ACCOLADE 2015

> WE'RE DONE

### A CLEANING

This is the nuts and bolts of our shared existence. Here, you'll find stuff we did on the daily, from scouting to sports and things in between. Oh, like classes and club stuff. Yeah, we know. But, you'll thank us later. Seriously.

### HE DISE

You know, some stuff just stands out and some people have it going on. These pages are for those kids and those moments on fleek. These kids are no better than anybody else, they just rocked it and deserve a shout out, too.

# We got your back. Every person, and teachers, too. Every club. Every sport. Also check out how senior parents made their kids look adorbs. Aww. Really, you wore that stuff? Find yourself in the index before you check out.

WE'RE DONE WITH
LIVING UP TO SOMEONE
ELSE'S EXPECTATIONS

WE'RE DONE PLAYING BY SOMEONE ELSE'S RULES

WE'RE DONE TRYING
TO FIT IN

WE'RE DONE LETTING SOMEONE ELSE HAVE THE UPPER HAND

BUT WE'RE NOT DONE WITH YOU

WE'RE JUST
GETTING STARTED





### CAVE SPRING HIGH SCHOOL

Seniors: 228
Juniors: 243
Sophomores: 271
Freshmen: 242
Faculty and Staff: 106
Population: 1,090

3712 Chaparral Drive Roanoke, Virginia 24018 540.772.7550 www.rcs.k12.va.us/CSHS





ACCOLACE 2015 VCLUME 59



















## WE'RE

PRETENDING WE CARE WHAT PEOPLE THINK OR SAY ABOUT US.
WHEN EXCELLENCE IS IN YOUR DNA, EVEN THE BASIC IS BEYOND.

## WE'RE SO BASSIC

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### UNDER THE PRITHEON DOME DURING THE SUMMER TRIP TO EUROPE.

Josh Key's camera captures the sunlight shining through the dome. "I thought it was really neat," the junior said. "I found Roman mythology interesting. It was built for the Roman gods. I like the hole in the ceiling because it made it surreal," Key said of the 26-foot wide circular space lit solely by light flooding through the "eye," or oculus, opening at the center of its dome.

## IN THE HEAT OF THE MOMENT, senior Samie Casauay focuses on staying on beat during a Zumba class on the ferry. "The ferry was the perfect 24-hour cruise ship," she said. "It was fitness month, so I was able to get a real workout in on my European vacation. Annalee Schuck and I took a Body Attack class, yoga and Zumba class."

## SELFIE CENTERED

THE BUILDINGS WERE OLDER THAN THE UNITED STATES. WHEN STUDENTS EMBARKED ON A 10-DAY ADVENTURE TO ITALY, SPAIN AND FRANCE, THEY ENCOUNTED A WORLD BIGGER THAN THEIR ISOLATED BUBBLE IN SOUTHWEST VIRGINIA AND MET CULTURES WHERE HISTORY AND ARCHITECTURE OUTWEIGH EXCESS.

"I was hoping to explore and see things I had only heard stories about and things most people never get to see," junior Ransom Sweeney said, speaking of the opportunity to see sites such as Coliseum, Vatican and the beaches of Sitges on the European trip.

When we took the bus ride to Florence I felt like I could slow down and take in the sights," junior Taylor Williams said, remarking how the cultural atmosphere was very different from the United States.

She and her classmates had to adapt to the native languages and got to practice their Spanish.

The students walked longer than a mile through the cities, but that was not their only mode of transportation. They also rode city metro systems, a tour bus and a ferry that carried them across the Mediterranean from Italy to Spain.

"I think it's important to experience different cultures and ways of life," junior Katarina Martin said. "There's so much more outside of where we live. These trips can let us better appreciate our country and to create new memories."

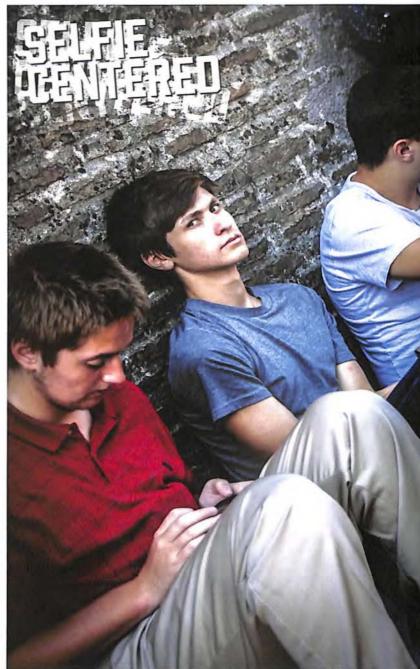
The return plane laned at Roanoke Regional at 10 p.m., which was 4 a.m. for the travelers.

"I was so happy to be home, with my parents, and to be sleeping in my own bed," senior Samie Casauay said. "It was the first time I've ever been on vacation without my parents and it was a great experience. Europe was just so beautiful and I was never bored. Being back in the states, I could understand everyone. Language barriers had never been a real struggle until I traveled to Europe."

LERNING BACK AND HOPING NOT TO FALL. juniors Ransom Sweeney and Jasmine Brickey take selfies on the Eiffel Tower "We waited for what felt like two hours maybe longer. There was a lot of laughing and joking around as we waited. Afterwards, I went to the gift shops and street vendors. The shops were very crowded and everyone was in a hurry," Brickey said.







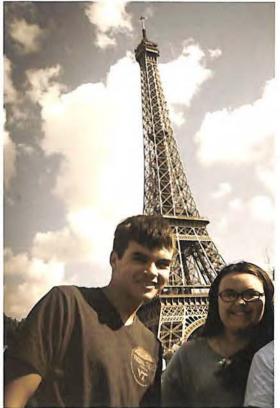
SPORTING A 'MURICA T-SHIRT, senior Joe Lankford takes a moment to relax in Paris. The tourists were up from six in the morning to almost midnight every day. "Our schedule was kind of rushed. We were always moving and never got to rest," Lankford said. The travelers visited multiple countries and cities during their trip. PEERING OVER A MONASTERY BALCONY, juniors Katarina Martin and Miranda Gaubatz (from Northside) take in the scenery. The monastery was located in Montserrat, Spain. "The view was amazing," Martin said. "You could see it all over the mountains. I wish we would have had time to climb them."

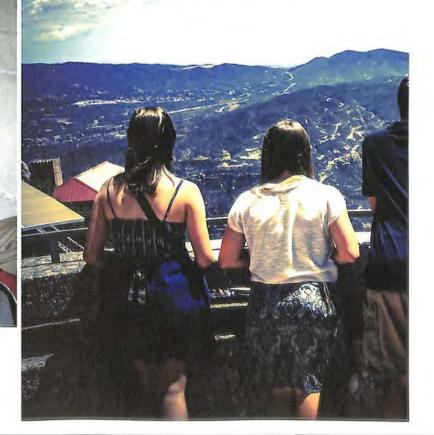


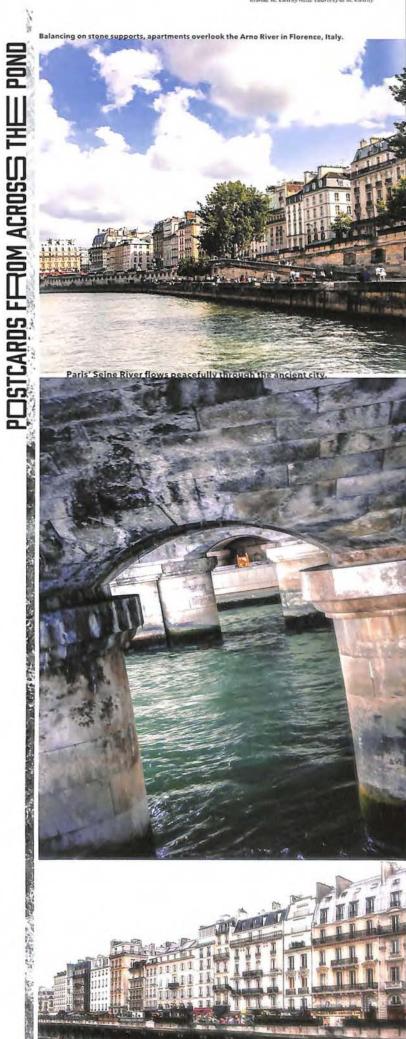
PIRIS m. kwitny HIIII courtesy of m. kwitny

PROPPED AGRINST A ROCK WALL, junior Josh Key and seniors Adam Sulkin and Thomas Bradley find shade as they wait in line to enter the Vatican. "I'm Catholic so it was breathtaking waiting outside. It is such a historical city. The long wait made me realize how important the visit would be, "Bradley said. IN FRONT OF THE EIFFEL TOWER, juniors Ransom Sweeney and Taylor Williams lean in and smile. The group was not able to travel to the top of the Eiffel Tower due to complications. "I was disappointed. I really wanted to go all the way to the top and the line we had to wait in just about killed me," Williams said.

DLLE







CROWNED AND EXCITED, seniors Alex Emery, Patrick Truskey,
Pami White and Hannah Bryant pose for the obligatory
homecoming winners' photo. "I'm going to remember
that moment for the rest of my life. It was a pretty cool
experience," Emery said. "It was amazing to see all those
people cheer for me." Emery helped lead his team to a
victory in the second half, following his halftime crowning.



MRLLETS IN HRND, Mallory
Orn performs in the pit
during the homecoming
halftime show. "We
performed before the
game instead of at halftime
to get everyone excited,"
the serior said. She also
played the vibraphone,
bells and symbols.



RUNNING OUT THE CLOCK, junior Tyler Rice receives a hand off from quarterback senior Alex Emery. "It was late in the game and it was a blow out score," Rice said. "We were just trying to run down the clock and end the game." This was a career high game for Rice, as it was the first time he scored three touchdowns in a single game, helping to defeat Carroll County 41-14. ALONE AT THE TOP, junior Lexi Link goes into stunt during the homecoming pep rally. "Not a lot of people have seen us perform our routine, so it's nice for everybody to see us and cheer for us," Link said. The squad won first place at the state championship in Richmond.

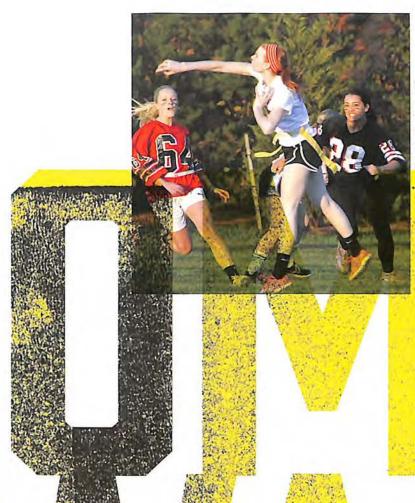




EXCITEMENT FOR
OCTOBER HIT IN AUGUST
FOR SCA MEMBERS WHEN
THEY WERE CHARGED
WITH CREATING THE
INDIVIDUAL CLASS SPIRIT
WEEK THEMES AND
EVENTS LEADING UP TO
THE HOMECOMING PEP
RALLY, PARADE, GAME
AND DANCE.

HAIR FULL OF SILLY STRING, senior Alex Nix laughs after junior Supreet Pannu attacked her with his can. Silly string was not stadium approved, but seniors used the contraband during the homecoming football game. "Everyone in the student section had the silly string and was spraying everyone with it. I left with string all in my hair and had to shampoo to get it all out," Nix said. While Nix and friends avoided the dance on Saturday, opting instead to eat at Pannu's family owned restaurant, Nawab, downtown.

WPORTNE j. demir, m. mallory, d. waller PRINE L. martin, g. molumpi



**BEFORE ANY SENIORS COULD SNAG HER FLAG,** junior Shannon Holsinger releases a pass as senior defenders bear down upon her. "It was hard to get any passes off," Holsinger said. "The senior defense was very fast and got to me before I could throw the ball most of the time." The junior quarterback had to revert to running most plays to evade being sacked in the loss against the seniors.

### HOMECOMING AT HOGWARTS

"Everyone pitches ideas and we vote on what we think students will have the most fun with," senior and SCA member Jolie Matze said.

Safa Eltaib said to cover the myriad details, planning for the October week of started in August. "Thankfully, we had until October to get everything ready for the celebration," the senior said.

The committee conceived a "Harry Potter" theme. transforming the lobby into Hogwarts. Students were sorted into different "houses" as they arrived to school. Slytherin, Hufflepuff, Ravenclaw, and Griffyndor received new members and the trolley cart made its way around the school with senior Jessi Slakman handing out sweets.

"I piled up on snacks the seniors handed out," junior Jasmine Brickey said. "I had full bags of chips and cookies."

"It was great when everyone played along during the Harry Potter duel in lunch," senior Pami White said.



### THE FAMILY BUSINESS

RYAN SMITH WELCOMED THE RECORDBREAKING HEAT WAVE IN JUNE, THE HOTTEST
MONTH OF THE YEAR IN ROANDKE WITH AN
AVERAGE TEMPERATURE OF 84 DEGREES. IT
MEANT BUSINESS WOULD PICK UP. HE ROLLED
OUT OF BED, GRABBED BREAKFAST AND
STARTED OFF FOR HIS JOB. THAT JOB WAS
MIAMI ICE, A SNOW CONE AND KETTLE CORN
BUSINESS HE OWNED AND OPERATED WITH
HIS SIBLINGS, SOPHOMORE ERIC, EIGHTH
GRADER HANNAH AND ALUMNA SARAH.

The hottest day of 2014 was July 2, with a high temperature of 95°F. For reference, on that day the average high temperature is 85°F and the high temperature exceeds 93°F only one day in ten. The hottest month of 2014 was June with an average daily high temperature of 84°F.

Ryan said first saw a trailer resembling what he envisioned to be snow cone truck, and toyed with the idea of opening a similar business.

"AT FIRST IT WAS A JOKE," the senior said. "But then it started to become a reality. There really wasn't any other businesses like that on this side of town."

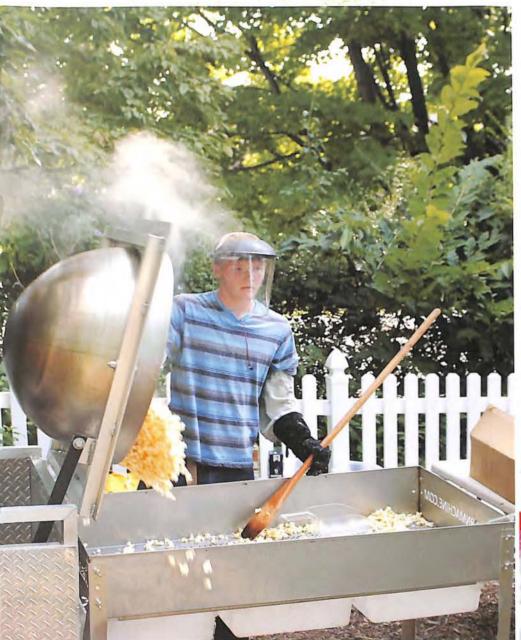
After convincing his parents and siblings, the family gathered all of the items they needed to start making snow cones and kettle corn. The Smiths set up shop behind Melody Makers, their mother's successful music class center.

"We had to work hard once we got our location," Ryan said. "Setting up the fence alone took three weekends full of long workdays."

The fence and trailer, while not considered a permanent structure by the County, still "required several permits which took a lot of time and effort to obtain," sophomore Eric said. Roanoke County planners first wanted to label the venture a fast food established, and claimed the location lacked the proper zoning, he said. That fight pushed back the opening.

The Smiths didn't just start a business because they wanted something to do, Ryan said. They wanted to help relieve their parents of the financial burden of sending four children to college. They considered the work an investment in their futures.









PROTECTED BY A FACE GUARD, senior Ryan Smith avoids burning himself while flipping open the corn popper. While his brother Eric was inside the air-conditioned trailer mixing snow cones, Ryan was in the heat making kettle corn in huge batches. "It's interesting to use these instruments to make popcorn," Ryan said. "It took me many times to try to make the popcorn turn out. We tried a lot of recipes, but we ended up going with one of our own that has a ton sugar." IN FRONT OF THE SYRUP **SELECTION**, sophomore Eric Smith adds sweet syrup to shaved ice with no need for measuring for a customer. "It feels good being part of Miami Ice," Eric said. "I make about 30 snow cones a day." FOOD TRUCK. Parked and ready for business, the Miami Ice headquarters sits behind the family's other successful business. Melody Makers on Brambleton Avenue. The Smith family opened the snow cone and kettle corn business to make money for college. "We all pitch in and help with what needs to be done for the business," Ryan said.



WHITE & harris I martin MINE & harris I martin a malumphy c. alu

## TIMED LAPS

RACES WERE BRANDED WITH VARIOUS THEMES,
BUT THE INTENT WAS THE SAME: RUN THE FASTEST
AND YOU WIN. BUT, RUNNERS FOUND "WINNING"
WASN'T ALWAYS ABOUT THE FINISH LINE.

Juniors Reiley Curtis and Lauren Slough posed as zombies during the Roanoke Zombie 5k, or Zombie Run. Curtis said the even attracted hundreds of runners who were separated grouped as either zombies or escapees. The escapees, or runners, followed a designated route, while zombies poised for an ambush. Runners wore three flags while zombies attempted to steal them.

"Reiley and I decided to be zombies rather than runners because we wanted to wear makeup and chase people around," Slough said.

Runners escaped the zombies by dodging and sprinting past them. Some lost of their flags, but freshman Dawson Hicks preserved two and survived the zombie apocalypse.

At the Special Olympics, participants competed in 100-meter run, javelin throw, softball throw and team relays.

Junior Christy Cobb participated in the fast walk and commented, "It was hard training for it."

Athletes practiced in the auxiliary gym before the meet at William Fleming High School. Each athlete won ribbons in their respective events.

"I did a cartwheel when I won," sophomore
Hailey Surrell said. "The competitors smiled
the whole time," junior Kaitlyn Spangler, who
volunteered at the event, said. "Hailey was in
first place, about to win. She saw a girl on the
side and ran to give her a hug. Because of that
she took third place, but she didn't care. She was
happy. Same as she would've been just as happy if
she had gotten first."











HANDS IN HER POCKETS, Christy Cobb paces herself in a fast walking event. 'It was hard work training for it," the sophomore said. Athletes trained in the auxiliary gym during school and in the hallways after school. EXCITEMENT ON HER FACE, junior Hailey Surrell enjoys a break between events by laughing and talking with friends. "I felt good during the running parts. I was excited," Surrell said. The event took place at William Fleming and featured competitors from both city and county schools. DODGING A "ZOMBIE," Maeve Sedivy runs in the Zombie Run. The run was kind of hard because Josie (Perrin) and I were out of shape. You would have to sprint past zombies so they wouldn't steal your flag and knock us out of the race," the senior said. BRAVING THE COLD WEATHER, freshman Peter Smith, junior Hunter Mollica and senior Nick Colozza run in the Drumstick Dash held downtown on Thanksgiving morning in 44 degree weather. "I do it every year and both of my brothers ran with me this year." Smith said. "I also met up with Nick and Hunter because we run cross country together." CLAPPING IN ANTICIPATION BEFORE HIS EVENT, senior Chris Woodrum prepares to compete in the 100 meter dash. "I was feeling brave and happy Woodrum said. He also competed on the swim team



**RMONG THE TREES, Aaron Sortore** paces himself at the Greenhill course. "It was decently hard because there were a few rough uphills and a lot of rolling hills," said the senior who placed in the top ten. RHEAD OF R PACK, Alyson Meador sets a fast pace. "The Blue Demon was a hard race," the sophomore said. "But I didn't give up. I wanted to beat my own time." In what she described as one of the hardest races of the season, she met her goal.





### WARMING UP AS A **GROUP.** girls' varsity runners prepare for the Blue Demon Invitational on Sept. 8 at Christiansburg. Athletes from 14 schools competed in the event, in which senior Lauren Hatched captured the team's hightest placement at 19th.





# 671

LUNGS SWELLED IN DESPERATION AS NEEDED AIR SEEMED TO REFUSE TO BE AVAILABLE. BUT RUNNERS LIKE SOPHOMORE MICHAEL HILL FOUGHT THROUGH.

One of Hill's favorite races was Knight's Crossing because the course had grand feeling, and because it was home turf.

"The track is basically a circle," junior Miranda Mallory said. "You will pass the same point 20 times, but it's still my favorite because it's one of the easiest."

Hill described the crowds and members of the team who gathered to cheer on the runners. He said Mr. Tommy Maguire yelled the loudest.

"Maguire tries to give us encouragement and advice on how to run."

IN MID-STRIDE Casey Preuss competes in Hidden Valley's "Clash With The Titans" event on Sept. 21. "Running on varsity is more challenging because the races are much faster and harder," the sophomore said. He said looked up to teammate senior Matthew Stiles, who placed first in the race with a time of 18:23.66. Though the sun was shining, the course was muddy and made for some dirt-covered spikes.



STARTING OFF STRONG, the boys' team takes off at the Lord Botetourt meet at the Botetourt Sports Complex on Sept. 24. "People want to be in front of the pack, so they try to box you in," sophomore Jacob Stewart said. "You have to get around them, so sometimes I spike them a little."



IN THEIR STUNT GROUPS, the competition cheer squad accepted the Ice Bucket Challenge by having the flyers dump the buckets of ice water on the entire group. "We did the challenge because it gave to a great cause," junior Chandler Keister said. "We knew it would help people."

The coaches suggested the team participate and Keister said members immediately agreed.

FRCE SKYWARD. Nick Axt reacts as the cold water hits his skin after he accepted the Challenge from a friend. "I saw the Challenge on social media," the sophomore said. "I wanted to help. I think it is important to fine a cure for ALS." Axt said he nominated other friends after he accepted his challenge.



## FLIPPING THE BUCKET

SUMMER'S SOCIAL MEDIA EXPLOSION HIT CHAPARRAL DRIVE AS BUCKETS OF ICE COLD WATER UPENDED IN SUPPORT OF THE ALS ICE BUCKET CHALLENGE, WHICH RAISED MONEY AND AWARENESS FOR LOU GEHRIG'S DISEASE, OR AMYOTROPHIC LATERAL SCLEROSIS.

Jasmine Brickey participated in the challenge after being nominated on social media.

"Social media played a huge role in spreading the ALS Ice Bucket Challenge," the junior said. "Everyone posted their videos online and shared them with friends."

While social media spread the word, Jacob Stewart was motivated by his cousin's battle.

"My cousin has ALS," the sophomore said. "So my friends and I thought it was a good idea to participate because it went to a good cause, spreading awareness."

Faculty members heard a rumor Hidden Valley High School was going to challenge them, so crafy teachers pulled together to beat the Titan faculty to the punch. Competition cheerleaders also doused themselves after the William Byrd squad challenged them.

"The challenge was going on in the community and we wanted to show we cared about it," freshman Kinsey Harris said. "We were making a difference by spreading the message to other people. We challenged the middle school team to spread the word to the younger ages."





# 



## BUILT FROM THE BOTTOM UP, SENIOR JUSTIN GORIA STEPPED INTO HIS FAMILY'S BUSINESS, J.B. GORIA COMMERCIAL REAL ESTATE, AT THE AGE OF 12.

His great-grandfather came to America, specifically Roanoke, from Lebanon in the 1800s and managed to build a business when the possibility of the American Dream seemed out of reach to most.

The founding Gorias were grocers, then expanded into buying properties. The business was passed down to Goria's grandfather who continued the commercial real estate venture, and made Justin and his older brother co-owners of the company while their father maintained the presidency of the company. The succession plan would change when Justin graduated. His father was set to retire so the two brothers would then run the company.

"I have worked there answering phone calls and taking care of tenants when they call about any issues in their buildings," the future co-CEO said. "We put out little 'fires' every day the tenants have."

He is not limiting his future to only owning the properties.

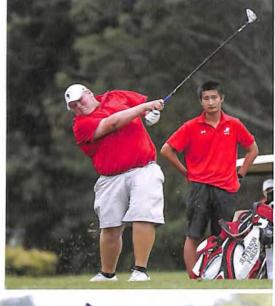
"After high school, I want to take Mosley Dickinson Real Estate classes to get my license," he said. "Then I want to get a contractor license just in case I want to build properties. I would eventually also like to get my broker's licence."

Though his future was predetermined, Goria appreciated the opportunities created for him.

"I actually like what I do, knowing my path. I want to be like my grandfather," he said. "My grandfather made it easy for me. I give him credit every day."

# BUSINESS









### AS A JEFFERSON FOREST GOLFER LOOKS ON. senior Richard Fishwick causes major divots to fly. "I love golf," he said. "It's a sport you can play your whole life." He learned golf from his father when he was first able to walk. POST SWING, Stephen Cacciatore watches his ball fly through the air. "Golf is enjoyable," the sophomore said, "But you can't play it angrily." HEADED TOWARD THE GREEN. Hunter White concentrates before his round. "My dad taught me about the sport, and I love it," the junior said. White said he learned to be more patient through his years in golf. FOCUSED ON FOLLOWING THROUGH HIS PUTT. junior Paul Wheelock watches the ball roll. "I have been playing since my grandfather introduced me. He always wanted me to be on the team," he said.



Though he played most of his life,

"It was a pretty great year," he said.

"I got to play in almost every single

it was his first time on a team.

tournament."

## STAY THE COURSE

DYNAMITE EXPLODED IN PAUL WHEELOCK'S FACE. NOT REALLY. BUT, THAT'S WHAT HE SAID IT FELT LIKE WHEN HE FOUND OUT HE QULAIFIED FOR REGIONALS. "BUT, I DIDN'T WANT TO GO," THE JUNIOR SAID.

Even though Wheelock had played golf for close to 10 years, he said he was worried about opponents' skill levels and about missing time from classes since matches took place during school hours.

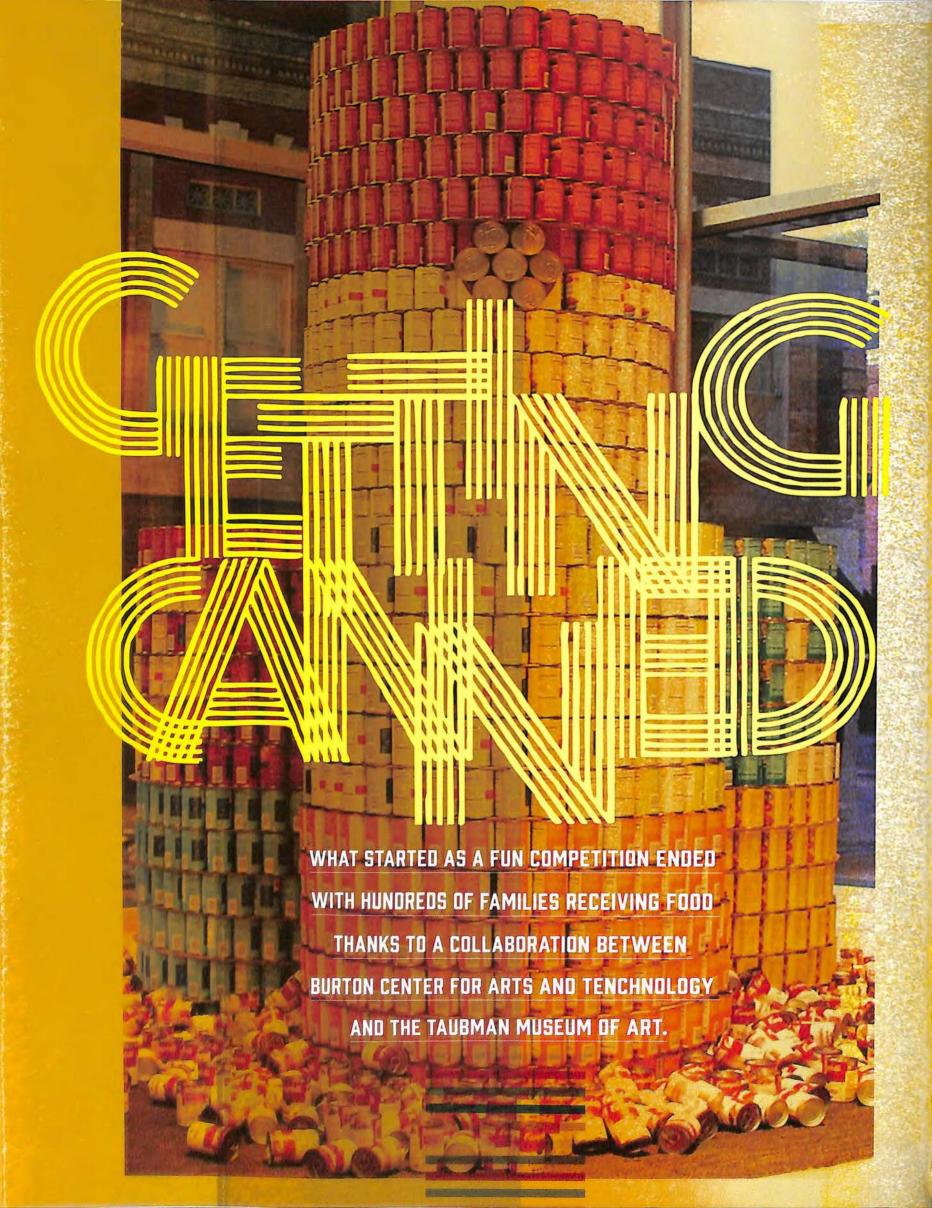
"I was falling behind and didn't want to miss any more school," he said. "I was ready for the season to be over."

Going to regionals was unexpected for the young golfer since he did not play in the offseason. After a talk with coach Mr. Chris Benson and his parents, Wheelock changed his mind.

Richard Fishwick had a different reaction to the news he would also be competing at regionals.

"I was trying to end on a high note this year, but regionals was unexpected," the senior said. "It was better than I could've hoped for. I was just excited to be there."

His enthusiasm paid off, as he "finished the season strong. I was proud of my score, and proud I beat Paul [Wheelock], too. So that was great."



MFMING j.demir, d. waller FMING g. molumphy, courtesy of m. phillips









### **GETTING CANNED**

Seniors Annabelle Davis, Megan Phillips and Julia Treubert competed in "Canstruction," an event aiding the hungry through a partnership with Feeding America. The girls were tasked with building a structure made entirely from canned food items.

Kroger sponsored the group and donated all of the canned food. The timed competition did not normally involve high school students. Instead, only business professionals usually competed. The trio did not let that stop them. And 6,435 cans later, the structure stood.

"It's a 12-hour competition," Phillips said, "and since no one can work that long, we came up with shifts so no one missed school."

They completed their design, which was based Andy Warhol's Campbell Soup can, and then waited for people to vote for them by placing cans in front of their structure.

"We won the People's Choice Award," Treubert said.

They received the most cans, and those were also donated. "We weren't really aiming for a specific award." Davis said. "We are a visual arts group, so we wanted to make it visually appealing."

ORANGE SCISSORS IN HAND. Annabelle Davis slices open another shrink wrapped flat of canned goods. "Andy Warhol was the inspiration for this piece," the senior said. "He was known for pop art." After winning the event, the trio went out Macado's to celebrate. HANDS IN THE RIR. senior Megan Phillips steadies cans as they are added to the structure, being careful not to topple the structure. "We weren't allowed to use glue or rip the labels because Feeding America doesn't accept dented cans or ripped labels," she said. "We had to be very careful."

senior Julia Teubert starts roll of tape used to support the structure. "My shift was from 5:30-7:30 p.m., and the building of the structure had started in the morning," she said. **THE FINISHED PRODCUT** stands after a 12-hour day. "We wanted to incorporate a lot of colors for Feeding America," Phillips said. "The different colors were different types of food." She said the structure contained eleven different kinds of canned food.

## CARRYING THE LOAD

SENIOR LEADERS BUILT THE SEASON ON LOYALTY AND LEADERSHIP AS THEY TOOK ON THE RESPONSIBLY OF MOTIVATING AND PUSHING THEIR TEAMMATES.

"The leaders of our team kept us motivated and focused, even during tough losses," junior Cal Reeves said. "They taught us how to make improvements when they were necessary, instead of dwelling on mistakes and negatives."

That positive leadership was apparent when the team took the field.

"We knew we could depend on each other. Everyone was responsible for their part both on and off the field," senior Jon Roach said.

Players and coaches had made a commitment to continue working through the off season, returning to the weight room in January, conditioning three days a week.

"As soon as the season ended, we began preparing and working hard," junior Drake Slawson said.



### FIST PUMP

THE HIGHLIGHT OF HIS FOOTBALL CAREER ENDED IN A LESS-THAN-FAVORABLE CALL

Brendan Gallagher's celebration ended as quickly as it began. While playing William Byrd on Aug. 29, the senior made the second sack of his career. Seconds later, the whistle blew for an unsportsmanlike penalty. "Coach [Tim] Fulton yelled at me after it happened," he said. "But he forgave me, though." Instead of arguing with the referee, he maintained his composure. Afterwards, he posted a video of the play and call, which he questioned, on Instagram. "I asked people whether they thought it was a penalty," he said. "Most of them said no." While his friends' support made him feel better about himself, the 33-7 victory over the Terriers ultimately helped him get over the call



REFORMS k.harris FROIGS courtesy of j. cooper, t. witten; lifetouch



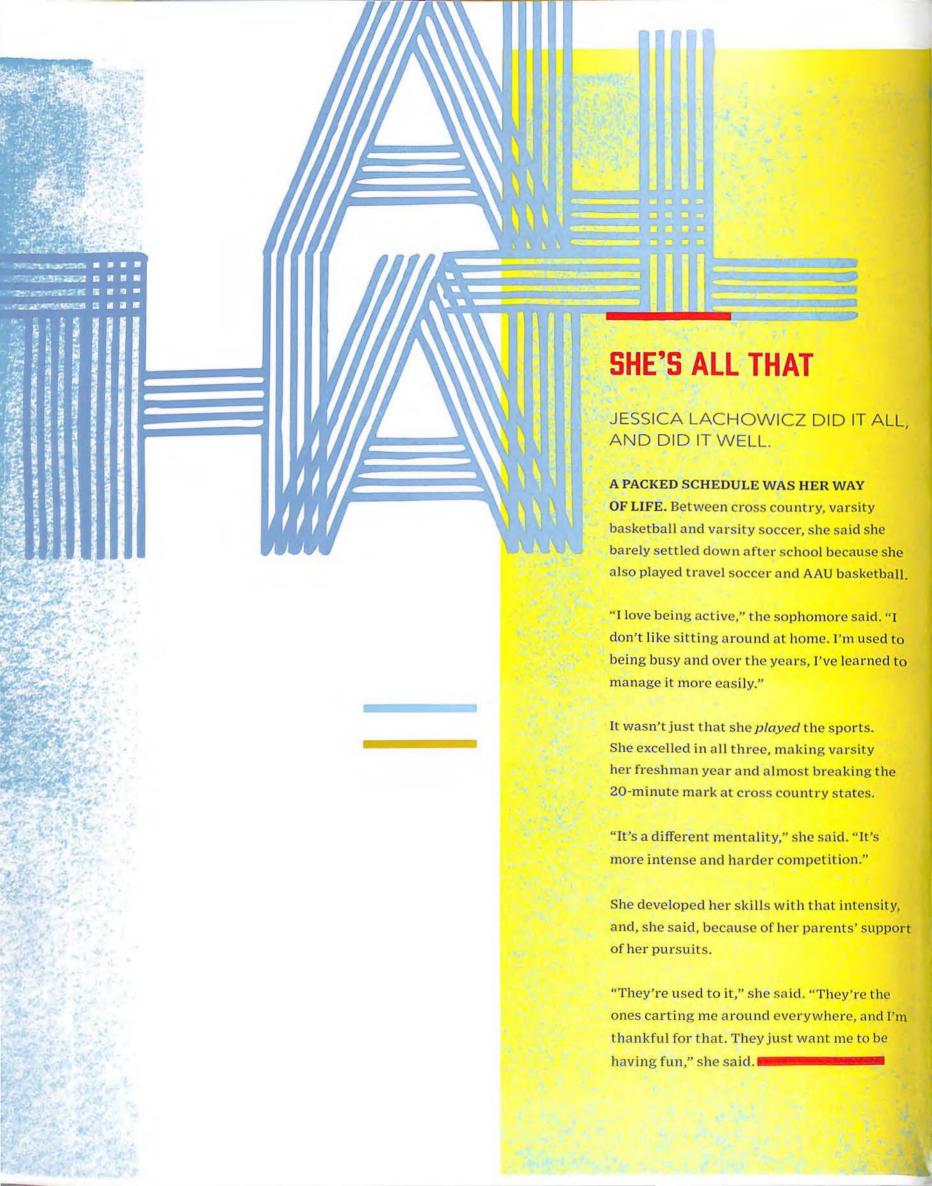
DRRTING BETWEEN HIDDEN VALLEY DEFENDERS. Ty Albritton cradles the ball in his arms after a hand off. "I was looking for an open space to gain us yardage down the field," the senior said. The Nov. 7 contest was decided when the Titans mustered a last-second score for a stunning 11-10 win, even though the defense had held strong through the first 42 minutes. "In the end, we didn't make a play and they executed," head coach Tim Fulton said. "There's so many things. A play here, a play there, offensively and defensively. This one, you just drop it and move on. There's no choice." Earlier in the game, quarterback Alex Emery converted on a third down run before completing a third-and-long pass. Two plays later, junior Tyler Rice took it in from a yard out to make it 10-0 with 9:56 left. STORMING THE FIELD the team runs onto the field to start the homecoming game against Carroll County on October 10. "It was exciting. We weren't nervous, just anxious to start playing," junior Charlie Ball said. Players used the time to work out any nerves and got focused to play on their home field. The team won the game against the Cavaliers 41-14.





### FAN ZONE

Seniors enjoy their front-row seats in Dwight Bogle Stadium during football games with underclassmen staggered behind them in the stands. Haley Zielinki said she could sense the energy increase in the players on the field. "It was exciting since we were seniors and got to sit in the front close to the action the senior said.





PRPERS CUTS WERE A HAZARD for senior Gillian Horn and juniors Emma Pendleton and Natalie Horn. Part of their Girl Scout meeting was making paper fans and practicing their fan dance. "Putting together the fans as a part of thinking day was just he beginning of planning our overall event," junior Natalie Horn said. "We had to choreograph a dance to teach the younger members."





USING POWER TOOLS was a perk for senior Patrick Truskey. "I had a great sense of accomplisment when I completed this project," he said of his Eagle Scout project of building a new ramp for The RAM House. "I had been working toward that goal for 11 years, and it was a huge sense of accomplishment to know I'd achieved it." Thomas Bradley, Tyler Garner and Nick Spicer also earned Eagle Scout status, while juniors Emma Pendleton and Natalie Horn continued to work toward their Gold Award, the highest honor in the Girl Scouts.

#### TESHAWN IN CHARGE.

Senior Teshawn Webb got paid to instruct his elders as a hospital administrator. "Some of the other administrators see me as a hassle, so they ignore what I say," he said. "I've had to let people go because they will not listen or they are not there for the patients. It's sad."



PAYING FOR COLLEGE was the goal for senior Mercy Plumb, whose family decided she and her older siblings would be responsible for paying their tuition. "I knew all along I would need money for college," she said, "I felt like it was my way to learn repsonsibility." Plumb held down a job at Panera and Mill Mountain Coffee and Tea while also attending school and playing soccer.









# BRUSH IT OFF

SOPHOMORE BIANCA ROMAN PAINTS
A SKULL ON JUNIOR AUTUMN MEHTA
AS PART OF THE DIA DE LOS MUERTOS
[DAY OF THE DEAD] EVENTS.

Sposored by Mrs. Amy Bolen's Spanish club, the day is a celebration of life instead of death. "Instead of a sad funeral, they make it happy by having music and celebrating the happy lives of those who have passed," Mehta said.

WERE Limartin, p. truskey, d. waller FERE g. molumphy, c. qiu, courtesy of a. gregory

#### GET OUTA DODGE



Calling themselves the "Goon\$quad" sophomore Jordan Doyle and his team attacked their opponents with strong throws in the third annual dodgeball tournament. "My team did the tournament in eighth grade so we decided to do it again because it was so much fun," he said. His team made it to the final four. Teams had to duck, dive and jump their way to victory. "It was the second year our team won," senior Adam Huffman said. "The team consisted of a lot of basketball players. We expected to win since we won last year and the only competition



### CHICKS THAT KICK



"It takes a long time to place in Tae Kwon Do," Gregory said of the eight years she'd invested.

Jenkins also invested years in Karate, even when she suffered a concussion. "I was really bored in the time I was not allowed to go to class," she said. "So I would go and watch."

Armstrong had a different start in her sport. She decided to start Karate after her brother said he liked it. Although she is capable, she has been taught not to fight, unless it is the last result. "You can lose your blackbelt if you get in unneeded fights," she said.

### HANDS ON THE GROUND.

freshman Maddie Jenkins packs a mean punch.

"Karate has helped with my grades," she said. "I am a lot more focused now." IN HER WHITE GI UNIFORM, senior Abby Gregory celebrates a win. "We were at a tournament in Richmond and my little buddy had just competed. We both won medals. she said.



ANTICIPATING HER NEXT CUSTOMER, sophomore Sally Francis gets

her face paints ready at the Carnival for a Cure before school.

"I was painting cancer symbols on people's faces," she said. "It

was my first time helping out." The proceeds from the carnival

helped those fighting cancer. Other volunteers braided hair and

sold baked goods. "There is always someone who is affected by

cancer in our community, Mrs. Margret Taylor said. "Now that it

is students who go to our school, it is even more meaningful."

THE BOYS TOOK ON THE GIRLS. BUT THE GIRLS WENT ON TO STATES.



### IN A BATTLE OF THE SEXES.

junior Meagan Harrison blocked senior Drew Jacobsen in the varsity basketball versus varsity volleyball match up. "Later on in the match, I blocked [sophomore] Morgan Starnes, so it didn't bother me that Meagan stopped me. Congrats Meagan," Jacobsen said. The event was a fundraiser for senior Hannah Bryant and junior John Swisher to help in their respective battles with cancer.

### TAKING ON TWO DEFENDERS.

junior Shannon Holsinger aimed her spike right between them. "We played our hardest, we just couldn't seem to get the points and get our spikes down," she said. The game ended in a devastating loss which meant a second place finish at the state tournament.



# MAKING A STATEMENT

TRENDS GET OLD. TAKE THE VOLLEYBALL
TEAM NOT DEFEATING ITS NEIGHBOR HIDDEN
VALLEY SINCE TEAM MEMBERS HAD BEEN IN
HIGH SCHOOL. WELL, THAT CHANGED.

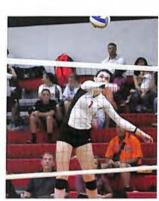
"We set the standard at which we played and the tone," junior Meagan Harrison said. "This is our house. This is our court, so it had to be our win."

Fallon Delp said the team blocked out other teams and their fans and concentrated only on their game.

"We have this saying called 'hedge up," the junior said. "We don't respond to anything outside of the court."

Instead, team members imagined playing their games by having "focus time" in the locker room to visualize their wins and ready their nerves.

"I tried to picture myself playing the game and focused on the obstacles I would need to overcome," Delp said.



**REACHING HIGH, junior** Meagan Harrison looks to score an ace. "Serving is one of my strong skills, and it's one of the only times I get to attack because normally I am setting," she said. KNEES ON THE FLOOR. senior Charity Klimaitis dives to make a pass despite playing injured. "My fingers were out of alignment," she said. "But I didn't think about the pain. Winning the point was more important." OVER THE NET, junior Piper Roe goes in for a kill. "Normally I play middle, so I enjoyed the opportunity to hit outside and add points for our team," she said.







## PICKING THEIR BATTLES

"WE WANT TO INFORM PEOPLE ABOUT
SUBSTANCE ABUSE AND TO PROMOTE
HEALTHY LIFESTYLES," JUNIOR LIDYA
TADESSE SAID ABOUT HER INTEREST IN THE
PREVENTION CLUB. "A LOT OF PEOPLE DO NOT
KNOW THE FACTS ABOUT SUBSTANCE ABUSE
AND DESTRUCTIVE ACTIVITIES, BUT WE WANT
TO HELP AS MANY PEOPLE AS POSSIBLE."

Juniors Taylor Powell and Molly
Kwitny attended a summit in the
fall on marijuana at Virginia Tech
Carilion School of Medicine and
Research Institute. At the summit
they listened to multiple presenters
from all over the country discuss
medical marijuana and marijuana
legalization. The summit ended
with an open discussion between
a panel and the attendees of the
summit. After the summit, the two
students brought the information they
learned to the PTA board.

"One thing I took to heart about the Marijuana Summit was that many people are uneducated about the effects of marijuana," Powell said. "The best way to get information out is to get information to the parents. The goal we set after this conference was we need to develop a way to inform parents about how they can openly talk to their students about marijuana."

During the winter, club members had the opportunity to become members of Y-Street, the largest student advocacy program in Virginia. Involved members became involved in two campaigns, Fresh Spot and 24/7. One campaign focused on tobacco use on school campuses and the other focused on fruit and vegetable availability in local stores. Members spent the winter handing out surveys to collect data for both campaigns.

"I think Y-street gives us a great basis to start to improve the school," junior Christa Madison said. "Y-steet's message is the same as prevention clubs message and working with Y-street allows us to make that clear to the student body."

In February, the Prevention Club and Prevention Council joined forces with local store Prom, Pageants, and Pretty Things to put on the "It's My Prom Fashion Show." Members modeled dresses, sold raffle tickets and handed out surveys. Junior Roshni Lalchandani's assisted with the even for the second year in a row.

"This was my second year working with the show and it didn't cease to amaze me," she said. "Prom is something everyone knows and is involved with, so using a fashion show is a great way to help spread prevention messages while still having a great time with friends. Members of our club assisted in multiple ways at the event, including modeling for the cause, speaking on behalf of the club and helping a Y-Street booth we had organized beforehand."



## EMPTYING ONE HER PRINTED GREEN BOXES INTO A RECYCLING DUMPSTER.

senior Lydia Hoepnner recycled discarded paper from a classroom. "We do a lot of different things," she said. "We recycle, collect tabs for Roanold McDonald House, volunteer with the local environmental charities and we plant trees every year between the soccer and softball fields," Hoeppner said.

## THINKING Green

THE TWO-YEAR-OLD GREEN CLUB BROUGHT AWARENESS OF POLLUTION. THE NEED FOR RECYCLING AND COMBATING CLIMATE CHANGE TO CAMPUS.

"It was difficult when the club first started because we needed to set everything up," senior Rabiya Asim said. "But, because we want to make the environment we live in better, we did it."

Asim and Lydia Hoeppner served as co-presidents of the club founded by Ms. Erin Barnett, and set out to reduce the amount of wasted paper and plastic products at the school.

The leaders placed green painted boxes throughout the building listing the types of recyclable items they accepted. The goal was to have two for each room, one for plastic and one for paper. Even the boxes were recycled from members' homes.

"I know it is for a good cause," junior Cait Flippen said. "Some people don't know how to take care of the environment."

## BEREAK IT DOWN



"It's competitive trivia, Instead of testing your body like other competitions, this one tests your mind and your ability to think on your feet. Mr. Dunstan got me into it because Lenioved history. Our captain graduated last year so there was a void to fill, but everyone stepped up. NATHAN ROSE 10



"It can be hard at first. But after a while, you start to get the hang of things and you become part of the team. You work with each other. The questions are the hardest because they read them very fast and you have to learn how to comprehend them."

JORDAN CLINGENPEEL 10



"We cover a wide variety of subjects. My favorite is mythology because it's interesting. It's been around for hundreds of thousands of years."

JMES FOREST, 10



CAPTURING THE PERFECT SELFIE for his

social media posts, sophomore Alec Kendrick cozies up to a verdigris bust while on a field trip to the Taubman Museum of Art in downtown Roanoke with his art class and art club. "I enjoyed admiring the artwork and wondered how people could make the faces and paintings so realistic," he said.

### ART CLUB WAS TO DYE FOR

Senior Cheyenne Young and sophomores Ashley Fimbel and Sally Francis got creative in Art Club with tie-dye and sewing projects. "Anyone that has a passion for art and doesn't mind showing it should join," Francis said. "I think we get to do more than what we usually get to do in an art class," Young said. The opportunities to complete more in-depth projects and show case their skills as well as enjoy all facets of art went beyond class and after school activities. "I would like to be an art teacher because I like sharing what I know and helping people get better." Fimbel said



## FOCUSING ON THE QUESTION AT HAND,

junior Tom Conroy
and sophomore
Ethan Mackey
practice for
Academic Team
competitions.
"We practice with
questions that
are similar to the
ones at the actual
match," Conroy
said. "It helps our
specialization in our
specific knowledge
topics."

## BUZZER BEATERS

## ACADEMIC TEAM PLACED SECOND IN REGIONALS AND SECOND IN VHSL STATE CHAMPIONSHIP.

Sophomore Ethan Mackey said team members studied up on History, Literature, Fine Arts and Science for their matches. He and and junior Nathan Rose served as cocaptains of the team. "We were trying to do well in the VHSL season and make it out to Regionals, which we did," Mackey said.

He said matches were played between two teams of four. The first person to buzz in with the correct answer won points. Teammates were not allowed to talk with each other until later on during the match.

"In individual matches, there's a lot of pressure and nerves are up," junior Ethan Hoeppner said.

"Last year we couldn't make it out of Regionals. Now we have teammates who pull their own weight," sophomore Elyssa McMaster said. "We have to rely on them to get their questions right and know their categories."

### "I'M GENUINELY FASCINATED BY THE ACT OF PUTTING A SMILE ON SOMEONE'S FACE," SOPHOMORE, KEY CLUB MEMBER NORRH MULINDA SAID.

"I've always supported the idea of giving back," Mulinda said. Through multiple volunteer events, Key Club served the community.

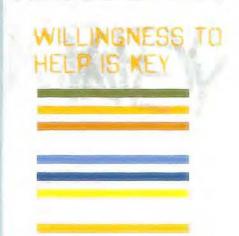
"My soccer coach told me to join, and upperclassmen told me to join because you get a lot of volunteer hours and it looks good on college applications," senior Haley Zielinski said. She helped with face painting at Relay for Life, worked at the Rescue Mission and delivered presents to kids at the Boys and Girls Club. "Seeing how excited the kids were was amazing," she said.

Senior Veronica Hamilton helped with volunteered at the Big Green Event, but said the time spent at the Rescue Mission impacted her most.

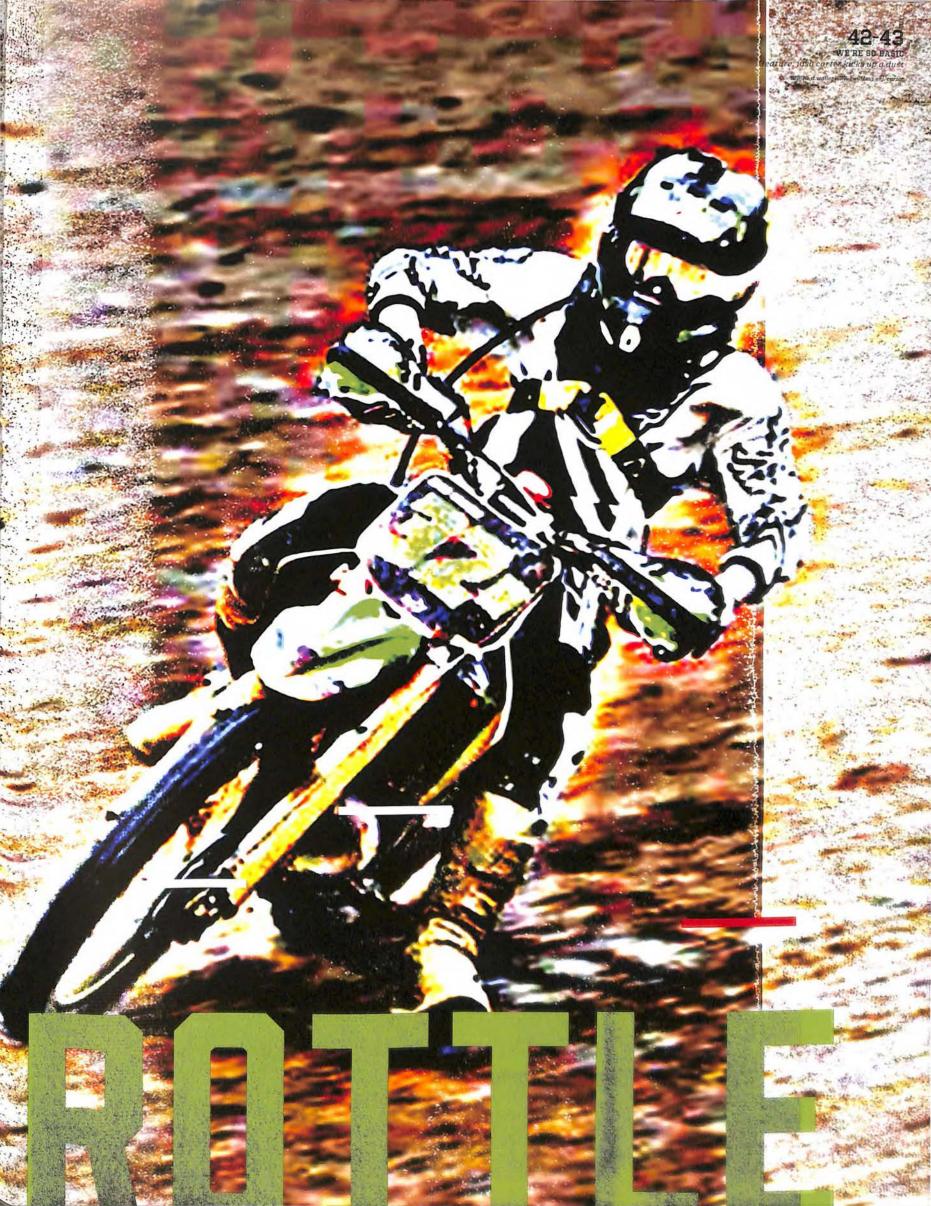
"I've been able to meet so many amazing people," Hamilton said. At the Rescue Mission, she helped serve food in the kitchen and worked at the thrift shop. "Membership has increased because word has spread about the club itself and all of the great opportunities we've had."

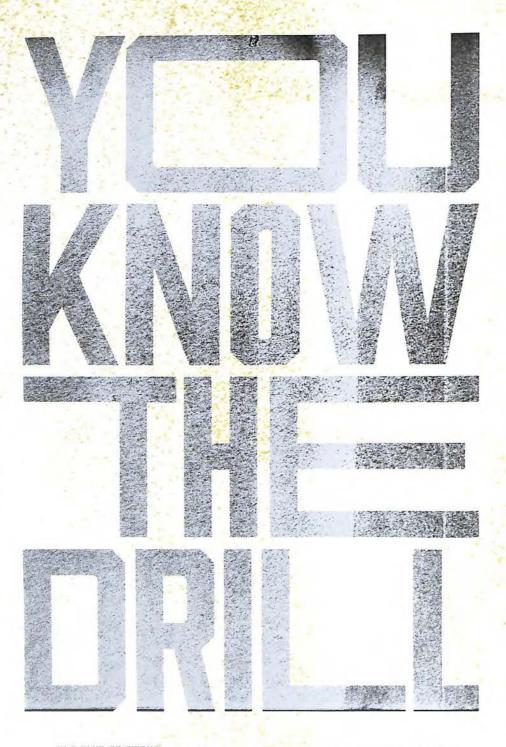
COLLECTING CANNED FOOD, freshman Sara Hamilton takes chicken broth and diced tomatoes from senior Lauren Baker. "My sister was in Key Club and she told me about it. I wanted to be a part of it to help the community. There are things I wouldn't have known about unless I was there," Hamilton said.











IN A BLUR OF STICKS Isaac Butcher warms up alongside captain Cole Bunn. "It's eight counts right hand, eight counts left hand, then 16 on the right and 16 on the left," Bunn said. "During warm ups, we pick a part of a song we've had trouble with and play it. We make adjustments as we go. We typically warm up separately because we work faster and because we are a smaller subsection of the band." The percussion section consisted of Butcher, Bunn, Jarod Lim, Joe Wells, Jacob Spiers, Matt Ray, Jayden Olsen and Kevin Moody.







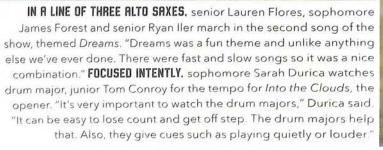
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SETTING THE MOOD, junior Roshni Lalchandani sweeps her silk around trumpet section leader and soloist Adam Sulkin. "This is the start of the second number, or ballad," Lalchandani said. "Each year, the trumpet section leader gets a solo at the start of the song, and this year we had a colorguard solist alongside. Adam's piece was so beautiful and he played it so well, that I felt a lot of pressure to perfectly visually express the music to captivate the audience. I think we were successful in doing that." TRUMPETS GETTING INTO FORMATION, freshman Abigail Chernault makes the point of a V shape during band camp. "Camp was so hot. And since it was my first time, it was stressful," she said. The week-long camp focused on learning the first two songs of the show and the first two marching arrangements.











REPORTAL k.harris, l.martin PROTOS URINCH L.martin, p.trusky





# Dressed in its traditional black attire, the choir performs at its Christmas concert. But, new din Mr. Matt Bartley wanted to expose his re-vamp to a larger audience and took the appearance at

**ODD MAN OUT.** Senior George resort was choir, a class made up entirely of girls. "The females are crazy. There is a lot of drama, and they are all chatty Cathies," he said. His friends teased him about being in a class of all girls, but he never let it get to him. "We're jerks to each other," he said, "I give it to them, too." He said the class was only awkward when the Mr. Matt Bartley had to work with him directly because not only was he the only boy, he was the only bass as well. "He sympathized with my vocal range because he is a guy," Ahl said. However, substitutes rarely understood he could not sing in the alto range.

performs at its Christmas concert. But, new director Mr. Matt Bartley wanted to expose his re-vamped choir to a larger audience and took the appearance at "Dickens of a Christmas" in downtown as an opportunity to do something a little different, Hailey Bingham said. Instead of the usual all-black, each member of the choir wore an ugly holiday sweater, including Bartley. "It was cool to see other people come to watch rather than just friends and family," Bingham said. The performance lasted around half an hour, and featured holiday classics including the Dance of the Sugarplum Fairy, Good King Kong, Somewhere in my Memory, and Rudolph the Red Nose Reindeer. The original set list the ensemble rehearesed turned out not be long enough, so five minutes before the show Bartley handed the singers lyrics to simple and well-known Christmas melodies. "The crowd was able to sing along more because no one knows what Good King Kong is," junior Olivia Cameron said. "The more well-known songs got the crowd excited for the performance and the audience sang along."





FLAG IN HAND. sophomore Ariana Jones spins the blue and white cloud-printed silk during the opener Into the Clouds. "The guard provides the visual display of the emotions one might feel throughout the performance," she said. WORKING HIS QUADS Joseph Wells marches at halftime. "The drum line is all about getting people pumped up and excited," he said. "We want to make sure everyone is having a good time." Of the field show, he said, "if it is good, then we can goof around for the rest of the game. But if we don't do well, we all know there is a chance of a Monday practice. Nobody likes those







FLYING TO DEFENSE, senior Cager Hicks tried to block a William Byrd player's pass. "He was trying to pass it and I tried to block it. He also faked me, so I jumped. It was an intense first game in the season, and the student section was very loud. It was a good environment to have our first game," Hicks said. The boy's first regular season game ended in a loss. BALL IN HIS RIGHT HAND, junior Mason Reyer grabs a pass. "The game was against Hidden Valley and it was the first time playing them. They had single digits in the first half and we killed them," Reyer said. The game was played at the Salem Civic Center on Feb. 12 and ended in a victory of 48-39. DRIVING PAST THE DEFENDER, senior Alex Emery looks to move into a better position on the goal to take a shot. "It was intense because their student section was very loud and always yelling in your ear," Emery said. The game against the William Byrd on Dec. 2 ended in a 77-67 loss.

# CHANGE IN CHARGE

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CHANGE IS CONSTANT. HOW YOU HANDLE IT
MAKES ALL THE DIFFERENCE. THE BOYS' VARSITY
BASKETBALL TEAM'S FIRST-YEAR COACH MR. JACOB
GRUSE SPARKED A NOTICEABLE CHANGE IN THE TEAM.

"It was a lot different than last year and the technique was an entirely different approach," junior Mason Reyer said. "Practice became a lot more up-tempo. He let us play our own game."

Chandler Keister noted the change drove the team to compete in ways they had not done previously.

"I'm more aggressive and I dive for the ball," the junior said. "Coach often says 'don't worry about it' and 'pick up your head.' Everyone went all out."

Paxton Daniels said Coach Gruse worked on getting the team to play more defense.

"Seventy-five percent of our practice was focused on defense," the junior said. "All the games we won were a defensive effort. The harder we played defense, the more we won."

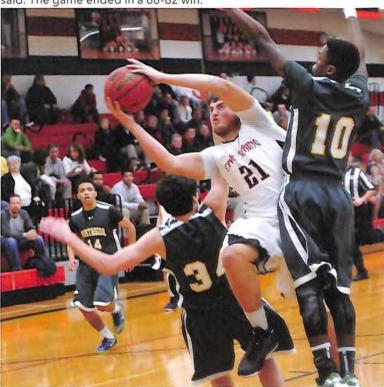
The team played and beat Hidden Valley three times, and were named Conference 32 champions.

Gruse's goal was for the team to get better, and it worked hard to do so. "We have a stronger team. We are playing more open minded and not trying to fit into a certain role," Reyer said.

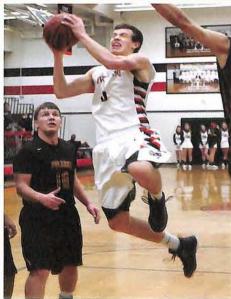


### SECONDS AFTER TOPPLING A PULASKI PLAYER,

sophomore Baker Haviland prepares to shoot the ball over his opponent's head. "I was driving into the basket and he just fell over. It was intense because it was a really rough game and we were trying to play like we did in the summer," Haviland said. The team lost the home, non-conference game against Pulaski County by a score of 62-57 on Feb. 3. **TRKING ON TWO DEFENDERS.** senior Zac Foutz fights to get the shot around the Northside Vikings. Foutz ended up getting fouled. "I was close. It came down to free throws at the end," he said. The game ended in a 66-62 win.







BRRCING FOR IMPRCT, Brody Hicks goes up for a shot against Pulaski County. "I thought for sure I was going to get smacked in the face," the junior said. "Their defender had long arms. The game ended in a five-point loss to the Cougars. INTENSITY ON HIS FRCE, senior Noah St. Clair claims possession of the ball while surrounded by Hidden Valley players. "It was a loose ball and I was able to secure it to get possession back for our team. We ended beating them pretty significantly," St. Clair said. The team played and beat the Titans three times.

# POINT TAKEN

# LAUGHTER BECOMES THE BEST MEDICINE TO TURN THE TEAM INTO CONFERENCE CHAMPIONS AFTER BEING A TEAM OPPONENTS DIDN'T RESPECT IN PAST SEASONS.

What started out as a losing basketball career ended in victory for seniors Cassi Parulis and Hailey Sitze. They may have only won one game out of the whole season their freshman year, but it was one of their favorite seasons because of Zumba and bonding.

"It was one of my favorite years. There wasn't a lot of pressure on us because we literally lost every game," Sitze said. "We had nothing to lose, so we were having fun on and off the court."

During the two girls' freshman year, the teams they faced were unafraid. For their final season, the seniors motivated the team to surprised everyone.

"No one expected us to win because of our past, but with the group of girls we had, we surprised people and did better than the last couple of years," Sitze said. "No one was expecting us to win."

Parulis attributed the success to teamwork.

"This year we really worked as a team," she said. "In past years we had talent, but we just didn't come together with it. We combined our talent and hard work to be successful. Coach Ficarro pushed us into a great season."

She said winning the conference was a long way from only winning one game three seasons prior. To make the success even sweeter, Ficarro was awarded coach of the year.

"Totally unexpected," she said. "I shareed the award with my staff and all the players," Ficarro said.





昭郎版 m. mallory, d. waller 開版 lifetouci



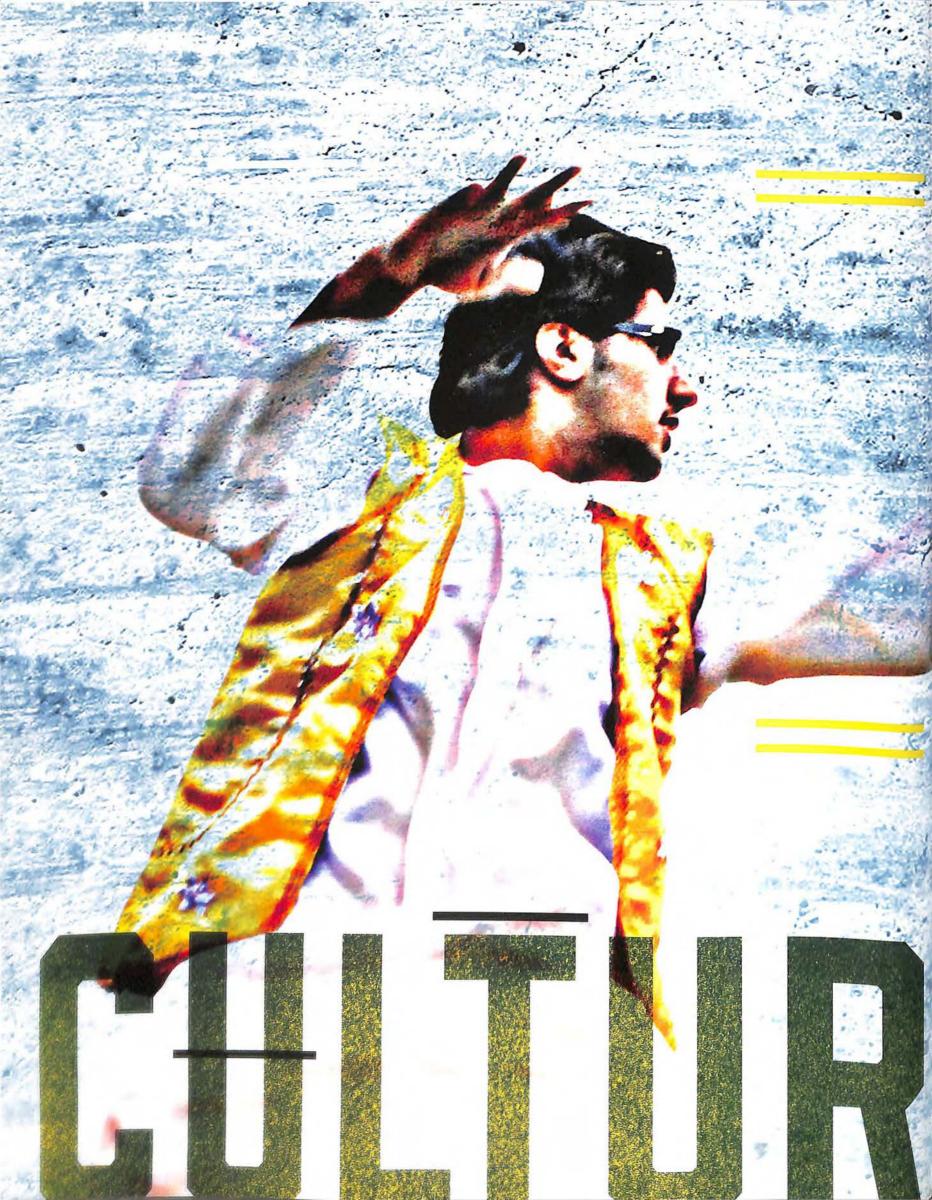
### GESTURING TO MAKE HER POINT.

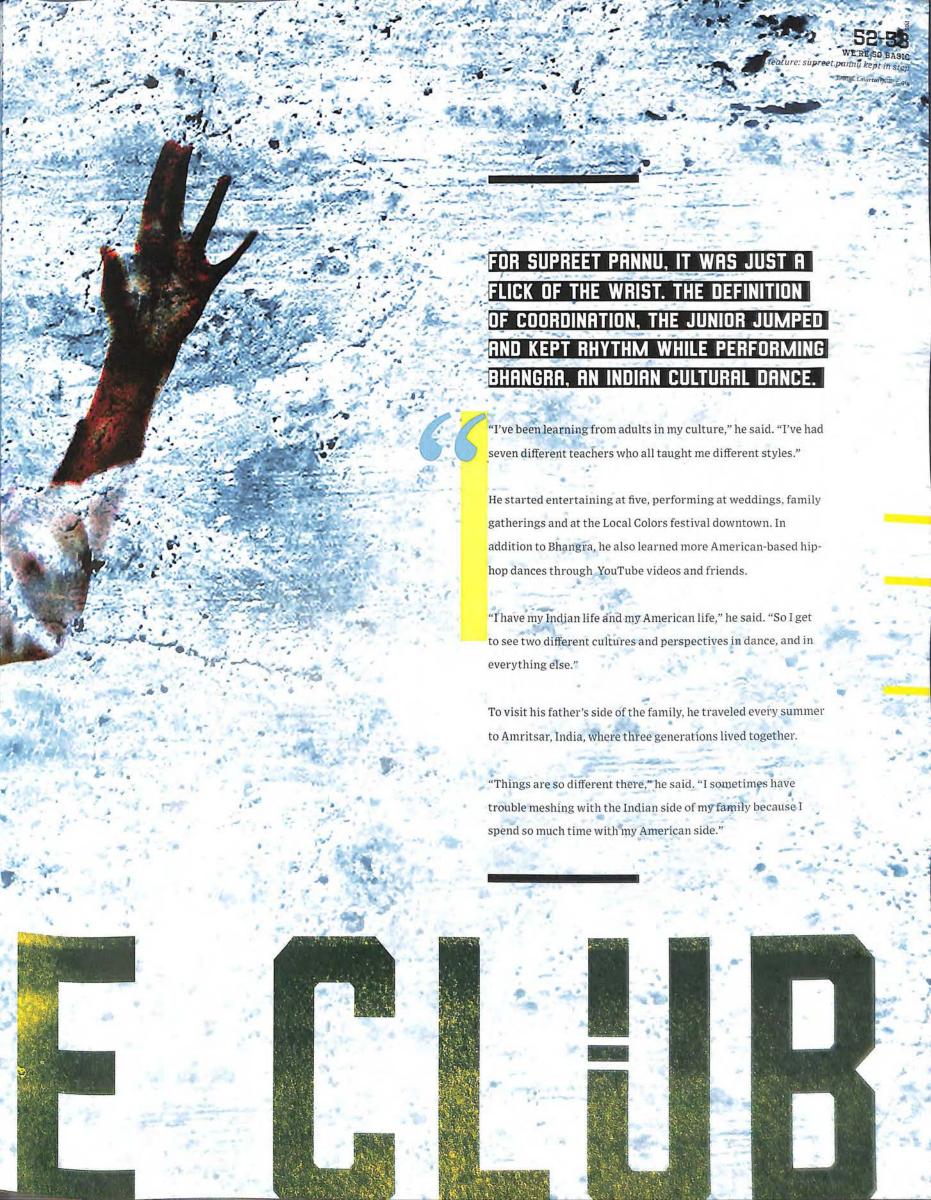
Coach Jessica Ficcaro gets her team's attention during a time out. "Coach is always hilarious," junior Taylor White said. "It doesn't matter if it is practice or a game, she just has a way of always making things postitive and light-hearted."





RELEASING A SHOT, Reagan Delp started most games as point guard. "It was nerve-racking starting as a freshman because there was a lot of pressure, and a lot of people underestimate freshmen," Delp said. "I grew a lot this year as a point guard." WITH A BLACKSBURG DEFENDER APPLYING PRESSURE. sophomore Jessica Lachowicz dribbles for better position. "Things went even better this year than last," Lachowicz said. "I can't wait to see how much we improve in the off season." The girls both lost to and defeated Blacksburg during regular season play. GOING FOR THE BRSKET, senior Cassi Parulis lays up the ball for two points against the Northside Vikings. "It was a close game that shouldn't have been close. but it was one of the first games of the season, so we were still figuring ourselves out," Parulis said. "We won because they missed a shot with only two seconds left." The final score was 36-35.





## SPRING FLING

COLD TEMPERATURES FLIRTED WITH SPRING-SPORT ATHLETES AS FEET OF SNOW IN LATE FEBRUARY AND MARCH INTERRUPTED SCHEDULES.
TEAMS WITHOUT INDOOR PRACTICE FACILITIES GOT CREATIVE, RUNNING THE HALLS FOR CONDITIONING.

"We had to contend with the snow in the beginning of the season," sophomore Kacie
Shepherd said. "Then, at the end, you have to worry about the heat, SOLs and finals."

Sweatpants and layers kept players warm to start the season, but then, normal hot temperatures returned.

"I always have water with me," senior David Blades said. "I drink two gallons a day to stay hydrated."

Weather affected all sports.

"We had to move a few games and make four games in a week sometimes because they got rained out," sophomore Jillian Keith said. "You can't play on the field if it's too wet because you can damage it permanently, or get injured."









## BEREAK IT DOWN



"It's my second year playing and I really like using the Crosse. I think the rules are easy to understand, but not everyone thinks so. Our games aren't as physical as the boys', but it still gets pretty rough." CHEYENNE YOUNG. 12



"We have 11 seniors on the baseball team. We beat Hidden Valley and William Byrd for the first time in years. We did more fundamental plays and put them together to reach a new level of play."

DARIEL HARTMAN 12



"Ithink girls' tennis has a really good shot at winning states. We practice really hard, our team has been playing a long time. I'd like to stay undefeated not only as an individual, but as a team."

CHRISTY GOLOSMITH 11



"Coach [Tom]
Dowdy was a huge
part of getting and
keeping lacrosse
going. Next year
we will finally be a
VHSL sanctioned
sport. Our
competition will
increase, and so will
our practices."

JON HUGGINS 9



"We lost four games, but we learned a lot. We really found who we were as a team the past few games and really hit a rhythm.! am sure softball will have better seasons in the future if we learn as much as we did this year."

JOSLYN LANKFORD, 9

WINK, i.demir, p.truskey, k.harris, m.mallory, a. meador FRIGE lifetouch



LUNGING FOR THE SOCCER BALL, junior Mark Stanisic strives to keep possession. "We have a great team this year. We know each other and are much better at our positions than last year," Stanisic said. The team practiced six days a week, he said, to stay in shape. WINDING UP THE PITCH, senior Abby Beatty prepares to drive the ball down the middle of the plate. "I usually play center field, but occasionally I get to pitch," Beatty said. The main pitcher was Cassi Parulis but in games with a heavy lead, Beatty had her turn on the mound. FROM THE PITCHER'S MOUND, senior Cole Flora surveys the diamond. "I was looking the runner back to first base," he said. "I didn't want him to even think he had a shot at stealing second," Flora said. The team went on to beat the William Byrd Terriers 6-2. IN MID KICK, junior Logan Skaff tries to kick the ball to to junior Abby Frazier who moves into a scoring position during the home game against the Patrick Henry Patriots. "The game was really tough," Skaff said of the 2-1 victory. "We had four games that week and we were struggling. I'm glad we beat them because our second game against them we tied 0-0 in overtime." RETURNING A SERVE, senior Drew Bond looks to see where the ball will fly. "I love tennis because it is an individual and team sport. There aren't many sports that are like that," Bond said. "Also, it is the sport that I am the best at." Bond said he learned to play tennis from his father and had played all four years.





"We beat Salem and Christiansburg this year, and both victories were awesome because we tied them both last year. We beat Salem by three and Christiansburg by two. We had a really strong bench this year, and it paid off."

TYLER BRAULEY, 11



"Tam the only freshman on the varsity soccer team, and I am the youngest too. At first, I didn't think (my teammates) would respect me, but now I have earned the respect of my whole team and my coaches."

MCKINLEY POLLARO, 9

## BEREAK IT DOWN



"My favorite"
basketball memory
was beating
Hidden Valley
during our last
game. What a way
to end the season."
CASEY LAWRENCE. 9



"This year in soccer we went in confident against Blacksburg but still lost. It was a big letdown."

CARLOS AMARAL, 10



"The best basketball game of the year was driving two and a half hours to Greenbrier East in West Virginia and beating them by 40 points."

DAWSON HICKS, 9



"My favorite memory from basketball season was when we won our last game against Hidden Valley after losing to them at home."



"My favorite soccer game has to be when we beat Hidden Valley 6-1." EBANA COLEGROYE. 9



"I'm never running track in coat weather again." DEJON NAYO, 9



"This soccer season was a little difficult for me, because I was coming back from a concussion that happened travel season and lasted for six months."

MACKENZIE HARRIS, 10



"This season was challenging for me because it was my first year playing football ever. I played tight end and inside linebacker."



"In indoor track
I came in fourth
place out of 30, and
I went in to finals
with all seniors.
I jumped 40'9"
In triple jump at
Liberty University
against the number
one triple jumper
in the U.S."
14584 WHITE 18



"My most memorable experience during volleyball season was getting hit during a game and getting a concussion."

ALLIE KNIGHT, 9



"Our 4x100 meter relay team came in first place at the Cosmo track meet at William Fleming, There were more than 40 teams in that meet."

DEZNI VINCENT, 10

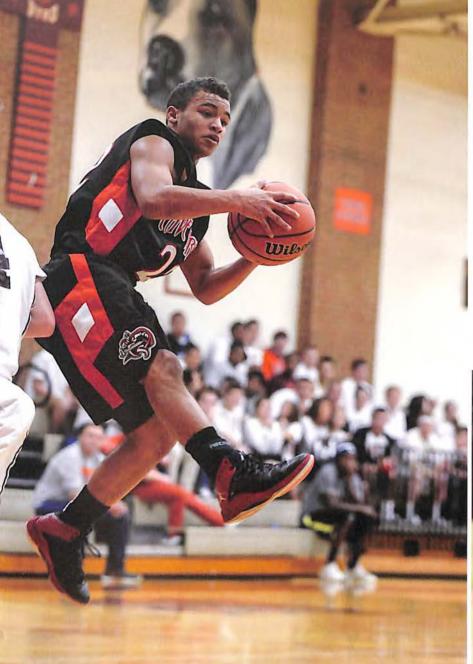


"My favorite
baseball memory
was the five-game
winning streak we
went on. We beat
Salem, Carroll
County, Northside,
Christiansburg
and Patrick
Henry."
STEPHEN
CACCIATORE. 10

FROZEN IN THE RIR, point guard Willie Harden attempts to keep the ball during a game against the William Byrd Terriers. "It was the first game of the season. We really didn't connect well as a team yet, so we lost," the freshman said. "But, when we played them later in the season we beat them by a good amount." Harden took the point guard position when freshman Dawson Hicks was moved to shooting guard to replace injured freshman Jared Steele. FOLLOWING THROUGH HER PITCH, second baseman Autumn Simmons watches the ball fly to first base for the final out in the third inning against William Byrd. "I enjoy the stress of playing second base," the freshman said. "I'm close up to the game and it forces me to play perfectly." Simmons added the junior varsity softball team, "is having one of our best seasons yet. We focus on our individual weaknesses in practice, and work as a team."



EFFORMS: k.harris, l. martin, p. truskey PHING: LFFTNOR t. witten, c. qiu, l. martin



## GET A JUMP ON THE COMPETITION

JUNIOR VARSITY
ATHLETES USE
THEIR FORMATIVE
YEARS TO PREPARE
FOR VARSITY TEAMS





EYE ON SECOND BRSE, Stephen Cacciatore contemplates stealing during the junior varsity baseball game against the William Byrd Terriers. "My attitude dropped after the first inning since the score was 8-1, but I knew we could pull it out," Cacciatore said. "I was heartbroken when their athletic director called the game early." The William Byrd game was the first loss of the season for the team. IN MID-SWING, freshman ace Brooke Ludy pitches a fastball right down the middle for a strike on the March 26 home game against William Byrd. The team avenged a 13-6 loss to the Terriers earlier in the season. "I only play pitcher," she said. "I like it because pitching can either make or break a game." Ludy was pulled up to varsity at the end of the junior varsity season.







# WE'RE

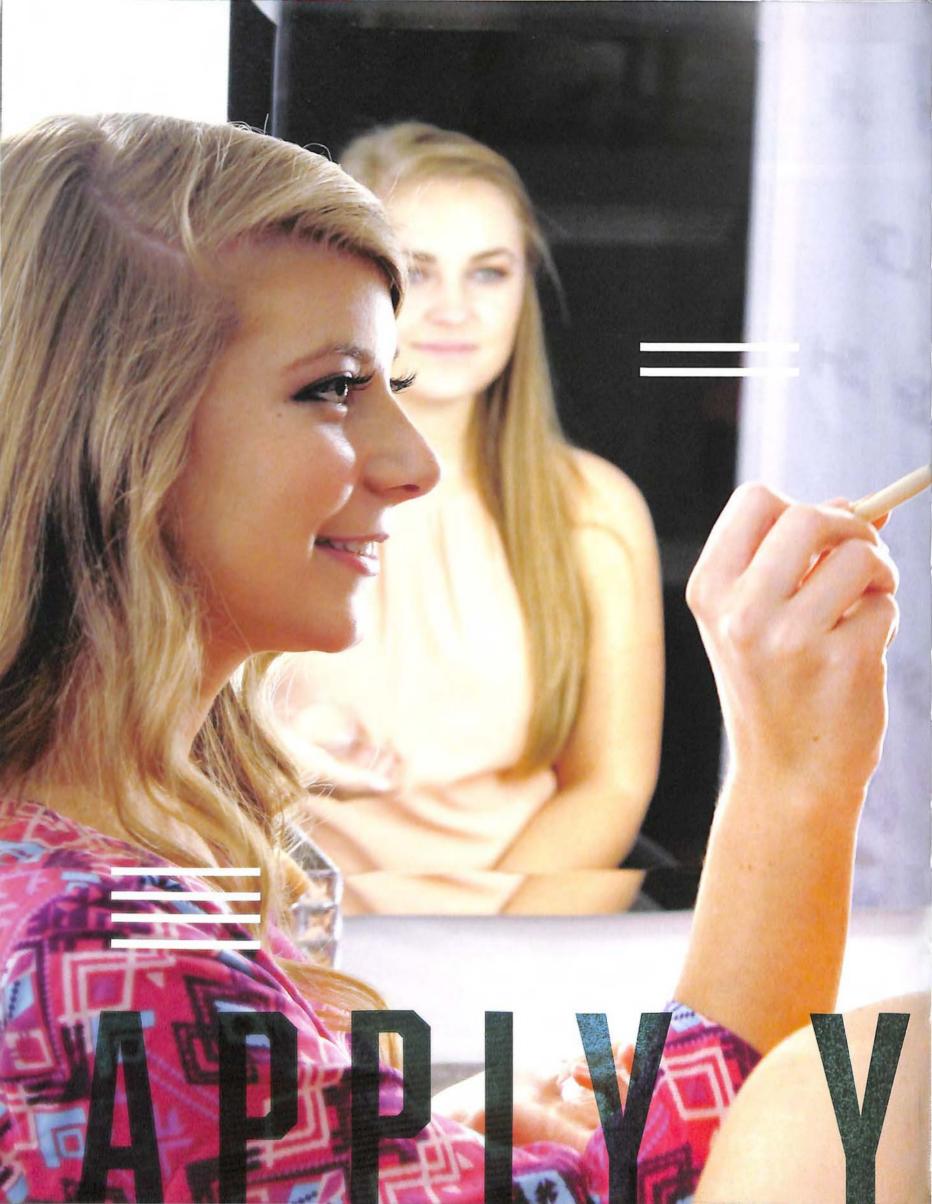
LIVING IN THAT EVERYONE-GETS-A-TROPHY WORLD.

IN FACT, ONLY THOSE WHO TAKE CARE OF BUSINESS IMPRESS US.



5164	
A LIK	WORKING AT LASH
	WRESTLING, STATE CHAMPIONS 62
	BROOKE LEFTWICH FEATURE
	CHEERLEADING, STATE CHAMPIONS
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	SKATEBOARDING
	SWIMMING
	POPPIN' TAGS 78
	DAVID BLADES FEATURE 80

for the band's halftime show In Dreams. "I was nervous because our routine was complex," the junior said. "I was in front of the student section and didn't want to mess up in front of everyone I knew." After every performance, Richardson said the guard gathered on the tennis courts to discuss and tweak their execution of the work for the next performance.





Opting for hands-on practice rather than retail or food service jobs, the senior worked in a salon before graduation because her Burton cosmotology teacher recommended her to the owners of Lash, a shop just down Electric Road from the school.

"You can't work at Lash if you don't have experience," she said. "Most kids work at restaurants because you don't need experience. I am lucky to work somewhere I enjoy, doing something I want to do for a living. This is going to pad my resume."

PRRCTICING HER CRAFT. Strom applies powder to Cady Garst at Lash salon. "I enjoy helping people do their make up," Strom said. "I learned a lot while working there, like how to use make up properly to make people's faces look their best."





# IAKE DOMN

BARELY ON THE RADAR THREE YEARS BEFORE, THE WRESTLING TEAM WENT FROM BEING UNNOTICEABLE TO STANDING IN THE SPOTLIGHT, AS THREE ATHLETES — SOPHOMORES JOSH BAIER AND NOAH BUSHMAN AND JUNIOR CODY AMOS — WON STATE CHAMPIONSHIPS.

Coming off of a tough loss in the previous state tournament, Amos was determined to avenge. "Going into this season our goal was the same," Amos said, "to win state championships as a team and individual wrestlers."

Baier credited the success to dedicated preparation.

"We either practiced or worked out six days a week year-round," he said. "It is physically and mentally draining."

After months of conditioning and workouts, the 13-man roster entered postseason with high hopes.

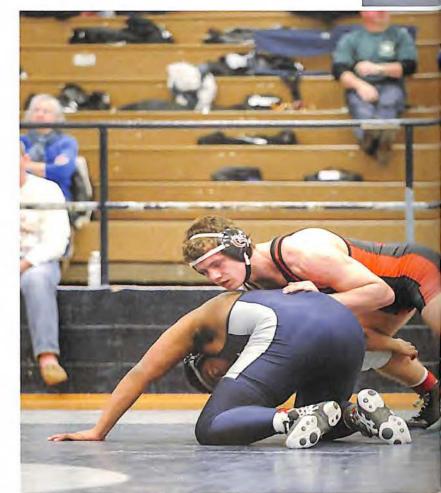
"The practices got harder," Bushman said. "There was more at stake and we didn't want to take any chances. We worked harder and harder every day."

On Feb. 7, the team traveled to Christiansburg for the conference tournament, placing second. Eleven wrestlers advanced to the regional, with four winning individual conference championships. The following weekend, they saw equal success. The team placed second, and six wrestlers advanced to the state tournament.

"The week between regions and states was the hardest one all year," sophomore Josh Neighbors said. "We practiced just as hard as we usually did, but the mental preparation was harder than it had ever been before."

The six advancing wrestlers made their way to the Salem Civic Center for the day-long tournament, where all advanced to semi-finals in their respective weight classes. Neighbors, Spicer and junior Jacob Plunkett all finished fourth in the state. Amos, Baier and Bushman continued their wrestling past the semi-finals and into the state championships, where they each brought championships to a school who had never won one before the 2013-2014 season.

Amos finished the year with an undefeated 48-0 record, in which he defeated the previous 220 pound state champion three times.













CHRMPIONS Sophomores
Josh Baier and Noah
Bushman and junior Cody
Amos took down wrestlers
representing more than 20
schools at Salem Civic Center
to win state titles. "It's not
typical to have three state
champions on one team. Most
teams don't manage one,"
Amos said. "I still want a team
title, though. Christiansburg
has held it for something like
the last 13 years."





STANDING OVER HIS OPPONENT, sophomore Josh Baier works his way toward his second state championship in three years. "I wanted to make sure I did better than last year," Baier said. The sophomore won the state championship at Roanoke Catholic in eighth grade before transferring, but fell just short in his freshman season. "I'm extremely proud of my team's and my performances." AS A REFEREE LOOKS ON, sophomore Noah Bushman reaches under his opponent for leverage. "I was mentally focused for the state match," Bushman said. "Coach [Mr. Tim Nininger] just let me do my thing and get ready." Bushman lost only two matches during the season. SMALLER THAN MOST WRESTLERS, sophomore Josh Neighbors used his slight build to his advantage. "I was quick and agile on the mat," Neighbors said. "I think my size actually helps me during wrestling matches." WITH RN OPPONENT IN A HEADLOCK Josh McCray pushes his way through an intense match. "It's important not to give up," the junior said. "If you don't keep fighting you'll never win." McCray was one of 11 wrestlers advancing to the regional championship.



## **BEAM HER UP**

FRESHMAN BROOKE LEFTWICH OVERCAME INJURIES TO CONTINUE HER GYMNASTICS ASPIRATIONS.

HER LIFE REVOLVED AROUND GYMNASTICS. A level 10 gymnast, Leftwich trained four hour almost every night, and traveled for meets on weekends.

Realizing her skill at 10, "I knew I could achieve and people told me that," she said. "I just didn't know I could make something out of myself in gymnastics. It was something I had always done, so I didn't think anything of it."

Achievement didn't come without a price, though. In the 2013 competitive season, she broke her ankle and leg when she dismounted from the uneven bars at practice.

"I didn't cry when it happened because I was so shocked," she said. Leftwich was going to tough out the rest of practice until a teammate noticed a lump protruding from her leg. She was taken to the emergency room where x-rays showed she had two broken bones.

"I cried when I realized I would be out for a while," Leftwich said. But, after an eight-month recovery she bounced back and began competing again.

GIVING ALL THAT FACE. freshman Abby Slate screams during the competition routine's chant section while senior Kinsey Fitwater and sophomores Riley Pedigo and Carloline Nye focus on how her feet are crossed in preparation for the next stunt during the Battle at Byrd. "I was trying not to show it, but I was scared the stunt wouldn't hit," Slate said. The squad went on to place first at the competition, hosted by William Byrd High School. The VHSL-sanctioned event benefitted the American Cancer Society, and donated more than \$10,000.00 to the cause.



# TAKE THE LEAP

DAZZLING JUDGES AT EVERY TURN, FLIP
AND JUMP, THE COMPETITION CHEER SQUAD
DIDN'T JUST COMPETE. IT DOMINATED. THE
SQUAD SET AND ACCOMPLISHED THE GOAL
OF WINNING A STATE CHAMPIONSHIP AFTER
PLACING SECOND IN 2013 AND 14TH IN 2012.

"I felt like there was more pressure on us this year, and that the expectations had been raised. It really pushed us to work our hardest," freshman Caludia Jarema said.

"Coming into this season after placing second last year definitely helped us set our standards high," senior Lauren Baker said. "Our goal since the first practice was to finish off with a state title."

The team took home first place in every event it attended, making school history. History-making came with a price, though, as the team experienced injuries.

"We had more injuries than last year," junior Kaitie Ireland said. "We've never had to face so many in one season, but we were very fortunate to have strong alternates that stepped in."

Riley Pedigo knew first-hand.

"I was practicing and we were running a full out," the sophomore said. "I was completing the tumbling pass and landed wrong while coming out of a round-off, backhand spring, back tuck. I pulled the tendons in my left leg and was out the rest of the season," Though unable to compete, she said she attended every practice and competition to support her teammates.





#### COMPLETING A NEAR-PERFECT STUNT SEQUENCE, the

competition cheer squad's enthusiasm registers on their faces. "The adrenaline rush was intense at states," senior Kinsey Fitzwater said. "We have a promise bag and for every competition, we write down what we promise to the team, "senior Lauren Baker said. "Before each competition, our coach held up the bag and we would cross our fingers. It's tradition." Alayna Francis cited hours of work and repetition as two key elements which paved the path to the title. "We started learning the choreography in June," the senior said. "Months before the school year even started. There was a lot more advanced tumbling and stunts in our routine this year. We tweaked our routine down from a full up to straight ups so we could be sure to hit it without any deductions."



REPORTING k.harris Fig. UFFIGUR courtesy of J. cooper, t. witten



## WITH TOES POINTED AND KNEES HYPER-

EXTENDED. Chandler Keister showcases perfect form in a toe touch during the homecoming pep rally. "Our coaches hammered it into our heads about hitting our toe touches," the junior said. "We used elastic cheer bands and a lot of repetition to make sure we were on point and in sync so we wouldn't lose points from the judges." The pep rally was the first presentation of the team's competition routine.



STEP-BY-STEP BACK HANDSPRING. "I started tumbling in sixth grade, and I am still working on perfecting a full." freshman Kinsey Harris said. "I want to have it ready for next season.

#### BEFEAK IT DOWN



"I cannot drive long distances because my Jeep only gets seven miles per gallon. Gas is expensive!" DNAYNE HALE. 11



"I couldn't sleep on
Saturday because
the cleaning lady was
vaccuuming my room."
NAHA ALI. 10



"Thave a Galaxy S5 and there is a Galaxy S6 coming out soon. I will be out of date." WALKER CHRISTLEY, 11



"The elevator in my house in my house is broken, so I had to use the stairs." NORAH MULINDA, 10



"I forgot my headphones and had a really long car ride." FAITH CARLENO, 9



"I think the dress is black and blue. I just don't see how people could see it as white and gold." TAYLOR SWARTZ. 9

# #FIRSTWORLDPROBS

STARBUCKS RUINED YOUR MORNING BY ADDING WHIPPED CREAM TO YOUR ORDER. BEAN BOOTS WERE SOLD OUT AND ON BACKORDER. ALEX AND ANI BRACELETS MADE TOO MUCH NOISE. IPHONES GOT TOO BIG. YOU WAITED IN LINE TO BE THE FIRST PERSON TO WALK INTO THE NEW KRISY KREME.

"My Bean boots are back ordered until May, but they will be out of season by then," sophomore Liz Troy lamented.

Laptop chargers weren't long enough to reach the outlet, so you had to get up and move. There was no cell reception in half the school, which made it impossible to check social media every few hours. Some rooms were too hot, some too cold and vending machines shut down during lunches.

The wrong lighting ruined what would have been a perfect selfie. Bad tan lines from last weekend's ski trip showed while spray tans for homecoming turned out too orange. The main parking lot was full, and unfortunate students had to walk all the way across the street from the church.

Brand new Vineyard Vines shirts shrunk in the dryer, and skinny jeans stretched out. The Starbucks drive thru line was so long you got Saturday school for being late to class.

"They need to add another person at Starbucks in the morning because it takes so long," junior Brittany Myers said. "It's Starbucks. Everyone wants to go in the morning. The line is ridiculous. It takes foreverw."

#### #GLAZED

Even as temperatures plunged into the 30s on the night of November 11, dozens of people camped outside the new Krispy Kreme on Hershberger Road, which opened at 6 a.m. The first 100 in line received a card good for a dozen free glazed doughnuts a month for a year. Grace Molumphy was 13th, and earned herself a card. "I won a card to get free donuts. It was so worth waiting in the cold," the senior said.





#### #TALLGIRLPROBS

Ankles showing on jeans that are too short. Being taller than most of guys. Lengths of dresses, shorts and tops getting shorter. Getting "dress coded" for tall girls was nothing new, Hannah Graham said. At six feet tall, the freshman learned to embrace her height. "I have to order my jeans so that they long enough," she said. "Even the longs are sometimes not as long as they should be." Long legs and waist-height door handles are not a good combination either, she said. "I got my belt loop stuck on my door knob," she said. "When I went to walk away, it ripped my jeans."



#### #REDHAIRDON'TCARE

With a fiery personality to go along with her red hair, freshman Erin Harrison felt the burn. "Sunscreen. Lots and lots of sunscreen," she said. "Like a bottle a day. I forgot to put on sunscreen and stayed on the beach for four hours. In my defense, it was cloudy." Regardless, she had to spend the next day under an umbrella. "Usually every summer I get a really bad burn," she said. "It's pretty normal for me." Once at a volleyball tournament, she had to sit outside in the sun. "I had to put a blanket over me so that I wouldn't get burned."



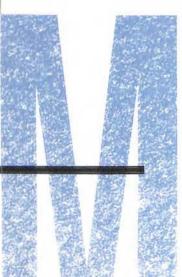
"It's more like a lifestyle," the junior said. "I'll always be a skateboarder. No matter how old I get or how much I actually get to go out and skateboard, I will always be a skateboarder."

Sophomore Tyler Lunnie also adopted the culture.

"My friend introduced me to it, and I thought it was cool so I started" Lunnie said. "Skating is something to get my mind off of other things. It used to be a hobby but now it's what I think about most of the time."

**BEHIND THE MOVIE THEATRE** Deckle flies through the air while sophomores Dylan Clark, Lunnie and Dylan Speas prepare for their attempt to match his trick.













HERD JUST RBOVE THE SURFACE Amruta Acharya readies herself for her next race. "I specialize in the breast stroke and freestyle. Before a big meet I focus on perfecting my form," the freshman said. The team practiced in the mornings and evenings to prepare for meets. RRMS CIRCLING AROUND HER, sophomore Allie Lawson prepares to go under once again. "I really like being on the swim team. It is a great way to practice swimming and be with other people on a team," Lawson said. HRNDS BEFORE HER UNDER THE WATER, sophomore Paige Assaid breathes so she can cut through the water again. "Swim meets are always really fun for everyone," Assaid said.











# RIPPLE EFFECT

"IT HELPS TO HAVE SUPPORT FROM YOUR TEAM," MICHELLE ZILLIOUX SAID. "SOMETIMES I'LL BE NERVOUS BEFORE A MEET AND MY TEAMMATES WILL CHEER ME UP." THE SOPHOMORE WAS A MEMBER OF THE GIRLS' TEAM WHICH FINISHED SECOND IN THE STATE.

Sean Altice said although each swimmer raced in individual meets, winning was a collaboration.

"People think it's an individual sport but it's not," the sophomore said. "You add up the points, which means you work together to get the best score."

Vinay Garimella said since races were up to each swimmer, focus had to be on building the score.

"As a swimmer you are always trying to improve your best time. We are pretty close but because it can be an individual or team sport, sometimes we aren't as close as other teams," the sophomore said.

#### MOUTH OPEN FOR AIR AS HE BURSTS OUT OF THE WATER.

sophomore Sean Altice swims the butterfly. "It's the most tiring stroke," he said. Altice competed freestyle.

EMMR MUZZY FIXED HER GOGGLES RND STOOD ON THE BLOCK. The freshman's heart raced. She took deep breaths and tried to zone in on her race. The start

sounded and she swiftly dove into the water, on her way to a state record.

As she ended her leg of the relay, all she could do was watch, hoping her teammates would pull through. The start of her race may have been nerveracking, but the moment her fingertips touched the water, that all went away.

"Usually I always have a song stuck in my head right before the race," Muzzy said. "I try not to think about the pain and focus on my song and my race. You get really pumped up and excited."

As the first leg of the relay, Muzzy knew her role was an important one.

"It was a lot of pressure to get us a good start, but it was also good knowing it would be done," she said.

The team was ultimately awarded the state record for the 800-yard freestyle relay for the 13-14 girls age group.

Muzzy said they knew going into the meet they had a good chance at setting it. "I felt confident with our training," she said. "It was unreal we actually got it, but I knew we could."



BREAKING THE





SENIOR DAVID BLADES JUST COULDN'T STAY
RWAY FROM 3712 CHAPARRAL DRIVE. SKIPPING
WAS NEVER AN OPTION FOR THE GUY WHO
NEVER MISSED A DAY OF SCHOOL IN 13 YEARS.

THE STATE OF THE S

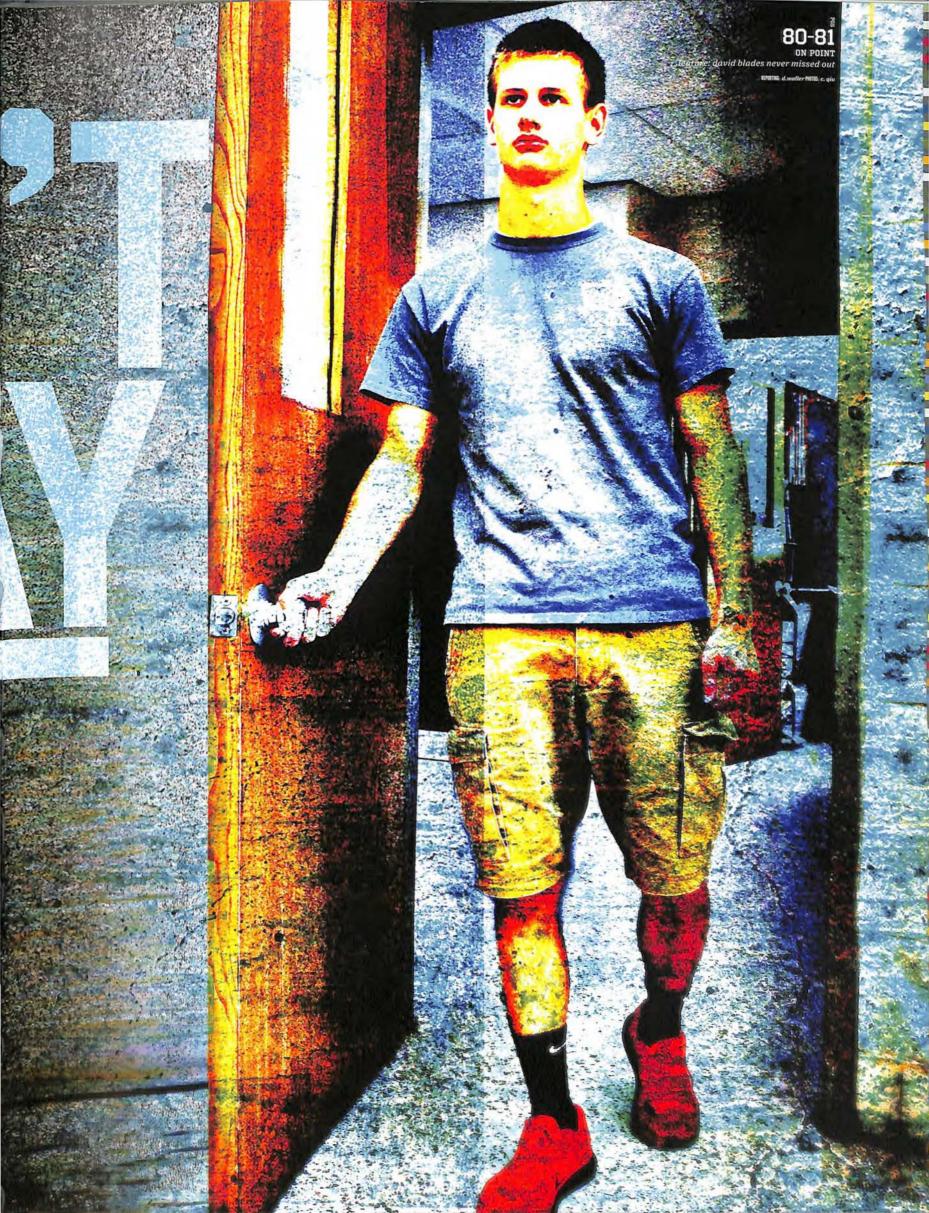
"I was never really sick on a school day," he said. "It usually happened over Christmas break. My parents placed an immense amount of importance on attending school. They are both teachers."

His father, an instructional assistant, and his mother, a kindergarten teacher, both taught at Penn Forrest Elementary and held an expectation which was unspoken and never challenged. His perfect attendance carried into his senior year, even when other seniors took part in senior skip days.

"I went to government class with Mr. [Pete] Lustig and no one was there," he said. "We just went on with class as if it was a normal day."

In addition to never missing school, Blades had never missed a single soccer practice since starting the sport in seventh grade. Enrolled at West Virginia University for the fall, he expected his attendance record would continue.

"I don't want to miss any of the lectures or get behind on work," he said. "I think college will be harder than high school."









# WE'RE

TRYING TO KEEP IT STRAIGHT. SHE'S IN THIS CLIQUE. HE'S IN THAT.
THEY DATED IN NINTH GRADE. WHATEVER, FIND YOUR CREW HERE.

# REFERENCE

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	CLOSING

IN THE HUDDLE DURING THE POWDERPUFF FOOTBALL GAME, senior
Kinjal Patel puts her hand in for the break and final instructions
from coach Patrick Truskey. The title and bragging rights were
on the line for junior and senior girls at the game held during
homecoming week. Boys dressed in crop tops and jorts served as
"cheerleaders," and Cager Hicks, Noah St. Clair, Drew Jacobsen,
Nick Spicer and Grant Patterson performed a cheer-themed
halftime show, completing the role reversals. "It was a physical
game, more so than the year before," Patel said. "The juniors
brought it. I played running back and got the ball a few times, but
Hailey Sitze made three touchdowns and Cassi Parulis made one.
They were beasts." The game ended with a "fair and clear" win for
the senior girls, she said.

Wyatt Abshire - Beta Club (12)

Taylor Agee — Art Club (9-12), National Art Honor Society (9-12), Film Club (9,11), Key Club (9-10), Spanish Club (9-12), Scholastic Art Award (9-11), Best in Show Art Show 3rd place (10), National Spanish Honor Society (10-12), Beta Club (12)

Saffeya Ahmed — Art Club (9-12), Spanish Club (10), National Spanish Honor Society (10-12), Scholastic Key Award (10-11), Green Club (11-12), SCA (11), Beta Club (12), Film Club (12), Key Club (12)

Mohammad Ahsan

Ty Albritton — JV Football (9-10), JV Basketball (9-10), Varsity Football (11-12), Varsity Basketball (11-12), Football Leadership Council (12), Outdoor Track (12)

Kelly Alcoke — FCCLA (9-11), Student Helper (9-12), DECA (11), Newspaper (12), Pep Club (12)

Justin Alouf — Lacrosse (9-12)

Claudia Anderson — Drama (9-12), FCA (12), FCCLA (12), Key Club (12)

Rabiya Asim — Art Club (9-10), National Art Society (10), Spanish Club (10), National Spanish Honor Society (10-12), Green Club President (11-12), Beta Club (12), Key Club (11-12), Student Helper (12)

Lauren Austin — Sideline Football Cheerleading (9-11), Competition Cheer (9),
Indoor Track (9-12), Outdoor Track (9-12) Newspaper (9), Beta Club (12), Class Vice
President (12)

Smita Bajgain-Student Helper (10-12), Beta Club (12), Spanish Club (12)

Lauren Baker — Sideline Cheerleading (9-12), Sideline Cheerleading Captain (12), Competition Cheerleading (9-12), Lamp of Knowledge Recipient (9-12), Newspaper (9,12), National Spanish Honor Society (10-12), Beta Club (12), Key Club (12), SCA (12), Two Hearts (12)

Rachel Baker-Pep Club (10), Key Club (11-12), Knight News (11)

Isaiah Baylor — JV Football (9), Outdoor Track (9), Varsity Football (10-12), 2nd Team All-Conference Football (11), Member of Football Leadership Council (11-12), Football Team Captain (12)

Lyle Beard — Lamp of Knowledge (9-11), Academic Team (11-12), BETA (12)

Abby Beatty — Varsity Softball (9-12), Softball Team Captain (11-12), National Spanish Honor Society (10), Beta (12), Key Club (12), SCA Secretary

Jordan Bennett — DECA (11-12), FCCLA (11)

David Blades —Indoor Track (9) JV Soccer (9-10), JV Soccer (10), Varsity Soccer (11-12), Concert Band (9), French Club (9-10), TSA (9-12), Archery Club (11-12), Student Helper (11-12)

Drew Bond — Tennis (9, 11-12), Marching Band (9-12), Section Leader (10-12), National Spanish Honor Society (10), Beta Club (12)

Griffin Bower - Newspaper (9, 12), Yearbook (9)

Katelyn Bradley — Tennis (9), Spanish Club (9-11), National Spanish Honor Society (10-12)

Thomas Bradley — JV Football (9-10), Outdoor Track (9-12), Varsity Football (11-12), FBLA (11-12), Spanish Club (11-12), National Spanish Honor Society (11-12), Archery Club (12), Art Club (12), Beta Club (12)

 $\label{eq:total-continuous} \begin{tabular}{ll} Tiffany Bradley $-JV Basketball (9), Varsity Basketball (10), FCCLA (10) \\ Brandon Brenner $-JV Soccer (9-10), French Club (12), Green Club (12) \\ \end{tabular}$ 

Will Brooks

Mercedes Brown — Sideline Cheerleading (9), Swim Team (9)

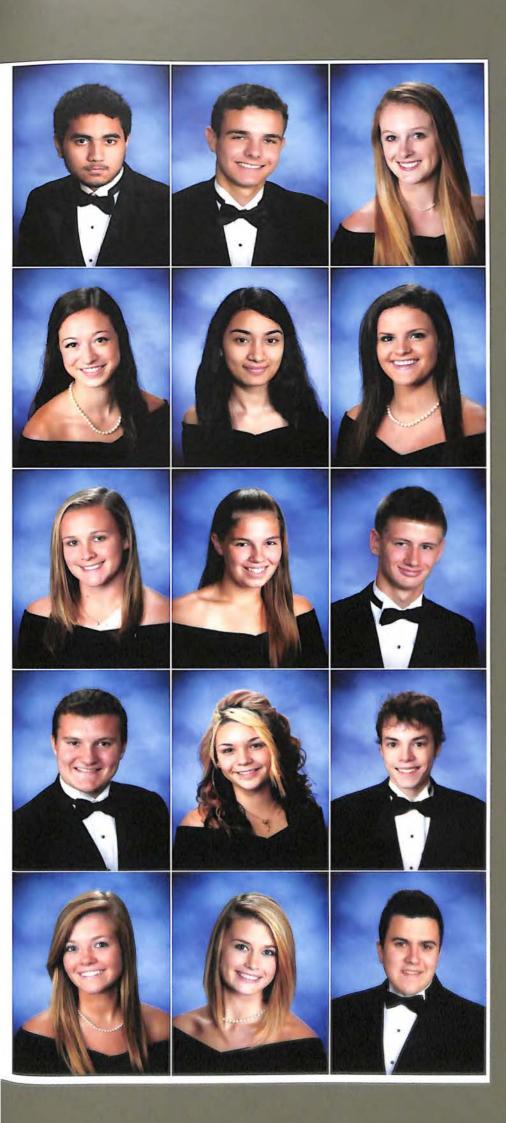
Hannah Bryant — JV Volleyball (9-10), JV Volleyball Co-Captain (10), Film Club (9-10), French Club (9-10), Beta Club (12)

Kelsey Burchett — Sideline Cheerleading (9-12), Competition Cheerleading (9-12), Student Helper (11), Key Club (12)

Kayla Carver — JV Sideline Cheerleading (9-10), JV Sideline Cheerleading Captain (10), Varsity Cheerleading (11-12), Competition Cheerleading (9-12), Lacrosse (12), Choir (9-10), Key Club (12)

Ryan Carver — JV Soccer (9-10), JV Soccer Captain (10), Varsity Soccer (11), Concert Band (9), Newspaper (9), FBLA (10-11), Film Club (10-12), Latin Club (10), AP Scholar (11-12), Beta Club (12)





# FINDING HIS PLACE

WHAT STARTED AS GIBBERISH soon made

sense. An international Chinese student from the southern town of Fuzhou, Kevin Ke moved to America in 2009 not knowing any English.

"When I moved to America, I lived in Florida, Iowa, and now Virginia. The grammar was most confusing here because it is different from Chinese," Ke said.

He realized other differences once when he started attending school.  $% \label{eq:control}%$ 

"We didn't go to different classes, the teachers came to us. We went to school from 6 a.m. to 5 p.m. and were allowed to return home for lunch."

Ke became more fluent in English and got a job at Ichiban, a Japanese restaurant on Electric Road, with predominantly English-speaking diners.

"Moving was kind of rough at the beginning, mostly because I didn't know English, but it's getting better."

## KEVIN KE CROSSES CULTURAL DIVIDE



Samantha Casauay – Marching Band (9,10), Concert Band (9), FCA (9-12), Class Treasurer (9-12), Symphonic Band (10-12) National Spanish Honor Society (10-12), Student Helper (10-11), Beta Club (12), Key Club (12), Knight News (12)

Laura Cattigan — JV Soccer (9, 10), Varsity Soccer (11-12), Key Club (12)

Morgan Chacona — Art Club (10-12) Drama Club (10-12), FCA (11-12), Student Helper (11), Beta Club (12), Key Club (12), Knight and Day Café (12)

Jacob Clark — Outdoor Track (9-12), Indoor Track (12)

Sarah Clark — Marching Band (9-12), All District Band (9-12), Section Leader (10), Symphonic Band (9-12), Concert Band (9), Marching Band Drum Major (11-12), French Club (9-12), French Club Treasurer (10-11), Knight News (9), Newspaper (9)

Austin Coleman — Varsity Football (11), FCA (11-12), Film Club (12)

Grant Colip — Art Club (9), National Spanish Honor Society (10-12), RVGS Mu Alpha Theta (10-12), VA State Science Fair (10), Green Club (11-12), Beta Club (12)

Nick Colozza — Cross Country (9-12), Indoor Track (9-12), Outdoor Track (9-12),
Outdoor Captain (11-12), Beta Club (12)

Juliana Crouse — Marching Band (9-12), Concert Band (9), French Club (9-12), Symphonic Band (10-12), National French Honor Society (11-12), Beta (12)

Michaila Cunningham — Student Helper (11-12)

Annabelle Davis - Art Club (9), French Club (9), Beta Club (12)

Lila Derrico — JV Soccer (9-10), JV Soccer Captain (10), National Spanish Honor Society (10-11), Green Club (11-12), Film Club (11-12), Varsity Soccer (11-12), Key Club (12), Beta Club (12)

#### Eric Dishner

Antonia Douchi — Choir (9-11), Friends of Rachel (9), Knight Notes (10-11), Beta Club (12)

#### Meghan Dowdy

Mackenzie Duncan — JV Soccer (9-10), Newspaper (9), National Spanish Honor Society (11-12), Student Helper (11-12), FCCLA (12)

Trevor Durham — Cross Country (9), Varsity Soccer (9-12), 2nd All Team District (9-11), Knight News (11)

Kaitlyn Dwyer — French Club (9-12), Drama Club (12), Knight News (12), Newspaper (12), Student Helper (12)

Safa Eltaib—Indoor Track (9-10), Outdoor Track (9-10), JV Soccer (10), Varsity Soccer (12), Varsity Lacrosse (12), Friends of Rachel (9-10), Key Club (9-12), Pep Club (9-12), SADD (9-12), SCA (9-12), Knight News (10-12) TSA (11-12)

Alex Emery — JV Football (9-10), Leadership Council for Football (9-12), JV Basketball (9-10), JV Baseball (9), Varsity Basketball (9-12), Varsity Baseball (10-12), Varsity Football (11-12), Football Team Captain (12)

Brendan Eubank — JV Football (9-10), Varsity Football (10), Student Helper (9-10)
Andrew Farley — Marching Band (9-12), Concert Band (9-10), Film Club (10-12),
French Club (10-12), Science Fiction Club (10-12), Symphonic Band (11), Academic
Team (11-12), Beta (12), Pep Club (12), Science Fiction Club President (12)

Becca Fisher — Varsity Sideline Cheer (11-12), Varsity Competition Cheer (11-12), FCCLA (11-12), French Club (11), Key Club (12)

Richard Fishwick — Golf (9-12), Swimming (9-11)

Kinsey Fitzwater — JV Sideline Cheer (9-10), Competition Cheer (9-12), Varsity Cheer (11-12), Newspaper (9), Key Club (12), Student Helper (12), SCA (12)

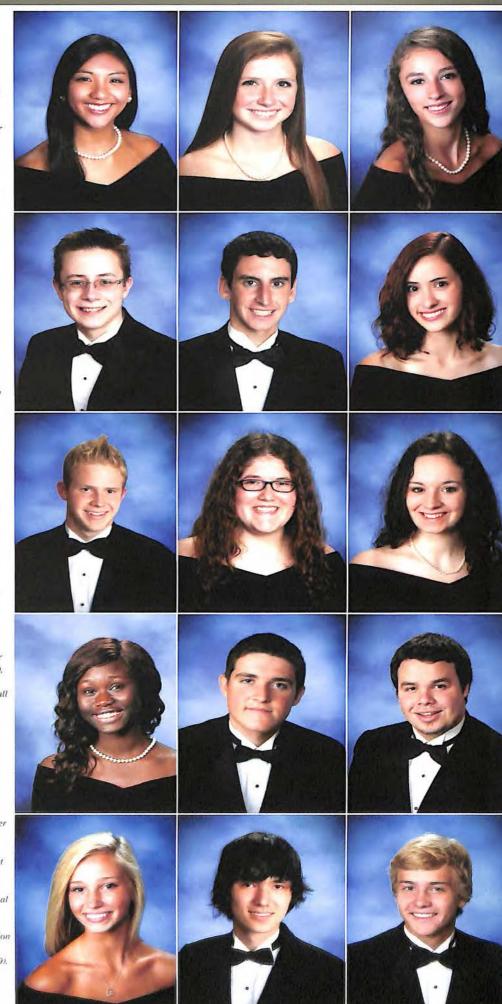
Aidan Fleenor — FCCLA (12)

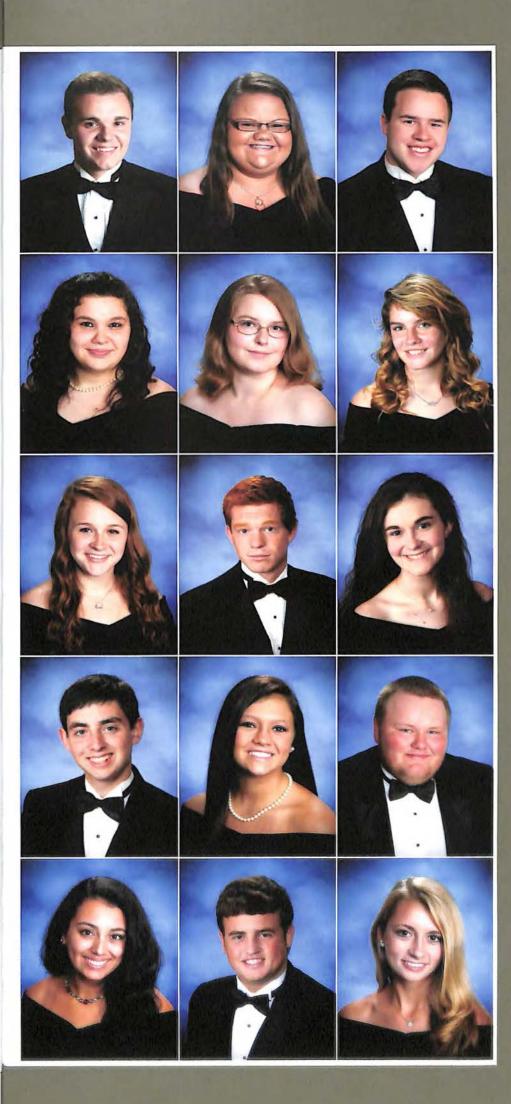
Cole Flora — JV Baseball (9), Varsity Baseball (10-12), Honorable Mention All-District 2nd Base (10), 1st Team All-Conference, (11), Honorable Mention All-Region (11), Baseball Captain (11-12), National Spanish Honor Society (9-12), Key Club (10-12)

Lauren Flores — Marching Band (9-12), Concert Band (9-10), French Club (9), National Spanish Honor Society (10-12), Green Club (11-12), SCA (11-12)

Zac Foutz — Varsity Football (9-12), JV Basketball (9), Varsity Basketball (10-12), Football Leadership Council (10-12), 1st Team Conference 32 (11), 1st Team All-Region 3A West (11), 1st Team All-State Football (11), Basketball, Football Captain (12)

Alayna Francis — JV Sideline Cheer (9), Competition Cheer (9,10,12), Indoor Track (9). JV Softball (9), FCA (9-12), Freshman Class VP (9), SCA (10-12), Sophomore Class VP (10), Varsity Sideline Cheerleading (10-12), Varsity Softball (10-12), Honorable Mention Softball (10), 1st Team All-District Softball (11), 2nd Team All-Region Softball (11), XC (11), SCA Treasurer (11-12) Varsity Cheer Captain (12)





## AMANDA LEVY PROVED SHE WAS A TRIPLE THREAT

# NAMIE IN DELTS



BLRME RYAN SERCREST. Levy watched American Idol when she was in the first grade and she realized the stage was to be her home. After performing in talent shows and plays, she juggled four productions during her senior year alone: Annie, The Enchanted Cinderella, Hairspray and Beauty and the Beast Jr.

"Performing became something I did every year," she said, "and then something I wanted to do as a career."

Levy auditioned for 18 schools. Of those, Texas State University was her favorite. She attended its Performing Arts Project a summer camp, did workshops with the heads of music and acting departments.

"They are a cutthroat program," she said, "but are understanding of an actor, and are professional and understanding. You get a really focused education.

[Ultimately, Ja school can have a good name, but it is actually about the fit for the person."

Elissa Fuller

Brendan Gallagher — JV Football (9-10), Lacrosse (9-12), FCA (11-12), Green Club (11), Key Club (12)

Danielle Gallant

Khuslen Ganbayar — Wrestling (9), JV Soccer (9), JV Soccer Captain (9), Varsity Soccer (10-12), Swimming (12), Film Club (9-10), Spanish Club (10), Knight News (11)

Tyler Garner — Drama (11-12), FCA (11-12), Varsity Football (12), FBLA (12)

Jordan Gibson — Varsity Football (11)

Ian Goebel — Student Helper (11)

Darian Goodrich -Lacrosse (9-12), Latin Club (11), Beta Club (12)

Justin Goria

**Emily Graham** 

Abigail Gregory — Spanish Club (9), Student Helper (9-12), Film Club (10-11) Trey Guilliams

Travis Gunville — Lacrosse (9-12)

Emily Hadfield — Marching Band (9-12), Marching Band Section Leader (12), Jazz Band (9), Concert Band (9), Symphonic Band (10-12), French Club (9-12), National French Honor Society (11-12), Beta Club (12), A-Honor Roll Lamp of Knowledge Top 10% (9-11), National Social Studies Honor Society (11-12)

Autin Hahn

Kristina Hale — Marching Band (9-12), FCCLA (9-11), Symphonic Band (11-12), Beta Club (12), Student Helper (12)

Jessica Hall

Veronica Hamilton — Tennis (9-12), Tennis Captain (12) Marching Band (9-12), Concert Band (9), Marching Band Section Leader (10-12), Symphonic Band (10-12), National Spanish Honor Society (10-12), Film Club (9), Green Club (11-12), Green Club Secretary (11-12), Key Club (11-12), Spanish Club (11-12), Beta Club (12), Student Helper (12)

 ${\it Chase Hamm-JV Football (9-10), Varsity Football (12)}\\$ 

Maggie Harman — Swimming (9-12), First Team All Timesland (9-12), District Swimmer of the Year (11), Swim Captain (12), Newspaper (9), National Spanish Honor Society (10-12), National Latin Honor Society (11-12)

Kendall Harris — JV Sideline Cheer (9-10), Student Helper (9-12), Key Club (10-12), Newspaper (11-12), Yearbook (12), Newspaper Editor (12), Yearbook Editor (12), Knightly News (11-12)

Daniel Hartman — JV Baseball (9-10), FCA (9-10, 12), Varsity Baseball (11-12) Amelia Havens

Tyler Hazelwood — JV Football (9-10), Indoor Track (9-11), Outdoor Track (9-11), FCCLA (9), Varsity Football (11-12)

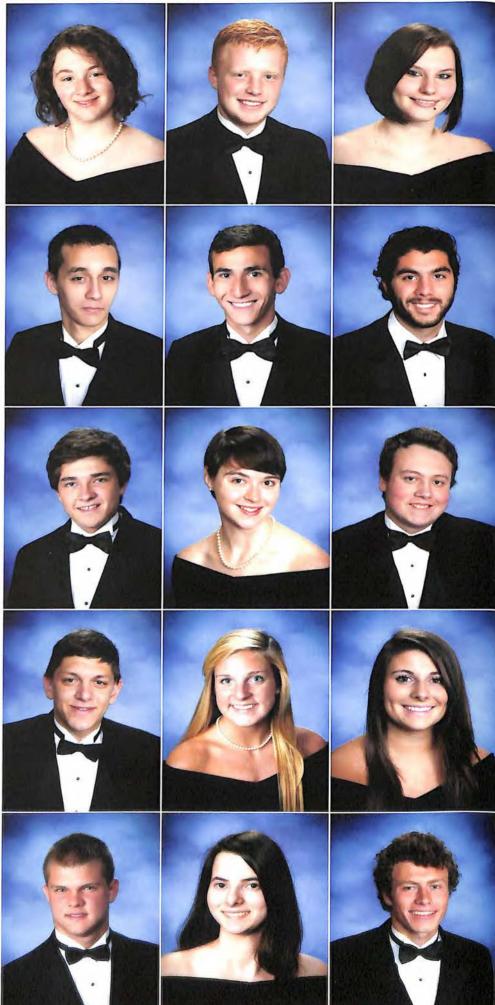
Evan Heath — Wrestling (9), Lacrosse (9, 12), JV Football (10), Varsity Football (10-12), Beta Club (12), Beat the Bench Press Record: 325 lbs. (12)

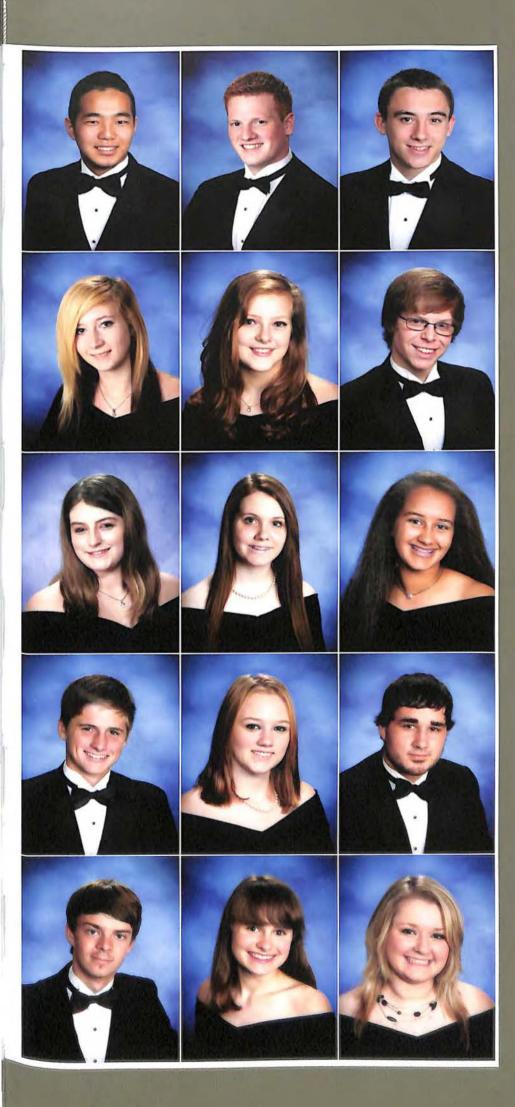
Elena Hernandez — Spanish Club (9-12), National Spanish HS (11-12), Beta (12)

Cager Hicks — JV Basketball (9), Varsity Basketball (10-12), Honorable Mention All-District Basketball (10), SCA (11), 2nd Team All-Conference Basketball (11), Varsity Basketball Captain (11-12)

Sam Hillyard — JV Soccer (9-10), Varsity Soccer (11-12), Film Club (9-12), Beta Club (12)
Lydia Hoeppner — JV Soccer (9-10), Debate (9-12), Spanish Club (9-12), Art Club (10),
National Art Honor Society (10), National Spanish Honor Society (10-12), Green Club
(11-12), Green Club Co-President (11-12), Debate Co-Founder, Captain, President (1112), Beta Club (12) Key Club (11-12), Key Club Vice President (12), Spanish Club Vice
President (12)

Gillian Horn — Tennis (9), Art Club (9), National Art Honor Society (9-12), Spanish Club (9-12), National Spanish Honor Society (10-12), RVGS Mu Alpha Theta (10-12), RVGS Student Advisory Council (10-12), Green Club (11-12), Beta (12)





# CASSI PARULIS MADE A PITCH FOR THE BIG APPLE

# SARE RBT



**SHE MADE TIME FLY. TOO.** Thirteen years after starting teeball, Parulis found herself preparing for a bigger field in New York.

Summer before senior year, prior to to playing tournaments in Pennsylvania, New Jersey, Georgia and California, Parulis emailed New York University's coach asking him to come watch her play. He obliged and invited her to visit the campus.

"I'm a pitcher and I think my ability to throw the spin pitches as well as different speeds was something they like," she said. "I am also a lefthanded power hitter."

She believed NYU would be a perfect fit, both for its new Division III softball team, and its acclaimed film school.

"It was like a dream," she said, "I wanted to go to film school and NYU has one of the best. I hadn't really considered NYU for my undergrad because it didn't have softball. Then it added softball, and offered me a spot. It was the best thing that could have happened." Zoe Horn - JV Soccer (9)

Nick Houhoulis — Wrestling (9), Varsity Football (11-12), Knight News (12)

Kaitlyn Huff —Varsity Soccer (9-12), 2nd Team All-District Soccer (9), 1st Team All-District Soccer (10), 2nd Team All-Region Soccer (10), 2nd Team All-Timesland Soccer (10), FCA (10), 1st Team All-Conference (11), 1st Team All-Region Soccer (11), Beta Club (12), Key Club (12)

Kayla Huff — Varsity Soccer (9-12), Beta Club (12), Key Club (12)

Adam Huffman — JV Football (9-10), JV Baseball (9-10), JV Baseball Captain (10), Varsity Baseball (10-12)

Ryan Hunter — Indoor Track (9-10), Wrestling (10), Outdoor Track (10), Beta Club (12), Student Helper (12)



Ryan Iler — Outdoor Track (9-12), Indoor Track (12), Marching Band (9-12), Concert Band (9), Symphonic Band (10-12), Beta (12), Film Club (12)

Drew Jacobsen — JV Basketball (9-10), Varsity Basketball (11-12), Lacrosse (9-12), FCA (9-12), SCA (9,12), Student Helper (9-12), Knight News (10-12), SCA Vice President (12) Marshall James

Samir Jasarevic

Kelsey Johnson — Varsity Soccer (9-12), Key Club (9), Student Helper (9-12), Newspaper
(12)

#### Kevin Ke

Chase Keister — JV Basketball (9-10), JV Soccer (9-10), Varsity Soccer (10-12), Varsity Basketball (11-12)

Yvette Kennedy — JV Basketball (9), Drama (9), Indoor Track (10-11), FCA (10-12), FCCLA (10-12), Outdoor Track (11), Key Club (12), Spanish Club (12)

Cameron Kenny — Lacrosse (9-12)

Kylie Kent — Varsity Softball (9-12), Friends of Rachel (9), FCA (10-12), FCCLA (10-11), Student Helper (12)

Dakota Kidd

Shane Kinchen — JV Baseball (9), Student Helper (9-11), Varsity Baseball (12)
Charity Klimaitis — JV Volleyball (9), Varsity Volleyball (10-12), Spanish Club (9-10, 12),
National Spanish Honor Society (10-11), Film Club (11-12), Beta Club (12), FCCLA (12),
AP Scholar Award (11-12)

Tessa Klimaitis — JV Volleyball (9), Varsity Volleyball (10-12), Film Club (9,11-12), Friends of Rachel (9), National Spanish Honor Society (10-11), Key Club (10-11), Beta Club (12), FCCLA (12)

Amber Kolozvary — Film Club (9-12), French Club (9-10), FCCLA (12)

Stephanie Kray — Drill Team (10-11)

Joe Lankford — Indoor Track (9-10), JV Baseball (9-10), Varsity Baseball (11-12), Marching Band (9,11-12), Concert Band (9), Symphonic Band (10-12), Film Club (10-12), Spanish Club (11-12), Key Club (12)

Caroline Laughon — SADD (9-10), Key Club (10-12), SCA (10-11), Key Club (11-12), DECA (11-12), Student Helper (11-12)

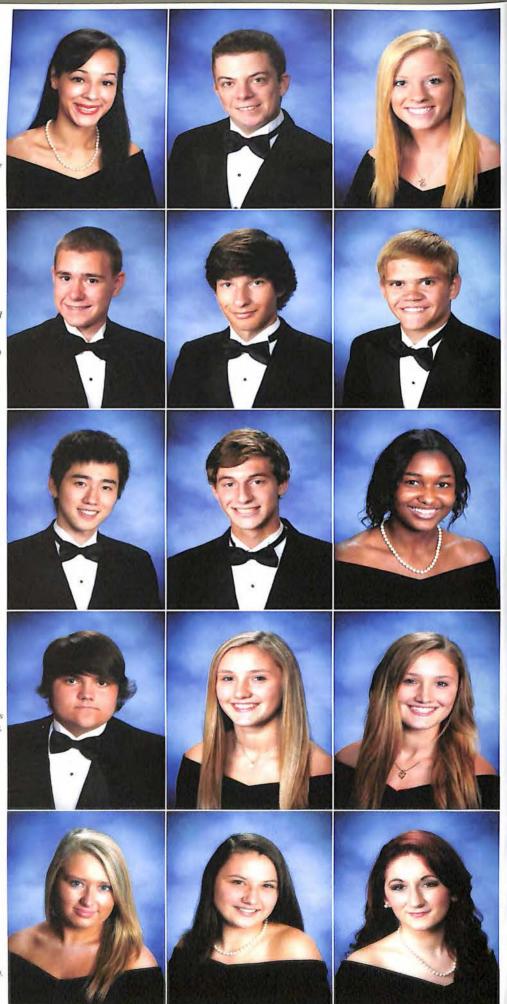
Alina Lemire — JV Soccer (9-10), Swimming (12), Varsity Soccer (12)

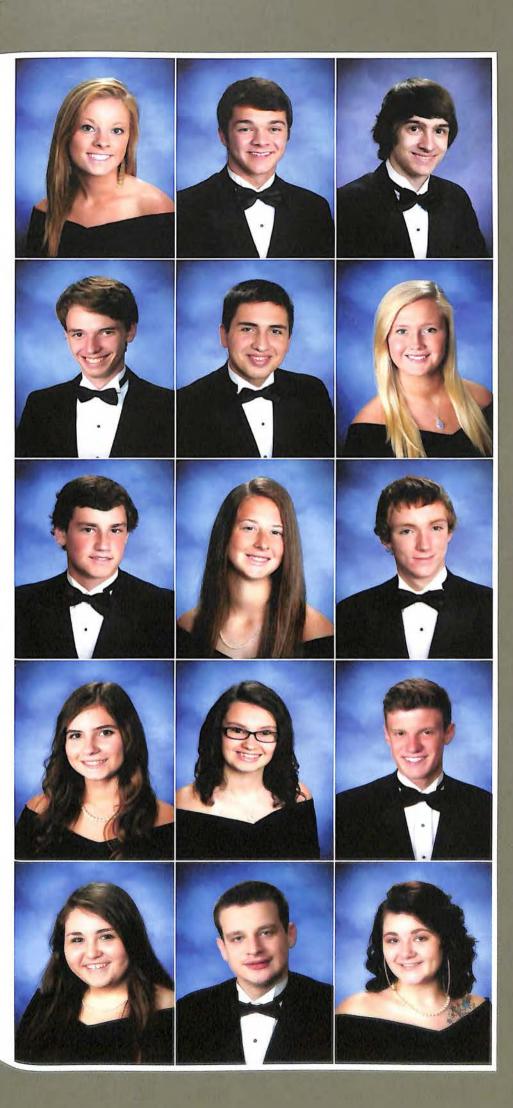
Amanda Levy — Drama (9-12), Pep Club (9), Forensics (12)

Lauren Lichtenstein — Outdoor Track (9), FCA (9-12), FCCLA (10), Student Helper (10, 12), Art Club (11), Beta Club (12)

Jeremy Linkous

Kendall Lowe





# THAT'S A WRAP

RELUCTANT TO BE IN THE MASS COMM

PROGRAM. Rachel Baker at first considered her classes at Burton Center for Art and Technology to be nothing special. Soon, she said she fell in love with the track.

"Mass Communications is the most important thing I've done in high school," the senior said. "I don't know where I would be without it. I'm really thankful I gave it a chance."

With the help of a camera and her teacher, Mr.

Eric Salo — of whom she said, "Mr. Salo saw talent in me even I didn't see. On bad days, he pushes me."

— she documented the memories of the senior class for its annual video.

"We're trying to put everyone in it so they all have a piece of Cave Spring to take with them when they leave. There's a lot that goes on."

Baker enrolled in the Washington Journalism and Media Conference and found her skills set her apart from other attendees.



Rachel Baker and Cassi Parulis model their Washington Journalism and Media Concerfence T-shirts.

Darin Manigault

Amanda Manson — Beta Club (12)

Tanner Martin - FCCLA (9-11)

Jolie Matze - Sideline Cheer (9-12), Competition Cheer (10-12), Key Club (12), SCA (12) Matthew McGarry - Marching Band (10-12), Concert Band (10), DECA (10-12), Symphonic Band (11-12), Beta Club (12)

Cameron McGhee

Justin McGuire — JV Football (9-10), National Spanish Honor Society (10), Varsity Football (11-12), Beta Club (12), Key Club (12)

Kodi McIlwraith

Sydney McTigue — JV Volleyball (9-10), Film Club (9-12), Concert Band (9), French Club (9-10), Symphonic Band (10), Green Club (11-12), Varsity Volleyball (11-12), Outdoor Track (11), Beta Club (12), AP Scholar Award (12)

Zachary Meadows - National Spanish Honor Society (10), Beta Club (12), FCA (12), Key Club (12)

Robert Milby - JV Baseball (9-10), Varsity Baseball (11-12), Varsity Football (12), Student Helper (11-12)

Julie Mitchell

Grace Molumphy — Student Helper (9), Drama (11-12), Art Club (12), Yearbook (12) Sara Morgan — Sideline Cheer (9-10), Competition Cheer (9-10), Knight and Day Café (10), FCA (11), Key Club (12)

Melissa Mortellaro — JV Soccer (9), Varsity Soccer (10-12), FCA (9-11), Drama (9-10), French Club (9), Knight News (9-11), SCA (10-12), Beta Club (12)

Sara Muncy — Student Helper (10,12), FCA (11-12), FCCLA (11), Key Club (11-12), National Spanish Honor Society (11-12), Spanish Club (11-12), Beta Club (12)

Caitlyn Murphy - JV Softball (10), FCCLA (12)

Mick Murphy — Film Club (9), Debate Team (10-11), Beta Club (12)

Alexandra Nix - FCA (11)

Lauren Northern — Symphonic Band (10), Pep Club (10), FCCLA (11-12), FBLA (12), Beta Club (12)

Jackson Nye — Lacrosse (10-12), DECA (11)

Sean O'Connor

Jayden Olsen— Tennis (9), Marching Band (9-12), Concert Band (9), French Club (9-12), Symphonic Band (10-11), National French Honor Society (10-12), Academic Team (12), Beta Club (12), National Merit Scholar (12), AP Scholar (12)

Mallory Orr — Outdoor Track (9), Jazz Band (9-12), Concert Band (9), French Club (9-12), Film Club (10-12), Marching Band (11-12), National French Honor Society (11-12), Drama Orchestra (11), National Social Studies Honor Society (11-12),

Bryce Pappas — FCCLA (9-12), French Club (9-12)

Cassi Parulis — Varsity Basketball (9-12), JV Softball (9), FBLA (9-12), FCCLA (12). Student Helper (9-12), Film Club (10-12), Varsity Softball (10-12), Honorable Mention All-District Softball (10), 1st Team All-Conference Basketball (10), 1st Team All-Conference Softball (11), 1st Team All-Region Softball (11), 1st Team All-State Softball (11), Class Secretary (11)

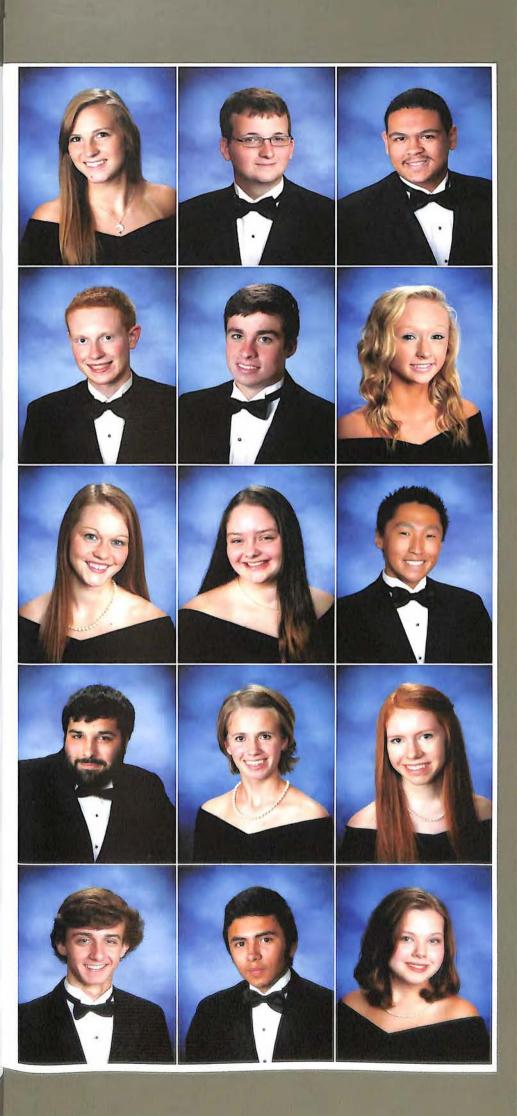
Kinjal Patel — Drama (9), Friends of Rachel (9-10), Key Club (9-12), Newspaper (9), Pep Club (9-10,12), Spanish Club (9), Yearbook (9), FCA (10), SCA (10), Film Club (10-12), Knightly News (10-12), Class Secretary (10), Student Helper (10-12)

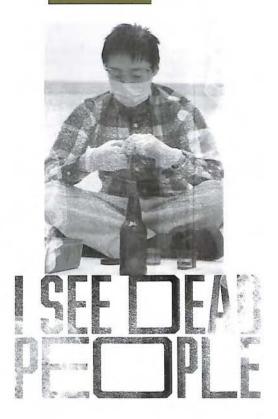
Grant Patterson

Diego Paz-Tello

Kathryn Penny







#### DEAD BODIES FASINCATED HIM.

Murphy aspired to be a medical examiner because, he said, "It gives a voice to the voiceless."

He realized the role forensic sciences played in court cases.

"Often cases hinge on evidence found by medical examinations," he said.

Murphy said was prepared for a long journey ahead, one which would take more than a decade to complete.

"I am looking at 13 more years of schooling," the senior said. "I am going to VCU in the fall and my major will be forensic science on the pre-med track."

He saw medical school and a hopeful fellowship with the Chief Medical Examiner of Virginia in his future. And, lots of dead bodies.

Davis Perkins — Lacrosse (9-12), Film Club (11-12), Beta Club (12), Pep Club (12)

Josie Perrin — Indoor Track (9-10), Outdoor Track (9-10), Marching Band (9-12), Section

Leader (10-12), Concert Band (9), Film Club (9-12), Film Club President (10-12),

French Club (9-12), French Club VP (12), Symphonic Band (10-11), Key Club (10-12),

Key Club Treasurer (12), Math Club (10), National French Honor Society (11-12),

Green Club (11-12), FCCLA (12), Beta Club (12)

Megan Phillips — Lacrosse (10-11), National Spanish Honor Society (10-12), Green Club (11), National Art Honor Society (12), Beta Club (12)

Mercy Plumb — JV Soccer (9), FCA (9), Cross Country (10-11), Varsity Soccer (10-12), Indoor Track (10-12), Choir (10), Film Club (10-12), SCA (10-12)

Taylor Poff

Danielle Pursel

Nayana Shree Raghavendra-Prasad — Student Helper (9-10, 12), Art Club (11-12), Key Club (11-12), National Spanish Honor Society (11-12), Beta Club (12), Green Club (12), Spanish Club (12)

Rachel Ramsey— FCCLA (10-12) DECA (12), Beta Club (12)

Josh Reiter- JV Football (9), Student Helper (9-11), Lacrosse (10-12)

Hunter Richards — Indoor Track (10), JV Baseball (10), Varsity Baseball (11-12), Student Helper (12)

Marissa Riffle - FCCLA (10), Lacrosse (11), DECA (11-12)

Jon Roach — Varsity Football (9-12), JV Baseball (9), Football Leadership Council (9-12), FCA (9-10), Outdoor Track (10), Football Team Captain (12), Beta Club (12)

#### Margarete Rubel

 ${\bf Dominic\ Russo}-Swimming\ (9\text{-}12), Swim\ Captain\ (11\text{-}12)$ 

Maeve Sedivy — JV Volleyball (9-10), Outdoor Track (9-12), Symphonic Band (9-10), French Club (9-12), Film Club (11-12), Natl. French Honor Society (11-12), Beta Club (12)

Andrea Sepulveda — National Spanish Honor Society (10-11), Beta Club (12), French Club (12), National French Honor Society (12), Spanish Club (12), Student Helper (12)

Emily Sharp — Art Club (9-10), Spanish Club (9-11), National Art Honor Society (10), Film Club (10), Pep Club (10-12), National Spanish Honor Society (10-12), Vice President of Pep Club (11), Secretary of Spanish Club (11), Beta Club (12)

Max Shockley

Hailey Sitze — JV Volleyball (9-10), Varsity Basketball (9-12), JV Softball (9), National Spanish Honor Society (9-12), FCCLA (11), Student Helper (11), Beta Club (12), Key Club (12), JV Softball Captain (9), JV Volleyball Captain (9), Honorable Mention All-District (9-11), 2nd Team All-District (10-11)

Jessi Slakman — Cross Country (9-10), Varsity Soccer (9-11), FCA (9-12), Key Club (9-12), Newspaper (9), Student Helper (10-11), FCA Leader (11-12), Key Club President (11-12), Beta Club (12)

#### Hunter Smith

Joshua Smith — JV Football (9-10), Indoor Track (9, 12), Outdoor Track (9-12), FCA (9, 12), Varsity Football (11-12), Key Club (12)

#### Raquel Smith

Ryan Smith — Cross Country (9), Indoor Track (9, 12), Outdoor Track (9, 11-12), Film Club (9-12), Beta Club (12)

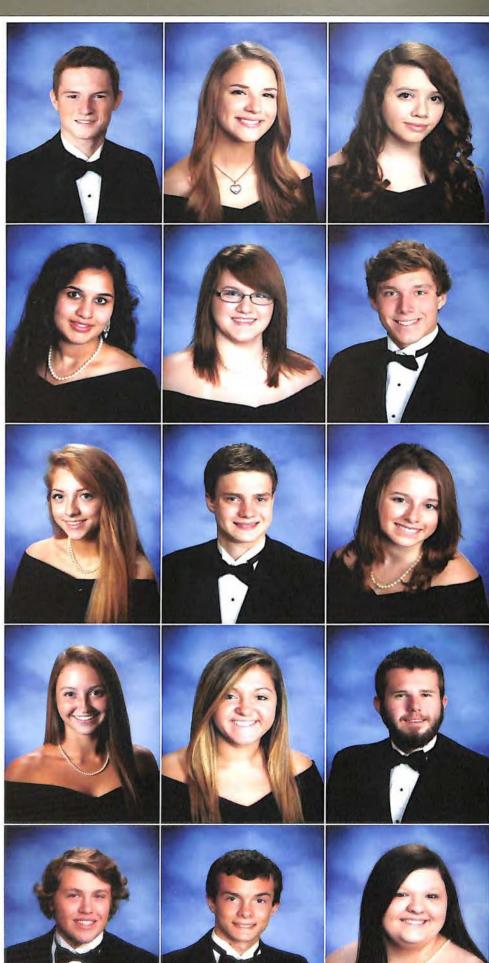
Spencer Smith — JV Football (9), JV Basketball (9-10), Lacrosse (9-12), SADD (9), Key (12)
Aaron Sortore — Cross Country (9-12), Swimming (9), Indoor Track (9-10), JV Soccer
(9-10), Varsity Soccer (11-12), Beta Club (12)

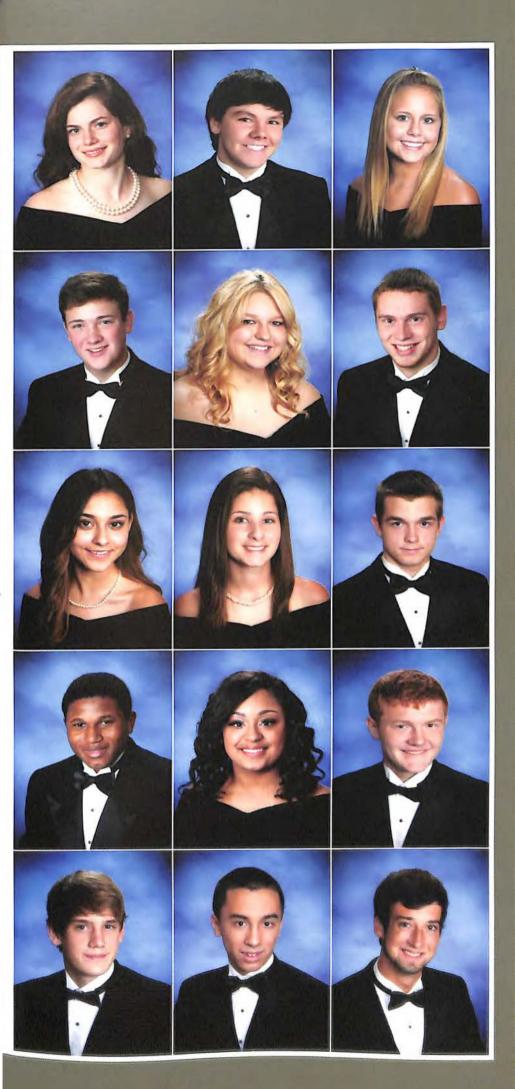
Holly Spangler - FCCLA (9-12), Student Helper (11-12)

Nick Spicer = Marching Band (10), Wrestling (9-12)

Joseph Stahling Student Helper (10-12), Choir (11-12), Academic Team (12)

Noah St. Clair – JV Basketball (9-10), Varsity Basketball (10-12), FCCLA (10-12), Student Helper (11)





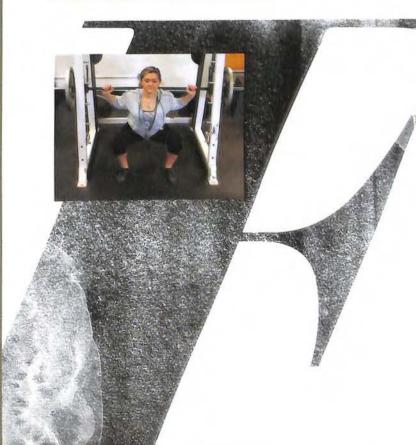
# FIT TO BE TRIED

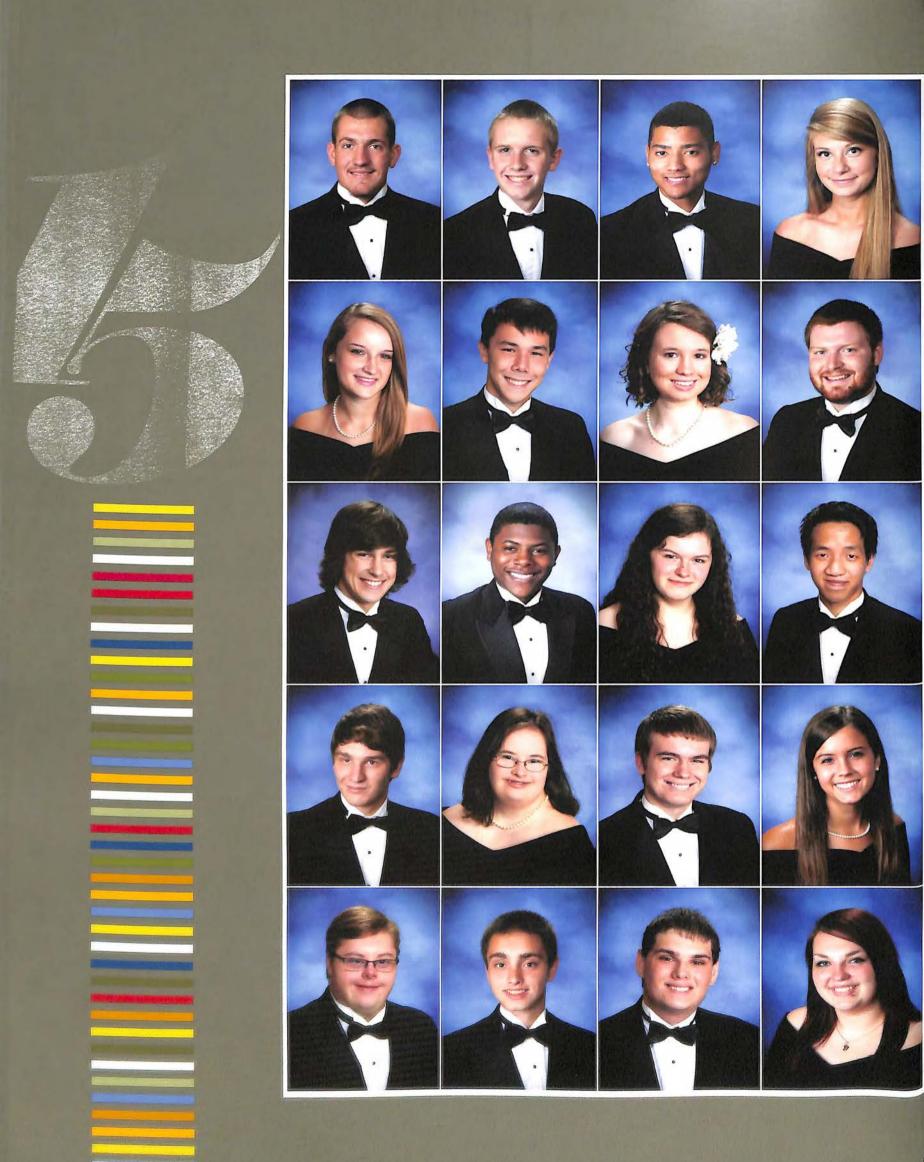
"I WAS TOLD I WILL NEVER KNOW OR BE PREPARED for what I will experience at VMI," Slakman said. "I will be broken down on the rat line so they can bring me back up the way they want me to be."

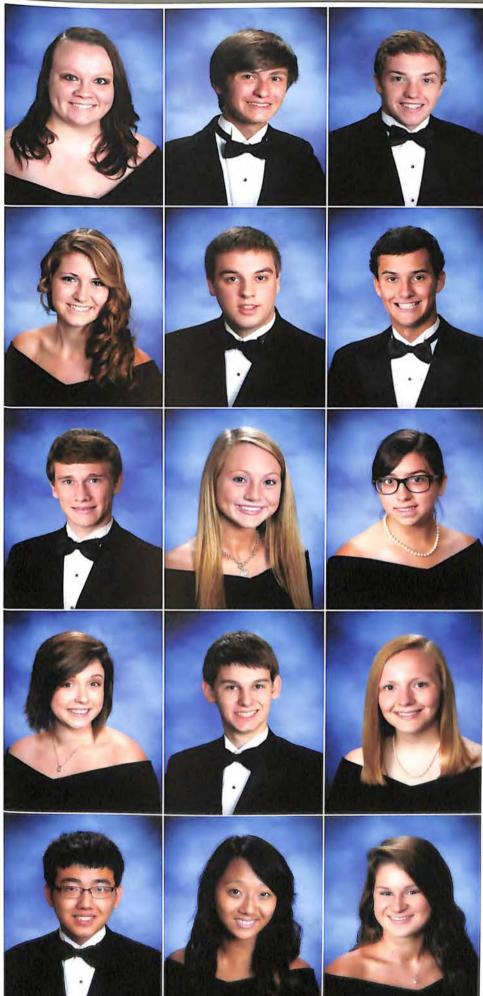
The determined senior worked out in Cross
Fit classes and other endurance exercises to
prepare for the running portion of physical
training at Virginia Military Institute in
Lexington.

"It will most definitely be nothing like any other college," she said, "but I am prepared."

JESSI SLAKMAN
WEIGHED HER
OPTIONS OF
ENROLLING IN A
MILITARY INSTITUTE







Austin Steinhafel — JV Football (9-10), Outdoor Track (9-12), Varsity Football (11-12), Indoor Track (11-12), FCA (11-12)

Matthew Stiles — Cross Country (9-12), Indoor Track (9-12), Outdoor Track (9-12), Beta Club (12), Cross Country Captain (12)

Cody Stockton - Drama (11)

Stephanie Strom

Alaysha Stump

Adam Sulkin — Outdoor Track (9), Marching Band (9-12), Jazz Band (9-12), Concert Band (9), Film Club (9-12), Lacrosse (10), Symphonic Band (10-12), National Spanish Honor Society (11), Beta Club (12)

**Austin Thompson** 

Lauren Tomlinson — Spanish Club (9-10), FCA (10-12), FCCLA (10), Student Helper (10), Key Club (12)

Jasen Tran — JV Soccer (9-10), Film Club (10-12), Varsity Soccer (11-12), Beta Club (12)
Julia Trephert — Concert Band (9-11), Knight Notes (10), Marching Band (11-12), Symph

Julia Treubert — Concert Band (9-11), Knight Notes (10), Marching Band (11-12), Symphonic Band (12), Beta Club (12)

Patrick Truskey — Varsity Football (9-10), Indoor Track (9-11), Outdoor Track (9-11), French Club (9), Student Helper (9-12), 1st Team All-District (9-11), SCA (10-12), Key Club (10-12), Lacrosse (11-12), Class President (11-12), SCA Class Representative (11-12), Yearbook Editor-in-Chief (12)

Carly Usery — Sideline Basketball Cheerleading (9)

Andrew Via — DECA (9-12), FBLA (9-12), FCCLA (9-12), Student Helper (10-12), Beta (12)

Sam Walker — Indoor Track (9), JV Baseball (9-10), JV Basketball (10), Varsity Baseball
(11-12), Honorable Mention All-Conference Baseball (11), Beta Club (12)

John Webb - Lacrosse (9-12), Student Helper (9-10, 12)

Treshawn Webb

Rebekah Wellons — Concert Band (9), Debate Team (9-12), French Club (9-12), Symphonic Band (10-12), Drama (10-12), Forensics (10-12), National French Honor Society (11), Green Club (12)

Seth Wheeler

Stuart Whisnant — Cross Country (9-11), Swimming (9-11), Indoor Track (9-10), JV Soccer (9-10), Film Club (9-12), Knight News (9-12), National Spanish Honor Society (10-12), Outdoor Track (11), Tennis (12), Beta Club (12)

Pami White — JV Softball (9), FCA (9-12), Film Club (9-12), Pep Club (9), SCA (9-12), Spanish Club (9-12), National Spanish Honor Society (10-12), Varsity Softball (10-12), Green Club (11-12), Beta Club (12)

Kimberly Whitteker — Drama Club (10-12), Marching Band (12), Beta Club (12), Science Fiction Club (12)

Iain Wigglesworth — Swimming (10-12)

Amanda Williams

Garrett Williams — Concert (9), Symphonic Band (10), Film Club (12)

Kristen Williams — Varsity Soccer (11-12), Indoor Track, FCA (11-12), Student Helper (12)

Britney Witham — FBLA (9), FCCLA (9), French Club (9-10), DECA (11)

Tennis (9-12), Academic Team (9), National Spanish Honor Society (10-12), Film Club (11-12), Spanish Club (12), Beta Club (12)

Tristan Witham — Tennis (9-12), Academic Team (9), National Spanish Honor Society (10-12), Film Club (11-12), Spanish Club (12), Beta Club (12)

Cassie Witten — Marching Band (9-12), Concert band (9), Film Club (9-12), French Club (9-12), Math Club (9), Symphonic Band (10), Film Club President (10-12), National French Honor Society (11), Beta Club (12), FCCLA (12), Key Club (12)

Chris Woodrum — Knight (12) Austin Wright

Grant Yates

Cheyenne Young — Art Club (9, 12), Yearbook (9), FCCLA (11)

Siteng Zhang — Math Club (10), Academic Team (11-12), Beta Club (12)

Alicia Zheng — Marching Band (9-12), Concert Band (9), Drama (9-10, 12), French Club (9-12), Symphonic Band (10-12), Forensics (10), French Club (11-12), National French Honor Society (11), Green Club (11-12), Beta Club (12)

Haley Zielinski — JV Soccer (9-10), Knight News (9), Newspaper (9), Varsity Soccer (11-12), Key Club (11-12), Student Helper (11), Two Hearts Club (12)





# **BE BRAVE**

#### A DEDICATED MOTHER LOST HER LIFE after battling

breast cancer. Her son, Andrew Cagle, made sure her fight was not in vain. He watched his mother inspire others battling cancer through speeches and volunteering at American Cancer Society and through Relay for Life.

"Hearing her stories inspired me," the freshman said.

"She kept a positive outlook on life. To her, every day was a gift and it helped me with my life."

Cagle followed in his mother's footsteps, fulfilling one of her wishes, planning and organizing Relay for Life and working with Hope Hospice, a program which built homes for terminal patients who did not want to die at home.

"It's given, I think, a sense of hope," he said. "It's also inspired others to join and finish the fight."

# ANDREW CAGLE PICKED UP THE FIGHT AGAINST CANCER WHERE HIS MOTHER LEFT OFF



Laurel Harris Trey Harris Meagan Harrison Jennifer Hartman Alex Hernandez Brody Hicks
Ethan Hoeppner
Shannon Holsinger
Natalie Horn
Jonathan Howard Lauren Huff Willy Inman-Goecke Kaitie Ireland Kaitie Ireland Elise Jarema Michael Jennings John Jirout Logan Johnson Macy Judge Steven Kabath Zach Kanode Chandler Keister Luke Kelley Josh Key Hammza Khan Justin King Matthew Kingery Karah Kittinger Byron Kramer Molly Kwitny Roshni Lalchandani Justin Larkin Madeleine Lawson Tiffanie Lester Tanner Likens Lexi Link Shelton Link Christian Loop Mason Lowen Savannah Lucas Christa Madison Miranda Mallory Kassie Martin Katarina Martin Katarına Martin Samantha Martin Skyler Mattox Josh McCray Colin McHugh Johnny Mead Autumn Mehta Matt Merhoff Khaila Mickens Casey Milan Christina Minton Hunter Mollica Sam Molloy Hannah Mone Maddi Monsour Kevin Moody Rod Morgan Jillian Morganelli Sabrina Munkhbaatar Selena Munkhbaatar Cheyenne Muse Tessa Muzzy Brittany Myers Olivia Nepper Andre Nguyen Briana Nix Dylan Overfelt Kinsey Overfelt Claire Overstreet
Nicholas Palmero
Supreet Pannu
Abby Parker
Dhruv Patel
Valentin Paz Tello
Emma Pendleton
Hallle Pettersen
Jacob Plunkett Jacob Plunkett Seth Poore







in a garage band.

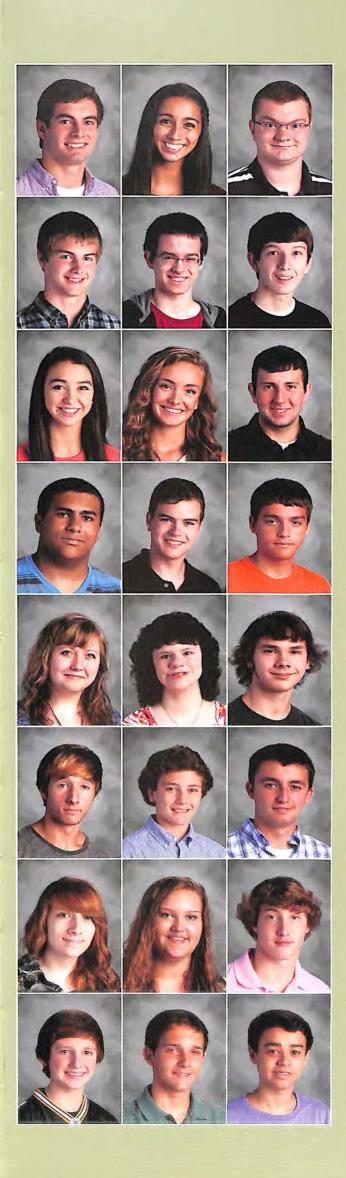
"[Being in the different bands] are completely

Brendon Powell Rachael Powell Taylor Powell Haley Reed Cal Reeves Kyle Reoch Mason Reyer Tyler Rice Christley Richardson Jarod Roberts Piper Roe Sean Romano Ray Rosarion Nathan Rose Clay Trump Sarah Vaden Chris Vaughan Delaney Waller Julia Waller Cameron Walls Noah Webb Ada Wellford Joseph Wells Noah Wells Chris Weston Johnathan Akers

Eleah Ruffin Robert Russell Mitchell Rutigliano Kemper Scott Charlie Seymour Connor Shacklady Zach Shannon Bailey Sharp Noah Sharp Tiffany Shelton James Shockley Tyler Simmons Patrick Sims Hope Sitze Logan Skaff Drake Slawson Lauren Slough Makayla Smith Summer Smith Kaitlyn Spangler Mark Stanisic Jordan Stovall James Stover Jordan Swain Ransom Sweeney Justin Swisher Lidya Tadesse Aaron Tate James Taylor Samantha Taylor Kyle Timmerman Morgan Todd Austin Tolley Jessica Trayer Michaela Trout

Paul Wheelock
Hunter White
Taylor White
Tate Whiteside
Kieran Wigglesworth
Ryan Williams
Taylor Williams
Miranda Willis
Carmen Wright

Shima Alamjamili Maha Ali Alyssa Alider Alexandria Alidredge Stephen Allen Mohammed Alnahas Austin Alouf John Alouf Sean Altice Carlos Amaral



## JUNIOR AARIQUA AUSTIN WAS READY TO ACCEPT THE CHALLENGE

# REDELOM REHINDR



#### ANYONE COULD JOIN THE MILITARY TO SERVE HER

**COUNTRY.** but for Aariqua Austin, serving was a way to better herself. According to Austin, her father, a Vietnam War veteran, was obsessed with the war. His obsession sparked an interest in Austin which solidified when she realized her service would pay for college.

"People tell me I'm brave, but I don't think I am," the junior said. "I look at it as something everyone who wants to go to college should consider."

Though she planned to attend Virginia Military
Institute, she said she always enjoyed being active.
Enlisting in a branch of the military would "allow her to see more action."

To prepare for the rigorous military lifestyle, she trained by lifting weights and studied for ASVAB exam, which tested mechanical skills.

"I want to be a sergeant and eventually become a navy seal," she said.

Paige Assaid Nick Axt Trevor Ayersman Joshua Baier Alexis Bamber Anastasia Barabanchuk Sean Barker Megan Benzie Mikey Berberich Chey Bocanegra Arie Bolden Christian Boone Sydney Brenner Alex Brown Connor Brumbaugh Cole Bunn Connor Bunn Clayton Burger Chloe Bush Noah Bushman Isaac Butcher Stephen Cacciatore Zane Callahan Drew Cannaday Josh Carter Joseph Casazza David Cattigan Ben Chapman Sarabeth Chapmon Landon Chasteen Sarah Christensen Sarah Christensen
Breanna Christley
Haly Clark
Christine Cobb
Edana Colegrove
Alaina Coleman
Alexander Coleman Jake Collier Ryann Collins Morgan Cundiff Amberly Cunningham
Wyeth Davis
Ausha Dean
Braden Dean
Alexander DeHart
John Denekas
Spencer Dennis
Jordan Doyle
Sarah Durica
Devin Duviella Devin Duviella Zach Early Carly East Austin Edge Cory Ensor Ryan Eubank Annie Fentress Corbin Fentress Alexander File Lynn Fimbel Rachel Finch Lyndsay Firchau Brittanie Fisher Claire Flowers Lydia Floyd James Forest Alex Foutz Ryan Francis Sally Francis Dillon Frost Haley Fuzate Haley Fugate Jake Furrow
Joseph Gallagher
Vinay Garimella
Kristen Garrett
Allie Gaylord
Cara Ghaphery
Sergio Gil-Gutierrez
Katelyn Goad
Juliana Goodrich
Brianna Goodwin Brianna Goodwin



# TO THE

FRESHMAN DEMETRI POULOS ENJOYED
ENTERTAINING OTHERS, so hosting Knight

News was a natural fit. Recruited by Mr. Edward Spruell, Poulos soon became a daily fixture on classroom televisions.

While his weather reports on the news were entertaining, he said his goal was to pursue a career in television following high school.

"I don't necessarily want to be a weatherman," he said. "I want to do videography."

In September, WDBJ 7 approached him at the annual Greek festival in downtown Roanoke "about doing an internship when I am older" he said. "I am excited about it because it will help me break into the field and make contacts."

While some didn't always share in his enthusiasm, Poulos didn't let it deter him.

"At the beginning of the year, people who saw me would laugh at me and make fun of me," he said. "If they don't like it, so what? It's about my passion and my hobby. The majority of people 1 know enjoy it, so I just brush it off. Haters gonna hate. I don't let them bother me. People are going to find something to make fun of me, but I can't let it get to me."

# LOOK



SK ES

Nathan Gregory Austin Griffith Josh Grubb Josh Grubb Brayden Guthrie Caleb Hadfield Mackenzie Hamby Mary Beth Hamby Brenna Harman Mackenzie Harris Maddie Harrison Brandon Hatcher Lauren Hatcher Baker Haviland Cody Hayden Nefetari Heath Nick Heslep Spencer Hickam Michael Hill Kayla Horton Jamie Houck Christian Howes Robert Hrysenko Ann Jackson Kelty Jansen Ariana Jones Alexander Kanode Jillian Keith Alec Kendrick Logan Kenny Taylor Kesler Audrey Kidd John Kim Brad Kinder Michael Klick Capers Koloda Carson Koloda Michael Koloda April Kolozvary Michael Kray Matthew Kvasnicka Will Kyle Jessica Lachowicz Amber Laster Allie Lawson Josh Lawson Morgan Leftwich Sasha Lemire Bella Lerch Jarod Lim Daniel Link Morgan Love Tyler Lunnie Ethan Mackey Juliette Mahgerefteh Amanda Mangieri Walker Mastrangelo Leigha Matthews Margaret McDaniel Josh McGlaughlin Elyssa McMaster Alyson Meador Jordan Mehta Zachery Meredith Tom Milby
Evan Miller
Zach Miller
Lilly Mitchell
Noah Mountcastle Khalil Moye-McKinley Norah Mulinda Kacie Mundell Kacie Mundell
Jacob Myers
Josh Neighbors
Kaleb Niles
Teiya Nittianandan
Caroline Nye
Grayson Odham
Britton Olsen
Savanna Owens
Grace Page **Grace Page** 



### JUNIOR KAITLYN SPANGLER DANCED LIKE NO ONE WAS WATCHING

# LEAPS & BOUNDS



THE SPOTLIGHT WAS NO STRANGER to Kaitlyn

Spangler. A competitive dancer for the five years, the junior put in 15 hours a week of practice, sacrificing other pursuits along the way. While all that work would lead to stress for some, she found quite the opposite to be true.

"If I have had a bad day or am going through a bad time," she said, "I go to dance and dance away the problems, slowly gaining back my sanity from the craziness of life."

Though Spangler had plenty of experience, she still found herself guilty of getting a little nervous before hitting the stage.

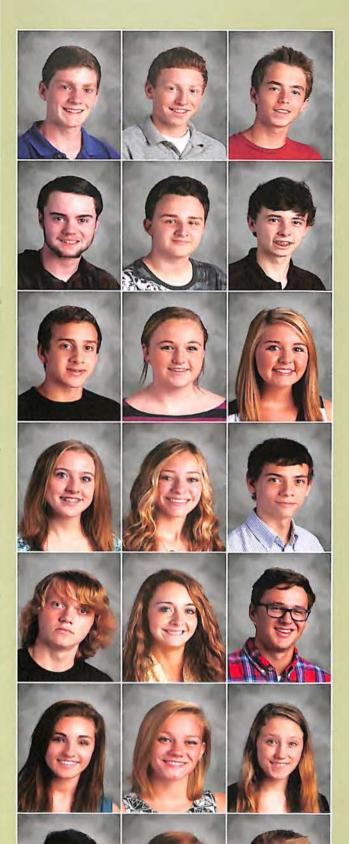
"I am usually a little nervous at first and very nervous backstage," she said. "But once I get on the stage, everything goes away and I'm just dancing.

Once I walk off stage, usually I just feel so happy that it's unexplainable."

She said the stage was a happy place, and somewhere where she could find comfort through all of the nerves.

"Being on stage is an amazing feeling, but everything is great about dance," she said.

Aidan Page Deja Paige Riley Pedigo Tyler Pegram Tyra Pegram Connor Petzen Emily Phillips Banner Plumb Kyle Plunkett Casey Preuss Austin Price Jasmine Price Chris Qiu Chris Qiu Jason Quakenbush Cassie Ramsey Sarah Ramsey Matt Ray Spencer Reed Braden Reid Michael Richardson Georgia Riffle Sarah Riley Katherine Rimer Will Rinn Kaitlyn Roberts Nigel Robinson Bianca Roman Angelo Russo Zoe Ryder Mackenzie Saar Mirnes Sabanija Destiny Salyer Jayali Samarasinghe Taylor Sharp Erik Sharrer Anthony Shell Joey Shelton Kacie Shepherd Layne Sigmon Zach Siner Eric Smith Jake Smith Chris Snodgrass Daniel Sortore Savanna South Stuart Souza Dylan Speas Jacob Spiers Lauren St. Clair Nelson Stanley Morgan Starnes
Jared Steele
Jacob Stewart
Madelyn Stone
Hailey Surrell
Abby Svec
Joel Tarpley
Emily Taylor
Sarah Thompson
Liz Troy Kaleb Tubbs Kaleb Tubbs
Jett Vella
Abhinav Verelly
Josh Vest
Reanna Viliborghi
Desny Vincent
Evan Walker
Grayson Walker
Kaitlynn Walters
Zach Ward Alex Weaver Josh Webb Erik Wehner Sean Wehner Jared Wells Jacob Wheeler Nathan Wheeler Jason White Luke Whitmer Alison Williams



# ALL THE WORLD'S A STAGE

WITHOUT A HINT OF FEAR. freshman Caitlin Carter took deep breaths, went over her monologue and envisioned her showcase going well. She just spent the entire week preparing for this moment while at a performing arts training camp in New York City.

On stage, just blocks away from Times Square, the 500-member audience laughed at her monologue about a girl who had just gotten her braces on and erupted into applause when the moment was over, which made her feel her efforts paid off.

"There is no other feeling than audience reaction," she said. "That's why I stick with it."

During her training, Carter lived the life of a Broadway star. Students were not allowed to wear makeup, had to eat vegan, had to follow a strict dress code and were not allowed to use their phones. She took classes on personal image, singing and writing. She also took part in a dance class, coached by a judge from the television show "Abby's Ultimate Dance Competition," which airs on Lifetime and is based on Pittsburg choreographer Abby Lee Miller.

Carter said she gained immeasurable experience. "I went to a class every day, and cried every time," she said. "They taught me how to connect emotionally with my part. I learned how to become more emotional."



Freshman Caitlin Carter takes in the stage while in New York City.

Austin Wilson Aidan Wright Mason Yopp John Zielinski Michelle Zillioux Lauren Zion

# **FRESHMEN**

Garrett Abshire Amruta Acharya Caitlin Angell Sierra Armstrong

Laken Ayers
Ryan Ayers
Seth Back
Mary Baier
Aaron Baughman
Taylor Beck
Destiny Bell
AJ Bennett
Rachel Benton
Brittanie Benzenhafer

Hannah Bibbs
Spencer Billman
Nanci Boggs
Rebecca Bradley
Jack Brancati
Joshua Brandenburg
Kathleen Brett
Nick Brunn
Joey Bryant
Kara Buck

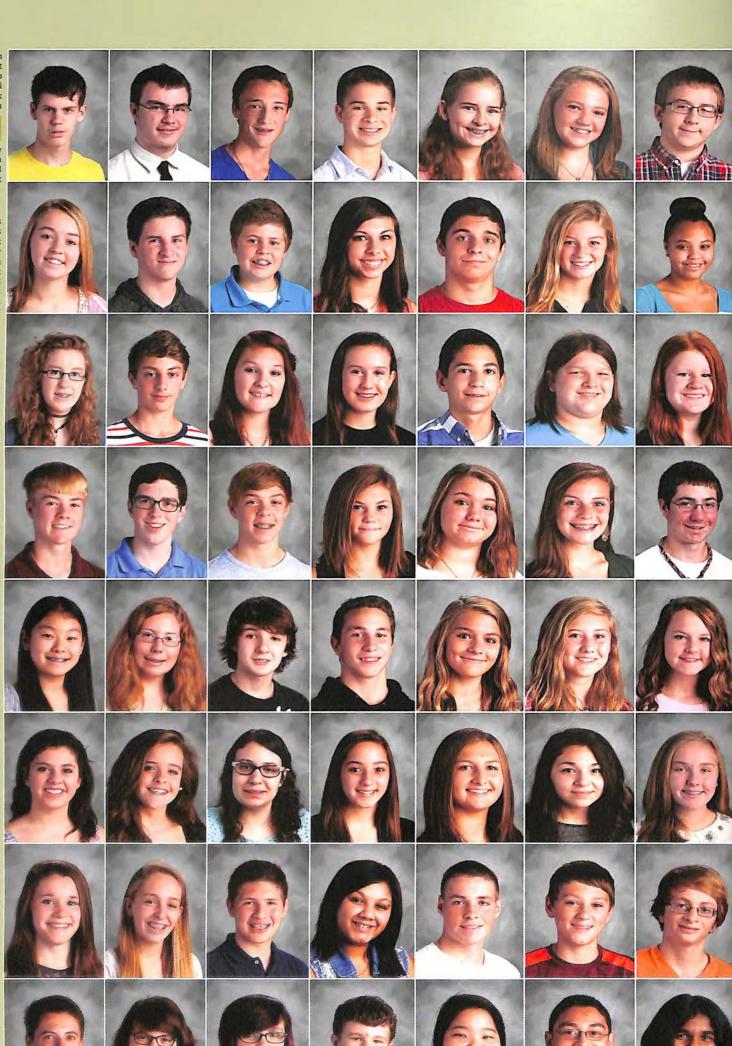
Ryan Burchett
Andrew Cagle
Cameron Caldwell
Faith Carleno
Jazlynne Carroll
Caitlin Carter
Matthew Carter
Clay Carver
Cameron Cassity
Thomas Chase

Carol Chen
Abigail Chernault
Danny Chumbley
Dylan Clark
Zoie Clark
Allie Collier
Allison Collins
Maura Conroy
Whitney Cook
Chloe Crouse

Julia Cundiff Carly Curtis Arielle Cutaia Diana Darter Amberlee Davis Belle Deleon Blythe Dellinger Reagan Delp Zehra Demire Jared Dennis

Mary Dickenson Claudia Draper Dominic Duval Arabia Edwards Austin Emery Tyler Fanning Joe Ferguson Haley Fink Ryan Firchau Matthew Flores

Bryce Fothergill
Rachael French
Erika Frost
Jamie Fuller
Mishelle Ganbayar
Corey Gary
Anita Geiger
Nicholas Gentiluomo
Hannah Gillispie
Carter Glenn





## JUNIOR KYLE TIMMERMAN DISCOVERED THE GREAT OUTDOORS

# GLOBE TROTTER



A FREQUENT TRAVELER. Kyle Timmerman made a point to capture all that was around him. Benefiting from his father's attitude of "where one goes, the whole family goes," Timmerman traveled to several destinations, including Ireland, Scotland, Norway and the Grand Cayman Islands. He tried to photograph scenes not everyone would see.

While family travels aided in his discovery of photography. they also led to two other hobbies: wakeboarding and building. Reigniting a passion for wakeboarding while at Philpott Lake soon led to Timmerman attempting to craft his own board in his woodshop, which was a former barn.

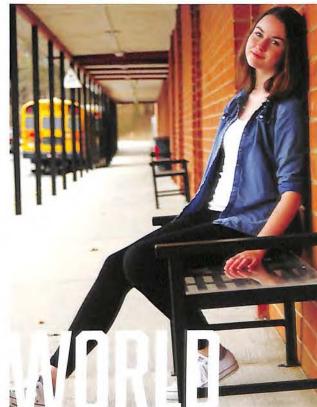
"I don't really want to do homework," he said. "I just want to make things."

Makena Gormley Hannah Graham Jaki Grochowski Wyatt Hage Jaylen Hairston Sara Hamilton Brianna Hamm Kendall Hamm Zoe Hannabass Willie Harden Kinsey Harris Erin Harrison Jacob Harrison Dawson Hicks Noah Hinchee Krystal Hodge Trey Hodson Caleb Holland Ben Howard Timmy Howell Matthew Hudson Sophia Huffman Jon Huggins Rabia Ikram Haley Ingle Claudia Jarema Maddie Jenkins Corrie Johnson Katelyn Kaufman Lexi Kegeler Colton Kent Sam Kidwell Allie Knight Jon Lachowicz Cheyenne Lafemina Sierra Landsman Joslynn Lankford Casey Lawrence Lexi Lawrence William Lawrence Justin Lawson Brooke Leftwich Evan Levy Lili Lin Kathleen Linsen Lin William Liu Brook Ludy Janae Lungren Ian Lynch Schuyler Lynch Emma Martin Laura Martin Laura Martin Marcus Mattox Jace Matze Maggie Maxwell Dejon Mayo Nick McGuire Jaysa McKinley Joseph McPeake Michael Messick Kevin Mickens Patrick Millehan Dawson Miller Andrew Mitchell Hayden Mitchell Drew Monsour Dakota Moore Melissa Moran Ethan Muncy Emma Muzzy Logan Neal Kaitlin Nix Kylie Oakley Dino Oikonoo Trey Orr Dakota Palmero Ryan Palmero Gabbi Parulis Brij Patel Lily Perkins



# ANOTHER

**FROM** 



THE INDUSTRIAL CITY OF NORTH RHINE was not enough for junior German exchange student Samantha Martin, who fell in love with English in the fifth grade.

"I've been to England, but I wanted something different," she said. "My parents like America, and I thought it would be cool to visit."

She left her German home and took a plane to America to live with a host family for 10 months. As she adjusted to her new life, she said she came to realize American high school was nothing like the movies.

She thought open class discussions were bizarre because in Germany, she "was required to raise her hand every time."

Luckily, the curriculum was easy, she said, as she had already learned most of it in Germany two years before and she could easily understand it. However, social rules were stricter.

"In Germany, hanging out with boys at night was normal," she said.

Because of her strong hold on English, which she was required to start learning in third grade, meeting new friends and being accepted by her new peers was relatively simple, which was a relief for Martin.

"I'm dependent on people," she said. "The people here are friendly and don't make me feel like an alien."

Brittany Phillips Azana Pierre Mckinley Pollard Mckinley Pollard Nick Poole Demetri Poulos CJ Poulsen Jake Puckett Martin Quickel Austin Ragan Zachary Ray Nicole Reeves Hayley Richards Lynnden Rindorf Carla Risser Drew Robertson Will Robertson Dylan Robinson Jesus Rosas Olivia Rowe Sam Rutigliano Maddy Sarver Hannah Sawyer Austin Say Austin Schoonover Kailey Shell Gracie Shelton Sohil Sheth Abbey Shorten Autumn Simmons Chloe Simpson Isabelle Sizemore Abby Slate Hunter Smith Peter Smith Caleb Sneddon Anna Sortore Adam Sowder Molly Spradlin Caroline Spruell Marie Stahling Haley Steinhafel Meg Stephens Kassidy Stevenson Christian Strom Aimee Struzinsky Nathan Sulkin Dawson Surrell Taylor Swartz Austin Taylor Tyler Tofano Ajnah Tolliver Miranda Trump Mary Turner Makayla Updike Amina Vatres Flynt Vella Brice Via Nick Virto Bailey Waller Cameron Warner Ingrid Webb Sarah Welsh Cassidy West Walker Westling Caleb Wetzel Blade Whitt Jacob Willard Nicholas Wilson Dylan Wood Cody Wydner

Isaac Yeaman Alex Yost



# **SAFETY FIRST**

FINDING A CAREER IS NOT A PRIORITY for most still in school. Roshni Lalchandani, however, took the first steps to support her dream career as a pediatric doctor. Serving on the emergency medicine service (EMS) at Cave Spring Rescue Squad was the first step for her.

"It's kind of my dream to enter a career in medicine. EMS helps prepare me for that by giving me early exposure in patient care," the junior said.

This wasn't by any means just an after-school job for the focused student. She spent any where from five hours on school nights to 24 hours on the weekends for her shifts.

"I spent three days observing to get on the squad, had to get voted on, and am still serving my mandated six months as a probationary member," she said. "You never know when you're going to get a call. But you have to always be prepared for it. It can be 4 a.m. and I'd still have to roll out of bed and rush onto the ambulance."

## ROSHNI LALCHANDANI ON CALL AND READY TO SERVE



Connie Alonso-Mosher - Bookkeeper

Travis Anderson - BA & MS, Virginia Tech; Algebra Functions & Data Analysis, Geometry; Sophomore Class.

Christopher Benson — BA, University of Virginia; MAT, Hollins University; Spanish II-III; Golf; Senior Class, Spanish Honor Society.

 ${\bf Elizabeth\,Bivens}-{\it NCSU,Radford\,University;Reading,Science}.$ 

Amy Bolen — BA, Liberty University; Spanish III-IV, AP Spanish; Spanish Club.
Pat Bredenkamp — Attendance Secretary.

 $Sherri\,Brittain-BSW, Radford\,University; Instructional\,Assistant.$ 

Brandy Browning -BS, Randford University; Earth Science, English 10. Kelsey Burton - BS, Liberty University; AP US History, US History; Senior Class.

Sara Cann-BS & MAEd, Virginia Tech; Chemistry.

Tamara Carson — BA, William & Mary; MS, Radford University; Geometry; Academic Team. Lisa Conroy — BBA, Roanoke College; Special Education.

Elizabeth Corbett - MS, Dowling; CAGS, SUNY at Cortland; Personal Finance, Intro to Marketing, Marketing, Accounting, MS Office, Keyboarding, Business. Ann Cranwell—BS, Radford; Government, World Geography, World History II.

Nicole Davis — BA, American University; MA, Goddard College; Psychology, Sociology. Chandler Douglas — BS, Virgina Tech; MS, East Carolina; Pre-AP Biology, Anatomy &

Physiology. Amanda Downing — BS, Virginia Tech; MS & Ed.S., Radford; School Psychologist. David Dunstan — BS, Radford; BS, Radford; Pre-AP World Geography, Pre-AP World History I.  ${\tt Jessica Ficarro-BA, Roanoke\ College; Algebra\ Readiness,\ Algebra\ I,\ Geometry\ Readiness,\ Algebra\ Readiness,\ Algebra\ I,\ Geometry\ Readiness,\ Algebra\ Readiness,\ Algebra\ Readin$ Geometry; Pep Club; Basketball.

 ${\bf Tim \, Fulton-} BS, \textit{Milligan \, College; Computer Mathematics, Pre-APA lgebra \, II; Football, \, Track. \, And \, Anti-Apart \, Anti-A$  ${\bf Sandra\ Gotschal}-{\it BA,\ Concord\ University;\ BS,\ East\ Tennessee\ State\ University;\ Pre-AP\ English\ Concord\ University;\ Pre-AP\ English\ Un$ 10, 12G, 12CB; Forensics

 ${\tt Jacob\ Gruse-BS, Concord\ University; Personal\ Finance; Basketball.}$ 

Jacob Gruse — BS, Concora University; Personal Finance, Basketoni.

Kristen Gruse — BA, University of North Caroline Chapel Hill; MAT, Kaplan University; Testing.

Erinn Hailey — BS, Radford University; MAEd, Virginia Tech; English 11, Journalism,

Photojournalism; Accolade, Knight Letter.

Terena Hale — BS. Longwood College; MSEd, Virginia Tech; Culinary Arts, Family and Consumer Science; FCCLA; Knight & Day Café.

Scott Hamilton — BS, Virginia Tech; Woods I-II, Technical Drawing. Eli Harrison — BA, Roanoke College; Spanish I; Spanish Club.

 ${\bf Theressa~Hartley}-BS, {\it State~University~of~New~York~Albany; MEd,~University~of~Virginia;}$ Geometry.

Jon Hartness — BS, Virginia Tech; Athletic Director.

Tim Hayes - BA, Roanoke College; MSW, Radford University; Student Assistance Program Coordinator; Prevention.

 ${\tt Matt\, Herron-BA, Roanoke\, College; Earth\, Science, Government, US/VA\, History; Baseball,}$ Football.

 $Fion a \ Hill-BS, \ University \ of \ South \ Carolina; \ MA, \ Virginia \ Tech; \ Assistant \ Principal.$ 

Page Hill - BA, Virginia Tech; English 9, 10.

Anna Hollins - School Counseling Secretary

 ${\tt Derrick\ Hollins-\it BS, Ferrum; Football, Track; Information\ Technology\ Resource.}$ 

Anne Houston—BS, Longwood; MAT, Hollins; Biology, Earth Science; Pep Club.  $Shawn\ Hughes-BS,\ Charter\ Oak\ State\ College;\ AS,\ College\ of\ Health\ Sciences;\ PhD\ \&\ MAEd,$ Virginia Tech; School Counseling Coordinator.

Andrew Huray - BS, Alfred; MS, Virginia Tech; Accounting, Advanced Accounting, Business Law, MS Office, Personal Finance, Principles of Business; Swimming, Diving; FBLA.

Ashley Huray — BA. Gettysburg College; MAT, Hollins; Latin II-IV; Senior Class, NLHS.

Meredith Hutton - BA, Grove City College; MA Arizona State; ELL.

Nicholas Iademarco — BA, & MAEd, George Masson; World History II, Psychology & Sociology Rebekah Johnson — BA, Virginia Tech; French I-III; French Club, FHS.







HAVE PASSPORT WILL TRAVEL. Many traveled to foreign countries, but few could be considered world travelers. After spending time in more than 20 countries, Mrs. Kathleen Price earned the title.

"I lived in Germany for three years, and did a lot of traveling through Europe. Recently I traveled to China, seeing the Forbidden City and the Great Wall, which was on my bucket list," Price said.

Price cited international travel as one of her passions. She enjoyed seeing the places she taught about and different cultures first-hand.

"I enjoy experiencing other cultures and groups. In the US, our culture is different. When you are in a different place, you learn about yourself and to appreciate and respect other ways of life," she said.

## MRS. KATHLEEN PRICE MADE HISTORY COME ALIVE OUTSIDE THE CLASSROOM



Mrs. Kathleen Price stands on the Great Wall of China.

Tracey Lange - BA, Virginia Tech; MS, Radford University; EdD, Liberty University; Assistant Principal.

Linda Long — RS. Radford University: US/VA Government, Psychology, Sociology

Ricky Lonker - BA, Emory & Henry College; Digital Photography I-II, Computer Graphics I-II, Art I; Art Club, Baseball, Football.

Jacki Lucki — BS. Longwood; MS, Virginia Tech; Culinary Arts, Nutrition and Wellness. Peter Lustig - BA. University of Virginia: MAEd. Virginia Tech: Psychology/Sociology, APUS

History, Dual US History; YoungLife.

Tommy Maguire - BS, Radford University; Health I-II, Driver Education; Cross Country, Indoor Track, Outdoor Track.

Doreen Malcolm - BS & BA, Youngstown State University; Administrative Assistant.

Ken Mangone - AOS, ITT Technical Institute; IT Technician.

Erick Mauer - BS. Eastern Kentucky University; Instructional Assistant.

Harry Mills - BA, Roanoke College; MA, Hollins University; M. Phil., Columbia University; AP/Dual Enrollment English 12, AP French, French IV; Beta, NFHS.

Alan Moore — BS, Roanoke College; Algebra II, Algebra Functions & Data Analysis; FCA.

Holly Moore - BS, Longwood University; PE 9, 10.

Margaret Moore - BA, State University of New York Albany; JD, Stetson University College of Law; MEd, Regent University; English 12, World History, Geography.

Josh Noell - BBA, Radford University; Alegbra I.

Cathy Parker - BS. SUNY Fredonia; MS, Radford University; English 9, 11.

Anne Pfeiffer - MALS, Hollins; Art 1-IV, Center for Visual Arts 1; Art Club, NAHS.

Ryan Poff - BS, Radford University; AP World History, World Geography; Football.

Bob Powers — BA & BS, Virginia Tech; MEd, Virginia Tech; Precalculus, Pre-AP Computer Science, AP Computer Science; Academic Team, Debate Team.

Kathleen Price - BA, Roanoke College; AP Government, World History II.

Brian Quakenbush - BS, East Tennessee Satte University; Concert Band, Stage Band, Symphonic Band: Marching Band, Pep Band; TRI-M Music Society.

Tim Roberts - BS, Radford University; Instructional Assistant; Lacrosse.

Tim Sauls — BA, Duke University; MALS, Hollins University; AP English 11, English 11 CB; Film Club. Chrystal Shawn - BA, James Madison University; MAT, Hollins University; Pre-AP English 9, English 10 Pre-AP, CB: Accolade,

Kelly Shilling - BA & MAT, Quinnipiac University; AP Calculus AB, AP Calculus BC.

Meredith Shuman — BS. Virginia Tech; MS. Virginia Tech; Sports and Entertainment Marketing, Advanced Marketing, Entrepreneurship; DECA.

Cheryl Shupe — VWCC; BS, UNCW; Special Education.

Susan Sine - BS, Roanoke College; AP Statistics, Algebra II.

Paul Soucie - BS & MEd, University of Nebraska at Lincoln; Sports and Entertainment Marketing, Advanced Marketing, Entrepreneurship; DECA.

Steve Spangler - BS, Slippery Rock State College; MS, Radford University; Principal. Edward Spruell - BA, Elon University; MA, Hollins University; MS, Radford University; Media

Specialist; United Way, Knight News. Sara Stanfield - BA, Virginia Washington University; Special Education.

John Swartz - BS, Roanoke College: Health 1-II, Advanced Physical Education, Drivers' Ed. Strength Training & Conditioning; Basketball.

Lesley Swartz — BBA, Roanoke College; MEd, Liberty University; School Counselor.

Teresa Tate -RN & BSN, Atlantic Christian College; School Nurse.

Margaret Taylor - BS, Roanoke College; MA, Virginia Tech; Pre-AP Chemistry, AP Chemistry; SCA.

Barbara Thomas - BA, Covenant College; Special Education Coordinator

Sherrie Tyler - BS University of Virginia; MS, Old Dominion University; Special Education.

Matt Vass - School Resourse Officer.

Maggie Wagner — BS, Roanoke College; PE 9, 10, Health I-II, Drivers' Ed; Track. Brittany Werner - BA & MA, Virginia Tech; English 9; Freshman Class.

Gabriella Weston - BS, American University; Instructional Assistant.

Elizabeth Willett - BS. James Madison University: Geometry.

Penny Williams MEd. & BS. Virginia Tech; School Counselor.

Kimberly Wilson BS. Roanoke College: MS. Louisiana Tech University: Biology. Ecology. Junior Class

Rick Wolfe AS, Roanoke College: BBA, Radford College: MBA, Syracuse University: Graduate School of Sales and Marketing: Instructional Assistant.

Nancy Zimmerman Administrative Assistant





EVEN AFTER THE FINAL BELL RANG, MR. TIM HAYES STILL HAD WORK TO DO.

# PUMP YOU UP



STUDENT ASSISTANCE PROGRAM COORDINATOR BY DAY, Hayes worked as a personal trainer after hours. He said a single moment sparked the change three years ago.

"I was running at the track with my son, and he lapped me before I could finish a mile," Hayes said. "It made me realize how out of shape I was."

Being a competitive person, he decided to sign up for his first 5K, in which he medaled. Thinking it was a fluke, he decided he would sign up for a 10K. To his surprise, he medaled once again. "It made me realize that I should be running," he said.

After changing his lifestyle, he decided to help others. "I figured that if I could impact my life in such a way, I could help others do the same."

He now eats healthier, exercises often, and trains others in his free time. "I keep myself busy," he said. "It's a side effect of getting fit. If I'm not doing it myself, I'm helping others to do so. Before I was living, now I am focused on living healthy," he said.



# VARSITY AND JUNIOR VARSITY FOOTBAL

Seventh Row: Mr. Tim Fulton, Mr. Charlie Ball, Cal Reeves, Ty Albritton Tanner Likens, Dawson Surrell, Justin McGuire, and Devin Duviella. Thomas Bradley, Ryan Eubank, Matt Gliniecki, Connor McKeown, Kaleb Niles, Brendan Gallagher, Landon Hall, Colton Bowling, Jaylen Hairston and Aaron T Nick McGuire, Tom Milby, Brayden Guthrie and Austin Emery, Fifth Row: Tyler Tofano, Will Kyle, Nick Heslep, Christian Stom, dan Stovall. Third Row: Tyler Rice, Ty Pegram.



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"My least favorite game was against Magna Vista because we lost, which meant our season was over. We just weren't there as a team that game. You could tell everyone was off,"

JOSH SMITH, 12



"I love playing a game where I get to be with my teammates and hit people. My best memory was when we won the game against Christiansburg. The game was close, right up to the end." JAKE SHITH, 10



"Learning and experiencing new things, playing on the field and having fun is what I love most. My most memorable time was when I started against Hidden Valley and got three tackles."

SPENCER BILLHAN, 9



"I love that football is a chance for the team to represent the school. My favorite game this season was the homecoming game versus Carroll County. The crowd was awesome."

DRAKE SLAWSON, 11



"I liked beating Christiansburg because they were our rival when I played at Northside. It rained so hard that game. It was fun, though, because every time they had the ball they would slip." JUSTIN LANSON. 10



"I hated being out three games. I took a lot of shots to the head at the Northside game. Coach [Luke] Vance said I was walking funny, so he tested me for a concussion. I would have kept playing." TANNER LIKENS. 11



"Offensive line practice was my favorite part of this season because we got to push each other around a lot, and [Mr. Ricky] Lonker made it fun with his comments."

AUSTIN STEINHAFEL. 12



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"I liked the defensive inside run. When the offense runs the ball every play, it makes being a linebacker fun because you get to make a lot of tackles. I enjoy hitting people really hard."

JORDAN STOVALL, 11



"The team will always help you out, but make you go the extra mile. Hove that our school will paint themselves red and black just so they can cheer for us. They stick with us throughout the season."

CHRISTIAN STRON. 9



# irrching band and color gurd

Mellophones: Kathleen Brett, Josh DeFalco, Matthew Flores and Veronica Bond, Jordan Clingenpeel, Ola Dinakin, Andrew Farley, Michael Jennings,



"I have known and twirled with many other twirlers in the past. My favorite thing about twirling baton is being able to meet new people, the challenege and the feeling of accomplishment." RACHEL BENTON. 9



"I like the vigorousness and the leadership you experience when you are practicing. In the summer, two weeks before school, is camp. You have to memorize six songs and fifty sets.

LANCE BARRETT, 11



"I loved the football games and knowing it was my last year. I have been in band for four years and I was at the top of the group. It is bittersweet in a lot of ways. I will miss [Mr. Brian] Quakenbush." KRISTINA HALE. 12



"The time you put in for pratice after school is tough. We start at 3:30 and go until 5:30. We keep that schedule all season. Mr. [Brian] Quakenbush makes sure we have challenging music."

NATTHEN NCGARRY.12



"My favorite thing about band is that I can hang out with my friends and we get to play music together. I don't mind that my dad is my teacher. I see him more as my dad."

JASON QUAKENBUSH, 10



"You have to have a lot of patience and confidence in yourself. It is fun most of the time, but my least favorite thing is when we have practice on the soccer field in the summer. It is so hot!"

ZOIE CLARK, 9



"I liked the competitions, where we watched what other bands had prepared and could see what they were doing. Being able to watch other bands helped me improve as a musician."

JULIA TREUBERT, 12



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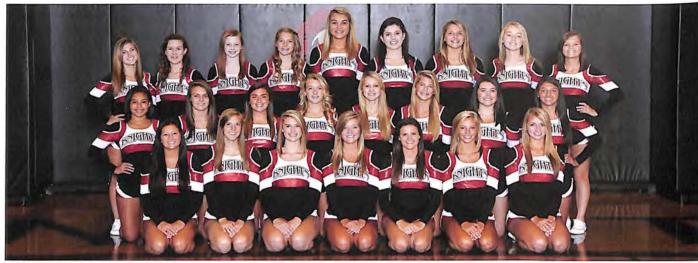
"Marching band is challenging, but in a good way.
Putting the music and drill together takes a month
and a half. The hardest part is getting over the
hype for a performance, but it's worth it."

MICHAEL JENNINGS, 11



"Performing and learning new routines is what I love the most about color guard. We get to go to all the football games and see our friends cheer us on I also love the sideline dances and competition.

LOGAN NEAL 9



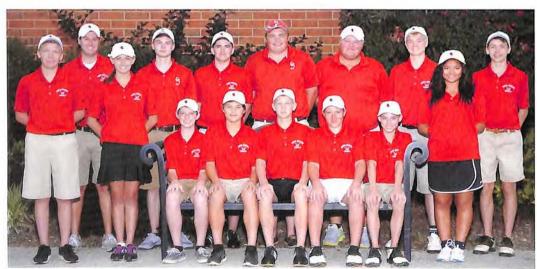
#### **COMPETITION CHEER**

First Row: Becca Fisher, Jolie Matze, Kayla Carver, Kelsey Burchett, Lauren Baker, Kinzie Fitzwater and Alayna Francis. Second Row: Claire Flowers, Emma Cass, Kaitie Ireland, Riley Pedigo, Lexi Link, Chandler Keister, Haley Fugate and Brooke Clayton. Third Row: Kinsey Harris, Becca Bradley, Kaitlyn Walters, Abby Slate, Caroline Nye, Julia Cundiff, Kristen Garrett, Laken Akers and Claudia Jarema.



#### **CROSS COUNTRY**

First Row: Austin Hayden, Parker Albright, Morgan Martin, Rachel Finch, Sara Stewart and Jason Clingenpeel. Second Row: Aaron Sortore, , Cody Hayden, Allie Collier, Jessica Lachowicz, Alyson Meador, Katarina Martin, Audrey Kidd, Josh Fretwell and Jeremy Lachowicz. Third Row: Banner Plumb, Casey Preuss, Sean Barker, Hunter Mollica, Kemper Scott, Nick Colozza, Peter Smith, Michael Hill and Jacob Stewart.



#### GOLF

First Row: Trey Orr, Sydney Brenner, John Alouf, Carter Glenn. Hayden Mitchell, John Jirout, Wyeth Davis and Bianca Roman. Second Row: Mr. Chris Benson, Paul Wheelock, Lynnden Rindorf, Hunter White, Richard Fishwick, Ryan Burchett and Khal Clary.

# SPORTS TICKER (In alphabetical order)

#### BASKETBALL, BOYS'

William Byrd66	77
Northside66	62
William Byrd48	73
Patrick County69	29
Greenbriar East82	88
Carroll County78	45
Blacksburg 78	61
Northside61	66
Pulaski 53	62
Abington72	61
Christiansburg52	47
Hidden Valley 67	48
Blacksburg72	79
Salem69	59
Pulaski 57	62
Salem51	44
Christiansburg67	30
Hidden Valley48	39
Christiansburg70	44
Blacksburg61	59
Northside60	62

#### BASKETBALL, BOYS' JV

William Byrd45	32
Northside 59	42
William Byrd49	42
Patrick County65	20
Greenbriar East75	26
Carroll County69	21
Blacksburg41	40
Northside60	44
William Fleming58	71
Martinsville39	42
William Fleming44	38
Pulaski46	32
Abington69	32
Christiansburg53	40
Hidden Valley26	38
Blacksburg40	29
Salem60	54
Pulaski59	38
Salem42	33
Christiansburg58	36
Hidden Valley42	35

#### BASKETBALL, GIRLS'

William Byrd59	50
Northside36	35
William Byrd48	53
Patrick County50	37
Carroll County48	54
Blacksburg45	48
Patrick Henry 57	44
Pulaski66	44
Abington54	47
Salem49	37
Christiansburg65	38
Hiddden Valley66	35
Carroll County40	29
Blacksburg 41	31
Patrick Henry62	42
Pulaski71	51
Salem51	41
Christiansburg54	47
Hidden Valley75	68

#### BASKETBALL, GIRLS' JV

William Byrd32	48
Northside 38	1-4
William Byrd29	50
Patrick County44	31
Carroll County19	66
Blacksburg43	40
Patrick Henry36	21
Pulaski34	35
Abington 37	20
Christiansburg19	37
Hiddden Valley39	29
Carroll County58	28
Blacksburg22	25
Patrick Henry 47	37
Pulaski27	32
Salem30	27
Christiansburg31	34
Hidden Valley33	30

#### COMPETITION CHEER

ence to the second contract of the party	
Spotswood	1st
Brookville	181
Battle at Byrd	1st
District	181
Region.	181
State	IST

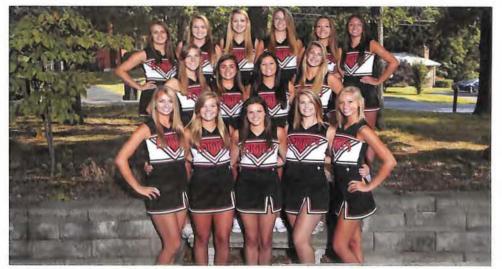


#### VARSITY VOLLEYBALL

First Row: Charity Klimaitis, Sydney McTigue and Tessa Klimaitis. Second Row: Meagan Harrison, Alayna Foutz, Fallon Delp, Christy Goldsmith and Hope Sitze. Third Row: Erin Harrison, Lauren Slough, Piper Roe, Shannon Holsinger, Cait Flippen and Morgan Starnes.

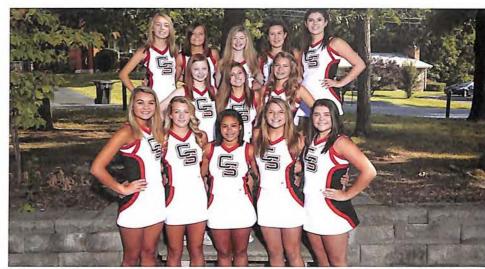


JUNIOR VARSITY VOLLEYBALL
First Row: Savanna South and Jamie Houck. Second Row: Elizabeth Hertzberg, Abbey Shorten, Grace
Page and Katherine Rimer. Third Row: Hannah Smith, Meg Stephens, Hannah Graham, Allie Knight and Cara Ghaphery.



#### **VARSITY SIDELINE CHEER**

First Row: Alayna Francis, Kelsey Burchett, Lauren Baker, Kayla Carver and Kinzie Fitzwater. Second Row: Jolie Matze.Kaitie Ireland, Becca Fisher and Chandler Keister. Third Row: Emma Cass, Kristen Bradshaw, Lexi Link. Taylor Billings, Hanna Buck and Brooke Clayton.



JV SIDELINE CHEER
First Row: Caroline Nye, Riley Pedigo, Claire Flowers, Kristen Garrett and Haley Fugate. Second Row:
Kaitlynn Walters, Kinsey Harris and Abby Slate. Third Row: Laken Ayers, Claudia Jarema, Whitney Cook, Becca Bradley and Julia Cundiff.



First Row: Samantha Martin, Casey Milan, Kieran Wigglesworth, Reiley Curtis, Tessa Muzzy, Ian Wigglesworth, Maggie Harman, Khulsen Ganbayar, Dominic Russo, Cole Cowher, Katarina Martin and Maddie Lawson. Second Row: Daniel Sortore, Michelle Zillioux, Amruta Acharya, Sydney Hilvosky, Kathleen Brett, Claire Lawson, Paige Assaid, Emma Muzzy, Allie Lawson, Angelo Russo and Vinay Garimella. **Third Row:** Kasey Skaff, Olivia Tull, Brandon Hatcher, Sean Altice, Connor Petzen, Jett Vella, Allie Collier, McCain Quickel, Michael Berberich, Casey Preuss and Eloise Chandler.



#### JV BOYS' BASKETBALL

First Row: Jared Steele, Dawson Hicks, Willie Harden, Cameron Warner, Caleb Wetzel, DeJon Mayo, Trey Hodson and Desny Vincent. Second Row: Mr. Ethan Humphries, Brad Kinder, Ryan Burchett, Jake Furrow, Casey Lawrence. Jordan Doyle and Will Rinn.

team gallery www.j.

# SPORTS TICKER (In alphabetical order)

#### CROSS COUNTRY

Boys: Varsity, JV: Girls	: Varsity, JV)
William Byrd	1st, NT, 1st, NT
Blue Demon	
Knights Crossing	10th, 5th, 13th, NT
Clash of the Titans	2nd, 2nd, 2nd, NT
Lord Botetourt Tri Me	et 1st, NT, 1st, NT
Octoberfest	15th, NT, 25th, NT
Metro	2nd, NT, 6th, NT
Running With The Wol	ives4th, NT, 4th, NT
Conference 32	
Region 3A	3rd, NT, 5th, NT
State 3A	9th, NT, 10th, NT

#### FOOTBALL

William Byrd33	7
Northside 7	27
Martinsville34	7
Alleghany20	13
Salem5	49
Christiansburg14	13
Carroll County41	14
Pulaski33	26
Blacksburg34	35
Hidden Valley 10	11
Magna Vista7	41

#### FOOTBALL, JV

William Byrd15	0
Northside12	18
Martinsville12	0
Alleghany21	48
Salem7	42
Christiansburg28	14
Carroll County20	0
Pulaski13	16
Blacksburg19	28
Hidden Valley7	0

#### GOLF

Christiansourg
Heritage Invitational 14th
Metro10tl
Metro10th
Conference 32 Mini4th
Conference 32 Mini 5th
Glenvar 5th
River Ridge District Mini 6th
Blacksburg 6th
River Ridge District Mini 4th
Conference 32 Tournament 5th

#### INDOOR TRACK, BOYS'

Ionference 32	Differen
BA West Regional	16th
	16th

#### INDOOR TRACK, GIRLS'

Conference 32	2n
3A West Regional	7t
3A State	17t

#### SWIM, BOYS'

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#### WRESTLING

First Row: Johnny Baier, CJ Gillespie, Josh Neighbors, Clay Carver and Josh Baier. Second Row: Chloe Crouse, Josh McCray, Noah Webb, Jacob Plunkett, Brice Via and Lynnden Rindorf. **Third Row:** Nick Spicer, Steven Kabath, Cody Amos, Noah Bushman, Ben Chapman and Mr. Tim Nininger.



VARSITY BOYS' BASKETBALL
First Row: Noah Sharp, Paxton Daniels, Alex Emery, Drew Jacobsen, Ty Albritton, Chase Keister, Zach
Shannon and Mason Reyer. Second Row: Mr. Jacob Gruse, Mr. Tim Myers, Manager Conner Bunn,
Brody Hicks, Cager Hicks, Baker Haviland, Zac Foutz, Noah St. Clair, Manager Justin Alouf, Manager Jordan Poff and Mr. Derrick Roth.



#### varsity girls' basketball

First Row: Taylor White, Alex Foutz, Cait Flippen, Hailey Sitze, Cassi Parulis, Analea Angel and Jennifer Hartman. Second Row: Ms. Jessica Ficcaro, Miranda Mallory, Ada Wellford, Reagan Delp, McKinley Pollard, Jessica Lachowicz, Ms. Danielle Montgomery and Mr. John Swartz.



#### JV GIRLS BASKETBALL

First Row: Elizabeth Hartman, Jasmine Price, Allison Williams, Sierra Landsman and Olivia Rowe. Second Row: Manager Brooke Smith, Alyson Meador, Gabbi Parulis, Caitlin Angel, Taylor Swartz, Vivian Barnhart and Carly Curtis.



#### **GIRLS' INDOOR TRACK**

First Row: Ann Jackson, Lily Bay, Toni Perkins, Lauren Austin, Kristen Williams, Nicole Reeves, Sara Stewart and Morgan Todd. Second Row: Autumn Mehta, Dasia Mayo, Heather Hatcher, Reiley Curtis, Makayla Smith, Sarah Christensen, Olivia Nepper, Laurin Hatcher and Sara Hamilton.



#### GIRLS' LACROSSE

First Row: Mary Turner, Mackenzie Saar, Audrey Kidd, Delaney Waller, Molly Kwitny, Zehra Demir, Becca Fisher and Lydia Floyd, Second Row: Juliana Goodrich, Makena Gormley, Simone Fore, Cassidy West, Faith Carleno, Alex Rainsbury, Allie Gaylord, Sierra Landsman and Miranda Mallory. Third Row: Mr. Byron Dowdy, Manager Mikayla Dowdy, Amberlee Davis, Taylor Swartz, Jillian Keith, Kaitlyn Creekmore, Cheyenne Young, Manager Sofia Midkiff, Mr. Craig Kidd and Mr. John Swartz.



#### **BOYS' INDOOR TRACK**

First Row: Andrew Wheeler, Tyler Neson, Evan Robertson, Jason White and Jack Brancati. Second Row: Matthew Taylor, Banner Plumb, Jacob Stewart, Zach Kanode, Jaylen Hairston, Alex DeHart, Peter Smith, Drew Fulton and Andrew Grider. Third Row: Alex Brown, Tim Grider, Andrew Cagle, Evan Walker, Christian Loop, Michael Hill, Sean Barker and Drake Slawson. Fourth Row: Jackson Smith, Matthew Merhoff, Hunter Mollica, Austin Steinhafel, Kyle Timmerman, Walker Mastrangelo, Alex Kanode and Mason Yopp.



#### **BOYS' LACROSSE**

First Row: Brady Gates, Josh Neighbors, Patrick Dunnington, Stuart Souza, Tyler Lunnie, Jace Matze, Nick Heslep, Tyson Alderman, Ashton Foster, Chris Weston, Jack Frazier, Zach Early, Ethan Fox and Zach Martin. Second Row: Spencer Pratt, Austin Edge, Joseph Gallagher, Luke Kelly, Alec Kendrick, Davis Fore, Cameron Kenney, Brendon Gallagher, Davis Perkins, Darian Goodrich, Connor Petzen, AJ Bennett, Garrett Breiner and Justin Alouf. Third Row: Mr. Mike Kendrick, Mr. Thomas Chandler, Mr. Rick Kelly, Josh Reiter, Nick Spicer, Drew Jacobson, Will Rinn, Jackson Nye, Grant Patterson, Spencer Smith, Mason Lowen, Corbin Fentress, Patrick Truskey, John Webb, Mr. Timothy Roberts, Mr. Thomas Dowdy and Mr. Denny Barbour.



#### BOYS' TENNIS

**First Row:** Dino Oikonomou, Sohil Sheth, Nick Axt, Jordan Mehta, Jonathan Huggins and John Kim. **Second Row:** Mr. Chris Benson, Brij Patel, Drew Bond, Stuart Whisnant, Tristan Witham, Supreet Pannu and Chris Dickenson.

#### SPORTS TICKER

(In alphabetical order

#### SWIM, GIRLS'

Southwest Invitational	4th
All-Timesland Invitational	2nd
Conference 32	2nd
Region 3A West	2nd
State 3A	2nd

#### VOLLEYBALL

(win or loss)	
Northside	W
Lord Botetourt	W
Patrick County	W
Carroll County	W
Blacksburg	W
Patrick Henry	W
Pulaski	W
Abingdon	W
Christiansburg	W
Hidden Valley	W
Carroll County	W
Blacksburg	W
Patrick Henry	W
Salem	W
Christiansburg	W
Hidden Valley	L
Blacksburg	W
Hidden Valley	W
Western Albemarle	W
Lord Botetourt	W
Turner Ashby	W
Kettle Run	W

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#### VOLLEYBALL, JV

(win or loss)	
Northside	W
Lord Botetourt	L
Patrick County	W
Carroll County	W
Blacksburg	L
Patrick Henry	L
Pulaski	W
Abingdon	W
Christiansburg	W
Hidden Valley	L
Carroll County	L
Blacksburg	L
Patrick Henry	L
Salem	L
Christiansburg	W
Hidden Valley	L

7-5

#### WRESTLING

Waynesboro Duals	Ist
Air Force Indian Classic	7th
Knights of the Roundtable	1st
Brawl in the Hall	1st
Quentin Cosby Classic	3rd
Border Clash	1st
Big Orange	5th
Salem Dual	1st
Conference 32	2nd
Region	2nd
State	2nd



GIRLS' TENNIS
First Row: Caitlin Carter, Christy Goldsmith, Veronica Hamilton, Fallon Delp and Reagan Delp.
Second Row: Jayali Samarsinghe, Bianca Roman, Mrs. Susan Delp, Meagan Harrison and Maha Ali.



#### **BOYS' JUNIOR VARSITY SOCCER**

First Row: Wyeth Davis, John Alouf, Drew Monsour, Ethan Harris, Alex File, David Cattigan, Carlos Amaral, CJ Poulsen, Cody Hayden, Willie Hardin and John Zielinski. Second Row: Coach Mr. Nick Staufenbeiger, Erik Sharrer, Christian Howes, Mohammed Alnahas, Jason Quakenbush, Spencer Hickam, Bryce Fothergill, Alex Kanode, Robert Linsenman, Ryan Francis and Mr. Eric Imhof.



#### **GIRLS' JUNIOR VARSITY SOCCER**

First Row: Mellisa Moran. Toni Perkins. Abby Rutigliano. Kendall Flippen, Gracie Shelton. Chloe Maclean and Carla Risser. Second Row: Nicole Reeves, Mary Dickenson. Abby Altizer. Mackenzie Harris. Edana Colgrove, Alex Yost, Eloise Chandler and Emily Taylor. Third Row: Mr. Scott Jenkins, Alex Foutz, Selma Sosic, Haley Steinhafel, Taylor Beck, Alyson Meador, Sarah Christensen, Margaret McDaniel and Ms. Mary Wynn Imhof.

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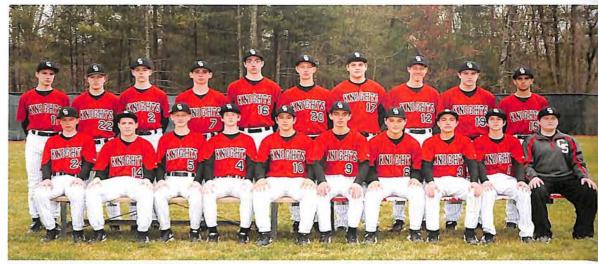
BOYS' VARSITY SOCCER
First Row: Khuslen Ganbayar, Mitch Rutigliano, Tyler Bradley, Banner Plumb, Sam Hillyard, Zack Kanode, Jasen Tran, Skyler Maddox, Aaron Sortore, Mark Stanistic and Khal Clary. Second Row: Mr. Brad Collins, Paxton Daniels, George Funk, Alireza Esmaeili, Chase Keister, Mason Reyer, Matthew Merhoff, Zach Shannon, David Blades, Jarod Steele, Christian Loop and Marcus Reid.



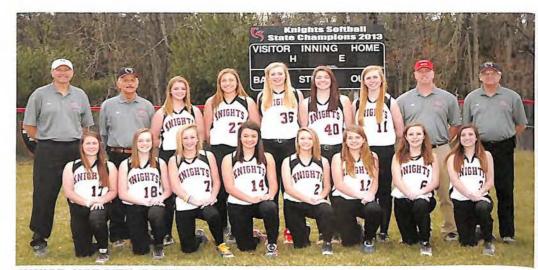
**GIRLS' VARSITY SOCCER**First Row: Laurel Harris, Meredith Campbell, Saffeya Ahmed, Olivia Nepper, McKinley Pollard, Mellissa Mortellaro, Mercy Plumb and Hannah Mone. **Second Row:** Lila Derrico, Haley Zielinksi, Kaitlyn Huff, Kelsey Johnson. Kayla Huff, Kristen Williams and Laura Cattigan. **Third Row:** Ms. Whitney Huffman, Abby Frazier, Alison Williams, Logan Skaff, Jessica Lachowicz, Lauren Huff, Elise Jarema, Morgan Todd and Safa Eltaib.



VARSITY BASEBALL
First Row: Nick Houhoulis, Nelson Stanley, Justin Larkin, Austin Thompson, Thomas Forest, Daniel Hartman, Kodi McIlwraith,
Adam Huffman, Robert Milby and Isaaic Yeaman. Second Row: Joe Lankford, Alex Emery, Sam Walker, Jordan Stovall, Hunter
Richards, Johnny Mead, Chase Cundiff, Matt Gliniecki and Cole Flora.



JUNIOR VARSITY BASEBALL
First Row: Daniel Cook, Austin Emery, Hayden Mitchell, Wyatt Hage, Nick Gentiluomo, Patrick Millehan, Carter Glenn,
Matt Ray, Caleb Wetzel and Manager Jake Puckett. Second Row: Joey Bryant, Dawson Miller, Cameron Caldwell, Grant
Wilson, Matt Carter, Zack Ward, Braedon Guthrie, Brandon Hatcher, Trey Hodson and Stephen Cacciatore.



#### JUNIOR VARSITY SOFTBALL

First Row: Kailey Shell, Hannah Muncy, Taylor Loving, Brook Ludy, Miranda Trump, Emma Fields, Maddie Griffen and Kinsey Harris. Second Row: Mr. Robert Cooper, Mr. Willy Green, Autumn Simmons, Gabbi Parulis, Joslynn Lankford, Blake Smith, Lilly Mitchell, Mr. Jason Loving and Mr. Ed Killbane.



#### GIRLS' OUTDOOR TRACK

First Row: Kelty Jansen. Autumn Mehta. Riley Pedigo. Lauren Austin. Ann Jackson. Mary Baier and Eleah Ruffin. Second Row: Tiffany Shelton. Taylor White, Amanda Boris. Samantha Martin. Maddie Lawson. Katarina Martin and Laurin Hatcher. Third Row: Reiley Curtis, Makayla Smith and Carly Curtis.

team gallery um



#### VARSITY SOFTBALL

First Row: Jasmine Brickey, Kristen Bradshaw, Kinsey Overfelt, Kacie Shepherd, Haley Ingle and Olivia Rowe. Second Row: Mr. Scott Sharp, Mr. Nick Sharp, Kylie Kent, Pami White, Cassi Parulis, Alayna Francis, Hailey Sitze, Abby Beatty, Mr. Scott Hodge, Ms. Meredith Moore and Mr. Jay Gray.



BOYS' OUTDOOR TRACK
First Row: Hayden Zeller, Tyler Nelson, Will Robertson, Matthew Flores, Ryan Iler, Desny Vincent and Kaleb Tubbs. Second
Row: Peter Smith, Michael Hill, Jason White, Alex DeHart, Nolan Washington, Clayton Berger, Alex Brown and Drake Slawson.
Third Row: Andrew Cagle, Casey Preuss, Jack Brancati, Evan Walker, Dylan Robinson, Hunter Mollica and Jacob Stuart.
Fourth Row: Khalil Moye-McKinley, Andrew Grider, Jonathan Lachowicz, Jaylen Hairston, DeJon Mayo, Jake Smith and Nick
Colozza. Fifth Row: Ray Rosarion, Steven Kabath, Will Kyle, Hunter Smith, Kyle Timmerman, Walker Mastrangelo, James Ingle and Sean Barker.



#### ACADEMIC TERM

First Row: Elyssa McMaster, Hana Coogan, Michael Chang, Anna Elmore, Amruta Acharya and Jayali Samarasinghe. Second Row: Jordan Clingenpeel, Alex Hernandez, Sara Brunstetter, Roshni Lalchandani, Andrew Farley and Ethan Hoeppner. Third Row: Tom Conroy, Josh Key, Kemper Scott, Ethan Mackey, Nathan Rose and Adam Sowder.



"You don't have to be crazy smart to get in. It's about being smart in certain topics, like perfecting what you are naturally good at. I really like performing in the tournaments, because that is when you experience a bonding moment with your teammates. If you want to be competitive knowledge-wise then academic team is the club for you. Just prepare for what you are best at, so you can compete well in the tournament. My team has a lot of bonding moments during the tournaments, and, even if we lose, we celebrate for being the best we can be. As we win tournaments throughout the years, we get better and better and be the best as we can. Winning is pretty fun for us, it's like we made an accomplishment at the end of the day, it's the best feeling to have." Jayali Samarasinghe, 10



# **ARCHERY CLUB**First Row: Tiffanie Lester, Brittany Ferguson and Adviser Mr. Paul Soucie. Second Row: David Blades, Allen Britt, Davis Perkins, Andrew Farley and Hunter Smith.



**ART CLUB**First Row: Madelyn Stone, Jayali Samarasinghe and Bianca Roman. Second Row: Annie Fentress, Layne Sigmon, Sally Francis and Maddie Harris.



ART HONOR SOCIETY



# First Row: Rachel Ramsey, Amanda Manson, Lauren Baker, Maggie Harman, Lauren Austin, Mercy Plumb, Rabiya Arim, Elena Hernandez, Jayden Olsen, First Row: Rachel Ramsey, Amanda Manson, Lauren Baker, Maggie Harman, Lauren Austin, Mercy Plumb, Rabiya Arim, Elena Hernandez, Jayden Olsen, Smita Bajgain, Andrea Sepulveda, Kayla Huff and Kaitlin Huff. Second Row: Saffeya Ahmed, Julia Treubert, Annabelle Davis, Megan Phillips, Emily Sharp, Abby Gregory, Samantha Casauay, Lila Derrico, Kristina Hale, Juliana Crouse, Antonia Douchi, Alicia Zheng and Lydia Hoeppner. Third Row: Cole Flora, Ryan Carver, Charity Klamaitis, Cassie Witten, Gillian Horn, Kim Whitteker, Lauren Northern, Emily Hadfield, Adam Sulkin, Pami White, Grant Colip, Mick Murphy, Abby Beatly and Sara Muncy. Fourth Row: Siteng Zhang, William Beard, Kevin Zhe, Hailey Sitze, Jessi Slackman, Rebekah Wellons,

Colip, Mick Murphy. Abby Beatly and Sara Muncy. Fourth Row: Siteng Zhang, William Beard, Kevin Zhe, Hailey Sitze, Jessi Slackman, Rebekah Wellon Veronica Hamilton, Jasen Tran, Mallory Orr, Kylie Kent, Tessa Klimaitis, Lauren Flores, Cassie Parulis, Alayna Francis and Andrew Farley. Fifth Row: Evan Heath, Chase Keister, Davis Perkins, Justin McGuire, Alex Emery, Thomas Bradley, John Roach, Wyatt Abshire, Sam Walker, Ryan Hunter, Zach Meadows, Matt Stiles, Matt McGarry, Tristan Witham, Stuart Whisnant and Patrick Truskey



CHOIR
First Row: Alayna Coleman, Lauren Zion, Gracie Shelton, Sarah Welch and Teiya Nittianandan. Second Row: Savanna Owens, Emily Phillips, Sarah Beth Chapman, Hailey Bingham, Ajnah Tolliver and Jazlynne Carroll. Third Row: Christy Cobb, Lyndsay Firchau, Lexi Lawrence, Amber Lee Davis, Sara Brunstetter, Julia Waller Olivia Cameron.



**DEBATE**First Row: Alicia Zheng, Caroline Spruell and Lydia Hoeppner. Second Row: Hannah Bibbs, Rebekah Wellons, Grant Colip and Ethan Mackey.



#### DRAMA

Smith, Darian Fox, Joseph Shelton, Jaysa McKinley, Sydney Breiner, Isaiah Patro, Lauren Gill and Capers Koloda. Third Row: Kevin Moody, Kimberly Whitteker, Zoe Hannabass, Claudia Anderson, Nefetari Heath and Danielle Gallant.



#### **FBLA**

First Row: Logan Neal, Cassandra Ramsey, Aimee Struzinsky, Tyra Pegram, Amanda Levy, First Row: Kelsie Wingo, Mackenzie Saar, Norah Mulinda, Sarah Vaden, Lauren Northern Jessica Firchau, Morgan Chacona, Tiffany Shelton and Hana Coogan. Second Row: Summer and Brittany Ferguson Second Row: Chris Qui, Mikey Berberich, Hunter Smith, Stephanie Kray and Johnny Akers. Third Row: Lauren Slough, Reiley Curtis, Tyler Rice and Daniel



FCA
First Row: Lauren Tomlinson, Sara Muncy, Morgan Chacona, Pamela White, Samantha Casauay, Grace Page, Alaina Coleman and Megan Benzie. Second Row: Olivia Nepper, Kylie Kent, Michael Koloda, Joel Tarpley, Taylor Sharp, Bailey Sharp, Eleah Ruffin and Mackenzie Harris. **Third Row:** Shannon Holsinger, Jonah Atkinson, Lauren Slough, Piper Roe, Austin Coleman, Alayna Foutz, Zach Meadows, Daniel Hartman, Walker Chapman and Adviser Mr. Alan Moore



FCCLA
First Row: Taylor Williams, Jamie Houck, Ryann Collins, Claudia Jarema, Samantha Malloy, Nicole Reeves, Kaitlyn Roberts, Schuyler Lynch, Morgan Leftwich, Bailey Sharp, Kacie Shepard, Bre Nix and Adviser Mrs. Terena Hale. Second Row: Will Robertson, Hailey Bingham. Cameron Warner, Caleb Wetzel. Jarod Roberts. Blythe Dellinger, Dylan Wood, Caitlyn Murphy. Emily Taylor and Claudia Draper. **Third Row:** Erin Harrison, Andrew Via, Carmen Wright, Mallory Orr. Kelsey Burchett. Jake Furrow, Casey Lawrence, Lauren St. Clair, Cara Gaphery, Corey Gavey, Claudia Anderson and Dejon Mayo.



#### FILM CLUB

First Row: Jayali Samarasinghe, Cassie Witten, Jarod Lim, Andrew Farley, Abby Gregory and Kinjal Patel. Second Row: Joe Lankford, Stuart Whisnant, Tristan Witham, Jacob Spiers, Kevin Moody, Jordan Mehta and Adam Sulkin.



#### **FORENSICS**

First Row: Jessica Firchau, Amanda Levy, Cassandra Ramsey, Tyra Pegram, Tiffany Shelton, Aimee Struzinsky and Logan Neal. Second Row: Jaysa McKinley, Sydney Breiner, Lauren Gill, Capers Koloda, Isaiah Patro, Summer Smith and Joseph Shelton. Third Row: Nefetari Heath, Kevin Moody, Danielle Gallant, Kimberly Whitteker and Zoe Hannabass.



"French Club is about enjoying all things French. We cooked French food and we flipped crepes. We went caroling in December, where we sang French versions of songs, such as 'Silent Night.' A lot of the seniors, including myself, have been in French Club for four years. We have a French Club queen, who is basically supreme ruler of everything that is French Club. We once had a pumpkin-chucking competition. We have people from all language classes, even those not in language classes. Anyone can join. It's like a development of French appreciation of French culture, language and ideas." Emily Hadfield, 12



#### FRENCH CLUB

FIRST ROW: Lydia Tadesse, Nicole Reeves, Blythe Dellinger, Rebecca Bradley, Maddy Sarver, Bianca Roman, Cassandra Ramsey, Maha Ali, Kinsey Harris and Samatha Malloy. Second Row: Kieran Wigglesworth, Cassie Witten, Brandon Brenner, Sara Hamilton, McKinly Pollard, Allie Knight, Juliana Crouse, Jillian Fidler, Chloe Crouse, Sara Brunsetter, and Ms. Rebekah Johnson. Third Row: Caleb Holland, Sydney Breiner, Nicholas Axt, Luke Whitmer, Laura Martin, Walker Champney, Annie Fentress, Layne Sigmon, Kaitlyn Spangler and Mischelle Ganbayar. Fourth Row: Emily Hadfield, Hunter White, Seth Poore, Kevin Moody, Mallory Orr, Hannah Graham and Andrew Farley



#### NATIONAL FRENCH HONOR SOCIETY

First Row: Ryan fler, Cassie Witten, Juliana Crouse and Adviser Ms. Rebekah Johnson. Second Row: Lyle Beard, Emily Hadfield and Mallory Orr.

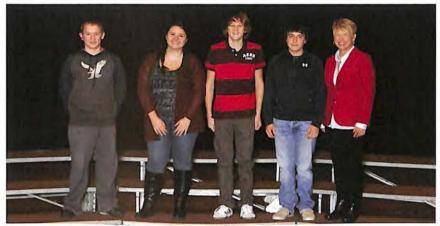


### GREEN CLUB

First Row: Molly Kwitny, Saffeya Ahmed, Rabiya Asim, Jayali Samarasinghe, Lydia Hoeppner and AdviserMs. Erin Barnett. Second Row: Lidya Tadesse, Grant Colip, Abby Slate, Taylor Powell, Amruta Acharya, Gillian Horn, Hana Coogan and Megan Phillips. Third Row: Veronica Hamilton, Christa Madison, Roshni Lalchandani, Brian Regan, Ethan Hoeppner and Sara Hamilton.



KEY CLUB
First Row: John Alouf, Cole Cowher, Veronica Hamilton, Jarod Lim, Cassie Witten, Lila Derrico, Rabiya Asim, Brooke Leftwich, Sara Hamilton, Emma Cass, Paxton Daniels and Colton Bowling. Second Row: Molly Kwitny, Lidya Tadesse, Lydia Hoeppner, Saffeya Ahmed, Autumn Mehta, Jasmine Brickey, Samie Casuaway, Eleah Ruffin, Becca Fisher, Kinjal Patel, Hannah Mone, Meredith Campbell, Maddi Monsour, Morgan Todd, Natalie Hamilton and Fallon Delp.. Third Row: Lauren Baker, Rod Morgan, Kinsey Overfelt, Katarina Martin, Kylie Kent, Lauren Tomlinson, Sara Muncy, Kaitie Ireland, Morgan Chacona, Laurel Harris, Laura Cattigan, Christy Goldsmith, Hope Sitze, Amanda Boris and Logan Skaff. Fourth Row: Kinsey Fitzwater, Jolie Matze, Mackenzie Harris, Christa Madison, Hana Coogan, Taylor Powell, Mackenzie Saar, Norah Mulinda , Jessi Slakman, Roshni Lalchandani, Haley Zielinski, Hailey Sitze, Kaitlyn Spangler, Kieran Wigglesworth, Larissa Ferarri-Souza and Brooke Clayton. Fifth Row: Connor Bayne, Laura Martin, Eric Smith, Supreet Pannu, Claudia Anderson, Ryan Burchett, Kelsey Burchett, Taylor Billings, Alayna Foutz, Piper Roe, Cait Flippen, Justin Larkin, Hamzza Khan, Mason Lowen, Patrick Truskey, Lilly Mitchell and Cara Gaphery.



KNIGHT AND DAY CAFE
Brice Via, Hailey Bingham, McCain Quickel, Matt Ray and Adviser Mrs. Terena Hale.



KNIGHT NEWS First Row: Safa Eltaib, Ariqua Austin, Jillian Keith, Demetri Poulos, Samantha Casauay. Kendall Harris and Caroline Laughon. Second Row: Maddi Monsour, Roshni Lalchandani. Piper Roe, Alayna Foutz, Drew Jacobsen and Adviser Mr. Edward Spruell.



LATIN HONOR SOCIETY
First Row: Morgan Love, Allie Gaylord, Mackenzie Harris, Elyssa McMaster, Nathan Wheeler and Norah Mulinda. Second Row: Cait Flippen, Alayna Foutz. Roshni Lalchandani, Jasen Tran, Ethan Mackey, Walker Mastrangelo and Ryan Carver.



#### NEWSPRPER

First Row: Kinsey Harris, Molly Spradlin, Natalie Horn. Jillian Keith, Ariana Jones and Adviser Ms. Erinn Hailey. Second Row: Kendall Harris, Lauren Baker, Kaitlyn Dwyer, Grayson Walker, Noah Wells and Nathan Wheeler. Third Row: Kelly Alcoke, Kelsey Johnson, Griffin Bower, McKinley Pollard and Logan Hinson.





PEP CLUB
First Row: Claudia Draper, Lily Perkins, Emily Sharp and Olivia Nepper. Second Row: Davis
Perkins, Roshni Lalchandani, Andrew Farley, Kelly Alcoke and Joe Lankford.

PREVENTION CLUB
First Row: Eleah Ruffin, Lidya Tadesse, Molly Kwitny, Sydney Breiner, Demetri Poulos and
Taylor Powell. Second Row: Christa Madison, Roshni Lalchandani, Analea Angel. Brittany
Philling and Advisor Mr. Taylor Powell.

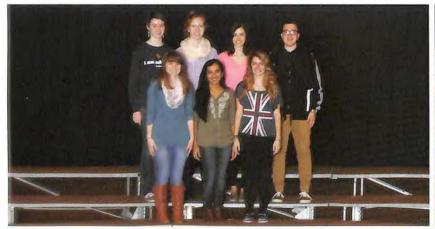


First Row: Amanda Boris, Morgan Todd, Maddi Monsour, Safa Eltaib, Kinjal Patel, Saffeya Ahmed and Melissa Mortellaro. **Second Row:** Lauren Baker, Logan Skaff, Christy Goldsmith, Fallon Delp, Abby Beatty, Pami White, Jolie Matze and Adviser Mrs. Margaret Taylor. **Third Row:** Cait Flippin, Alayna Foutz, Kinsey Fitzwater, Andrew Jacobsen, Patrick Truskey, Alayna Francis and Lauren Flores.



#### **SCIENCE FICTION CLUB**

First Row: Kimberly Whitteker, Andrew Farley and Emma Pendleton. Second Row: Michael Jennings, Kevin Moody and Nick Axt.



**SOCIAL STUDIES HONOR SOCIETY**First Row: Lydia Hoeppner, Rabiya Asim and Lila Derrico. **Second Row:** Emily Hadfield, Mallory Orr, Juliana Crouse and Ryan Carver.



**SPANISH CLUB**First Row: Amruta Acharya, Sarah Riley, Eleah Ruffin, Elena Hernandez, Andrea Sepulveda, Smita Bajgain, Samantha Casauay, Autumn Mehta, Molly Kwitny, Sydney Brenner and Laurin Hatcher. **Second Row:** Banner Plumb, Cody Hayden, John Alouf, Rod Morgan, Morgan Todd, Maddi Monsour, Julianna Goodrich, Fallon Delp, Hana Coogan, Taylor Powell, Morgan Cundiff and Jayali Samarasinghe, Third Row: Erik Sharrer, Jared Steele, Carlos Amaral, Jarod Lim, Josh Key, Alex Hernandez, Reiley Curtis, Veronica Hamilton, Kat Martin, Ariana Jones, Jessica Trayer, Lydia Hoeppner, Gillian Horn and Adviser Mrs. Amy Bolen. Fourth Row: Baker Haviland. Will Rinn, Matt McGarry, Supreet Pannu, Joe Lankford, Tristan Witham, Grant Colip, Will Kyle, Jake Smith, Thomas Bradley, Pamela White, Michael Jennings and Noah Wells.



#### SPANISH NATIONAL HONOR SOCIETY

First Row: Gillian Horn, Emma Pendleton, Eleah Ruffin, Pami White, Samie Casauay, Lydia Hoeppner and Saffeya Ahmed. Second Row: Jessica Trayer, Khaila Mickens, Katarina Martin, Taylor Powell, Hana Coogan, Molly Kwitny and Morgan Todd. Third Row: Grant Colip, Josh Key, Veronica Hamilton, Tristan Witham, Thomas Bradley and Adviser Mr. Christopher Benson.



#### SPECIAL EDUCATION HELPERS

First Row: Amanda Boris, Michaila Cunningham, Christopher Weston, Bailey Sharp, Kendall Harris and Caroline Laughon. Second Row: Logan Skaff, Layne Sigmon, Kaitlyn Spangler, Olivia Neppe and Abby Parker.



#### TECHNOLOGY STUDENT ASSOCIATION

First Row: Taylor Poff, Allen Britt, Davis Perkins, Andrew Farley, Mark Stanisic and Adviser Mr. Paul Soucie. **Second Row:** Austin Edge, David Blades, Hunter Smith and Tate Whiteside.



"In the shop, there is hands-on learning. It's not book work. Instead, you learn to use technology that can be used later in life. Right now we are building carousals, but as my personal project I am building a bench as a Christmas present for my parents. I cut down a huge pine tree from our property without them knowing. I then had to cut it in half with a chainsaw. Not a lot of people know there's a garage door in our shop here at school, and that's how I brought the tree in. We planed it, sanded it, and drilled holes for legs, which are also from trees I cut down. Mr. Soucie and Mr. Hamilton are instilling in me knowledge to make a quality project that comes out of the shop." David Blades, 12



#### TWO HEARTS FOUNDATION

First Row: Kinsey Harris, Claudia Jarema, Rebecca Bradley, Maddy Sarver, Kinjal Patel, Haley Zielinski, Hannah Mone, Natalie Hamilton, Laurel Harris, Maddi Monsour, Morgan Todd and Logan Skaff. Second Row: Abbey Shorten, Julia Cundiff, Mishelle Ganbayar, Allie Knight, Laken Ayers, Caitlin Carter, Reagan Delp, Hailey Sitze, Laura Cattigan, Christy Goldsmith, Hope Sitze and Amanda Boris. Third Row: Sophia Huffman, Brittanie Benzenhafer, Cait Flippen, Taylor Billings, Alayna Foutz, McKinley Pollard, Olivia Nepper, Cassi Parulis, Erin Harrison and Laura Martin. Fourth Row: Fallon Delp, Shannon Holsinger, Meg Stephens, Piper Roe, Roshni Lalchandani, Gabbi Parulis and Lauren Slough



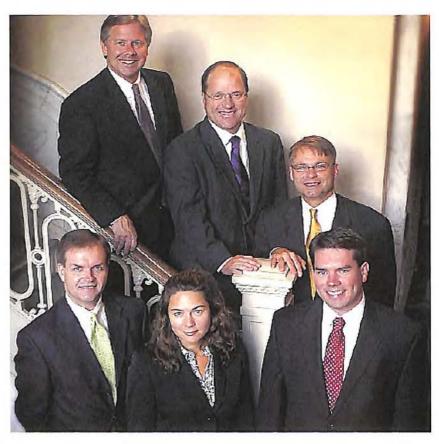
#### YEARBOOK

First Row: Adviser Mrs. Chrystal Shawn, Miranda Mallory, Delaney Waller, Molly Kwitny, Kendall Harris and Adviser Ms. Erinn Hailey. **Second Row:** Chris Qui, Grace Molumphy, Patrick Truskey, Laura Martin and Alyson Meador.

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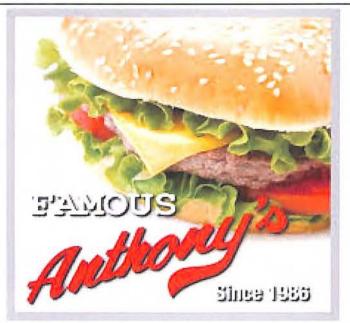
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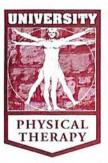






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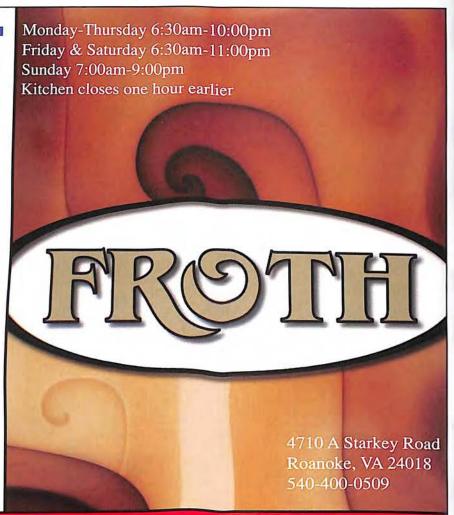
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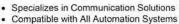
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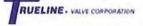


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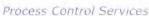
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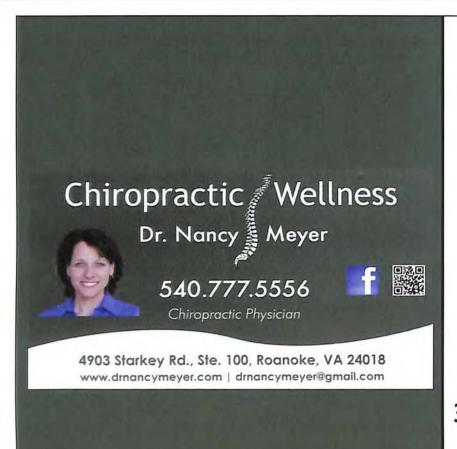


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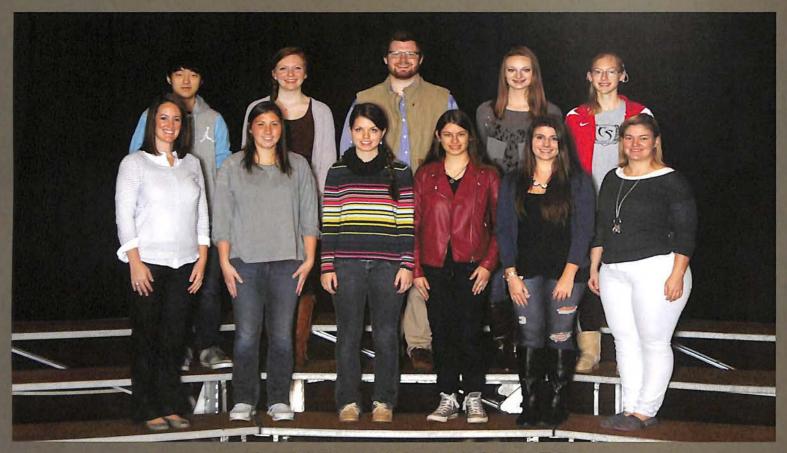
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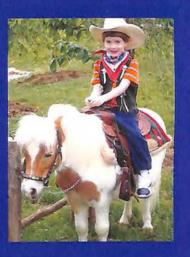
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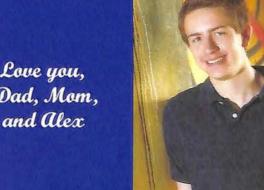
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Love you, Dad, Mom, Congratulations to the senior Accolade staff members! Best of luck and warm wishes!

> Kendall Harris Grace Molumphy Patrick Truskey

### Carly Usery

We are so proud of you and know that you will be successful in anything you do.

> Love, Mom, Dad, and Nicklous

# Becca Fisher



Your
kindness and
determination
continue to
amaze us daily.
We are so proud
of you and your
accomplishments!

We love you!

Dad, Mom & Jeff





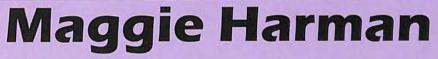
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for you:

comfort

on difficult days,

smiles

when sadness intrudes,

rainbows

to follow the clouds,

when spirits sag,

laughter

to kiss your lips,

hugs

sunsets

to warm your heart,

friendships

beauty

for your eyes to see,

faith

confidence

so that you can believe,

for when you doubt,

patience

courage

to know yourself,

to accept the truth,

to brighten your being,

to complete your life,

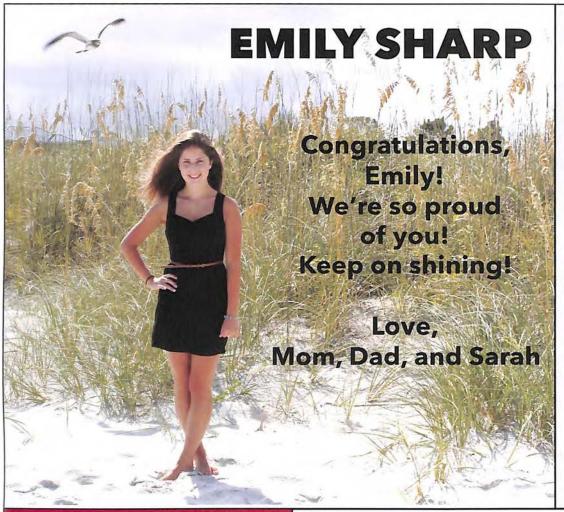
Love, Poppy, Mama & Brenna



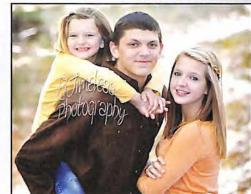








### CHASE HAMM

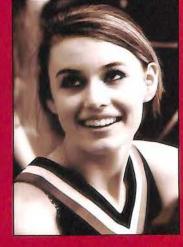


We are so proud of the young man you have become! You are so strong, so compassionate and dedicated to your family. We are blessed to call you our son. Your sisters are fortunate to have you as their protector. We love you with all that we have and look forward to seeing what the future has in store for you!

Army Strong!

With love, Dad, Mom, Kendall and Kellen

### Kayla Carver



My love - I am beyond groud of the person you have become - you continue to amoze me every four for the store -

Love oliveryo.

Mount

### Pami White



"I can do all things through Him who strengthens me."

Philippians 4:13

We are so proud of the young lady you have become and can't wait to see what the future holds for you!

Love you MOST!

Mom and Dad

### Rachel Baker



Rachel -

Always remember.......You are BRAVER than you believe STRONGER than you seem SMARTER than you think AND

LOVED more than you know

We are so proud of you!! Love,



### Amanda Manson



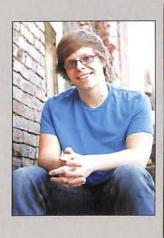




I thank the Lord every day for blessing me with you. I've loved every moment of it, your bald baby girl head with those big blue eyes to the beautiful, intelligent young lady you've grown to be. Congratulations on your accomplishments. We love you very much and are proud of the person you have become.

~ Always live the life you love & be your own kind of beautiful Mom, Dad and Jonathan

### DAVID GUILLIAMS







Our wish for you is that this life becomes all that you want it to, and your dreams stay big and your worries stay small.

Love, Mom and Dad

P. S. You are my favorite!



### NICK SPICER

NICK...

ONCE A KNIGHT ALWAYS A KNIGHT. FROM A FOOTBALL KNIGHT IN KNIGHTDALE, NC TO A WRESTLING KNIGHT AT CAVE SPRING, YOU HAVE ALWAYS MADE US PROUD. YOU HAVE SOARED AS AN EAGLE IN BOY SCOUTS, SAILED THE NEUSE AT DON LEE AND MARCHED TO THE BEAT IN THE ROSE PARADE. WE LOVE YOU AND LOOK FORWARD TO SEEING WHAT YOU ACCOMPLISH IN THE FUTURE.

CONGRATULATIONS! MOM AND STEVE (AKA DAD)







Holly,

We are so incredibly proud of you. You have grown into a wonderful young woman. We hope you achieve all your dreams. Always put God first place in your life and He will direct your paths.

We love you!

Mom, Dad, Tordan, and Grandparents



# Claudia Anderson





Always remember that you can do anything if you continue dancing to the music in your heart. Dream Big!

We Love You,

Mom, Dad and Evelyn

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

### Kylie Kent



There are no words to express how proud I am of my amazing, beautiful girl! Always believe in yourself, dream big, work hard, laugh often, and don't forget your roots, your manners or, most importantly, the way home.

Rock on Flying Ladybug!!

I love you! Mommy

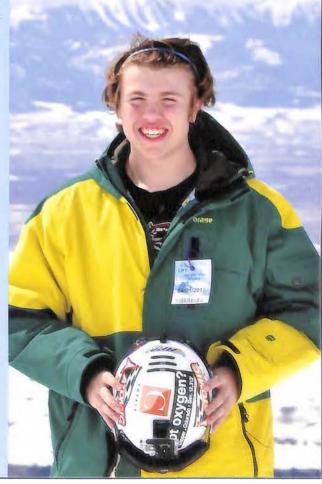


### SPENCER SMITH

Congratulations!! We are proud of your accomplishments and await your next adventures.

Love Mom, Dad, Max and Erin

What fun we have had watching you grow.... what will be next?



### Lauren Baker



We are so groud of the beautiful young woman that you have become. Congratulations on all your hard work and accomplishments. We know that your future is bright and look forward to the successes to come.

Love, Mom and Dad

# Abby Beatty





Congratulations, Abby!

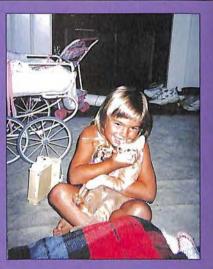
We are so proud of you and all of your accomplishments. How very blessed we are to have such a wonderful daughter! We love you with all of our hearts.

Love, Mom and Dad



### Jordan Bennett







Jordan, we are so proud of you! You are a smart, beautiful young lady.

The sky is the limit!

Love, Mom and Dad



# Katie Penny





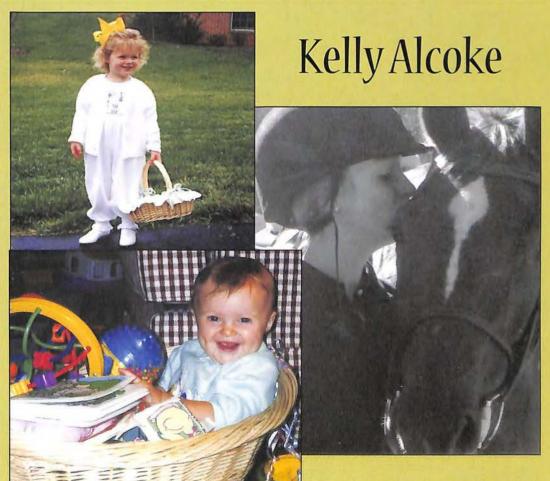
Katie Penny, Congratulations! We are so proud of you. Mom, Dad, and Sarah Beth

### Haley Zielinskí



From your first day of school to your last, we've always been proud of you!

> Love. Your family



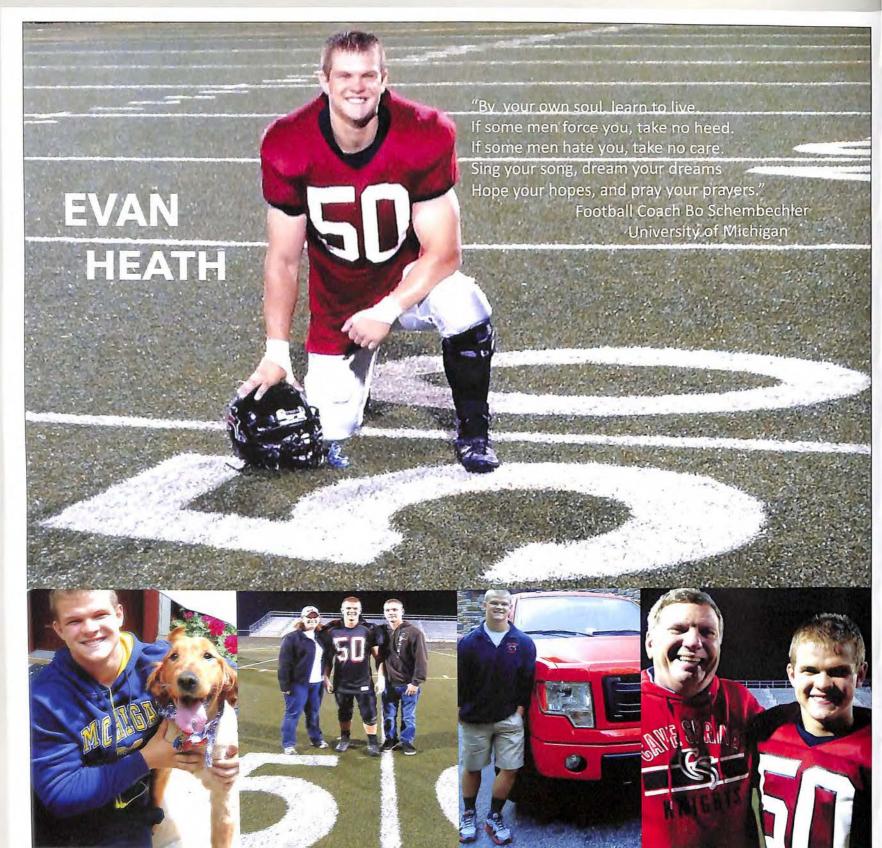
Congratulations! We are so proud of you and your many accomplishments.

Kelly,

Your future shines bright with so many opportunities awaiting you.

Dream big, stay true to your values and follow your heart.

Love, Mom and Dad



Evan Konstantin,
We are very proud of all your accomplishments
both on and off the football field.
High school is just the beginning...
God has a wonderful future planned for you!
Defend your dreams and be a kind and true friend to others!

Love forever,
Mom, Dad, Valentina, Carl
your grandparents,
and Aunt Jan and Uncle Marty

"Whatever is true, whatever is honorable, whatever is just, whatever is pure,

Whatever is lovely, whatever is gracious, if there is any excellence

And if there is anything worthy of praise, think about these things... then the God of Peace will be with you." Philippians 4:8-9

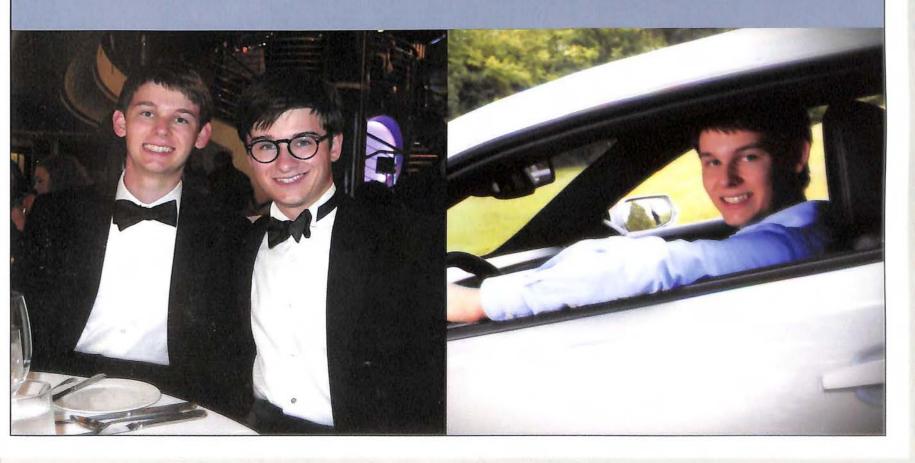


### **TRISTAN WITHAM**

You bring joy to our lives.

We love you, Tristan!

Dad, Mom and Adam



# Rebekah Wellons



Singer, actress, mathematician, writer, debater, daughter, sister - you are all these and more. You also are a child of God, yet always your own person. We are proud of you.

Walk in the light.

We love you, Boo.

Pa, Mom, and Hannah Ruth

### Kelsey Burchett







Kelsey,
you have blossomed into a beautiful young lady, and
your future is limited only by your imagination.

Love, Mom and Dad

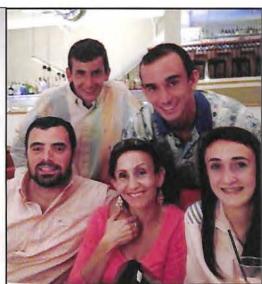
### Sarah Clark

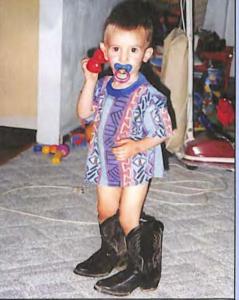


Time has slipped away from me. I blinked, no more than a wink, and right before my very eyes my precious little girl was replaced with a beautiful woman. It is now time for you to stand on your own, but remember my dear, you will never stand alone. You have my love and your father is never further away than your own heart. He is with you always. Now go forth, sew your dreams in the stars, and never forget, the amazing person you are...













### **Darian Goodrich**

Dearest Darian,

I remember the year you were born. It was in the middle of my medical residency. Everyone was excited to welcome you into the family, but no one was more excited than your brother Devon. For the first few years, you two were inseparable; you were each other's built-in playmates. All the women at church and day care/preschool were drawn to you and doted on you as well. It really is hard to believe that you are now your sister's big brother and your brother's best friend. You have matured into such a good person. Strong, intelligent, caring, thoughtful and driven by the values we have all worked so hard to pass on to you.

In life, you will often be challenged in unexpected ways and find yourself on unfamiliar grounds. Please remember that all of these experiences are opportunities and how you choose to embrace them is what will define you. And above all, stay true to yourself and never compromise the things that truly matter in life: love, relationships and your integrity. Life passes, but your choices in life will define your legacy. As the saying goes, "when you know better, you need to do better."

It's been wonderful watching you over the years grow from being a busy and playful child hunting in the backyard, fishing in our pond, or running at top speed through Disney World, to an amazing family member who continues to stay busy but with skilled sports like lacrosse, snowboarding, scuba diving and wake boarding.

Dream big, be brave and be the Best You!

Congratulations on your graduation from high school and congratulations for being a truly special person.

This dedication is written with the love of your entire family who will always be there for you.

With All Our Love, Your Family and Ginger



### Zoe Horn

Zoe,
In what seems like the blink of an eye, you've gone from being our precious little angel to becoming a beautiful young woman. It has been not only a privilege, but an honor to watch you grow up and become such an incredible person. Never lose sight of who you are, and continue to bring joy into the lives of others!

Always follow your dreams and know that you are loved beyond measured!

Congratulations! Mom, Dad, and Ali







### **Garrett Williams**



Garrett, we're blessed that God gave us front row seats to witness your journey. Whatever steps you take, remember that God and your family are with you. And I will seek You in the morning And I will learn to walk in Your ways And step by step You'll lead me And I will follow You all of my days.

With Love & Honor, Dad & Mom

### Cassi Parulis



We are so extremely proud of the beautiful, headstrong woman that you have become. You have accomplished all of your goals on your own terms over and over. We can't wait to watch as you pursue your future in NYC. We know that you will be successful always! We love you to the moon and back!

Mom, Dad, and Gabbi

"Don't just fly, SOAR!" - Dumbo

### Jackson Nye



Congratulations, Jackson!

It has been quite a ride, and you handled it like a true gentlemen. You have made us very proud and we are so excited for your next chapter to begin!

We love you! Mom, Dad, Carolina, and Reagan **Grant Colip** 

Right from the start when you were a little kid and until today, you have only given us reason to hold our heads up in pride. You have worked so hard, and now it is time to celebrate your graduation. We are so lucky to have you in our lives.

~May your dreams stay big~ ~Your worries stay small-

We love you, Grant!

~Mom & Dad (Weston tool

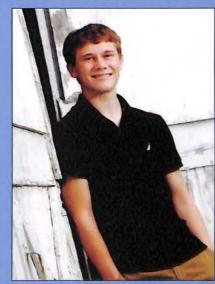












Build me a son, whose heart will be clear. Whose goals will be high, a son who will master Himself before he seeks to master other men, One who will learn to laugh, yet never forget To weep, one who will reach into the future, Yet never forget the past. - Anonymous We Love You,

Mom, Dad, Marion, and Caroline





### Jon Roach



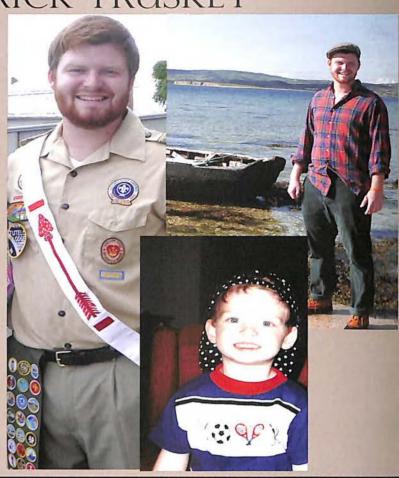
We are so proud of you! Congratulations!! We can't wait to see what your future holds!!

Love, Mom, Dad, Lauren, and Ellie

### PATRICK TRUSKEY

PATRICK,
YOU ARE AN
AMAZING
YOUNG MAN,
AND WE ARE SO
VERY PROUD OF
YOU!
REMEMBER:
"ALWAYS BE THE
LITTLE BOY
YOUR MOTHER
THINKS YOU
ARE"!

WITH LOVE ALWAYS, MOM, DAD AND COLLEEN



# Andrea Sepulveda





Andrea. We are very proud of you and all your accomplishments.

We are sure that with your effort and dedication all your dreams will come true.

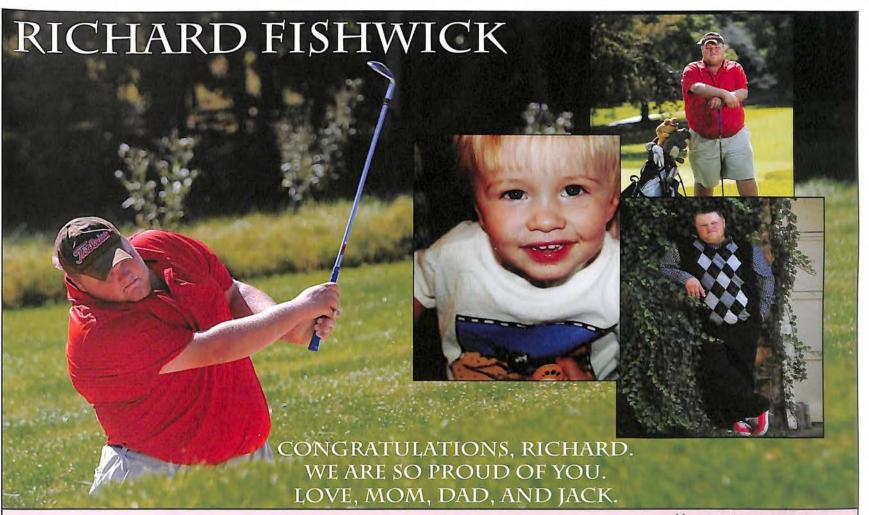
We love you so much. Congratulations.

Mon. Dad. Carlos y Karla.

Hailey Sitze

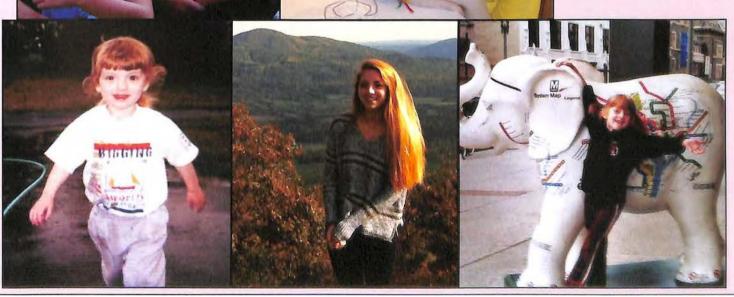


Dream It...Believe
It...Achieve It!
Hailey,
We are so proud of you and
hope all your dreams
come true!
Love,
Dad, Mom,
Hannah, and Hope



Margarete,
Congratulations! We are very
proud of you. Being such a
generous soul and possessing the
gift of mercy, you will bring great
joy and happiness to all who know
you. We are blessed to have you
as our daughter.

Much Love Always, Mom & Dad



rargarete

### Britney Witham



I dreamed I was calling your name before you were born. Even before you entered this world, you had already begun to change my life.

You are my miracle...my blessing. It's been an amazing journey watching you grow up to become the young lady that you now are. I can't wait to see what your future holds.

With all my love, Mom

### Josh Reiter



You've always been...well...coo!! Remember the good times as you go on to live the great times.

Give your future everything you've got and you will be successful!

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where you go."

- Dr. Seuss

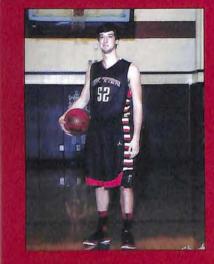
I love you and will always be on the sidelines cheering you on! Mom

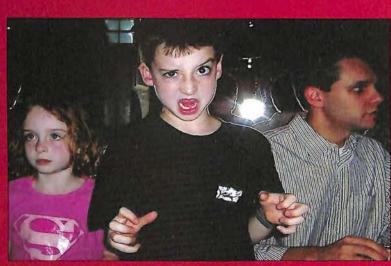
### Nicholas Colozza

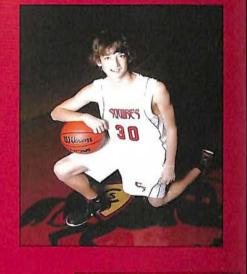


Congratulations, Nicholas!
We are so proud of you and all you have accomplished, and we can't wait to see what awesome things await you in the future-We love you!
Mom, Dad, Michael, & Matthew

# NOAH ST. CLAIR







Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind "-Dr. Seuss

We are so proud of you Noah and are excited for your next adventure! Stay true to yourself, your faith and your values! To infinity and beyond, We love you!

Mom, Dad and Laurer



### Ryan Iler



Congratulations! We are proud of you and all your accomplishments. You have grown from a joyous little boy into a kind and caring young man. Wishing you great success and happiness in the future.

We love you always,

Mom, Dad, and Sarah

# Kaitlyn Dwyer



From your 1st day of
Kindergarten to now,
you have always made us
proud. We love you and are
delighted with the talented
and lovely young woman
you have become. We can't
wait to read all that you will
write. We hope you continue
to use your gifts of song
and harp as well. Believe in
yourself...the world is
your oyster!
Love you, Mom and Dad



Kaitlyn, you have been through a lot and you've gotten through it. You're so strong even though I know you think otherwise. I am proud of you. And always remember, "The flower that blooms in adversity is the rarest and most beautiful of all." -Walt Disney, Mulan Love, Jessie

## Charity & Tessa Klimaitis







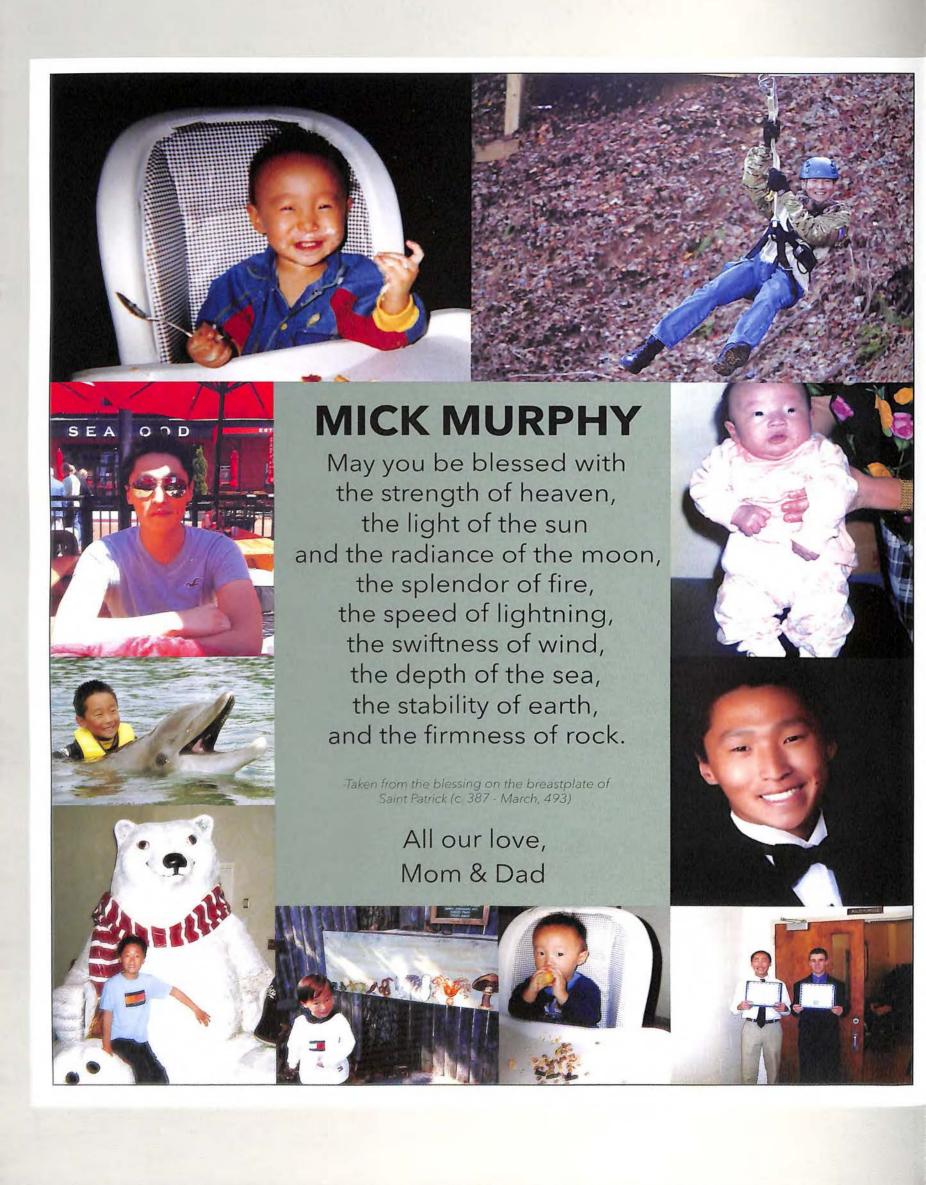
Tessa & Charity,
We have always considered you our double
blessings. Your perseverance to adversity is a unique
quality that will guide you through life. Choose to
dance in the rain!! We love you!
Mom, Dad, & Josh

### Jessi Slakman



Congratulations!
May all your dreams
come true!

Love you always & forever,
Mom & Dad



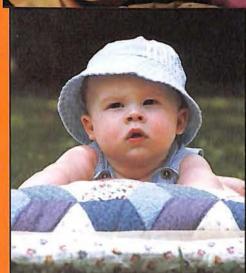




Congratulations, Austin! We could not be more proud of the person you have become. As a leader, you inspire us, as you use your God-given talents to shine the light! You are such a blessing to us and we are so thankful for you. We know the Lord has an amazing plan for your life and we can't wait to see it unfold! As you begin this next part of your journey, remember who and whose you are. For I can do everything through Christ, who gives me strength.

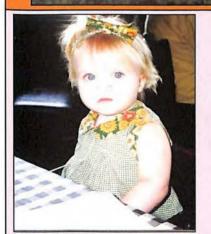
Philippians 4:13 We love you!!

Mom. Dad. Alaina, and Mimi





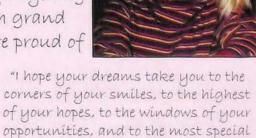




# Griffin Bower

You have grown from pigtails to prom dresses in the blink of an eye. Through triumphs and trials you have been transformed from little girl into a beautiful young lady on the cusp of an amazing life filled with grand adventures and great accomplishments. We are proud of you and look forward to watching you fly.

We love you. Mom, Dad and Helen









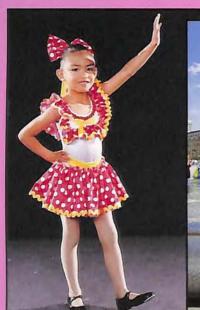
place your heart has ever known."

Samantha Casauay

To our beloved daughter, it really doesn't seem all that long ago that we held you in our arms and looked down with wonder at your happy, smiling face. Through the years we've watched with pride as you've grown from a child into a wonderful and kind person. The journey we have made together has honored and shown us as much about ourselves as it has about you. We are so proud of all that you accomplished, all that you have created, and all that you have done with your life so far. We can't wait to see what the future will hold for you.

Congratulations!!

Love, Mom and Dad











### **CAMERON KENNY**

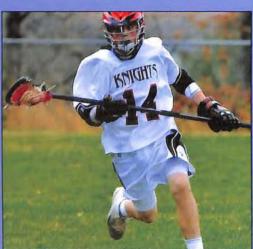
CAMERON,

WE ARE SO PROUD OF YOU AND LOVE YOU DEARLY. Always remember:

WHEN GOD PUSHES YOU TO THE EDGE
TRUST HIM FULLY, BECAUSE ONLY TWO THINGS CAN HAPPEN.
EITHER HE WILL CATCH YOU WHEN YOU FALL OR
HE WILL TEACH YOU HOW TO FLY.

-AUTHOR UNKNOWN





LOVE, MOM, DAD & LOGAN NANNY & GRAMPY GRANDMA & PAPA



### HUNTER RICHARDS







Hunter,
Congratulations as you finish one chapter of your life,
and begin a new one!

We've had many smiles and lots of pride watching you become a young man, and we wish you happiness in all your new adventures!

Love You! Mom and Dad

### Kínsey Fítzwater



Go confidently in the direction of your dreams.

Live the life you've imagined.

More than anything I want to see you go take a glorious bite out of this

We Love you,

Mom, Dad, Hailey Mimi & Papa



Congratulations, Lauren!
We are so proud of the smart,
beautiful (inside and out) young
woman that you have become.

Love - Mom, Dad and Matthew

"There are far, far, better things ahead than any we leave behind."
- C.S. Lewis



Laurenes



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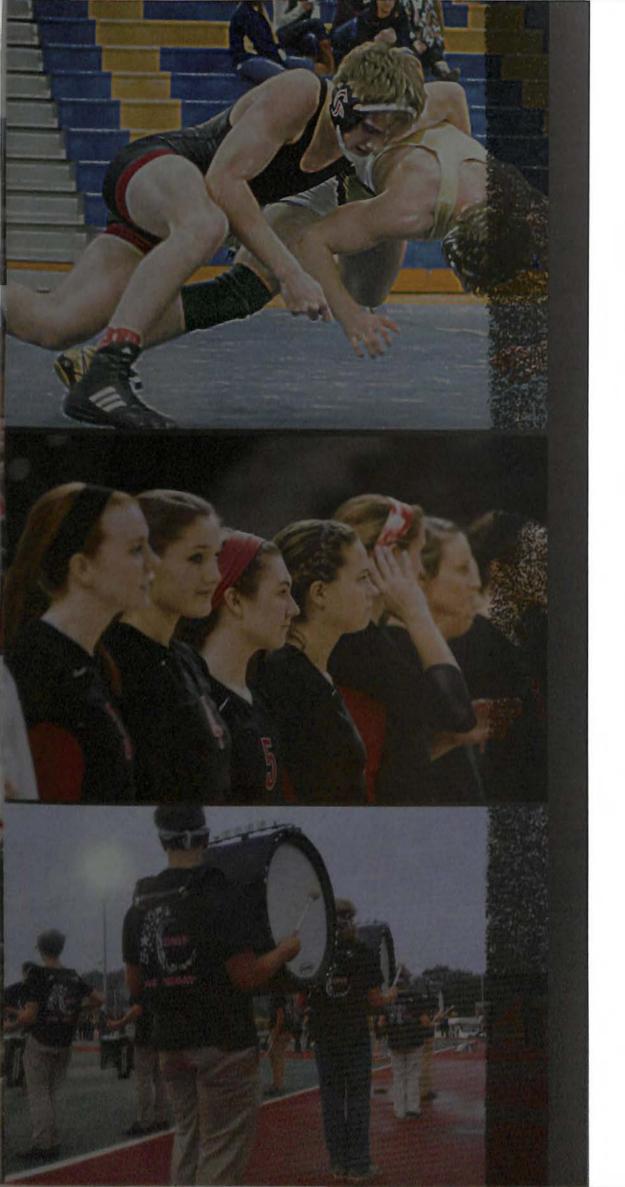
Getting a little over-excited during the powerpuff football game, Kevin Moody bangs his mallets against the rails of the stands instead of his drum. "That was quickly shut down because the rails were really loud," the junior said. "We get pumped and we enjoy making people dance in their seats even though it wasn't a real game." The band played "Bad Romance," the fight song and the drum break from the show.

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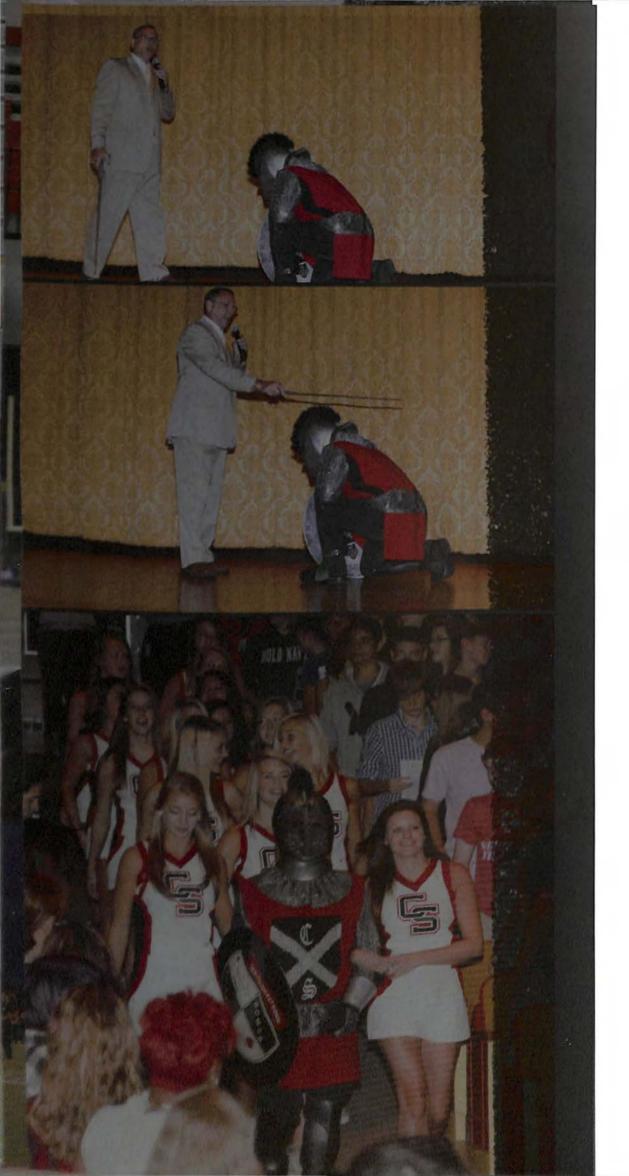
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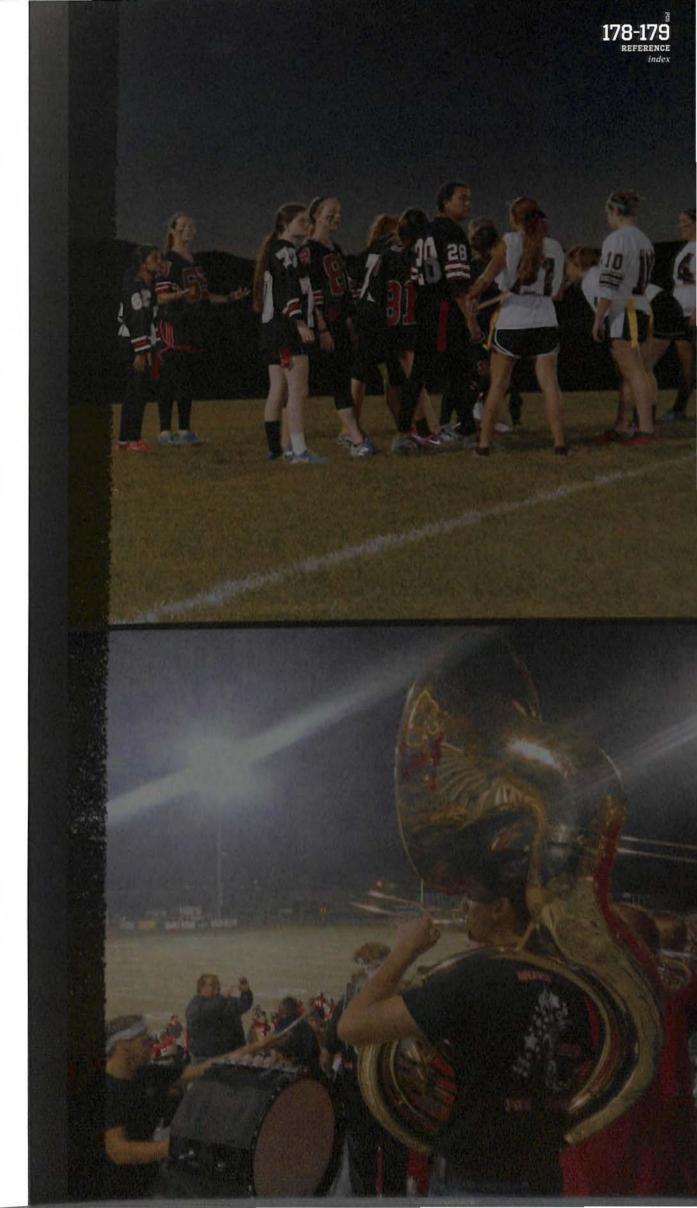
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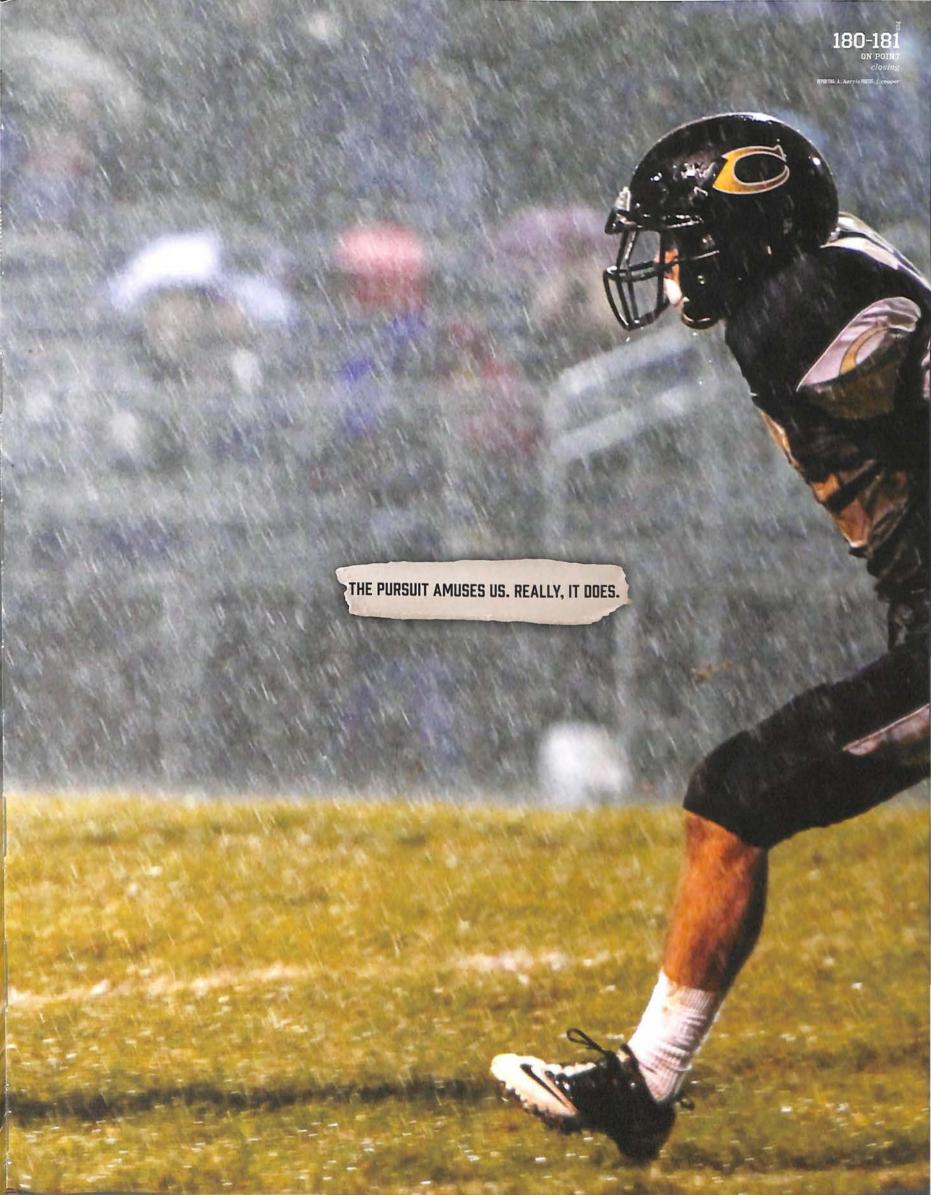
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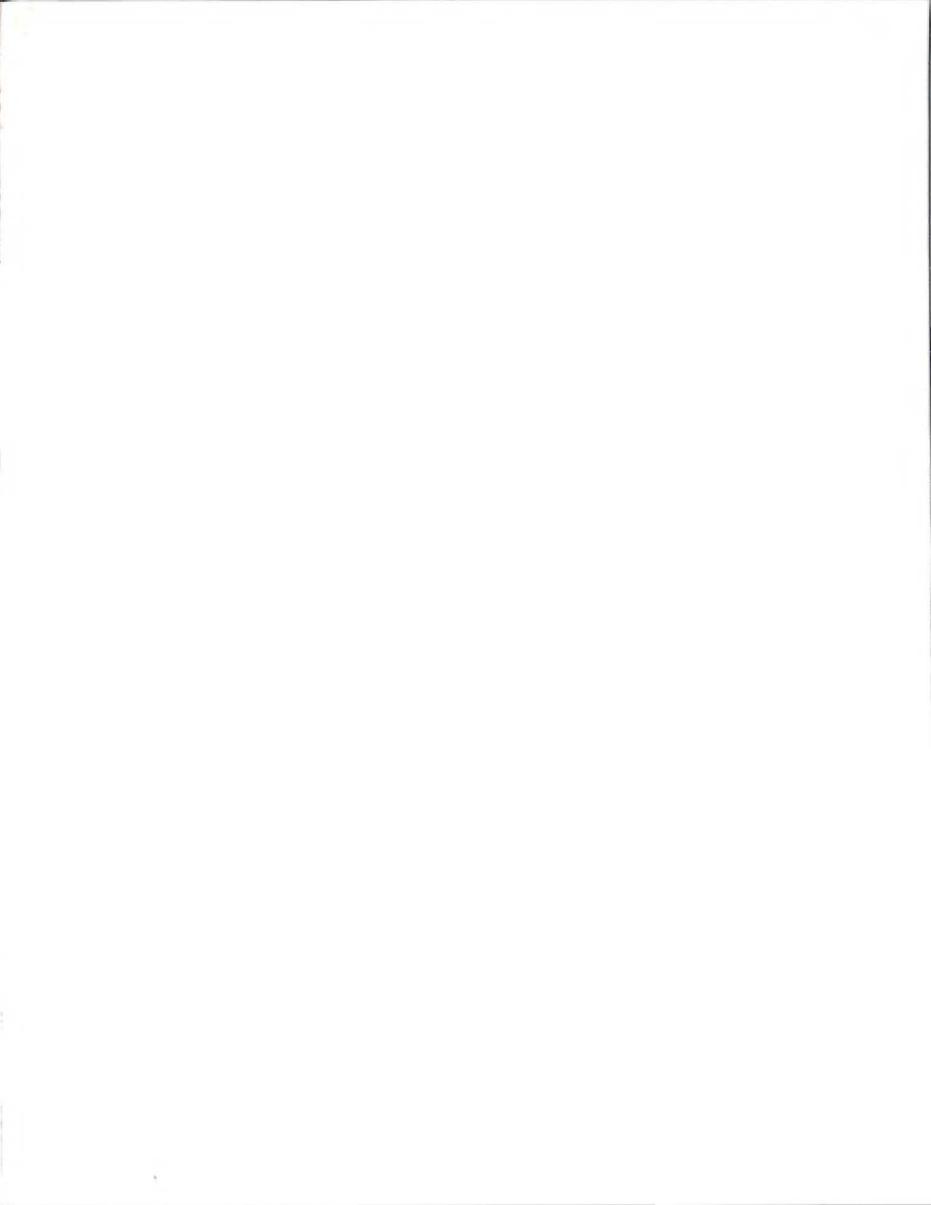
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