News broadcast to senior newscaster Taylor Jones. The announcements have played an integral part in the mornings since 2004 when it was established by former principal Dr. Martha Cobble. Famous graduates such as Jen Lilley and David Kaplan have participated in previous news crews. "It was an awesome experience to take part in before I graduate. I'm glad I got to contribute to something that is such a part of our school's traditions," Jones said. **UNDER THE STAGE LIGHTS.** freshman Joey d'Alelio, juniors Mason Early and Ben Roberts and sophomore Juliana Crouse practice as the Jets for the spring play, "West Side Story." The school joined forces with Hidden Valley High to present the musical. "It's kind of a pain going to Hidden Valley for practice, but having both crews will make the production better," d'Alelio said. **SORTING THROUGH T-SHIRTS,** senior Dorothy Nguyen volunteers at an outdoor track meet. Nguyen, a member of the BETA club, volunteered at the event to fulfill required community service hours. "I've gained a great deal of experience volunteering with BETA club. It's rewarding and you get to meet new people while serving them. I plan on volunteering throughout college as well," she said. **LINING UP WATER CUPS,** BETA club member and senior Olivia Allen prepares to serve thirsty runners at the Knight's Crossing. Allen served as treasurer of the club. "I have a few extra hours to fill as treasurer, and the Crossing was just one way to do it. The track meets are usually the most fun," Allen said.



X KNIGHT NOTES
I'M ALL OVER IT



"I just moved here and I'm new to everything. I joined Knight Notes because they're very accepting of people and not judgemental, unlike other clubs. I really enjoy it so far. I like singing pieces with other members in the club."
Morgan Chacona, 10



"Knight Notes is a very fun, relaxed after-school choir. It's different than an actual class you'd take in school. We don't receive any grades or school credits, but we love it just the same. It's really designed for those who just love to sing."
Danielle Elegy, 9



"I've been in Knight Notes since freshman year and I've always enjoyed it. I think people get closer when they sing together. Mrs. Curd has been giving us challenging music. But I like pieces that are equal parts challenging and fun."
Shannon O'Leary, 11



"I wanted to join Knight Notes since I'd joined Drama last year. I was also able to get my friend, Kevin Moody, to join as well. This is the first year the group had guys in their program and I think we've added something to the overall experience."
Ben Roberts, 11



NOTED PERFORMANCES.

After joining the Knight Notes, students rehearsed incessantly for the Spring Concert in May. Though not all members of the Notes were in an actual choir class, they shared a mutual passion for singing. The pieces they sang varied from "Taylor the Latte Boy" to "Requiem" to Ray Charles' "Georgia on My Mind." "Knight Notes is something I look forward to at the end of the day. We learn how to read and sing the music we've picked while having a great amount of fun," freshman Olivia Cameron said.





"Over the summer, I spent a weekend with [freshman] Karah Kittinger. We ate a whole cookie cake and drank a 12-pack of Dr. Pepper for dinner. Then we went outside and found two toads. We named them Jerry and Frankie. Later, at midnight, we painted a picture. We ended up throwing paint at each other. We even got paint on her dog. We stayed outside until three in the morning, playing basketball and soccer and jumping on the trampoline. We finally went to sleep after all of that. In the middle of the night, Karah woke up and said that I was sitting up and eating chocolate icing in my sleep. That weekend was one of the best weekends I've ever had."

Meredith Campbell, 9



"In October 2012 my mom and I took a long weekend and went to New York for the first time. While there, I saw 'Mary Poppins' on Broadway. I tried new foods and saw new things everywhere I went. I went on a harbor tour, where I got to see the Statue of Liberty plus other interesting buildings. We went shopping, and I was also able to meet up with my brother who lives there. My brother and I hung out, eating and walking around Times Square. I was disappointed when the weekend was over, but I'm looking forward to the next time I am able to go!"

Mercy Plumb, 10



RE FRE S NG



"Like most teenagers, I like to hang out with my good friends on the weekends. We mainly play basketball and video games. One of the best times I've had with my friends on the weekend was when I went up to my friend Victor's mountain house. We rode ATVs and shot guns. We camped out in the woods and made a huge bon fire. Hanging out with my friends is very important to me, and so I try to make a lot of time for them. This is why I always am in contact with or actually hanging with my friends during every weekend."

Trey Mills, 11

S

Students' weekdays were busy and exhausting, filled with tests, homework and practice. When the weekend finally rolled around, students experienced the freedom they had wished for since Monday morning. "On the weekends I can never pass up a bike ride on a pretty day. I also spend time with friends and work out," senior Jenn Vigh said.

FLASHING THE YOUNG LIFE SYMBOL, senior Kendall Scott smiles behind the sign. Upperclassmen varsity soccer and volleyball friends introduced Scott to the organization. "On Work Crew I had the most up front and personal job you could have with the kids you were serving as a table server," she said. **TAKING**

A SWING, sophomore Grant Patterson joins in on a game of whiffle ball at the end of Work Crew weekend. Work Crew took place at Rockbridge, which is a Young Life camp in Goshen, Virginia. "We did a lot of manual labor that weekend, but we had an awesome time doing it," Patterson said. **DODGEBALL PARTICIPANTS** gather before the tournament to hear the rules.

All of the proceeds from the dodgeball tournament went to help pay for tuition to the Young Life summer camp. "The dodgeball tournament kicks off the Spring semester and introduces kids to Young Life who may not have come before. It's awesome to have all the schools together," senior Erin Smith said. **WITH HAMMER IN HAND**, sophomore Cole Flora gets ready to cook a meal at Young Life's Work Crew weekend.

During Work Crew weekend, workers roles ranged from outdoor pit work to cooks and bakers. "I went to work crew so I could help out and give back to Young Life. It was a great experience and I would definitely do it again," Flora said.



X FELLOWSHIP
I'M ALL OVER IT



"Young Life is a place where you can have a great time with all of your friends and just be yourself."
Maddi Monsour, 9



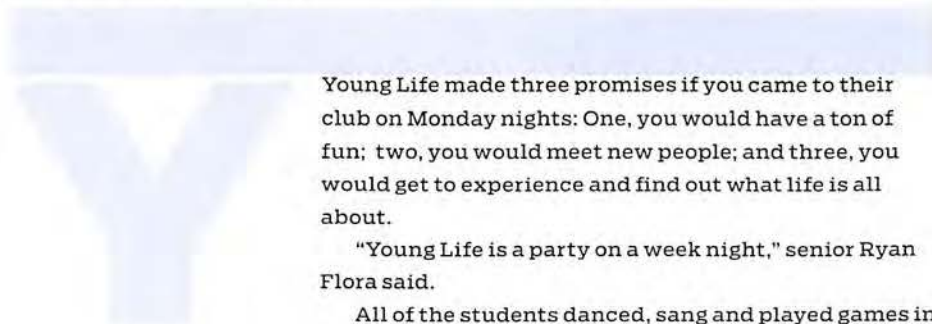
"My favorite part about participating in Young Life is getting to sing songs with a large group of people."
Stuart Whisnant, 10



"When you're in Young Life you don't have to worry about being judged and you feel very welcomed."
Mindy Boyd, 11

go find yourself

STUDENTS COME TOGETHER TO WORSHIP,
HAVE FUN AND SUPPORT ONE ANOTHER



Young Life made three promises if you came to their club on Monday nights: One, you would have a ton of fun; two, you would meet new people; and three, you would get to experience and find out what life is all about.

"Young Life is a party on a week night," senior Ryan Flora said.

All of the students danced, sang and played games in an environment where they had fun and felt accepted. The group also organized fun activities like a dodgeball tournament, Campaigners, Summer Camp and Fall Weekend. The summer camp was guaranteed to be the best week of your life or a participant could get a full refund. Even with this guarantee, though, students who led Young Life believed a person only had to come one time to fall in love with the organization.

"It was something fun to do with your friends and you got to learn about something new," sophomore Cager Hicks said.

For others, the experiences even changed their lives.

"Young Life provided me with an opportunity to see Jesus in a way that I never had before. Religion had never been a part of my life until I was shown what it truly meant to follow Jesus," senior Kendall Scott said.



LET'S PLAY DODGEBALL. Sophomores Kelsey Burchett, Lauren Baker, Kelsey Johnson, Kayla Carver, Griffin Bower, Lexi Elliot and Kinsey Fitzwater smile for the camera at the Young Life dodgeball tournament. The dodgeball tournament was just one of many organized events put on by the club. "My favorite part was playing and winning the games, even though we didn't win the whole thing," said Elliot. The team dressed in all red with green bandanas, calling themselves "The Tomatoes."

RED



X WE'RE JUST BETTER

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B

BEST IN SHOW

A BOARD HER HORSE, THREE-TIME WORLD CHAMPION FRESHMAN KAITLYN CREEKMORE COMPETES ONE OF THREE STANDARD GAITS. "WHENEVER I WIN," SHE SAID, "WHETHER IT'S A SMALL SHOW OR A BIG SHOW, I FEEL EXCITEMENT AND JOY KNOWING THE JUDGES THOUGHT I WAS THE BEST IN THE GROUP."



LEADING HER HORSE. sophomore Laura Cattigan makes her way back to the barn. Cattigan said she loved being with her horse. "It was fun being with the horses," she said. "But it was great to just be with my sister and to help her with something she loves."

B

BEST IN SHOW

“NO word is powerful enough

to describe riding horses,” freshman Kaitlyn Creekmore said, “but it’s just pure exhilaration and excitement. Whenever I get on a horse, my mind shuts off everything that doesn’t have to do with my horse.

“The first time I sat on a horse I wasn’t even two years old yet. I began lessons and started showing in a competitive barn, Hollow Haven, in 2007.

“No matter how many times I compete, I still get that flip in my stomach in hopes I become the winner. I am a three-time world champion for 2007, 2008 and 2010, and I won the National Equitation Finals the first time in 2012.

“In those shows there is a standard ‘competition look.’ We wear ‘habits,’ which consist of a shirt, tie, vest, coat and pants.

“Even though the barn is in Wisconsin and we don’t get to visit often, I know the barn is very high-class and there are people there called ‘grooms’ who are taking very good care of my horses.

“I like the challenge riding brings. Whenever I accomplish a goal, that accomplishment feels better when I know I worked hard to achieve it.

“Competitions for my type of riding are based around different gaits, which is the different ways a horse can move. All three of my horses do three different gaits: Walk, trot and canter. These are natural gaits and don’t really have to be taught, but the horses have to learn how to do them more correctly.

“In the ring other horses are with you doing the same gaits at the same time. The idea is to show the judges your horse is the best and to present your horse to the best of your ability.

“Where you are placed in the ring, meaning if the judges can see you well enough or not, is a major factor that affects how well you may do. If you have a great ride but aren’t seen, you won’t be placed very highly.”



MID-JUMP, Brianna von Beck races her horse over an obstacle. Von Beck, who ridden for 10 years, had also won 10 classes, two grand champions and two reserve champions. “I like having goals to work toward,” the senior said. “I feel accomplished. I wake up around 3 a.m. each morning of a show to bathe my horse and make sure she is clean and dry before the show starts. When I win, I take my horse on a trail ride the next day and relax.” **PERCHED ATOP HER HORSE**, Marvi Ali enjoys her pastime since she was 11 years old. The senior said in many competitions rode a horse named “Bellatrix.” Before, she and her horse shared rituals: A pre-show groom, a trot and a theme song. “Bellatrix’s theme song is ‘Bella Note’ from the movie ‘Lady and the Tramp,’” she said. **SIDE BY SIDE**, sisters senior Sarah Cattigan and sophomore Laura Cattigan take a stroll in the pen. The elder sister said she did not compete, but instead rode for pleasure. “Even though working with horses is hard, it is always fun,” she said. “There’s nothing like being with horses. It’s one of my favorite pastimes.”

DANCING

A blurred photograph of a dancer in a dynamic pose on a stage. The dancer is captured in mid-air, with arms and legs extended. The scene is lit with vibrant red and pink lights, creating a dramatic atmosphere. The background is dark with some out-of-focus lights, suggesting a stage setting. The word "DANCING" is overlaid in large, white, bold, sans-serif capital letters across the upper portion of the image.

QUEENS

EXECUTING A GRAND JETÉ DURING THE TALENT PORTION OF THE MISS SMITH MOUNTAIN LAKE OUTSTANDING TEEN PAGEANT ON OCTOBER 23, MCKENNA LUZYNSKI TAKES THE CROWN. SHE STARTED PAGEANTRY AT AGE THREE, AND CONTINUED TO GAIN INTEREST IN THE ACTIVITY THROUGH HER HOBBY OF BATON TWIRLING. OTHER TWIRLERS WHO ALSO COMPETED IN PAGEANTS ENCOURAGED HER DECISION TO COMPETE, SHE SAID.

"THERE ARE A LOT OF BATON TWIRLERS WHO CROSS OVER BETWEEN COMPETITION TWIRLING AND PAGEANTS," THE JUNIOR SAID. "WE ALREADY HAVE THE DRESSES, THE INTERVIEW SKILLS AND THE TALENT. IT'S A GREAT WAY TO EARN SCHOLARSHIP MONEY."

TALENT PROVED NERVE-RACKING, THOUGH. "THE TALENT PORTION IS 35% OF YOUR SCORE," SHE SAID.



CAREFUL NOT TO MOVE, Junior McKenna Luzynski gets crowned Miss Smith Mountain Lake's Outstanding Teen. "The next step is Miss Virginia's Outstanding Teen Pageant," she said. "I won the first local I competed in, so now, instead of focusing on winning a local preliminary, I got to focus on getting ready for the state competition." **POSING WITH THE GEICO GECKO AND PAINTING CHILDREN'S FACES** Luzynski maintains an active public appearance schedule. She said interviews in public and on stage kept her on her toes. "The hardest part of competition is the interview. The questions are not simple. I was once asked 'What role do you think government should play in the distribution of pharmaceuticals?' I move into the next age category after the state competition," she said. "If I compete again, it will be after I have finished a few years of college."

DANCING QUEENS

CONTINUED FROM PAGE 59

PREPARATION FOR PAGEANTS WAS TIME-CONSUMING, LUZYNSKI SAID. SHE SPENT THE MONTHS PRECEDING AN EVENT SHOPPING FOR GOWNS, PREPARING FOR INTERVIEWS AND GETTING IN TOP SHAPE.

Her greatest allies for her preparation were her sponsoring organization, she said. She had two pageant directors who assisted her in the task of searching for costumes, gowns and music for her ballet en pointe. Her baton coach, also a choreographer, helped her with her talent. "She's also a hair stylist and a makeup artist," she said.

"It is a lot of preparation," she confessed, "But, it makes it a lot easier to feel comfortable and confident after my preparation."

Before competitions she said she had a few rituals to keep herself relaxed and confident.

"I write encouraging notes inside my shoes to keep myself confident," Luzynski said.

In addition, her mother stayed back stage to calm her nerves and offer words of encouragement.

"I get nervous before the stage portion of pageants," she said. "I pray before I go onstage every time, thanking God for giving me the opportunity to do this, and asking Him to help me do my best."

ANOTHER TITLEHOLDER

Katelyn Bradley started competing in pageants at the end of her eighth grade year, and had amassed three wins and placed in the rest of the 11 she entered.

The sophomore said she was inspired to start when she walked into a store called A Bridal Path in Bristol.

"Every girl wants to be a princess," she said. "I took the opportunity to feel like one."

Like Luzynski, Bradley said she spent the weeks leading up to a competition finding the perfect outfit combinations and mentally preparing before last-minute fittings and coaching from the store's owner.

When pageant day rolled around, Bradley said she kept her nerves in check by reminding herself pageants were just for fun and she should enjoy them.

"Pageants can be a contest of stamina, some lasting a whole week," Bradley said.

Her pageants consisted of several stages such as an eight-minute interview, two-minute talent performance, high fashion and evening gowns.

Bradley said her favorite parts of the competition were evening gown and spending time backstage with the other contestants.

"My favorite part of the pageant itself is being backstage with the amazing girls," she said. "But my favorite part of the competition is evening gown because you can see everyone's personality shine through," Bradley said.





PAGEANT PORTFOLIO

IN A VICTORIOUS POSE, sophomore Katelyn Bradley shows off her crown after winning Miss Heart of Bristol Teen Heart of the Union 2013. Bradley said she took several weeks before the pageant to prepare. "You spend several weeks before a pageant finding the perfect outfits, the shoes and mentally preparing yourself," she said. **COMPETITORS ARE FRIENDS** in the pageant world. Bradley spent time with a contestant from the Miss Candy Christmas pageant. "My favorite part of the pageant is being backstage with the amazing girls," she said. **TAKING HER VICTORY WALK**, the sophomore works the runway after winning Miss Christmas Eve Teen 2012. "I do pageants for fun, not the competition," she said. **HAND-IN-HAND WITH HER SISTER**, Bradley shares the catwalk. She said her sister was her biggest supporter and they prepared for competitions together. "My little sister and I prep together. She is always there with me." **POSING FOR THE JUDGES**, Bradley competes in the Miss Candy Christmas pageant. "When you arrive the morning of the pageant," she said, "you have to be ready to make your first impression."

WITH A BEAUTIFUL SKY IN THE BACKGROUND, seniors Ebony Ruffin and Marwa Eltaib take part in one of senior Olivia Kiser's photo shoots. The group gathered at Salem's Green Hill Park. "We wanted a picture to remind ourselves of how we were at this time. I think the picture symbolizes the friendship we share," Eltaib said.



As Told By Olivia Kiser

I began taking photographs of family and friends in middle school with a small digital camera that I received for Christmas my seventh grade year. I soon realized there was a big differences in the photographs I took and the ones my parents or peers were taking. While their photos seem staged or posed, mine appeared more candid and often were taken at different angles and perspectives. Through the years, I have developed my skills by taking classes and lessons, but I feel my true growth has come from experience. I love to take pictures of my friends in different locations all around the Roanoke Valley.

When I was nine months old, I was diagnosed with Type One Diabetes, and the disease has been a daily struggle for these last 18 years. I seem to have a different perspective on life, though, and can say I wouldn't change my situation. I am very involved with the local chapter of The Juvenile Diabetes research Foundation. I donate a proportion of my earnings to this foundation in hopes that one day a cure for Type One Diabetes will be a reality.

I will begin my college education at Emory and Henry next fall, where I received both a merit scholarship and an art scholarship for my photography. I plan to double major in communications and art. I now have a nicer Nikon camera along with various lenses and my own website and business. Photography by Liv. Check my work out at livtophoto.com.

OUTSIDE SCHOOL



FENCING AT THE YMCA, freshman Allen Britt practices his skills. Britt said he spent most of his Saturdays practicing and hoped to take part in competitions. "I've always liked swords. After I quit an archery class, my parents found the fencing program, and I couldn't resist," he said. MID-AIR, junior Emily Fulton follows through her pole vault while practicing at Virginia Tech. A member of both track teams, Fulton travels to Tech to perfect her vaulting skills. "You feel like you're flying when you let go of the pole," she said. WITH THE WACHOVIA TOWER IN THE BACKGROUND, senior Jaki Bryant poses during a photo shoot for senior Olivia Kiser. Kiser used many of her friends as models for her photography sessions. "Liv is a great photographer. She made the experience so much fun, and I enjoyed it." Bryant said.





FACEMOTING, Katie Penny competes for the Floyd Ward company in Lenoir, North Carolina. "I enjoy everything about dance," the sophomore said, "including the challenge and that it's time consuming. It lets me escape."

"I DON'T ENJOY THE BLISTERS, CALLUSES AND SORENESS," senior Jenn Vigh said of her hours spent in Roanoke Athletic Center's dance studio. "But it's worth it."

Dancers reported myriad reasons for taking those first dance classes, be it because they were copying older siblings or being pushed in by parents.

But Joey d'Alelio's said he started dancing to get a girl.

But, once in the studio, the senior said he found his passion.

With the help of dance teachers, judges and peers, d'Alelio both excelled and participated in several competitions, winning first place at numerous for solos, duos and group numbers. He also held a national title.

"Just last year, I was picked to dance at New York City Dance Aliances' Summer Dance Intensive," he said.

Sophomore Katie Penny started dancing at age three, following in her sister, senior Sarah Beth Penny's footsteps. The younger Penny studied modern, ballet, tap, clogging, jazz, lyrical, hip-hop and contemporary, and performed in at least four competitions a year.

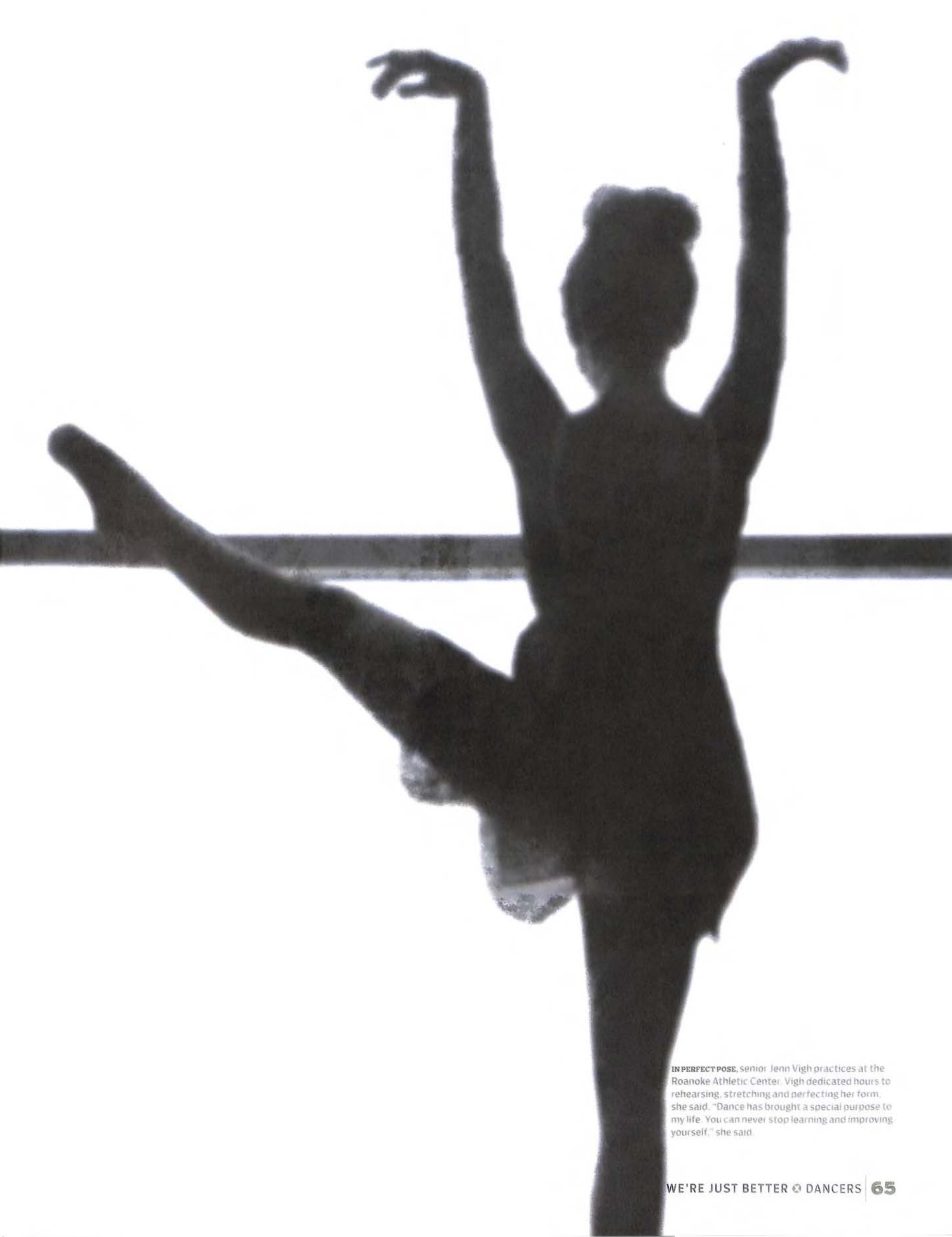
"My dance teachers' and my own determination have helped me improve my dance skills," she said.

RAISE THE BARRE



ON STAGE PERFORMING A LYRICAL GROUP DANCE, senior Sarah Beth Penny performs to Adele's "I Found a Boy." Penny traveled to Lenoir, North Carolina for many of her dance competitions. "That dance is important to me because it had a lot of beautiful contemporary choreography, and I was inspired to work on my own choreography skills," she said. **MID-POSE**, senior Joey d'Alelio stands out in competitions as one of the few male dancers. D'Alelio said he didn't mind competing in a female-dominated sport. "My experience has been pretty good," he said. "The worst thing is all the girl talk and, of course, the bullying that comes with it. But when you love doing something so much, none of that really matters. Besides, who can complain when you're the only guy in the room with a whole bunch of girls." **BALLERINA** junior Tara Wells performs with the Divine Dance Center. Wells had 13 years of dance experience. "It is so freeing and makes me able to express myself," she said. "It's beautiful and rewarding in so many ways. You can put your whole heart and soul into it and just let out all of your stress and frustration. The only bad times are when it's crunch time and it becomes stressful to be as perfect as possible."





IN PERFECT POSE, senior Jenn Vigh practices at the Roanoke Athletic Center. Vigh dedicated hours to rehearsing, stretching and perfecting her form, she said. "Dance has brought a special purpose to my life. You can never stop learning and improving yourself," she said.



“I WAS waitressing at Country Cookin’ one night in

July. I had been working there for two or three months and my shifts had started to become routine. On this night, I served my tables and gave them their checks just like any other day. There was one customer, though, who asked me to sit down for a minute so she could ask me a question.

“Hi, my name is Dawn,” she said. “I’m an author and I need a model to pose for the cover of my new novel. I see you as the main character. Would you be interested?”

I was flattered and completely surprised, to say the least. She went on to introduce herself as Dawn Jouan, a Christian author, and told me about the the plot of her new book, *Dreams Like Sugar Mountains*. We exchanged numbers and she said she would give me a call in two weeks to set up a shoot.

When I heard back from Dawn she was so excited and kept thanking me. I felt that I should’ve been continuously thanking her for the opportunity. The next weekend my mom and I made our way to Dawn’s house near Smith Mountain Lake.

Dawn is a photographer as well as an author, so her basement had a studio. She had me dress up in different outfits and took my picture in front of a white background. The outfits included a pirate costume (real sword included!), a dress based off of the pink one Rose wore in *Titanic* (which Dawn actually let me keep) and a very proper-looking early 1900s style dress (which had more layers than anything else I have ever worn). The latter dress was so heavy it had a cage hoop. It really was a gorgeous dress, but it took forever to get on and off.

On the second day, Dawn and I drove out to the lake, and she took pictures of me on one of the miniature beaches. I dressed in rag-like clothes because in the book, my character, Caresea, has just survived a shipwreck. She ended up using one of those pictures as the book cover.

I loved every minute of this crazy, new and fun experience and anticipated reading the novel. This experience was on of the most thrilling in my life. Sometimes I still can’t believe such a wonderful thing happened to me.

JESSIE
DWYER
RED MOMENT



MAJOR LEAGUE

DRUM MAJORS, JUNIOR NATHANIEL AXT AND SENIOR EMILY CHRISMAN PERFORM THEIR SALUTE DURING THE HOMECOMING HALFTIME SHOW. CHRISMAN CONDUCTED FOR TWO YEARS. "I LIKED BEING IN THE FRONT AND DOING SOMETHING DIFFERENT," SHE SAID. "PERFORMANCES GIVE ME ADRENALINE FROM HAVING PEOPLE WATCHING."

The sun beat down on the field and sweat dripped down their faces, but the band played on and the guard kept performing. Marching band and color guard practiced through the sweltering heat of the summer to perfect their performances during sports events. Color guard practiced before and through band camp in the summer, enduring a pre-band camp from eight until noon. They then joined the marching band participants. Marching band practiced Monday through Thursday, from eight to five-thirty and on Sunday from one to five-thirty. The summer camp consisted of repetition of movement, music numbers and lots of sweat.

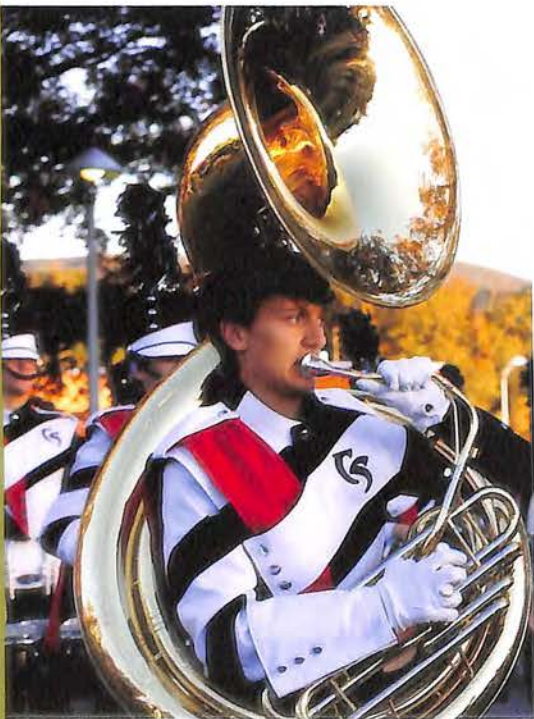
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TRUMPETS RAISED. freshmen Tom Conroy and Allen Britt perform during a home-game halftime show. Conroy cited focus as a necessary trait to have during performances. "Everyone knows this is the time to do things right. You hope nobody is going to mess up while focusing on making every time the best performance of the season," he said.

WITH OTHER BAND MEMBERS REFLECTED IN HIS SOUSAPHONE.

freshman Christian Loop practices before participating in the homecoming parade. Loop said joining band helped his transition to high school. "I've met a lot of people and made a lot of friends through band," he said.





COLORFUL FLAGS SWAYING IN THE BREEZE, color guard members seniors Allison Reese and McKenzie Prillaman and junior Cassidy Rimer perform during the football halftime show. Practices were long and hard for members of the color guard, but they were rewarded with good memories and trophies. "We are the main visual aspect to the show. Performing at home games was really fun, with all the energy coming from the stands. The guard team became my best friends, and I had a blast," Reese said. **PLAYING THROUGH THE HEAT**, sophomore Josephine Perrin plays her trombone during a summer afternoon at band camp. Perrin started band in sixth grade and began marching band in ninth grade. "I started marching band when I was in ninth grade because I had heard from older kids that it was a lot of fun and that I would meet new people while I was in it," she said. **AT THE FRONT OF THE LINE**, junior Nathaniel Axt leads fellow band members during band camp. Axt believed that band was like one big family. "The band program is unlike anything else you can experience during your high school career. The newcomers are welcomed, and the seniors are respected," he said.



MAJOR LEAGUE

CONTINUED FROM PAGE 50

"We managed to endure the brutal heat while having fun and getting a lot done. We make so many good memories," freshman Roshni Lauchandani said.

Once school started, color guard members practiced after school until 5:30 on Tuesdays, Wednesdays and Thursdays. Band practiced every day after school until 5:30. Band members were also expected to practice their parts at home. They were expected to remember the music along with the motions.

"The band practices every day after school, and there's also a lot of time spent at home practicing and memorizing the music, senior John Vitello said. "Sometimes you even practice the movements in your sleep."



"Band has been a very cool experience. I've learned a lot about music and had a lot of fun. Mr. Q is a great director and is very funny." Allen Britt, 9



"I enjoy band and play because I like putting together music chords." Timothy Rindorf, 12



"I'm in the band program because it gives us an opportunity to broaden both our horizons and our music careers." Seth Poore, 9



"Being in band is better than a regular class because I get to do less work and learn about different genres of music." Deandre Grieshaber, 9



"Taking band is a great idea. It's exciting playing music and it is awesome hanging out with friends." Adam Sulkin, 10

MAKING MUSIC I'M ALL OVER IT

PART OF THE CAMO CLUB, seniors Ramie O'Brien, Taylor Duncan, Amy Reilly and Meagan McCleod cheer during a football game against the Lord Botetourt Cavaliers. The senior section wore camouflage that night. "I love being with friends and cheering on the team in the student section," Duncan said.



WE ARE THE KNIGHTS AND WE LIVE IN A CASTLE. WHEN YOU COME TO OUR SCHOOL, WE'LL GIVE YOU A HASTLE.

No matter the sport, the student section at every game was an experience any true fan was unlikely to forget, especially those during football season. Without fail, students came together every Friday night to show off their love for the school that everyone seemed to agree was more like home than anything else.

"Cave Spring is filled with incredible people, full of personality and school spirit," senior Eliza Gaylord said. "That's my family out there."

The number one rule that any super fan could tell you was: Get hyped! As football player and senior Dylan Brucki said, "If you aren't hyped by game time, you shouldn't set foot on the field. Both players and fans need to be in that spirit."

No show of Knights spirit was too extensive for fans. Some remembered the often-spotted penguin costume at the most spirited games. No matter what the cause, from penguin costumes, painting up and wearing every student's two favorite colors, no sign of school spirit was taking it too far.

No matter what happened on the field, there was no competition among our opponents as to who had the most spirit supporting them in the stands.

As senior Adair McCabe said, every super fan could be counted on to be proudly "repping the red and black."

FANATICS





A PENGUIN IS A NORMAL SIGHT when seniors Clayton Benton, Jake Schuyler, Matt Ketterer, Tanner Tamaro, Joey Caplinger and Coty Love attend any volleyball game. The volleyball team said they loved all the student section support. "The student support made the games even more intense," senior Alyssa McKinley said. **BUNNY EARS ATOP HER HEAD**, senior Mary Beth Balzer enjoys the homecoming game against Blacksburg. The football team defeated Blacksburg 21-14. "The seniors got to be in the front and see everything," she said. **THUMBS UP**, senior Jack Woody poses for the camera while boys' basketball plays Radford. The atmosphere of the student section was always energetic. "We like to get as hype as possible to give our team a winning edge," Woody said.



I CAN remember sitting in the first go kart I ever raced and thinking, "This is what I was meant to do." My racing career started when I was about nine. At a 24 hour go-kart race in Charlotte, NC, I was part of a team of 5 drivers and we switched drivers every 45- 90 minutes. I vividly remember waking up at 3 am to get back in the kart.

Tony Stewart, one of my racing idols, started out just like me. He then put all of his income toward racing and never gave up on going professional. Currently, he owns a NASCAR team and is placing in the top ten at every race, winning the Sprint Cup last year. He accomplished all of his successes with patience, a virtue vital in both life and the race. Patience will save you time by helping you save tires, conserve fuel and, ultimately, pit stop.

I participated in The Indy Car Academy, a race shootout in Sebring, Florida, which took place at the end of January and lasted for three days. I heard about it when I signed

up for a three-day Skip Barber racing school over the summer. The instructors said a few people may be selected based on our potential and attitude, and I was eager to be picked. The requirements were some kart experience and the completion of the three-day racing school. While there, I demonstrated potential and mechanics, and treated everyone in a sportsman like manner. I was one of 33 drivers from around the nation who were invited to the Sebring International Raceway.

This event judged racers on speed, consistency and how well we applied feedback. We were competing for a \$50,000 scholarship to the Skip Barber Summer race series. Out of the 33 drivers, I finished mid-pack. Being the youngest person there, I received media attention, which may help me find sponsors.

Soon I'll be racing in Danville at the International Raceway and in Connecticut, at Lime Rock Park, or in Palm Beach, Florida, at Palm Beach International Raceway.

JARRETT
OVERSTREET
RED MOMENT

KOHAMA



YOKOHAMA

ROAD ATLANTA

ROL



Skip Barber
BFGoodrich

skipbarber.com

skipbarber.com

Mazda

36

MOTHERS
Polishes • Waxes • Cleaners



Mazda

X



"Not winning a state title wasn't the outcome that we wanted, but in the end we all worked our hardest and did it as a team."

Annice Link, 12



"We aren't just a volleyball team, we bond and become a family over the four short months we spend together. We just all love each other!"

Lauren Sigmon, 11



"I really liked that we were all so close. I felt like we were all sisters instead of just teammates."

Charity Klimaitis, 10



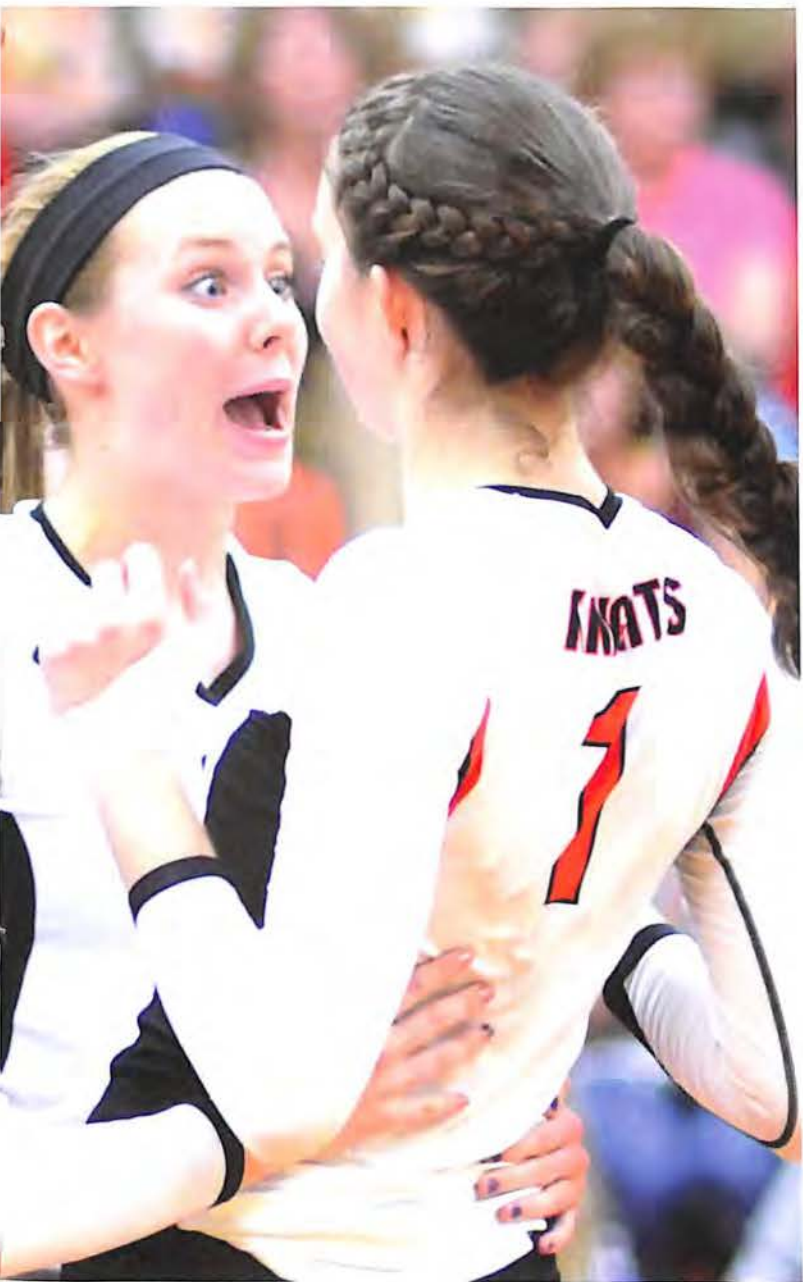
"This season was a better time than with any team I've played with. We were all really close and that bond showed on the court."

Cait Flippen, 9

**X SET IT UP
I'M ALL OVER IT**

THRILLED AFTER A HUGE KILL, senior Erin Holsinger and freshman Cait Flippen celebrate with freshman Piper Roe, who had just scored the point. "There are more important things than winning. Making memories and friends are what's important, but winning makes it all worth it," said Holsinger, who planned to play at Hillsdale College in Michigan. **NOT WORRIED ABOUT HER KNEES WHILE TAKING A DIVE**, senior Alyssa McKinley digs an attack in a match against Hidden Valley. The team finished the season with a 1,748 digs. "My favorite game was when we played Salem at home," she said. "The student section was great and we demolished them." **FINISHING THE ATTACK**, freshman Piper Roe, the tallest team member, hits past two Hidden Valley blockers. "Being 6'1" my height helped because it intimidated other teams. They think I'm mean because of it, but when they get to know me, they realize I'm not," she said. **MAKING A SAVE**, junior Olivia Sass keeps the ball from the net to set up sophomore Tessa Klimaitis. "Every point is important," the private school transfer said. "So I had to try my best to save any ball and do everything I could with even a bad pass. I was lucky to have such reliable hitters."





ALL TOGETHER NOW The team was named ABC 13 high school Team of the Week on September 5 after winning its opener 3-0 at Jefferson Forest.

EMBRACE THE MOMENT

LOSING FIVE SENIORS FROM ITS STATE CHAMPIONSHIP TEAM, PLAYERS HAD BIG SHOES TO FILL. WITH NINE UNDERCLASSMEN, COACH TAMALYN TANIS SAID IT WAS ONE OF HER YOUNGEST TEAMS IN YEARS.

"With the average age being younger, a lot of people would have used that as a reason not to work hard," senior Kendall Scott said. "Instead, we saw it as an opportunity to reach out to underclassmen, show them the ropes and to serve them in hopes they would do the same in the future."

Character development, Alayna Foutz said, was a focus.

"We played with integrity because it motivated us to be the best we could be for our team and our school" the freshman said. "It just made us have better character all around."

Teammates had a strong connection, and fostered it with sleepovers, tie-dye parties, a lake day and even an annual pig roast. Members also ventured to Nicaragua over the summer.

"My favorite was farm day," sophomore Tessa Klimaitis said. "Especially the hay ride at the end because we all told scary stories at the top of the mountain. The team becomes more of a second family. We encourage each other and lift each other up,"

Emily Fulton saw benefit to having a young team.

"It builds for the future and people get more experience playing at the varsity level," the junior said. "We all grew as a team by the end of the season and we didn't want it to end."



SPIRIT IN THE AIR

FORGET THE SIDELINES. COMPETITION
CHEERLEADERS PREPPED FOR THEIR OWN BATTLES.
FOCUSING ON TUMBLING AND STUNTING,
THE TEAM PARTICIPATED IN THREE
COMPETITIONS BEFORE PLACING SECOND
AT BOTH DISTRICTS AND REGIONALS.

"The competition season was amazing," sophomore Alayna Francis said. "Each person worked extremely hard to reach her full potential. We are also blessed with two great coaches, Katie and Jen, who made our season so successful. Without them, we would have never gotten as far as we did."

The most exciting part of the season the Jenna Jones said came when team earned a spot in state completion and traveled to the Siegel Center in Richmond where they placed 14th overall.

"I thought this team was the best I've ever performed with," the senior said. "We worked really hard."

She noted the Abbott charter bus on which they traveled to Richmond was equipped with beds, and the team enjoyed shopping and eating at Short Pump Mall.

BRACING TEAMMATE SENIOR HAILEY FITZWATER, Alexis Link stabilizes the stunt. She said trust was a necessity. "Being on the cheer team is really fun, and you have to be able to trust your stunt group to keep you safe," the freshman said. "I trust mine and have no problem flying on most people." EXECUTING A TOE TOUCH FRONT AND CENTER, freshman Kaitie Ireland competes at the Cougar Classic in Pulaski. Ireland acted as a base during stunts. "My job is to support and catch my flyer," she said. "I'm to make sure nothing falls. When I'm out on the mat nothing else matters," she said. FACE IN FULL CHEER MODE, Kayla Carver beams in a pre-state run through. "States is an amazing experience and the emotions that go along with it make it even more worthwhile," the sophomore said. "Competing in front of hundreds of people with 18 girls who might as well be your sisters has to be the best feeling in the world. Being a back spot is the best job. I can see everything going on in the stunt, and the flyers put all of their trust in me." IN THE STANDS, junior Kendall Bayne supports her team with whom she cheered prior to her cancer diagnosis. "Kendall will always be a part of the team," sophomore Lexi Elliott said. "When she was able watch us compete, we made sure we were doing it for her. Even when she couldn't make it, she texted our coach to wish us luck." PREPPING A STUNT, senior Elvera Gurevich and sophomore Jolie Matz prepare to send senior Hailey Fitzwater into the air. "I love being a flyer. It's awesome to be able to see and hear the crowd cheer when a stunt hits," Fitzwater said. "Being thrown in the air is so much fun, and though it is a lot of pressure, I am so comfortable doing it. It's an indescribable experience," she said.





STEP BY STEP



"I play noseguard and right defensive tackle. I live for football because I like the rush. My favorite part is playing defense."
Evan Heath, 10



"Our best game was the last one at Bogle, which was against Abingdon. We were the underdog and came out on top 45-0."
Tripp Beheler, 12



"As an undersized team, we often had players playing on both sides of the ball. We showed we could hold our own without a star player."
Patrick Truskey, 10



"It's fun to go out there on game night with your buds and bust up the other team. It's awesome to prove your physical superiority."
David Morrow, 11

**X SET IT UP
I'M ALL OVER IT**

THE SEASON HAD A ROCKY START.
BUT AS IT PROGRESSED, THE TEAM PROVED TO
BE STRONGER THAN NAYSAYERS EXPECTED,
DISPROVING PREDICTIONS OF A THREE-WIN SEASON.

"After our first scrimmage, we had a bad taste in our mouths," sophomore Patrick Truskey said. "So we worked to turn the season around. We came a long way and did better than people expected."

Truskey and teammates achieved a record of 7-6 overall, and 5-4 in the region.

"We improved from week 1 to week 13," junior Austin Beeker said. "The loss to William Byrd gave us motivation to win and beating Richlands was the best feeling ever."

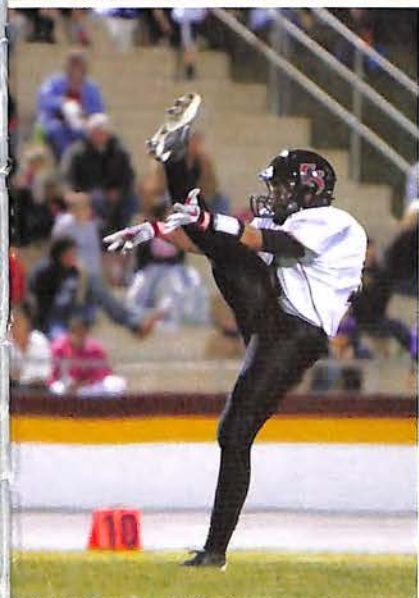
The Richlands rivalry had grown in recent years, Beeker said, with the team winning three out of the last four contents.

"Beating Richlands and continuing our football legacy" was important to senior Tripp Beheler. "Everyone always doubts us. But, we came out with a big win."



HAND-IN-HAND, seniors Conner Baker, Jordan Bryant, Dylan Brucki and Jon Evans walk the sideline before the start of the Lord Botetourt game on Friday, September 14. The team lost by a score of 22-17.





ON THE RUN, senior James Jackson escapes a mob of football players from Lord Botetourt on September 14. Jackson was a new student who was eager to fulfill his position as running back for his senior year. "The team was exciting," he said. "Everyone was really nice to me, so bonding was easy. I really showed them my skills when I ran 216 yards at the Richlands game." The Cavaliers, however, emerged victorious with a score of 22-17. **DOUBLED UP ON A TACKLE**, senior Jon Evans and junior David Morrow stop number 14 from Blacksburg. Evans said the game was memorable because it was his senior homecoming game and the team won. But, like Jackson, he said his favorite game was against Richlands. "It's always crowded, and they're a big rival for us. We played really well and won against a tough team," he said of the November 11 contest which the team won 31-6. **IN MID-KICK**, sophomore Zach Foutz starts the third quarter of Pulaski County game on November 12. The team defeated the Cougars 17-14. During the season, Foutz contracted meningitis from a spinal steroid shot and stayed in the hospital. "It was hard coming back," he said. "I could only watch my team play. I couldn't be out there," he said. **RETURNING A KICKOFF**, senior Jack Woody relies on his teammates to block the Blacksburg Bruins. Woody played all four years, and spent time at both wide receiver and safety. "The Blacksburg game was my favorite game of the season because we got new jerseys and we won," he said. The final score of the October 19 contest was 21-14.

ARMED AND READY

GIRLS' VARSITY ADVANCED TO REGIONAL PLAY
SAW A FAMILY'S DREAM REALIZED.

"Making it to regionals was a huge goal of ours, and to be able to say we achieved it was a huge jump," sophomore Cassi Parulis said of the varsity girls' season. "After our tough season last year, getting that far makes us realize we can do it. All we can do now is keep working."

Coach Jessica Ficarro was proud to lead the team on its journey.

"Of course I'm proud of the team," she said. "They worked so hard and made it through tight games to earn that spot at regionals."

Hailey Sitze echoed the excitement.

"After the rough season we had last year it was a great feeling being so successful this basketball season," the sophomore said.

Cait Flippen kept the team's progression in perspective.

"There's always more room to grow and get better," the freshman said. "We hope to make it even farther in the next few years, losing only one senior."

THE BOYS' SEASON CELEBRATED FAMILY CONNECTIONS

From the start of Mr. Billy Hick's coaching career, he knew the day would come his sons would eventually try out for his varsity team.

Sophomore Cager and freshman Brody fulfilled that vision.

CONTINUED ON PAGE 84

AS A NORTHSIDE OPPONENT ATTEMPTS a block, senior Zanebia Brown-Saunders tries to find an open pass. An injury prevented Brown-Saunders from participating in regional play. "Getting injured the last weeks of the season was tough for me," she said. "But I was so happy for my team. I made sure I was there to support them." **AVOIDING THE SCREEN.** junior Taylor Asimakopoulos moves by a defender. "I was 7 for 10 on the floor with 16 points," she said of the Christiansburg game. "We had to win that game to even have a chance at regionals, and we won."





DRIVING TO THE BASKET, freshman Taylor White pushes past a Hidden Valley defender. White injured her ACL during the season. "My favorite game of the year was my first one returning from my injury," she said. "It felt great to be back on the court." **PIVOTING AWAY FROM HER OPPONENT**, junior Clair Harkey maintains control of the ball. "Although we never defeated the Hidden Valley," she said of the teams' three meetings. "they knew it was a tough fight. I think they were surprised."



ARMED AND READY

CONTINUED ON PAGE 82

"Being on the team with my dad, brother and uncle this season was an unbelievable experience," Brody said. "I've dreamed about playing in that uniform for my dad for as long as I can remember so it was great to live out that dream."

"Sharing the experience with Cager made it even more fun. That my dad and uncle were coaching just added to the experience," he continued. "They always make me want to get better and help me get to where I want to be. I think that has made our relationships stronger."

His older brother agreed.

"Having them with me on the court gives me confidence," Cager said, "because I know they've got my back."

The team made it to the regional semis before getting losing to Abingdon.

"Making it to the second round of regionals was a huge accomplishment" Terrell Simmons said. "Coming off a great season last year and being the state runner up, we had a lot of hope for this year and we knew we had a lot to live up to."

Even falling short of the mark, Simmons said he was pleased.

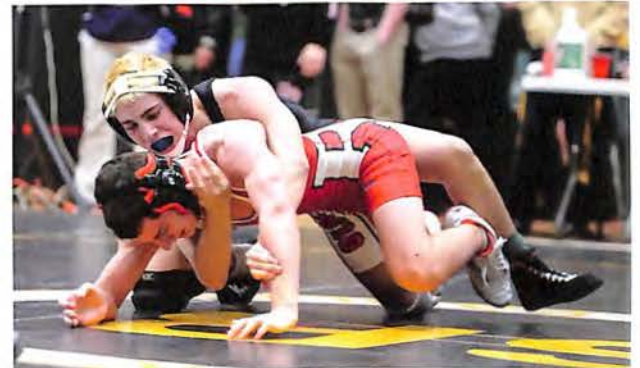
"Overall, we had a very successful season and I'm so proud of every one of my teammates," the senior said.



AN ACROBATIC ATTEMPT sees senior Connor Baker take a leap of faith toward the basket. He said games against Hidden Valley proved to be biggest ones of the year. "Those games bring the biggest crowds, and it's always fun to play against your rival. Losing by one point in the first game was hard, but it made beating them the second time more special." **CAUGHT IN THE MIDDLE**, senior Terrell Simmons attempts to move past the Titans.

The team made it to the second round of regional play. "Overcoming adversity in the season made us stronger in the long run," Simmons said. **AS A RADFORD PLAYER STICKS TO HIS BACK**, freshman Brody Hicks looks for an open pass. Hicks played many positions, including forward. "In the forward position I mainly tried to play off of some of our more experienced players and then make a few shots if I got the opportunity," he said. **A CLEAR PATH TO THE BASKET** allows junior Trey Mills to set up for an open shot. Mills played shooting guard. "Our best game was against Salem. We all worked hard, and the younger players stepped up," he said. **JUMPING IN FRONT OF A RADFORD DEFENDER**, junior Victor Duvall looks to the basket. Duvall's played his season's best game against Christiansburg. "I had my season high that game and played really well. It was both a fun and intense game that eventually came down to the wire," he said.





EMPLOYING A DOUBLE LEG TECHNIQUE, Noah Webb works against his opponent on the mat. "Having a smaller team made some meets and match ups difficult," the freshman said. "But we still advanced to state competition."

WORKING FOR A PIN, Jacob Plunkett tries to force down his opponent.

"Every practice sculpts who I am as a wrestler," the freshman said. "I have to want to get better, and have the drive to do whatever it takes to win."

IN A FACE OFF AGAINST HIDDEN VALLEY, Coty Love relies on his conditioning to get through matches. "Our coach lets us out of the conditioning for one day if we dye our hair," the senior said.



LOCKS TO LOVE

A TO-DYE-FOR SEASON

The wrestlers skipped practice and conditioning for one day to take a trip to the salon where junior Lucas Mobley's mother, April, gave them all a little color: Platinum blond that is.

"I'd dye my hair any day to get out of monkey rolls, though I would never dye my hair red," Mobley said.

Seasoned wrestlers were prepared for possible embarrassment, but one newcomer, Cody Amos, said he was not nervous at all.

"I was so excited," he said. "I thought doing something that crazy was awesome."





COMING UP FOR AIR. Cole Cowher grabs a lungful of oxygen. "The 50 freestyle is my fastest and best event," the freshman said. "The only rule you have to follow is don't touch the bottom of the pool, just touch the wall." **MIDWAY THROUGH THE BREASTSTROKE,** junior Lauren Cowher rises from the water. She said she preferred the 50 freestyle to the breaststroke because she enjoyed the thrill of a sprint more. "I like the freestyle much more," she said. "It's an all-out sprint, and if you mess up one little thing, like a start or a turn, it throws off the time for the entire race. Between first and last place, there's a one-second difference." **GOGGLES REFLECTING THE POOL,** Casey Milan swims the backstroke. "My favorite event is the 100," the freshman said. "I like it because it's my fastest event." **AFTER SPRINGING OFF THE SIDE WALL,** freshman Josh DeFalco prepares to slice through the water. "When I first started swimming I liked the breaststroke because it was easy," he said. "But then I got really good at it and now that's why I like it."

**X IN THE SWING
I'M ALL OVER IT**

"Practicing your swing and other shots was key in golf. The team tried to get in five days of practice a week during the season."
Richard Fishwick, 10





TAKE A BREATH

EACH DIVE INTO THE POOL COULD BE CHILLY
ENOUGH TO TAKE THEIR BREATH AWAY,
BUT SWIMMERS JUMP TO DEFENSE
OF THEIR FAVORITE SPORT

"Even though there are a lot of drawbacks, I still think swimming is a lot of fun," freshman Michael Chang said. "I joined a team when I was seven and loved it. I joined the school's team when I could."

Anna Elmore had to master more than an event.

"Starting off, walking around in a swimsuit made me feel awkward," the freshman said. "I realized some people have less on than I do, and if I wanted to keep swimming I'd have to get used to it. It took me about three months, but I'm more comfortable now."

Classmate Tessa Muzzy was more comfortable. "I've been swimming since I was four," she said. "To me, the 'outfit' is completely natural and normal."

The alien-like appearance caused by the snug cap and goggles combined with the affect chlorine had on hair were obstacles Sandy Chang faced.

"Chlorine makes my silky Asian hair nasty and dry," the junior said. "Rather than being shiny, it turns dull and boring. After 12 years of swimming, I've gotten used to it."



"I played in my first tournament when I was six years old. I always have a will win to win and desire to play my best in every tournament."
Drew Lagan, 11



"My favorite courses to play on are Roanoke and Hidden Valley Country Clubs. I love being outside in the pretty weather. Missing school is nice too."
Meagan Board, 11

"The best experience in track is having such a close team and good coaches," senior Erin Martin said. "At practice we motivate and always support each other."

Autumn Mehta enjoyed time away from competing just as much.

"The bus rides mostly go by fast because we have so much fun together," the freshman said. "We listen to music, talk, play games and make each other laugh to keep from being nervous."

Freshman Molly Kwitny said once a meet started, competitors in early events stretched and prepared mentally while later competitors sat and watched for teammates and cheered as they passed by.

"We wish each other luck before one of our teammates goes to compete," she said. "When they run by everyone stands up and cheers and claps as they pass. We root them on until they reach the finish line."



IN THE CLEAR

JUST BECAUSE THEY FOCUSED ON THEIR INDIVIDUAL FRACTIONS OF SECONDS, TENTHS OF MILES OR SINGLE JUMPS DID NOT MAKE THEM LESS OF A TEAM.

X DISTANCE I'M ALL OVER IT

"Running is a great way to test your limits, get in shape and get to know people. The team is now more like my adopted family."
Katarina Martin, 9



"This summer I ran 600 miles. I know by running 600 miles I will only get better and it will pay off in the post season."
Joey Caplinger, 12



"People think nerves are a bad thing, but runners have a unique take on the matter. Nerves help me by fueling my adrenaline for races."
Daniel Seymour, 12



"No one in my family had ever run cross-country or track. I wanted to stand out and get away from an everyday routine."
Kerri Dalton, 12





CLEARING THE BAR, senior Marta Timmermann completes a high jump during the meet against Liberty. Timmermann competed in high jump for four years and traveled to the 2013 VHSL AA State Championships. "I am concluding my high jump career with All-State Honors and a River Ridge District Title," she said. "I've come a long way since jumping on beds and sofas as a child and am lucky to have my baby brother accompany me to states." **MID-HURDLE**, John Vitello jumps over the obstacles. The senior started running track in the seventh grade. "Hurdling is awesome because it is a short race," he said. "I also do not have to worry about long distances." **GOING THE DISTANCE**, junior Katie Fortner pushes herself harder to get to the finish line in the Knights Crossing race against runners. She ran a time of 18:48 seconds, placing third. "I felt like this was a good starting point for the rest of my season," she said. **FOLLOWING THROUGH HIS TOSS**, Hunter Richards throws a shot put across the field during the Polar Bear meet. Richards cited friendship as the motivation to take up track and shot put. "My friends motivate me to practice and compete well," the sophomore said. "My friends help me when I get nervous and got me started in shot put." **OPPONENT BEHIND HIM**, John Wiggins completes the final seconds of his race. Wiggins said the cross country team was like a family. "My best experience in track is the relationships I form," the senior said. "In addition to forming friendships with competitors, I've grown to really love my running family. Most of us run year-round while training for cross country during the summer and fall."



STICK TOGETHER

EVEN THOUGH IT DID NOT ENJOY VARSITY STATUS, LACROSSE STILL FIELDED A COMPETITIVE TEAM

"In previous years, we were a rec team called Southwest County," freshman Chris Weston said of the lacrosse team. "Mostly from Cave Spring and Hidden Valley, but had a handful of players from other schools."

Then, he said, that team split in two called South County Titans and Roanoke Warhawks, both relying on fundraising and donations to stay viable. For the second year, the school fielded a club team along with other county schools Hidden Valley and William Byrd.



WHILE PLAYING AGAINST ROOSTERS FROM LYNCHBURG, senior Matt Reiter struggles to get the ball against Rooster Brandon Ford who attended Liberty Christian Academy. "Lacrosse is a very fun and exciting sport," said Reiter who had played for six years. "I wish people would recognize lacrosse for the sport that it is because it's one of the most physical games out there," he said.

LAX BROS I'M ALL OVER IT

"I like lacrosse because it is a hard-hitting sport. I also get to be on a team with a bunch of great guys."
Michael Christley, 12



"I've played for seven years because I make great friends and I get to take all my aggression out."
Davis Perkins, 10



"Sometimes I play the bagpipes when we head to the fields. It feels surreal because I feel connected to my Scottish ancestry."
Bren Huggins, 11



"It's fun to hit people and fiddle around with the lacrosse ball. In practice we work on our plans and try to make it fun."
Tanner Tamaro, 12





AT THE SECOND GAME OF THE SEASON, sophomore Cameron Kenny runs in an open lane with the ball hoping to score a goal for his team. In addition to being long stick midfi Kenny is also a goalie. "I have been playing lacrosse for six years. I like it because it is a very fast game and our team is like one big family," he said. **STICKS ALOFT** lacrosse players gather before the game against North Cross on March 21. "Normally in the huddle we just go crazy. We don't even say words we just scream and shout," freshman Mason lowen said. **SURROUNDING THEIR OPPONENT**, Seth Ahrens of the Roosters from Lynchburg, sophomore Spencer Smith and his teammates block the goal attempt. "It's a fun, fast-paced sport that will be really big soon," Smith said.





TAKING A BREATH BETWEEN STROKES, freshman Casey Milan stays afloat in the pool. "The best thing about swimming is that everyone has your back, always cheering you on or telling you what you can work on to become faster and stronger," Milan said.

LOOK FOR US

WHILE THE FOCUS SOMETIMES TENDED TO LAND ON THE MEN AND WOMEN OF VARSITY LEVEL PLAY, JUNIOR VARSITY PLAYERS MANAGED TO HOLD THEIR OWN ON THE COURTS AND FIELDS.

AFTER PASSING THE BALL TO THE SETTER, freshman Fallon Delp looks for a way to penetrate the Hidden Valley Titan defense. This was Delp's first year on the team, after transferring from Roanoke Catholic. "The amount of talent we have at Cave Spring is amazing. I am looking forward to being a part of this team for the next three years," she said. **AFTER RECEIVING THE BATON** from freshman Hunter Mollica, sophomore Matthew Stiles begins the last leg of his relay race. Stiles said the 800-meter relay was one of his favorite events. "I like running the 800 in track because it's like cross country, and I love running in distance events," he said.



MAKING PLAYS I'M ALL OVER IT

"There's a great atmosphere at our JV basketball practices and games because we have played together for a long time. I was unable to play because of a broken thumb, but getting to see my team win in district play was great."
Khal Clary, 9





"Volleyball is never going to be an individual sport. When we're on the court, we must work together. We were a very energetic team, showing a lot of liveliness on the court. You could count on any player to show up pumped and ready to go."
Maeve Sedivy, 10



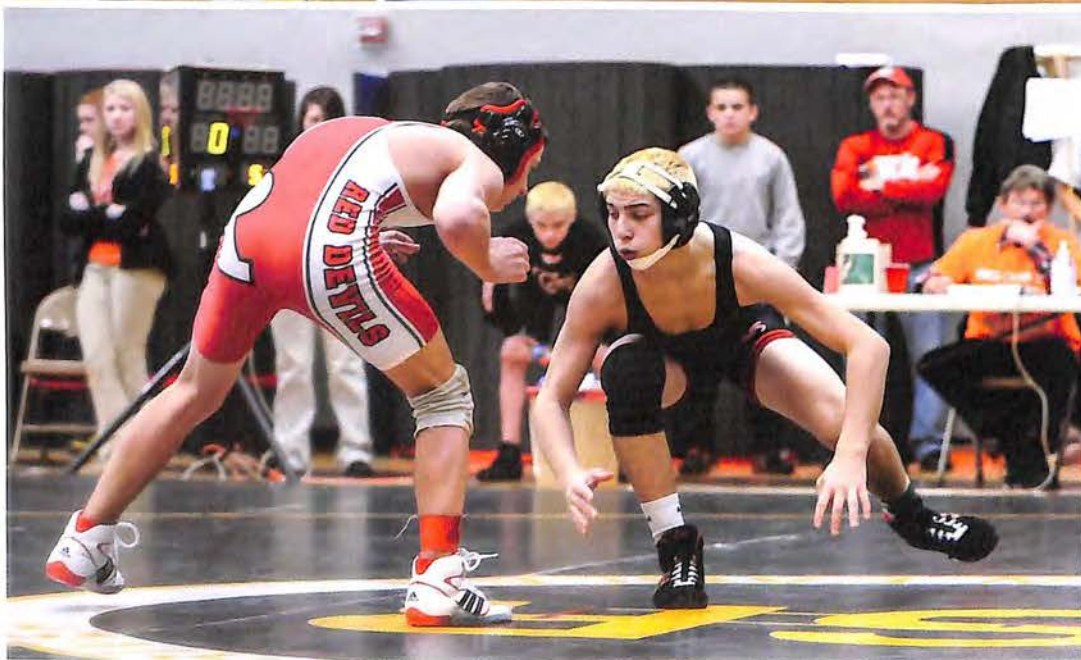
"Even though we may bicker and fight like sisters at times, we always pull it together and support one another when it's time to get on the court. I know my basketball teammates are always going to support me every day."
Jennifer Hartman, 9



"I've changed what positions I play in soccer many times. This season I'm a center mid-fielder. It's my job to control the entire mid field, get the ball passed to other players and try to always maintain possession for my team."
Andre Nguyen, 9



SLIDING INTO HOME BASE. freshman Jasmine Brickey is declared safe during a game against William Byrd. When not at bat, Brickey was known for capturing and recovering any hit sent to center field. "There's a lot of pressure in the center field position. If you miss the ball, you could give the other team a possible two-run advantage," she said. **ON THE MAT PERFORMING A COMPETITION ROUTINE,** sophomore Kinsey Fitzwater puts on her best cheer face. Fitzwater said motivation was a key factor in putting on a good routine. "Cheering can be very difficult. If you're not motivated, then you probably shouldn't do it," she said. **STAYING LOW BEFORE HIS OPPONENT,** freshman Jacob Plunkett looks for a take down against a Rustburg wrestler. Plunkett started wrestling in the 120-pound class. "While we earn points for our team at a meet, wrestling is more of an individual sport. When you win or lose, it's all on you," he said. **AFTER GRABBING A REBOUND FROM A NORTHSIDE OPPONENT,** freshman Alexa Vaughan fights to keep possession of the ball. Vaughan was a high scorer on the team. "Rebounding the ball is such a rush. You have the opportunity to prove yourself and rip the ball away from the other team," she said.





HOPING TO HEAR "SAFE" AS HE CROSSES OVER THE BAG, freshman Jordan Stovall dives into the dirt. "I like the challenge of hitting the ball and then trying to score a run. You're always afraid of getting tagged out, and I love that rush," he said.

SMALL BUT MIGHTY

KILLER PLAYS, SWEAT, FOCUS AND DETERMINATION. SKILLS AND HARD WORK WEREN'T RESERVED FOR JUST THE BIG GUYS. JUNIOR VARSITY PLAYERS PROVED THEY WERE BIGGER THAN THEIR TITLE.



X SPIRIT FINGERS I'M ALL OVER IT

"Cheer is a total stress reliever. At games, your job is literally to cheer on other people. In competitions, we have individual jobs. Mine is to hold the flyer's legs and provide support needed for all the moves. We definitely have to put in a lot of effort."

Taylor Billings, 9





APPROACHING THE BALL MID-FIELD, junior Sarah Lawryszek rushes to break away from a Patrick Henry opponent. "I love soccer season because it's a good way to stay in shape and hang out with all of my friends," she said.

FEEL THE SUN

DONE WITH BEING STUCK INSIDE AND DEALING WITH THE COLD, SPRING ATHLETES EMBRACED THE WARM WEATHER AND SUNSHINE WHILE DOMINATING THEIR COMPETITION.

CHANGING DIRECTIONS WHILE MAINTAINING POSSESSION OF THE BALL, senior Hunter Hickam makes quick work around a Franklin County player. Hickam played midfield. "At midfield I feel like I am in control. Once the ball is played to me I get to work doing my job. Giving the ball to a teammate in a scoring position or making a move around an opposing player is what I have to get done," he said. **AS SHE APPEARS TO LEVITATE OFF THE GROUND**, junior Kelsey Dickerson serves the ball during a tennis practice. Dickerson had been playing tennis since sixth grade. "I like to always be moving and getting all my energy out. I have been playing and loving this sport for five years now," she said.



DOING WORK I'M ALL OVER IT

"We've lost a few games so far, but we are racking up some wins too. In practice we run and work hard, but it's worth it when you get a win. I have played baseball for my whole life. It has now turned into my stress reliever."

Sean Easeley, 12





"I am a fourth-year returning player and was named captain of the team. I juggle playing three different position when not at bat hitting for my team: catcher, third baseman and first baseman. I'm excited to start at first."
 Madisson Billings, 12



"We run a lot during practice, which stinks but helps out a lot once we're playing. We're timed and have to run one fifth of a mile in sixty seconds. At games we are able to run faster and get possession of the ball because of that practice."
 George Funk, 9



"In tennis you compete alone, yet that one match could be the difference between a win or a loss for the entire team. Tennis is also a very mental sport. There is a lot of time on the court by yourself. You have to be sure and stay focused."
 Nolan Webb, 12



AFTER PICKING UP AN OPPONENT'S ATTEMPT AT A BAT, freshman catcher Kinsey Overfelt took for her first baseman. This was Overfelt's first year putting on the catcher's mask. "It is hard to move in all the equipment. I see a lot of action behind the plate, and I'm responsible for a lot of plays, which is tough. The pressure pushes me to be better, though," she said.

GLOVE AT THE READY TO CATCH A BALL, freshman Justin Larkin prepares to tag out a William Byrd runner on a second base steal. William Byrd defeated the team 4 to 14. "It feels great getting someone out on a steal. They are trying to get to their destination, but you are able to stop them before they can get there," Larkin said.

SWOOPING IN FRONT OF HER OPPONENT sophomore Kaitlyn Huff steals the ball from a Patrick Henry player. Huff had played since a child on rec league teams. "I love to play this game. It seems to come naturally to me," she said.

STRETCHING EVERY LIMB IN ORDER TO RETURN THE TENNIS BALL, junior Elijah Hager winds up hitting the winning point during his match. Hager said the best feeling in a tennis match was making that winning point. "Winning a point really makes you feel good, especially when you know you worked hard to achieve it," he said.





JUMPING THROUGH THE PACK OF OPPONENTS, senior Kyle Gunville heads the soccer ball during a game against Franklin County. "I take pride in playing the only sport where we knock our brains loose just for the glory," he said. "Like my dad said, 'Pain Heals, glory lasts forever."

SPRING IN YOUR STEP

NO ONE TRIED TO AVOID CONDITIONING AT PRACTICES
WITH WARM TEMPERATURES AND NATURE
AS MOTIVATION.



X PUSH THROUGH I'M ALL OVER IT

"Anyone can be in track, but it isn't a sport you can be good at without a lot of hard work. That component is essential if you want to succeed. You have to push yourself at meets as well as practices if you want to succeed."

Nick Colozza, 10



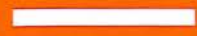
RED

X REFERENCE

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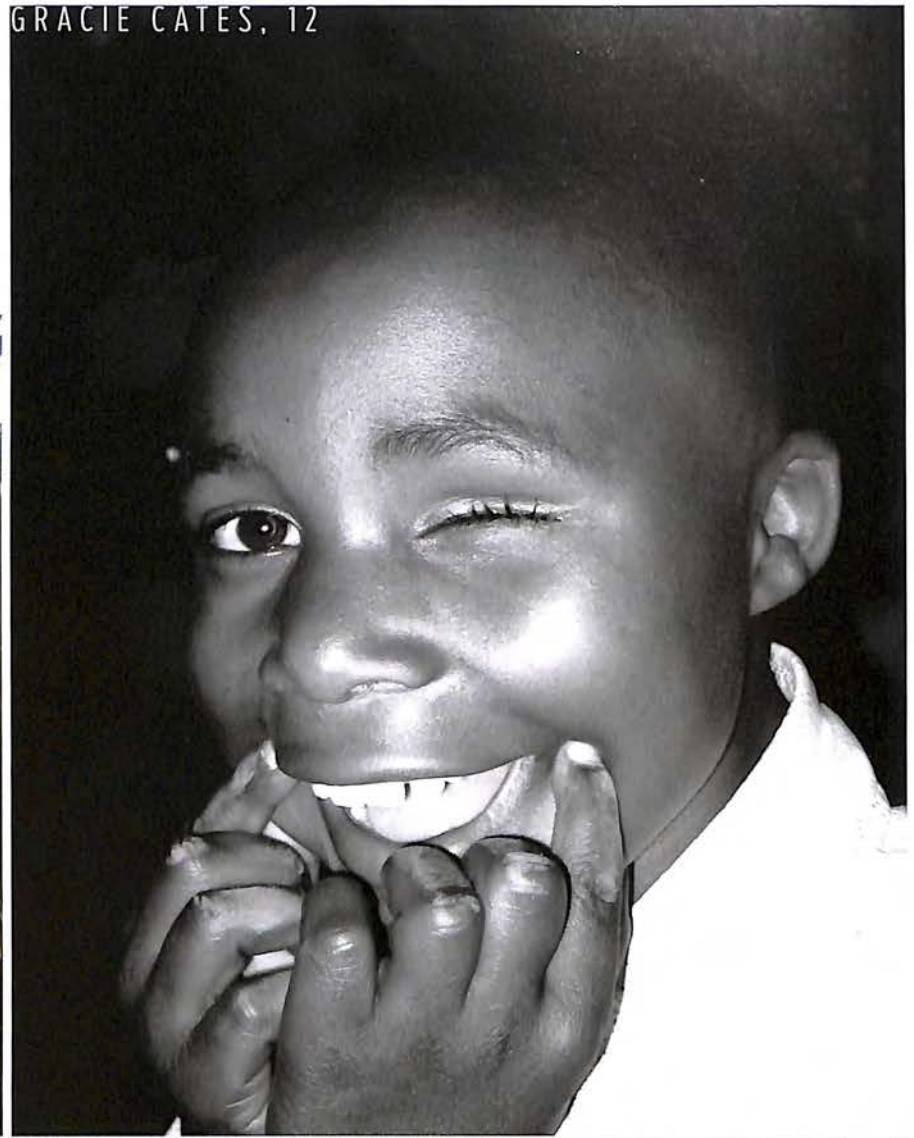


PICTURE THIS



THE PHOTO CONTEST ALLOWED STUDENTS TO SHOWCASE THEIR BEST WORKS, SUCH AS THIS PHOTOGRAPH BY JUNIOR COLIN HARRIS. IMAGES ON THE FOLLOWING PAGES PROVIDED INSIGHT INTO THE WORLD SURROUNDING US ALL.

GRACIE CATES, 12

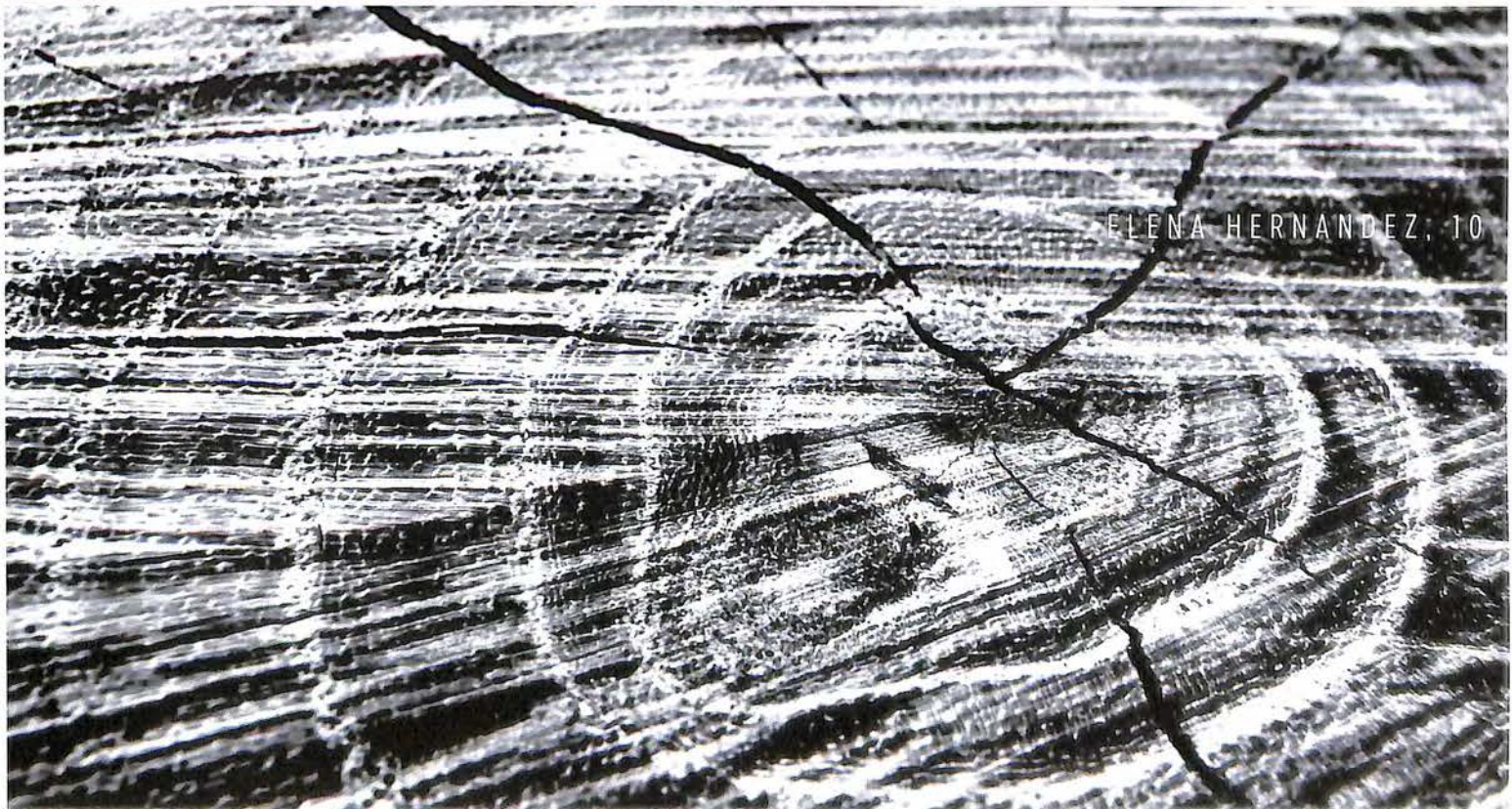


CORTNEY COOPER, 12



CASEY MILAN, 9

AUTUMN MEHTA, 9



ELENA HERNANDEZ, 10



LISA CRAWFORD, 11



CHANDLER KEISTER, 9



OLIVIA KISER, 12

LAUREN HUFF, 9



LISA ISTAD, 12



LAUREN SLOUGH, 9



AN AUTOMATIC FRIENDSHIP

"I'VE LEARNED THAT SHE'S GOOD AT EVERYTHING I'M NOT GOOD AT and vice versa," senior Erin Smith said about her best friend senior Marta Timmerman. The two met the summer before kindergarten and have been inseparable ever since. Smith and Timmerman's friendship grew quickly. Smith said their friendship grew even closer as they started middle and high school. "It was almost automatic that our friendship became so much stronger because we've been growing up with each other side by side." The end of the senior year welcomed so many changes; oftentimes it meant being separated from the people we had grown up with our whole lives. Timmerman and Smith faced this new time remembering a favorite quotation, "Together forever, growing apart, maybe in distance but never in heart."





JARED ADAMS: JV Soccer (9), JV Basketball (9-10), Swimming (11), Varsity Basketball (12), Beta Club (12)
MARVI ALI: French Club (9-12), Math Club (11-12), French National Honor Society (11-12), Beta Club (12), Debate Team (12)
OLIVIA ALLEN: Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Art Club (10-12), Art National Honor Society (11-12), Beta Club (12), Science Fiction Club (12)
MEGAN ARGABRIGHT: Spanish Club (10)
SHAWN ARTHUR: JV Baseball (10), Concert Band (9), Jazz Band (9-11), Marching Band (9-12), Symphonic Band (10-12), French Club (12)
MAYA AZAR: Outdoor Track (9), Indoor Track (9-10), Jazz Band (9-11), Symphonic Band (12), Friends of Rachel (9, 12), SADD (9, 12), Math Club (10-12), Spanish National Honor Society (11-12), Beta Club (12)



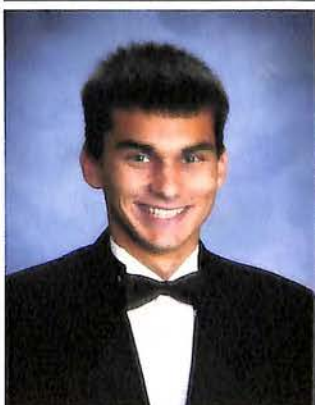
CONNOR BAKER: JV Football (9), Varsity Football (10, 12), JV Basketball (9), Varsity Basketball (10-12)
MARY BALZER: Pep Club (9-11), Student Helpers (9-12), Two Hearts Foundation (12)
KELSIE BATTIN: DECA (12), PCCLA (10-11), Spanish Club (10)
JAMES BEHELER: Varsity Football (12), Varsity Baseball (11-12), DECA (10-12), Friends of Rachel (11-12)
CLAYTON BENTON: JV Baseball (10), Varsity Baseball (11-12), JV Baseball (9-10), Student Helpers (11), Beta Club (12)
MADISSON BILLINGS: JV Volleyball (9), Varsity Softball (9-12), Concert Band (9), Pep Club (9-10), Beta Club (12), Key Club (9-12)



ADAM BISHOP: Outdoor Track (9), Marching Band (11-12), Key Club (10), Spanish Club (10), Beta Club (12)
BLAINE BITTINGER
ANDREW BOARD: Golf (9-12), Jazz Band (9-10), Concert Band (9-10), Beta Club (12), Latin Club (9-12), Latin National Honor Society (10-12), Math Club (10-12)
WILLIAM BRADLEY: JV Soccer (9), Varsity Soccer (10-12), Beta Club (12), Key Club (12)
NICHOLAS BREDIGER
CARLY BROOME: Sideline Football Cheer (10), Sideline Basketball Cheer (10), Beta Club (12), Key Club (11), Spanish Club (11), Two Hearts Foundation (11-12)



ZANEBIA BROWN-SAUNDERS: JV Basketball (9), Varsity Basketball (10-12)
DYLAN BRUCKI: Tennis (9), JV Football (9-10), Varsity Football (10-12), Outdoor Track (11), Academic Team (10-12), Student Helpers (10-12), Beta Club (12), FBLA (11-12)
JACQUELINE BRYANT: Swimming (9), Art Club (11), French Club (9-11), Key Club (9-10), Two Hearts Foundation (11-12)
JORDAN BRYANT: JV Football (9), JV Basketball (9), JV Baseball (9), Varsity Football (9-12), Varsity Basketball (10-12), Varsity Baseball (9-12), Pep Club (9), Spanish Club (10)
CODY BURCHETT: Cross Country (11-12), Outdoor Track (9-12), Indoor Track (12), Key Club (9), Beta Club (12)
MADELYN BURTON: Academic Team (10-12), French Club (9-11), French National Honor Society (11-12), Beta Club (12), Math Club (12)



JACK BURWELL
KATHRYN BUTLER: Marching Band (9), Jazz Band (9), Concert Band (9-10), French Club (10), Drama (11), French National Honor Society (11-12), Beta Club (12)
LAUREN BUTLER: Marching Band (9), Symphonic Band (11-12), Concert Band (9-10), Drama (9-12), French National Honor Society (11-12), Beta Club (12)
CODY CALDWELL: Golf (9-12), Varsity Basketball (9, 11-12), Indoor Track (10), Varsity Baseball (12)
TRAVIS CALLOWAY
JOSEPH CAPLINGER: Indoor Track (9-11), Outdoor Track (9-11), Cross Country (9-12)

GRACIE CATES: JV Volleyball (9-10), Varsity Volleyball (11), Academic Team (12), Beta Club (12), Choir (11), Drama (12)
 SARAH CATTIGAN: Film Club (12), French Club (12)
 LAUREN CHAPMAN: Color Guard (11), Art Club (10-11), Art National Honor Society (10-11), Beta Club (12), Drama (9-12), Forensics (10-12), Key Club (10-11), SCA (11-12), Science Fiction Club (12)
 EMILY CHRISMAN: Outdoor Track (10), Marching Band (9-12), Symphonic Band (9-12), Color Guard (9-10), Beta Club (12), French Club (9-11), French National Honor Society (12), Knight Notes (12), Science Fiction Club (12)
 MICHAEL CHRISTLEY: JV Football (9-10), Varsity Football (9-12)
 MICHAEL COLOZZA: JV Basketball (9-10), Varsity Basketball (11-12), Beta Club (12), Spanish National Honor Society (10-12)



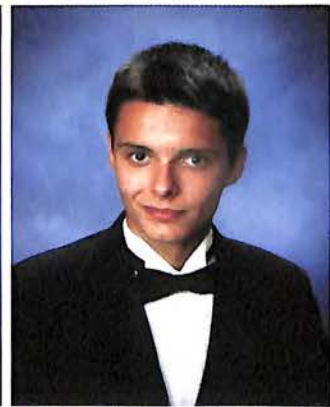
CORTNEY COOPER: Varsity Basketball (10), Swimming (12), Varsity Softball (9-12), Academic Team (12), DECA (10-12), FCA (10-12), FCCLA (12), Friends of Rachel (11), Pep Club (10-11), Student Helpers (12), Yearbook (11)
 ERIC CULBERTSON: Tennis (9-12), Symphonic Band (9-10), Academic Team (12), Beta Club (12), Latin Club (9-12), Latin National Honor Society (10-12), Math Club (9, 11-12)
 NICHOLAS D'ALELIO: Art Club (10-12), Art National Honor Society (10-12), Drama (9-12), Friends of Rachel (11-12), SADD (9-12), Student Helpers (11-12)
 KERRI DALTON: Cross Country (9-12), Indoor Track (9-12), Outdoor Track (9-12), Beta Club (12)
 WESTON DEAN: Jazz Band (11-12), FCA (11-12), Latin Club (9-12), Latin National Honor Society (10-12), Pep Club (9), SADD (11-12)
 MOLLY DERRYBERRY: Marching Band (12), Color Guard (12), Key Club (12), Pep Club (12)



EMILY DRINKWATER: Cross Country (10-12), Indoor Track (10-12), Outdoor Track (10-12), Marching Band (9), Concert Band (9-11), Beta Club (12)
 TAYLOR DUNCAN: JV Softball (9), JV Cheer (9), Varsity Cheer (10), Competition Cheer (9-10), Student Helper (11-12)
 ERIKA DURRANCE: Indoor Track (9-10), Outdoor Track (9-10), DECA (12)
 JESSICA DWYER: Beta Club (12), Drama (12), Friends of Rachel (11-12), SADD (11-12)
 CAROLINE EVANS: Special Education Aide
 JONATHAN EVANS: JV Football (9), JV Basketball (9-10), Varsity Football (9-12), Varsity Basketball (11-12), Knight Notes (11)



SIERRA EVANS
 LAUREN FARISS: Tennis (9-12), Indoor Track (12), Newspaper (9-12), Spanish National Honor Society (10-12), Beta Club (12)
 CALEB FISHER: Marching Band (9-12), Jazz Band (9-12), Concert Band (9), Symphonic Band (10-12)
 HAILEY FITZWATER: Sideline Football Cheer (9-12), Sideline Basketball Cheer (9, 11-12), Swimming (9-10), Outdoor Track (9), Competition Cheer (9-12), Key Club (10-12), Latin Club (10), Pep Club (10), Student Helpers (10), SCA (12), Beta Club (12)
 RYAN FLORA: JV Baseball (10), Varsity Baseball (10, 12), Indoor Track (12), Key Club (10-12), Beta Club (12)
 ADAM FOUTZ: Academic Team (10-12), Latin Club (11-12), Latin National Honor Society (11-12), Math Club (11-12), Beta Club (12)



JENNIFER FRANK: Outdoor Track (9-11), Drill Team (11)
 HANNAH FURROW: Student Helpers (10-11), FCCLA (11), Beta Club (12)
 DELANEY GARCIA-VEGA
 ELIZA GAYLORD: JV Basketball (9), Varsity Soccer (10-12), Latin Club (9-10), Pep Club (9-10), SADD (9), SCA (9-12), Key Club (11-12), Two Hearts Foundation (12), Beta Club (12)
 EVAN GILL: Tennis (11-12), FCA (11-12)
 ELVERA GUREVICH: Sideline Basketball Cheer (9-12), Competition Cheer (9-12), Sideline Football Cheer (11-12), Beta Club (12), SCA (12)





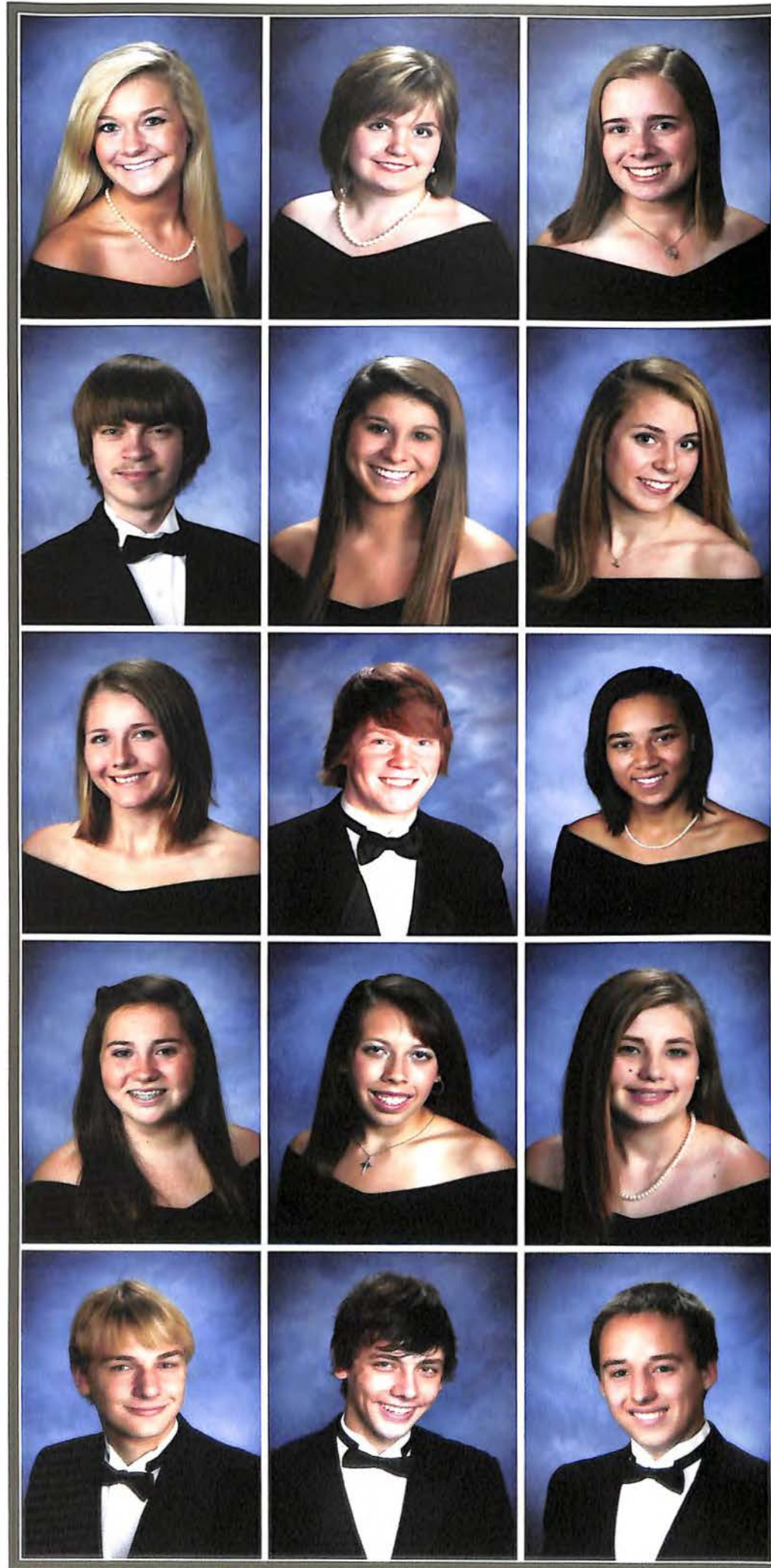
THEY GOT GAME

"ADAM WAS MY HELPER WHEN I DIDN'T KNOW ENGLISH," senior Steve Kim said. Even though their group started as a middle school friendship built around lending help when needed and the love of gaming, (from clockwise) seniors Adam Foutz, Evan Gill, Bryan Kolozvary, Steve Kim and Josh Zayas are still as tight as ever. Gaming is not an uncommon activity for teenage boys, and it was that activity that cemented the group's friendship. Having met in middle school, the boys have helped each other with game installation, RAM downloads, school work and even "with the ladies," Kim said, who moved from Korea during the summer of seventh grade. In the same way their gaming has evolved from Xbox games, such as Diablo 3 and League of Legends to PC games such as Starcraft 2, their friendship has grown beyond the classroom and the gaming console to include hangouts at Buffalo Wild Wings, frequent Skype chats and occasional LAN parties.



“THEN SHE STOLE MY TOWEL”

“WHEN I FIRST CAME TO PENN FOREST ELEMENTARY, I WAS REALLY QUIET and Caroline was not. Then she stole my towel and it was ‘instant friendship.’” senior Olivia Allen said about her relationship with senior Caroline Whisnant. Whisnant’s antics were just the beginning to a strong, everlasting friendship. For over seven years, the two have been obsessing over the same books, sharing bad jokes, creating a zombie survival plan, watching movies, baking and crafting together. Recently, Allen and Whisnant went to a One Direction concert, which both described as “awesome.” “We are always there for each other, and we don’t let the other awkwardly sit alone,” Allen said. “Our friendship is founded on a mutual love of movies, pop culture and food,” Whisnant said.





HAYLIE HAMILTON: Sideline Football Cheer (9-10), Sideline Basketball Cheer (9-10), Key Club (10-12), Student Helpers (11), Knight News (12), Beta Club (12)
ERIN HARRIS: Concert Band (9-12), Marching Band (10-12)
JESSICA HART: Golf (9-12), JV Basketball (9), Concert Band (9), Symphonic Band (10-12), Spanish Club (10-12), Student Helpers (11-12), Key Club (11-12)
ANNA HENSHAW: Marching Band (9-12), Writing Club (9), Academic Club (9-11)
HUNTER HICKAM: Varsity Soccer (9-12), Key Club (12)
AUSTIN HILL: JV Football (9-10), Wrestling (9), Archery Club (10-12)



CLIVE HILLYARD: Jazz Band (9-10), Concert Band (9-10), Film Club (12), Beta Club (12)
GRACE HOLLEY: Sideline Basketball Cheer (9), JV Soccer (9), Varsity Soccer (10-12), Key Club (11), Spanish Club (11), Student Helpers (11-12), Yearbook (11), SCA (12)
ERIN HOLSINGER: Varsity Volleyball (9-12), Beta Club (12), Two Hearts Foundation (12), FCA (11-12)
LISA ISTAD: Cross Country (12), Swimming (12)
JAMES JACKSON: Wrestling (9-12), JV Football (10), Varsity Football (11-12), Symphonic Band (9-11), FCA (9-11)
BAILEY JENKINS: JV Soccer (9-10), Varsity Soccer (11-12), Key Club (9-12), Beta Club (12)



BREANA JOHNS: Marching Band (11-12), Color Guard (11-12), Art Club (9), Debate Team (10), Newspaper (10), Science Fiction Club (12), Book Club (12)
CAREY JOHNSON: JV Football (9-10), JV Soccer (9), Spanish Club (10)
LAUREN JOINER: JV Soccer (9), Varsity Soccer (10-12), Spanish Club (9-11), Key Club (10-12), Pep Club (12)
JENNA JONES: Sideline Basketball Cheer (9-12), Sideline Football Cheer (9-12), French Club (9-11)
REMINGTON JONES: JV Soccer (9), Spanish National Honor Society (10-12), FBLA (11-12), Beta Club (12)
TAYLOR JONES: Tennis (10-12), Pep Club (9), Spanish National Honor Society (10-12), FBLA (11-12), SAOD (12), Beta Club (12)



MICHELLE JUSTICE: Color Guard (10-12), Choir (9-11), Knight Notes (10-12), FCA (11-12), Beta Club (12)
CANDACE KENG: Indoor Track (9-12), Outdoor Track (9-12), Field Hockey (9), Cross Country (10-12), SCA (11), Spanish Club (9), Beta Club (12), Yearbook (10), Knight News (11-12)
SARAH KERENYI: Pep Club (12)
BYUNG KIM: Academic Team (9-12), Latin Club (9-12), Latin National Honor Society (10-12), Beta Club (12)
OLIVIA KISER: Yearbook (9), French Club (10), FBLA (12)
BRYAN KOLOZVARY: Outdoor Track (9-10), Indoor Track (10), FBLA (12), Science Fiction Club (12)



LUCAS KOSINSKI: Marching Band (9-12), Jazz Band (9-11), Concert Band (9-11), Symphonic Band (11-12)
GARRETT LEE: Outdoor Track (9), Student Helpers (11)
ZACHARY LEET: Latin Club (9), Student Helpers (11), Beta Club (12)
KATHLEEN LEGG: Art Club (9-10), French Club (9-10), Arts National Honor Society (10)
ISABEL LEMAY: JV Soccer (9-10), Latin Club (10), Student Helpers (12), Two Hearts Foundation (12)
MADELEINE LERCH: Color Guard (9-10), Choir (9-11), Knight Notes (9-12), Drama (12), Science Fiction Club (12)

REBECCA LEVY: Sideline Football Cheer (12), Sideline Basketball Cheer (12), Key Club (9-12), SCA (9), SADD (11), Spanish Honor Society (11-12), Beta Club (12)
 JERILWE LIM: Outdoor Track (9), Lacrosse (10-12), Marching Band (9-12), Jazz Band (9-10), Symphonic Band (9-12), Drama (9), Spanish National Honor Society (10-12), SCA (11), Film Club (12), Beta Club (12)
 MARSHA LINE: Drill Team (9-10), Spanish Club (10-11), SADD (10-12), Math Club (10-12), Knight Norris (10-11), Friends of Rachel (11-12), Spanish National Honor Society (11-12), Beta Club (12)
 ANNICE LINK: JV Volleyball (9-10), Varsity volleyball (11-12), Key Club (9), Newspaper (9-11), Pep Club (9, 12), Two Hearts Foundation (12)
 COLBY LOFTUS: JV Football (9), Lacrosse (9-12), Varsity Football (12)
 TANIA LOPEZ: French Club (10-11), Pep Club (10-12)



COTY LOVE: JV Football (9), Wrestling (9-12)
 JULIA LOWEN: Indoor Track (9), Pep Club (9-10), French Club (9-10), Key Club (12), Beta Club (12)
 STEPHANIE LYNCH
 MELODY MAKOURI: DECA (9), Debate Team (9), FCCLA (9), Choir (11)
 HEATHER MARTIN: JV Soccer (9-10), Spanish Club (9, 11-12), Yearbook (9), Key Club (11-12), DECA (12)
 ADAIR MCCABE: Cross Country (9), Swimming (9-10), JV Soccer (9), Varsity Soccer (10-12), SADD (9), Key Club (10-12), Latin Club (10), Pep Club (10), SCA (10-12), Student Helpers (10-11), FCCLA (11), DECA Club (12), Two Hearts Foundation (12), Beta Club (12)



SAMUEL MCCRAY: Wrestling (10)
 RYAN MCDOWELL
 DANIEL MCGEE: Marching Band (9-12), Concert Band (9-10), Jazz Band (11), FBLA (11-12), FCA (11)
 ALYSSA MCKINLEY: JV Volleyball (9), Varsity volleyball (10-12), Varsity Soccer (9-12), Latin Club (9-10), Key Club (10-12), FCCLA (10-12)
 MEAGAN MCLEOD: Tennis (9), Outdoor Track (10-11), Indoor Track (10-12), Choir (9), Key Club (10-12), Newspaper (10, 12), Pep Club (10, 12), Spanish Club (11-12), Two Hearts Foundation (12)
 BAILEY MICKLEM: JV Soccer (10), JV Football (10), Varsity Football (12), Lacrosse (11)

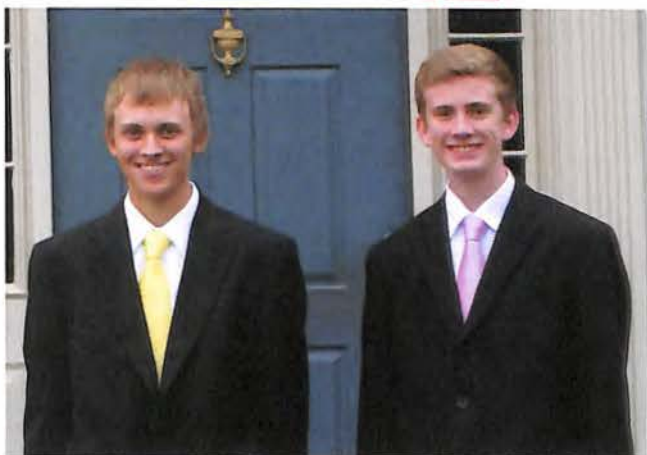
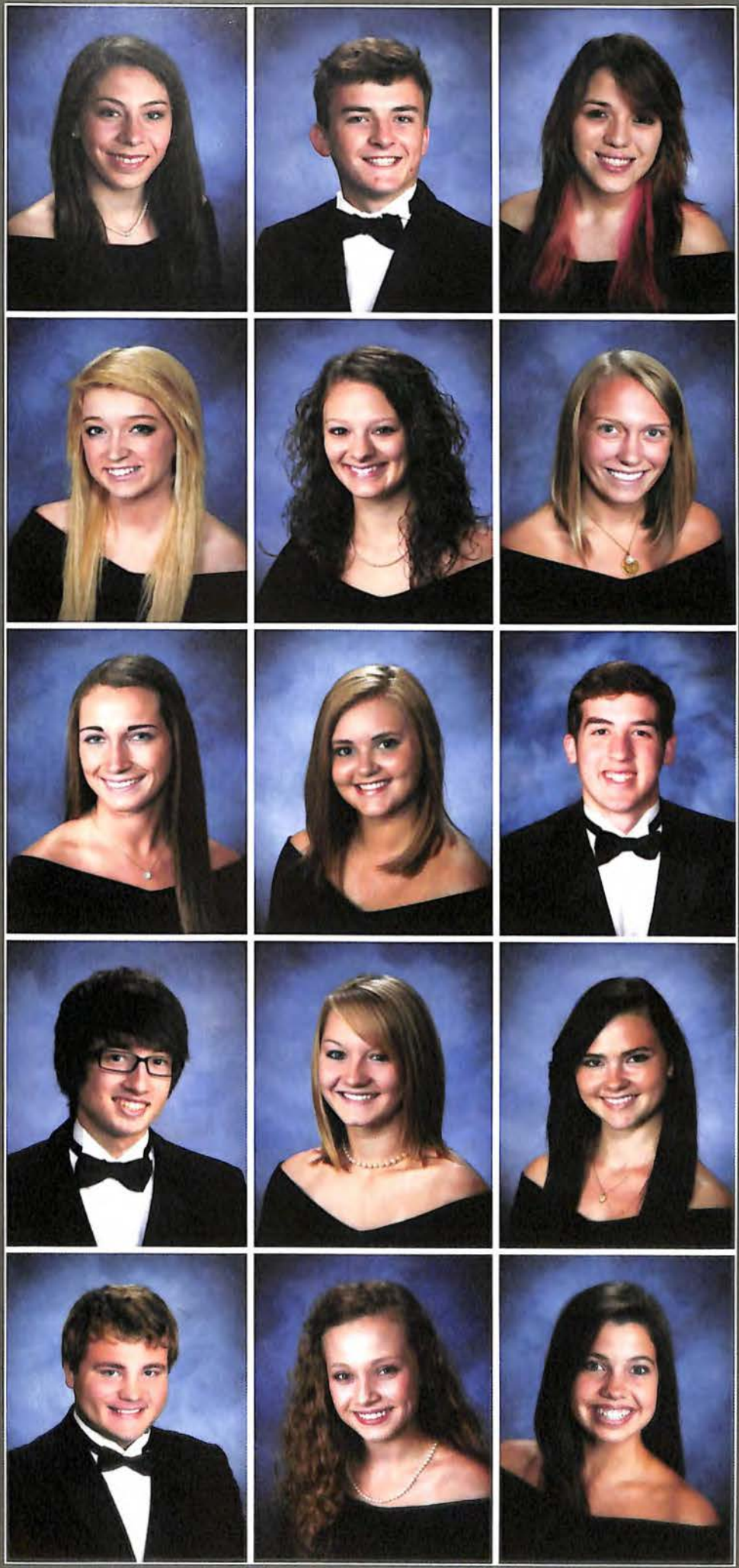


LAURA MILLER: Marching Band (10-12), Color Guard (10-12), FBLA (9-12), Pep Club (9-10), Choir (10-11)
 NATASHA MIRANDA
 LUKE MORGAN: JV Football (10), Varsity Football (10-12), Lacrosse (11-12), DECA (12), Beta Club (12)
 NATHAN MORRISON: FBLA (9-11), FCCLA (12)
 VICTORIA MUNCY: Indoor Track (9), JV Softball (9-10), Varsity Softball (10-12), Marching Band (9-11), Concert Band (9, 11), Color Guard (10-11)
 MARIA OAKLEY: Sideline Football Cheer (9), Sideline Basketball Cheer (9), Outdoor Track (9), Color Guard (10-12)



RAMI O'BRIEN: Sideline Football Cheer (10), Sideline Basketball Cheer (10), Key Club (9-12), Pep Club (9-11), Spanish Club (9-10), Student Helpers (10-12)
 JARRETT OVERSTREET: Marching Band (9-11), Symphonic Band (10-11), Concert Band (9), Film Club (12)
 SMIT PATEL: Tennis (9, 11-12), Key Club (9, 12), SCA (12), Beta Club (12)
 JOSEPH PERRY: FCCLA (11), DECA (12)
 SARAH PENNY: Concert Band (9), Newspaper (9-10), Debate Team (10), Knight News (11-12), Beta Club (12), Book Club (12)
 HIGGLE PODLESKI: Swimming (9-12), JV Soccer (9-10), Varsity Soccer (12), Student Helpers (9-12), Two Hearts Foundation (12)





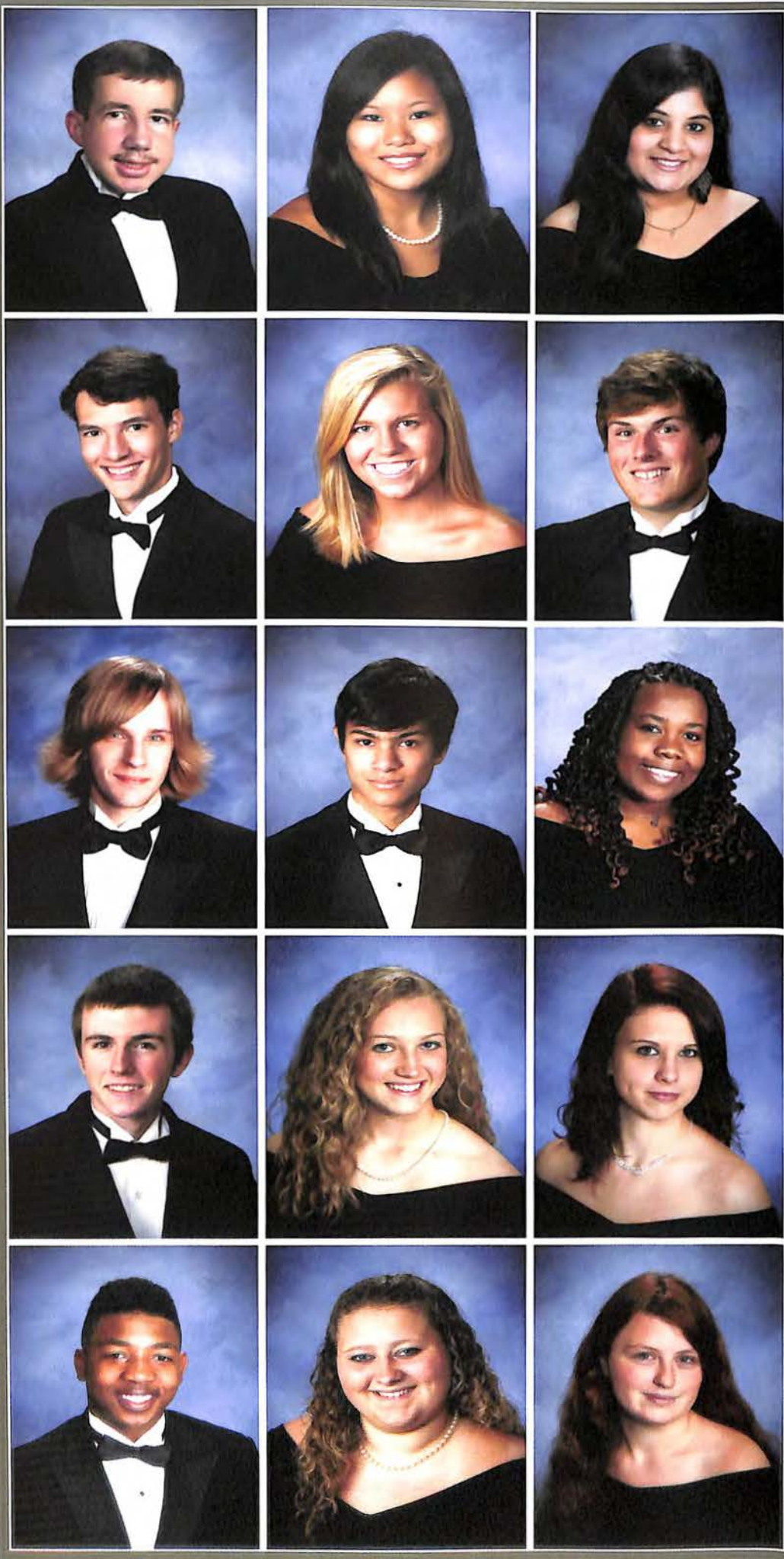
HOMIES HELPING HOMIES

"HOMIES HELP HOMIES" is somewhat of a philosophy seniors Drew Board and Eric Culbertson say they have followed throughout the course of their friendship. They became neighbors 13 years ago and quickly became best friends after finding out they had many of the same interests and classes and attended the same church. Together, they have participated in Destination Imagination, recreational basketball and baseball, middle and high school band, and have even gone on trips to Snowshoe and Myrtle Beach. "Eric has even caddied for me in golf tournaments," Board said. In high school, Board and Culbertson applied to and attended Governor's School during the same years. "We continually help each other get through difficult topics in school, as we are in many of the same classes. We've also applied to many of the same colleges," Culbertson said.



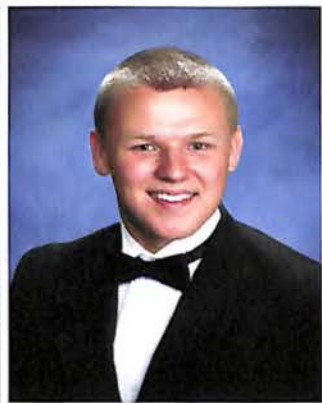
“DESTINED TO BE FRIENDS”

“WE WERE DESTINED TO BE FRIENDS,” senior Kyle Westlake said about his best friend senior Cody Rogers. The two have known each other since they were born because their moms were also friends. When they were younger they had play dates and sleepovers, but as they got older music became a unifying force in their friendship. “We have both always had a love for music,” Rogers said. The two are both in bands and believe music is what really joined them together. The two have been even closer since starting their teenaged years and say they stuck with each other through the thick and thin, no matter what.





ALEXANDER POFF: JV Football Manager (9), Varsity Basketball Manager (10-12)
MCKENZIE PRILLAMAN: Color Guard (9-12), Choir (9, 11), Latin National Honor Society (9-12), Knight Notes (10-12), Latin Club (10, 12), Math Club (10, 12), Yearbook (10-12), Drama (11), Book Club (12), Science Fiction Club (12), Student Helper (12), Beta Club (12)
LAVANYA SHREE RAGHAVENDRA-PA: JV Soccer (10), Beta Club (12)
MATTHEW RANDOLPH: JV Football (9-10), Varsity Football (10), Golf (12)
DILLON REBOK: JV Soccer (10)
ALLISON REESE: Indoor Track (9), Outdoor Track (9), Color Guard (9-12), Spanish Club (9), Math Club (9-10), Knight Notes (9-10), SADD (11-12), Beta club (12), Book Club (12)



BRICE REID
AMY REILLY: Pep Club (9-10, 12), Newspaper (10-12), Key Club (10-12), Knight News (11-12), Spanish Club (11-12), Two Hearts Foundation (11-12), FCCLA (11)
MATTHEW REITER: JV Football (9-10), Varsity Football (10-12), Lacrosse (11-12)
TIMOTHY RINDORF: Marching Band (9-12), Symphonic Band (9-12), Jazz Band (12)
LAUREN ROACH: Varsity Softball (9-12), Choir (9), DECA (9), FCCLA (9-10), Spanish Club (9-10), French club (10-11), Newspaper (12), Two Hearts Foundation (12)
JOHN ROBERTS: Wrestling (9), JV Baseball (10), Varsity Baseball (11-12), Student Helper (11), Newspaper (9-12)



CODY ROGERS
COLIN ROONEY: Marching Band (9-10), Symphonic Band (9), Latin National Honor Society (10), Academic Team (9-12), Beta Club (12), Math Club (12), Science Fiction Club (12)
EBONY RUFFIN: Tennis (9-12), Spanish Club (9-11), Spanish National Honor Society (10-12), SADD (11-12), Beta Club (12)
RHEA RUPERT: Indoor Track (9-10), Outdoor Track (9-10)
HARRISON RUSSELL
ROBERT SARVER



JACOB SCHUYLER: JV Baseball (9-10), Varsity Baseball (10-12), Key Club (10-12), Spanish National Honor Society (10-11)
KENDALL SCOTT: JV Basketball (9), JV Soccer (9), JV Volleyball (9-10), Varsity Soccer (10-12), Indoor Track (11-12), Varsity volleyball (11-12), FCA (10-12), Newspaper (11-12), Latin Club (12)
BRIANA SETLIFF
TYLER SHARP: JV Baseball (9), FCCLA (10-11)
ANA SILVA: Pep Club (9), Latin National Honor Society (9, 10), Newspaper (9-11), Latin Club (10, 12), Yearbook (12), Science Fiction Club (12), Book Club (12)
AMANDA SIMMONS: JV Softball (10), Varsity Softball (11-12), Concert Band (9), Drama (9), FCA (12)



TERRELL SIMMONS: JV Basketball (9-10), JV Baseball (9-10), Varsity Baseball (10-12), Varsity Basketball (11-12), DECA (10-11), Knight News (12)
TIFFANY SIMMONS: Choir (9, 11), Pep Club (10-12)
CHRISTINA SMALLWOOD
CAILIN SMEDLEY: JV Volleyball (9-10), Swim Team (10-11), Pep Club (10), Student Helper (10-11)
BRETT SMITH: Academic Team (10-12)
ERIN SMITH: Varsity Soccer (9-12), SGA (9), DECA (11), Friends Of Rachel (11-12), Knight News (11-12), FCA (9-12), SADD (9-12), Newspaper (12)

SARAH SMITH: Varsity Volleyball (10-12), JV volleyball (9), FCCLA (12), Newspaper (9-10), Yearbook (12)
 WILLIAM SMITH
 IMANI SOWELL: Outdoor Track (9-12)
 BRITTANY SPICER: Diving (10-12), Marching Band (9-12)
 ROBERT STANLEY: JV Basketball (10), JV Baseball (9-10), Varsity Baseball (11-12), Spanish Club (12)
 TANNER TAMARO: Outdoor Track (9), Indoor Track (10), Beta Club (12)



VICTORIA THOMAS: Cross Country (9-12), Concert Band (10), Marching Band (11-12), Symphonic Band (11-12), Spanish Club (10), French National Honor Society (11-12), Spanish National Honor Society (11-12), Beta Club (12), Science Fiction Club (12)
 PAIGE THOMPSON: Outdoor Track (9-11), Swimming (9-12), Concert Band (9), Spanish Club (9-12), Pep Club (9-10), Key Club (11-12), Beta Club (12), Newspaper (12), Two Hearts Foundation (12)
 MAITA TIMMERMANN: JV volleyball (9), Varsity Volleyball (10), Indoor Track (9-12), Outdoor Track (9-12), Concert Band (9-10), French Club (9-10), Pep Club (9-10), SADD (9-10), Two Hearts Foundation (12)
 BRADLEY TOMLINSON: Key Club (10-12), Spanish Club (10-12), Beta Club (12)
 COLLEEN TRUSKEY: French Club (9-10), French National Honor Society (11-12), Academic Team (9-12), Debate Team (9-12), Beta Club (12), Book Club (12)
 KENNETH TRYAL: Beta Club (12), Science Fiction Club (12)



BRENDA TURCIOS-PEREZ
 ANDREA VANKERCKHOVE: Outdoor Track (9), Cross Country (9-12), Swimming (9-12), Key Club (11-12), Beta Club (12), Two Hearts Foundation (12)
 TYLER VAUGHT: Outdoor Track (9), JV Soccer (10), JV Football (9-10), Varsity Soccer (11-12), Varsity Football (12)
 JENNIFER VIGH: French Club (10), Drama (11), French National Honor Society (11), Beta Club (12), Book Club (12)
 JOHN VITELLO: Swimming (9-12), Outdoor Track (9-12), Marching Band (9-12), Jazz Band (9-12), Concert Band (9-10), Symphonic Band (11-12), Friends of Rachel (11), Beta Club (12)
 BRIANNA VON BECK

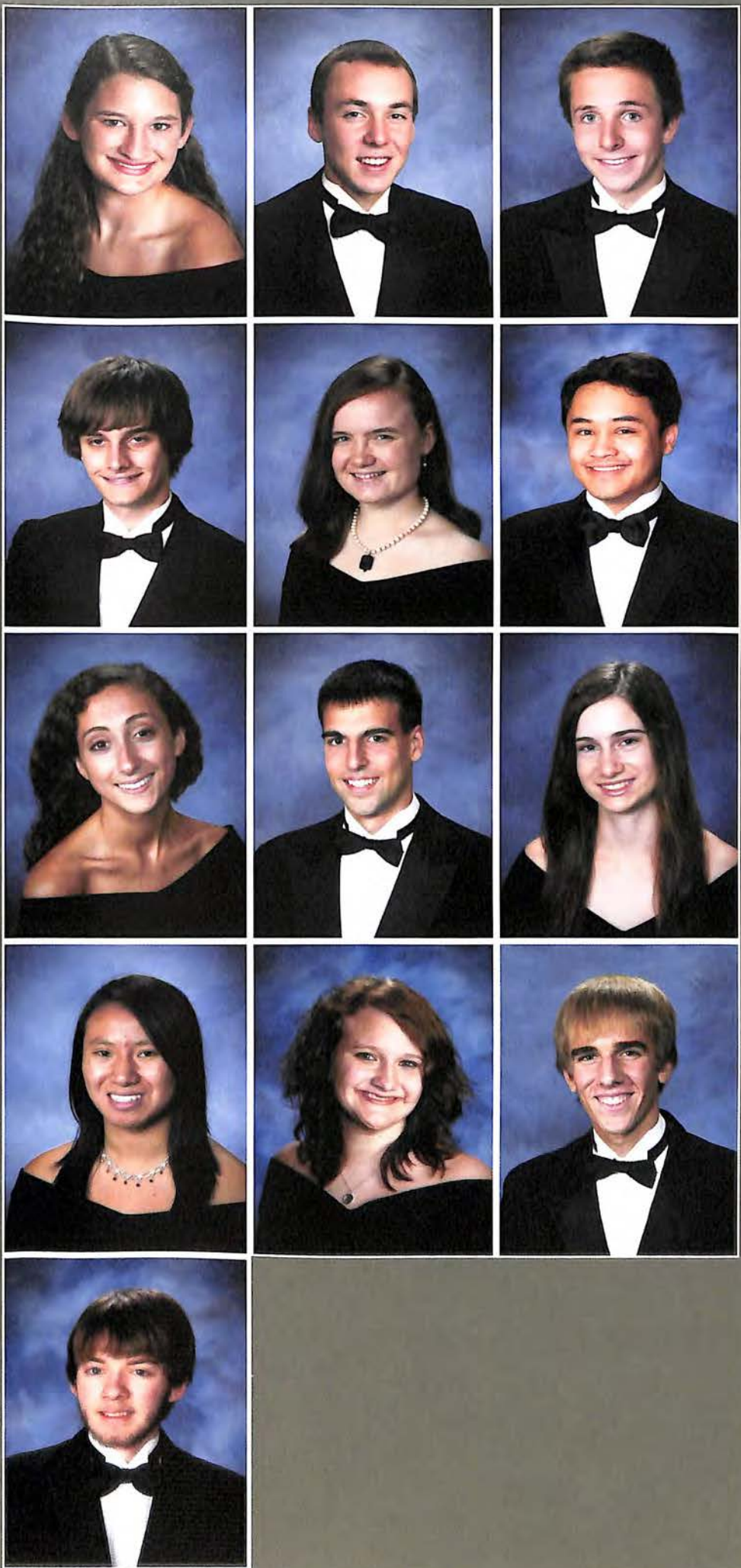


ASHLEY WAGNER: FCCLA (11), DECA (12), Student Helpers (11-12), Pep Club (9-12)
 MARK WEBB: JV Football (9), Outdoor Track (9), Varsity Football (11), Tennis (10-12), Swimming (11-12), Concert Band (9), Jazz Band (12), Knight News (9-12), SGA (12)
 KYLE WESTLAKE: Choir (10-12), Learners of America (12)
 REBEKAH WHEELER: DECA (9-11)
 CAROLINE WHISNANT: Swimming (9), Tennis (9-11), Drama (10-12), Spanish National Honor Society (10-12), Spanish Club (11), Art Club (11-12), Art National Honor Society (11-12), Beta Club (12), Science Fiction Club (12)
 JOHN WIGGINS: Cross Country (10-12), Indoor Track (10-12), Outdoor Track (10-12), Concert Band (10), Marching Band (9-10), Symphonic Band (10-12), Jazz Band (9-12), Drama (9-11)



CAPPY WIGGLESWORTH: Choir (9), Pep Club (9-12)
 BRANDON WILLIAMS
 JACK WOODRIF: JV Football (9), Swimming (9-11), Varsity Football (10-12), FCCLA (10), French Club (11), Knight News (11-12), HLA (11-12)
 JOSHUA ZAVAS: Student Helpers (11), Beta Club (12), Science Fiction Club (12)





“WE’RE THERE FOR COMFORT”

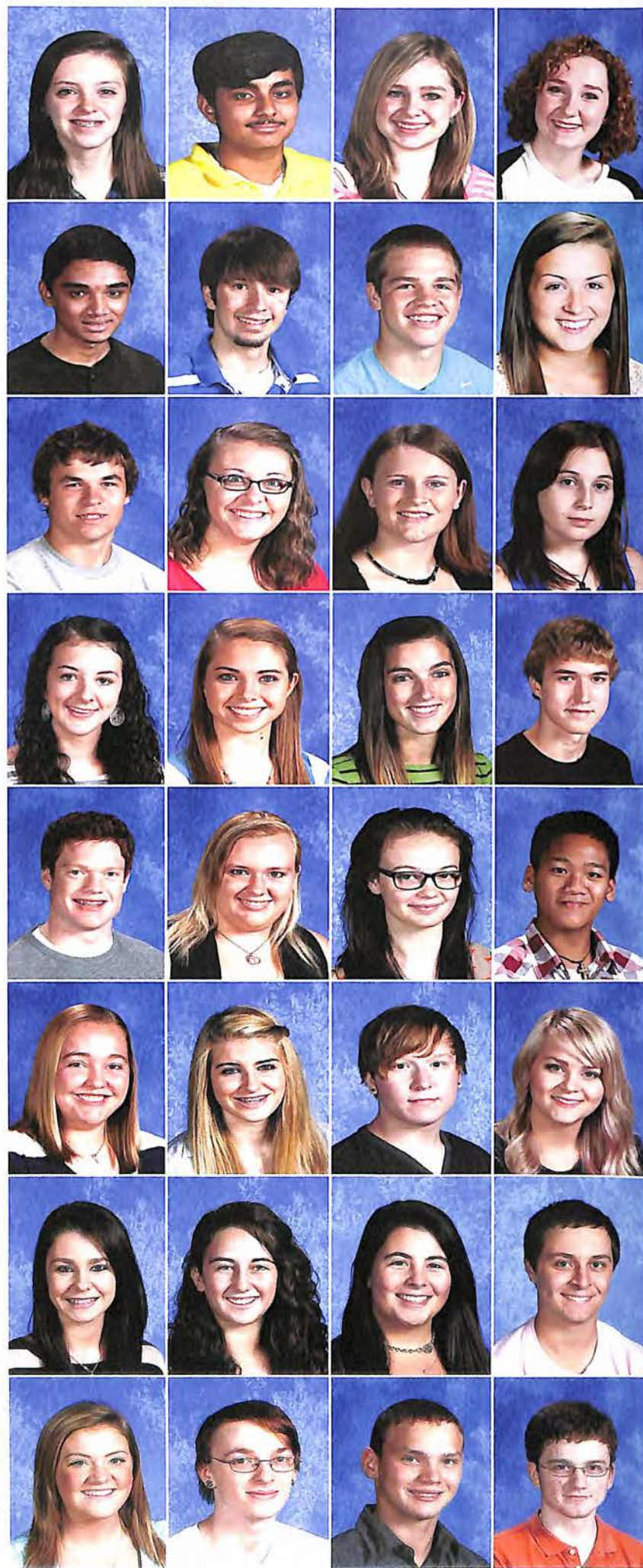
“ALL A GIRL NEEDS IS SUPPORT. Through the hardest times, we’re there for each other for comfort. And through all the most exciting things, we’re there to celebrate with each other. Sarah Beth is a sister when no one else is around,” senior Maya Azar said about her best friend senior Sarah Beth Penny. The girls have known each other since 6th grade, where they met in a health class when they had to interview classmates for a “get-to-know” activity. Though they’ve shared many interests in the past, they say their common ground currently consists mostly of “NCIS” and “Law and Order: SVU.” The two say they hang out as much as possible. With yearly trips to Myrtle Beach, Virginia Beach and Busch Gardens, tie-dye parties, sleepovers and movie marathons, Azar and Penny spend much of their time together. “We’ve always been there for each other and loved each other unconditionally,” Penny said.

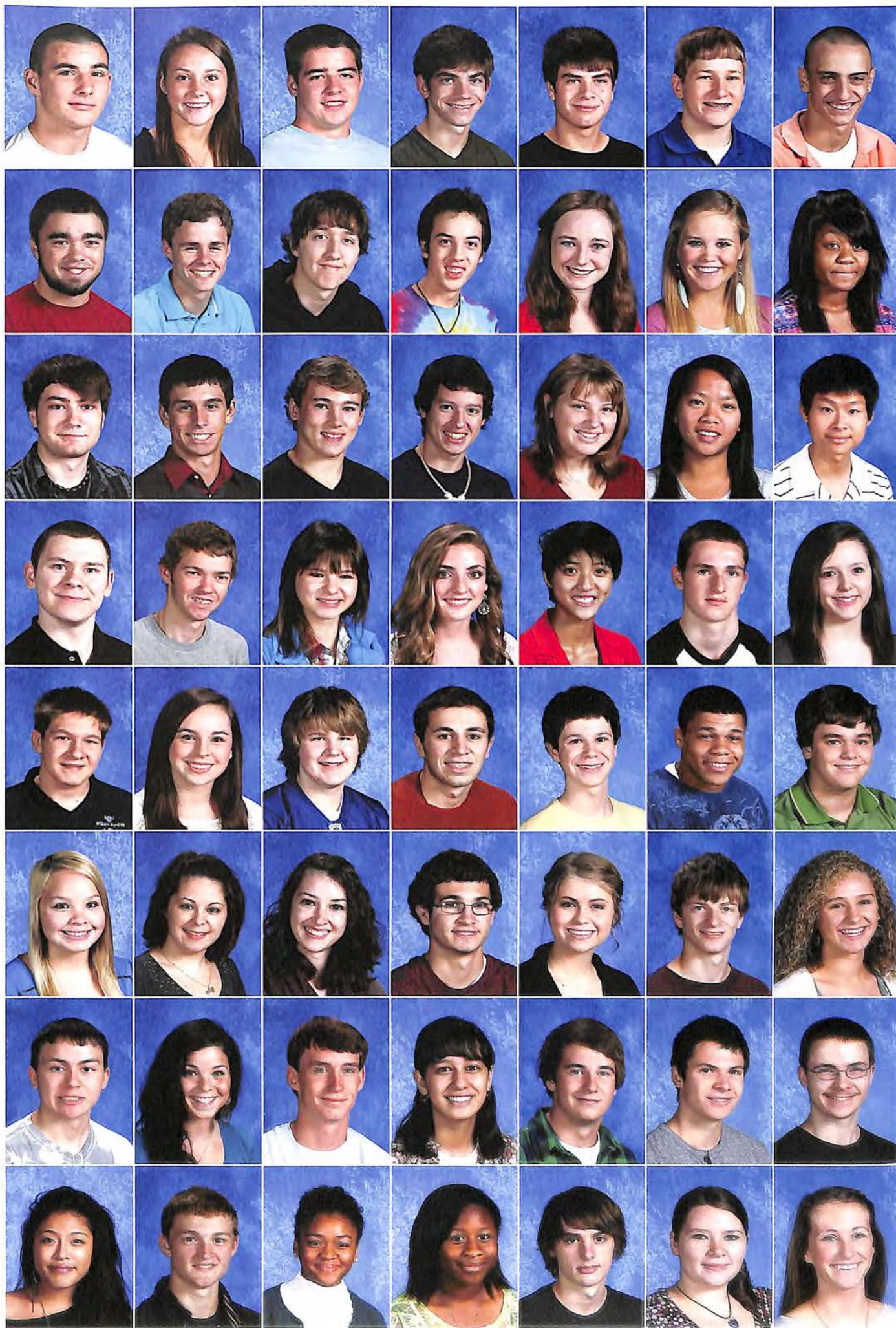


dig out the guts

MEMBERS OF THE ART CLUB GET MESSY

"HALLOWEEN IS ONE OF MY FAVORITE HOLIDAYS, so I love to carve pumpkins," sophomore Gillian Horn said. Horn and other members of the Art Club carved pumpkins for homecoming festivities. "It took about five hours over a period of four days to carve ten pumpkins," sophomore Lydia Hoepfner said. "It was interesting to see how people reacted to three girls carving pumpkins in the hallway. It was also my first time carving a pumpkin," sophomore Rabiya Asim said. Not only did the Art Club carve pumpkins, but they also painted faces at Kendall's Karnival and worked at the annual Dogtoberfest festival. The Art Club has been around for decades. It was founded by Mrs. Pat Carr and has been continued to run through the leadership of art teacher Mrs. Anne Pheiffer.





JUNIORS
 Brianna Agee
 Saqib Ahmed
 Taylor Alouf
 Rachael Altice
 Austin Amos
 Taylor Asimakopoulos
 Corey Atwater
 Nathaniel Axt
 Kendall Ayers
 Peter Ayers
 Elias Azar

Utsav Bajgain
 Skyler Barbour
 Hunter Barker
 Kendall Bayne
 Austin Beeker
 Parker Benzie
 John Berberich
 Lance Bibbs
 Hailey Bivens
 Meagan Board
 Destiny Bonds

Conor Bondurant
 Kayla Boris
 Melinda Boyd
 Julia Bratu
 Maxwell Cameron
 Benjamin Cardenas
 Jacob Cash
 Tristan Chambers
 Sloan Champney
 Sandy Chang
 Patrick Chen

Bobbie Chumbley
 Emily Clark
 Jordan Clifton
 James Cole
 Scott Collins
 Cameron Conner
 Emma Coogan
 Lauren Cowher
 Lisa Crawford
 Callum Crist
 Natalie Cupp

Kyle Curtis
 Lilian Darist
 Emilee Derryberry
 Aaron Devera
 Mikael Diaz-Perdue
 Kelsey Dickerson
 Bryan Dreyer
 Victor Duval
 Mason Early
 Sean Easley
 John Edwards

Jennifer Elig
 Logan Engel
 Collin Ensor
 Abigail Epperly
 Taylor Eubank
 Sjera Evans
 Katherine Farley
 Griffin Ferguson
 Hollie Ferguson
 John Ferguson
 Katie Fortner

Averie Full
 Emily Fulton
 Tayllar Gardner
 Kenneth Garrett
 Ian Georgoulis
 Mehgan Giammona
 Reilly Graves
 Deena Habazi
 Charles Hage
 Elijah Hager
 Ian Hall

Clair Harkey
 Colin Harris
 Carl Heath
 Noah Holland
 Amie Hough
 Camillus Huggins
 Sarah Hummons
 Hannah Jackson
 Eric Jeffers
 Michelle Jirout
 Taylor Kaase

Megan Keesee
Allison Kelley
Thomas Kidd
William Kidwell
Caitlyn King
Tanner King
Benjamin Lacy
Edison Lagan
Sarah Lawryszek
Kayla Lester



Michaela Lester
Alexander Line
Sarah Lowen
Christopher Lucas
McKenna Luzynski
Andrew MacZugowski
Harold Manalo
Cayla Martin
Erin Martin
Chase McDaniel



Chandler McGraw
Tyler McLeod
Kaleb Mehrer
Brett Meyers
Justin Miller
Paul Mills
Kayla Minton
Haley Mitchell
Lucas Mobley
David Morrow



Matthew Mort
David Murphy
Shabi Mustafa
Matthew Neil
Lauren Nepper
Jesse Newman
Alexander Nguyen
Shannon Oleary
Jacob Overman
Savannah Overton



Megan Pasquarell
Cody Peery
Sierra Pendleton
Devin Phillips
Matthew Phlegar
Genesis Price
Breann Ragan
Corey Raucheisen
Christie Reed
Jonathan Ribbe



Dulaney Rlerson
Kassidy Rimer
Benjamin Roberts
Aley Robinson
James Rudder
Kylie Rudder
Selena Salazar
Samarasinghe
Anthony Sanders
Olivia Sass

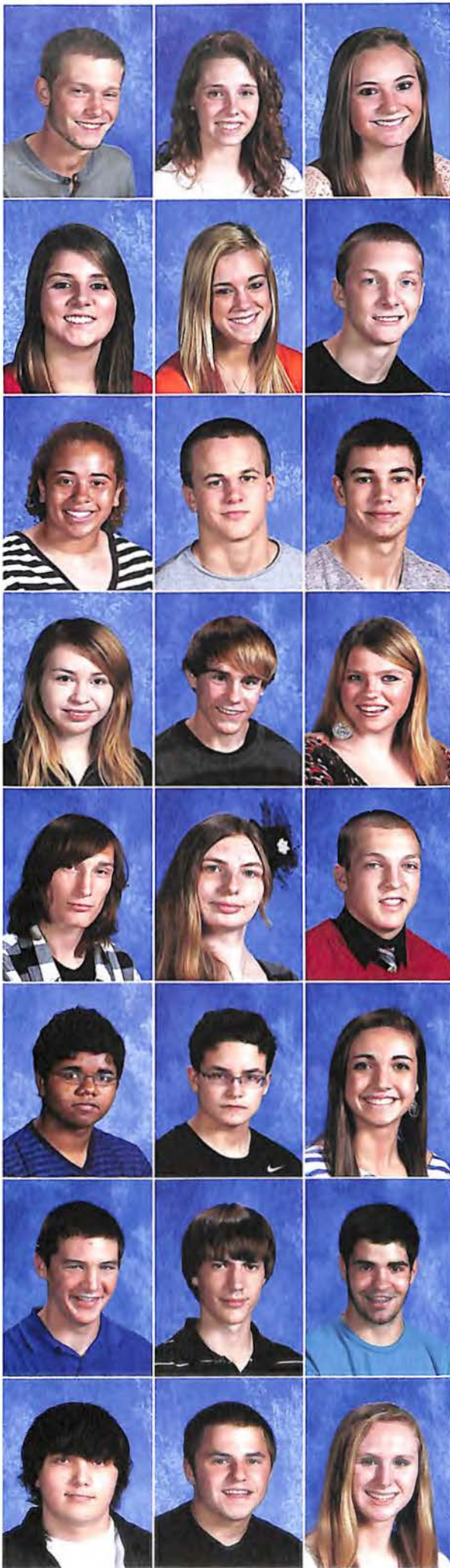


Annalee Schuck
Karla Sepulveda
Mckenzy Settles
Daniel Seymour
Lauren Sigmon
Alexander Smith
Brooke Smith
Nicholas Smith
Nicholas Snodgrass
Mackenzie Snyder



Jordan Stafford
Jeremy Stockton
Cassidy Stovall
Courtney Stover
Mikala Tarpy
Michael Tate
Nash Thomason
Zachary Trayer
Kyle Utterback
Heather Vandergrift





"CHRIS WESTON AND I COMPETED IN THE FIRST SALSA COMPETITION, which only had two entries. We came in second place, but I think our salsa was good," freshman Zach Shannon said. For the past three years, the Spanish Club has hosted a salsa competition. While some students would expect to see a dancing competition when they hear the words "salsa" and "Spanish," this competition was a chance for students to see who had the best culinary skills. The event was free, and club members encouraged students and staff and come and eat salsa while learning all about the Spanish Club.

"Usually this event is a competition, but since a storm hit and we were out of school the original day it was planned, we made the event into a fun food day. My salsa ended up winning first place. I may not have won an actual prize, but I now have bragging rights."
 Gillian Horn, 10



"Trying different types of salsa was a really good experience. It was also really fun to make, especially since I got to experiment a lot. I tried adding fruit to regular salsa, and I don't think anyone else did. Everyone seemed to like my salsa because it was extremely tasty and unique."
 Elena Hernandez, 10



"There were a lot of yummy salsas, and it was a lot of fun trying different foods and talking to others. Comparing my salsas to everyone else's was a lot of fun. I also enjoyed talking to and relating to other students while only talking in Spanish."
 Taylor Agee, 10



Aric Veatch
 Rachel Waddell
 Stephanie Weisberg
 Sebastian Wellford
 Hannah Wellons
 Austin Wells
 Tara Wells
 Julia Weston
 Stephanie Whitt
 Kallie Wilkes



Caitlyn Williams
 Zachary Williamson
 Jennifer Wills
 Jonathan Wingfield
 Emily Woolwine
 Erika Zeller
SOPHOMORES
 Wyatt Abshire
 Taylor Agee
 Saffeya Ahmed
 Mohammad Ahsan



Ty Albritton
 Catherine Alcoke
 Justin Alouf
 Seth Anders
 Claudia Anderson
 Rabiya Asim
 Lauren Austin
 Smita Bajgain
 Lauren Baker
 Rachel Baker



Isaiah Baylor
 William Beard
 Abigail Beatty
 Jordan Bennett
 David Blades
 Andrew Bond
 Griffin Bower
 Katelyn Bradley
 Thomas Bradley
 Tiffany Bradley



Brandon Brenner
 Michelle Brooks
 Mercedes Brown
 Hannah Bryant
 Kelsey Burchett
 Kayla Carver
 Ryan Carver
 Samantha Casauay
 Laura Cattigan
 Jacob Clark



Sarah Clark
 Mejra Colic
 Grant Colip
 Nicholas Colozza
 Adam Cox
 Dalton Craighead
 Juliana Crouse
 Michaila Cunningham
 Annabelle Davis
 Lila Derrico



Eric Dishner
 Antonia Douchi
 Mackenzie Duncan
 Trevor Durham
 Bruno Duron
 Danielle Durrance
 Kaitlyn Dwyer
 Safa Eltaib
 Alex Emery
 Brendan Eubank



Andrew Farley
 Richard Fishwick
 Kinsey Fitzwater
 Aidan Fleenor
 Cole Flora
 Lauren Flores
 Zachary Foutz
 Alayna Francis
 Brendan Gallagher
 Danielle Gallant





"A ONE-ACT PLAY COMPETITION HAS HIGH HAS HIGH SCHOOLS from the same district putting together one-act plays, which mean the plays can only have one act. After performing their play for judges, the schools see who will win," senior Maddie Lerch said. On November 3rd, Lerch, seniors Lauren Chapman and Caroline Whisnant and junior Ben Roberts traveled to Pulaski High School to compete against five local high schools in the One-Act Play Competition with "Talk to me Like the Rain and Let me Listen," a play that examined the minds of an alcoholic man and an abused woman. Long before November, though, the group started preparing. "We started rehearsing in the beginning of October and practiced every other day until the competition," Chapman said. While the group place fifth, they were still pleased with their performances. "We placed fifth, but I think our performance was very strong. Our leads received honorable mention. I was very happy with how we did, especially since almost none of us had competition experience," Chapman said.

"I think we did pretty well in the competition after all our our reshearsing. We competed against five schools. The results were good, but I wasn't satisfied. I still plan on staying involved because I really enjoyed it and had a lot of fun."

Ben Roberts, 11



"I love anything involved with theatre, mainly because you have the absolute freedom to be a different person. I directed the one-act play last year and really wanted to continue being involved. I can't wait to continue theatre arts in college."

Lauren Chapman, 12



"I was in Mr. Neale's drama class, so I volunteered to do lights for the prodcuton. I enjoyed being a part of the one-act play because I got to spend time with really good friends. I definitely plan on being involved in more acitivites like this. Although we did not place first, we still had a wonderful performance."

Maddie Lerch, 12

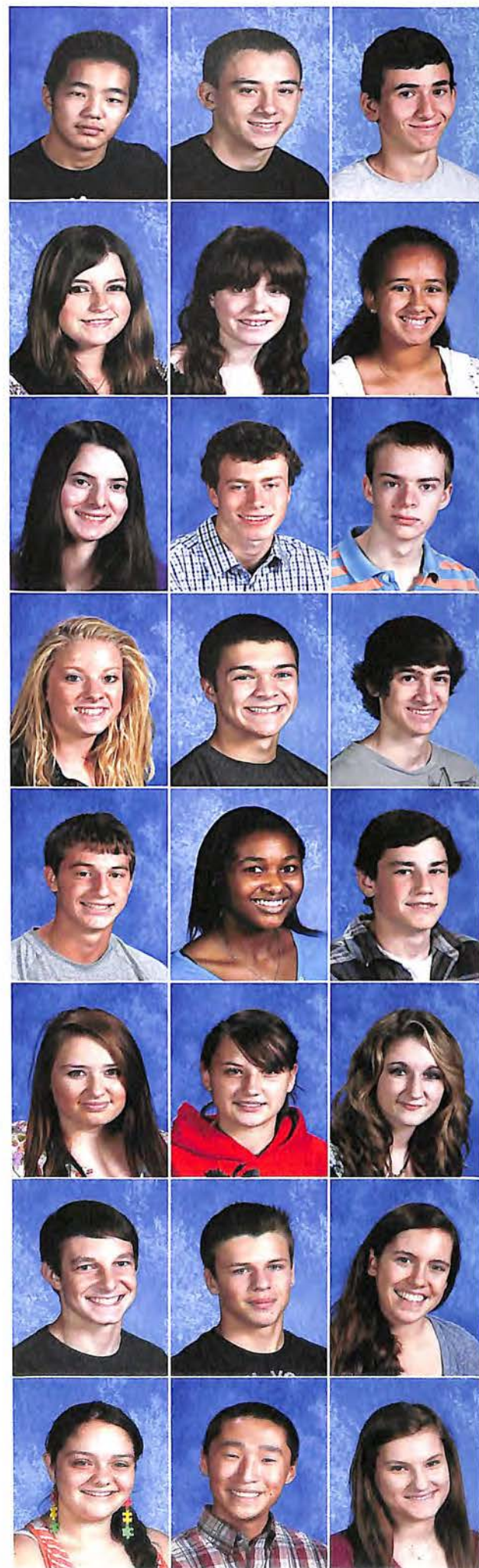




it's all good

STUDENTS GIVE BACK TO THEIR COMMUNITY

"HELPING ANY CREATURE GET THROUGH ITS TROUBLES so that it can have a second shot at happiness means the world to me," junior Emma Coogan said. Coogan is just one of many students who found happiness through helping others. "I volunteer at the Roanoke Wildlife Rescue. Our work revolves around the care of wild animals. Our main purpose is to give wildlife a second chance," Coogan said. Sophomore Samantha Casauay devotes her time to others by volunteering at Carilion Roanoke Memorial Hospital. "My favorite part of volunteering is meeting new people and knowing that I'm making a trip to the hospital less stressful for the patient," Casauay said. Senior Tori Tomas volunteers with the PEACE Program, which helps immigrants prepare for the United States Citizenship Exam. Through this program, she teaches people to write and read English and helps them learn about United States civics. "I love communicating and watching people learn and grow," Thomas said.





Khuslen Ganbayar
 Jordan Gibson
 Darian Goodrich
 Justin Gorla
 Emily Graham
 Alexis Green
 Travis Gunville
 Emily Hadfield
 Austin Hahn
 Thomas Hairston

Kristina Hale
 Jessica Hall
 Veronica Hamilton
 Matthew Hamm
 Maggie Harman
 Kendall Harris
 Daniel Hartman
 Deiderick Havens
 Tyler Hazelwood
 Evan Heath

Elena Hernandez
 Wesley Hicks
 Samuel Hillyard
 Logan Hinson
 Lydia Hoepfner
 Gillian Horn
 Zoe Horn
 Nicholas Houhoulis
 Zachary Howard
 Kaitlyn Huff

Kayla Huff
 Adam Huffman
 Ryan Hunter
 Grant Iannello
 Ryan Iler
 William Inman-Goecke
 Andrew Jacobsen
 Marshall James
 Samir Jasarevic
 Kelsey Johnson

Chase Keister
 Yvette Kennedy
 Cameron Kenny
 Kylie Kent
 Shane Kinchen
 Charity Klimaitis
 Contessa Klimaitis
 Amber Kolozvary
 Stephanie Kray
 Joe Lankford

Caroline Laughon
 Alina Lemire
 Amanda Levy
 Lauren Lichtenstein
 Jeremy Linkous
 Amanda Manson
 Tanner Martin
 Jolie Matze
 Matthew McGarry
 Cameron McGhee

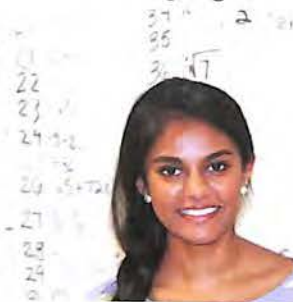
Justin McGuire
 Kodi McIlwraith
 Sydney McTigue
 Zachary Meadows
 Robert Milby
 Amir Mohamed
 Sara Morgan
 Melissa Mortellaro
 Kelsie Moses
 Sara Muncy

Caitlyn Murphy
 Michael Murphy
 Lauren Northern
 Jayden Olsen
 Mallory Orr
 Bryce Pappas
 Cassandra Parulis
 Kinjal Patel
 Grant Patterson
 Diego Paz-Tello

"AP CLASSES CHALLENGE STUDENTS IN MANY WAYS," sophomore Kinjal Patel said. Patel was one of hundreds of students who participated in Advanced Placement (AP) classes. Students had the opportunity to start taking AP math courses in their sophomore year. Some considered the AP math courses to be the hardest among the AP courses offered. Students in the classes cited time management as one of the most necessary skills to possess if attempting to take AP math courses. "Students should make sure they are able to manage their time. They should be prepared to spend a lot of time on their homework and studies," Patel said. But while these classes could be a killer, there were many benefits in taking them. Many colleges looked for students who took AP classes and accepted credits earned by taking the AP tests. The work involved was also seen as good practice for college. "A student should consider an AP class because it does a lot to help prepare you for college-level courses," senior Joey Caplinger said.

"Students develop new skills by taking an AP math. They should know it will be a tough course and that the class will require hard work and paying attention. AP classes are also very fast-paced. The students should ask questions if they do not understand something."

Kinjal Patel, 10



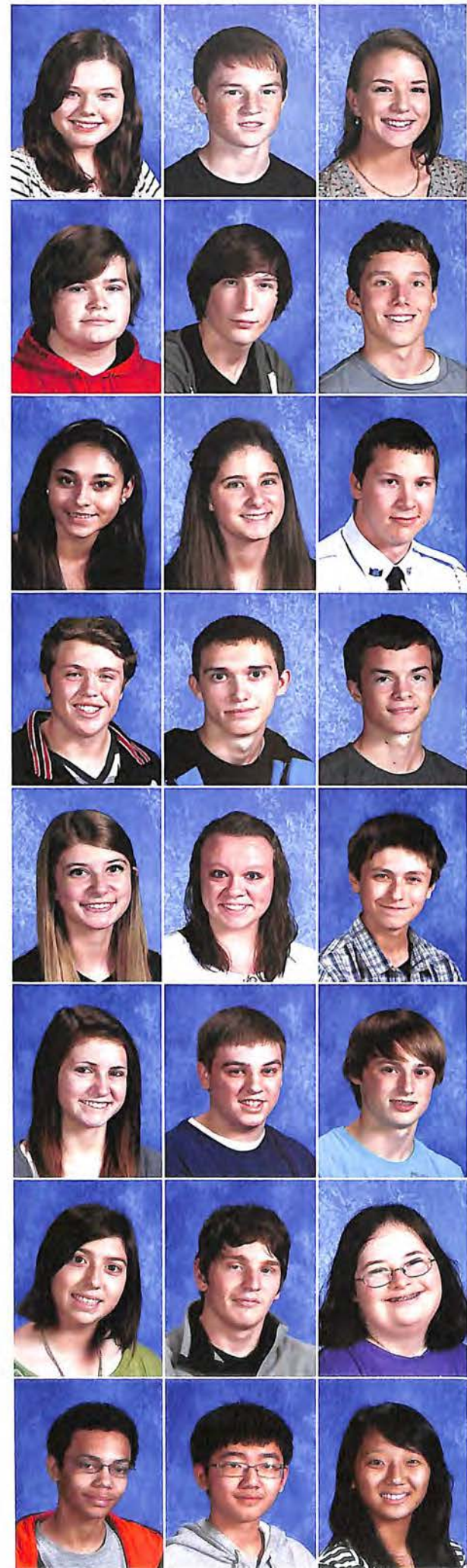
"Students should prepare for an AP math class by understanding the class won't be easy. It's harder than a regular math class. I think students should first look at what classes they're taking and if they have already taken an AP class. If the course load isn't too heavy, they'll be fine."

Joey Caplinger, 12



"There aren't really relaxing days in AP math classes. It's basically preparing as much as you can until the day of the AP test in May. If you do well enough on the AP exam then it counts as college credit."

Brianna Agee, 11





Kathryn Penny
 Littleton Perkins
 Josephine Perrin
 Ashley Phillips
 Megan Phillips
 Mercy Plumb
 Taylor Poff
 Danielle Pursel
 Nayanashree Raghavendra-Prasad
 Rachel Ramsey



Jimmy Ratliff
 Justin Raucheisen
 Joshua Reiter
 Tanner Rice
 Hunter Richards
 Marissa Riffle
 Jonathan Roach
 Dominic Russo
 Audrianna Schoonover
 Maeve Sedivy



Andrea Sepulveda
 Emily Sharp
 Robert Shelton
 Maxwell Shockley
 Charles Simmons
 Hailey Sitze
 Jessica Slakman
 Hunter Smith
 Joshua Smith
 Ryan Smith



Spencer Smith
 Zachary Smith
 Aaron Sortore
 Holly Spangler
 Nicholas Spicer
 William Stahling
 Noah Stclair
 Austin Steinhafel
 Matthew Stiles
 Cody Stockton



Stephanie Strom
 Alaysha Stump
 Adam Sulkin
 Jayce Taylor
 Austin Thompson
 Tiffany Thompson
 Lauren Tomlinson
 Jasen Tran
 Julia Treubert
 James Truskey



Carley Usery
 Andrew Via
 Grayson Wade
 Samuel Walker
 John Webb
 Teshawn Webb
 Rebekah Wellons
 Jacqueline Wells
 Stuart Whisnant
 Pamela White



Kimberly Whitteker
 Jain Wigglesworth
 Amanda Williams
 Garrett Williams
 Britney Witham
 Tristan Witham
 Cassandra Witten
 Christopher Woodrum
 Grant Yates
 Cheyenne Young



Dominique Young
 Siteng Zhang
 Alicia Zheng
 Haley Zielinski
FRESHMEN
 George Ahi
 Goldie Ahi
 Johnathan Akers
 Cody Amos
 David Anderson
 Analea Angel

Taylor Arey
Aariqua Austin
Noah Averill
Joshua Ayers
Charlie Ball
Matthew Ball
Connor Bayne
Taylor Billings
Hailey Bingham
Amanda Boris



Colton Bowling
Joshua Bradley
Tyler Bradley
Kristen Bradshaw
Colson Brandetsas
Sydney Breiner
Jasmine Brickey
Allen Britt
Weston Brown-McCullum
Sara Brunstetter



Hanna Buck
Bailey Bushman
Charles Camden
Olivia Cameron
Jacob Carter
Emma Cass
Christian Champney
Michael Chang
Race Chapman
Walker Christley



Khal Clary
Brooke Clayton
Jordan Clingenpeel
Redzo Colic
Greyson Conner
Thomas Conroy
Hana Coogan
Cole Cowher
Kaitlyn Creekmore
Grant Culbertson



Nicholas Cundiff
Reiley Curtis
Joseph Dalelio
Julie Dalton
Paxton Daniels
Matthew Darter
Darren Davies
Joshua DeFalco
Erica DeLeon
Fallon Delp



Jasmine Demir
Christopher Dickenson
Danielle Elegy
Rylan Ellexson
Anna Elmore
Brittany Ferguson
Larissa Ferrarisouza
Jillian Fidler
Ashley Fimbel
Caitlin Flippen

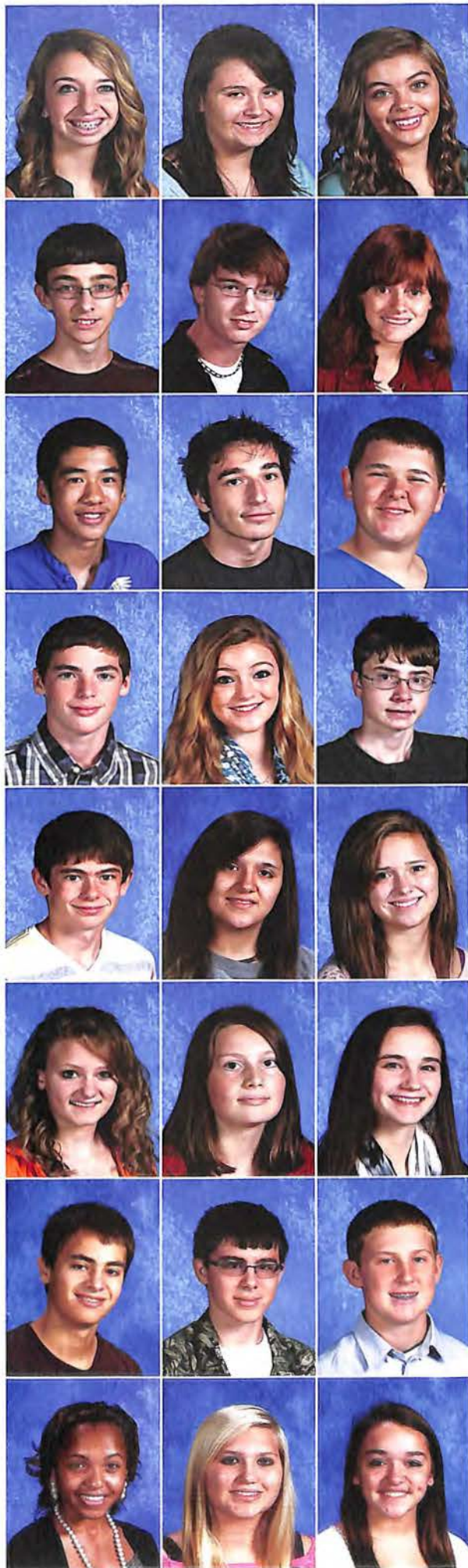


Davis Fore
Alayna Foutz
Race Foutz
Darian Fox
Abigail Frazier
Connor Frazier
Juliet Fueglein
George Funk
Lance Garrett
Matthew Gliniecki



David Goerner
Christy Goldsmith
Kyndal Grammer
Deandre Grieshaber
Lina Habazi
Dwane Hale
Ebony Hale
Emonee Hale
Alexandra Hamblin
Natalie Hamilton





"I LOVED ALL OF THE MOVIES AND BOOKS BUT I LOVED THE BOOKS MORE," senior Tiffany Simmons said. Simmons and most teenage girls everywhere were sad when the Twilight Saga ended. But while sadness may have been the predominating emotion, anger and passion ran high between fans who took the side of Team Edward or Team Jacob. Whether it was Edward's love for Bella or Jacob's abs, fans everywhere found something to love. "The Twilight Saga: Breaking Dawn Part Two" did not disappoint those hard-core fans. "The end credits made me reminisce back to the other movies," Simmons said.



"I remember reading the first two books in the second grade. I have been Team Edward every since."
Julie Dalton, 9

"I used to be Team Edward until I saw the second movie. Now I'm totally Team Jacob."
Kelly Alcock, 10



"I was Team Jacob, but all that changed during the third movie. Now I am on Team Edward."
Brooke Smith, 11

"I have been Team Jacob from the beginning and will always be."
Casey Milan, 9



"I don't like Edward or Jacob. I don't like Edward because he sparkles. I don't like Jacob because he is too loud. Girls talk about him way too much."
Michael Chang, 9

Daniel Haroules
 Laurel Harris
 Norman Harris
 Meagan Harrison
 Jennifer Hartman
 Zachary Hartwell
 Alexander Hernandez
 Luis Hernandez
 Brody Hicks
 Ethan Hoepfner



Shannon Holsinger
 Natalie Horn
 Jonathan Howard
 Lauren Huff
 Kaitlyn Ireland
 Katrina Jarema
 John Jirout
 Logan Johnson
 Macy Judge
 Zachary Kanode



Chandler Keister
 Luke Kelley
 Joshua Key
 Hammza Khan
 Justin King
 Elizabeth Kingery
 Matthew Kingery
 Karah Kittinger
 Byron Kramer
 Molly Kwitny



Roshni Lalchandani
 Justin Larkin
 David Larkins
 Madeleine Lawson
 Tiffanie Lester
 Dominic Likens
 Alexis Link
 Shelton Link
 Jaret Lipps
 Christian Loop



Mason Lowen
 Christa Madison
 Miranda Mallory
 Kassie Martin
 Katarina Martin
 Joshua McCray
 Colin McHugh
 Connor McKeown
 Jonathan Mead
 Jonah Meck



Autumn Mehta
 Matthew Merhoff
 Khaila Mickens
 Casey Milan
 Christina Minton
 Hunter Mollica
 Samantha Molloy
 Grace Molumphy
 Hannah Mone
 Madison Monsour

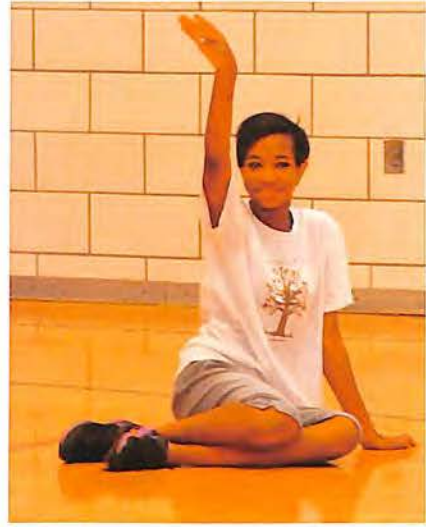
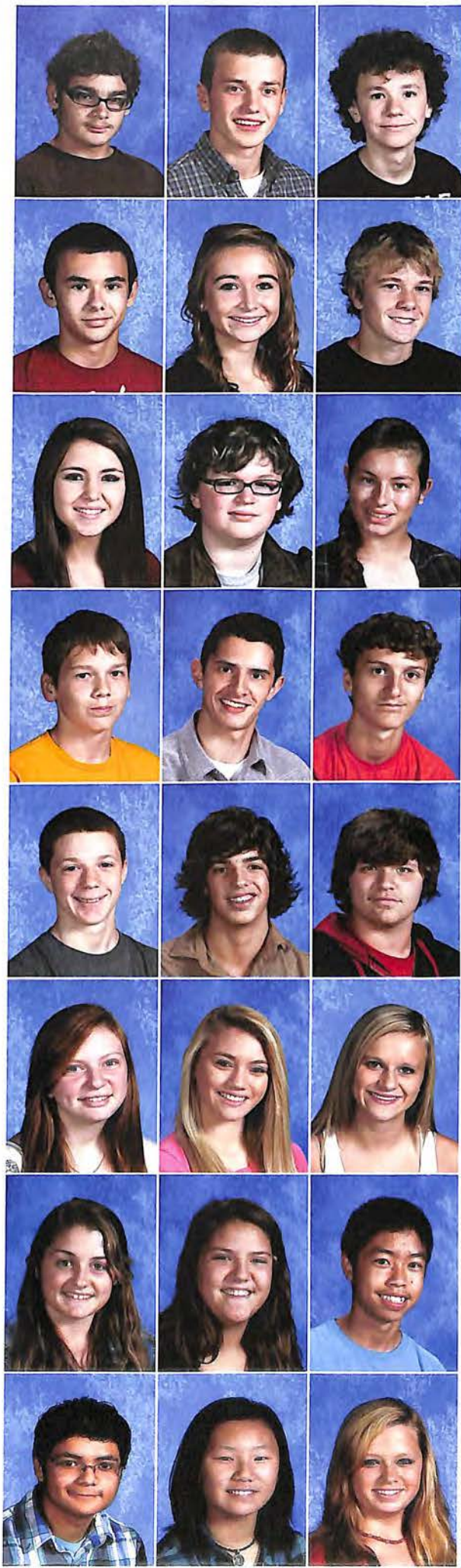


Kevin Moody
 Rod Morgan
 Jillian Morganelli
 Khalil Moyer-McKinley
 Sabrina Munkhbaatar
 Selena Munkhbaatar
 Cheyenne Muse
 Tessa Muzzy
 Olivia Nepper
 Andre Nguyen



Anthony Nichols
 Dylan Overfelt
 Kinsey Overfelt
 Claire Overstreet
 Supreet Pannu
 Abigail Parker
 Dhruv Patel
 Valentin Paz-Tello
 Emma Pendleton
 Halle Pettersen





what does that mean PSYCHOLOGY STUDENTS ATTEMPT TO DECODE LIFE

"I TOOK PSYCHOLOGY BECAUSE IT SEEMED MORE UNIQUE than other classes," junior Rachel Waddell said. Psychology was a popular elective among students. Many said they enjoyed the Norms Project. "Students go out into the community and break the social norms. They press all the buttons in an elevator, like in 'Elf,' hug strangers [and] wear clothes that is common for the other gender," Mr. Pete Lustig said. "My favorite part of class was definitely the Norms Project," junior Lauren Cowher said. Ms. Holly Moore's gym classes also dabbled in psychology. While in the class, students participated in out-of-their seat activities like performing body movement in the gym. "At first, we just thought we were doing a bunch of nonsensical physical activities. Later, I found out we were being used as psychological lab rats," freshman Khaila Mickens said. "I thought Ms. Moore had gone crazy. We walked in and she told us to do something that was not that bad, but then everything just got stranger and stranger," freshman Emma Cass said.

"WE CAN USUALLY KEEP THE TABLE TUMPING TO A MINIMUM," junior Bren Huggins said. Aside from mock exams, DBQs, all-nighters and energy drinks, students in Mr. Pete Lustig's Advanced Placement U.S. History class shared an extraordinary learning experience. Holding mock proceedings with historically influential people on trial and debating societal and political issues, students were quick to get heated. "Some students are very passionate about the topic, while others just want extra credit. Screaming is sometimes involved. Tangents and accusations toward either side are also involved" junior Shabi Mustafa said. Debate topics have ranged from the abolition of slavery to who started the revolutionary war. "I feel the topics are excellent in the sense that there is no right answer and little reliance on ethical values. There are many different opinions in class. All of our learning can be related to today," Huggins said.



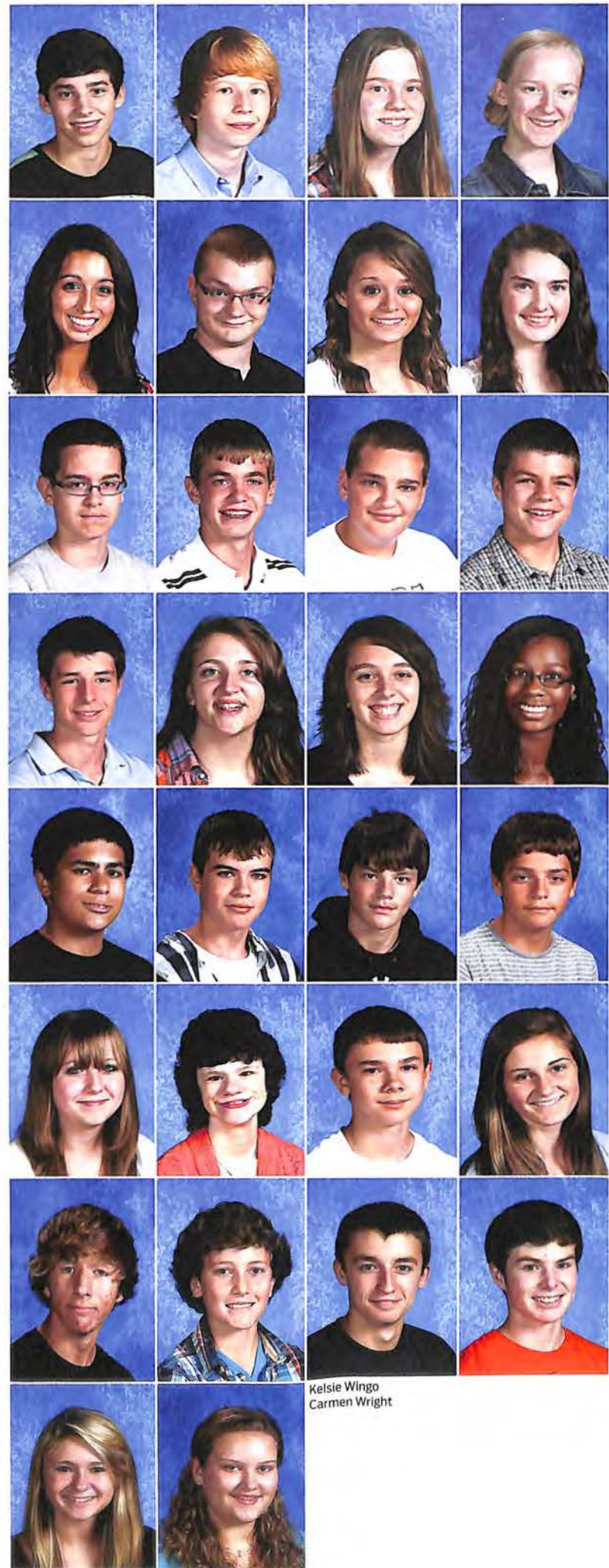
"The rowdiest in the debates are Hannah Wellons and myself. I attempt to lead my team in the structure and strategy. I live for bashing people over the head with my opinions, so debates are a dream come true for me. At one point I was debating the abolition of slavery. I became so energized I blew a vessel in my nose and got a nose bleed. I did not clean myself up until my point was finished being proven."

Bren Huggins, 11

"The debates are fun because it is so interesting to listen to other people's opinions. The topics are always interesting, and my views have sometimes been changed. I have been the tie-breaker during two debates so far. We came to a draw both times, and I was selected to play rock, paper, scissors with another student from the opposite team. I lost both times."



Shabi Mustafa, 11



**Kelsie Wingo
Carmen Wright**



Jacob Plunkett
Seth Poore
Rachael Powell
Taylor Powell
Evgeniy Prokopchak
Haley Reed
Cal Reeves
Kyle Reoch
Mason Reyer
Gage Riels
Tyler Rice

Christley Richardson
Jarod Roberts
Amber Robtison
Piper Roe
Sean Romano
Nathan Rose
Eleah Ruffin
Charles Ruffner
Robert Russell
Nicholas Salmons
Kemper Scott

Charles Seymour
Zachary Shannon
Daniel Shapiro
Noah Sharp
Joseph Shelton
Tiffany Shelton
James Shockley
Tyler Simmons
Patrick Sims
Hope Sitze
Logan Skaff

Adam Sledd
Lauren Slough
Kyra Smith
Makayla Smith
Summer Smith
Justus Sneddon
Kaitlyn Spangler
Sydney Spar
Evelyn Spradlin
Mark Stanisic
Jordan Stovall

Jordan Swain
Ransom Sweeney
John Swisher
Justin Swisher
Lidya Tadesse
Aaron Tate
James Taylor
Samantha Taylor
Kyle Timmermann
Morgan Todd
Austin Tolley

Jessica Trayer
Michaela Trout
Clayton Trump
Sarah Vaden
Alexa Vaughan
Christopher Vaughan
Julia Waller
Delaney Waller-Smith
Cameron Walls
William Webb
Ada Wellford

Joseph Wells
Noah Wells
Chris Weston
Paul Wheelock
James White
Taylor White
Russell Whiteside
Kieran Wigglesworth
Ryan Williams
Taylor Williams
Miranda Wills

Connie Alonso-Mosher: Bookkeeper.
Travis Anderson: Geometry; Sophomore Class; BA & MS, Virginia Tech.
Lisa Armstrong: Instructional Assistant; MALS, Hollins University.
Christopher Benson: Spanish I-II; Senior Class, Spanish Club; BA, University of Virginia; MAT, Hollins University.
Elizabeth Bivens: English, Reading; NCSU, Radford University.
Joe Booan: Special Education.
Sherry Brittain: Instructional Assistant; BSW, Radford University.
Gary Carrell: Directed Studies: US Government; BS, James Madison University; MED, Virginia Tech.
Katie Curd: Choir, Knight Knotes; BA & MED, Virginia Tech.

Mary Douglas: Spanish III-IV, AP Spanish; NSHS; BA, Franklin College; MA, Purdue University; MS, Roosevelt University.
Page Fairchild: World History; Pre-AP, II and AP; BA, Bridgewater; MA, James Madison University.
Tim Fulton: Testing Coordinator; FCA; Football; BS, Milligan College.
Sandra Gotschal: English 10 Pre-AP, 12G, 12CB; Forensics; BA, Concord University; BS, East Tennessee State University.
Terena Hale: Culinary Arts, Nutrition & Wellness; FCCLA; BS, Longwood College; MEd, Virginia Tech.
Kelley Hall: Instructional Assistant; BA, Roanoke College.
Theresa Hartley: Geometry; BS, State University of New York Albany; MEd, Univ. of Virginia.
Jon Hartness: Athletic Director; BSS & BS, Virginia Tech.
Brooke Hau: Algebra II, Computer Math; FCA, Sophomore Class; Varsity Volleyball; BS & MAEd, Virginia Tech.

Matt Herron: Instructional Assistant; Baseball; Football; BS, Roanoke College.
Page Hill: English 9, 10; BA, Virginia Tech.
Nancy Hoffman: Algebra I, College Algebra; BS, Longwood College; MEd, University of Virginia.
Anne Houston: Biology, Ecology; BA, Longwood College; MS, Hollins University.
Shawn Hughes: Counseling Coordinator; BS, Charter Oak State College; AS, College of Health Sciences; PhD & MAEd, Virginia Tech.
Andrew Huray: Accounting, Advanced Accounting, MS Office, Personal Finance, Business Law; Swimming, Diving; FBLA; BS, Alfred University; MS, Virginia Tech.
Amy James: Chemistry; BS, Old Dominion University.
Rebekah Johnson: French I-III; French Club, FHS; BA, Virginia Tech.
Tracey Lange: Assistant Principal; BA, Virginia Tech; MS, Radford University.

Joe Larocco: DE Gov, DE US and VA History, AP Gov; BA, Roanoke College; MALS, Hollins University.
Amy Leonard: English 12, US/VA History, World Geography; MEd, College of Charleston.
Linda Long: US/VA Government, Psychology, Sociology; BS, Radford University.
Ricky Lonker: Digital Photo & Graphics, Art I; Art Club, Baseball, Football; BA, Emory & Henry College.
Jacki Lucki: Intro to Marketing, General Mkt, Advanced Mkt, Sports and Entertainment Mkt, Intro to Fashion/Interior Design; DECA; MS, Virginia Tech.
Peter Lustig: Psychology, Sociology, AP US History, CB US History, YoungLife; BA, University of Virginia; MAEd, Virginia Tech.
Tommy Maguire: Health I-II, Drivers' Ed, Cross Country, Indoor & Outdoor Track; BS, Radford.
Doreen Malcolm: Administrative Assistant; BS & BA, Youngstown State University.
Ken Mangone: IT Technician; AOS, ITT Technical Institute.

Erich Mauer: Instructional Assistant.
Harry Mills: AP/Dual Enrollment English 12; French IV, AP French; Beta Club, NFHS; BA, Roanoke College; MA, Hollins University; M. Phil., Columbia University.
Alan Moore: Algebra I, Algebra Functions & Data Analysis; FCA; Baseball; BS, Roanoke College.
Holly Moore: PE 9, 10; BS, Longwood University.
Margaret Moore: US/VA History, World History/Geography II; BA, State University of New York Albany; JD, Stetson University College of Law; M. Ed., Regent University.
Matthew Neale: Theatre Arts, English, BA, VCU; JD, Kentucky.
Amanda Newkirk: School Psychologist; BS, Virginia Tech; MS & Ed.S., Radford University.
Josh Noel: Instructional Assistant; BBA, Radford University.
Catherine Parker: Algebra I, English 9, English II; BS, S.U.N.Y. Fredonia; MS, Radford University.

Anne Pfeiffer: Art I-IV, Center for Visual Arts I; Art Club; NAHS; MALS, Hollins University.
Lewis Pitts: U.S. History, World History II; Football; BS, Radford University.
Ryan Poff: World Geography, Government; Football; BS, Radford University.
Bob Powers: Pre-Calculus, Pre-AP Computer Science, AP Computer Science; Academic Team, Debate Team; BA & BS, Virginia Tech; MEd, Virginia Tech.
Matt Price: Biology, Ecology; BS, Bridgewater College; MS, Radford University.
Stuart Rawlings: Woods Technology I-II; BS, University of California; MS, University of Phoenix.
Ann Rutherford: Instructional Assistant; SCA; BA, Mary Baldwin; MALS, Hollins University.
Tim Sauls: AP English II, English II CB; Film Club; BA, Duke University; MALS, Hollins University.
Chrystal Shawn: Pre-AP English 9, Journalism, Photojournalism; Accolade, Knight Letter; BA, James Madison University; MAT, Hollins University.

Paul Soucie: Engineering Drawing, Architecture Drawing, Computer Aided Drafting, Digital Photography, Woodworking, TSA, Archery Club; BS & Med, University of Nebraska at Lincoln.
Edward Spruell: Media Specialist; United Way; Knight News; BA, Elon University; MA, Hollins University; MS, Radford University.
John Swartz: Health I-II; Athletic Trainer; BS, Roanoke College.
Lesley Swartz: School Counselor; BBA, Roanoke College; M.ED., Liberty University.
Teresa Tate: School Nurse; RN & BSN, Atlantic Christian College.
Margaret Taylor: Pre-AP Chemistry, AP Chemistry, SCA; BS, Roanoke College; MA, Virginia Tech.
Sherrie Tyler: Special Education; BS, University of Virginia; MS, Old Dominion University.
Maggie Wagner: Instructional Assistant; Volleyball; BS, Roanoke College.
Brittany Werner: English 9, 11; Freshmen Class; BA & MA, Virginia Tech.

Gabriella Weston: Instructional Assistant; BS, American University.
Elizabeth Willlett: Geometry, Algebra Functions, Special Education; BS, James Madison University.
Penny Williams: School Counselor; MEd & BS, Virginia Tech.
Kimberly Wilson: Biology, Ecology; Junior Class; BS, Roanoke College; MS, Louisiana Tech University.
James Winterer: Physics, Baseball; BS, Roanoke College.
Rick Wolfe: Instructional Assistant; AS, VVCC; BBA, Roanoke; MBA, Radford; EMT, Gaston College.
Nancy Zimmerman: Guidance Secretary.

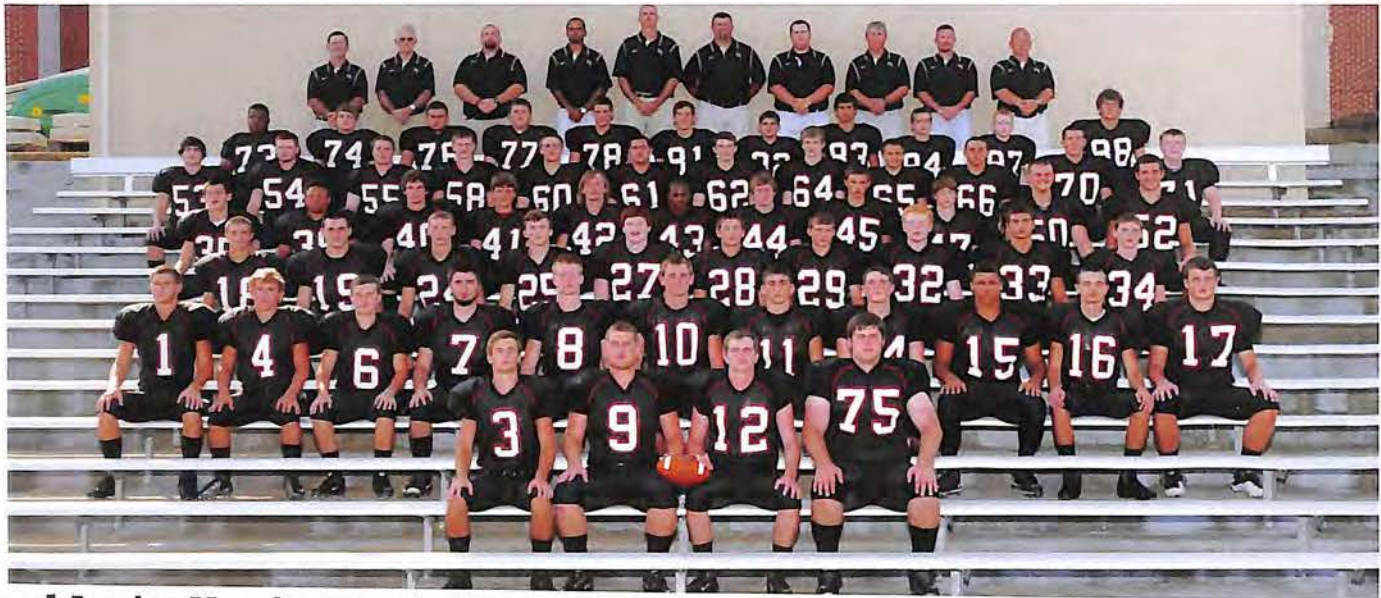




“WE DECIDED TO CHANGE OUR NAME”

“WE PERFORMED FOR A FEW YEARS UNDER THE NAME ‘ROARING JELLO.’

When we were ready to record our first CD, we decided to change our name since Jell-O is trademarked,” said Mr. Tim Sauls about his band, Celtibillies. The band started out with a simple dance gig in 1994 under the title “Fiddlesticks.” Since then, they have played at the Smithsonian Folklife Festival in Washington and toured in Alaska, and played on the PBS series “Song of the Mountains” and on NPR’s “The Thistle and Shamrock.” Mr. Sauls, who plays a variety of instruments with great skill, began his musical endeavors with childhood piano lessons. As a high school senior, he became interested in playing stringed instruments and eventually bought his neighbor’s guitar on a whim. Besides having 40 years of experience playing the guitar, he is also proficient on the five-string banjo, fiddle, the “Irish bouzouki” (or octave mandolin) and, in the past year, the tenor banjo. His most noted skill, however, is his ability to play by ear. “Sometimes I’ve heard a melody so many times that I can sit with it and slowly figure it out. Sometimes I use live recordings and figure out fingering one phrase at a time. I use the same process in learning from CDs or, more recently, YouTube videos,” Sauls said.



Varsity and Junior Varsity Football

see pages 80-81 and 92-95 for complete coverage

First Row: Jon Evans, Jordan Bryant, Connor Baker and Dylan Brucki. **Second Row:** Michael Christley, Jake Cash, Thomas Bradley, Austin Beaker, Alex Line, Jack Woody, Sebastian Welford, Alex Emery, Sean Easley, Ty Albritten and Zac Foutz. **Third Row:** Adam Huffman, Austin Amos, John Roach, Colby Loftus, Kyle Curtis, Jordan Stovall, Charlie Ball, Brendon Ghalliger, David Morrow and Cole Cowher. **Fourth Row:** Cody Amos, James Jackson III, Tyler Rice, John Swisher, TJ Vaught, Josh Smith, Colton Bowling, Daniel Seymour, Johnny Akers, Evan Heath and Luke Morgan. **Fifth Row:** Tyler Hazelwood, Patrick Truskey, Brendan Eubank, Anthony Ball, Hunter Barker, Tripp Beheler, Justin McGuire, Kemper Scott, Zach Hartwell, Grayson Conner, Austin Steiny and Dylan Overfelt. **Sixth Row:** Isaiah Baylor, Noah Sharp, Tanner Likens, Walker Christley, Nick Smith, Bailey McKliem, Ben Cardenas, Cal Reeves, Walker Champney and Matt Reiter. **Seventh Row:** Coach Mr. Tim Fulton, Coach Mr. Rodney Fulton, Coach Mr. Ryan Poff, Coach Mr. Byron Hamlar, Coach Mr. John Swartz, Coach Mr. Ricky Lonker, Coach Mr. Matt Herron, Coach Mr. Lewie Pitts, Coach Mr. Derrick Hollins and Coach Mr. Scott Agee.



Cross Country

see pages 88-89 for complete coverage

First Row: Katarina Martin, Kerri Dalton, Andie Van Kerckhove, Ashley Phillips, Katie Fortner, Candace Keng, Emily Drinkwater and Jessica Lachowicz. **Second Row:** Cody Hayden, Aaron Sortove, Matthew Stiles, Hunter Mollica, Daniel Seymour, Jacob Stewart and Banner Plumb. **Third Row:** Coach Mr. Tommy Maguire, John Wiggins, Staurt Whisnant, Matthew Phlegar, Cody Burchett, Nick Colozza, Joy Caplinger and Coach Mr. Matthew Wright.

scores

(boys: varsity, jr; girls: varsity, jr)

Clash With the Titans:

6th, NT, 8th, 5th

Blue Demon Invitation:

4th, 5th, 4th, 5th

Knights Crossing:

9th, NT, 7th, NT

William & Mary:

18th, 12th, 8th, 14th

Metro Championship:

3rd, NT, 3rd, 21st

Great American:

8th, NT, 21st, NT

Golden Eagle:

NT, NT, 9th, NT

Running Wolves:

7th, NT, 5th, 5th

Region IV:

Varsity boys 4th; girls 4th

State AA:

Varsity boys 11th; girls 9th



Golf

see pages 86-87 for complete coverage

First Row: Jessi Hart and Meagan Board. **Second Row:** Drew Lagan, TK Garret, Drew Board, Matt Randolph and Paul Wheelock. **Third Row:** Coach Mr. Mike Biscotte, Richard Fishwick, Hunter White, Nick Brediger, Cody Caldwell, Johnny Mead and Coach Mr. Stephen Biscotte.

scores

Heritage = 1st
BRD@Ashley
Plantation = 3rd



Varsity Volleyball

see pages 76-77 for complete coverage

First Row: Sarah Smith, Alyssa Mckinnley, Erin Holsinger, Annice Link and Kendall Scott. **Second Row:** Lauren Sigman, Emily Fulton, Charity Klimitis and Kali Wilkes. **Third Row:** Coach Mrs. Tamalyn Tanis, Olivia Sass, Cait Flippen, Piper Roe, Tessa Klimitis, Alayna Foutz and Coach Mr. Mark Tanis.

scores (win or loss)

J. Forest	W
Northside	W
Patrick Henry	W
Patrick Henry	W
Salem	W
Blacksburg	W
Christiansburg	W
Hidden Valley	L
Salem	W
Pulaski	W
Blacksburg	W
Christiansburg	W
Hidden Valley	L
Salem	W
Hidden Valley	L
Carroll County	W
Tunstall	W
Hidden Valley	L
E.C. Glass	L

14-5



JV Volleyball

see pages 92-95 for complete coverage

First Row: Sydney Mctige, Christa Madison, Hope Sitze, Miranda Mallory, Hana Coogan and Maeva Sedivy. **Second Row:** Megan Harrison, Fallon Delp, Shannon Holsinger, Lauren Slough, Morgan Starnes, Hannah Bryant and Christy Goldsmith.

scores (win or loss)

J. Forest	L
Northside	L
Patrick Henry	W
Patrick Henry	W
Salem	L
Blacksburg	W
Christiansburg	W
Hidden Valley	L
Salem	L
Pulaski	W
Blacksburg	L
Christiansburg	L
Hidden Valley	W

6-7

varsity football scores (us-them)

William Byrd	24 27
Martinsville	27 13
Northside	7 24
Lord Botetourt	17 22
Alleghany	35 2
Salem	21 28
Pulaski	17 14
Blacksburg	21 14
Christiansburg	37 24
Hidden Valley	12 21
Abingdon	45 0
Richlands	31 6
Tunstall	15 19
	7-6

junior varsity football scores (us-them)

William Byrd	45 23
Martinsville	12 20
Northside	22 28
Lord Botetourt	12 36
Alleghany	45 26
Salem	8 40
Pulaski	14 7
Blacksburg	6 20
Christiansburg	15 26
Hidden Valley	0 13
	3-7



Varsity Sideline Cheer see pages 78-79 for complete coverage
First Row: Jenna Jones, Olivia Allen, Elvera Gurevich, Hailey Fitzwater, and Rebecca Levy. **Second Row:** Lauren Austin, Alayna Francis, Lauren Cowher, Julia Weston, Breann Regean and Lauren Baker.



"I was on both sideline and competition. When competition went to states it was such an emotional weekend. All we did was cry. Just getting there was so much fun. Why wouldn't you be excited?"
Elvera Gurevich (12)



JV Sideline Cheer see pages 92-95 for complete coverage
First Row: Kayla Carver, Kinsey Fitzwater, Kelsey Burchett and Alexis Elliott. **Second Row:** Emma Cass, Hannah Buck, Michelle Brooks, Kristen Bradshaw and Amber Robinson. **Third Row:** Kaitie Ireland, Elizabeth Morgan, Taylor Billings, Jolie Matze, Chandler Keister, Lexi Link and Kendall Harris.



"Cheerleading got me involved in the school, and I had the chance to be with my friends daily. I have learned a lot throughout the season and can honestly say each girl on the team is like my family."
Chandler Keister (9)



Competition Cheer see pages 78-79 for complete coverage
First Row: Breann Regan, Jenna Jones, Hailey Fitzwater, Elvera Gurevich, Rebecca Levy and Julia Weston. **Second Row:** Lauren Baker, Lexi Elliot, Kayla Carver, Kinsey Fitzwater, Kelsey Burchett, Jolie Matze and Alayna Francis. **Third Row:** Kaitie Ireland, Emma Cass, Chandler Keister, Taylor Billings, Elizabeth Morgan, Lexi Link, Amber Robinson and Larissa Ferrari-Souza.

scores

Battle at Byrd	3rd
District	2nd
Region IV	2nd
State	14th



Wrestling

see page 85 for complete coverage

First Row: Josh McCray, James Jackson, Noah Webb and Patrick Chen. **Second Row:** Shelton Link, Jacob Plunkett, Cody Love and Lucas Mobly. **Third Row:** Coach Mr. Tim Nininger, Coach Mr. Billy Sheridan, Chase McDaniel, Austin Amos, Cody Amos, Coach Mr. Ray Baldwin and Coach Mr. Jordan Frishkorn.

scores (win or loss)

Randolph Henry	W
VES	W
Brooke Point	L
Rustburg	W
South Plainfield	L
Ocean Lakes	L
New Kent	L
Magna Vista	W
District Tourney	2nd



Swimming

see pages 86-87 for complete coverage

First Row: Lisa Istad, Sandy Chang, Paige Thompson, Nicole Podlecki, Cortney Cooper, Lauren Cower and Hailey Bivens. **Second Row:** Richard Fishwick, Roshni Sen, Ally Lawson, Paige Asaid, Madeleine Lawson and Michael Chang. **Third Row:** Anna Elmore, Angelo Russo, Chris Woodrum, Cole Cower, Ian Wiggleworth, Josh DeFalco, Casey Milan, Dominick Russo, Maggie Harman and Tessa Muzzie.

scores (girls/boys)

Patrick Henry	L/L
Franklin Co.	W/L
Salem	W/L
Blacksburg	W/L
William Byrd	W/L
C.burg	W/L
Pulaski	W/W
Hidden Valley	W/L
Districts	1st/5th
Region IV	2nd/11th
A/AA State	2nd



Girls' Indoor Track

see pages 88-89 for complete coverage

First Row: Lauren Fariss, Emily Drinkwater, Kendall Scott, Marta Timmerman, Imoni Sowell, Meagan McLeod and Kerri Dalton. **Second Row:** Lauren Austin, Emily Fulton, Lauren Nepper, Katie Fortner, Erin Martin, Emily Clark, Ellie Zeller and Taylor Alouf. **Third Row:** Morgan Love, Lauren Hatcher, Morgan Leftwich, Mercy Plumb, Kinjal Patel, Ashley Phillips and Yvette Kennedy. **Fourth Row:** Alyssa McMaster, Katarina Martin, Molly Kwitny, Jasmine Brickey and Autumn Mehta.

scores (girls/boys)

Bulldog Invitational:	8th/no score
Mid Area Invitational:	9th/21st
River Ridge Championships:	3rd/5th
Region IV Championships:	3rd/7th
State AA Championships:	8th/no score



Boys' Indoor Track

see pages 88-89 for complete coverage

First Row: Jon Vitello, Cody Burchett, John Wiggins, Michael Phlegar, Banner Plumb, Dan Seymour and Tyler Hazelwood. **Second Row:** Cody Hayden, Kemper Scott, Hunter Mollica, Matthew Stiles, Aaron Sortore, Nick Colozza and John Alouf. **Third Row:** Riley Graves, Brandon Hatcher, Sean Altice, Mason Yopp, Kyle Timmerman, Colson Brandetsas and Joey Lankford. **Fourth Row:** Paul Murphy, Patrick Truskey, Ryan Flora, Austin Beecker and Hunter Richards.



Boys' Varsity Basketball

see pages 84-85 for complete coverage

First Row: Jared Adams, Jarrett Lips, Victor Duval, Terrell Simmons, Connor Baker, Jon Evans, Trey Mills and Brody Hicks. **Second Row:** Manager Jordan Poff, Coach Mr. Billy Hicks, Jordan Bryant, Ben Lacey, Michael Colozza, Cager Hicks, Zach Foutz, Noah St. Clair, Coach Mr. Bob Hicks, Coach Mr. Tim Meyers and Manager Cody Caldwell.

scores (us-them)

William Byrd	78 73
Radford	52 54
Radford	57 55
William Byrd	60 52
Northside	62 46
Botetourt	59 61
Fleming	44 54
Alleghany	60 49
Patrick Henry	40 77
Garfield	28 66
Pulaski	57 50
Herndon	29 44
Salem	66 57
Northside	26 48
Blacksburg	50 36
Christiansburg	58 73
Hidden Valley	51 52
Salem	51 62
Pulaski	66 45
Blacksburg	59 47
Christiansburg	56 49
Hidden Valley	46 42
Blacksburg	54 42
Salem	50 52
Tazewell	78 57
Abingdon	57 65
	14-12



Boys' JV Basketball

see pages 92-95 for complete coverage

First Row: Ty Albritton, Drew Jacobson, Alex Emery, Paxton Daniels, Mason Reyer, Sam Walker and Mickhal Clary. **Second Row:** Chase Keister, Spencer Smith, Adam Sled, Noah St. Clair, Zach Shannon and Coach Mr. Derick Roth.

scores (us-them)

William Byrd	33 40
Radford	55 33
Floyd	58 26
Radford	57 55
William Byrd	61 55
Northside	37 30
Lord Botetourt	32 41
Fleming	50 51
Pulaski	51 34
Salem	50 30
Northside	39 44
Blacksburg	49 35
Floyd	59 31
Christiansburg	57 38
Salem	46 50
Hidden Valley	46 38
Pulaski	51 34
Blacksburg	33 30
Christiansburg	47 29
Hidden Valley	42 41
	15-5



Girls' Varsity Basketball see pages 82-83 for complete coverage
First Row: Taylor White, Courtney Stover, Hailey Sitze, Zanebia Brown-Saunders, Tiffany Bratley and Kayla Martin. **Second Row:** Coach Ms. Jessica Ficarro, Clair Harkey, Cassi Peroullis, Sloane Champney, Cait Flippen, Annalee Schuck and Taylor Asimakopoulos.

scores (us-them)	
William Byrd	36 41
Northside	30 63
Auburn	43 42
William Byrd	40 52
Northside	34 57
Craig County	54 33
Craig County	59 38
Northside	37 54
William Byrd	33 42
Patrick Henry	27 40
R. Catholic	46 59
Pulaski	55 48
Salem	32 57
Blacksburg	44 49
Christiansburg	51 52
Hidden Valley	36 53
Salem	32 62
Pulaski	48 55
Blacksburg	42 52
Christiansburg	41 55
Hidden Valley	46 53
Auburn	49 39
Christiansburg	26 49
Salem	33 65
Hidden Valley	41 54
Tazewell	40 63
	5-21



Girls' JV Basketball see pages 92-95 for complete coverage
First Row: Miranda Mallory, Jessica Lachowicz, Emonee Hale, Ebony Hale, Analea Angel and Jennifer Hartman. **Second Row:** Tierra Cox, Emily Chapman, Alexa Vaughan, Abbey Parker, Ada Welford and Manager Brooke Smith.

scores (us-them)	
William Byrd	33 23
Northside	23 39
Floyd	31 43
William Byrd	34 18
Northside	30 42
Craig County	55 23
Craig County	45 15
Patrick Henry	47 32
Heritage	48 38
Pulaski County	44 19
Salem	19 58
Blacksburg	18 28
Christiansburg	36 18
Salem	17 36
Blacksburg	18 28
Christiansburg	36 18
Salem	17 36
Hidden Valley	24 47
Pulaski	34 26
Blacksburg	24 20
Christiansburg	35 17
Hidden Valley	32 49
	12-10



Boys' Varsity Soccer see pages 96-99 for complete coverage
First Row: TJ Vaught, John Eichblatt, Parker Benzie, Trevor Durham, Tyler Bradley, George Funk, Paxton Daniels, Mark Stanstic, Khuslen Ganbayar, Shabi Mustafa and Reilly Graves. **Second Row:** Coach Mr. Brad Collins, Kyle Gunville, Ben Cardenas, Matt Ketterer, Paul Murphy, Adam Sledd, Hunter Hickam, Will Bradley, Alexander Nguyen, Nick Snodgrass and Coach Mr. Donny Smith.



"This season started with [junior] Alexander Nguyen injuring his foot. This incident hurt us a lot at first, since he is out for the season, but we are finding out now that, even though it's a big loss, we'll be okay."
Adam Sledd (9)



Boys' JV Soccer see pages 92-95 for complete coverage
First Row: Andre Nguyen, Aaron Sortore, Ryan Carver, Justin King, Chris Woodrum, Kahl Clary, Zach Kanode, Christian Loop, Bruno Duron and Brandon Brenner. **Second Row:** Rylan Ellexson, Sam Hillyard, Jasen Tran, Stuart Whisnant, Zach Shannon, Mason Reyer, Chase Keister, David Blades, Tom Conroy, Matthew Merhoff and Coach Mr. Eric Messmore.



"I love soccer, especially playing goalie. Our team is fantastic and we all enjoy playing together. One of my best memories was when we played Northside. It was freezing, but we still pulled out the win."
Matthew Merhoff (9)



Girls' Varsity Soccer see pages 96-99 for complete coverage
First Row: Morgan Todd, Lauren Huff, Jessi Slackman, Mercy Plumb, Adair McCabe, Lauren Nepper, Hailey Mitchell, Grace Holley, Bailey Jenkins, Mikayla Tarpy and Missy Mortellaro. **Second Row:** Manager Eliza Gaylord, Coach Mrs. Whitney Huffman, Clair Harkey, Abby Frazier, Meghan Giammona, Erin Smith, Lauren Joiner, Alyssa McKinley, Sarah Lawryszek, Kelsey Johnson, Kayla Huff, Kaitlyn Huff and Coach Ms. Maggie Dent.



"I've never been on a team with such good camaraderie. My teammates are my best friends. Even practice is fun. When we ended in regionals last year we were devastated, so I can't wait to see how far we go this year."
Clair Harkey (11)



Girls' JV Soccer see pages 92-95 for complete coverage
First Row: Maddi Mounsour, Amanda Boris, Laura Cattigan, Laurel Harris, Haley Zielinski, Hannah Mone, Meredith Campbell, Lila Derico, Safa Eltaib, Lydia Hoepfner and Alina Lemire. **Second Row:** Alex Foutz, Tessa Muzzy, Logan Skaff, Elise Jarema, Emily Chapman, Coach Mr. Scott Jenkins, Jessica Lakwitz, Sasha Lemire, Sara Brunstetter and Kenzie Duncan.



"I love being the goalie because you have a lot to do and you're the last defender before the goal. Our team is strong and we have a lot of potential to do well. If we keep the hard work up, we should have a very good season."
Alina Lemire (9)



Varsity Baseball see pages 96-99 for complete coverage
First Row: Cole Flora, Tripp Beheler, Alex Emery, Grant Snyder, Clayton Benton, Griffin Stanley, Terrell Simons and JT Roberts. **Second Row:** John Edwards, Will Kidwell, Adam Cox, Brett Myers, Jordan Bryant, Sean Easley, Jake Schuyler, Kendall Ayers and Ryan Flora.



"If we put it all together then we'll be great out on the field. I really love my teammates because we always show a lot of heart on the field."
Jake Schuyler (12)



JV Baseball see pages 92-95 for complete coverage
First Row: Matt Gliniecki, Justin Larkin, Brandon Hatcher, Joe Lankford, Kodi McIlwraith, Daniel Hartman and Steven Cacciatore. **Second Row:** Nelson Stanley, Hunter Richards, Jordan Stovall, Jordan Doyle, Sam Walker, Jake Furrow, Chase Cundiff, Adam Huffman and Robert Milby.



"As a team, we are learning to work together. Working together as a team has made us much better; this is probably the closest team I've ever played with. Our coaches teach us new skills every day."
Daniel Hartman (9)



Varsity Softball see pages 96-99 for complete coverage
First Row: Lauren Roach, Victoria Muncy, Madi Billings, Cortney Cooper and Amanda Simmons. **Second Row:** Kayla Lester, Pami White, Hailey Sitze, Taylor Asimakopoulos, Caitlyn Williams and Abigail Beatty. **Third Row:** Coach Mr. Scott Hodges, Coach Mr. Scott Sharp, Jordan Clifton, Cassi Parulis, Alayna Francis, Kylie Kent, Coach Mrs. Kelsey Bradshaw and Coach Mr. Nick Sharp.



"I'm going to miss playing with this team when I graduate. Our team chemistry is very strong, and I have loved playing with all of these girls. I can say I wouldn't trade them for any other team."
Lauren Roach (12)



JV Softball see pages 92-95 for complete coverage
First Row: Molly Kwitny, Kristen Bradshaw, Caitlin Murphy, Kinsey Overfelt and Analea Angel. **Second Row:** Casey Shepard, Jasmine Brickey, Morgan Leftwich and Julie Dalton. **Third Row:** Coach Mr. Dennis Leftwich, Coach Mr. Doug Shepard, Alayna Foutz, Claire Overstreet, Lily Mitchell, Bailey Bushman and Coach Mr. Jim Bradshaw.



"My cousin Bailey Bushman and I played teeball together and now play on this team. My grandma says this makes it easier to see our games, especially since our other cousin JT Roberts is across the field playing baseball."
Julie Dalton (9)



Boys' Outdoor Track see pages 96-99 for complete coverage
First Row: Ryan Iler, Josh Smith, Kyle Curtis, Patrick Truskey, John Wiggins, Hunter Mollica, Nick Colozza and Matthew Stiles. **Second Row:** Tristan Chambers, Austin Steinhafel, Jaret Lipps, Thomas Bradley, Kemper Scott, Matthew Phlegar and Cody Burchett. **Third Row:** Austin Beeker, Tyler Hazelwood, John Roach, Michael Chang, Dan Seymour, John Vitello and Kyle Timmermann.



"I compete in the discus and shot put, which I like a lot more than any events with running. With discus and shot, you have to focus way more on technique. I enjoy that technical aspect of the two events."
Kyle Curtis (11)



Girls' Outdoor Track see pages 96-99 for complete coverage
First Row: Erin Martin, Marta Timmermann, Imani Sowell, Kendall Scott, Kerri Dalton and Sandy Chang. **Second Row:** Olivia Nepper, Emily Fulton, Lauren Austin, Katie Fortner, Maeve Sedivy, Ashley Phillips and Taylor Alouf. **Third Row:** Katarina Martin, Casey Milan, Madeleine Lawson, Autumn Mehta, Riley Curtis and Mikayla Smith.



"A lot of people don't like running, but it's good way to stay in shape. I compete in a lot of events, but the 4x400 is my favorite because four people get to work together to be number one, and I enjoy the intensity of the sprint."
Erin Martin (11)



Boys' Tennis see pages 96-99 for complete coverage
First Row: Tristan Witham, Jordan Stafford, Nolan Webb, Tyler McLeod and Binuk Samarasinghe. **Second Row:** Coach Mr. Ross Harvey, Evan Gill, Smit Patel, Elijah Hager, Aaron DeVera, Matt Gladfelter, Chris Dickenson and Eric Culbertson.



"We have a pretty decent following at our matches, which are played right here at school. I enjoy playing because I get to be with people I like, and it's fun. Right now I'm ranked third overall on the team."
Evan Gill (12)




Girls' Tennis see pages 96-99 for complete coverage
First Row: Ebony Ruffin, Lauren Fariss and Taylor Jones. **Second Row:** Ebony Ruffin, Christy Goldsmith, Veronica Hamilton, Fallon Delp, Kelsey Dickerson and Coach Mrs. Susan Delp.



"Anyone who has a passion for the sport will tell you there's nothing better than playing the game you love. The only thing that tops it is playing the game you love with the team you love."
Lauren Fariss (12)



Lacrosse see pages 90-91 for complete coverage
First Row: Luke Kelley, Chris Weston, Darian Goodrich, Davis Perkins, Grant Patteson, Tanner Whitesoll, Charlie Seymour, Davis Call, Brendan Gallagher and Mason Lowen. **Second Row:** Cameron Kenny, Josh Reiter, Jonah Meck, Johnny Mead, Spencer Smith, Baker Haviland, Jackson Nye, Justin Alouf, John Webb and Drew Jacobson. **Third Row:** Coach Mr. Thomas Chandler, Coach Mr. Timmy Roberts, Coach Mr. Jason Dowdy, Dillon Lucan, Bren Huggins, Griffin Ferguson, Jackson Doyle, Bailey Micklem, Matt Reiter, Nick Bondurant, Jack Woody, Thomas Kidd, Luke Morgan, Joey Caplinger, Alex Line, Colby Loftus, Michael Christley, Tanner Tamaro, Coach Mr. Duane Parker, Matt Webb, Coach Mr. Tom Dowdy and Coach Mr. Byron Dowdy.



"Lacrosse is a very hype sport. It's very fast and a great game to watch. I would hope to see it come into the high school as a varsity sport some time in the near future. Thank you to all the people who supported us this year."
Matt Reiter (12)



Marching Band see pages 68-71 for complete coverage
Drum Majors: Nathan Axe and Emily Chrisman. **Featured Twirler:** McKenna Luzynski. **Color Guard:** Molly Derryberry, Breana Johns, Michelle Justice, Roshni Lalchandani, Katie Miller, Nicole Oakley, McKenzie Prillaman, Allison Resse, Christley Richardson and Cassidy Rimer. **Drumline:** Sean Arthur, Adam Bishop, Cole Bunn, Aaron DeVera, Drew Maczugowski, Kevin Moody, Jayden Olsen, Tim Rindorf and Joseph Wells. **Low Brass:** Drew Bond, Jordan Clingenpeel, Andrew Farley, Joe Lankford, Errol Lim, Christian Loop, Josie Perrin, Jason Quakenbush and Cassie Witten. **Clarinets:** Sarah Clark, Erin Harris, Madeleine Lawson, Khaila Mickens, Haille Peterson, Kyle Reoch, Britany Spicer and Alicia Zhang. **Trumpets:** Allen Britt, Tom Conroy, Jennifer Elig, Caleb Fisher, Josh Key, Matthew McGarry, Claire Overstreet, Emma Pendleton and Adam Sulkin. **Saxophones:** Nicholas Axt, Julianna Crouse, Caleb Hadfield, Kristina Hale, Lauren Hirsch, Ryan Iler, Daniel McGee, Jordan Mehta, Lucas Kozinski and Zach Williamson. **Flutes:** Emily Hadfield, Sydney Spar and Tori Thomas. **Piccillos:** Hannah Jackson and Megan Pasquarell. **Mellophones:** Josh DeFalco, Veronica Hamilton, Jonathan Ribbe and Jacob Spire. **Pit:** Stephen Allen, Samantha Casuway, DeAndre Grieshaber, Ben Roberts and Nick Spicer.

Bassett High School: Drums Along the Blue Ridge	Lord Botetourt Cavalier Classic
For Class AA	Class AAA
General Effect: Second	Rating: Superior
Percussion: First	General Effect: Second
Color Guard: First	Marching: Third
Visual: Second	Music: Second
Music: First	Percussion: First
Overall: Second	Color Guard: Second
Finals: 5th	Drum Majors: Third
	Overall: Third
	Finals: 5th



Yearbook

First Row: Adviser Mrs. Chrystal Shawn, McKenzie Prillaman, Ana Silva and Sarah Smith. **Second Row:** Melody Austin, Patrick Sims, Molly Kwitney, Miranda Mallory and Ian Hall.



"It may seem like yearbook just consists of compiling photos and captions, but it's so much more than that. I had a hand in documenting memories, making our own little history. I was able to partake in something sentimentally valuable to hundreds of people and learn something about each and every one of them along the way."

McKenzie Prillaman, 12



Latin Club

First Row: McKenzie Prillaman, Tara Wells, Ana Silva, Josh Zayas, Katie Farley, Katie Fortner and Steve Kim. **Second Row:** Adam Foutz, Roshni Lachandani, Kendall Scott, Alayna Foutz, Bren Huggins, Weston Dean, Mason Early and Zach Williamson. **Third Row:** Drew MacZugowski, Kemper Scott, John Ferguson, James Cole, Eric Culbertson, Drew Board and James Rudder.



National Latin Honor Society

First Row: McKenzie Prillaman, Tarah Wells, Anna Silva, Eliza Gaylord, Adair McCabe and Hailey Fitzwater. **Second Row:** Emily Drinkwater, Olivia Allen, Ryan Flora, Nicole Podlecki, Katie Fortner, David Morrow and Steve Kim. **Third Row:** James Cole, Eric Culbertson, Drew Board, Mason Early, Weston Dean and Adam Foutz.



BETA Club

First Row: Hailey Hamilton, Smit Patel, Rebecca Leivy, Eliza Gaylord, Adair McCabe, Paige Thompson, CJ Hilliard, Errol Lim, Kenneth Tryal, Emily Chrisman, Maddie Burton, Lauren Butler and McKenzie Prillaman. **Second Row:** Julia Lowen, Bailey Jenkins, Hailey Fitzwater, Emily Drinkwater, Maddie Billings, Andie Vankerkove, Maya Azar, Ryan Flora, Calyton Benton, Lauren Fariss, Tori Thomas and Olivia Allen. **Third Row:** Jennifer Vigh, Michelle Justice, Marvi Ali, Ebony Ruffin, Taylor Jones, Caroline Whisnant, Adam Foutz, Tanner Tamaro, Zach Leet, Adam Bishop, Mohammed Azzam and Erin Holsinger. **Fourth Row:** Lauren Chapman, Brad Tomlinson, Connor Baker, Luke Morgan, Michael Colazza, Dylan Brucki, John Vitello, Cody Burchett, Grace Cates and Jared Adams.



Drama Club

First Row: Name Name, Tiffany Shelton, Joey Shelton and Amanda Levy. **Second Row:** Sydney Breiner, Kim Whiteker, Lauren Chapman, Maddie Lerch and Jessie Dwyer. **Third Row:** Claudia Anderson, Caroline Whisnant, Mason Early, Ben Roberts, Grace Cates, Hannah Ruth Wellons and Adviser Dr. Matt Neale.



DECA

First Row: Megan Board, Kelsey Dickerson, Kayla Lester and Lauren Nepper. **Second Row:** Jordan Clifton, Heather Martin, Savannah Overton, Adair McCabe and Veronica Turcios. **Third Row:** Brandon Williams, Tripp Beheler, Luke Morgan, Franky Perry, Lillian Darsit and Ashely Wagner.



Prevention Club

First Row: Marsha Line, Anthony Nichols and Caroline Loughlin. **Second Row:** Ebony Ruffin, Taylor Jones, Maya Azar and Grayson Wade. **Third Row:** Jessie Dwyer, Officer Martin Louthain and Nick D'Alelio.

"Prevention Club has really taken off this year. There are many seniors who try to serve as positive role models to the underclassmen. We discuss ways to help students, not only in our school, but our community as well, to stay safe and drug free. Our main goal is to show students that we can have just as much fun as anyone else without using any type of drug."

Taylor Jones, 12



Science Fiction Club

First Row: Olivia Allen, Emily Chrisman, Ana Silva, McKenzie Prilliam and Juliet Fueglin. **Second Row:** Zach Williamson, Maddie Lurch, Caroline Whisnant, Olivia Cameron, Brenna Johns and Drew MacZugowski. **Third Row:** Adam Foutz, Kenneth Tryal, Colin Rooney, Bryan Kolosvary, Josh Zayas, Drew MacZugowski and Bren Huggins.



Fellowship of Christian Athletes

First Row: Kinjal Patel, Stephanie Weisberg, Melissa Mortellero, Mercy Plumb, Laurel Harris, Sam Casaway and Christy Goldsmith. **Second Row:** Maddi Monsour, Cortney Cooper, Amanda Simmons, Lauren Nepper, Jessie Slakman, Taylor Jones, Allison Kelley and Olivia Nepper. **Third Row:** Emily Fulton, Katie Fortner, Alayna Foutz, Kendall Scott, Weston Dean, Cait Flippen, Chris Weston and Justin Larkin. **Fourth Row:** Adviser Mr. Alan Moore, Zach Shannon, Shannon Holsinger, Lauren Slough, Piper Roe, Kemper Scott and Adviser Mr. Ryan Poff.



Film Club

First Row: Errol Lim, Kinjal Patel, Mercy Plumb, Josie Perrin and Casie Whitten. **Second Row:** Aaron DeVera, Tessa Klimitis, Sydney McTigue and Andrew Farley. **Third Row:** Allison Kelly, Joey Lankford, Garret Name and Chandler McGraw.



"In Film Club, we all get together on every other Wednesday and watch movies. We meet in Mr. Saul's room at 6:00, after most sports are done. Everybody brings food to share. We usually watch eclectic movies or movies you wouldn't normally see. We always see something worth talking about. Our club isn't formal. You can join at any time."

Josie Perrin, 10



French Club

First Row: Alicia Zheng, Sarah Clark, Josie Perrin, Maeve Sedivy, Kylie Rudder, Sidney McTige and Natalie Horn. **Second Row:** Deena Habazi, Jayden Olsen, Peter Ayers, Katie Farley, Juliana Name, Cassie Witten, Marvi Ali and Hollie Ferguson. **Third Row:** Hannah Ruth Wellons, Sloane Champney, Lauren Hirsch, Emily Hadfield, Mallory Orr, Veronica Hamilton, Allison Kelly, Rebekah Wellons, Andrew Farley and Brittany Witham.



National French Honor Society

First Row: Peter Ayers, Katie Farley, Marvi Ali, Emily Chrisman and Kylie Rudder. **Second Row:** Deena Habazi, Maddie Burton, Lauren Butler, Colleen Truskey, Hannah Ruth Wellons and Tori Thomas.



Future Business Leaders of America

First Row: Rhea Rupert, Jasmine Brickey, Natalie Horn, Emone Hale and Kristen Bradshaw. **Second Row:** Taylor Jones, Maddi Monsour, Alexa Vaughan, Roshni Lalchandani and Kaitlyn Spangler. **Third Row:** Noah Holland, Carey Johnson, Matt Randolph, Jack Woody, Grant Patterson, Ransom Sweeney and Remington Jones.



FCCLA

First Row: Lauren Tomlinson, Jasmine Brickey, Brooke Smith, Jackie Wells and Lauren Huff. **Second Row:** Alyssa McKinley, Rachel Ramsey, Amelia Havens, Michelle Justice, Lauren Lichenstein and Sarah Smith. **Third Row:** Davis Fore, Emily Fulton, Kelly Alkoke, Kylie Kent and Austin Beecher.



Two Hearts Foundation

First Row: Amanda Boris Meagan McLeod, Eliza Gaylor, Amy Reilly, Isabelle La May, Lauren Roach, Laurel Harris, Paige Thompson, Adair McCabe and Sandy Chang. **Second Row:** Maddi Monsour, Sarah Lowen, Olivia Nepper, Christy Goldsmith, Jacki Bryant, Mary Beth Baltzer, Marta Timmerman, Annice Link, Meghan Giammona and Hope Sitze. **Third Row:** Shannon Holsinger, Fallon Delp, Annalea Angel, Cait Flippen, Roshni Lalchandani, Alayna Foutz, Logan Skaff and Meagan Harrison. **Fourth row:** Olivia Sass, Piper Roe and Erin Holsinger.



"Seniors Carly Broome, Jaki Bryant, Erin Holsinger and myself founded The Two Hearts Foundation. The purpose of this foundation to to bring freshmen and senior girls together. The group works together in various community service projects around the Roanoke Valley while getting to know one another and helping each other."
Amy Reilly, 12



Knight News

First Row: Patrick Sims, Noah Wells, Amy Huff, Bailey Jenkins and Grace Holley. **Second Row:** Erin Holsinger, Hailey Fitzwater, Annice Link and Brandon Krapa. **Third Row:** Adviser Mr. Edward Spruell, Carey Johnson, Jackson Doyle, Terrell Simmons and Riley Graves.



Knight Notes

First Row: Danielle Elegy, Juliet Fueglin and Olivia Cameron. **Second Row:** Gensis Price and Hannah Jackson. **Third Row:** Emily Chrisman, Maddie Lurch and McKenzie Prillaman.



Pep Club

First Row: Emily Sharp, Amanda Levy, Rachel Baker, Ashley Wagner, Sam Malloy and Brooke Name. **Second Row:** Lauren Joyner, Annice Link, Molly Derryberry, Amy Reilly, Jennifer Hartman, Hope Sitze and Lauren Nepper. **Third Row:** Cait Flippen, Roshni Lalchandani, Logan Skaff, Alayna Foutz, Colin Harris, Allison Kelly, Olivia Nepper and Hailey Sitze.



Key Club

First Row: Jessie Slakman, Eliza Gaylord, Bailey Jenkins, Annice Link, Amy Reilly, Jessie Hart, Paige Thompson, Amanda Boris, Caroline Laughton, Rebecca Levy, Adair McCabe, Sandy Chang and Kinjal Patel. **Second Row:** Olivia Nepper, Andie Van Kerckhove, Hailey Fitzwater, Cait Flippen, Alyssa McKinley, Sarah Lowen, Annalee Shuck, Kaitlyn Williams, Taylor Alouf, Molly Derryberry, Meagan McLeod, Hailey Hamilton, Lauren Joyner and Madison Billings. **Third Row:** Will Bradley, Hunter Hickam, Jake Schuyler, Julia Lowen, Erin Holsinger, Heather Martin, Roshni Lalchandani, Alyana Foutz, Cole Flora, Brad Tomlinson, Ryan Flora and Smit Patel.



Art Club & National Art Honor Society

First Row: Gillian Horn, Lina Habazi, Caroline Whisnant, Rabiya Asim and Emily Sharp.
Second Row: Lydia Hoepfner, Olivia Allen, Nick D'Alelio, Colin Harris and Taylor Agee.



Math Club

First Row: McKenzie Prillaman, Maddie Burton and Marvi Ali. **Second Row:** Marsha Line, Siteng Zhang, Steve Kim and Alex Hernandez. **Third Row:** Adam Foutz, Drew Board, Matt Gladfelter, Eric Colbertson and Colin Rooney.



SCA

First Row: Mercy Plumb, Safa Eltaib, Adair McCabe, Missy Mortellero, Sandy Chang, Kinjal Patel. **Second Row:** Adviser Mrs. Margaret Taylor, Alayna Francis, Smit Patel, Eliza Gaylord, Grace Holley and Caroline Laughton. **Third Row:** Hailey Fitzwater, Nolan Web, Connor Baker, Sarah Lawryszek, and Katie Fortner.



National Spanish Honor Society

First Row: Brianna Agee, Emma Coogan, Errol Lim, Megan Pesquera, Sandy Chang, Stephanie Weisberg and Mckenna Luzynski. **Second Row:** Parker Benzie, Alexander Nguyen, Lauren Farris, Ebony Ruffin, Haley Mitchell, Heather Vandergriff, Tori Thomas and Taylor Jones. **Third Row:** Hannah Name, Maya Azar, Caroline Whisnant, Remington Jones, John Vitello, Ben Cardenas, Connor Baker and Sarah Lawryszek.



Spanish Club

First Row: Gillian Horn, Taylor Agee, Megan Pasquerli, Lydia Heppner and Lauren Tomilson. **Second Row:** Jessi Hart, Paige Thompson, Jennifer Hartman and Emily Sharp. **Third Row:** Haley Mitchell, Matt Gladfelter, Brad Tomlinson, Seth Weston and Griffon Nelson.



Forensics

First Row: Lydia Heppner, Rebekah Wellons and Lauren Chapman. **Second Row:** Alayna Francis and Amanda Levy.



Debate Team

First Row: Mick Murphy, Coleen Truskey, Marvi Ali and Lidya Tadesse. **Second Row:** Rebekah Wellons and Lydia Hoepfner.



Academic Team

First Row: Rachel Powell, Eleah Ruffin, Michael Chang, Coleen Truskey and Maddie Burton. **Second Row:** Ethan Heppner, Jordan Clingingpeel, Haley Reed, Taylor Powell, Nathon Rose and Madeliene Lawson. **Third Row:** Tom Conroy, Steve Kim, Roshni Lalchandani, Adam Foutz and Josh Key. **Fourth Row:** Eric Culbertson, James Cole, Binuk Samarasinghe, Colin Rooney, James Rudden and Brett Smith.



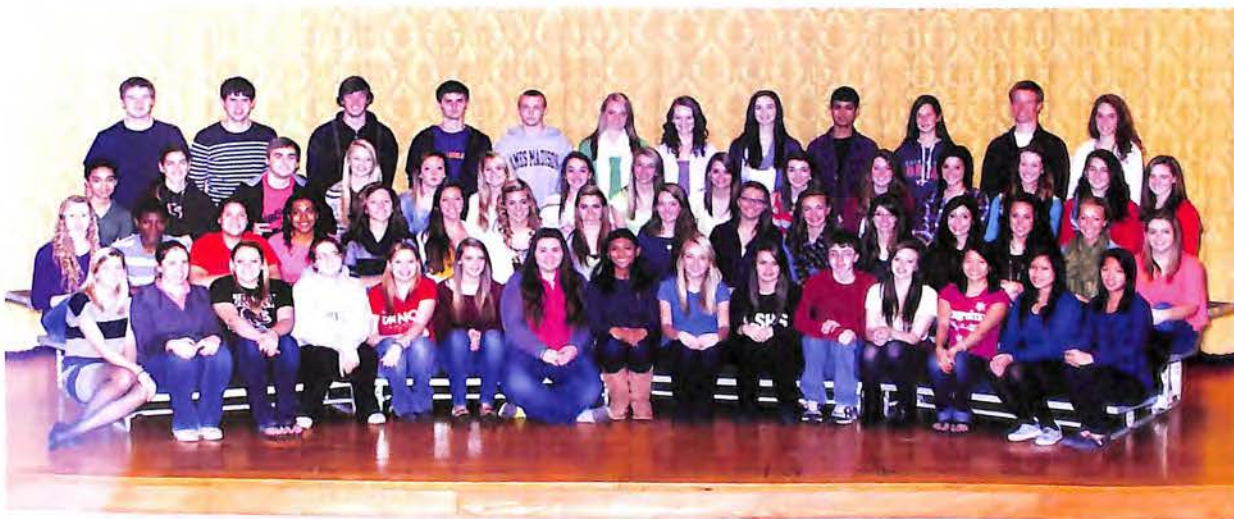
Newspaper

First Row: Adviser Mrs. Chrystal Shawn, JT Roberts, Amy Reilly, Paige Thompson, Meagan McLeod, Kendall Scott and Lauren Fariss. **Second Row:** Roshni Lalchandani, Maddi Monsour, Mehgan Giammona, Kayla Lester, Erin Martin, Noah Wells, Kaity Demuth, Julie Dalton, Tiffany Shelton and Jasmine Demir.



"My four years on the Knight Letter staff have been a tremendous experience for me. Being on newspaper has helped me realize how important knowing about news and world events are. Newspaper has also helped me produce much more well-written school essays. I've had experiences in newspaper that created memories I will be sure to keep forever."

JT Roberts, 12



Student Helpers

First Row: Amy Reilly, Jessi Hart, Paige Thompson, Ashley Wagner, Lauren Tomilson, Lauren Litchenstien, Sammie Cassuaway, Elise Jarema, Emma Cass, Grant Name, Brianna Agee, Grant Culbertson, Kenzie Prillman and Sandy Chang. **Second Row:** Heather Vandergrift, Olivia Nepper, Taylor Jones, Jessi Slackman, Lauren Nepper, Erin Martin, Emily Clark, Maddie Burton, Kayla Boris, Logan Skaff, Tori Thomas, Mary Beth Ballzen, Marta Timmerman and Amanda Simmons. **Third Row:** Jordan Clifton, Ryan Flor, Carli Evans, Ramie O'Brayn, Taylor Duncan, Natalie Hamilton, Taylor Billings, Amber Robinson, Julia Weston, Caitlyn Williams, Mehgan Giammona, Taylor Kasse, Emily Fulton and Hailey Bivens. **Fourth Row:** Brett Meyers, Matt Gladfeller, Cody Caldwell, Tyler McLeod, Chad Britan, Ashley Phillips, Heather Martin, Cait Flippen, Colin Rooney, Kylie Kent, Alex Line and Sarah Lawryszek.



CONGRATULATIONS
TO ALL THE SENIORS
IN THE CSHS BAND
PROGRAM FROM THE
CSHS BOOSTERS

Lauren Fariss



*Lauren...
Growing up is hard to do,
and you have done it beautifully.*

*Love,
Dad and Mom*



Marta Timmerman



*Marta,
Great things are ahead for you.
Take the road less traveled.*

You've already made us proud.

*Love you,
Mom, Dad, Ellie & Kyle*

Jenna Jones



Jenna,

We are so proud of the beautiful young woman you have become!

Congratulations on your graduation

Reach for the stars!!

We love you,

Mom, Dad, Greg, Andrew & Andrea

Roman Bittinger



Roman,

From your first day at Bent Mountain Elementary School to your last day at Cave Spring High School, you have worked hard and accomplished much.

Congratulations!

Love,

Mom & Dad

ERIKA DURRANCE



You have filled our hearts with happiness since the day you were born. Follow your dreams and always live the life you love.

"With God all things are possible." Matthew 19:26

We love you!

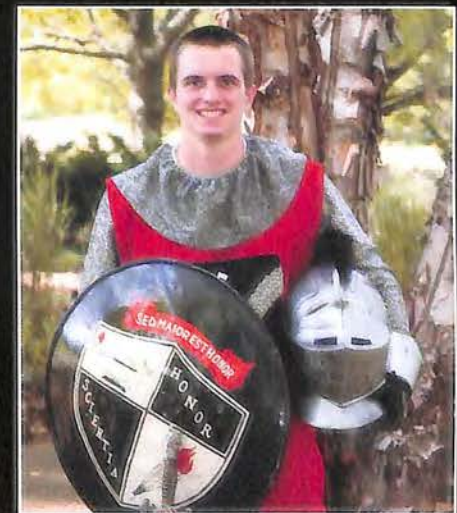
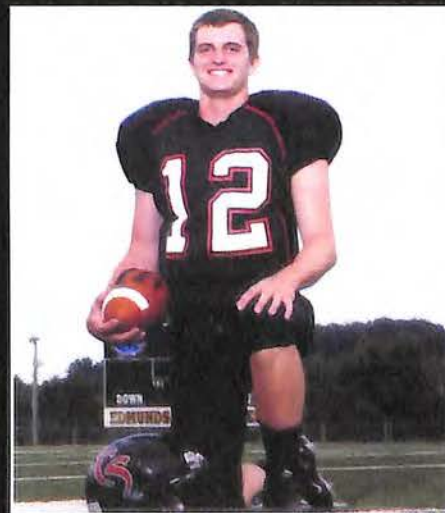
Mom & Dad

CONNOR BAKER

We are so proud of all your accomplishments! Thanks for giving us 18 wonderful years. We know you have many great years ahead.

Love,

Mom, Dad & Lauren



Ebony Ruffin

The Lord has blessed you with so many gifts and talents. We are amazed at how He has used you to be a light to all around you. We are so proud of you and all your achievements. Congratulations! We know you will fulfill your dreams in college and ministry.

*Love you dearly,
Dad, Mom, Eleah and Elijah*



Caroline Whisnant

We know that you have great things in your future!

We love you,

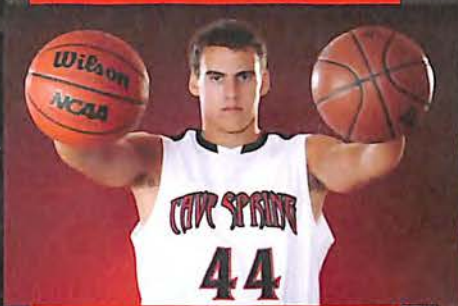
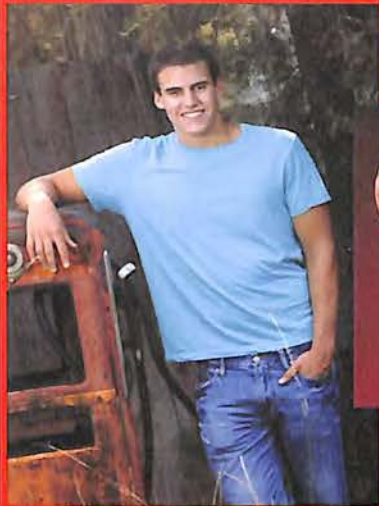
Mom, Dad, Marion and Stuart

*"In thy face I see the map of honor, truth
and loyalty."*

- William Shakespeare



Michael Colozza



Michael,

We are so proud of the young man you have become and all that you have accomplished. We know a very bright future awaits you.

We love you!

Mom, Dad, Nick & Matthew

Lauren Roach



We are so proud of you. We are excited to see what lies ahead for you. May all your hopes and dreams come true!

Congratulations!

We Love you!

Dad, Mom and Jon

Jessie Dwyer



Jessie,
From the first day of kindergarten when we cried as the bus pulled away until today, you have always made us proud.

We are blessed to be your parents and are excited to see the wonderful young woman you

are becoming!

Set the world on fire!

"Long Live..."

We love you,
Mom and Dad

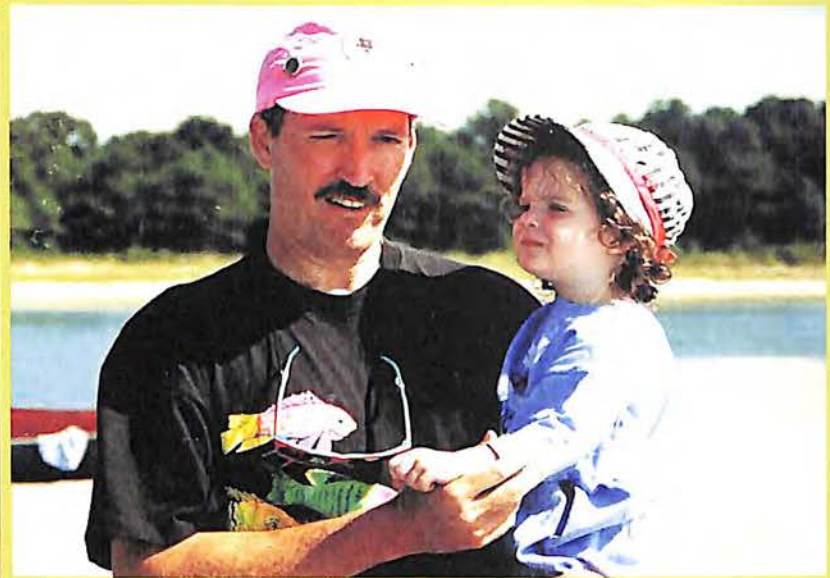


Amy Reilly



Amy,

We love you. Thanks for always being a wonderful daughter. We are so proud of you! remember to enjoy life and laugh often.



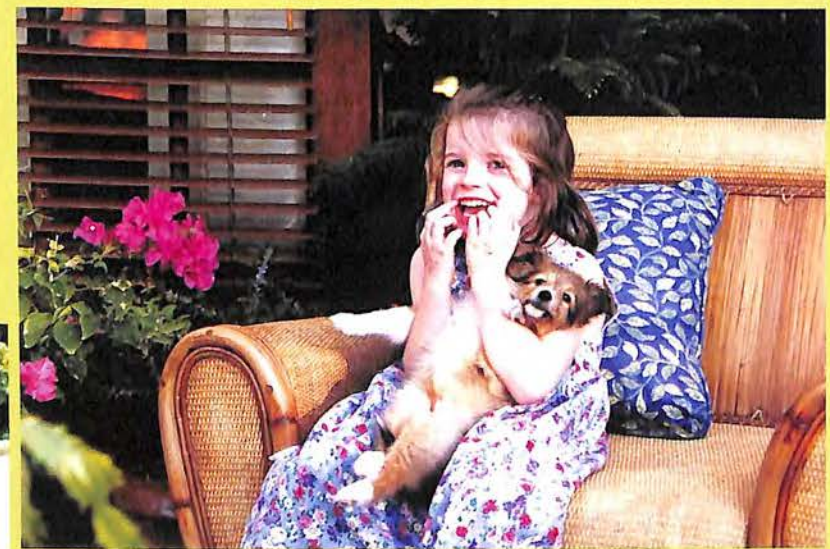
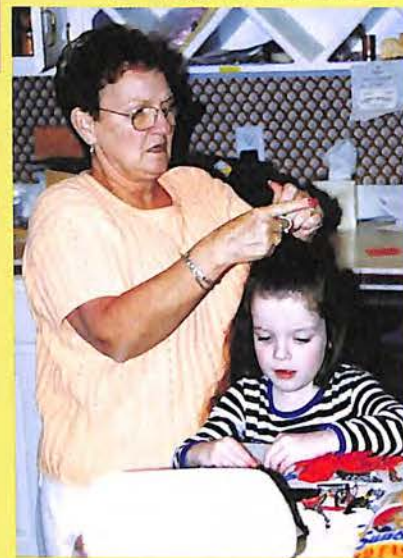
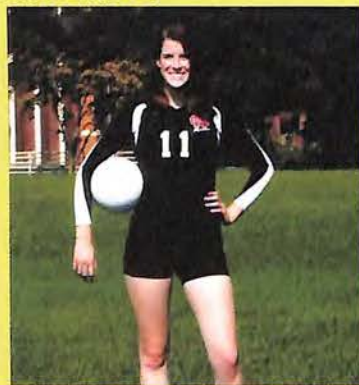
Grace Cates

Grace,

You are a joy in our lives! You have grown into a beautiful young woman with a kind heart, a keen intellect, and with a bright future ahead!

We are proud of you and we love you very much.

Love,
Mom, Dad and Joan



We have watched you grow into a strong, confident young lady with a good heart. Always maintain your positive attitude and contagious laugh as you continue your journey in life. We are so proud of you and all your achievements and will continue to support you as you pursue your dreams.

We love you so much,
Mom, Dad and Tyler

Meagan McLeod



Hailey Fitzwater



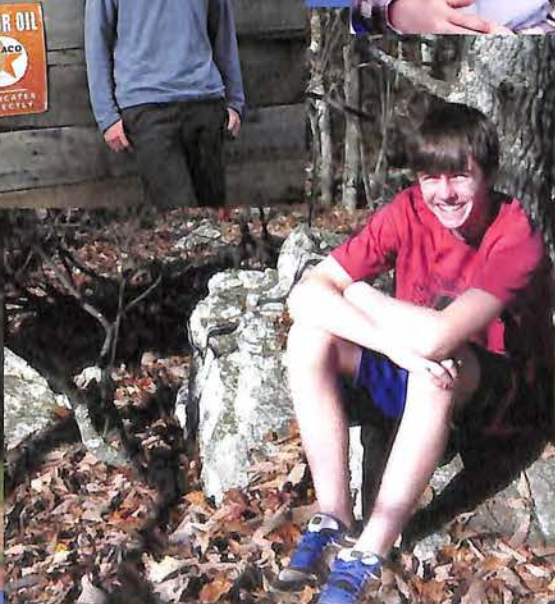
"Here is the world. Beautiful and terrible things will happen. Don't be afraid, for you can kiss your family and friends good-bye and put miles between you but at the same time you carry them with you in your heart, your mind, your stomach, because you do not just live in the world but a world lives in you."

-Frederick Buechner

We love you and are so proud of you Hailey!

Mom, Dad & Kinsey
Mimi & Papa

JAKE SCHUYLER



Jake,

Well, here we are, your senior year, and we are so proud of everything you have done. We watched you grow up into a kind, compassionate, funny and caring young man who will do great things in his life. The whole family congratulates you on all of your accomplishments, and we know there are more to come. We love you and wish you all the best for the future.

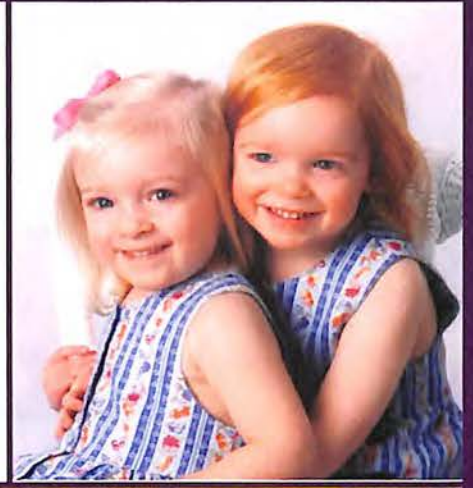
Love,
Mom & Dad



Lauren,

From being captivated by the lights at your first ballet recital to finding the courage to make your first walk onto the Jefferson Center stage, we love your passion for life. With your love of language, academic drive, and sense of humor, we are so proud of you. Keep reaching for your dreams!

Love, Mom & Dad



Kathryn,

From Legos and origami to science fairs and Gov School, from tiny tutus and mouse costumes to Joffrey intensives and Clara, we love your determination and grace. With your inquisitive mind, love of life, and infectious laugh, we are so proud of you. Keep reaching for your dreams!

Love, Mom & Dad



Congratulations to the
KNIGHT LETTER
senior staffers:

Lauren Fariss
Meagan McLeod
Amy Reilly
JT Roberts
Lauren Roach
Kendall Scott
Erin Smith
Paige Thompson

Class of 2013

Grace Holley

"If you dream it, you can do it." -Walt Disney
May all your dreams come true.

Love,
Mom, Dad, Graham, Bennett and Jack



We are extremely proud of you and wish you the very best in your future!

Love,
Grandma & Papaw

Alyssa

No one can predict the height you
can soar. Even you will not know until
you spread your wings.
(Author unknown)

We are so proud of you and all your
accomplishments and we are excited to
see what the future has in store for you.
We know you will do great things!

Love,
Mom, Dad, Omi, Opi, Grammy & Boo

McKinley



Isabel Le May



*Congratulations,
Isabel! We are proud
of you and love you!
Love,
Your Family*

Nicole Podlecki

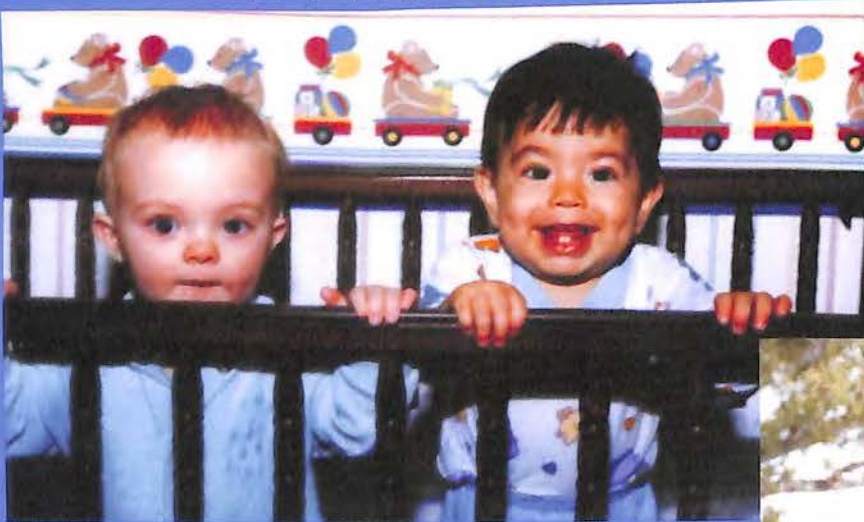
*Life is not measured by the
number of breaths we take,
but by the moments that take
our breath away.*

*You is kind, you is smart,
you is important.*

*We wish you a lifetime of
genuine love and success.
Mom, Dad and Matthew*

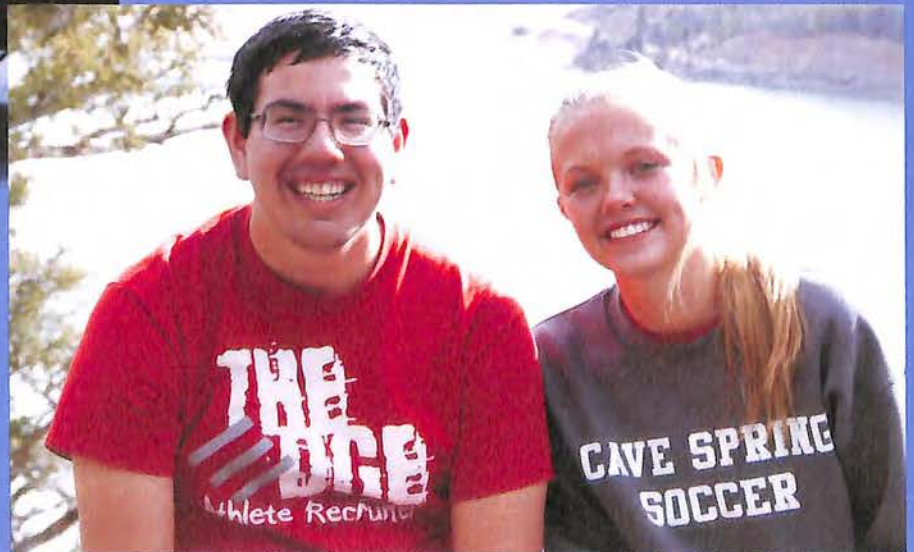


Erin and William Smith



*Look at you now!
We are so very proud of
you both...what fun we
have had!*

*Congratulations!
We proudly await your
next achievement!
Love Mom, Dad
and Spencer*



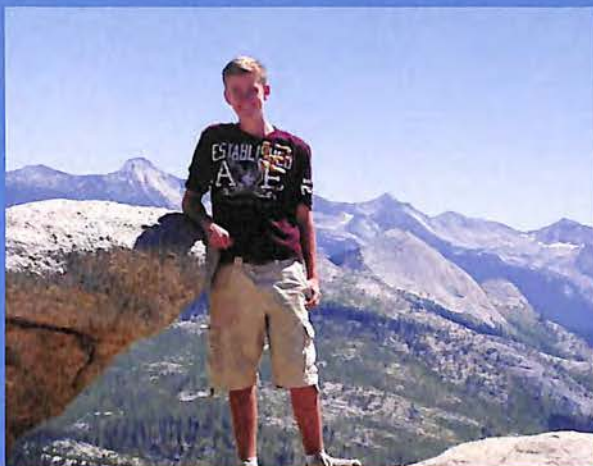
ERIC CULBERTSON



CONGRATLATIONS, ERIC!

WHAT JOY TO WATCH YOUR
SUCCESS. APPRECIATE
EACH MOMENT.

LOVE,
DAD, MOM
AND GRANT



Ana Silva



A minha certeza é que a glória do senhor
resplandecerá em você sempre, vovô
José Carlos.

We knew your potential since you were little.
From Brazil to the US, by the grace of God, we
did it!!!

Your family

Colleen Truskey



Colleen-

We are so very proud of you!

Love always-

Mom, Dad and Patrick

"Be the change you want to see in
this world"- Gandhi



Sarah Beth Penny

Sarah Beth,

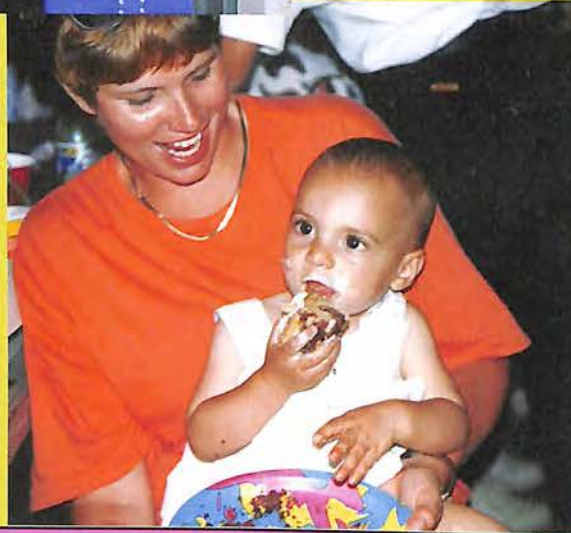
Congratulations!
We are so proud
of you.

Love, Mom, Dad
and Katie

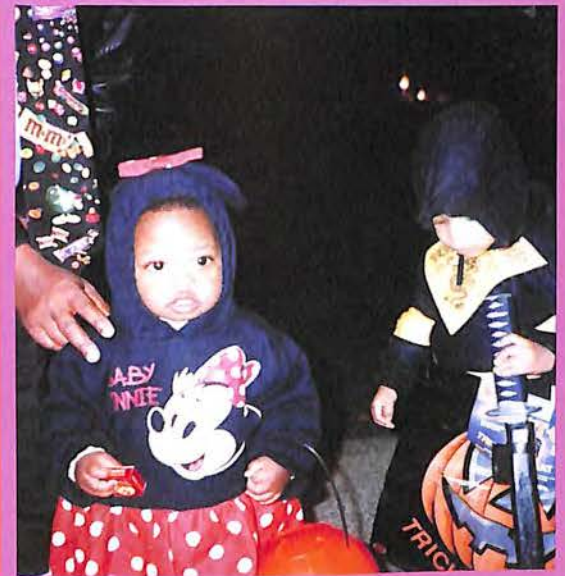
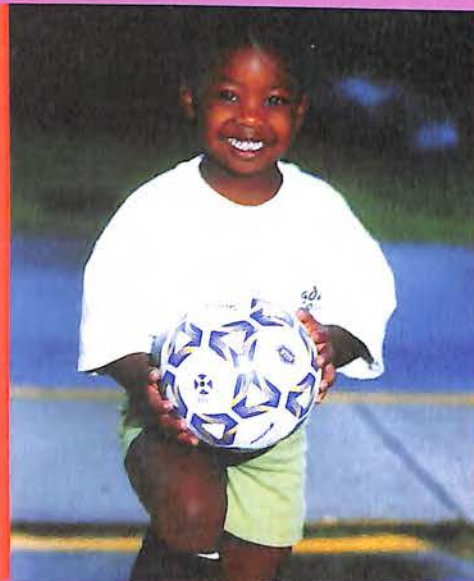
Maya Azar



A lovely daughter, sister, possessed with a beautiful spirit,
You have made us proud.
You have excelled academically and exceeded all of
our expectations.
Success will continue to come to you and with a little effort and
determination, the world will be yours.
May God forever be your guidance.
Love you very much and always will,
Your sister Reema, brother Anthony, Mom and Dad



Imani Sowell



*From our precious, verbose baby girl to the strong minded, determined,
intelligent and beautiful young lady you have become, you will
always be our heart. We are proud of you & will always love you
unconditionally.*

-Dad, Mom, Adrienne & Daniel-



Adair McCabe

Congratulations! You have worked so hard for all of your successes and learned from your setbacks. Continue to be a positive force, a beautiful smile, and an avid learner. You have the power and drive to make your dreams come true. We wish you many blessings as you continue on your life journey.

We are! So blessed!
We are! So proud!
We are! Penn State!



Love you Adair-bear,
Mom and Butch



Congratulations to the
Accolade
senior staffers:

McKenzie Prillaman
Ana Silva
Sarah Smith

Class of 2013



Erin Harris

*Now you're all grown up
and ready for your next
real graduation. Where
did the time go? You
have become a beautiful
young lady inside and
out. We are so proud of
you and love you
very much.
Dad, Mom & Sissy*



Olivia Kiser

*Dear Liv,
You are beautiful,
talented, and our inspiration!
We are so proud of you!
Congratulations!
Mom, Dad & Jack*

*Joy in looking and
comprehending is nature's
most beautiful gift.
-Albert Einstein*

Annice Link



**Annice,
We Wish You the Brightest
Future!**

Love, Dad, Mom & Laurin Ann



Jennifer Vigh



*Jenn,
You have always been &
will be our "Jenny Joy." We
love you & are very proud
of you!*

Mom, Dad & Alex

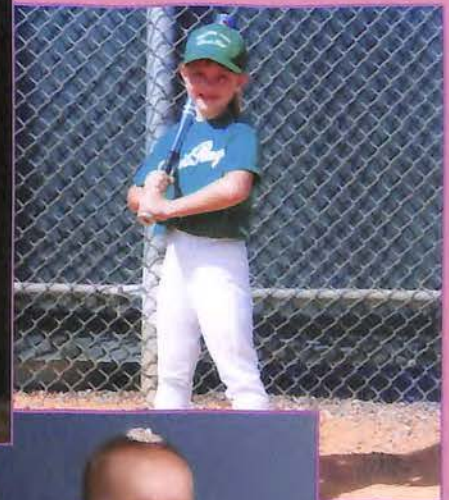
Victoria, you have grown into a very special young lady. What an absolute joy it has been to have you as a daughter. Set your sights high and never take your eye off the goal. Philippians 4:13 says: "I can do all things through Christ, who strengthens me." Keep this with you always and you will be victorious, just as I was when you were born!

*Love you always,
Mom, Sara & Hannah*

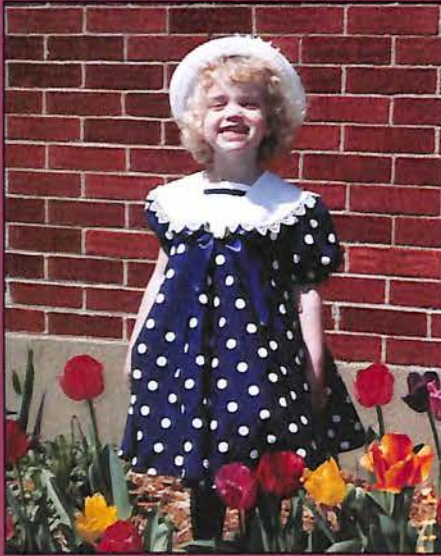
*Victoria, we are so proud of you.
Always remember to keep your eyes on
God and trust your heart.*

*Love,
Dad, Sara & Hannah*

Victoria Muncy



Laura Katie Miller



Congratulations, Laura Katie Miller! We love you and we're so proud!

Mom and Dad

Jeremiah 29:11

Rhea Rupert



*"Shoot for the moon. Even if you miss, you'll land among the stars."
- Les Brown*

"We love you, Rhea!

*Love, Mommy, Heather, Rio, MawMaw
and 'your friend and best buddy' PawPaw.*

Olivia,

Olivia, Congratulations!! Your entire family is exceptionally proud of you and your accomplishments!

Always remember... Your natural ability to be comfortable with yourself positively affects those who are around you. You are and continue to be a source of joy and pride in our lives. Your creativity, hard work and dedication will serve you well in the future.

With love and admiration, Mom and Dad
P.S. L,L,P, BH, & HF



Sister,
I want you to know how much you mean to me. You are the person in this world who I most cherish and admire. I thank GOD every day for giving me such a beautiful, honest, creative, intelligent, funny, and compassionate sister. You are my best friend, my heart, and so much more than this note could ever sum up. I cannot wait until you begin college and find what it is that you love to do! Not only will you be amazing at it, but you will also be able to share your true happiness with others. Your light shines brighter than you could ever imagine. I know.... I have seen it!

Love, Anna





Victoria Thomas

Toxi,

Congratulations!

Your character, commitment and passion has been the inspiration for your many achievements.

Your future holds great opportunities that will create a beautiful life.

As you continue to make a difference in so many lives, know that we are so proud of the amazing young lady you have become.

Love,

Mom, Dad and Alex

CLAYTON
BENTON

Clayton,
Congratulations! We are so proud of all you have accomplished. The future holds great things for you.

Love,
Mom, Dad, Grandpa,
Grandma, Oma and
Rachel



CONGRATULATIONS
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Cortney Cooper



We are so proud of you!
Follow your dreams...
follow your heart...
Love, Mom and Dad

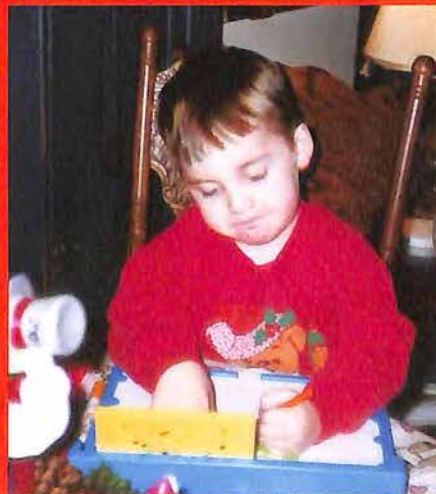
Nick d'Alelio

Dear Nick,

Congratulations! Even though you are the one graduating, you have taught us so much. Your heart and passion for life is as big as the world. Never lose that. We are so proud of you and can't wait to see what you will accomplish next!

Love,

Mom, Dad, Tony, and Joey



Sarah Smith



Congratulations, Sarah! We love you so much and are so proud of the amazing young lady you have become. You are the most incredible daughter and sister ever! Go get your dreams...
Love Daddy, Mommy, Ryan, Eric & Hannah

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



Brittany



McKenzie Prillaman



McKenzie, we are so proud of you! We admire your determined spirit and desire to do and try everything. Your accomplishments and successes have been many and will take you far. Your kindness and sense of fairness is so special. May God keep you in his graces my beautiful daughter. You are my blessing sent from heaven.

Mom and Family



You have always had a sparkle in your eye, innocence and mischievousness bundled into an adorable child. We have watched you grow from that child into a beautiful young lady. Along the way we saw your genuine love of all creatures turn into a passion for horses. We look forward to seeing how you impact the world around you in the years to come. We love you and are very proud of you!

Mom and Dad



Jaki and Jordan Bryant

Jaki and Jordan,

We are so proud of you for all your accomplishments and the caring people that you have turned in to. You have a bond with each other that is very special and you will continue to share that bond even when your lives go in separate directions.

Congratulations to you both and chase your wildest dreams!

We love you,
Mom and Dad



**T
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y**

Madisson Billings



Madisson,
We could not be more proud of the woman you have become. You have faced every challenge with grace and dignity. Thank you for being such an amazing role model in our family. You are such a blessing to all of us. We love you sweetheart!

Mom, Dad, Taylor,
Aubrey and Garrett



WOW!! We are so proud of your willingness to accomplish your first major goal in life. You went from a 20-inch bundle of joy to a whopping 6 foot 3 handsome, determined adult ready to take on the world. We hope that your future goals will continue to be successful through all your life's journeys.

Congratulations!!!!!!

love,

Mom & Dad

JENNY FRANK



Congratulations,
Jenny!

We are so proud of
you!

Lots of love,
Dad, Mommy,
Doug & Papa



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Eliza Gaylord



We are so proud of you,
Liza Bean!

Love,

Mom, Dad and Allie



John Vitello



Hey, John-

The end of the beginning of your life, and the start of the rest. Suddenly, what seemed new will be old, and what the old ones told you will seem new. You'll see what we mean!

We are all so proud of you, and look forward to sharing your successes and seeing what the future holds for you; remember to make it a great life and to enjoy the adventure!

Love you, Son!

Mom & Dad

Mark, Marie & Nora



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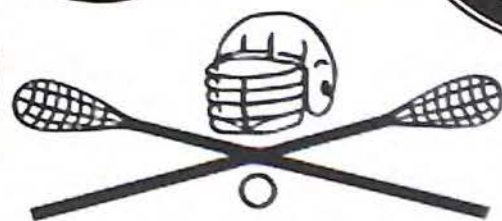
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RED

X ACCOLADE 2013 is a product of the offset lithography process of Herff Jones' Gettysburg, Pennsylvania plant. Mark Plyler provided white glove service (and Twizzlers!) to all 182 of our process color vegetable-based ink pages, which were produced at 175-line screen on a Komori SuperPerfector 10-color press on premium 100-pound matte paper, which contains 10% post-consumer waste. All images passed through Herff Jones' image enhancement process, known as ColorPlus, so all images could be corrected for optimum reproduction. The cover is staff-designed, featuring black silkscreen and foil on FiberMark® Red SilkTouch (in its last application before being discontinued). Endsheets feature a full table of contents and are printed in black and PMS 200 on Harmony endsheet stock ASH HY-4. For those of you who have no idea what that means: Aren't they beautiful? Design, photo, and copy credits appear on the lower left of each spread, opposite the folios on the right. Before this book could be printed, editor McKenzie Prillaman, adviser Mrs. Chrystal Shawn and yearbook consultant/guru/master of the universe (who you tellin?) Steve Kent spent hours trying to develop a concept that really showed how spectacular Cave Spring High School is (without being too obvious and obnoxious about it). Our theme of RED ALL OVER seemed to fit the bill in terms of who Cave Spring is. Competing (and winning) both in and out of school and taking pride in who we are seemed to be two major themes his year, and those themes can be seen in every picture you stare at and in every story you read. Typographically-speaking, we employed two font themes. In the WHAT WE DO section, we used Salvo Serif. In the WE'RE JUST BETTER section, we used Salvo Sans. While all caption and copy packages stayed the same throughout, we enjoyed a juxtaposition of the two Salvos in their respective sections. Unless noted, all photography, graphic design and copy is the work of a seven-member staff using seven Dell workstations running Adobe CS4 software. One Epson Perfection scanner assisted with business and baby ads. Lifetouch Photography in Salem took portraits, club and team photos. Senior Olivia Kiser and TJ Witten (special friend to Cave Spring High School) were very generous in allowing us to feature several of their photographs. Special thanks to Dr. Lorraine Lange, Mr. Steve Spangler, Mrs. Fiona Hill, Mrs. Tracey Lange, Mr. Jon Hartness and Mrs. Connie Alonso-Mosher for supporting the production of this book; and to businesses and parents who purchased advertisements and contributed to the production. © No portion of this book may be duplicated, reproduced or photographed, including educational materials and slideshows, without prior, written consent from the adviser, the copyright holder of this publication.

ALL OVER

McKenzie Prillaman
Editor in Chief



McKenzie, I can't say enough to thank you for all of your hard work. Here's what I can say, though: I think you should change your name to either "Miracle Worker" or "Wonder Woman," whichever you think goes best with "Prillaman." Seriously, you are amazing :) I wish you the absolute best! XOXO, Mrs. Shawn

Molly Kwitny
Freshman Extraordinaire



I loved being in a class with you, especially one as demanding as yearbook. You're so dedicated and hard-working, you always got the job done! I really hope you continue to be a part of the Accolade staff because you're definitely a natural. I know your future high school experiences will be fantastic! -McKenzie

Sarah Smith
"The Handler"



You were an enormous asset to the Accolade team; I still can't believe how quickly you could create spreads and put Patrick and Ian in line! I also loved walking into class and seeing what gorgeous outfit you had on that day. Don't ever forget that you're absolutely amazing! -McKenzie

Ian Hall & Patrick Sims
The Runners



In the beginning, you both were a bit unsure of yourselves and your abilities, but you've come a long way since then (with Sarah's help of course!). I was glad to see you getting work done while still enjoying your time in the classroom. You guys work so well together! -McKenzie

Ana Silva
The Boy Whisperer



You are such a reliable friend, and you were always there for me when I needed you. I think we made a stellar team in the class, especially when we were discussing new ideas. Always remember we "had fun hanging out with friends!" I hope you will be successful and happy in your future! Love ya! -McKenzie

Miranda Mallory
The Singer



You're a very diligent and dependable staff member and always did what anyone asked of you. You were definitely a team player throughout the whole year, and I truly appreciate that. You'll certainly go far as a valued team member, responsible person and a terrific individual! -McKenzie

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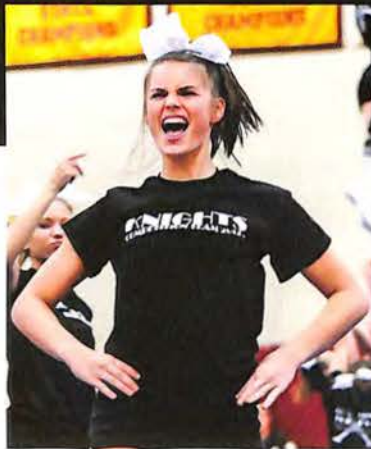
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RAMIE O'BRIEN, TAYLOR DUNCAN,
AMY REILLY AND MEAGAN
MCCLEOD WORE IT PROUDLY.

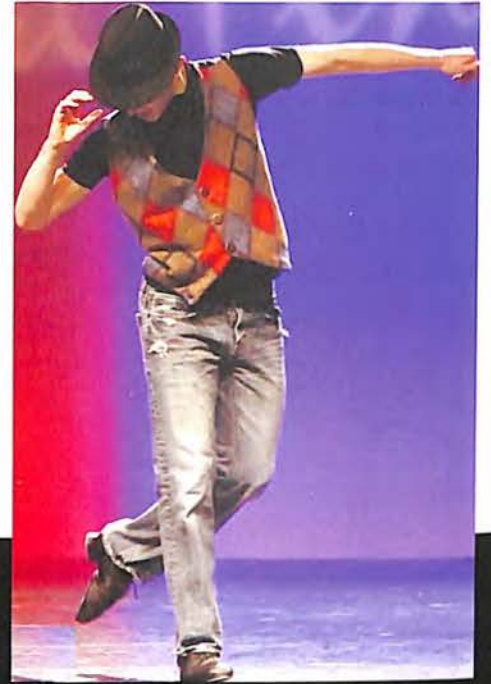


IT MADE KAYLA CARVER
TWIST AND SHOUT.

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064

JOEY D'ALELIO
JUMPED IN IT
WITH BOTH FEET.





RED

THE HEAT OF BATTLE.
FLUSH WITH THE THRILL
OF THE MOMENT. SPIRIT.
BUT, NOW, IT'S

ALL OVER



RED

ALL OVER

FLUSH WITH EXCITEMENT, Nolan Webb screams his support for the girls' volleyball team during a match against Hidden Valley High School. The senior was known to arrive at almost every sporting event ready to do whatever it took to represent the red. "The class before mine started the penguin costume tradition. Junior Kallie Wilkes asked me to take it over," he said. "We're so good at volleyball, that I just couldn't say no. I was more than happy to show my pride."



