
IT SHOWS

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REVEALING HIS IDENTITY AT THE 56th KNIGHTING ASSEMBLY, John Swisher removes his helmet, which had concealed his identity just moments before. At the end of each school year, the Knight is chosen through a series of nominations: first by students, then by faculty and finally by the principal. The Knight's identity remains a secret until revealed next fall during an assembly on the first day of school. "I was shaking all the way down the aisle of the auditorium. I was excited to have been selected but beyond nervous for my speech to the student body," the senior said. "I think I was selected because I overcame a major challenge with a good attitude, and I didn't let cancer get me down. I've always been a hard worker, and I enjoy being friendly with everyone. Uplifting my friends and teammates makes me feel good about myself," Swisher said.



IT SHOWS

CAVE SPRING HIGH SCHOOL

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FR: 270
SO: 241
JR: 256
SR: 244
F&S: 111

1,122 KNIGHTS

ACCOLADE 2016

Volume 60





it shows through her journey.

JUST WHEN SHE WAS SETTLED, THEY WERE ON THE ROAD AGAIN.

As she packed up to move to yet another state, junior Savanna South had to leave the friends with whom she had expected to graduate.

Her father received a job promotion, but his new position meant the family would have to move. "This will be the fourth state I've lived in," South said. While in Roanoke for just over two years, Savanna had begun to feel that she was finally putting down roots.

Moving to a new state is the easy part for South but going to a new school proves to be the most difficult obstacle. "I'm nervous about the school, not how it works, but meeting people and making new friends," South said. "It's so much easier when you're younger because you don't have to consider all the social aspect of being a teenager."

Although she's leaving her friends behind, South tries to focus on the upside. "Saying goodbye is always the hardest part, but I know we will meet again."





it shows through his fight.

THEY WERE SO CLOSE.

Back to his days in middle school, Paxton Daniels and his teammates made it their goal to win a state championship in high school. "We were watching Greg Mackey, Josh Henderson, and Quinton Dell. All of them went through Cave Spring and claimed back-to-back titles. This is a goal we've had for a long time," Daniels said. But that dream was lost when they didn't reach their goal in this, their final season.

The seniors took the loss hard. "After the game, the locker room was really rough. The fact that it happened with these guys that I've known for so long made it really hard to handle. At the same time, I knew there was nobody else I would rather go through this with," Daniels said. Being so close, the seniors knew how to cope with one another's emotions. "It wasn't awkward after we lost, and we didn't have to try and figure out what we needed to do to help support each other. We just did," Daniels said.

"No, we didn't reach the goal we had set for basketball, but it doesn't impact my passion for the game," Daniels said. "It's not the end of the world, and there are still other goals that we have to achieve. It's a life lesson. Sometimes you reach your goals, and sometimes you don't. If you don't, you have the chance to make new ones in different areas of your life."



A young woman with blonde hair, wearing a white top and a red skirt with white trim, stands outdoors. The background is a blurred green field and trees. The text is overlaid on a textured, light-colored background.

it shows through her family.

AN INJURY COULD HAVE RUINED ALL HER PLANS FOR COLLEGE.

When senior Shannon Holsinger was given the news that her ACL was torn, her emotions were high. Being so close to post-season, the varsity player was crushed to know she wouldn't be able to help her team advance to the state finals. "It was hard," Holsinger said, "watching my team, my family, practice every day and knowing I couldn't get out there and play with them." Not being able to play alongside her teammates brought Holsinger to the realization of just how much the sport, her teammates and her coaches meant to her. "I realized how much I appreciated all of it," Holsinger said.

The injury went beyond affecting her physically; it impacted Holsinger mentally as well. "I've talked a lot with my college and high school coaches about how I can mentally prepare for next season now while my ACL heals," Holsinger said. "For the last several months, I've been focusing on the mental aspects of the game, which is what makes the biggest difference in any sport, almost more than the physical."

Taking this time has proven to Holsinger just how strong she is. Preparing to get back into the swing of things, Holsinger says she is more than prepared than ever. "I'm not scared to play, I'm not scared to injure myself again. But if I do, I know how to overcome it," Holsinger said. She was thankful to have great people supporting her during her recovery. "They're helping me come back ten times stronger than I ever was."



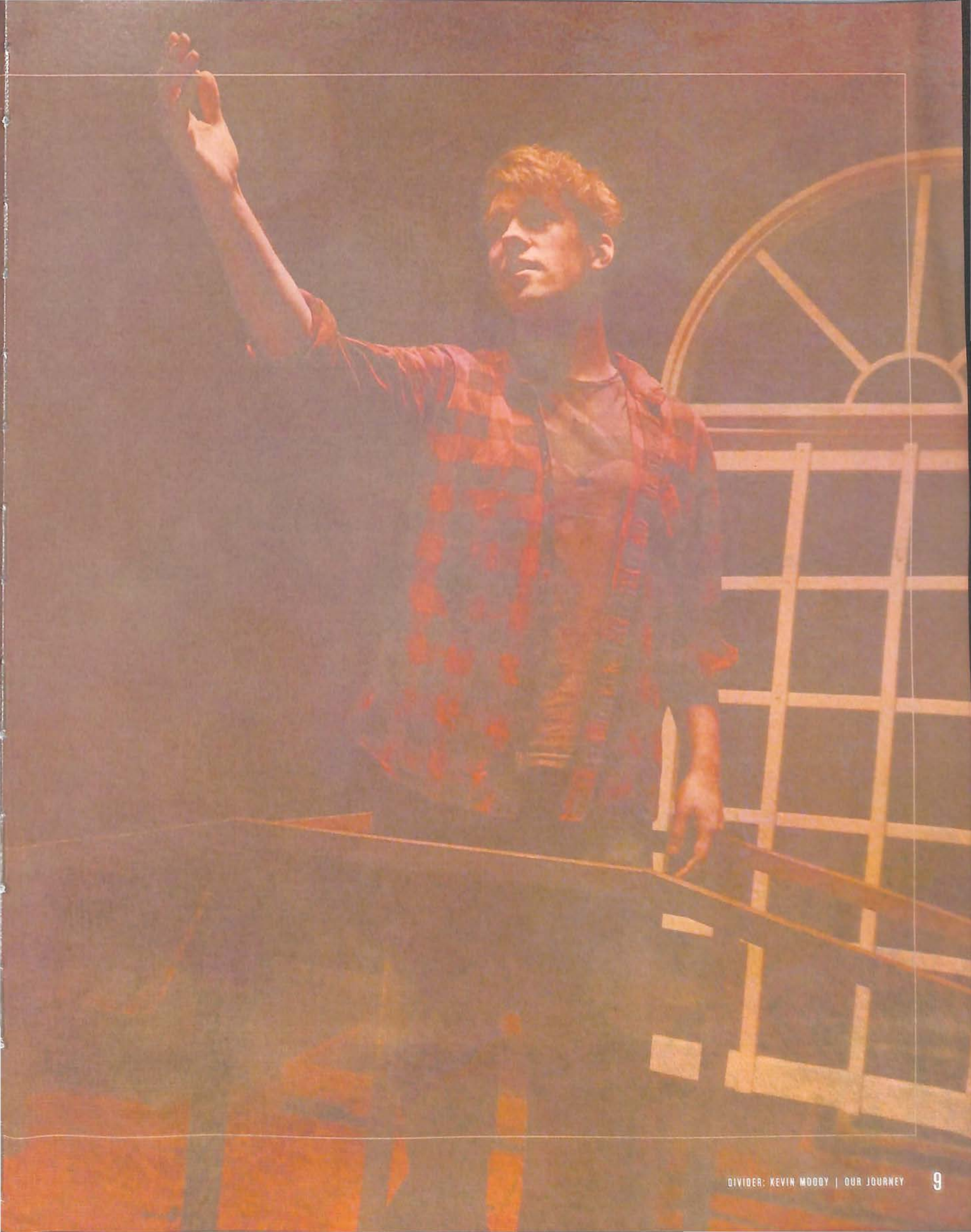
UNDER THE HOT STAGE LIGHTS,

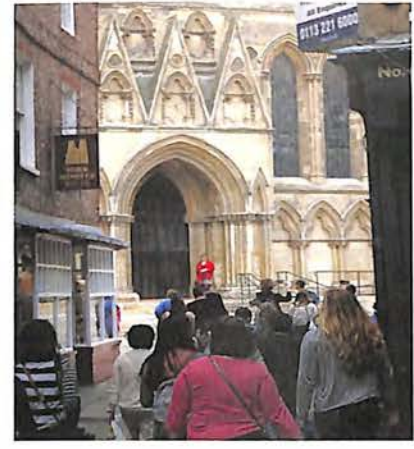
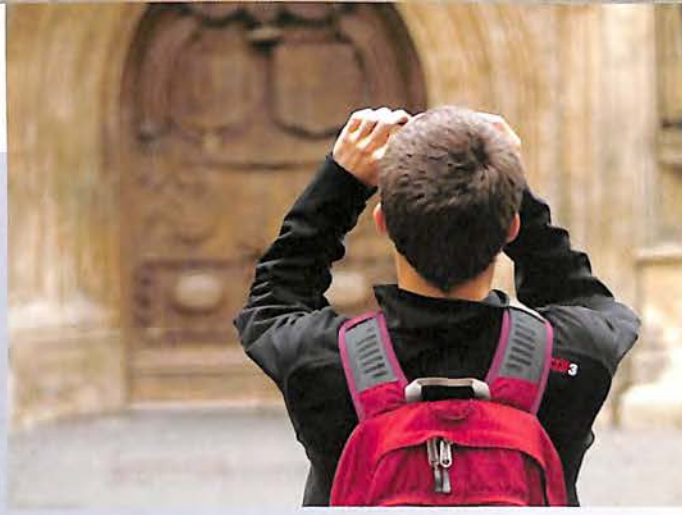
Kevin Moody rehearses for the one act play entitled "This is a Test." Moody said he had to push his own personality and traits out of the way to let those of his character shine through. "You have to let go of yourself and let go of everything you have built for yourself to become this new person," the senior said. "I just switch. Head down, close eyes, come back up and bam. You're a different person. You have to act like the character, be like the character and study how they would react to certain scenarios just in case something goes wrong."

O U R J O U R N E Y

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Immersed in the beautiful scenery, senior Supreet Pannu sits on a ledge of the Hadrian's Wall. This particular stop on the Scotland and England tour was one of the most picturesque. "The nature was an amazing part of the trip. I enjoyed the down time that we had; I had the chance to embrace the natural beauty and take it all in," he said. **Taking a break from the tour**, senior Tate Whiteside enjoys some free time at Edinburgh Castle in Scotland. "Edinburgh was frozen in time compared to back home," Whiteside said. **Inspired by the architecture** that surrounds the Roman Baths, senior Justin Larkin stops to take a photo of one of many churches in Europe. Students learned that European architecture was vastly different, running the gamut from gothic-style churches to the modern and intriguing London Eye. "Seeing all of what European architecture had to offer led to me take a summer internship, which reaffirmed my interest in the architecture program at Virginia Tech," Larkin said. **Walking the narrow streets of York, England**, students maneuver a narrow alleyway to reach the York Minster Cathedral. "I enjoyed walking around the Yorkshire area, experiencing new culture and people and visualizing many intricately designed architecture," senior Autumn Mehta said.



EIGHTEEN
STUDENTS
SUMMERED
IN
EUROPE

COUNTING SHEEP

Within a ten day period, eighteen students became world travelers, some for the first time. They explored the green pastures around Hadrian's Wall, Edinburgh's calming castle, the bustling city of London and the surreal atmosphere of the Stonehenge. Sleep wasn't a big item on their agenda, as the travelers had a lot to do and little time to rest.

"We would get back after a long day and stay up to talk to our parents. We were so exhausted, and we would finally fall asleep only to wake up early and do it all again the next day," senior Jonathan Howard said.

The trip was filled with architecture that seemed to baffle students. "The architecture stood out mainly because we have nothing like that here. It was built hundreds of years ago, yet the structures are so sturdy they're still standing. It's nice to walk around landmarks that have been around for that long," senior Byron Kramer said.

"The architecture is so different compared to the states. It's a lot older and much more complex," senior Roshni Lalchandani said. "It was all so astonishing, and I was mesmerized by each new building I saw."

Students also noticed more than the buildings, including the nature that surrounded them. "The air was clean, and everything looked brighter," senior Christa Madison said, "It was one of the more staggering experiences of the trip for me."

Being able to experience a new culture meant more than missed sleep. "Europe was all so different. We were exhausted, and we didn't eat like we normally do here. But it was interesting to live it for the time we did, and I'm happy I took my dad's advice and took the opportunity to go," senior Justin Larkin said.



"I had never been out of the country before. I thought it would be a good opportunity for me to travel outside my limits."

ASHLEY FIMBEL, 12



"One thing I noticed that was different is that they drive on the other side road in Europe. The custom originated when Romans rode horseback and had their sword in their right hand while fighting their opponent on the left"

DRAKE SLAWSON, 12

SPEAK THEIR LANGUAGE



Enjoying the American classics, French exchange student Agnes Kombila tries her first deep-fried Oreo. "It was really interesting trying new food. It was such a different experience," Kombila said. The French exchange students were also able to enjoy the pumpkin patch and the Mill Mountain Star during their visit.

The French Connection

French students wanted to experience learning a language in way other than behind a desk. When the opportunity to host French exchange students arrived, they jumped at the chance. By the week's end, they not only learned more about the language but new insights into the culture.

"I wanted to experience another culture without leaving home. I thought this would be a great opportunity to make international friends," sophomore Chloe Crouse said. "It was actually my mom's idea. She went to France through the same program and knew it would be a good experience for those girls," Crouse said.

She tried to show her student as much American culture as should could cram into a week's stay. "We tried to do a lot of activities that were only available Roanoke. We went to the Star, Layman's Farm and a Halloween party. We also enjoyed a lot of food they don't have in France like Buffalo Wild Wings and Texas Tavern."

Exchange student host sophomore Ingrid Webb used social media to meet her student before the actual visit. "We messaged each other on Facebook and Snapchat. I followed her on Instagram to see pictures of her and others who were also coming over," Webb said.

The language barrier posed an issue, though it was quickly solved through technology. "Sometimes it was difficult to communicate because of our lack of vocabulary. We couldn't make quick decisions, such as where to eat, because we had to translate and explain everything," she said. "I learned much more than I do sitting in a classroom, especially the pronunciation of words," Webb said.

The French exchange students stayed in New York during their first days in America and then traveled to Roanoke to stay with their host families and attend classes. "It was fun having them at school. It was obvious they took their education seriously because they were very interested in everything we did," said Webb.

After hearing about the attacks on Paris, Webb messaged her new French friend. "She said they were shocked and grieving their losses, but that France is really resilient and they will be stronger than ever."



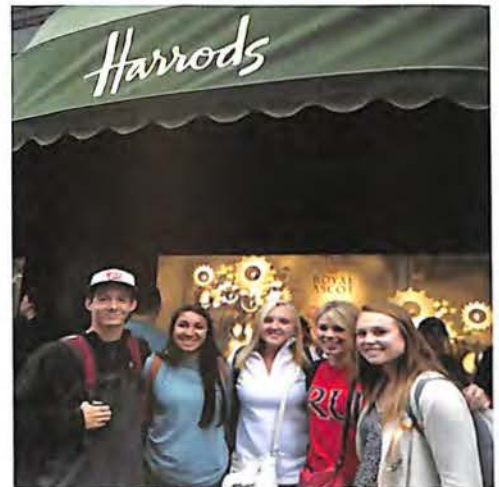
Taste Test

On their way to enjoy some delicious lamb stomach, students of Cave Spring enjoy the European scenery and culture

Visiting new places meant new cuisine for the students. Each of them took on the challenge of trying a more unusual dish to those from the states: haggis, also known as lamb stomach. "I personally didn't enjoy lamb stomach," senior Ashley Fimbel said. "I didn't find it tasty at all."

There were those who enjoyed the dish though, including senior Reiley Curtis. "Lamb stomach was delicious. It was weird tasting, but was good, like buttery beef," she said.

"I was given the chance to try haggis. I regret that decision greatly. It was slimy and gross. Afterwards, we hit up McDonald's to get my taste buds back to normal," senior Josh Ayers said.



Shop 'til you Drop

Posing in front of Europe's popular super store, Harrods.

While visiting London, students had the chance to take on the seven-floored monster of a shopping mall packed with floors that sold anything one could imagine, including hover boards, oddly shaped speakers, furniture, designer clothes and even child-sized Ferraris. "Harrod's was overwhelming, but if I lived there I know exactly where I would be spending my money," senior Kristen Bradshaw. "This store had absolutely everything you could ever think of," Bradshaw said.



Cave takes on Europe

Students pose in front of the mysterious and famous Stonehenge

For some, this field trip was the first time being out of the country and the first time traveling without their family. "Being away from my family was the big deal. All the other times I've traveled I was with them, but this was the first time I was with friends instead. I'll admit, it was a bit weird being without them. But this trip helped me to venture on my own and discover things for myself. I liked having the freedom to think and see for myself, which gave me an idea of what the real world is like, despite still having teachers monitoring us. Otherwise, I still think it was an enriching and amazing experience," senior Eleah Ruffin said.

While some others had traveled out of the country numerous times, England and Scotland still had something for everyone. "Although the trip wasn't my first time traveling out of the country, I still consider it one of the best trips I've ever been on," senior Sydney Breiner said. They explored the green pastures around Hadrian's wall, Edinburgh's calming castle, the bustling city of London and the mysterious atmosphere of the Stonehenge.

Rocky Top

Sitting in front of stone remnants of Hadrian's Wall, students conceded to their chaperone's request for the obligatory group photo. At the top of the hill where they stood, visitors could see fields and ancient stone walls built by tribes who once lived there. "It was a long bus ride to get there, but it was definitely worth it," senior Analea Angel said. After visiting such a remote location, students then traveled to crowded London. "At one point, we had everyone crammed into one London Eye pod. Being in there and looking at the amazing sights and the beautiful sunset was overall my favorite part of the trip," Angel said.



REFLECTIONS



Take a Moment

Seniors Autumn Mehta and Reiley Curtis take a second to look at their memories through the camera lens

The trip made some think a little about how small we are compared to the world as a whole. "It really gives you a perspective on your own life. You realize there are thousands of people you haven't met and experiences you haven't lived. Suddenly, the little things you worry about mean nothing in the grand scheme of life. Traveling shows you how your opportunities are endless and your time is limited, and reminds you to live in the moment," Curtis said.

Many students enjoyed the time given to stop and enjoy the moments and the views that came with Europe. "I was given an opportunity to learn about a different culture, and best of all, I got to do it with some of my closest friends," Mehta said.



Before embarking on a tour of Edinburgh's famous castle, travelers stop for a picture and goodbyes with their Scottish tour guide. "I was so happy the students didn't grumble too much when Mrs. [Kathleen] Price and I made them take group photos. I was so impressed with how amazing this group of kids were I was happy to take in this experience with them and will always remember this trip," tour co-leader Mrs. Chrystal Shawn said.

A

team since BIRTH **Delp sisters dominate the court**

Senior Fallon Delp and her sister, sophomore Reagan Delp, had more than a team connection. It literally ran in their blood. The duo secured the state tennis championship, a moment they had been dreaming of since childhood. "We've played tennis together our whole lives," Fallon said. "I can remember playing tennis with Reagan at five years old, but this is the first time we've played doubles together competitively."

At state, the sisters faced their hardest competition from an Abingdon duo, whom they had faced five times. "The competition was tough," Fallon said. "They had incredible players. We knew what we were getting into, and we couldn't let our guard down. Once we got on the court, all the nerves and doubt faded away."

The tennis team secured the group title in addition to the sisters' state doubles title. "When we found out the team also won, we screamed and ran onto the court," Reagan said. "I buckled up the trophy and rode next to it in the car all the way home."

The Delps' parents made it a family affair by coaching the team. "Sometimes it's difficult when my parents coach from the sidelines, but it's worth it because I get to spend time with my family," Reagan said. "It was incredible. I couldn't picture a better way to do it," Fallon said. "It's a memory I will cherish."

Like most siblings, they had their share of disagreements. "We fight sometimes, but it's mostly off the court," Reagan said. "On the court, we give each other advice and strategies."

The sisters' opposing playing styles complemented each other on the court. "We're the exact opposite when it comes to tennis," Fallon said. "I hit the ball hard, and she sprints to get the short balls. We work well together."

The sisters continued their winning ways when they appeared hand in hand on the homecoming court. "My parents and grandma my walked with me, and then they went back and walked with Fallon, and then we all stood on the field together," Reagan said.

"Neither of us had been on court before. It was an honor," Fallon said. "It was even better to be out there with my sister and my family."



Celebrating a match win, sophomore Reagan Delp grabs her sister, senior Fallon Delp, in excitement. "It was so surreal to win states with my sister. We've been looking forward to this moment since we were little. All of the hard work and practices were worth it to share that moment with my sister."



IT SHOWS

"I felt really grateful that people liked me enough to nominate me. It's exciting to be able to represent the school."

CAITLIN FLIPPEN, 12



"I was really excited for it. It's something that I have thought about in the past years. I didn't expect it at all, and it was nice to have been able to represent my senior class."

FALLON DELP, 12



"I've wanted to be on Homecoming court every year I've been here. Senior year, I finally got it. I just felt really honored to have done so."

LOGAN SKAFF, 12



"It felt good to be nominated because the students chose me. I just felt really good."

JOHN SWISHER, 12



"It as excited as the first day I got my American citizenship. I'm glad everyone selected me. I feel really honored."

REDZO COLIC, 12



"It was pretty much a surprise. I just want to thank my teammates and classmates for voting for me, and I'm glad John was voted for as well."

DRAKE SLAWSON, 12



"Being on homecoming court with my friends and having the majority of the junior class voting for me felt really good."

JULIANA GOODRICH, 11



"Being a new student, not knowing anyone, being accepted by a school, then getting homecoming court? I was completed flabbergasted."

IESHIA AHMED, 11



"It was nice to know that I have people that wanted to vote for me."

EMILY TAYLOR, 11



"I'm really excited to be on homecoming court, and my best friend is on it with me. We get to show our school spirit together. It's an honor to get to represent the school."

CAITLIN CARTER, 10



"It was an honor, especially since I got to be next to my sister her senior year."

REAGAN DELP, 10



Gripping the ball, junior Brayden Guthrie prepares to snap the ball to the punter junior Mirnes Sabanija. Guthrie said, "I felt pumped to run down the field to hit the punt returner."

A stampede of players, led by Chris Woodrum, tear through the banner. "I felt proud to run my Knights onto the field and get them prepared to win," Woodrum said. Woodrum was the 2014-15 Knight, but filled in for the current Knight, senior John Swisher, who was playing in the game.



Game On

It was dusk when the bleachers began to fill up slowly with fans ready to watch the homecoming game. Within the tennis court's cage, the color guard was hurriedly fitting in last-minute practice with their brightly-colored blue flags that reflected the darkening blue sky. The band had just arrived from their parade march and were quickly preparing for their next act. Before long, the bleachers were packed. The home student section boasted more fans than the opposing Mountaineers.

The marching band entered the buzzing arena from the tennis court and proceeded onto the field. They stood resolutely, their posture straight and unwavering as they held their instruments ready to play. "There was a lot of pressure to do well because of the large crowd, but it was something I really enjoyed," senior Emma Pendleton said. A woman's voice boomed through the microphone announcing the band's choice song, "Saturday in the Park" by Chicago. As her voice faded, the trumpets sounded and the drums thundered across the stadium. The color guard wasted no time procrastinating for their routine, dancing along with the band's music with their complicated flag twists and turns. Afterwards, the band played a dreamy lullaby followed by the National Anthem while the color guard stood tall, saluting with patriotism. Before the anthem began, a small group of young men marched forth wearing military uniforms and raised the American flag and the Virginia flag to embolden the cause.

Moments later, the cheerleaders brought forth a giant white banner that read: The Knights are here, Let's top the Mountaineers. "It was really fun. We invited the middle school cheer team to join us so they could feel the excitement of homecoming," senior Chandler Keister said. A wild cheer rose up from the crowd. Their outcry was met with the football team crashing through the banner. And just like that, a tidal wave of football players flooded the field as they took their positions on both the sidelines and the field. Allegany met them courageously, accepting the challenge.

The football game began, and the sounds of countless voices from the fans flooded the arena. Soon the clear blue sky above darkened, leaving only the incredibly bright stadium lights to illuminate the football field and reflect off the silver metal bleachers. At half time, the crowd stood in anticipation of the crowning of the homecoming king and queen. "It was very flattering to be nominated by my peers, and even more exciting to be crowned king," senior and homecoming king Zach Shannon said.

Not long after the game resumed, the score was tied and the game's intensity level increased greatly. The football players moved with agility, their helmets glaring in the bright light that shown down upon them. The final score read 13-26, signifying a homecoming defeat for the Knights.

Crowds of students piled onto the buses to go to the dance which followed. Despite the loss, the fans stood strong, their school spirit remaining an undying light.



Rocking and Rolling Down The Road

With a pop of color added to her traditional uniform with her sunglasses, senior Emma Pendleton prepares for a long march in her last homecoming parade. "I was thrilled, yet composed, because this would be the last march I'd have. Seeing the underclassmen that I mentored marching with such eagerness filled my heart with pride," Pendleton said. Tossing candy to the waiting crowd, sophomore homecoming court members Reagan Delp and Caitlin Carter sit on the back of a car rolling through the parade before being announced at the game. "It was an honor to be selected, especially since I got to be next to my sister, Fallon, in her senior year," Delp said. This was Carter's second year on the court. Leading the way, the band marked the start of the homecoming parade. "I felt proud that the school community respected us enough to let us lead the entire parade," senior Josh Kelley said. The band played throughout the parade, on the field before the game, in the stands during the game, and on the field during halftime.



HOMECOMING ROYALTY



"It was a surprise but a nice surprise, and I am very thankful to those who viewed me as a worthy member of the court."

Hana Coogan, 12
Homecoming Queen



"I'm so excited. I feel so honored to be chosen for homecoming court this year. It was so much fun to be with my friends supporting and representing our school."

Maddi Monsour, 12
Homecoming Princess



"I'm very grateful to be nominated. All the other guys on the court are good guys, and I'm just glad to be a part of it."

Zach Shannon, 12
Homecoming King



"It's a big honor since it is all my friends voting on it. I have a lot of friends on the court, and it is a great opportunity to spend a fun evening with everybody I know."

Brody Hicks, 12
Homecoming Prince

DON'T RAIN

ON MY PARADE

Traveling in the most decked out float of the parade, the seniors represent their military theme. "I'm sad this is the last year. I don't want to grow up just yet," senior Abby Parker said. The hitch on their float came undone because of all the people crowded onto the small float, but they quickly reattached it, and continued along in the parade route.



Traveling in their decorated float, the freshmen participate in their first homecoming parade. "I was afraid I might throw candy and accidentally hit some kid's face," freshman Mayali Clary said. Their float was complete with a Batman balloon and posters to go along with their superhero theme of Fantastic Freshmen.



Rolling down Chaparral Drive in their handcuffs and orange suits, the "Jail Break Juniors" show their spirit during the homecoming parade. "It was fun being part of the homecoming process," junior Jake Furrow said while he guarded his inmate Lauren St. Clair in their makeshift cardboard jail. Juniors decorated their assigned hallway with mug shots of juniors and a homemade jail cell.



Chris Weston | The Summoner

Adrenaline coursing through his veins, senior Chris Weston delivers his infamous speech to hype up the student section. "It's different this year being a senior. We get the front row and usually get a little more enthusiastic than any of the students," senior Darian Fox said. The half time speech done by seniors is a tradition of the student section and will continue to be one as long as someone steps up to carry on the legacy.

Walking hand in hand, a tradition to display the team as family, the senior captains prepare for their biggest game of the year. "It was not the season we had hoped for, but the memories and friends we made, make up for those losses," senior Tyler Rice said. The seniors saw their last high school homecoming game as a memorable event where they will remember the deep friendship between their brotherhood. "As captains, we are a family, and our whole team is a big family too," said Rice.



Enjoying her own little world, senior Jasmine Brickey dances amid the mirror ball reflections. "I like the old format better when girls had time to dress up, but I had fun either way," Brickey said. **Surrounded by his friends**, senior Tyler Bradley enjoys his last homecoming game at Bogle stadium, while classmates Chris Weston and Paxton Daniels are absorbed in their phones. "It was fun because of all the people that showed up, but disappointing since it was our first homecoming loss in such a long time," Bradley said.



Smiling from ear to ear, senior Zack Shannon sports his new crown. "I was shocked to be on court at all. Being selected as king was unbelievable. It was really cool to have my parents out there with me because they were beyond thrilled for me," Shannon said. He was crowned by 2014 king, Alex Emery.



Embracing 2014 queen Hannah Bryant, who crowned her queen, senior Hana Coogan gleams. "We took pictures and then everyone just came up and hugged me. I never realized I reached that many people or had that many friends who supported me," Coogan said.



Partying with her friends at the homecoming dance, sophomore Molly Spradlin shows her enthusiasm with infinite energy. "I think the dance was fun; I loved the casual format. I especially loved choosing props for the photo booth," said Spradlin.





HOMECOMING

KNIGHT MOVES

REACTIONS TO HOMECOMING FESTIVITIES AND NEW TRADITIONS



"I felt honored to be a part of it, and flattered I represented the freshmen class. It was a humbling experience, and I had a lot of fun."

ABBY ALTIZER, 9



"It was an honor to be nominated. It was nice to know that my peers liked me enough to choose me."

KYLIE ANGEL, 9



"The parade got me hype for the football game, and I think the junior's float and their candy was the best."

NATHAN SULKIN, 10



"I liked that homecoming this year was informal because it was a lot less stressful not having to get ready."

CLAIRE FLOWERS, 11

Shining light radiating all over the gym, the music booms for all those who came back after the game for the dance. The new format was received with mixed emotions, but those in attendance didn't let the changes cramp their style. "I liked the homecoming dance on Friday instead of the traditional way. I had a blast," said junior Claire Flowers.

MORE THAN JUST FUN AND GAMES



Unexpected Experience

Sophomore Will Grindstaff's mission trip didn't go as planned, but it was far from a failure

Along with his youth group and leader Mr. Moore, sophomore Will Grindstaff traveled to Canada to host a sports camp, but the trip started off with a hitch. "On our way, we got stuck in the Atlanta airport for about six hours," Grindstaff said. "We were tried to entertain ourselves and ended up having a dance party." That was just the start of the changes in their plans.

They arrived with a plan to host a baseball camp, but had to change their plans. "Nobody showed up," he said. "We were freaking out and prayed about it. We ended up going door to door and getting kids to come out and play baseball, kickball, and football. I was amazing to see God work through that."



Letting Off Some Steam

While in Costa Rica, junior Allie Gaylord went with the flow.

Sitting at the edge of the world, junior Allie Gaylord looks out at a volcano. "Last summer, my family and I went to visit Arenal Volcano in Costa Rica. It was breathtaking, and the weather was really warm. There were lots of animals. We even saw toucans and a sloth," she said. Arenal Volcano has been active since its last major eruption in 1968. "While we were there, we saw the volcano in the cloud forest. It was an unforgettable experience," she said.



Cruising with the CREW

Their parents may have been the reason they were together, but they were they ones who chose to be friends. The summer heat blared down as the trip set sail.

"Our parents wanted to go together, but it worked out because all of us kids were already friends with each other," senior Analea Angel said, who sailed with sister freshman Kylie Angel.

The group grew as the plans developed. "At first, just a few of us were going to go on the cruise, but then bunch of the other people jumped on board with us," Angel said.

"We went to St. Martin, St. Thomas and a private island called Coco Cay," freshman Matthew Taylor said, who boarded cruise with sister junior Emily Taylor. The group also went on catamarans, a water obstacle course, sailboating, snorkeling and cliff jumped.

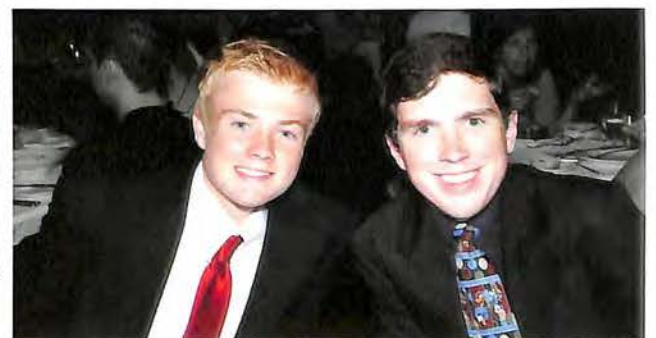
Although they had 20 sets of parental eyes on them throughout the week, they still had a great time, according to junior Emily Taylor. "It was kind of intense having 20 parents watching you, but we still had a bunch of fun because we got to see people we knew the whole week," Taylor said.

The group bonded over the week according to junior Haley Fugate whose brother freshman Ryan Fugate also went on the trip. "It was one of the best experiences of my life," she said.



Student Becomes the Teacher

Junior Norah Mulinda visited Uganda during an annual family trip, getting a taste of the vast culture. Spreading culture, junior Norah Mulinda teaches American games to children in Uganda. "My dad is from Uganda, so my family visits there every summer. My dad's best friend is an engineer and owns a private Christian elementary school called St. Catherine's Junior School. My sisters and I visited the school and taught the kids American games and traditions. It's a unique opportunity," she said.



Gathered together for a group picture, freshman Ryan Fugate and his friends stand on the cruise staircase. "We didn't have to make new friends. Everyone was already there," Fugate said. Kylie Angel, Cori Clayton, Analea Angel, Ryan Burchett, Lauren St. Clair, Matthew Colozza, Brooke Clayton, Andrew Cagle, Haley Fugate, Ryan Fugate, Ethan Fox, Matthew Taylor, Emily Taylor and Matthew Christopher sailed with their family and friends.

Right off the shore, freshman Kylie Angel and friends jump on a floating trampoline. "At Coco Cay, there was a bouncy park in the ocean," Angel said. Coco Cay is an island in the Bahamas used exclusively for the Royal Caribbean Cruise Line. **Dressed to impress,** sophomore Andrew Cagle and Ryan Burchett await a formal dinner on their cruise. "We got dressed up and ate a fancy dinner together. That night, a bunch of the guys at my table ordered three meals a piece," Cagle said. "The main meals were included in the cost, along with access to a 24 hour buffet," he said. "We spent some good time at the buffet."

STRENGTH in Unity

The community came

together to grieve

in times of tragedy.

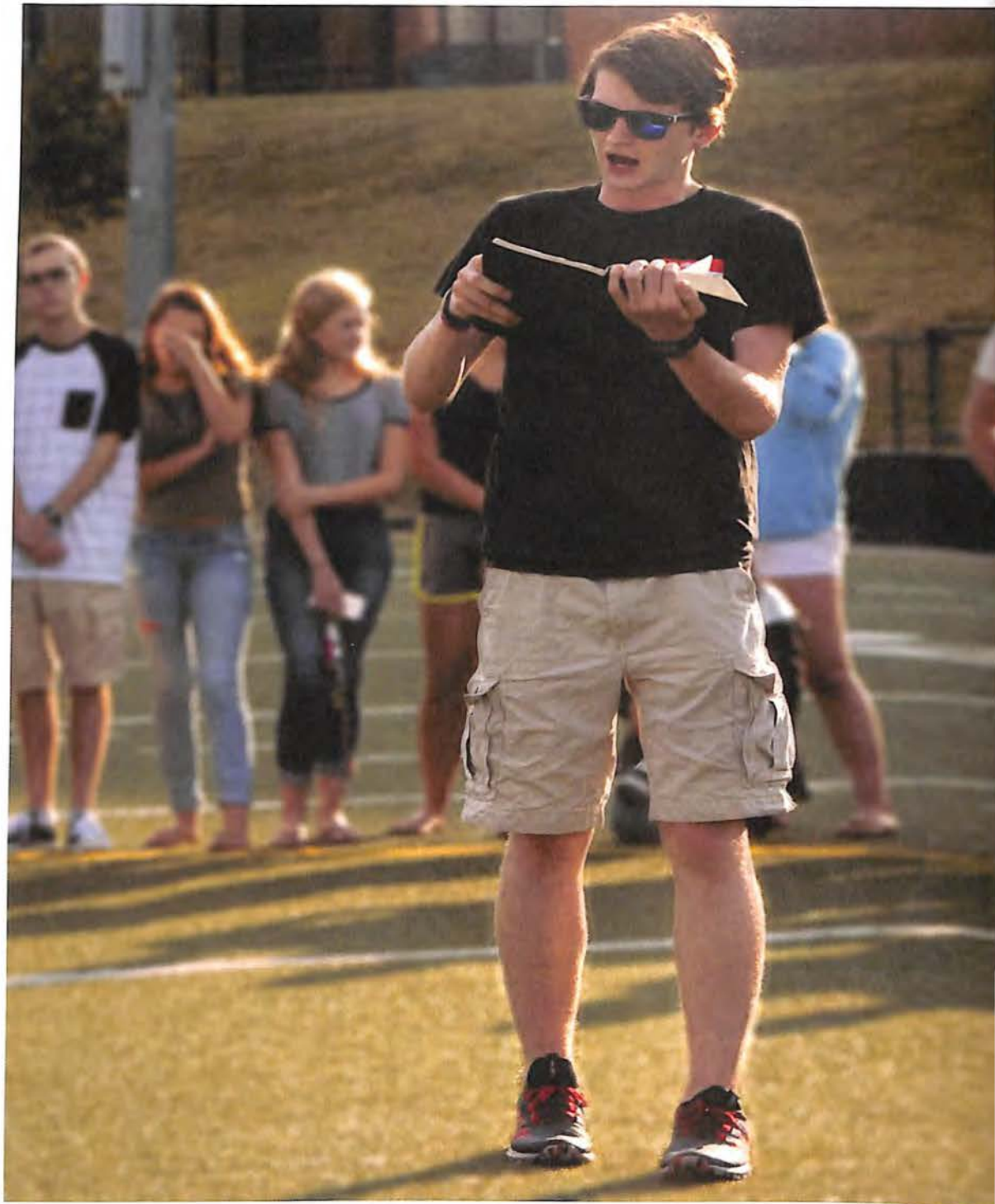
This year students came face-to-face with some unexpected tragedies. The community came together to cope with the losses of those held so dear, alumnae Kendall Bayne and Hannah Bryant. "I remember Kendall saying how much the community helped her, even on the days she felt bad, when someone came over with a balloon at the hospital or her friends came in her mood changed instantly," freshman Taylor Loving said.

The family of each young lady was embraced by the community with love and compassion. "It was comforting to know how much everyone cared about Hannah, even though it was hard for them to understand what the loss really meant because they weren't as close to her as we were," junior Sean Altice said.

Students became closer helping each other get through the tragedies, "What Hannah was going through trumped our problems and made everything seem possible, she gave us courage because she had it herself," Altice said.

Not only did students mourn the losses of fellow Knights, but the WDBJ7 shooting tragedy also struck a chord throughout the community. A prayer vigil was held at Bogle Field to pay tribute to those lost. Students also showed their support for the victims of the shooting by creating a banner to display at the makeshift memorial created at the television station in their memory.

Junior Caleb Hadfield took part in the vigil by speaking to the group. "I read a verse from the Bible and prayed with those in attendance," Hadfield said. "I've always wanted to be a youth pastor. I feel like it's what I am called to do," he said. "There were a lot of people there, so I was nervous. Knowing I was doing it for the Lord calmed my nerves," Hadfield said.



BUILDING A LEGACY

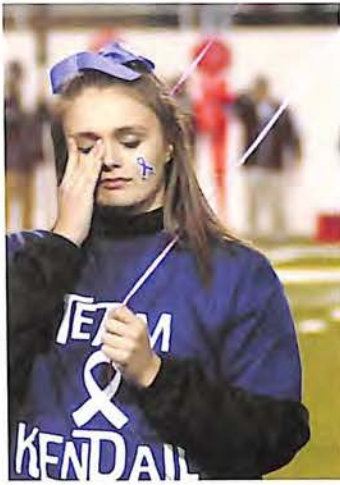
Standing proudly, Quigg Lawrence, the pastor of the Church of the Holy Spirit, stands at the first school built for The Kendall Bayne School mission. "The program is building several schools that will educate nearly 600 students in the area," Lawrence said. Kendall's legacy was felt throughout the school, the Roanoke Valley and in the classrooms in Rwanda.



LACED UP

THE JV GIRLS' BASKETBALL TEAM FOUND A WAY TO HONOR THEIR FORMER CLASSMATES THROUGH DIFFICULT TIMES

The JV Girls' Basketball team chose to lace their shoes with purple and orange to show their support for Kendall Bayne and Hannah Bryant. "The tragedies were so close together, and we thought since the community was having such a rough time, that we'd use our laces to show them we cared," freshman Danielle Brinkley said. "Not only did it show the community our support, but it made us a lot closer. They reminded us we need to appreciate our friends who are still with us in spirit and keep them in the back of our minds while playing," Brinkley said.



LETTING GO

As she wipes away her tears, senior Emma Cass grips her balloon preparing to set it free during a football game against Salem High School. "It was really nice of Salem to let us do it, and so many people were honoring Kendall in such a big arena," Cass said. "It was so surreal and more uplifting than sad." The team went on to dedicate their season to Bayne, who cheered with many of the squad members.

TIED TOGETHER

FOOTBALL FANS WATCH AS BALLOONS ARE RELEASED INTO THE NIGHT SKY TO HONOR A FORMER TEAMMATE AND FRIEND

Salem High School fans teamed up with Cave Spring cheerleaders to release balloons in memory of Kendall Bayne, a former Cave Spring cheerleader. It was an emotionally powerful moment for the students and fans. "It was bittersweet. It was a sad thing to realize who the balloons were for, but two schools coming together to honor Kendall was just really amazing. She would have loved it," junior Michaela Garrett said.



SIDELINE SUPPORT

Surrounded by her friends, juniors Haley Fugate awaits the moment she lets her balloon escape her fingers. "It was nice to have someone standing next to you and crying along with you. Just having friends there for support helped because they knew what I was feeling because she was their friend too," Fugate said.

UNITED WE STAND



"At the end of the vigil, we came back together, finishing it off with a prayer. I didn't talk much because I'm quiet, but it was also new to me because I never experienced a community tragedy like this before. It was a great experience coming together with my community."

GREYSON CONNER, 12



"It was really nice that a group of people from our community came together to support each other. It's such a great feeling seeing everyone just being there for each other. This year was a hard year, but it was easier after people realized they weren't alone."

PIPER ROE, 12



"I went to the vigil with a few friends. When we got there, everyone was spread out, but when Mr. Moore came out, he gathered everyone and shared inspirational words with us. I believed in what we were doing. It truly made a difference for people who were impacted by the tragic incident."

SUPREET PANNU, 12



"The prayer vigil was touching and powerful because the tragedy struck so close to home. I could see the damage it did to our community. Coming together for one moment despite our community's differences and supporting one another was surreal. It helped us all get through it."

ALAYNA FOUTZ, 12



Giving of Themselves



As she sips her juice, sophomore Claudia Jarema takes a moment after finishing donating blood. "It was my first time giving blood, so I wasn't sure of my reaction. But it was for a good cause, so I was fine with it," Jarema said. Her mother, Trina Jarema, helped organize the blood drive.

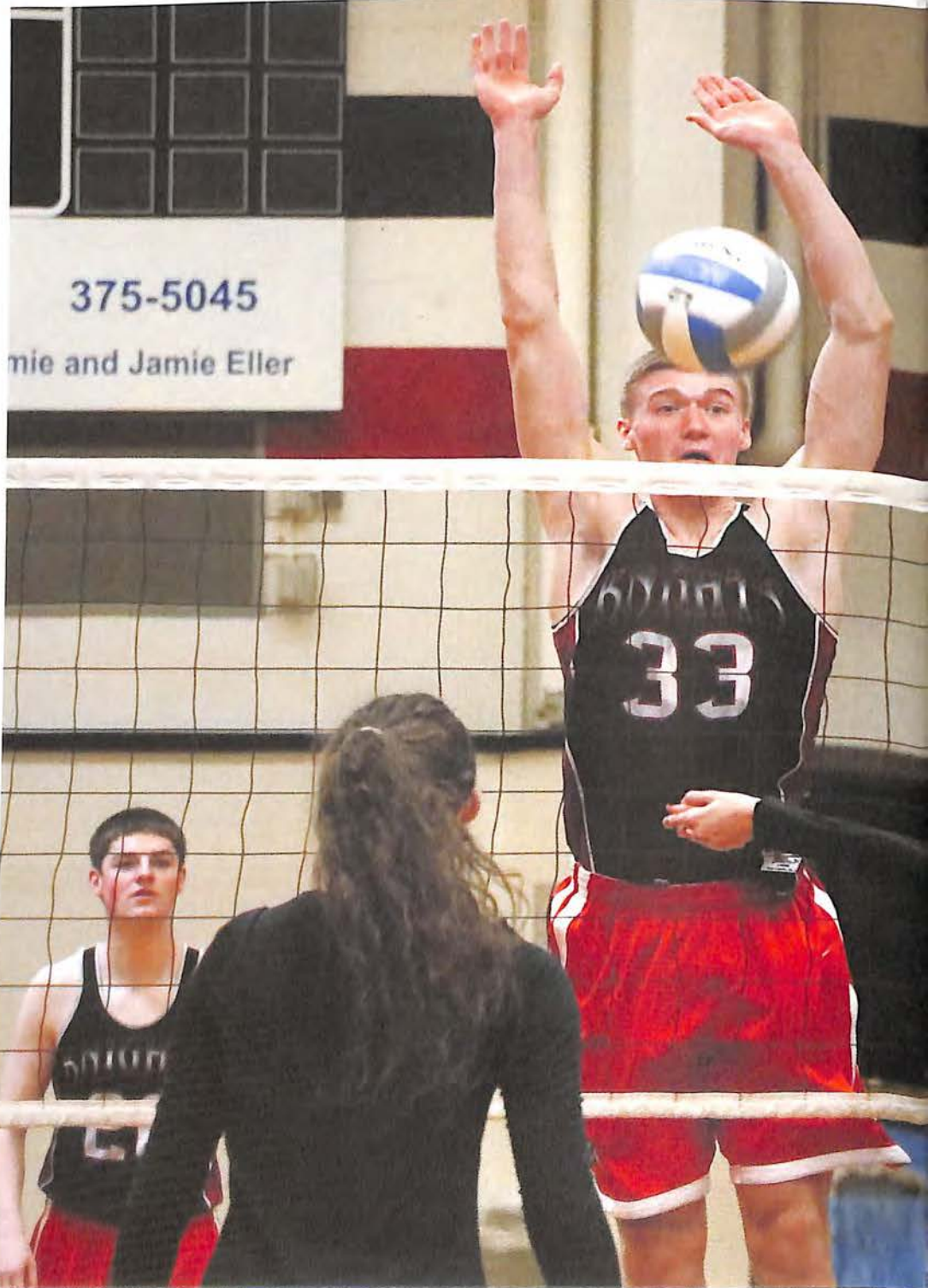


As he talks for the camera, senior Connor Bayne is interviewed about what the blood drive meant to him personally. The blood drive was held in memory of Hannah Bryant and Connor's sister, Kendall. "I was interviewed by WSLs and WBDJ," Bayne said. "It was good to see so many students come out and donate blood to help others in need."



As he donates blood, sophomore Ryan Burchett smiles to others in the room. It was Burchett's first time giving blood. "Kendall was my neighbor and she inspired me to give back to my community," Burchett said. "It was weird at first because you could feel everything, but it got easier once you got used to it."

Going for the volley, coach and P.E. teacher John Swartz participates in the teachers vs. boys' basketball team's volleyball game. "Students don't always have the time to get to know their teachers," he said. "This volleyball game is a great way to have a little fun with them. We were out numbered a bit, but it was fine because I had fun and that's all that really mattered to me," Swartz said. However, Swartz wasn't going to let the boys get off easy. "I messed around with them some giving them a little trash talk here and there," he said.

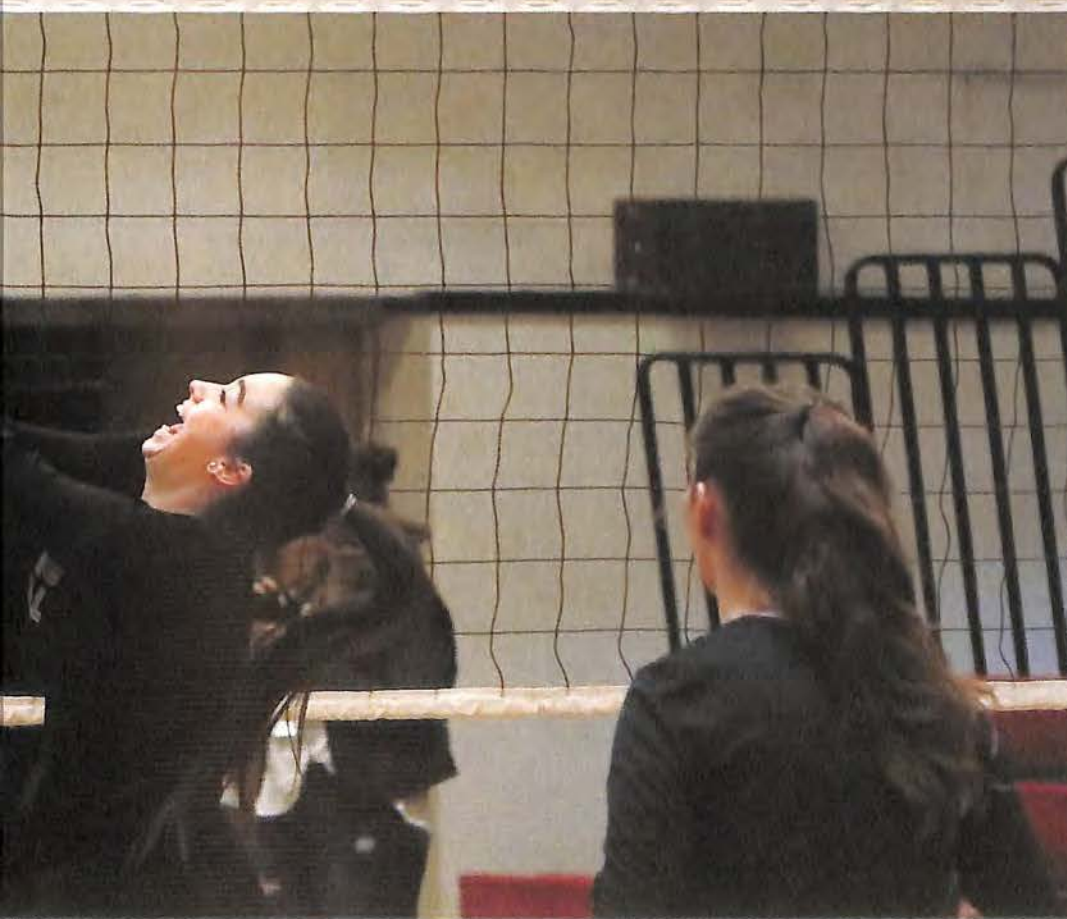




With their arms tangled, freshman Hannah Smith and senior Lauren Slough collide as they both go up for the ball during the United Way volleyball game. "The ball was getting closer to the net and usually the setter takes the second ball, but since we were joking around and it wasn't a serious game, I decided to go up," Slough said. "I just remember really wanting to attack the ball." **As her hand makes contact with the ball**, testing coordinator Mrs. Kristen Gruse takes on the students in the volleyball game. "It was such a fun game," Gruse said. "I remember taunting the boy's team at the net and telling them to how they should stick to playing basketball." **Using his height to his advantage**, junior Baker Haviland spikes the ball. Haviland was one of many students who took part in the faculty-student volleyball game that benefited the United Way. "It was pretty fun and definitely interesting playing against the volleyball team," he said. After playing the same team in previous years, he was ready to spike his team the winning score. "It was a great experience, and I'd do it again any day."

NET GAINS

Teachers face off against the boys' varsity basketball team in a volleyball game which raised \$600 for United Way.



"I've donated blood before. I did it this time not only to help people in the community, but also to support Kendall and Hannah. Kendall was my neighbor, and I visited Hannah in the hospital. They meant a lot to me and made me want to help people like them in the community."

ELISE JAREMA, 12



"Throughout the entire school day after giving blood, I was perfectly fine. Once I got home, I passed out twice. But I felt like there was no reason not to give blood, so feeling bad for a short time was worth it for me. I want to do whatever I can to help other people."

EMILY TAYLOR, 11



"The faculty volleyball game was fun and exciting. We got to play in front of everyone and play against not only students, but teachers as well. It was definitely entertaining for the entire school, both students and staff."

HOPE SITZE, 12



"It was a cool game. I like volleyball. If there was a men's volleyball team, I'd probably do it. The girls' team was so good, but we stomped the teachers."

JORDAN DOYLE, 11

Happy Campers

Side by side with her sister Cave Spring alumna Kristan Williams, junior Alison Williams horses around at Rockbridge.

"At Rockbridge, we do a lot of planned activities such as games, a volleyball tournament and horseback riding," Williams said. "During horseback riding, we went back on a trail and learned about the horses. At Young Life, we sing songs, play games, and get to hang out with our friends. The Young Life leader also shares a story from the Bible and relates it to life and high school," Williams said.



Standing Out

GATHERED AROUND THE POLE, FCA DISPLAYED THEIR FAITH TO EVERYONE WHO PASSED BY.

"It was incredible to hear everyone pray for what's going on in their lives. It was an outward symbol of our faith. People who walked by saw that we are praying. It puts you out there as a Christian," freshman Elizabeth Hertzberg said. "We had breakfast, sang songs, shared our faith, held hands and prayed for the safety of our school. A lot of people prayed for the Bayne, Bryant and Swisher families as well," she said.



Having a Field Day

Post-win at the fields of faith relay races, FCA and Fellowship Christian Church members celebrate their win. "It was a giant meeting at Northside High School, where people came together on one football field to express their faith," junior Joseph Gallagher said. The relay race included ten events.



Conquering New Heights

In hopes of conquering her fear of heights, sophomore Brooke Leftwich takes on the ropes course at Rockbridge. "My whole cabin made me go on it to make me get over my fears," Leftwich said. "It was really cool because I got so close with all of them through it. They cheered me on the whole time," she said. During her first week at Rockbridge, Brooke found her relationship with Christ.



TIGHT ROPE

Anyone could go to Young Life.

It was a judgment free zone, open to

anyone looking to have a good time.

"When I first went to Young Life, I immediately felt accepted," sophomore CJ Poulsen said. "There's no judgment. I think it grew so large because everyone wants to feel accepted," he said.

They met on Monday nights, rescheduling for sporting events. The typical Monday night consisted of singing, games and a short lesson. "We focus more on becoming friends first. There is no pressure to have to have the same views as everyone," junior Alex Foutz said, who hosted the club each week at her house.

"A lot of people that go to Young Life are athletes. We recruit a lot of people who do sports," sophomore Andrew Monsour said. "Once you get one person on a team, it's like a domino effect. The more people invite their friends, the larger it grows."

At Rockbridge, campers were promised the best week of their lives. "When you go to Rockbridge, they surprise you with everything. You don't know anything about the week until you are in the moment," sophomore Allie Knight said. "You have no clue what to expect, or even what to pack."

After experiencing Rockbridge as campers, some chose to be on the work crew. Though the weekends on the work crew were long and hard, they experienced camp like never before. "I definitely got closer to God because I was working to make other people happy," sophomore Bryce Fothergill said. "You aren't working for a lost cause. You're working to make sure others have the good experience," he said. "The first year, I was in the pit where I washed all the dishes. That week there were five of us in the pit washing 14,000 dishes in total," he said.

"I joined Young Life so I could get closer to God. I love the feeling of getting stronger in my faith and getting to be with friends, especially our leaders," Knight said. "I feel like the friendship and people are amazing to be around, and everyone has a positive attitude about everything," she said.

Grasping onto the thin rope line, sophomore Allie Knight makes her way across the ropes course at Rockbridge. "Being on work crew at Rockbridge is difficult, but it's made my faith stronger," Knight said. "Everything has to be perfect and laid out," she said. "The staff worked the entire weekend, she said, getting about six hours of sleep over the two days."

Pure Genius
GOVERNOR'S SCHOOL MEMBERS
REWARDED FOR THEIR RESEARCH

The science fair at Governor's School is not just another assignment; it's an opportunity to explore real life applications of science. Once a year, students participate in Project Forum, the Governor's School's equivalent to a science fair. Sophomore Emma Muzzy chose a project dealing with technology. "I used an infrared camera to take pictures of a keyboard after someone typed in the password," she said. "I was able to tell which keys had been pressed." Sophomores Dino Oikononou, Carol Chen, and Emma Muzzy and Trey Orr, along with juniors Christopher Snodgrass and Ann Jackson, all received first place honors. Among those who received special awards were seniors Meagan Harrison and Brody Hicks, sophomore Rachel Benton, and freshman Billy Luqiu.



Home away from HOME

Knights represented their school throughout the Roanoke Valley in off campus learning opportunities like Governor's School, Virginia Western Community College, Burton Center for Arts and Technology and ROTC.

Through integrity, discipline, maturity and honor, the Reserve Officer's Training Corps trains to aspiring military personnel of America's youth. Many hoped to follow in the footsteps of their families. Through drills and simulations, the junior officers trained for competitions and earned their stripes. "I've always had the utmost respect for the military. I've had servicemen in my family, and I plan to enlist in the Marine Corps later in life," sophomore Jacob Willard said.

For most officers in training, interest in the military started young. "As a kid, I always wanted to enlist in the military when I grew up. When I saw ROTC, I thought it was a great opportunity," freshman Brian King said.

They learned crucial parts of being junior officers by studying aspects of military service. "Every Monday or Tuesday, we do aerospace. Wednesday and Thursday, we do leadership class, and on Friday, we do physical training," King said.

Medals and ribbons were awarded for many hours of community service and positive improvement throughout the year. Junior Capers Koloda won the Good Merit and Conduct medal.



Holding the American flag, junior Capers Koloda practices for color guard. "In Aerospace Science, we learn how planes fly. In drill class, we coordinate steps and positions in order to prepare for competition," said Koloda. **From operating robots to printing 3D images**, junior Erik Wehner enjoys showing creativity in many fields. The three fields of Megatronics taught at Burton are engineering, robotics, and electronics. Wehner enjoys working with many of machines used in the engineering field and has the opportunity to test updated equipment to make sure everything works properly. **Cosmetology student and freshman Madison Bushman** curls her way into her dream career though her classes at Burton. Through styling, coloring, and highlighting, the sophomore practices several hairstyles daily. "Making my clients runway ready is completely inspired by my mom's call-in salon business," Bushman said.



Visual Hearts

SOPHOMORES BROOK LUDY AND MARY TURNER PAINTED THEMSELVES TO BE SUCCESSFULLY DIFFERENT

When she was little, people would ask her, "What do you want to be?" Brook Ludy would then reply, "An artist." And now? "I would say the same thing," she said. Ludy kept this in mind while looking into the Visual Arts program at Burton, which she would later describe to be the best way to express herself. Ludy helps others in the program not be discouraged by comparing themselves to others. "Everyone has a different talent and strength, and that's what makes art so special," she said.



Creating art pieces with different materials is one of the aspects sophomore Mary Turner enjoys most about the art program at Burton. "I like to use mediums like ball point pens, colored pencils, chalk, pastels and felted pens," Turner said. Visualization is something Turner has been doing since the fourth grade. During her second year in the Burton Visual Arts program, she spent her time working towards submitting some of her pieces in art shows and pursuing her career interest in the art field.



Seniors Roshni Lalchandani and Taylor Powell learned about anatomy through hands on labs at Virginia Western Community College. "When I first started, it was a complete wake up call for me. You don't realize how nice high school teachers can be until you have those college professors," she said. "For every hour that you are in a college class, it takes at least 2 hours of work outside of class in order to do well in the class. In high school, you can say, 'my computer was down or my internet wasn't working, can I just turn it in late?' and teachers don't usually get mad. In college, if you don't have it, you get a zero. Period. End of discussion," Lalchandani said.

Overcoming Obstacles



With all her strength, sophomore Hailey Surrell throws her softball as far as possible. "I threw it far," Surrell said. Surrell participated in the softball throw and the 100-meter dash. **Raising her hand to the sky**, sophomore Christy Cobb expresses her excitement for the competitions. "I had a lot of fun with my friends. I can't wait for next year," Cobb said. Cobb participated in the softball throw and the 100-meter racewalk.

The will to win

As the students boarded the bus, they began to prepare for the exhausting day ahead of them.

The sun above sizzled on William Fleming's track as the excitement to win arose schools from all over the Roanoke Valley. Every year, Cave Spring High School's special education students participate in the Special Olympics as a way for students with special needs to compete in athletic competition. "I like going every year," said Christy Cobb. These events include the 50-meter dash, 100-meter dash and softball throw. There were also events for the individuals in wheelchairs, such as the wheelchair softball throw and wheelchair 25-meter dash.

Jeremy Linkous, Chris Woodrum, Hailey Surrell, Amanda Williams, Brianna Slawson and Jordan Poff all competed in the 100 meter dash. This event challenged students to sprint down the track and across the finish line. Alex Reed proudly represented Cave Spring in the 50-meter dash, while Danielle Durrance competed in the 25-meter wheel chair race. "I like running around in circles," Reed said about the 50 meter dash.

Many of the students looked forward to events that do not involve speed or endurance, but strength instead. The softball toss was one of the favorites of the all participants. Jeremy Linkous, Chris Woodrum, Christy Cobb, Danielle Durrance, Timothy Howell, Hailey Surrell, Amanda Williams, Alex Reed and Jordan Poff all competed in the softball throw event. "I like the softball toss the best. It's just more fun," said Durrance.

The Special Olympics is not only a way for students to compete to the best of their athletic ability, but to also reunite with old friends. "I felt happy. I was proud of myself because everyone was cheering for me," said Christy Cobb. The students were able to meet up with athletes from other schools and catch up since last year's competition. "I see some of my old friends there. That's my favorite part," said Danielle. New friends were also made every year. The time that students, helpers and teachers spent together on the boiling September day was a bonding time as well. "I met Chris [Woodrum] there for the first time. Now he's my friend," said Jeremy Linkous. The event was a tremendous success and athletes created memories to last a lifetime.



Triumphant at last, senior Jeremy Linkous, stands in first place. "I like running. It is fun," Linkous said. Linkous achieved 1st place in the 100-meter dash and also participated in the softball throw. Freshmen Alex Reed and Timmy Howell achieved 2nd and 3rd place, respectively.



Racing to the front, sophomore Hailey Surrell enjoys the 100-meter dash. "It is fun to run sometimes, but it can be hard," Surrell said. The Special Olympics took place at William Fleming High School. Schools from around the Roanoke Valley participated each year.



Special Deliveries

Every morning like clockwork, students travel around the school on their daily paper route.

It's been happening for years and years. At first it was just a vocational job for students, but it soon grew into a task they loved. "I like delivering papers to Mr. Hartness because I give him high-fives," sophomore Hailey Surrell said. The school has received extra newspapers for around fifteen years from the Roanoke Times through the "Newspapers in Education" program, which encouraged teachers to use newspapers in their everyday classes.

Media Center Specialist Mr. Edward Spruell, special education teacher Mrs. Sherrie Tyler and many others coordinated the now familiar tradition. They made a delivery schedule of teachers who would like a newspaper every morning and gave the students the task of making deliveries. It started in the library, but eventually became something bigger. "Sometimes I don't like to do it because it's hard, but I'm starting to like it," freshman Alex Reed said.

The students bring in the newspapers, sort them and then deliver them with a smile to the many classrooms all over the school. "I would like to deliver a paper to my brother, Dawson," Surrell said. The students enjoy interacting with the staff and making them smile.



RIGHT ON TIME

For his first stop on the newspaper route, freshman Alex Reed along with his helpers sophomore Hailey Surrell and Mr. Tim Roberts, distributes newspapers in the main office. "I like delivering newspapers to the office. It is fun to push the cart around like a wagon," Reed said. The Roanoke Times donated newspapers to use in classrooms for teaching purposes.

Making Work Fun



Happily handing off her delivery, sophomore Christy Cobb, delivers newspaper to attendance clerk Mrs. Pat Bredenkamp. "I like delivering newspapers because I get to see my friends," Cobb said. After delivering a newspaper, the students checked the teacher's name off their delivery schedule using the iPads.



High-fiving with delight, sophomore Hailey Surrell, greets one of her favorite teachers, Ms. Jessica Ficarro. "I am great friends with Ms. Ficarro," Surrell said. Surrell had been helping with the newspaper delivery program since her freshman year.

I
really don't

CARE


Nefetari
Heath
owns her
posts

For junior Nefetari Heath, posting on social media was more than a way to pass the time: it was a way to build her confidence. Her favorite forms of social media were Vine and Snapchat, both of which use some sort of picture or video for views and entertainment. There is, however, one form of social media she didn't enjoy. "I don't do YouTube, but I do watch and subscribe to YouTubers. I also went to YouTube conventions, like Vidcon, where I met some of them," Heath said.

Her interest in the media grew into an achievement for her when she had the opportunity to meet those who fascinated her most at VidCon. She met other Viners like Andrew Russett, Jack Baron, Mikey Murphy, Jack and Jack, King Bach and Clarity. Although she didn't meet everyone she wanted to while at Vidcon, she has also been able attend other events and concerts that allowed her to see other stars of social media, like singer Shawn Mendes.

In the beginning, Nefetari was not the confident person these aspiring people helped her to become. "I threw away what people thought and just went all out and did all this stupid stuff. Now, I don't really care about what people think," Heath said.

After her insecurities transformed into confidence, she started her Snapchat regardless of negative reactions from her followers. "Obviously negative comments can hurt sometimes, but honestly it's a good thing to see people be themselves. I just don't respond," she said. Though mostly unfazed by negativity she receives on her posts, she does take some time to read or reply to her fans. "People always message me. Some people find my posts funny; other people find them kind of immature. If it's random, they just ask me what I'm talking about," she said. "I enjoy seeing what other people think of me, and I really like it when they enjoy it and come back for more."



Recording a video, junior Nefetari Heath adds to her social media empire. "I used to be really insecure. But as I grew older, I realized that it doesn't matter what people think of you. What matters is what you think of yourself," Heath said.



IT SHOWS

"My sister wanted to be a film director, and she used me for roles. I fell in love with being part of something someone can connect to."

CECILY DOYLE, 9



"It's like a family in choir. We all build close relationships with each other. We have a lot of fun together."

SARABETH CHAPMON, 11



"If people are going to do art, they shouldn't think about other people's opinions about it. It's supposed to be about creative expression."

SARAH RAMSEY, 11



"Concert band is a community of really interesting people who do something that is meaningful; everyone can enjoy music."

SARA HAMILTON, 10



"Theater gave me a great experience. It was refreshing to be able to be someone else for a little while."

JOEY SHELTON, 11



"Choir is a good stress reliever from high school, and you get to be with your friends. I love it."

LAUREN ZION, 11



"Art really let's you see the creative side of yourself. Everybody needs to find more ways to express their creativity."

MARIE STAHLING, 10



"I love band because we learned how to keep rhythms and play instruments. We practice until we get it perfect."

MAURA CONROY, 10



"In drama, we play a bunch of theater games to try and get people comfortable with each other. We always stay busy."

KAYLA HORTON, 12



"In choir, we're all like family. We really just do whatever and have fun. The friendships I have made are my favorite part of the class."

EMILY PHILLIPS, 11



"Art is the most positive thing to do. You get your mind going and you start imagining. Creativity is important for any career."

MIRNES SABANIJA, 11



"Concert band is taking written music and making it come to life. You can turn it into something meaningful. That is why I am so passionate about band."

JOSH DEFALCO, 12



How to be messy, is the mindset of Art III student Sally Francis. As she painted her piece in gold, the junior focused on working abstractly. Acrylic paint is arguably the best medium to manage and mix. With her experience using the acrylic since eighth grade, Francis can turn her paint into feelings through her pieces. "I am not interested in art professionally," she said, "It is just something to pass the time."

"Drama is a great outlet for singing, dancing, and meeting awesome people," junior Isabella Lerch said of theatre. Lerch started singing at a young age, and she and her sister were in several plays together. This sparked her interest in theatre and made the class something she has grown to love. **"To be paid like Picasso** while being a non-pretentious 'art god'," is the goal of John Zielinski's pieces. The Art III student portrays the media in different ways through programs like Photoshop. The junior then transfers those ideas onto canvases, boards, and visual journals. Leaning more towards graphic design and advertising, he sees everything as design. Zielinski's career to is, "To be beyond financially successful." **Making each other laugh**, junior and theater art students Lauren Gill and Jessica Lachowicz love to entertain one another. Acting since the sixth grade, Gill recommends the course. "I look forward to it day after day and year after year. Theatre is the best thing I've been a part of, and we're all just a big happy family," she said.



Taking a break from the stage, Emily Phillips, Trevor Ayersman, Lauren Zion, Sarabeth Chapmon, and Gracie Shelton enjoyed a wild ride on the Test Track and the Tower of Terror





Art

Your **On stage, through song, and on canvas, students fill their needs to be creative.**

WAY

Imagine being in a studio or on a stage. As you reach over for a brush or a script, think of the characters you could create and the colors you mix. Artists are only limited by their imagination. To define art is difficult; the subject is so subjective. Art is one of the most open-ended platforms of social expression, and art classes help students feel free to create in their own way.

More often than not, developing an artistic skill starts at a young age. "I've been drawing since the 5th grade," said junior Anastasia Barabanchuk. Being interested in art from a young age helps budding artists review their art and apply it to guidelines, rubrics, and requirements to make improvements.

Freedom comes with experience in art classes. Once a student reaches levels III or IV, there's much more room for abstract and realism pieces without feeling limited by instruction. "The higher levels of art gave me the experience to be around new people with different perspectives," junior Chloe Bush said.

In these classes, students work with a wide range of materials and complete projects in various styles. The challenge is maintaining one's style and designs while following the set rubric for the piece. "We try to express ourselves without feeling confined," junior Cassie Ramsey explained.

Acrylic, oil, pastel, watercolor, colored pencil, and charcoal are few of the many mediums art students use. "I liked to work in acrylic. I found it easier to control," said Barabanchuk. However, favored mediums depend on the style of art. Not every medium suits every project. For Ramsey's style of art, she uses pencil, pen, and markers to draw her cartoons. "They're more 'bubbly' characters, and they have much more circle-like features to them. It's supposed to be non-realistic, like anime," she said. Barabanchuk has a similar style, and even posts her drawings on her Instagram, a social platform where she can post creations and receive feedback.

PRACTICE, PERFORMANCE, AND PLAY IN THE PARKS

With nerves of steel, they ascended the stairs to the stage, singing and holding candles for the candlelight processional. "We had to audition to be in the candlelight processional. It was a big deal because Disney organizes the entire event," sophomore Gracie Shelton said.

Hundreds of people sang in the concert for an audience of 4,000. They had an hour and a half performance, a small break, and then another full performance. They rehearsed for a short period of time before getting on stage. The song they ended with was the "Hallelujah Chorus," a tradition in the Disney program. "Some people go to Disney every year just to see the candlelight processional, so we had to practice very hard. We had a responsibility to make it memorable," senior Selena Munkhbaatar said.

"The whole trip was really fun; I wish I could go back and do it again. This was actually my first time at Disney, and I felt like a kid again," senior Tiffanie Lester said.



NOTE AFTER NOTE

FRESHMAN DASIA MAYO MAKES PLAYING THE CLARINET LOOK EASY. THE TRUTH IS, IT IS FAR FROM IT.

Lost in song, Mayo read the notes she has practiced so very many times. In an effort to never miss a beat, the freshman and other members of the concert band practice daily. Sections often practice together, and meet with other sections toward the end of each class, making the entire band a lot more cohesive when put together.

RAISING the Bar

Winning or
losing
depends
on how
you train.

Many athletes take strength training and conditioning very seriously. Many other students simply want to increase their general wellness. Strength and conditioning offers options and strategies to achieve both.

Many sports require workouts. Junior Clayton Berger plays football and runs track; strength and conditioning helps him perform better in both areas. "For track, we do dips but not deadlifts. However, for football we do deadlifts and not dips," the junior said. The two different sports require the players to work different muscles to perform better in that certain sport.

Strength training and conditioning also offers team bonding experiences. Junior Corbin Fentress plays football and lacrosse. "Most people train to get better and better, but training also helps with team bonding because many players work out together," Fentress said.

Senior Charlie Ball feels strength and conditioning keeps him in shape after football season is over. "As a freshman, I was small for my age, but going into senior year, I'm one of the strongest on the team. The stronger you are, the easier football is," Ball said.

Conditioning takes players to the next level. It may mean the difference in a win or a loss, or it may just promote stronger, healthier lifestyles.



Tire flipping, senior Khalil McKinley starts his work out strong.
Readying himself, senior George Funk, starts his work out.
Encouraging and spotting, seniors Davis Fore and Noah Averill, stand ready to assist junior Evan Miller.

Relaxation Made to Order



Preparing a hot coffee, junior Sean Barker works in the Knight and Day Cafe "I make drinks like coffee and hot chocolate. It's a fun job to have in the mornings," he said. "The best part is putting the whipped cream and syrup on top."



Gathered around the Knight and Day Cafe, students relax on couches, play games, and sip on their morning brew. "I like it because if I'm tired in the morning, I can just go in there and lay on the couch," freshman Jessica Sprinkle said.



Making conversation, junior Austin Wilson talks to his friend Sean Barker "I like hanging out in the Cafe," he said. "It's fun to talk to everyone and joke around a bit."



Big Awards in the Big Apple

The yearbook staff traveled to New York City to receive recognition for a job well done. Sophomore editor Laura Martin said, "Being in New York was an amazing experience. We accepted the Columbia University Student Press Association's Silver Crown award for last year's yearbook. Ours was one of the top 49 books in the country. I couldn't be more proud of our staff," Martin said.



"New York was a prosperous city. the scenery there reminded me of the city I was living before I came to America."

CHRIS QIU, 11



"I like being able to lift so I can get a good work out in during school and bulk up."

JOHNNY AKERS, 12



"The Knight and Day Café is a place I look forward to in the mornings. It's a fun way to get coffee with friends, and it also helps me have a great start to the morning."

ANNALISE WHEELER, 9



"I was surprised by the amount of places we were able to visit in only four days in New York. We did not waste a minute while we were there."

LAURA MARTIN, 10



"The noise in New York City never stopped and neither did the people, except the people who didn't know how annoying it was to stop in the middle of the sidewalk."

SCHAUNELL BROWNLOW, 9



"Strength and conditioning class a good opportunity to lift during school. Sometimes it can be hard to find time outside of school to work out, so it helps."

TYLER RICE, 12



"I take the class to get stronger for sports. We do a lot of running in lacrosse, so we focus more on endurance training. Football focuses more on weight training. The class provides the best of both."

CORBIN FENTRESS, 11



"The trip to New York was a great chance to get to see what most people dream about seeing their whole lives, and we got to experience it at such a young age."

HANNAH SMITH, 9



"The Knight and Day Café is a great place to wake up with coffee and to play some games in the morning before classes."

ERIN SMITH, 9



"My strength and conditioning class a good chance to get to workout with my friends during school hours. We all have fun while also getting in some exercise for the day."

TOM MILBY, 11



"New York was a totally different vibe from Roanoke. You had two different types of smells: either beautifully crafted cheese pizza or something funky. I learned to look past that."

LAUREN SLOUGH, 12

IT SHOWS





With a face full of joy, senior Beta club member Kaitlyn Spangler helps with Dogtober Fest. "It was really fun, and I enjoyed playing games with the kids and seeing all the cool dogs," Spangler said. **Focused on the task at hand**, junior Lilly Mitchell helps hang a banner for "Cellphones for Soldiers," a program sponsored by the Two Hearts Club. "I love spending time with my mentee," Mitchell said. "I always wanted to be a mentor, and I finally got the chance to be one. It's fun to get to know her and be there for her. Doing little things like hanging signs is fun and goofy." **All smiles**, senior Carly East enjoys her time with the kids at Dogtober Fest for Beta Club. "It was fun because we got to watch kids play games with all the different dogs. It was a great experience getting to interact with kids and help them set up their games," East said. **With arms extended**, sophomore Maddy Sarver stands alongside her mentor to hang up a banner. "Lilly is great; she's someone I'm very lucky to have been partnered up with. She's someone I really enjoy having in my life to look up to," Sarver said. "I have fun in even the smallest ways with her. It's one of the great aspects of having a mentor."

Someone to Count On

Two Hearts members

build friendships and memories

to last a lifetime.

The Two Hearts Foundation paired underclassmen girls with an upperclassmen mentors who helped smooth their transition into high school and provided advice. These mentors helped the mentees navigate high school life and shared encouragement and words of wisdom.

"When I was in the program as an underclassman, I looked up to my mentor a lot. I wanted to be in that position when my time came," senior Hope Sitze said.

"Cait Flippen and I enjoyed Two Hearts so much our freshman year that we had to bring it back as soon as we got old enough," senior Fallon Delp said, speaking of the club taking a year off. "Being a leader of the club is a lot of work, but so much fun and worth every minute. We get to plan all of the events and volunteer opportunities, and make sure everyone does what they're supposed to do to make the program a success," Delp said.

The club has inspired people in the past, and is still inspiring those today. "When I'm a junior, I want to be a mentor," sophomore Gracie Shelton said. "I want people to look up to me and come to me if they have issues in high school. It's tough to go through it alone, and you need people to lean on. You can't rely on yourself to figure everything out," Shelton added.

At the beginning of the year, the club had fun ways to get to know each other a little bit. "We did a gift exchange where the mentees didn't know who their mentor was. The mentors gave their mentees a gift each week for three weeks," junior Alex Foutz said. "It was fun not knowing who my mentor was because it kept me guessing. Every week when I got a gift, I was always curious who it was that was being so thoughtful," freshman Selma Sosic said. The club helped girls break out of their shells and bond with those they may otherwise never have met.



"It's cool getting to hang out with upperclassmen. I got to go out to eat with my mentor and go ice skating. I couldn't have asked for a better time being a mentee."

GRACE WETZEL, 9



"It was my second year being a mentor, and my sophomore year I was a mentee. It was fun because I got to buy my mentee gifts and hang out. I enjoyed getting to know her and having her get to know me."

AMANDA BORIS, 12

COMING TOGETHER

THE SPIRIT OF GIVING

CLUB MEMBERS HAVE A CHANCE TO GIVE BACK TO THE COMMUNITY AND EXPERIENCE NEW ADVENTURES ALONG THE WAY.



MAKING SPIRITS BRIGHT, Key Club members help spread the holiday cheer at Belk. "One of our volunteer options was to go to Belk and make Christmas crafts with the little kids who were there shopping. We made reindeer and snowmen out of bells and drew pictures with all the little kids," sophomore Chloe Crouse said. Before the kids left, they were able to take a picture with athletic director Mr. John Hartness, who dressed as Santa.



WITH HIS MIND FOCUSED, former professional baseball player Terrance Engles plays a friendly game of basketball with students. Engles spoke to students about the negative effects of drug use. He recounted personal stories to depict how the easily fatal disease of addiction crept into his life. "My whole life I was scared to ask for help, but I finally did," Engles said. Since achieving sobriety, he has helped people with substance abuse problems find treatment.



IN THE CHARLOTTE HORNETS ARENA, senior Justin Larkin stands with his friends to watch the Hornets play. "For DECA, we got to tour the Panthers and Hornets stadiums. We went there to learn about the opportunities available in the field of sports marketing. It was my second time going, and even though I knew what to expect, it was still really fun," Larkin said.



STIRRING THE BATTER, senior Sara Brunstetter waits for the skillet to heat up while making crepes with other French Club members. "We messed up the crepe batter, but I managed to fix it. It's always interesting because it's just a bunch of us trying to cook," Brunstetter said.

AS SHE PREPARES TO FLIP HER CREPE, sophomore Mishelle Ganbayar learns how to make crepes with her friends. "I thought it was cool that Madame Johnson taught us to make crepes. She's super busy, and it meant a lot that she took time out to have fun with us," Ganbayar said.



"Learning about the French culture is a great experience and getting to do it with my classmates makes the process a lot easier."
LAUREN ST. CLAIR, 11



"It was exciting to see how the French made their cuisine. My first crepe tasted awful, but after Madame Johnson taught us it was fun."
ALLIE KNIGHT, 10



"At the Jefferson Center, Green Club members heard from community leaders about ways to be more conscious of the environment."
MADDI MONSOUR, 12



"Green Club is great. I missed the chance to join last year, so it meant a lot to me this year because I like protecting my environment."
JANAE LUNGREN, 11



"Prevention Club provides awareness of the effects of substance abuse. Teens uniting with same the values to get information out is a great feeling."
CHRISTA MADISON, 12



Senior Morgan Todd stands in waiting for teachers.

GIVING THANKS

BETA MEMBERS GIVE THEIR TIME AND RESOURCES TO THANK FACULTY

The Beta Club showed their appreciation by hosting a teacher luncheon, where each member brought in dishes to serve to the teachers on Election Day. "It was a very long day, but I enjoyed it. It was nice to give back to the teachers and have them see that we appreciate all they do," senior Taylor Billings said. "It was really fun. I volunteered to help in the kitchen, and I made sure it was all warmed and ready to serve. It was cool to see all the staff and students eating in one room," senior Morgan Todd said.



A sea of brightly colored dishes greeted the faculty members as they entered the library for their Election Day luncheon.



Beta Sponsor Ms. Harry Mills and senior Kristen Bradshaw ready the desserts and coffee for the teacher luncheon.

LENDING A HAND



"BETA is fun because you get to help your community, and you get to do it with your friends, making it a lot more interesting."
REILEY CURTIS, 12



"Beta was really fun. We had a lot of opportunities to help people, not only in our school like the teachers, but in our community as well. That's a great feeling."
KRISTEN BRADSHAW, 12



"It was a good experience to be a part of such an honorable club like Beta. Colleges like it when you do community service."
ABBY FRAZIER, 12



"Beta is great and a lot of fun. We have multiple opportunities to earn service hours. I volunteered for Dogtober Fest, and I was able to earn ten hours and had a blast."
TREY HARRIS, 12



"I think Beta is a fun way for people to get out and do something for the community and enjoy themselves at the same time."
NATHAN ROSE, 12



GREEN GOES WITH EVERYTHING

Carrying boxes down the hall, sophomores Caroline Spruell and Sara Hamilton make their way to the recycling area behind the school's cafeteria. Spruell and Hamilton helped with the school recycling as members of the Green Club. "I joined Green Club initially because a lot of my friends were in it. Recently, it has helped me become more environmentally aware. Green Club also helps students earn community service hours, and I have fun doing it with my friends. I have become passionate about encouraging others to recycle," Spruell said.



"Prevention Club was a great experience. We were able to go around the community and spread substance abuse awareness."
TORI WHITE, 11



"Key Club worked at the Rescue Mission to serve food to the homeless. Taking a few hours out of my day changed lives for the better."
KENZIE SAAR, 11



"I pick Key Club activities where we work with kids. At Santafest, I helped kids with crafts. I love to meet new people and help others."
CHLOE CROUSE, 10



"DECA was great this year. I enjoyed getting to tour the different stadiums for one of our trips. It was a once-in-a-lifetime experience."
KAITLYN IRELAND, 12



"We had a chance to tour different stadiums for DECA. It was so fun. I had a great time and now I would love to go into sports marketing."
ELISE JAREMA, 12

A

land of

HOPE

Moving to a new country opens doors of new opportunity

Coming to the states from another country could pose many challenges. Learning a new language and a new culture are hurdles many immigrants struggle to overcome. Sophomore Dino Oikonomou took these hurdles in stride and sailed past them. Moving to Miami, Florida, from Athens, Greece, for his father's career has been easier than one would think. "I had my sixth birthday as soon as I moved here," Oikonomou said, "I was placed in the English Language Learners program (ELL), but I had already learned basic English in Greece." Being in Virginia has proven to be an asset to Oikonomou's education. "Our schools in America are much nicer than those in Greece. America's ten times better in the educational area. There are many more opportunities here than I would have ever had in Greece."

Oikonomou didn't let small bumps in the road hinder his progress. "I enjoy academics. I try to take the hardest classes available to separate myself from other people when it's time to apply to college," Oikonomou said. Even though English was his second language and he was getting used to the ways of Americans, Oikonomou thrived in school including at the Regional Governor's School. "Learning is something I've always been interested in. Whether it be another language or math, I enjoy venturing into new studies," Oikonomou said. Not only is he planning to go to college, Oikonomou plans to major in multiple subjects. "Hopefully, I can do a double major in bio-chemistry and bio-engineering. After that, I want to go to medical school and become a surgeon."

But Dino's success in academics couldn't replace a bigger part that was missing in his life. Most of Oikonomou's family still live in Greece. He was only able to see them when visiting for the summer. "We communicate over Skype, and we call my grandparents every weekend," Oikonomou said. "But nothing beats face-to-face communication." Even with most of his family so far away, Oikonomou is happy here in America. "I plan to stay here," Oikonomou said, "but I do enjoy being able to experience the best of both places."



Hitting the books, sophomore Dino Oikonomou kept his focus on academics. "At Governor's School, we are expected to try our best all the time. It's a very supportive learning environment with smaller class sizes. They don't just want you to pass tests; they want you to understand the information. It's an opportunity I never would've had if I hadn't moved to America," Oikonomou said.



IN MY OPINION



"I voted for Gerry Johnson in the Libertarian primary because everyone else is trash, and I can't, in good conscience, vote for them."
ADA WELLFORD, 12



"I voted for Bernie Sanders because he is the most honest. He is the candidate who is trying to help my generation."
JOSH BRADLEY, 12



"I voted for Bernie Sanders because his views are in my best interest. He is passionate about the people he is representing."
SETH POORE, 12



"I voted for Marco Rubio because he's not as crazy as Donald Trump and has the most common sense."
LAUREN HUFF, 12



"I voted for Bernie Sanders because think his policies are the best by far and have been consistent since the 90's."
OLIVIA CAMERON, 12



"I voted for Donald Trump because I believe he is the best candidate. I think he will bring about a major change for our country."
TIFFANIE LESTER, 12



"I voted for Marco Rubio because I took a test in Mrs. Price's class that told me who I would like."
CARLY EAST, 12



"I voted for Donald Trump because I like the idea of the giant wall he plans to build and his views on gun control."
HUNTER WHITE, 12



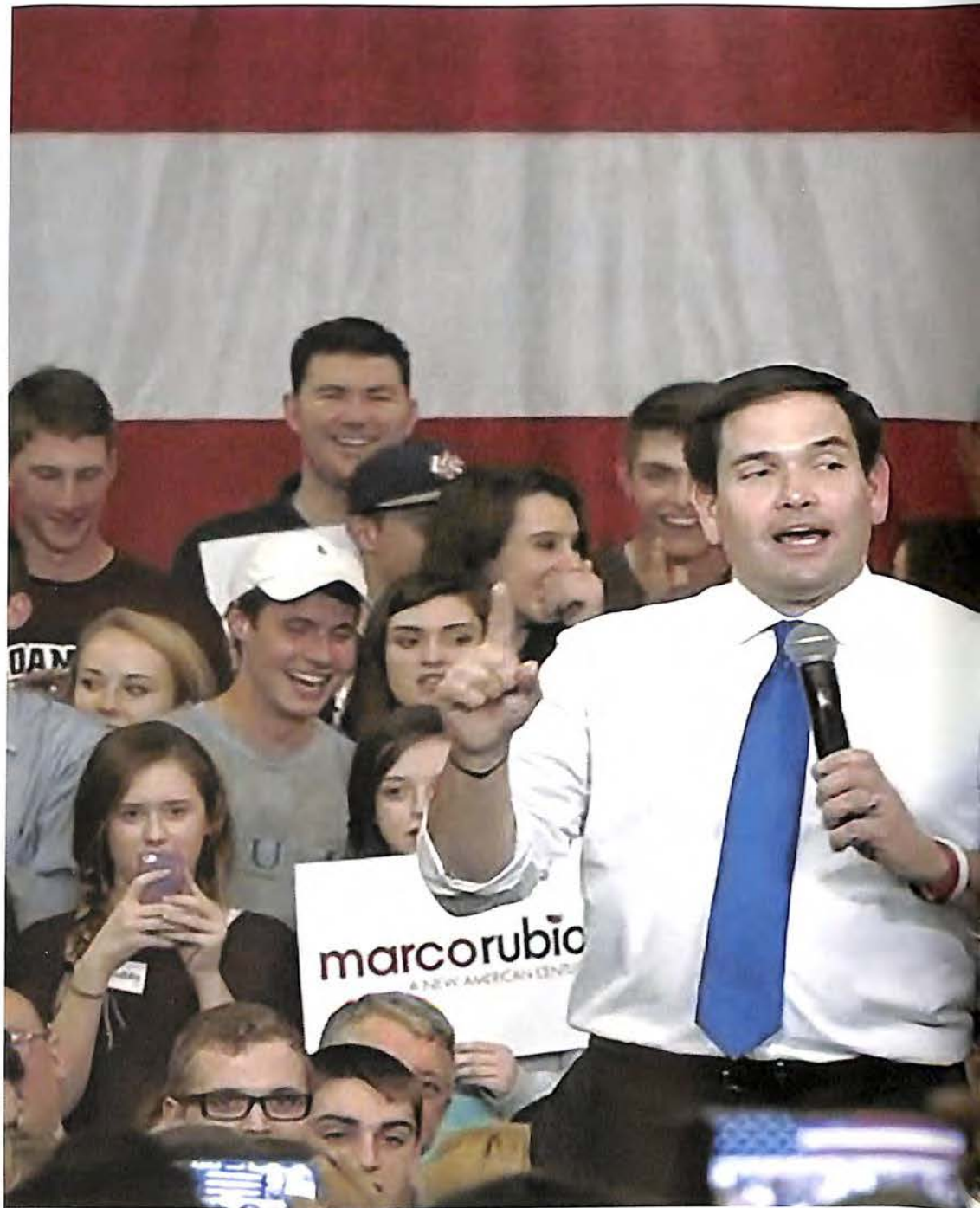
"I voted for Marco Rubio. He is very in tune with younger, modern voters. I liked what he had to say at the rally."
MADDI MONSOUR, 12



"I voted for Marco Rubio because he is a moderate candidate who can meet both Democrats and Republicans in the middle."
MORGAN TODD, 12

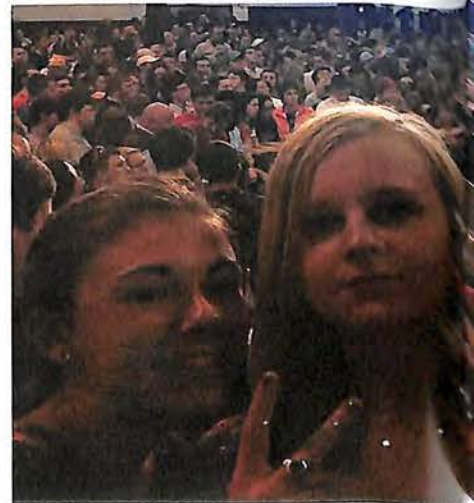


"I voted for Marco Rubio because his views matched what I was looking for."
BAILEY SHARP, 12



Getting their faces on national television was a bonus for many seniors who attended the Marco Rubio rally. Some students wound up appearing on many nationally-broadcasted news channels. "The Rubio Rally was really something cool to experience as a high-schooler. I don't think most people our age really care about the government enough to want to vote or do something in the community about it.

If you ever have the chance to go to a rally in the future, I would definitely recommend it," senior Justin Larkin said. **On stage and in the middle of the action**, seniors Morgan Todd, Maddi Monsour, Laurel Harris, Meredith Campbell and Christy Goldsmith pause to capture the moment. "We walked on stage. We had to wait a long time, but it was worth it," Harris said.





Senior Chris Weston's father had an opportunity to try a case at the U.S. Supreme Court and the entire family got to tag along. "It was a pretty surreal experience," Weston said.

According to Weston, security was tight and rules were strict, but the experience was well worth any inconvenience. "It was incredible to see how it all worked and to see the justices' personalities," he said. "Having one of the best seats in the house in an iconic political landmark is an irreplaceable experience," he added.

Politics were a hot topic this year because of the presidential election year. Americans are considering where they stand on serious issues. "I have grown up with a certain political mindset. As I have matured and made my own opinions, my viewpoint has evened out more," Weston said. "This experience reinforced the importance of considering all sides of any issue."

VIP TREATMENT

It's not every day that one is able to get VIP treatment in Washington D.C., especially at the Supreme Court. Senior Chris Weston and his family got a lucky chance.



Basking in the Glow

In the blinding glare of stage lights, Marco Rubio delivers a speech in front of hundreds of Roanoke College students and interested citizens. Among those in attendance were some of the senior class. "It was a fun experience and a cool way to kick off my adulthood with the election coming in November," senior Elise Jarema said. Government teachers encouraged students to attend these rallies, especially since they were so close to home.

BY THE BOOKS

"It was really cool to see the A-team do their best and fight it out to the finish. I was only in the state tournament for 15 minutes, but I was part of the effort toward the state title."

JORDAN CLINGENPEEL, 12



"Geography is my favorite topic for the academic team competitions. We get a lot of questions about the capital cities for states and countries around the world."

BILLY LUQIU, 9



"It was an interesting experience to see the team play against other really good teams and win every time. We ended up setting a new state record with over 900 points."

JAMES FOREST, 11



"Academic team was really fun experience because everyone worked together well as a team. We are like one big family."

LEXI AGEE, 9



"I know a wide variety of facts because I, unlike most, don't have a specific favorite topic. It's good because I have a wide range of knowledge."

JOSH KEY, 12



"If you like trivia, Academic Team is perfect for you. My team is a great group of people. We spend a lot of time together. If they weren't so great, it'd be really difficult."

ETHAN MACKEY, 11



"I've always enjoyed going to practice and tournaments, pretty much everything having to do with academics. We're competing with an amazing group of people."

TOM CONROY, 12



"This year has been exhausting - in a good way. I've put a lot of time and effort into it, but I'm getting back what I put into it. I love my team, and we've all gotten really close."

ELYSSA MCMASTER, 11



"Academic Team really shows me how little I knew. I thought I knew everything, but I realized I was wrong. I'm learning different things I never thought I needed to know."

CHRIS SNODGRASS, 11



"I been a member for two years, and I've made many friends during that time. The team stays consistent, and I learn a lot from my teammates and their confidence."

ANNA ELMORE, 12

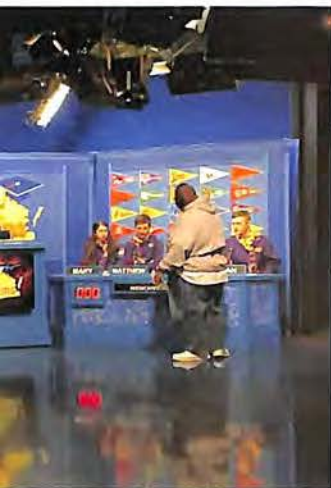


The Academic Team takes on team after team, make it all the way to states. Senior Tom Conroy gets ready to answer a question of his category. "We depend on each other all the time. I'm expected to get five of the twenty questions in a single match. The other half of the questions I'm depending on other people to get them. We depend on each other to know our own categories," he said. **The Academic team has decided to start a new tradition;** each time the team gets a new trophy, they decide to mimic a famous painting. This year's painting was "Washington Crossing the Delaware" by Emmanuel Leutze. **After winning the state title,** the Academic team poses for a team picture. "It was awesome seeing our team us win after working so hard. It was a lot of fun watching the match go down. It's like watching golf or a high-level chess match; you see all the thought and skill it takes to recall information so quickly," junior James Forest said. **The Academic Team takes on the "Battle of the Brains,"** a television show where scholastic teams from all over Virginia compete to win it all. "It's very different from any other match. The atmosphere is different because you know people could be at home watching you. We do really embarrassing things on the show too, and we just do funny things to get people at home to watch. We have a lot of fun with it. We tend to goof off with it more than anything else," junior Elyssa McMaster said.



Putting their heads together, sophomores Nick Gentiluomo, Erika Frost and Sierra Armstrong work to construct their team's shelter. "I think we would've absolutely survived in the wild in that shelter, although we probably would've been a bit soggy," Gentiluomo said. Mrs. Hale's students enjoyed practicing survival skills while preparing to read *The Lord of the Flies*.





Know

It The Academic Team breezed through their season, winning competition after competition, making it all the way to states and taking home the state title.

All

Most people would never think about joining the Academic Team because it requires learning more than already required in school, but the team is full of students who love to learn and love competition. This passion has brought them tremendous success.

"I put in six hours of practice each week. When I have down time, I read Wikipedia and class notes to prepare for the competition," junior Elyssa McMaster said. "I read a lot in general, so it does not feel like a lot of work," she said.

Team members agree that being successful on academic team is about much more than just being smart or making good grades. "It takes knowledge of the categories, preparation, and speed," junior and team captain Ethan Mackey said.

All their hard work paid off this year as they brought home the team's second state championship. They went 3-0 in the state competition defeating Culpeper, Poquoson and the former state champions Western Albemarle.

Ethan Mackey was named to the All-Star team for his personal combined point total of 255 points. The team brought home a combined total of 935 points, more points than any other 1st place team in any of the 1A- 6A divisions. The team celebrated an undefeated season in the season's 30 events. The state title was a hard earned victory well worth the wait.

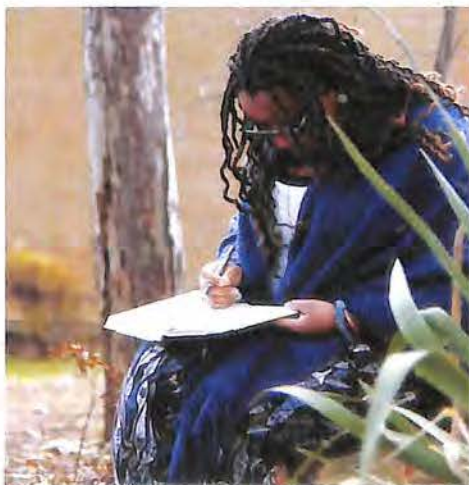
Only the Wise Will Survive

Sophomore English classes had the opportunity to use critical thinking skills to uncover their will to survive

"The purpose of building the forts was for us to see what it would be like to try to survive on an island so that we could relate to the characters in *The Lord of the Flies* novel," Brooke Leftwich said.

Students teamed up to strategize and create structures out of only newspaper and tape. The forts had to be freestanding and house the entire team. "The rule was that the entire team had to be able to sit under the fort for at least 10 seconds," Brij Patel said.

"Our team rolled up newspaper to make poles as the bases for our fort, and then we combined more of the rolls to make a roof. It worked really well," Ryan Burchett said, "and it was fun."



Ruffin's creativity came out in her writing during eighth grade English class. By the time she was a sophomore, she had written her first novel. "I mainly write fictional novels. I'm influenced by all the books I have read, but I use my own style of writing."

Even with her writing flourishing, she still gets writer's block sometimes. "It is especially hard to write when I have so many responsibilities in school," Ruffin said. "It's hard to picture what your character is going through with the fast pace my life sometimes." Writing can be a risky and unforgiving profession, but Ruffin plans to make it her profession.

Sprouting Science

Mrs. Taylor's Chemistry

students discover that science

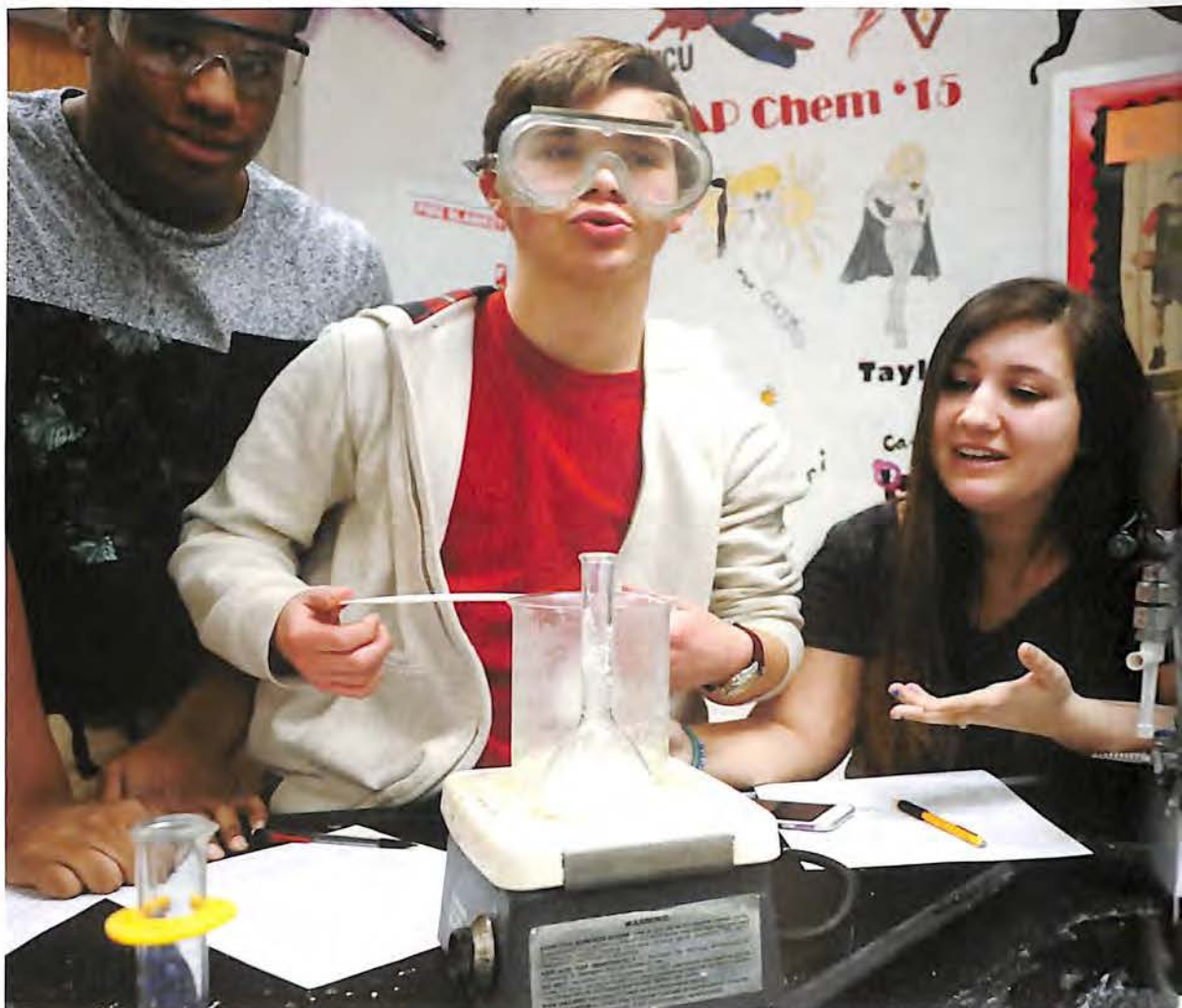
can be fun after all

At the first glance, Chemistry doesn't give students the impression of being the most exciting of classes - a lot of chemical formulas, elements, theories, and so on. But as the year passed, students found out that Chemistry was more than meets the eye.

Chemistry classes participated in many interesting hands-on labs during the year. "It is definitely harder than I thought at the beginning of the year, but it is so much fun too," said junior Dhruv Patel. "I find it more fun when we do labs than learning from a book."

Students enjoy seeking knowledge. Before they attempted chemistry, students never got a chance to get in touch with what they called the "magic of science." Junior Baker Haviland is one of the students drawn in by the intrigue of the labs. "I thought it was going to be a really hard subject, but I changed my mind once we started doing labs in class. I was expecting a lot of explosions too, but it was a little bit sad that never happened," said Haviland.

"Chemistry is my weakest class, but it is fun because of all the experiments. The flame lab is the one that I enjoyed most because we saw flames change color because of various chemical changes. I also think the crystal lab was cool. Mrs. Taylor showed us that Chemistry can be quite fun," junior John Zielinski. "I love this class."



Discussing the experiment with his group members, junior John Zielinski cannot wait to see the result of the lab. "I think the crystal lab was very interesting. It was quite fun, and I've never done anything like that before," said Zielinski. To him, chemistry was difficult, but well worth the challenge and hard work. **Observing as the solution changes state**, junior Daniel Sortore records data for the chemistry experiment. "I thought the crystals lab was very interesting, and the result was even more interesting because it went from a powder into crystals - science!" said Sortore. **Assisting his group member**, senior Dhruv Patel is totally focused on the fun crystal lab. "I've never made crystals before this lab. It is so much fun to get to do this type of lab during school," said Patel. **Mixing the power with water**, junior Spencer Hickam is engrossed in the experiment going on in his hand. "The crystal lab is crazy because we can make crystals out of those chemical powders," said Hickam. The labs in chemistry class made his time in class much more enjoyable than he thought possible.



Steering in the Right Direction

Trying to determine her next move, sophomore Karlyn Resneck shakily attempts to maneuver around the cones. "It was really fun, but so difficult. It was a great experience and really informed me of the effects of driving under the influence," Resneck said. **Avoiding a collision with yet another cone**, sophomore Rabia Ikram tightens her grip on the steering wheel and smiles. "I hit almost all the cones, and I was so dizzy afterwards," Ikram said. The dangers of drunk driving are simulated by the drunk goggles which distort the student's vision.





GETTING IT DONE



"I think it is hard, at times, to do a lot of homework in a short amount of time. Most of the time, I don't get nearly enough sleep. I do most of my homework in study hall. It definitely helps, and it gives me more time to relax at home."

KINSEY OVERFELT, 12



"I plan ahead of time. I do my A-day homework on the day I get it, same with B-days. That way, I don't have to worry about it the day it's due. I start right when I get home and work on it until I finish."

CLAIRE OVERSTREET, 12



"I work on my homework in study hall. I'm busy after school with sports, so having time during the school day helps a lot. It depends on what classes you want to take, but I like having a study hall."

LEAH FLESHMAN, 9



"I make sure to put my school work before any of my sports to make sure I get all of my school work done before I have to go to practice. You have to have good time management to be able to do both school and sports."

OLIVIA TULL, 9

Seeing

through new EYES

Hannah Smith comes face to face with third world issues

Going into Nicaragua, freshman Hannah Smith didn't know what to expect. She knew that she was going to spread love, give food and help children, but nothing could prepare her for the impact the trip would leave on her own life.

Hannah made her first trip to Nicaragua in the summer of 2015. "Americans speak about people in poverty, but not many of them do anything about it. It's hard to understand until you actually go see it firsthand," Smith said. Her first impression of the country was not what she expected. "It was a shock to see some of the horrible conditions. Some people had no shirts or shoes, and some babies didn't even have diapers. I saw what happened to villages that didn't receive help from missionaries," she said.

Sacrificing space in her suitcase, most of what she packed was for the villagers. "We take a carry-on suitcase for our clothes and big suitcases with stuff to throw to the people standing by the roads," she said. "People knew we were coming and lined the roads. To see their smiling faces is the best feeling. Even if they got something that didn't fit them, they would give it to someone else who needed it. There was a real sense of community."

Hannah's mindset was changed as soon as she returned home. "I came home and realized how fortunate I am. I get to go to school for years for free, and they're lucky if they ever get to go to school. A lot of people take it for granted here," she said. "It also made me appreciate food. When we would bring them food, it might be all that they got for a week. I came home to a refrigerator full of food. It made me appreciate everything I have even more."

On her second trip to Nicaragua in December, she went with her volleyball coach and some of her teammates. "The second time I went, we fixed up an old school. The first day, we had to scrape the walls. The next few days, we painted the school," she said. After she left, she was shown pictures of the finished school. "It was amazing to see it all come together."

While in Nicaragua, Hannah visited her sponsored child, Bianca. "We visited her school and watched as all the kids performed a play. It was obvious they had worked hard on the play," she said. "Through the translator, I was able to find out more about Bianca," she said. They then drove to Bianca's home to meet her father. "I gave her toys and clothes, and then we went out to lunch," she said. "While we were walking up to the restaurant, she casually grabbed my hand. It melted my heart."



While on a mission trip in Nicaragua, freshman Hannah Smith bonds with her sponsored child, Bianca, while playing hopscotch. "When we first met, it was hard to communicate. The translator did most of the talking," Smith said. "Toward the end of the visit, we had warmed up to each other, and we were trying our best to communicate."



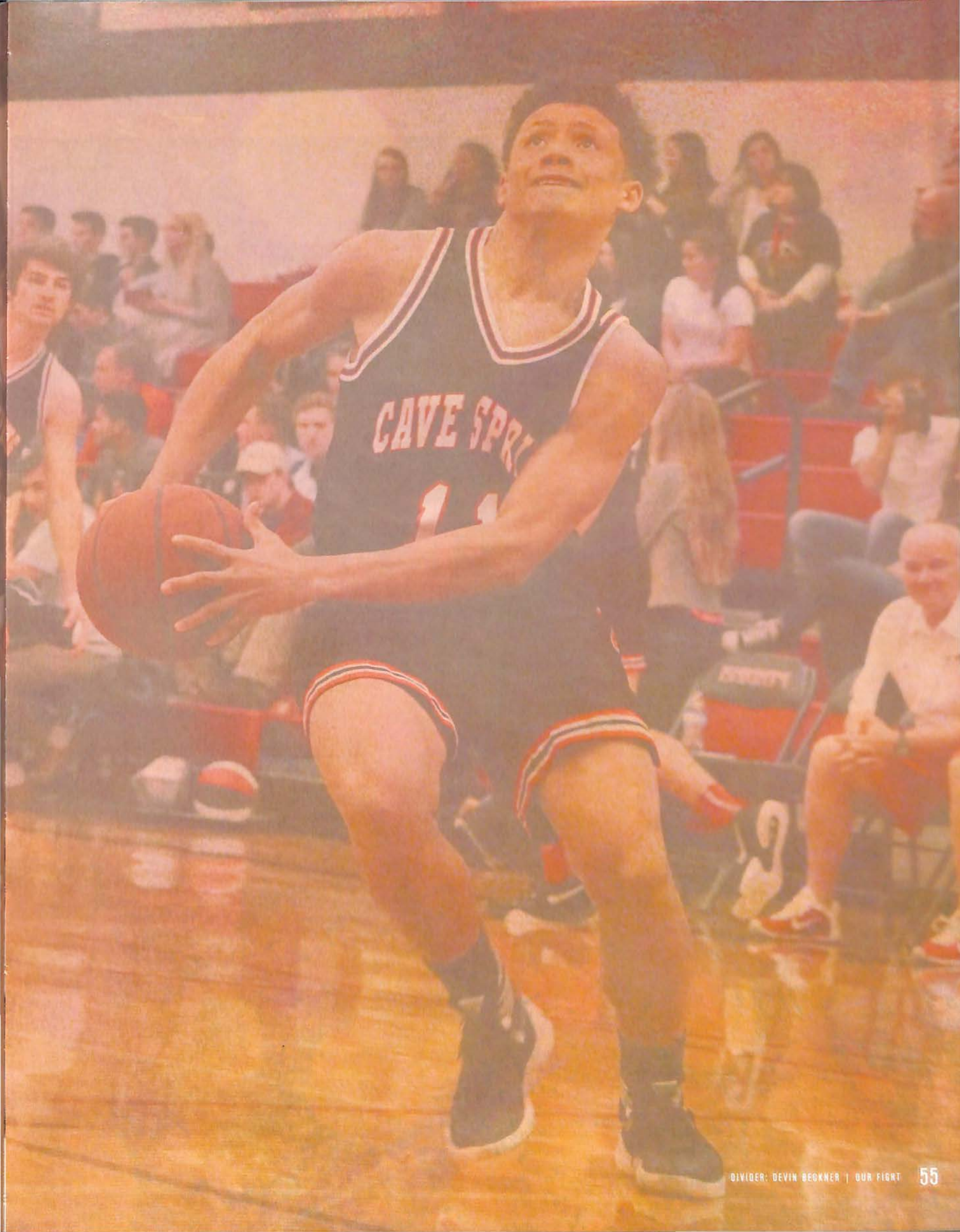
ATTACKING THE BASKET OFF THE BOUNCE,

Devin Beckner participates in the "MidKnight Madness" game. Beckner, a sophomore new to the school, was pulled up to varsity in the pre-season. "It's been an honor to play varsity. I didn't expect it," he said. "All of a sudden during a JV open gym, the coaches pulled me out and put me with varsity. I was scared I wouldn't be accepted, not because of my skills, but because I didn't know how a team who had been together for as long as these guys have would react to someone new. I had to insert myself in this group with high hopes they would accept me. Luckily, they did immediately."

O U R F I G H T

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IT SHOWS

"We're hard working, and that's what made us state champions. During the season, we were like a family. We pushed each other."

SARA STEWART, 9



"The season was much harder than last year, but worth it because we won states again. The experience was rewarding, and now teams aspire to be like us."

LAKEN AYERS, 10



"It was my first year cheering at Cave Spring, but my second year in general. I had to practice a lot. It was fun getting close with the girls."

JESSICA WEBER, 11



"Obviously the season went the best it possibly could have. It was an amazing season, and I couldn't have asked for anything better."

KAITLYN IRELAND, 12



"We enjoy being around each other. Nothing outside of cheer interferes with what's happening on the mat."

BROOKE CLAYTON, 12



"We won back-to-back titles, which was surreal. It was different than last year because we had to prove we were good enough to win again."

HALEY FUGATE, 11



"This season was unbelievable. We bonded more. Some of it had to do with Kendall. It was nice to have everyone by my side."

MICHAELA GARRETT, 11



"Everyone was nervous when we started the season, but we ended up doing well. You never know how it will go. If one thing falls, it's over."

JULIA CUNDIFF, 10



"I was really proud of the way we improved this year from last year. We worked even harder to achieve the same goal."

ABBY SLATE, 10



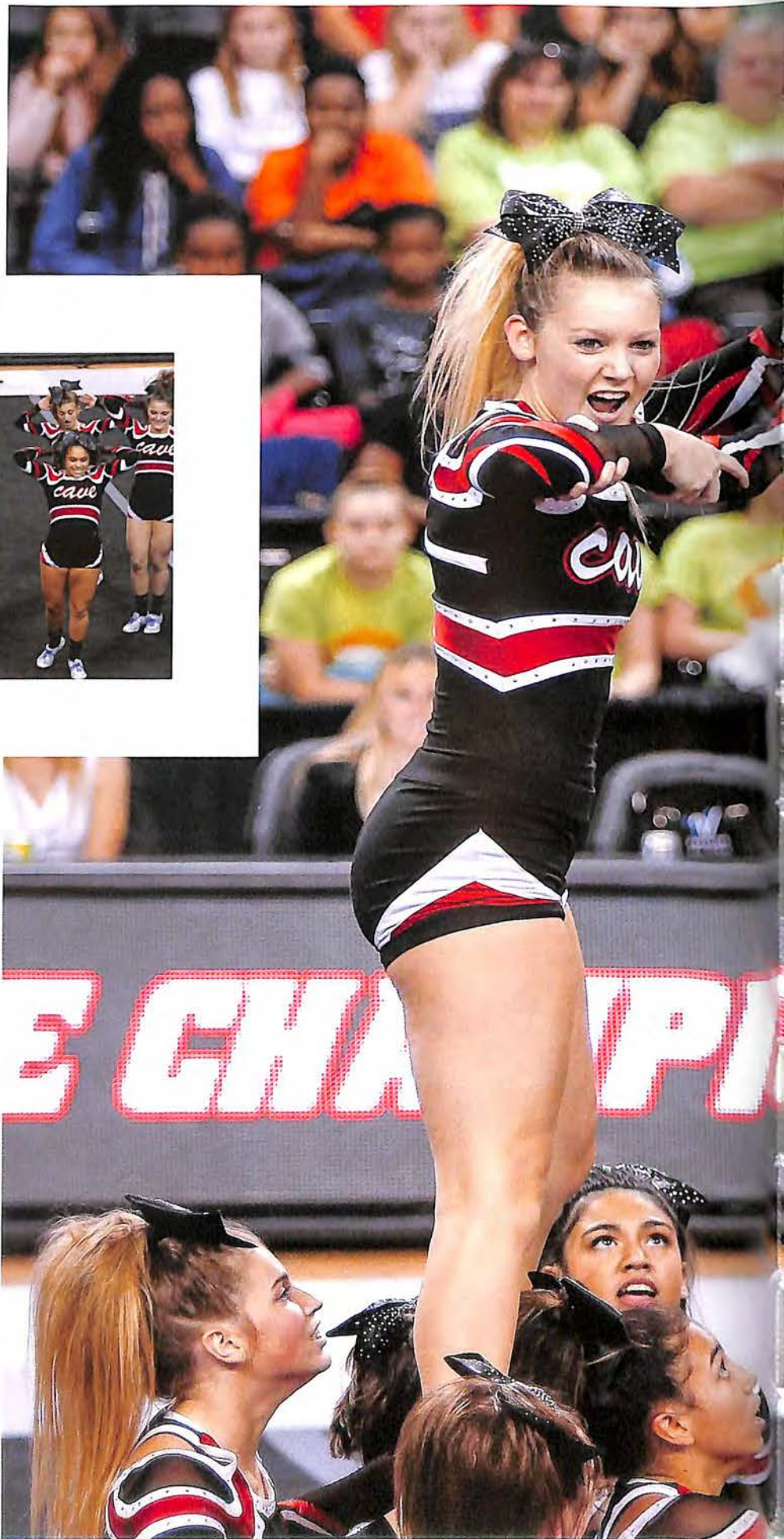
"We were pushed by our coaches and our teammates to do our best. We all believed in ourselves."

MADISON GRIFFIN, 9



"We put in a lot of work, and I'm proud of my teammates. We progressed and got better each competition."

OLIVIA FUEGLEIN, 9



ALL SMILES, the team competes at the VHSL State Championships. Freshman Mimi Clark said, "I love competing with the girls. We're a family off the mat. But on the mat, we mean business."

At the top of the pyramid, sophomore Abby Slate, and seniors Lexi Link and Brooke Clayton, compete at the VHSL Championships. "I love being a flyer."

It's like the spotlight of the mat," Slate said.

"It's a lot of pressure too because all eyes are on you."



With every win, the cheerleaders inched closer to defending their state title.

FIRST PLACE ONCE MORE

"It's a pretty indescribable feeling," junior Caroline Nye said. "I never thought we would have won two years in a row."

Nye said the team had support from all over, including from someone for whom she was especially grateful.

"Once we stepped on the mat, we knew Kendall was watching over us. She was our biggest fan, and she was with us in spirit. That pushed us," Nye said.

Chandler Keister said she relished her final year.

"I wish I could compete another year," the senior said. "We work hard because we want to win. We wanted to prove if we could win once, then we could win again."

Claudia Jarema said she felt pressure to repeat.

"Being champions makes you a target," the sophomore said. "It's like everyone is trying to beat you at your own game. In practice, we drill over and over again. That gives us a secondary memory which helps us when we perform. Conditioning also helps build our endurance, preparing us for the mat."



RILEY PEDIGO, LEXI LINK AND MIMI CLARK PERFECTED THEIR TECHNIQUES OVER THE YEARS

With pointed toes, senior Lexi Link jumps high to impress the judges. "When I first started cheer, I knew I could potentially have the skills," Link said. "Once I realized I could do it, I pushed myself harder to get better." Link has been cheering since eighth grade and earned her second state ring this year at the VHSL state championship. In mid air, freshman Mimi Clark tumbles her way to the trophy. "I started doing all-star cheerleading when I was four years old, and I fell in love with the sport," Clark said. "I really like tumbling, and I've worked on it all my life," she said. Mimi especially loved competing alongside her older sister, junior Haley Clark.

HANDS BY HER SIDES, junior Riley Pedigo takes on her competitors. "It's a challenge," she said, "but I've always liked to challenge myself. We execute well, so we know we do well," she said. Pedigo attends tumbling classes outside cheer practice in order to sharpen her skills even after the season is over.



Cheerleaders enjoyed some deeply rooted superstitions.

NOT TAKING CHANCES



"We always pray, and it has to be the same prayer. We talk in a circle and then we shout 'Queens.' This season, we changed it to 'For Kendall' in memory of our friend," junior Rachel Finch said. "We have cheer sisters, where we get each other gifts before every competition. Our team is so superstitious. If we did something one time, when we did it again, it had to be the exact same way in the exact same order," Finch said.

These traditions have been around for a while, and seniors kept them consistent.

"Either Taco Tuesday or our chants would have to be my favorite traditions, mainly because we use them for everything," senior Emma Cass said. Taco Tuesday is a day where the girls are surprised with tacos during the most challenging week before competitions.

"No matter how bad a practice has been, we always get in a circle at the end, before we clean up, before anyone touches their phone, to pray and to talk," Cass smiled. Not only do these traditions make these girls closer as friends, but it makes them stronger as a team.



Toes pointed, senior Emma Cass and the competition team do their group toe touches at the state championships. "Performing at states was different from my junior year. Last year, it was all about proving we could win, but this year had more meaning behind it. We went in with more confidence and more motivation to win for Kendall," she said. **As she gets into position**, junior Claire Flowers performs for the judges during the Battle at Byrd. "It's a rush. I'm the type of person who stresses where to go during every second of the routine," Flowers said. "The Battle at Byrd is one of our biggest competitions, and the pressure's on because we compete against our biggest rivals there." **Hands on hips**, sophomore Kinsey Harris pushes all her worries aside. "I love the feeling I get when I'm cheering," she said. "I love the feeling of accomplishment because we work so hard." Kinsey took gymnastics for a short time at a young age. After getting back into the swing of things and improving her tumbling skills, she quickly landed her position on the competition team. **As she gets the crowd involved**, junior Haley Clark competes for the Battle at Byrd. "That competition's important for us not only to promote cancer awareness, but it's also a sneak peek at the teams we'll be competing against at the conference, regional, and state tournaments," she said.



JOINED IN PRAYER, the team awaits its final score at the state championships. The team's traditions followed them everywhere. "Every day after practice, we gather and say a short prayer for our team and our hopes everything will go well. If anything was happening locally, we would pray for that too. We also pray before competitions," senior Lexi Link said.

Before the winners are announced at each competition, the girls prepare themselves in a circle, laying their heads down in front of them. Despite their success, the team faced one of its hardest struggles when friend and former teammate, Kendall Bayne, lost her battle with cancer. "Instead of letting it consume us, we chose to dedicate our season and our win to her memory. We know she is proud of our success," sophomore Kinsey Harris said.

With high hopes, senior Miranda Mallory, starts the race strong. "We did pretty well because we did so many hill drills to prepare for this course," Mallory said. Many different schools ran the cross country invitational, as did adults and middle schoolers as well.



Warming up with his teammates, senior Hunter Mollica runs a practice lap. "We practiced more on hills this year than any other year, so everyone did very well," Mollica said. The runners feel this extra training was a major factor in their success which took them all the way to the state cross country tournament.



Eyes on her teammates, freshman Elizabeth Kabath readies herself to pass off the baton. "It was really fun. This was my first year running track in high school. It was a great introduction to my high school track career," Kabath said. Kabath participated in the 4x200 relay. **After clearing the bar**, senior Makayla Smith, stunts a perfect landing. "I just barely made it over the bar, but it made me really glad," Smith said. The indoor track team practiced three times a week for several weeks to train for this meet.





His breathing labored, junior Jacob Stewart continues to push himself to do his best. "It is hilly, and it hurts the entire race. But when you finish the race, it feels great because you have finished one of the hardest races of the season," Stewart said. The cross country team did many workouts to prepare for the meet.

STAY IN YOUR LANE



"Indoor is a great time to stay in shape, and it's also a good time to get a few races before the outdoor season. It's a transition from cross country into outdoor track. It provides time to train and make adjustments. We do more speed work in indoor track that we don't have to do during cross country."

PETER SMITH, 10



"I think that indoor track is a good opportunity to have right before the outdoor season begins. It helps get athletes mentally and physically prepared for the upcoming outdoor season. We did our best as a whole, and there was a lot of teamwork."

SARA STEWART, 10



"Indoor track is pretty laid back and fun. We have rigorous practice, and it can be harder because of the cold weather. We traveled to Liberty University and Virginia Tech for meets, which is pretty cool."

ALEX BROWN, 11



"It was a good season, but it's a lot of hard work. You have to take initiative, and if you don't put in the hard work, you aren't going to enjoy the benefits."

REILEY CURTIS, 12



Jumping over the hurdle, junior Sarah Christensen maintains her speed in the indoor track competition. "You need to have a lot for endurance practice for the sprinting part, and you practice going over the hurdles will increase your speed in between," Christensen said. The entire team trained hard, and it paid off during their journey to regionals and states.

Getting a fast start, junior Banner Plumb participates in the baton pass. "It was a really big meet, and I was very excited to run with my teammates in an effort to get first place. "I was focusing on pacing myself," he said. "I was nervous that I would drop the baton and be disqualified," Plumb said. When the team is not running, they have a lot of fun watching everyone else run their events and try their best.

IT SHOWS

"Volleyball has been fun. Most of us learned through cross fit that we love working out. It was never easy, but we always made it fun."
SHANNON HOLSINGER, 12



"I really liked traveling to away games. It was really good team bonding, and it was my favorite part of the season."
AUTUMN SIMMONS, 10



"Golf is really an individual sport. It's not just a competition against others, its a competition yourself."
ANDREW CAGLE, 10



"Team bonding was my favorite part of the season. I love my teammates."
ERIN HARRISON, 10



"This season was special because it was a lot of people's last year. We had a bunch of memorable seniors on our team."
MORGAN STARNES, 11



"There are very few girls on the golf team, so we look to each other for support. The guys have different views and values."
SYDNEY BRENNER, 11



"My favorite part of the season was team olympics. We drove around Roanoke and did a bunch of stupid stuff."
PIPER ROE, 12



"I think one of the best volleyball memories was when we went to Warhill during state finals. We all stopped and had lunch together."
CHRISTY GOLDSMITH, 12



"Some people miss golf practices more than others, but our team still gets along and we have fun."
RYAN BURCHETT, 10



"We got pretty far in states. I wish we could've gone farther, but I couldn't be more proud of what we were able to accomplish."
MEG STEPHENS, 11



"Our right side and middle hitters were both really good this season."
AVERY POULSEN, 9



"Meeting new people and playing against other teams this season was really exciting."
TYLER FANNING, 10



Teammates and friends, seniors Shannon Holsinger and Lauren Slough work together on the court. "Once Shannon got injured," Lauren Slough said, "I really missed having her beside me to help with blocking." Holsinger tore her ACL this season making her being unable to play most of the year. **With focus and determination**, senior Hope Sitze serves the ball for her team. "My favorite part about my position is serving because I have control over the ball," she said. Sitze originally started out as the right front hitter, but was too small. **As she goes for the block**, senior Cait Flippen jumps in the air. "A lot of times when we go to games, we're a lot more in shape than other teams. That gives us a great advantage," she said. Flippen finds practice and cross fit help keep her team in shape when meeting any opponent. **Stepping up her game**, senior Alayna Foutz goes in for the hit. "I was the libero of the team, and then I switched to outside hitter," she said. "I like that I get to play front row, and I get to block to prevent the other team from scoring." Foutz switched primarily because her teammate Shannon Holsinger was injured this season, which resulted in her taking on a position for her team.



Most team members have been playing golf for five years or more. With this experience, they were happy to teach others less experienced players. "We plan on being ready for the competition next year," Hayden Mitchell said.





Leaving their LEGACY

Seniors take leadership role seriously.

With eight seniors, the volleyball team made it to state semi-finals.

"Having teammates with so much experience made it more fun to play, but what made us a better team was how well we got along," freshman Hannah Smith said. "They're leaving high expectations, and I feel like it's going to be a tough legacy to follow."

After a senior night full of tears and laughter, the underclassmen left the seniors a treat at the end of their slideshow. "We made a video of all of us driving to their houses. We danced in their yards for ten seconds to their favorite song," sophomore Meg Stephens said.

It was an experience the seniors will never forget. "They came to my house when I was there. I had no idea," senior Lauren Slough said.

Sophomore Erin Harrison said, "It's sad because I know they're not coming back next year. We're basically going to have to start over again with a new team."

"We're leaving a legacy. We tried to show them this is what it's like to be a senior and have your last chance to play," Slough said.

Ready for What's up Ahead

Golfers planted their feet and adjusted their swings with next season in their sights.

While golf appears more of an individual sport, team members and sophomores Hayden Mitchell and Carter Glenn stressed the importance of determination, honor, and teamwork. "Other players may be better than you, but you can always strive to improve," said Glenn.

While some members are interested in playing professionally, most just enjoy the fun of the game. The team took advantage of the opportunities they had to expose themselves to competition in order to grow and adapt to playing with those more experienced golfers. During matches, golfers encouraged one another and inspired their teammates to never give up.

Learning to Play Together

When teamwork is the destination, victory happens along the way. Team bonding proved to be paramount this season. "Teamwork is the foundation of our team," senior Meagan Harrison said. "A majority of the team grew up playing together."

They take team bonding to a new level with their Team Olympics and scavenger hunt. "We got envelopes that contained clues," senior Christy Goldsmith said. "At the end, we met at Penn Forest and did some crazy stuff with ice cream. I got chocolate syrup in my hair, but I enjoyed the overall experience."





Piper Roe
University of Louisville
Volleyball

"I have a full ride," she said. "I committed in May at the end of my sophomore year. Louisville was the last college that offered but the first one I visited. The facilities were so nice, and I couldn't say no."

Louisville was one of 79 colleges in the country which offered full scholarships, she said.

"The coaches are involved and devoted to their jobs," she said. "The city of Louisville is such a big family even Kentucky fans complimented our team and the community."



Shannon Holsinger
Lake Erie College
Volleyball

Holsinger said she was ecstatic when she learned she would continue being part of a volleyball team in college.

"I started playing in sixth grade after my sister begged me to try out," she said. "I refused for so long, but when I did, I fell in love with the teamwork aspect of the sport. You can't do anything without the help of those around you."

"I was Lake Erie's last recruit for 2016, but its coaching staff had been scouting me all spring," she said. "I went for my unofficial visit in the spring of 2015 and remember loving the campus and being so close to my home state."

"I sat down with the coaches and discovered our goals matched perfectly. Coach Foeman stresses the importance of hard work, and that's the backbone of my volleyball career."

"I've never doubted my choice. The coaching staff is amazing, and the girls there have a passion for the sport, but even better, a love for their teammates," Holsinger added.



Morgan Todd
Bridgewater College
Soccer

Always wanting to play soccer in college, Todd had high hopes when she started the recruitment process.

"As a junior, I went to a tournament and scored a goal," she said. "After that, coaches starting talking to me about recruiting. One of them was Bridgewater, and I immediately loved the campus and the coach.

"Academics come first for me, and I set high goals for myself," she said. "In soccer, I'm able to achieve goals with my teammates in addition to my academics. I believe success in both sports and academics will benefit me in college and in life."



Abby Frazier
Roanoke College
Soccer

With a goal in mind from the start, Frazier started recruitment early.

"I was excited when we started," she said. "I was nervous, but I was happy to further my years to play soccer."

She said members of the college team were supportive, and came to her signing.

"It made me feel good because all of my work paid off," Frazier said.



WRESTLING WITH SUCCESS

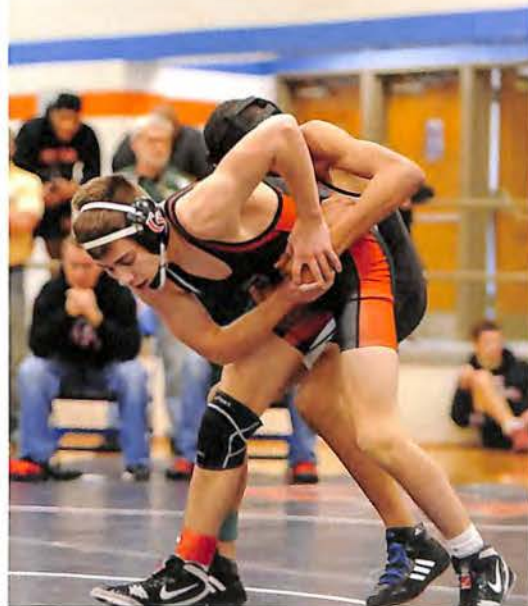
Being a successful team is a great title to have, but what makes a team successful?

"We've got a really, really good team. We've got two possibly wrestling at the next level next year, and three that can go wrestle in college next year," assistant coach Scott Fike said.

The team is made up of a lot of talent, and some new to the team this year. Senior Sam Ring was new to the school this year, but he wasn't unfamiliar with the team. Ring practiced with the team for four or five years in the off season. When he actually decided to transfer to Cave Spring, the team was excited to have him finally on their team. Ring was also excited to be a part of the team due to their outstanding reputation, "I knew the team was really good and that they would help me get better as we progressed," he said.

Sam wasn't the only new talent to come join the team this season. Marquis Cobbs is also new to the school and was a tremendous asset to the team. When it came to Cobbs getting to know the team members, there wasn't a problem with finding chemistry with his teammates. "They were all really welcoming, so it was easy to become close with each of them quickly," Cobbs said.

The team is a very tight knit group. They don't just practice together; they also hang out after school. This closeness strengthens the team as a whole, and it definitely shows through their success. Senior Jacob Plunkett takes the team's chemistry seriously. "We have a really close bond. Everyone's pretty much best friends on the team. No one's ever left out. We're just close," Plunkett said. The key to a success for every team is different, but the wrestling team has proven that having talent and dedication while being unified for a common goal works best for them.



With arms locked, sophomore Brice Via puts his opponent in a high-crotch. "I was dominating the match the whole time," he said. "I remember I kept cutting him and getting him tired, so I could pin him later on in the match. I felt pretty confident the whole time because I kept getting him down, getting him up, and then getting him back down," Via said. **His eyes on the referee**, freshman Grant Floyd prepares to pin his opponent. "That was a really quick match," he said. "I got him down in no time, and once it was over, I felt really good about my performance," Floyd said. **As he locks down his opponent**, senior Cody Amos dominates the match. "Competing is really intense," he said. "I have to show what I'm capable of doing on my own since no one can have my back on the mat." **Holding his balance**, sophomore Clay Carver fights off his opponent. "I enjoy competing. It's an exhilarating feeling that I love," he said.





On the ground, junior Ben Chapman is ready to pin his opponent, "I won that match, that kid wasn't that good," he said. "It's a rush going out there, and it gets me excited to compete." **Tangling with his opponent**, sophomore Jayden McCubbin attempts to put the competitor down with his full strength. "When I was little, I liked fighting. The closest thing relates to that in school is wrestling, so I started doing wrestling," said McCubbin. Since this is McCubbin's first year of wrestling, it is new to him as he described it as "hard, but fun." **Facing his competitor with caution**, junior Josh Baier defends his opponent's strike attack and tries to counter. "We did pretty well this season, and we reached our goal to go to the championship," said Baier



Cody Amos, coach Tim Nininger and Cody Bushman



BACK to BACK

What would happen if you achieved your goal

two times in a row? Senior Cody Amos and junior Noah Bushman have been state champions in wrestling for two years consecutively.

Everyone on the wrestling team has talent. With the support from their teammates and coaches, it made Amos and Bushman want to succeed even more. Hard work and dedication are a must have for wrestling. Practices are intense, and everyone pushes one other to do more. "Basically, if you have a good partner, it's going to make you a lot better as well. Our wins show how good our team is, as well as, our talent individually," Amos said.

After their state win this year, Amos and Bushman were awarded with a copy of their brackets and a medal and were recognized at a school board meeting. Even though they had both won before, that feeling of accomplishment never gets old. "It's a great feeling to win, and it shows all the hard work we've done has paid off," Bushman said.

Amos and Bushman are going to continue to practice wrestling with their teammates even though the season is over. During the off season, they lift weight four days a week before school and twice a week after school. "The one thing that really separates wrestling from other sports is that we don't stop lifting. We keep working and start chasing after next year's goals," Amos said.

Amos will be wrestling in college, and his new goal is to win a national title, and Bushman will be trying for his third consecutive state win next year.

IT SHOWS



"It is one of the sports where you have to know your potential and what you are getting into."

JOSHUA NEIGHBORS, 11



"It's a hard sport and not many people can do it. It pushes you to do things individually instead of relying on your teammates. For my first year, it was pretty successful."

KYLE PLUNKETT, 11



"I used to get nervous before competitions during my freshman year, but now I feel more excited instead of nervous."

JOSH MCCRAY, 12



"I used to play basketball and then I decided to do a harder sport, so I chose wrestling."

SAM RING, 12



"My cousin wrestles, so I decided to give it a try as well in eighth grade. This season, we finished second in states as a team, that made me really proud of everyone."

BRICE VIA, 10



"My older brother pushed me towards wrestling. I didn't wrestle much in middle school, but I started wrestling a lot in high school."

STEVEN KABATH, 12



"I always liked to wrestle with my friends and they told me I should do wrestling. I actually ended up with doing pretty well, so I just kept doing it."

GRANT FLOYD, 9



"My dad forced me into it, and I am glad he did because I actually enjoy this sport a lot more than I expected."

MASON WHITE, 9



"Wrestling takes a lot more effort when there are a lot of tournaments, and it is more individual, but I think that is more fun too."

JACOB PLUNKETT, 12



"I enjoy wrestling. This sport is one-on-one, and when you are out there, there is only you and no one else can help you."

CLAY CARVER, 10



"This year has gone well. It is a tough sport. It takes a lot of endurance to get through matches and practices."

MARQUIS COBBS, 11



Proudly looking on, Coach Andy Huray cheers for his swimmers. "It's great to see everyone trying their hardest. They practice hard, and it pays off," Huray said. He took his position on the side of the pool to record times and to, more importantly, encourage the swimmers.



DOWN to the Millisecond

Precision is perfection. Swimming demands perfection. One small mistake can ruin your race.

If a swimmer takes off too early

in a relay, it's called an early take-off. But if the swimmer takes off too early in an individual race, that's a false start. Either way, it takes a lot of practice to perfect the technique. With the pools getting better technology, the swimmers strive more and more for perfection. "Swimming is about being precise. Leaving the pressure plate even a millisecond too early can disqualify your team," junior Mikey Berberich said. "False starts or early take-offs usually occur once or twice per meet."

The only way to prepare for the intricate, closely monitored details of swim is to practice "All you can do to prepare is swim," senior Cole Cowher said. For this reason, practice may last only an hour, or the swimmers could be doing laps all day. "Swimming is our conditioning. Some of the conditioning is strange. We have a pulley system with a weight on one side and then is attached to the swimmer's feet on the other. When you swim, you pull the heavy weight. Once you take off the weight, it helps you swim faster," Cowher said.

Even though swimming is mostly an individual sport, the team likes the relays best. "I feel like we are closer when we compete in relays because we rely on each other," sophomore Amruta Acharya said. Through the practices, meets, invitationals, and bus rides, the swim team strives for perfection and has grown closer as a team.





Swinging her arms around for the butterfly stroke, sophomore Allie Collier finishes her relay. "Even though I enjoy the butterfly stroke, my all-time favorite is the 100 freestyle that I swam quite often," she said. As she prepares to dive, senior Casey Milan waits for the buzzer. "I chose swim to keep myself active throughout the year and for the social aspect," she said. While resting between races, sophomore Emma Muzzy and junior Angelo Russo maintain their focus and cheer on their teammates. "My training is brutal. I practice every day after school and twice a week before school, and every Saturday. It's usually 20-25 hours a week," Muzzy said. Building up the momentum right before the buzzer, senior Cole Cowher is poised to give it his all. "This is when all those hours in the pool pay off, but it can all change in a millisecond," Cowher said.



NO PAIN, NO GAIN

Injuries are natural result of sports, especially for those most passionate. "It's the love of the game that helped me heal. I've been playing since third grade. It's a lifestyle for me," senior Taylor White said. White's not new to the world of injury. "I tore my first ACL in eighth grade and the second was last year. While playing in tournament in DC, I tried to fast break and transition. I stepped on a girl's foot, and it buckled and I fell. I knew I tore it because I remembered the feeling from the first time."

Torn ACLs are a common injury, but they can't match the drive from a player who's dealing with a permanent injury. Junior Lauren St. Clair came back this year to take on the challenge of a leg deformity she discovered in eighth grade. "My leg stopped growing when I was thirteen, causing my left leg to be almost two inches shorter than my right. It caused scoliosis and nerve damage in my spine," St. Clair said. It's been a painful journey for St. Clair, both physically and mentally. "I used to be really insecure about it, but now I don't care what people think," St. Clair said. "My left hip had a lot of tissue loss due to the curvature of my spine and the bones scraping together, so I wasn't able to play basketball for a while. I was supposed to get surgery, but my mom decided it was too invasive," St. Clair said. "I needed to take a year to heal and to do core strengthening."

In the end, St. Clair wasn't ready to give up the game for good, "I love the sport, and I've been with this team since sixth grade. I decided I want to have fun and keep playing." Although the team only made it to the second round of the conference tournament this year, losing a close game against Blacksburg, the team has more than proven that they can overcome adversity on many levels.



PUSHING THROUGH

VARSITY GIRLS' BASKETBALL PLAYERS TALK ABOUT ONE OF THEIR MORE CHALLENGING GAMES OF THE SEASON.

As they took on Patrick Henry at the beginning of their season, the team worked together to conquer the court. "We started off really well this game," senior Cait Flippen said. "The second quarter was great because we held them at only two points the whole time." The Knights team ended up losing the game by a narrow margin. "We might not have won, but it was an exciting game. The team performed well, and we kept the scores close because we were able to make quick shots on the team," sophomore Sierra Landsman said.

IT SHOWS



"The team was full of good guys. Having the chance to work with them for my last season, even though it didn't turn out as expected, was great."

MATT GLINIECKI, 12



"It was a good season that didn't turn out as we anticipated. I've played with these guys my whole life. I'm lucky to have had a chance."

COLTON BOWLING, 12



"The season wasn't good, but we had a great group of guys that I enjoyed working with overall. Hopefully, next year will turn out in our favor."

JAKE SMITH, 11



"The team worked hard. Even though it didn't seem to pay off, the effort we put in was all that mattered to me."

JORDAN STOVALL, 12



"The season was a good time. It was rough and emotional at some points, but my team was great. I enjoyed working with them this season."

TANNER LIKENS, 12



"The season didn't turn out great, but it was a good group of guys that I had a good time working with."

AUSTIN PRICE, 11



"I was the kicker, so I didn't have much playing time. We had a good team, even if the season didn't turn out in our favor."

CHRISTIAN HOWES, 11



"This season was alright, but it definitely wasn't great. We could've done a lot of things differently, but I think next year will be better."

DEVIN DUVIELLA, 11



"The season was less than optimal, but there was good camaraderie. The one positive is that we did win some games."

CHARLIE BALL, 12



"I felt like as a team we were close, but we weren't able to translate it on the football field. We just couldn't get the wins we wanted."

CORBIN FENTRESS, 11



"It took us awhile to figure out how to work well with each other, and we slowly had to get where we wanted with the team's chemistry."

TYLER RICE, 12



Getting the run right, senior Colton Bowling charges towards an opposing player. "I usually think about the next play," says Bowling. He uses thinking about where he's going next to always be prepared. This strategy is not only important when it comes to the game but teamwork as well. **Catching the ball in pink**, sophomore Willie Harden not only likes the color, but enjoys supporting the cause for breast cancer. Willie makes a run to "freedom" as the student section chants, "FREE WILLY!" "I guess they're relating my name to the movie? I always liked it as a kid." **Tackling together** are seniors Cal Reeves and Johnny Akers. Plays made together are based on teamwork and trust. "I want to know that the guy next to me has my back, and I want him to know I have his. Johnny and I have been together since freshman year. We are usually in the same position, and we have the same aggressive style of play," says Reeves. **Teamwork is nothing** new for junior Brayden Guthrie. "You have to work together to get what you want: to succeed. My focus on the field his focus is simple: just hit people and win," Guthrie said.



Thanks to the Fans

Football players' strengths were tested by an early season losing streak. Jacob Knight, a freshman on varsity and also the starting quarterback, had to step up. "I feel like there's a good amount of pressure, but it's pressure to do our best," he said.

The team members worked hard to maintain a positive attitude despite a season full of doubt by the fans and even from some of the team members themselves. "It never feels good when you lose, but you always have to keep confidence in your teammates and yourself," sophomore Willie Harden said.

In the end, team members stepped up to the plate. No matter what doubts they had before the game, that doubt disappeared after stepping foot on the field. "I play for the team; it's definitely for the team. The only reason I play football is for everybody on the team," junior Mirnes Sabanija said.

When it comes to helping the team stay motivated while on the field, it always comes down to the students. "The fans keep us charged up. They got loud, so we just played harder," Sabanija said.





The deafening sound of cheers filled

the auditorium as a mysterious armored figure walked down the aisle. He knelt before the crowd and removed his helmet. Clothed head to toe in silver armor, senior John Swisher was dubbed the Knight by principal Steve Spangler in a tradition that dated back decades.

"Enjoy your time and make the most of it because you never know when something bad could happen," urged Swisher. His words made more poignant by the losses in the Cave Spring community this year. He encouraged students to be determined and never give up. Swisher admitted he had overcome adversities, earning him the position to give his moving advice.

As Swisher began to settle into his new role, he quickly noticed eyes constantly on him. Even though he felt like the same quiet person, he had been getting more attention from his schoolmates and teachers.

"I don't get in trouble anyway, but now there's added pressure," he said. "A leader should lead by example and encourage others by building them up."

Swisher gave simple, but strong advice to those struggling with challenges. "It gets better, just don't give up," he said. He fought hard during the previous year to battle cancer and is now in remission. "The community support last year was overwhelming. People I didn't even know sent me cards and offered support."

Football played an invaluable role in his character and drive, he said. "Without football, I don't know where I'd be—I wouldn't be the same person."

Leading the Fight

IF THE SUIT FITS

PRINCIPAL STEVE SPANGLER DUBBED SENIOR JOHN SWISHER AS THE KNIGHT, ADDING SWISHER'S NAME TO THE LONG LIST OF DISTINGUISHED MEN AND WOMEN TO DON THE ARMOR.



To commemorate the Super Bowl's 50th anniversary, the NFL sent commemorative gold footballs to all high schools in America at which a Super Bowl player had attended. Tiki Barber, Ronde Barber and Danny Aiken appeared in four total Super Bowls. The plaques read: "Football has always been more than wins and losses. The game teaches lessons that last a lifetime. Through your football program, your school is building men of high character by instilling values in your student athletes. The NFL is grateful to you and your community"

GOING PRO



Keeping Up the Act

Seniors Mason Lowen and Chris Weston make like ESPN color commentators.

Walking into a basketball game, the student section is a major presence in the bleachers. Whether it's tossing around pool toys or enlarged cutout heads of the team's starting players, the section is always on their feet ready to support the team. Students are always full of creative ideas to show their support. Seniors Chris Weston and Mason Lowen took on the roles of ESPN news anchors in a performance that won't easily be forgotten.

"We were trying to think of good ideas to make our student section be unique, and to have a fun game since we were playing Hidden Valley for the last time," Chris Weston said. The ESPN booth definitely got everyone's attention as the two made cynical comments about the game resulting in a gym full of laughter. Even when the crowd was immersed in the game, the boys kept up the act. "We were making sarcastic statements the entire time even if the other students weren't listening," Weston said.

The two not only acted like newscasters, but dressed like them too. "We put together our outfits with bowties and headsets to make our act look as realistic as possible," Lowen said. Weston even took the time to paint an ESPN anchor booth sign. "I came home from school and had to paint it, but it didn't take long. I think the most difficult part was having to let in dry in the back of my car on the way to the game," Weston laughed. "It turned out way better than we expected."

The experience was definitely one to remember. "Several parents loved it and took pictures, and Coach Gruse loved it. We had several students wanting to participate in the section," Weston smiled. The boys were content with their performance and leaving their mark. "It was a great time. It's always fun supporting your team, and I hope we started a tradition," Lowen said. They made this season's last game against Hidden Valley memorable and decided it was a tradition worth continuing.





CHEERING WITH A PASSION

The football team getting the first touchdown of the night led to lots of silly string and loud cheers. "It was a blackout game. We had just scored the first touch down of the night, and the student section went crazy," senior Amanda Boris said.



STARS AND STRIPES

FRONT-ROW SENIORS CHEER LOUDLY AND PROUDLY.

With the American flag by their sides, students clap and focus on the game. "You're always surrounded by loud people that are there for the same reason as you: to support your team," senior Laurel Harris said. Many students come for all kinds of reasons. Some come to spend time with friends, some come because they really like watching football, but some come to create a spirit of a school united. Fans support each other in the good times and the bad. No matter the outcome, fans continue to go out every Friday night to support those on the field or the court. "Even when we lost, we still continue to do our best to cheer them on. Spraying the silly string and throwing powder that we may have not been allowed to do made those Friday nights something I will never forget," senior Elise Jarema said.

Knight Time



Going Bananas

Girls varsity basketball players dressed up in crazy costumes for their game against one another during MidKnight Madness. Flying past a shark in her banana costume, senior Taylor White smiled. "It is usually about basketball, but we wanted to entertain the crowd this time. The costumes helped us have fun," White said.



For the lay up senior Mason Reyer plays in MidKnight Madness. "Being one of five seniors led to bigger role than I could imagine. I could never repay my brothers on the team for the sacrifices they made for me," Reyer said.



Sporting pink sunglasses, junior Alison Williams prepared herself for the finish her lay up. "The team and I were having a good time at MidKnight Madness. We bonded and goofed around the whole time," she said.



Driving to the hoop senior Paxton Daniels dribbles past junior Brad Kinder during "MidKnight Madness." "It was awesome to play in the senior vs. faculty game. I grew up watching them play and couldn't wait for my turn," he said.

IT SHOWS

"Our group for color guard this year was really big, and it was a lot of fun. We became really close from our practices."

TAYLOR SHARP, 11



"Even though this season wasn't our most successful season, getting to play our music made it fun and we loved our show."

OLA DINAKIN, 9



"We did well at competitions this season. The drill sets were pretty easy to learn."

ZOIE CLARK, 10



"Band competitions were such fun trips. Watching the other bands was really fun too."

CALEB HADFIELD, 11



"I really liked the beginning of band camp. We learned a bunch of new skills and got to know everyone."

MACKENZIE HAMBY, 11



"Competitions let us see different bands from around the area. Taking long road trips with the band was my favorite part."

SARAH DURICA, 11



"Color guard is really fun. We get closer as the season goes by and make some really close friends."

MARYBETH HAMBY, 11



"There was a group of seniors who really brought us together. The season started slowly, but we finished strong in the end."

PATRICK MILLEHAN, 10



"We got a lot done this season. It was better than I expected, and we placed second in our competition."

KARLYN RESNECK, 10



"Sectionals were my favorite part of the season. We got to hang out with our sections of the band while playing awesome music."

CLAIRE LAWSON, 9



"This year was hard for us. We had a lot of new recruits and had to practice to not get slowed down."

KENLEY JENNINGS, 9



"Being on the band bus and talking to my friends on the way to games was my favorite part of the season."

ABIGAIL CHERNAULT, 10



Keeping tempo, drum majors junior Nick Axt and senior Thomas Conroy both work beside band director Brian Quakenbush to bring a 70's park to life. This being Conroy's senior season, he took Axt on as his apprentice. Thomas taught Nick the importance of tempo and the individual marches, as well as the sections and their leaders. But Thomas didn't teach Nick everything he knows. Nick had been interested in the position for a while, and understood, as well as prepared for, the responsibility of filling in for Thomas. **As the only man on color guard**, junior Hunter Murphy's positive attitude and overall energy brought a unique personality and perspective to the show. He often looked to the band and his team for emotional support, "We're like a really big family. If I'm having a bad day, I can come in and talk to them about it," he said. **Since the age of eleven**, sophomore Rachel Benton has been twirling competitively. Although part of marching band, she does a lot of her preparation individually. During practice, Benton choreographs her own routines and rehearses new skills like twirling fire batons. Even though Benton paired with color guard for scores, she knew her responsibility in the show was all on her. **Color Guard captain Christley Richardson** is proud of her team's progress this year. The senior forged special bonds with her teammates. "We all joke around and have grown stronger friendships within the guard and the band," she said.



Flowers in her hair, junior Ariana Jones has a face filled with joy "It's so exhilarating when we perform. I love the feeling," she said





Saturday in the PARK

The band's 70's inspired performance took months of work to pull off a relaxing day in the park

Many aspects this year's show set the relaxed mood or leisurely stroll through the park. From cloud umbrellas to banners, and from lampposts and park benches, band director, Mr. Quakenbush, wanted to set the scene for the audience. Months of practice went into learning the sets, songs, and positions on the field. "We practiced over and over again," sophomore Kathleen Brett said. "When competition day arrives, it's really special to see other teams compete because we know what it takes to get there."

One of the most memorable parts of the season is the bonding time spent on the bus. "The bus rides to competitions are really fun. We fool around until we get there. Our entire band gets so pumped if we win anything, and it's an amazing experience to be a part of," sophomore Drew Robertson said. "It was a great opportunity to hang out and get closer to the band as a whole."

Whether adjusting their flower crowns or rocking it out with the student section, the marching band has made their performances groovy.



Happy Together

WITH A UNIQUE PERSPECTIVE, COLOR GUARD TURNS HEADS ON THE FIELD WITH A NEW ROUTINE AND COSTUMES.

The theme for this year was 'Saturday in the Park,' originally from a 1973 song by the band Chicago. "We worked together as a team a lot more this year. I was a lot less nervous to perform and compete with the experience I now have," junior Ariana Jones said.

New members this year were quickly trained by team captains, Christley Richardson and Roshni Lalchandani. "As far as the work goes, our show was a lot easier this year. Our coach cut us a little slack as compared to previous years because most everyone was brand new," Jones said.

Unlike the previous three years, the guard members chose their field attire. "We got to pick our costumes this year, but we usually have a say on what we want anyway. We were supposed to be hippies or 'flower children' and create some sort of unique costume," Jones said.



PLAYING IN THE PARK

ISHANI PINNAMARAJU MADE CHILD'S PLAY OUT OF THE MARCHING BAND'S PERFORMANCE

THE FUN BEGAN when Captain Roshni Lalchandani's four year old family friend, Ishani Pinnamaraju, lost her balloon. Being only four years old, learning her role in the show was a challenge. At the start of the show, Ishani played in the "park" and pretended to lose her balloon. As the color guard danced around the park benches, Ishani played out her role as any child in the park might do: from blowing bubbles next to the lamp posts to twirling her umbrella. Her performance perfectly complemented the theme of the show. She danced in the park with color guard members, played around the park benches, and finally got a new balloon by the end of the show, a happy ending to her "Saturday in the Park."



Left hand extended, senior Noah Sharp goes to block the shot. "Our first game against Hidden Valley was intense, and I felt really motivated to beat them. We were all in for this game," he said.

William Byrd defenders on each side, senior Mason Reyer jumps to pass the ball to an open teammate. "It's a rush being on the court," he said. "I like getting to go out and play against other great players and being able to make split second decisions on the fly."

Playing defense, senior Zach Shannon makes sure the ball doesn't get past him. "Defense is one of our biggest priorities, but especially during that game.

I have a lot of trust in my teammates that they've got my back," he said.



Focused on the game, junior Jared Steele prepares to pass the ball. "That was a great game," he said. "It was a big game for me because I got my first start, so I was especially nervous that day."



As he dunks the ball, senior Brody Hicks score his thousandth point. "I knew going into the game, I was twenty-four points away. I got a steal, and I knew I wanted to for the dunk. As soon as I did, the place went wild. It was literally the best feeling in the world," he smiled. "and one I will never forget."



DIC SHOTS

The pressure of playing in the championship game is intense but having teammates who have your back on the court is even better.

Players worked to build their relationships over time. They've been playing together for many years. "We all played AAU together in elementary school and became a team. Then from middle school all through high school, we've been together," senior Zach Shannon said.

For two consecutive years, the team won its conference and regional tournaments. "We did well this year, and we ran sixth in the state for quite some time," senior Mason Reyer said. The team handled the pressure of shooting for a state title this season in stride.

The passion that each player has brought on the court has proven to be a major advantage. "We just keep coming in everyday, putting in work, just trying to get better," junior Will Rinn said.

The seniors this season looked to leave the team with a state title, but it didn't quite happen. The team made it the state quarter finals where they lost to Hopewell.

THE AMERICAN DREAM TOOK MANY FORMS,

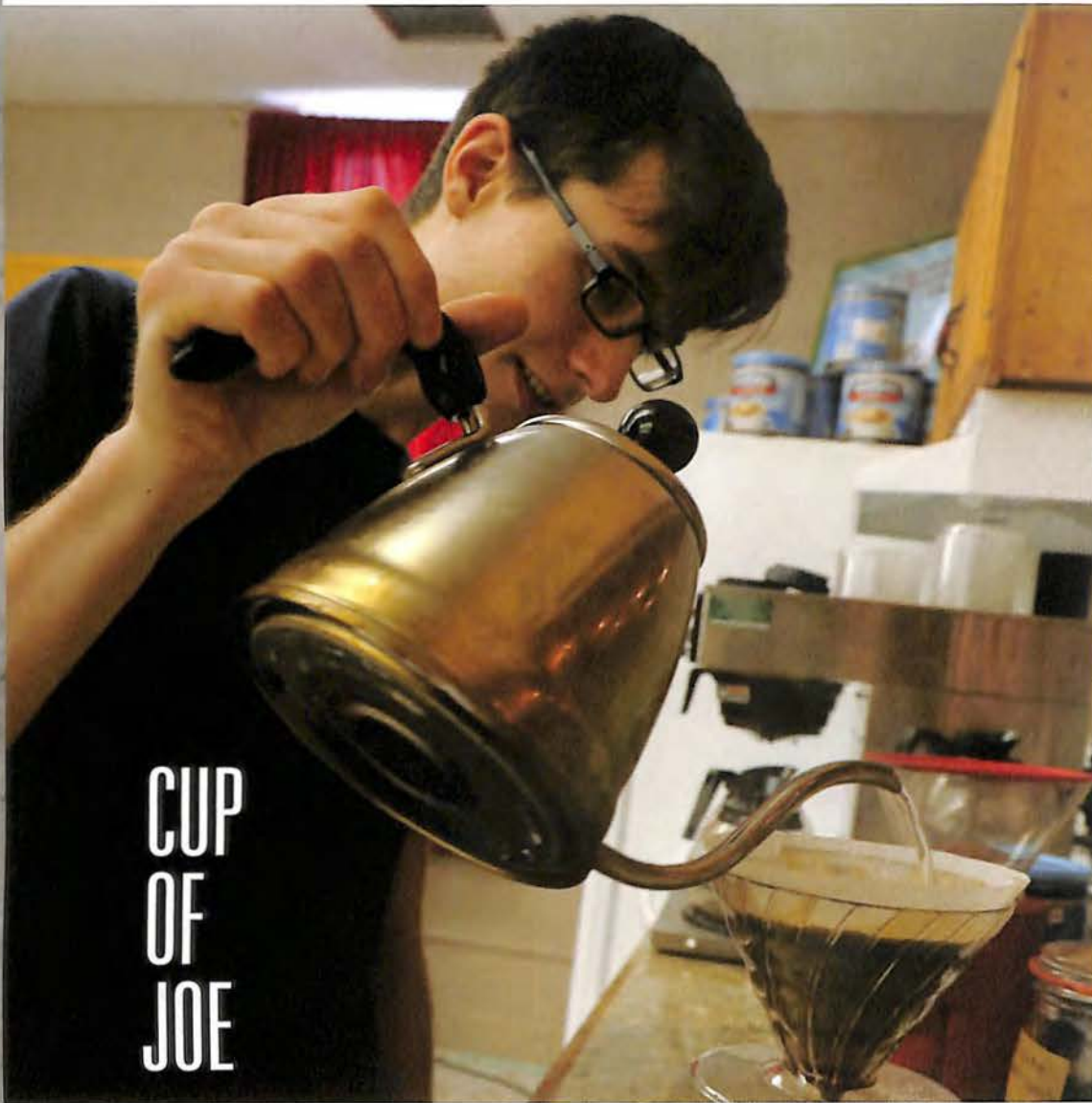
and for Nadine Witte, it took the form of basketball. A senior foreign exchange student, Witte left her home in Germany with the hopes of playing high school basketball in America. Witte's season did not go according to plan though. "You always hear about the NBA and high school basketball in America. In Germany, the high school team only practiced a couple times a month, so making this team was the biggest goal of mine. During a practice toward the beginning of the season, I jumped up for a rebound and landed on somebody's foot, rolling my ankle and dislocating it. They called the ambulance, and I just laid on the floor screaming. I was so mad. Everything happens for a reason. It brought me closer to my teammates. They visited me at home and brought me gifts. My coach, Jessica Ficarro, did so many things for me during my recovery," Witte said.

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CUP OF JOE

Senior Colin McHugh proved there was no limit to hobbies with his collection of coffee beans from around the world.

Though it may have sounded boring to collect coffee beans, it was something Colin looked forward to. "It's definitely a huge pastime for me. I collect beans of all types from around the world. I have beans from Kenya, Peru, Papua New Guinea, Costa Rica, Rwanda, Ethiopia, Columbia, Zimbabwe, Laos, and Bali. I order them through a website called Sweet Maria's. It's almost like meditation, and it allows me to relax and focus," he said.

Colin discovered his hobby while surfing the internet. "I was on Reddit and I found a community centered just around quality coffee, so I started reading about it and got very interested," McHugh said.

His coffee beans made him unique amongst his classmates. "I have not met any people my age who are into quality coffee or roasting," said McHugh, who considers himself a coffee addict. "I kind of have a caffeine addiction. So when I'm running low, I figure I'll just pick up some more of my exotic beans and roast them," he said.

Colin was willing to share his unusual knowledge with any who asked. "I'm happy to talk with anyone about coffee. I'm not really an expert, but I'm happy to share everything I know and a great cup of coffee with anyone who's interested," he said.





April Alexander- Cross Country (9), JV Soccer (9-10), Art Club (9-11), French Club (10-11), First Robotics TEAM (10-12, 10 grade drive team, 11 grade: safety captain, subteam captain, 12 grade: team captain, started team)

Cody Amos- Varsity Football (12), Wrestling (9-12)

Analea Angel- JV Basketball (9), Varsity Basketball (10-12), JV Softball (9-10 captain), DECA (10,12), Key Club (12), Pep Club (9,12), Student Helper (10-12), Two Hearts Foundation (9,12), Prevention Club (10-12)

Jonah Atkinson- Lacrosse (9-10), FCA (11-12), Spanish Club (12), New Proclaim Bible Study (co-leader)

Aariqua Austin- JV Basketball (9), Varsity Basketball (12), DECA (12), FCCLA (11-12), Knight & Day Cafe (9-10), Spanish Club (10)



Josh Ayers- FBLA (11)

Charlie Ball- JV Football (9-10), Varsity Football (10-12, captain 12), Beta Club (12)

Connor Bayne- Beta Club (12), DECA (12), Key Club (11-12)

Taylor Billings- Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Competition Cheer (9-10, captain 10), Beta Club (12), Key Club (11-12), SCA (12), Two Hearts Foundation (11-12)

Halley Blingham- Drill Team (9), Choir (9-11), FCCLA (11), Knight and Day Cafe (11-12), Knight Notes (9), Student Helper (11-12)



Amanda Boris- JV Soccer (9-10), Outdoor Track (11), Key Club (9-12), Knight News (9-10), SCA (9-12), Student Helper (10-12), Two Hearts Foundation (9,11-12, Mentor), Class Secretary (9-11)

Colton Bowling- JV Football (9-10), Varsity Football (11-12), Outdoor Track (9), Archery Club (11), DECA (12), Key Club (11-12)

Josh Bradley

Tyler Bradley- Varsity Soccer (9-12, 2nd Team All-District), FCA (9th)

Kristen Bradshaw- Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Varsity Softball (11-12, 2nd team All-Conference 11, captain 12), JV Softball Captain (9-10), Symphonic Band (10-12), Concert Band (9), Beta Club (12), DECA (12), FBLA (9), Two Hearts Foundation (12)



Colson Brandetsas- Indoor Track (9)

Sydney Brelner- Beta Club (12), Drama (9-12), FCA (11), FCCLA (11), Forensics (11-12)

Jasmine Brickley- Indoor Track (9), Varsity Softball (9-12, captain 12), JV Softball (9, captain), Beta Club (12), PBLA (9), FCCLA (9), Key Club (11-12)

Allen Britt- Marching Band (9-12, Trumpet Section Leader 12), Jazz Band (9), Concert Band (9), Archery Club (11-12), Beta Club (12)

Sara Brunstetter- JV Soccer (9-10), Academic Team (10-12), Choir (9,11), Drama (9), French Club (9-12), National French Honor Society (12)



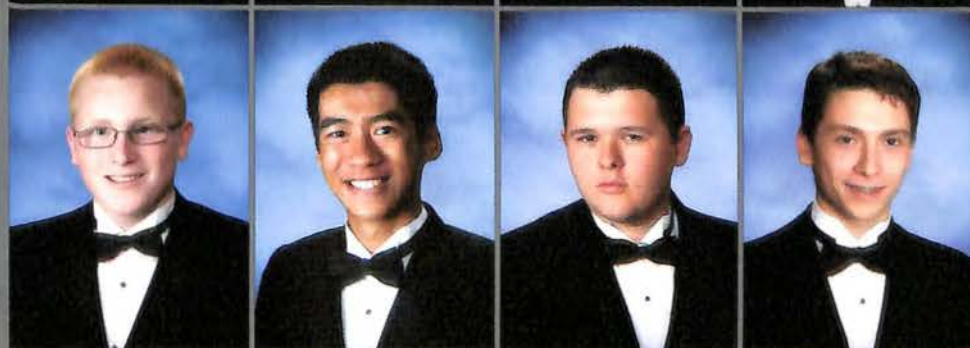
Hanna Buck- Sideline Football Cheer (9-11), Sideline Basketball Cheer (9-11), Competition Cheer (10), DECA (12)

Bailey Bushman- JV Softball (9-10)

Olivia Cameron- Beta Club (12), Choir (9-11), Drama (9), French Club (9-12), Knight Notes (9-10), Science Fiction Club (9-10)

Meredith Campbell- Indoor Track (10,12), Varsity Soccer (10), JV Soccer (9-10, captain 10), Beta Club (12), DECA (12), FCCLA (9), Key Club (11-12), Knight News (9), SCA (12), Student Helper (10), Class President (10)

Jacob Carter



Emma Cass- Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Competition Cheer (9-12, conference champion 2013-2014, Regional Champion 2014, State Champion 2014), Beta Club (12), DECA (12), French Club (11), Key Club (12), JV Sideline Cheer Captain (10), Varsity Sideline Cheer Captain (12)

Walker Champney- JV Football (9), Archery Club (11), Beta Club (12), FCA (10-12), French Club (10-11), Spanish Club (10), Student Helper (11)

Michael Chang- Swimming (9-12), Outdoor Track (9-12), Academic Team (9-12), Beta Club (12), French Club (9), Spanish Club (11-12), National Spanish Honor Society (10-12)

Walker Christley- JV Football (9-10)

Khai Clary- Golf (11), JV Basketball (9-10), Indoor Track (12), Varsity Soccer (11-12), JV Soccer (9-10), DECA (9-10)

Brooke Clayton- Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Competition Cheer (9-12), Key Club (11-12), SCA (12), Sideline Cheer Captain (12)
Jordan Clingenpeel- Marching Band (9-12, section leader 12), Jazz Band 9-10-12, Concert Band (9), FCA (9-10), French Club (9)
Greyson Conner- Football (9-12)
Thomas Conroy- JV Soccer (9-10, captain 10), Marching Band (9-12, drum major 10), Jazz Band (10-11), Symphonic Band (11-12), Concert Band (9), Academic Team (9-12), Beta Club (12), National Spanish Honor Society (10-12)
Hana Coogan- JV Volleyball (9-10, captain 10), Academic Team (11), Beta Club (12), Drama (10-12), Green Club (9-12), Key Club (9-12), Spanish Club (9-12), National Spanish Honor Society (10-12), Homecoming Queen



Cole Cowher-Varsity Football (10-12), JV Football (9), Swimming (9-12), Beta Club (12), DECA (9), Key Club (11-12), Spanish Club (10)
Kaitlyn Creekmore- Lacrosse (10-12), Symphonic Band (10-12), Concert Band (9), Beta Club (12)
David Cruz-Torres
Grant Culbertson- Student Helper (9), Beta (12), SCA (12), Guidance Runner (12)
Chase Cundiff-Varsity Baseball (9-11), JV Baseball (9)



Reiley Curtis-Swimming (10-12, District Qualifier 10-12), Indoor Track (11-12), Outdoor Track (9-12), Beta Club (12), FBLA (11), FCCLA (12), Spanish Club (11), National Spanish Honor Society (11), Student Helper (9-10)
Joey d'Alelio- Art Club (9), National Art Honor Society (12), Drama (9-12), Knightly News (11-12, Knightly News & Senior Video Producer), National Latin Honor Society (12), SCA (12)
Julie Dalton-JV Softball (9-10, captain 9), Math Club (9-10), Yearbook (10)
Paxton Daniels-Varsity Basketball (10-12), JV Basketball (9), Varsity Soccer (9-12, First Team All-Conference, 1st All Region, 2nd Team All State, 2nd Team All-Timesland), Beta Club (12), Green Club (10), Key Club (11), SCA (12), Student Helper (10-12)
Joshua DeFalco-Swimming (9-10), Marching Band (9-12), Jazz Band (9-12), Symphonic Band (10-12), Concert Band (9), Beta Club (12)



Erica Deleon- Art Club (11)
Fallon Delp-Varsity Volleyball (10-11), JV Volleyball (9), Tennis (9-12, captain 12), Beta Club (12), FCA (9-12), Key Club (10-12), SCA (11-12), Student Helper (10-12), Two Hearts Foundation (9, 11-12, president 11-12)
Jasmine Demir-Newspaper (9), Spanish Club (11), Yearbook (11-12), Business Editor (12), Green Club (12)
Chris Dickenson-Tennis (9-12), Beta Club (12)
Carly East



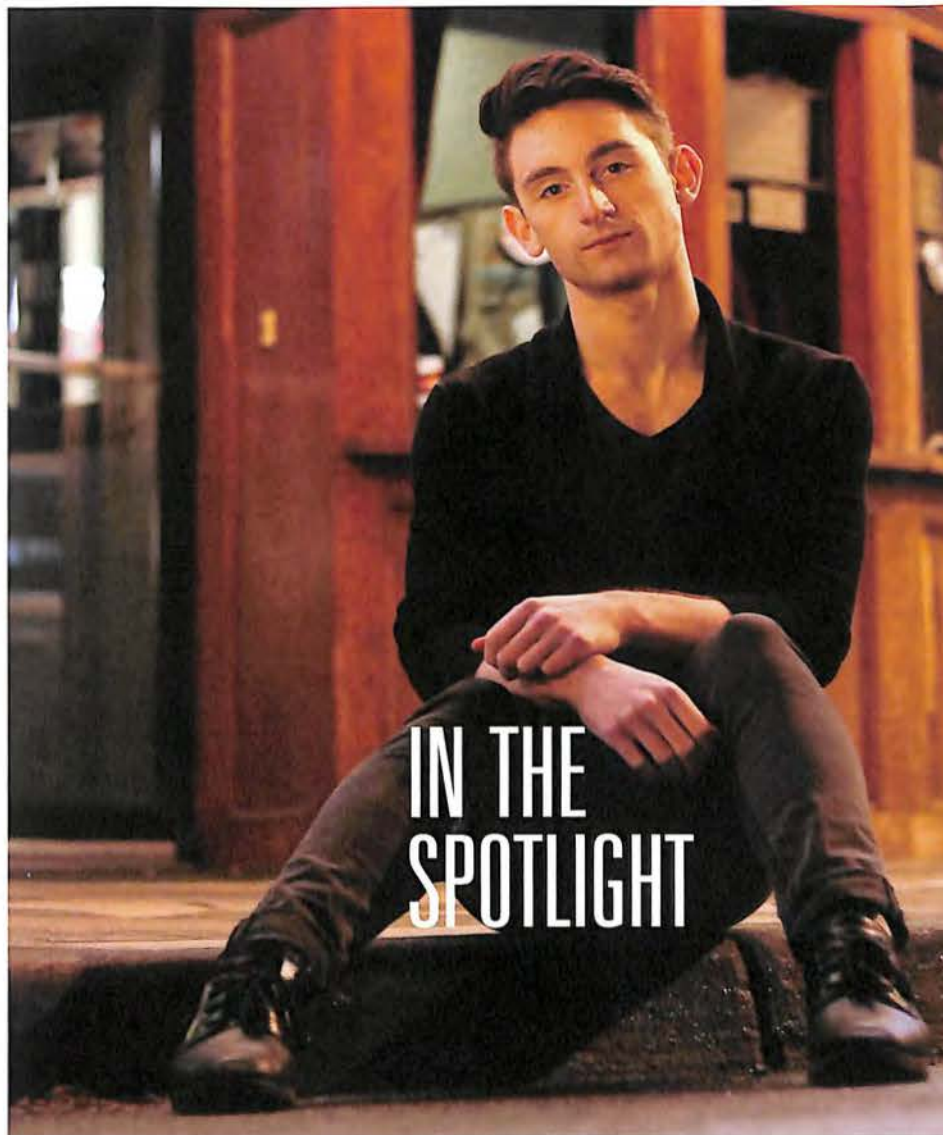
Anna Elmore-Swimming (9-10), Academic Team (11-12), FCCLA (10), Knight and Day Cafe (9-12), Student Helper (10-12)
Savannah Estep-Art Club (9-10), Book Club (9-10), AVID (9-10), SOS (9-10)
Brittany Ferguson-Archery Club (9-12)
Larissa Ferrari-Souza-Competition Cheer (9), DECA (12), FCA (10-12), Key Club (11-12), Spanish Club (12), Two Hearts Foundation (12), Student Athletic Trainer (11-12)
Jill Fidler-Art Club (10), Key Club (12), Student Helper (10-11)



Ashley Fimmel- Art Club (10-12)
Jessica Firchau-Concert Band (9)
Lyndsay Firchau-Color Guard (11-12), Choir (11-12)
Calli Flippon-Varsity Volleyball (9-12), Varsity Basketball (9-12, 2nd Team All-Conference 10-11), Tennis (11), Beta Club Vice President (12), FCA (9-12), Key Club (11-12), National Latin Honor Society (11), Pop Club (9), SCA President (11-12), Two Hearts Foundation (9, 11-12, Vice President 11-12), Class Treasurer (9-10)
Davis Fore-Lacrosse (9-12), FCCLA (10), Knight and Day Cafe (9-10)



"Show biz is in my blood," senior Joey d'Alelio said. "My oldest brother was a dancer. My mom was a music theater major. I was raised on it."



Joey was on a competitive dance team

for seven years before moving to the Southwest Virginia Ballet as an apprentice and later auditioned and secured his spot.

"Ballet is art in motion. It's a core component of dance," he said. "But I also love tap because of all the intricate sounds I can make. I get to discover different sounds and patterns I can make. It's like percussion with my feet."

As a competitive dancer, Joey traveled all over the East Coast and California.

"Now that I'm in the ballet company, I dance with professional dancers who come to Roanoke to teach from as far as away Spain. We also danced with the Richmond Ballet," he said. "It's a great opportunity to be exposed to these professional dancers, their way of life and the way they handle themselves in class."

In addition to dancing,

Joey added photography and videography to his resume.

"Film has always fascinated me. My passion is art. I see film and photography as other art forms," he said. "My ultimate goal is to double major in acting for film and business entertainment. Acting programs are hard to get into. If I don't get accepted, I'll start with my business major, take acting classes, and try again sophomore year."

"Acting falls into the film industry I find so fascinating. I love going to movies to studying the actors," he said. "I think studying acting is will open another door into show biz. I don't have a specific career path in mind, but as long as I'm in the industry, I'll be happy. Whether it's dance or acting or being on a show. If it's in show business, I want to do it."



"I was jumping around between different sports."

Weston said. "I fell in love with lacrosse."

Chris always knew playing college lacrosse was part of his game plan. The University of Mary Washington's reputation in the sport drew him to the campus. He also visited the University of Tampa but felt disconnected from home.



SCOOPING OPPORTUNITY

Senior Chris Weston got his start in lacrosse in fourth grade, and never looked back.

"The atmosphere in Florida didn't feel like home," he said. "There were no mountains, and it was 75 degrees and humid even in late October. My family wouldn't be able to make it to very many games, either. I ruled Tampa out shortly after my visit. At that point, I started to realize what a perfect fit Mary Washington was. I had visited three times, once at an open house to speak with the coaches, and twice at prospect days."

When his former teammates, Nick Bondurant and Davis Perkins, committed to play for the school, he said the deal was sealed. "I was a junior when it became a top contender on my college search," he said. "I had been considering several other colleges mostly in the Division II and III range at that time," Chris said.

"I loved the location, the atmosphere, the players, the facilities - everything about the school. In early June, I went on my second prospect day trip to the Mary Washington campus. That day went unusually well for me on the field, and I was offered a spot the next day while on the way home," he said. "I was so excited to be an Eagle."





Thomas Forest- Varsity Baseball (10-12)
Alayna Foutz- Varsity Volleyball (9-12, 1st Team All-Conference, 2nd Team All-Region Libero, 1st Team All Timesland, Capt. 11-12), Beta (12), FCA (9-12), Key Club (9-12), Knight News (10-11), Latin Club (9-11), National Latin Honor Society (11), Pep Club (9-11), SCA (9-12), Secretary 9, VP 10, President 11-12), Student Helper (12), Two Hearts Foundation (9,11-12)
Darian Fox- Beta (12), Drama (9-12), Prevention Club (12), Green Club (12)
Abby Frazier- Varsity Soccer (9-12, 2nd Team All-District 11), Beta (12), SCA (12), Student Helper (9-11)
George Funk- Varsity Soccer (9-12, 1st Team All-District 11), SCA (12)



Lance Garrett- Marching Band (10-12, Saxophones Section Leader 12), Jazz Band (9-12), Symphonic Band (11-12), Concert Band (9-10)
Matt Gliniecki- JV Football (9-10), Varsity Football (10-12), Varsity Baseball (9-12), JV Baseball (9), DECA (12), Key Club (12)
David Goerner- Beta Club (12)
Christy Goldsmith- Varsity Volleyball (11-12), JV Volleyball (9-10), Tennis (9-12), Outdoor Track (11), Beta (12), FCA (9-10), Green Club (9-11), Key Club (11), Student Helper (11), Two Hearts Foundation (9,11-12)
Kyndal Grammer- Beta (12), FCA (9-10), National Spanish Honor Society (10-12), Student Helper (11)



Andrew Grider- Cross Country (9-12, Captain 12), Indoor Track (11-12), Outdoor Track (9-12), Beta Club (12)
Dwayne Hale
Natalie Hamilton- Key Club (11), SCA (12), Student Helper (9), Two Hearts Foundation (12)
Daniel Haroules- Marching Band (9-12), Symphonic Band (11-12), Concert Band (9-12, achieved straight 1's in concert festival, straight superiors)
Laurel Harris- JV Soccer (9, captain), Varsity Soccer (10-12), Beta Club (12), FCA (9), Green Club (12), Key Club (11-12), SCA (12), Two Hearts Foundation (9, 11-12)



Trey Harris- Archery (10-12), Beta (12), Latin Honor Soc. (11)
Meagan Harrison- Varsity Volleyball (10-12, captain 12), JV Volleyball (9, captain), Beta (12), French Club (9), National French Honor Society (11), Key Club (11-12), Pep Club (11-12), SCA (11-12), Two Hearts Foundation (9, 11-12)
Jennifer Hartman- Varsity Basketball (11-12), JV Basketball (9-10, captain 9-10), Symphonic Band (11-12), Concert Band (9-10), Beta Secretary (12), Key Club (9), Pep Club (9-11, secretary 10, VP 11), Student Helper (11)
Alexander Hernandez- Academic Team (10-11), Archery Club (10-12), Beta (12), FBLA (9-10), Math Club (10), Spanish Club (11), Spanish Honor Society (10-12), Skills USA (12)
Brody Hicks- Varsity Basketball (9-12), Beta (12), Latin Honor Society (11-12), SCA (11-12), Guidance Runner (11-12), Homecoming Prince (12)



Ethan Hoepfner- Academic Team (9-12), Beta Club (12), Green Club (11)
Shannon Holsinger- JV Volleyball (9), Varsity Volleyball (10-12), FBLA (11), FCA (9-12), FCCLA (11), Film Club (11), Green Club (10-12), Key Club (10-12), Knight News (9-12), Pep Club (9-10), SCA (10,11), Two Hearts Foundation (9,11)
Natalie Horn- Art Club (9-10), Beta Club (12), French Club (9-10), National French Honor Society (11), Green Club (10), Newspaper (10-11, Editor 12)
Kayla Horton- Drama (12)
Jonathan Howard



Lauren Huff- Varsity Soccer (9-12, Honorable Mention 9; 2nd Team All-District 10-11; 2nd Team All-Timesland 11; Conference 32 1st Team 11), FCA (9), FCCLA (9), Key Club (12)
William Franklin Inman, III- Beta Club (12), Green Club (12), Pep Club (9)
Kaitlyn Ireland- Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Competition Cheer (9-12), Key Club (11-12), SCA (12)
Elise Jarema- Varsity Soccer (10-12), JV Soccer (9), FCCLA (9,11), Student Helper (9)
Michael Jennings- Marching Band (9-12), Concert Band (9,12), Symphonic Band (10-12), Beta Club (12), Science Fiction Club (10-12), Spanish Club (11-12), National Spanish Honor Society (12)

John Jirout- Golf (11-12), DECA (12), FCCLA (9), Key Club (9)
Macy Judge- FCCLA (10)
Steven Kabath- JV Football (9-10), Varsity Volleyball (11), Wrestling (9-12), Outdoor Track (9-11), Beta Club (12), DECA (12), FCA (9-10), French Club (9-10), Key Club (9-10)
Zach Kanode- Indoor Track (10-12), Varsity (10-12), JV Soccer (9), DECA (12), Green Club (12)
Chandler Kelster- Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Competition Cheer (9-12), Beta Club (12), FCCLA (11)
Luke Kelley- Lacrosse (9-12, captain 12)



Josh Key- Marching Band (9-11), Academic Team (9-11), Archery Club (10), Spanish Club (11), National Spanish Society (11), Beta (12)
Hammza Khan- Key Club (11-12), SCA (12), Student Helper (12)
Justin King- Indoor Track (10), Beta (12), National Spanish Honor Society (12)
Matthew Kingery
Karah Kittinger- Beta (12), FCCLA (11), Key Club (11-12)
Byron Kramer



Molly Kwitny- Softball (10, JV 9), Lacrosse (11-12), Beta, Green (11-12), Pop (10), Spanish (11-12), Spanish H.S. (10-12), Yearbook (9-11, Co-Editor 10-11), Social Studies, H.S. (11-12), Prevention (10-12, VP)
Roshni Lalchandani- Color Guard (8-12, Cpt.), Academic Team (9-12, VP), Beta, FBLA (9), Green (10-12), Key (9-12, Sec, Pres), Knight News (10-11), Latin (9-10), Latin H.S. (11-12), Newspaper (9), Pep (9-11, Sec, VP), Two Hearts (9-12), Prevention (10-12, Sec, Pres)
Justin Larkin- Varsity Baseball (10-12, Cpt 12), JV Baseball (9), Beta (12), FCA (9-10), Key Club (11-12), SCA (12)
Madeleine Lawson- XC (10), Swim (9,11-12), Indoor Track (10), Track (9-12), Band, March (9-12, Sec, Lead 12), Jazz (9), Symph. (10-12), Concert (9, 2nd Ch. All-District, All-County), Academic Team (9), Beta (12), Latin (9-10), Latin H.S. (10-12), Sci FV (11)
Morgan Leftwich- Softball (9), Beta, FCCLA, Student Adv. Council (9-12)
Tiffany Lester- Track, Choir, Color Guard (12), Archery, FCCLA (9-12)



Tanner Likens- Varsity Football (9-12), JV Football (9-10), DECA (12)
Lexi Link- Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Competition Cheer (9-12), Indoor Track (12), Outdoor Track (12), FCA (9-12), FCCLA (12), Key Club (12), Student Helper (9-12)
Shelton Link- Wrestling (9)
Christian Loop- Indoor Track (11-12), Varsity Soccer (11-12), JV Soccer (9-10), Marching Band (9-12), Symphonic Band (10-12), Concert Band (9), Beta Club (12), DECA (12), Film Club (9-10)
Mason Lowen- Lacrosse (9-12), Beta Club (12), Key Club (11-12), Student Helper (11)
Savannah Lucas- Beta Club (12), Knight News (11-12)

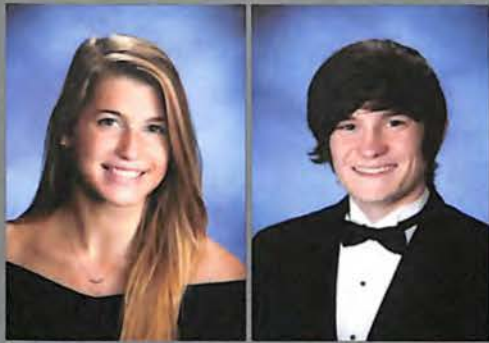


Christa Madison- DECA (12), Prevention (10-12), FCA (10-12), Key Club (10-12), Spanish Club (9-10), Green Club (10-12), President 12
Miranda Mallory- Cross Country (11-12), JV Volleyball (9-10), JV Basketball (9-10), Varsity Basketball (11-12), Lacrosse (11-12), FCCLA (9-10), Pop Club (9-10), Yearbook (9-11)
Kassie Martin- FCCLA (11)
Katarina Martin- Cross Country (9-11), Indoor Track (9-10), Key Club (10-11), Swimming (11), Prevention Club (12), Green Club (12), Beta
Skyler Mattox- Varsity Soccer (9-12, First Team All-District 9-11, Joint Team Highest Scorer 9, Offensive MVP 9-11, Second Team All-Region 10, First Team All-Region 11, Second Team All-State 11, First Team All-Timesland, Leading Goal Scorer Team and District 10-11), DECA (9-12), FCCLA (9)
Josh McCray- Wrestling (9-12)



Connor McKeown- Varsity Football (11-12), JV Football (9), Varsity Baseball (12)
Johnny Mead- Golf (9), Varsity Baseball (11), Lacrosse (9)
Autumn Mehta- Cross Country (9,10), Indoor Track (9-11), Outdoor Track (9-11), DECA (12), FCCLA (11-12), Green Club (11), Key Club (11-12), Knight and Day Cafe (9), Spanish Club (11)
Matt Merhoff- Indoor Track (10-11), Varsity Soccer (11-12), JV Soccer (9-10, Captain 10), DECA (12)
Khalla Mickens- Marching Band (10-12), Debate Team (10-12), National Spanish Honor Society (11-12), Green Club (12), Beta (12), Band (12)
Casey Milan- Swimming (9-12, Most Dedicated Female 10-11), Outdoor Track (9, Most Dedicated Female), Student Helper (12)





“When people hear my name, they know I’m a dancer. It’s who I am. I don’t know who I’d be without it,” Hamilton said. “I’ve always loved to dance. I can’t remember a time when I didn’t. When I was really young, I loved dancing around with my family, so my mom put me in dance classes at age five,” she said.

After moving to Roanoke from Pittsburgh in eighth grade, Natalie found herself at a loss for direction.

“It was difficult when I moved here,” she said. “I tried, but I had grown out of the local studios. I came from a big city that had lots of opportunities. It took a while for me to find a studio where I felt comfortable and that challenged me. I found my place and ways to cope. I figured out how to make it work for me,” Hamilton said.



Natalie traveled to Blacksburg several evenings per week for her dance classes. “Dance Tech is a different atmosphere, and I found my place there,” she said. “I’m on their competition team in jazz, contemporary, ballet, and hip hop. They’re the best in the area.”

With that company, she traveled the country to weekend dance conventions, taking classes with famous choreographers.

“Dance has taught me to be a better person because of the people I’ve met, struggles I’ve faced, and the discipline required to be a dancer. Through auditions, I’ve learned how to be respectful and poised. Dance is a very diverse industry that’s taught me acceptance and opened my eyes to new types of people. I believe everyone has something to offer, and I plan to be one of them,” Hamilton said.

DANCE IS LIFE

Dancing her way across the nation, Natalie Hamilton has big plans to fulfill her lifelong dream



KIND OF SKETCHY

Paints, brushes, pencils and canvases are just tools of the trade for senior Valentin Paz-Tello.

"I've been interested in art since I was little

because I love the challenge," Valentin said. "I like to challenge myself to do a lot of detail. Even though it's tough, it's fun if you know what you're doing. I want to be a professional illustrator," Paz-Tello said.

"I'm working mostly on watercolor," he said. "I work in a lot of mediums: colored pencil, acrylic, graphite, but I like watercolor the most."

"I like Picasso's style," Valentin said. "He's one of the big ones."





Hunter Mollica- Cross Country (9-12, Captain 12), All-District (11-12), Indoor Track (9-12, Captain 11-12), Outdoor Track (9-12, Captain 11-12), Beta Club (12)
Sam Molloy- FCA (9-10), FCCLA (10-11), French (10-11), Pep Club (9)
Hannah Mone- Indoor Track (10), Varsity Soccer (11-12), JV Soccer (9-10), FCCLA (11), Key Club (11-12), Two Hearts Foundation (9, 11-12)
Maddi Monsour- JV Soccer (9-10, captain 10), Beta Club (12), DECA (12), FBLA (9), FCA leadership (9-12), FCCLA (9-11), Green Club (11-12), Key Club (10-12), Knight News (9-12), Newspaper (9), Pep Club (11), SCA (9-12), Pres 9, Class Rep 10-11, Student Helper (11-12), Two Hearts (9, 11-12, volunteer coordinator 11-12), Homecoming Princess
Kevin Moody- Marching Band (9-12), Jazz Band (9-12), Drama (9-12), Film Club (9-11), Forensics (9-12), French (9-12), Knight Notes (9), Science Fiction Club (9-11)



Rod Morgan- Symphonic Band (9-12, placed first with the band at District Assessment with a score of straight superiors, 2 years in a row), Key Club (11), Spanish Club (10-11), National Spanish Honor Society (11-12)
Jillian Morganello- Beta Club (12), FCCLA (11)
Sabrina Munkhbaatar- Beta Club (12), Choir (12), Green Club (10, 12)
Selena Munkhbaatar- Beta Club (12), Choir (12), Green Club (12)
Cheyenne Muse- Drill Team (9), Choir (12), Green Club (12)



Tessa Muzzy- Swimming (9-12), JV Soccer (9), Beta (12), SCA (12)
Brittany Myers- FCCLA (9-11)
Olivia Nepper- Indoor Track (9, 11-12), Varsity Soccer (11-12), JV Soccer (10), Outdoor Track (9), FCA (9-11), Key Club (9), Pep Club (9-11), Student Helper (9-12), Two Hearts Foundation (9-11), Yearbook (10)
Anjuma Nesanet
Andre Nguyen- JV Soccer (9), Varsity Soccer (10), Concert Band (9), Beta Club (12)



Dylan Overfelt- JV Football (9-10), Varsity Football (11-12), Beta Club (12)
Kinsey Overfelt- JV Softball (9), Varsity Softball (10-12), Beta Club (12), FCCLA (12), Newspaper (12)
Claire Overstreet- JV Softball (9), Marching Band (9-12), Symphonic Band (10-12), Concert Band (9), Beta Club (12)
Nicholas Palmero
Supreet Pannu- JV Football (9), Tennis (10-12), Beta (12), Key Club (9-12), Spanish Club (11-12)



Abby Parker- JV Basketball (9), DECA (12), FCA (12), Student Helper (11-12)
Dhruv Patel- FBLA (10-12)
Isalah Patro- Varsity Soccer (12), DECA (12), Drama (11)
Valentin Paz-Tello- Beta Club (12)
Emma Pendleton- Marching Band (9-12, Section Leader 12), Symphonic Band (11-12), Concert Band (9-10), Archery Club (10), Beta (12), Science Fiction Club 11, Spanish Honor Society (10-12), Student Helper (11-12)



Trey Perdue- Jazz Band (11-12)
Haille Pettersen- Lacrosse (10), Marching Band (9-11), Symphonic Band (10-12), Concert Band (9), Virginia Tech Honor Band (9-11), Art Club (9), National Spanish Honor Society (11)
Jacob Plunkett- Wrestling (9-12), Lacrosse (9), Beta Club (12), National Spanish Honor Society (10)
Seth Poore- Jazz Band (9-11), French Club (9-12)
Brendon Powell

Rachael Powell- Beta Club (12), Choir (9), Spanish Club (12), National Spanish Honor Society (11-12)

Taylor Powell- Green Club (11), Key Club (11-12), Spanish Club (11), National Spanish Honor Society (10-11), Prevention Club (10-12, President 12)

Cal Reeves- Varsity Football (10-12, leadership council 12), JV Football (9-10), Beta Club (12), National Spanish Honor Society (12)

Kyle Roach- Marching Band (9), FBLA (9-10)

Mason Reyer- Varsity Basketball (10-12), JV Basketball (9), Indoor Track (10-11), JV Soccer (9)

Tyler Rice- JV Football (9), Varsity Football (10-12, captain 12, leadership council 9-12, First Team All-Conference Offense and Defense 11)



Christley Richardson- Color Guard (9-12), Beta (12), FCCLA (11-12)

Sam Ring

Jared Roberts- FCCLA (11)

Piper Roe- Varsity Volleyball (9-12, All-State Team 11, 1st Team All 3A West Region 11, 2014 1st Team All-Conference 32 11, 1st Team All-Conference 32 10, 2nd Team All-River Ridge District, 9), Beta Club (12), FCA (9-12), Green Club (10), Key Club (9-12), Knight News (10-11), Pep Club (10), National Spanish Honor Society (9-10), Two Hearts Foundation (9, 11-12)

Sean Romano- Beta Club (12)

Ray Rosarion- JV Basketball (10), Lacrosse (11-12)



Nathan Rose- Academic Team (9-12, Captain 11-12), Beta (12), National Latin Honor Society (12)

Eleah Ruffin- Tennis (9), Outdoor Track (10-12), Academic Team (9), Beta Club (12), FCA (10-12), Green Club (11-12), Key Club (11-12), Spanish Club (11-12), National Spanish Honor Society (10-12), Prevention Club (11-12)

Robert Russell

Mitch Rutigliano- Varsity Soccer (11-12, 2nd Team All-Conference), JV Soccer (10, soccer manager)

Kemper Scott- Cross Country (10-12), JV Football (9), Indoor Track (9-12), Outdoor Track (9-12), Academic Team (10-12), FCA (9-10), Latin Club (10), National Latin Honor Society (11-12)

Charlie Seymour



Zach Shannon- Varsity Basketball (10-12, All-Conference Honorable Mention 11), JV Basketball (9), Varsity Soccer (10-12, 2nd Team All-Conference 10-11), JV Soccer (9), Beta President (12), FCA (9-10), Green Club (10), SCA Vice President (12), Spanish Club (9), Student Helper (10-11), Homecoming King

Daniel Shapiro

Bailey Sharp- Beta Club (12), FCA (9-12), FCCLA (11), Student Helper (9-12)

Noah Sharp- JV Football (9-10), Varsity Basketball (11-12), JV Basketball (10), Beta (12), National Spanish Honor Society (12)

Tiffany Shelton- JV Soccer (10), Outdoor Track (11), Archery Club (10), Drama (9-11), Forensics (10-11)

James Shockley



Tyler Simmons

Patrick Sims- Varsity Football (10), JV Football (10), Yearbook (9)

Hope Sitze- Varsity Volleyball (11-12), JV Volleyball (9-10, Captain 10), FCA (9), Green Club (11-12), Key Club (9-12), Pep Club (9-10), SCA (11), Student Helper (9-11), Two Hearts Foundation (9, 11-12)

Logan Skaff- Varsity Soccer (10-12), JV Soccer (9), Key Club (11-12), Pep Club (9), SCA (11-12), Student Helper (9-12), Two Hearts Foundation (9, 11-12)

Drake Slawson- Varsity Football (11-12), Indoor Track (10-12), Outdoor Track (10-12), FCA (12)

Lauren Slough- Varsity Volleyball (11-12), JV Volleyball (9-10), Beta Club (12), FBLA (11), FCA (9-12), Two Hearts Foundation (11-12), Yearbook (12)



Summer Smith- JV Basketball (10), Indoor Track (11-12), Outdoor Track (9-12), FCCLA (11)

Kaitlyn Spangler- Beta (12), FBLA (9), French Club (9-11), Key Club (11), SCA Secretary (12), Student Helper (11-12)

Mark Stanislac- Varsity Soccer (9-12), Beta (12), Green Club (12)

Jordan Stovall- JV Football (9), Varsity Football (10-12, 2nd Team All-Conference, captain 12), JV Baseball (9), Varsity Baseball (9-12, All-Conference Honorable Mention 11-12), Beta Club (12), DECA (12), Green Club (10), Key Club (12)

James Stover- DECA (9-10, VP 10), Knightly News (11), Senior Video (12), FBLA (11), FCCLA (12)

Jordan Swain





Ada Wellford told her story through pictures and videos.

The senior's passion for media

was not instant, but grew with time.

"I didn't have an interest until I went to Burton," she said. "At first, I didn't want to go. To apply, I had to write a 300 word essay. I was in eighth grade at the time, so 300 words seemed like a lot. My dad convinced me apply and to write the essay."



IN THE SPOTLIGHT

"As soon as I held a camera, I realized it was something I wanted to do."

During the summer, she interned for Dave Perry Photography.

"We worked on a short film," she said. "It was stressful. Even though I was just a personal assistant and getting coffee sometimes, it was a good experience."

As executive producer of the senior video, she enforced deadlines among other things.

"My teacher gave me the position because he saw I care about it and want to make sure the senior class gets a good video," she said.

Her passion for storytelling influenced the senior video.

"I love storytelling whether through a photograph or film. It doesn't matter what the story is about. I just love to put a twist to the story and tell it to people the way I want to," she said.

Family and faith played a part in senior Brody Hicks' decision to play basketball for Liberty University.

GAME ON

"My parents stressed to me

the importance finding a place where I felt comfortable, even without basketball in the picture," he said. "Liberty seemed like a good fit both academically and spiritually."

During a summer basketball camp, Brody worked with the college's coaches.

"Once they said they wanted me for basketball, I knew Liberty was the winner hands down. Liberty didn't necessarily offer more in terms of scholarships. It was about my comfort level at the school."

"They made me feel like I was important to them. The new coach and I talked a lot, and he told me I could be part of something new and something very special," he said. "Plus, being close to home was a definite factor. It will be cool to look up and see my family and friends cheering me on in the stands."

He said his family had played basketball for years.

"It was never mandatory, but I probably started dribbling about the time I started walking. I am competitive, and I never could find the level of competition I have in basketball with any other sport. I tried, but it just wasn't the same," Hicks said.





Ransom Sweeney- FBLA (9), Archery Club (10),
John Swisher-Varsity Football (10-12, Captain 12), JV
 Football (9-10), Beta (12), Knight
Justin Swisher- Beta Club (12)
Lidya Tadesse-Symphonic Band (10), Concert Band (9), Beta
 Club (12), French Club (9-12, Treasurer 10-11), National
 French Honor Society (11-12), Green Club (11-12), Key Club
 (10-12), Prevention Club (10-12, Treasurer 11, Secretary 12),
 National Social Studies Honor Society (11-12), Class
 Secretary 12
Aaron Tate- Varsity Football (11-12), JV Football (10), Indoor
 Track (12), Outdoor Track (11-12)



James Taylor- Student Helper (12)
Samantha Taylor
Kyle Timmermann- Indoor Track (9-12, 2nd State High Jump
 11), Outdoor Track (9-12)
Morgan Todd- Indoor Track (11-12), Varsity Soccer (9-12, 2nd
 Team All-Conference 10, 1st team All-Conference and Region,
 2nd team All-State 11), Beta Club (12), FCA (11-12), Key Club
 (11-12), Knight News (11), SCA (11-12), Spanish Club (11),
 National Spanish Honor Society (10-12), Two Hearts
 Foundation (11-12)
Austin Tolley- Varsity Football (10-12), JV Football (10)



Jessica Trayer- FBLA (9), Green Club (12), Key Club (12),
 National Spanish Honor Society (10-12)
Michaela Trout- Library Helper (10-12)
Clay Trump
Sarah Vaden- FBLA (11)
Delaney Waller- Lacrosse (10-12, captain 10-11), Beta Club
 (12), Yearbook (10-11), National Spanish Honor Society (11-
 12), Spanish Club (12)



Cameron Walls- Building Trades (9-11), Masonry (12)
Ada Wellford- Varsity Basketball (11), JV Basketball (9-10),
 Concert Band (9), Beta Club (12), Green Club (11-12),
 Knightly News (11), Latin Club (9-10), Two Hearts
 Foundation (11), Senior Video (12)
Noah Wells- Archery Club (10-11), Beta Club (12), FCA (10-
 11), Knight News (9), Newspaper (9-11), Spanish Club (11-12,
 Officer 12)
Chris Weston- Lacrosse (9-12, JV captain 9-10, varsity
 captain 12, All-SWVA Honorable Mention, 2nd Team All-
 SWVA 11, 1st team All-SWVA 12), FCA (9-10), Spanish Club
 (9), Student Helper (9-10, 12)
Paul Wheelock- Golf (9-12), Beta Club (12)



Taylor White- Varsity Basketball (9-12, captain), Outdoor
 Track (9-12, captain), Concert Band (9-11), Newspaper (12)
Tate Whiteside- TSA (11),
Kieran Wigglesworth- Swimming (10-12), Art Club (11), Key
 Club (11-12)
Ryan Williams- Beta (12), Concert Band (9), Student Helper
 (11)
Taylor Williams- Beta Club (12), FCCLA (11-12), Student
 Helper (11)



Kelsie Wingo- Outdoor Track (9), FBLA (11), FCCLA (11),
 Student Helper (9-10)
Nadine Witte- Beta (12), Choir (12)
Carmen Wright- Art Club (12), Beta (12), FCCLA (10-11) Key
 Club (12), Student Helper (10-11)

JUNIORS

Ieshia Ahmed
Noah Alexander
Maha Ali
Alyssa Allder
Alex Allredge
Stephen Allen
Austin Alouf
John Alouf
Sean Altice
Carlos Amaral



Paige Assaid
Nick Axt
Trevor Ayersman
Joshua Baier
Kayce Baker
Lexi Bamber
Anastasia Barabanchuk
Sean Barker
Megan Benzie
Michael Berberich



Clayton Berger
Madison Bird
Chey Bocanegra
Christian Boone
Joshua Brandenburg
Sydney Brenner
Alex Brown
Connor Brumbaugh
Cole Bunn
Connor Bunn



Chloe Bush
Noah Bushman
Stephen Cacciatore
Zane Callahan
Drew Cannaday
Josh Carter
Joseph Casazza
David Cattigan
Benjamin Chapman
Sarabeth Chapmon



Landon Chasteen
Sarah Christensen
Breanna Christley
Haley Clark
Marquis Cobbs
Edana Colegrove
Alaina Coleman
Alexander Coleman
David Collier
Ryann Collins

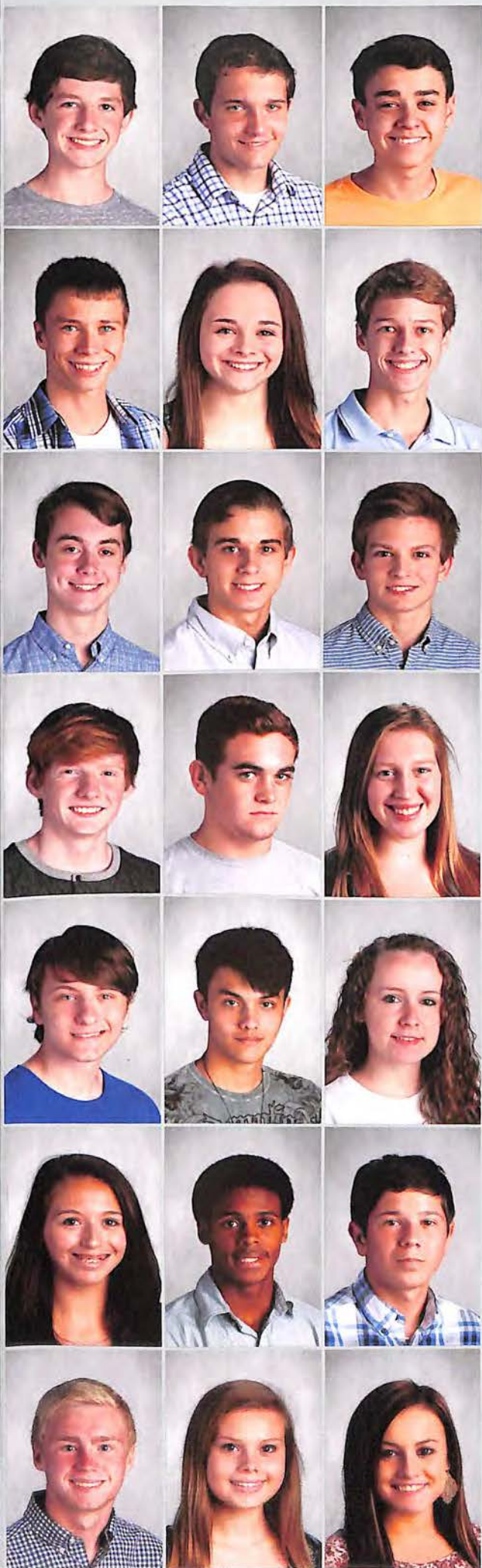


Morgan Cundiff
Amber Cunningham
Wyeth Davis
Braden Dean
Alexander DeHart
Jordan Doyle
Kate Drinkwater
Sarah Durica
Devin Duviella
Zach Early



Austin Edge
Cory Ensor
Zolboo Erdenebaatar
Ryan Eubank
Annie Fentress
Corbin Fentress
Lucca Ferrari
Alex File
Lynn Fimbel
Rachel Finch





BLUSHING BEAUTY

She painted canvases of a different type: faces.

"I look at makeup as an art," the junior said. "But you do it on your face. Not everybody can do it. It takes talent. I like being able to change the way someone looks and help their self esteem."

Beauty pageants provided her training ground.

"There were girls in the pageant who didn't know how to do their makeup, so I helped them. I was able to make money, so I decided to pursue my makeup license," she said.

Ahmed put her skills to work.

"Over the summer, I was bored and wanted money, but I wanted to do something I enjoyed. I wanted a job that didn't feel like a job to me," she said. "My aunt is a hairdresser who's licensed in makeup, so she helped me get my license. I did some weddings, proms and senior portraits. The wedding was by far the best thing I did because it was emotional."

Word of her abilities spread online as well.

"I was in a pageant, and they wanted to see my talent. After I told them I did makeup, and they genuinely wanted to see what I could do at the time for my age. So I made a YouTube video, and that helped me get into the top five," she said. "YouTube is one of those things you do when you're bored during the summer thinking maybe someone will watch it. But then people started watching and started talking about me at school."



Ileshia Ahmed brushed on cosmetics to create her art.

For junior Logan Kenny,
what started by accident
became his greatest passion



PATRIOT GAMES

“When I was in elementary school, I was fascinated by the Revolutionary War.

I bought a DVD thinking it was about the patriots of that time period. Instead it was about the New England Patriots football team. Ever since, I have been hooked,” Kenny said.

“I became addicted to the Patriots. Within a year, I learned everything there was to know about the franchise: the players, their positions, their stats, the team’s championships, records, pretty much everything,” he said.

Logan decked out his room in Patriots gear, including life-size wall decals of Tom Brady.

Logan’s brother secretly sent a letter to Brady who followed up with a birthday message and an autographed picture for Logan’s birthday. The family “jumped on the bandwagon because I liked them,” he said. Even Ace the dog sported his Patriots bandana on game days.

During a trip to Dallas in the fall, Logan attended a Patriots/Cowboys game. “Of course, the Patriots beat the socks off the Cowboys 30-3! But it got even better when Tom Brady gave me a high five. It was unreal,” he said.

“During last year’s Super Bowl, I think I went a little too crazy,” Logan said. “I got so excited, I almost kicked a hole in the floor.”





Brittanie Fisher
 Claire Flowers
 Lydia Floyd
 James Forest
 Alex Foutz
 Ryan Francis
 Sally Francis
 Dillon Frost
 Haley Fugate
 Jake Furrow



Joseph Gallagher
 Vinay Garimella
 Kristen Garrett
 Allie Gaylord
 Lucas Gerl
 Cara Ghaphery
 Sergio Gil-Gutierrez
 Lauren Gill
 Katelyn Goad
 Juliana Goodrich



Brianna Goodwin
 Nathan Gregory
 Austin Griffith
 Josh Grubb
 Brayden Guthrie
 Caleb Hadfield
 Mackenzie Hamby
 Mary Hamby
 Jackson Harbeson
 Brenna Harman



Mackenzie Harris
 Madeline Harrison
 Brandon Hatcher
 Laurin Hatcher
 Baker Haviland
 Cody Hayden
 Nefe Heath
 Nicholas Heslep
 Spencer Hickam
 Michael Hill



Jamie Houck
 Christian Howes
 Robert Hrysenko
 Ann Jackson
 Kelty Jansen
 Elisabeth Jones
 Tyler Jones
 Alex Kanode
 Alec Kendrick
 Ace Kenny



Logan Kenny
 Taylor Kesler
 Audrey Kidd
 John Kim
 Robert Kinder
 Michael Klick
 Capers Koloda
 Carson Koloda
 Michael Koloda
 April Kolozvary



Mikey Kray
 Matt Kvasnicka
 Will Kyle
 Jessica Lachowicz
 Amber Laster
 Allie Lawson
 Joshua Lawson
 Sierra Lee
 Bella Lerch
 Jarod Lim

Daniel Link
Morgan Love
Tyler Lunnie
Ethan Mackey
Juliette Mahgerefteh
Walker Mastrangelo
Leigha Matthews
Margaret McDaniel
Josh McGlaughlin



Elyssa McMaster
Alyson Meador
Jordan Mehta
Zachery Meredith
Thomas Milby
Evan Miller
Lillian Mitchell
Noah Mountcastle
Norah Mulinda



Jacob Myers
Joshua Neighbors
Briana Nix
Caroline Nye
Grayson Odham
Britton Olsen
Grace Page
Zachary Page
Deja Paige



Kaelan Patel
Riley Pedigo
Connor Petzen
Emily Phillips
Banner Plumb
Kyle Plunkett
Casey Preuss
Austin Price
Jasmine Price



Chris Qiu
Jason Quakenbush
Cassie Ramsey
Sarah Ramsey
Matt Ray
Christian Reed
Braden Reid
Michael Richardson
Georgia Riffle

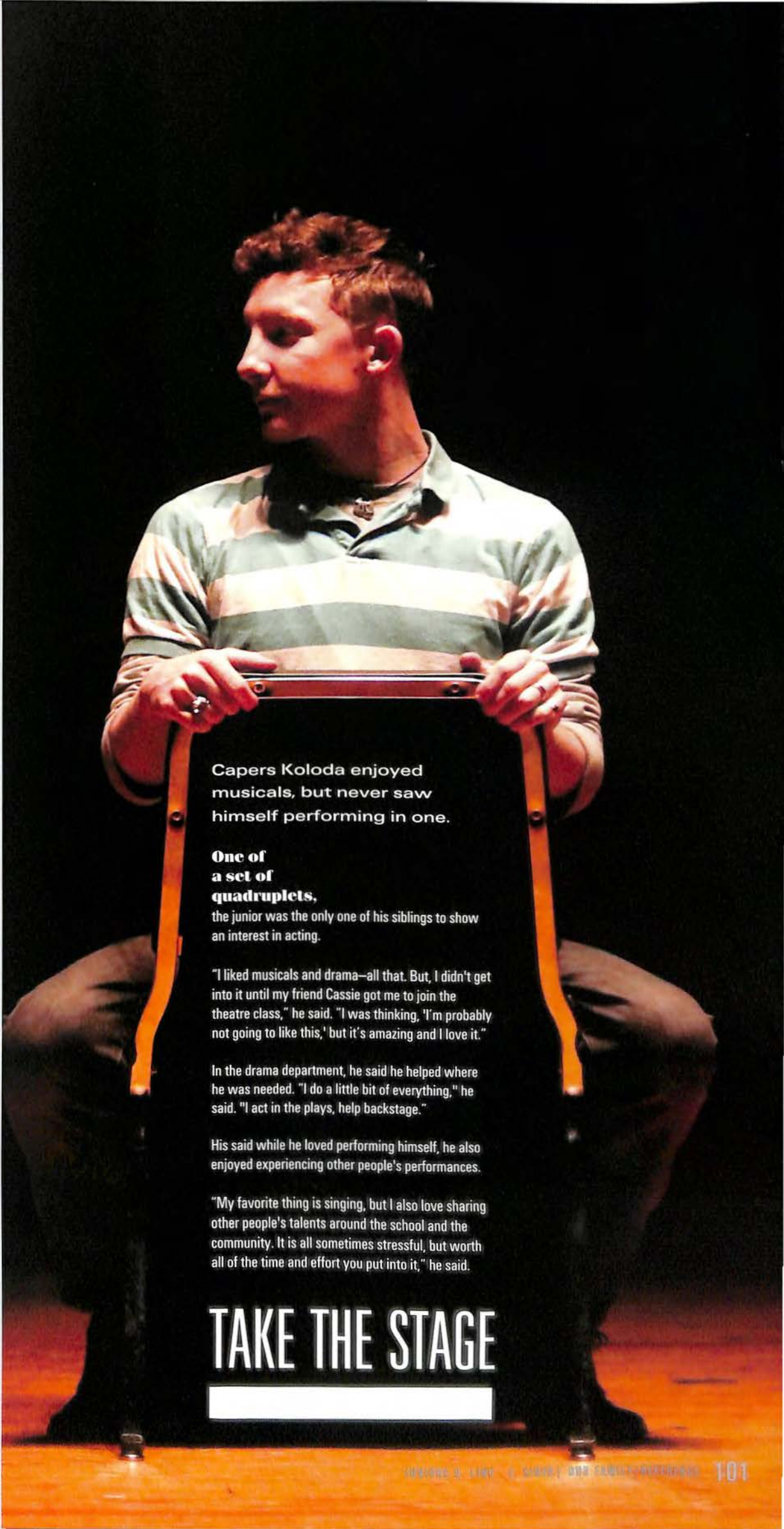


Sarah Riley
Katherine Rimer
Will Rinn
Kaitlyn Roberts
Nigel Robinson
Bianca Roman
Angelo Russo
Zoe Ryder
Mackenzie Saar



Mirnes Sabanija
Jayali Samarasinghe
Taylor Sharp
Erik Sharrer
Anthony Shell
Joey Shelton
Kacie Shepherd
Layne Sigmon
Zachary Siner





Capers Koloda enjoyed musicals, but never saw himself performing in one.

One of a set of quadruplets, the junior was the only one of his siblings to show an interest in acting.

"I liked musicals and drama—all that. But, I didn't get into it until my friend Cassie got me to join the theatre class," he said. "I was thinking, 'I'm probably not going to like this,' but it's amazing and I love it."

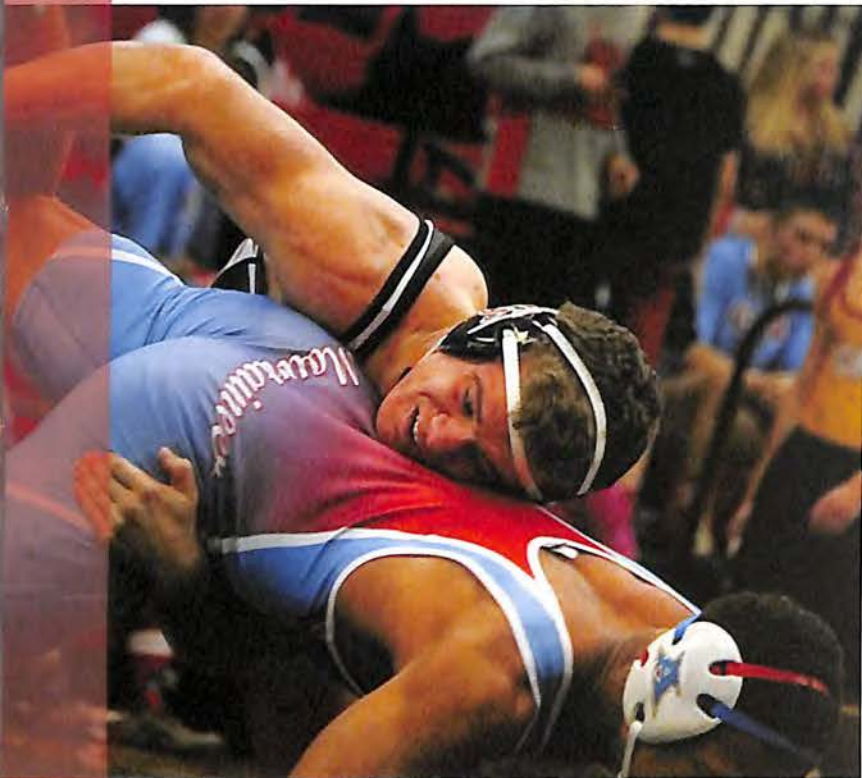
In the drama department, he said he helped where he was needed. "I do a little bit of everything," he said. "I act in the plays, help backstage."

His said while he loved performing himself, he also enjoyed experiencing other people's performances.

"My favorite thing is singing, but I also love sharing other people's talents around the school and the community. It is all sometimes stressful, but worth all of the time and effort you put into it," he said.

TAKE THE STAGE

Noah Bushman
knows how to
put up a fight.



HOLD UP

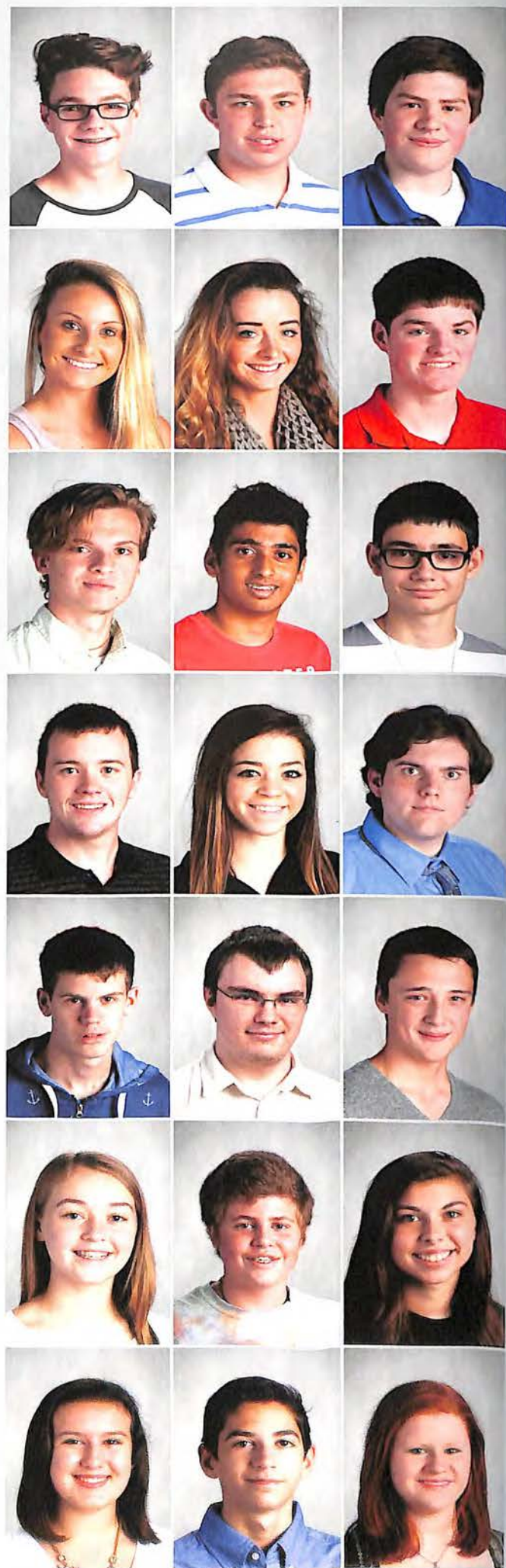
The junior got an early start in wrestling through a youth club at Hidden Valley in the fourth grade, and that team stayed together.

"This group has been together since they were in elementary school," assistant coach Scott Fike said. "For them, failure is not an option. Their focus was to beat Christiansburg, which had 14 state titles."

"As a sophomore, Noah was a NHSCA All-American (National High School Coaches Association)," Fike said. "At its national tournament in Virginia Beach in March, he earned fifth in the country in the 195 weight class. He went to the Ohio Tournament of Champions, the biggest one-day tournament in country, and finished third there. He lost his first match and then won 7 in a row."

As a junior, Bushman clinched his second consecutive state title.

"We challenge each other to be better," Bushman said. "We feed off each other. We never let another guy outdo us, so we are always striving to be better."





Eric Smith
 Jake Smith
 Chris Snodgrass
 Daniel Sortore
 Savanna South
 Stuart Souza
 Dylan Speas
 Leeann Spicciati
 Jacob Spiers
 Nelson Stanley



Morgan Starnes
 Lauren St. Clair
 Jared Steele
 Jacob Stewart
 Madelyn Stone
 Abigail Svec
 Joel Tarpley
 Emily Taylor
 Sarah Thompson
 Liz Troy



Jett Vella
 Abhinav Verelly
 Josh Vest
 Reanna Viliborghi
 Desny Vincent
 Evan Walker
 Grayson Walker
 Kaitlynn Walters
 Zachary Ward
 Alex Weaver



Josh Webb
 Jessica Weber
 Erik Wehner
 Sean Wehner
 Jacob Wheeler
 Nathan Wheeler
 Jason White
 Zhane White
 Luke Whitmer
 Alison Williams



Austin Wilson
 Aidan Wright
 Mason Yopp
 John Zielinski
 Lauren Zion
SOPHOMORES
 Garrett Abshire
 Amruta Acharya
 Caitlin Angell
 Sierra Armstrong



Laken Ayers
 Seth Back
 Mary Grace Baier
 Aaron Baughman
 Taylor Beck
 Alexander Bennett
 Rachel Benton
 Hannah Bibbs
 Spencer Billman
 Nanci Boggs



Becca Bradley
 Jack Brancati
 Kathleen Brett
 Nick Brunn
 Joey Bryant
 Kara Buck
 Ryan Burchett
 Andrew Cagle
 Cameron Caldwell
 Derek Caldwell

10

Faith Carleno
 Jazlyne Carroll
 Caitlin Carter
 Matthew Carter
 Clay Carver
 Cameron Cassidy
 Dakota Chandler
 Thomas Chase
 Carol Chen



Abigail Chernault
 Danny Chumbley
 Dylan Clark
 Zoie Clark
 Christy Cobb
 Alexandra Collier
 Allison Collins
 Lynze Conner
 Maura Conroy



Whitney Cook
 Chloe Crouse
 Julia Cundiff
 Carly Curtis
 Arielle Cutaia
 Mackenzie Cutler
 Amaya Daniels
 Amberlee Davis
 Belle Deleon



Blythe Dellinger
 Reagan Delp
 Zehra Demir
 Jared Dennis
 Mary Dickenson
 Claudia Draper
 Danielle Durrance
 Dominic Duval
 Austin Emery



Alireza Esmaili
 Tyler Fanning
 Joe Ferguson
 Haley Fink
 Ryan Firchau
 Matthew Flores
 Bryce Fothergill
 Rachael French
 Erika Frost



Jamie Fuller
 Mishelle Ganbayar
 Anita Geiger
 Nicholas Gentiluomo
 Hannah Gillispie
 Carter Glenn
 Makena Gormley
 Hannah Graham
 Will Grindstaff



Jaky Grochowski
 Wyatt Hage
 Jaylen Hairston
 Sara Hamilton
 Brianna Hamm
 Kendall Hamm
 Zoe Hannabass
 Willie Harden
 Kinsey Harris



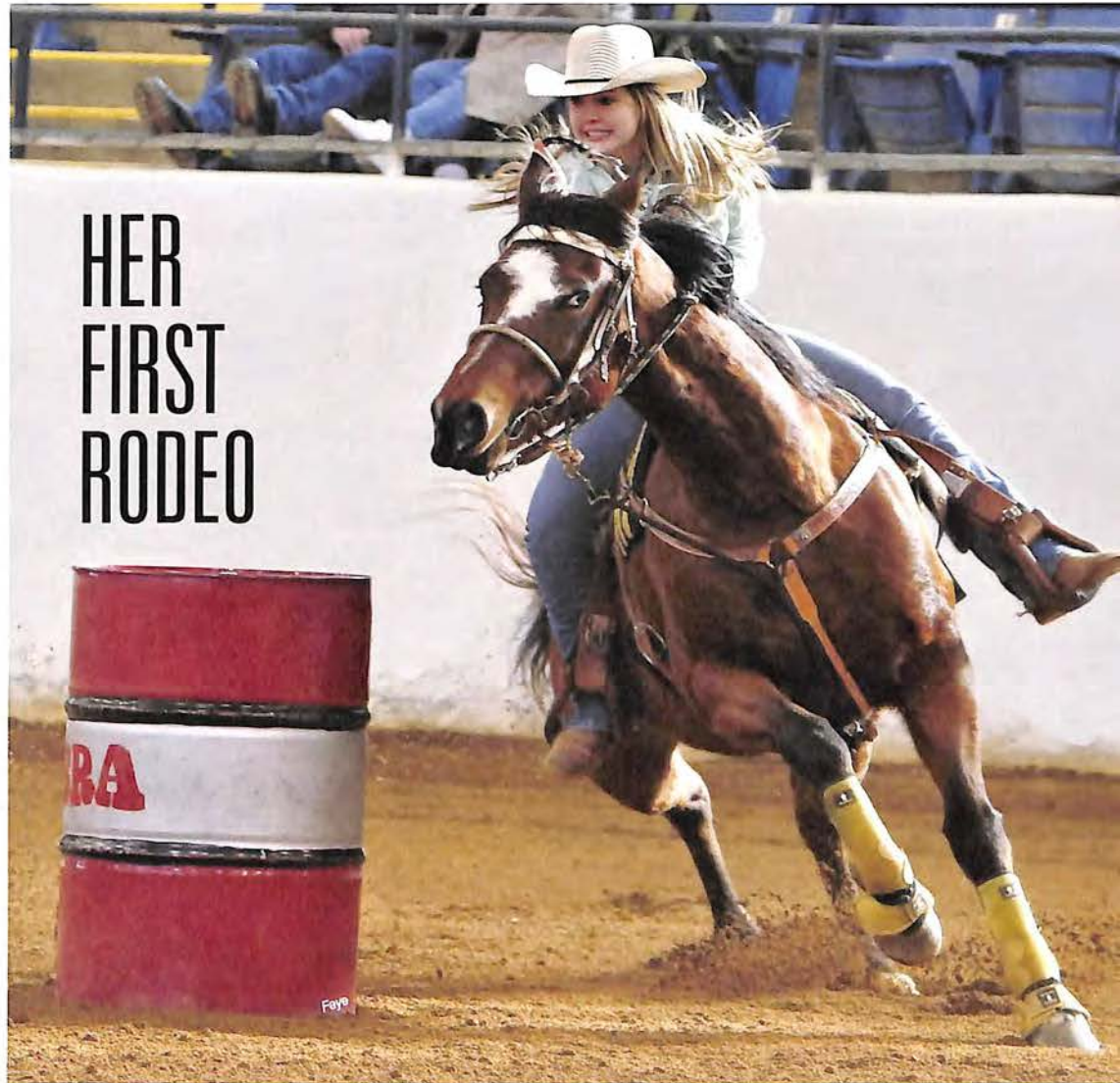


Kendall Hamm grew up riding horses. Then she discovered rodeos.



Even in her first year on a rodeo series, the sophomore found success.

"My first series included one barrel race a month, and I won the series," Hamm said. "I started in a new association in September and qualified for the world finals in Perry, Georgia, in July."



"I train about four to seven hours a week," she said but without trainers. "Nope, it's just Blue and me out there running barrels over and over." Her quarter horse, Blue, was named for her one blue and one brown eye.

Rodeo includes several events, but Kendall's specialty is barrel racing.

"Starting next year, I will start the pole bend event as I move into the high school rodeo competition," she said. "I enjoy the friendships with other riders."



It had nothing to do with military or camo, but Lynze Conner endured her own basic training.

BOOTCAMP BEAUTY



“I went to California for two weeks

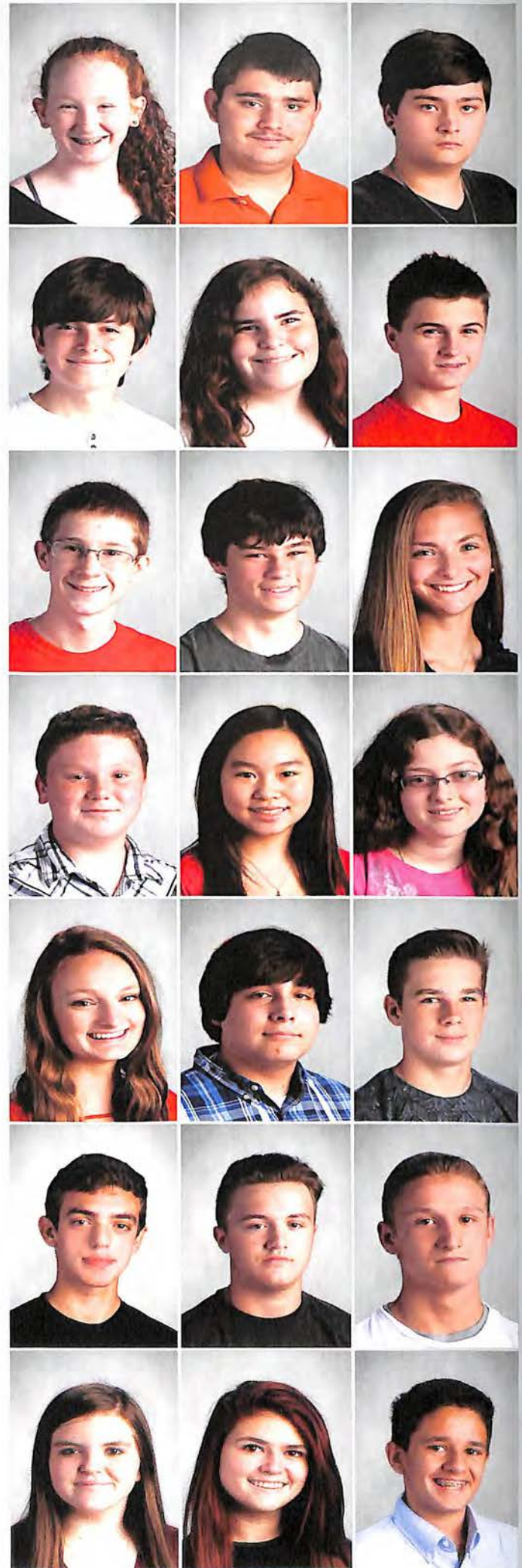
to do a modeling boot camp,” Conner said. “Boot camp is where they train models how to walk and how to pose. They would make us do modeling drills and hold poses for a certain amount of time. I had to do exactly what they said. I had something to do from the time I woke up to the time I went to sleep,” she said. “It was exhausting.”

Lynze’s hard work paid off in the awards she won.

“I placed bronze and gold for my two modeling categories,” she said.

She had been competing in pageants for four years

“I wasn’t well known when I first became interested in modeling. I have a team of people and a few coaches who are helping me,” she said.





Erin Harrison
Jacob Harrison
Andrew Hayes
Dawson Hicks
Noah Hinchee
Krystal Hodge
Trey Hodson
Caieb Holland
Erin Holt
Ben Howard



Matthew Hudson
Sophia Huffman
Jon Huggins
Shemar Hutchinson
Rabia Ikram
Haley Ingle
Claudia Jarema
Maddie Jenkins
Corrie Johnson
Alexis Kegeler



Colton Kent
Sam Kidwell
Allie Knight
Jon Lachowicz
Sierra Landsman
Joslynn Lankford
Carter Lawrence
Casey Lawrence
Lexi Lawrence
Brooke Leftwich



Evan Levy
Lili Lin
Kathleen Linsenman
Robert Linsenman
William Liu
Brook Ludy
Janae Lungren
Ian Lynch
Schuyler Lynch
Emma Martin



Laura Martin
Griffin Mattox
Jace Matze
Maggie Maxwell
Dejon Mayo
Nicholas McGuire
Jaysa McKinley
Journie McQuilkin
Michael Messick
Kevin Mickens



Patrick Millehan
Troy Miller
Andrew Mitchell
Hayden Mitchell
Andrew Monsour
Dakota Moore
Melissa Moran
Ethan Muncy
Emma Muzzy
Logan Neal



Kaitlin Nix
Kylie Oakley
Dino Oikonomou
Nick Orange
Trey Orr
Dakota Palmero
Ryan Palmero
Gabbi Parulis
Brij Patel
Alexandria Patro

Lily Perkins
Essence Peterson
Brittany Phillips
Azana Pierre
McKinley Pollard
Nick Poole
C.J. Poulsen
Jennifer Pruitt
Jake Puckett
Martin Quickel



Austin Ragan
Nicole Reeves
Karlyn Resneck
Hayley Richards
Lynnden Rindorf
Carla Risser
Drew Robertson
Will Robertson
Dylan Robinson
Jesus Rosas



Samantha Rutigliano
Maddy Sarver
Hannah Sawyer
Austin Say
Austin Schoonover
Kailey Shell
Gracie Shelton
Sohil Sheth
Emily Shockley
Abbey Shorten



Autumn Simmons
Chloe Simpson
Isabelle Sizemore
Abby Slate
Alexandria Smauldon
Hunter Smith
Peter Smith
Caleb Sneddon
Monique Snider
Anna Sortore



Adam Sowder
Molly Spradlin
Caroline Spruell
Marie Stahling
Haley Steinhafel
Meg Stephens
Kassidy Stevenson
Christian Strom
Aimee Struzinsky
Nathan Sulkin

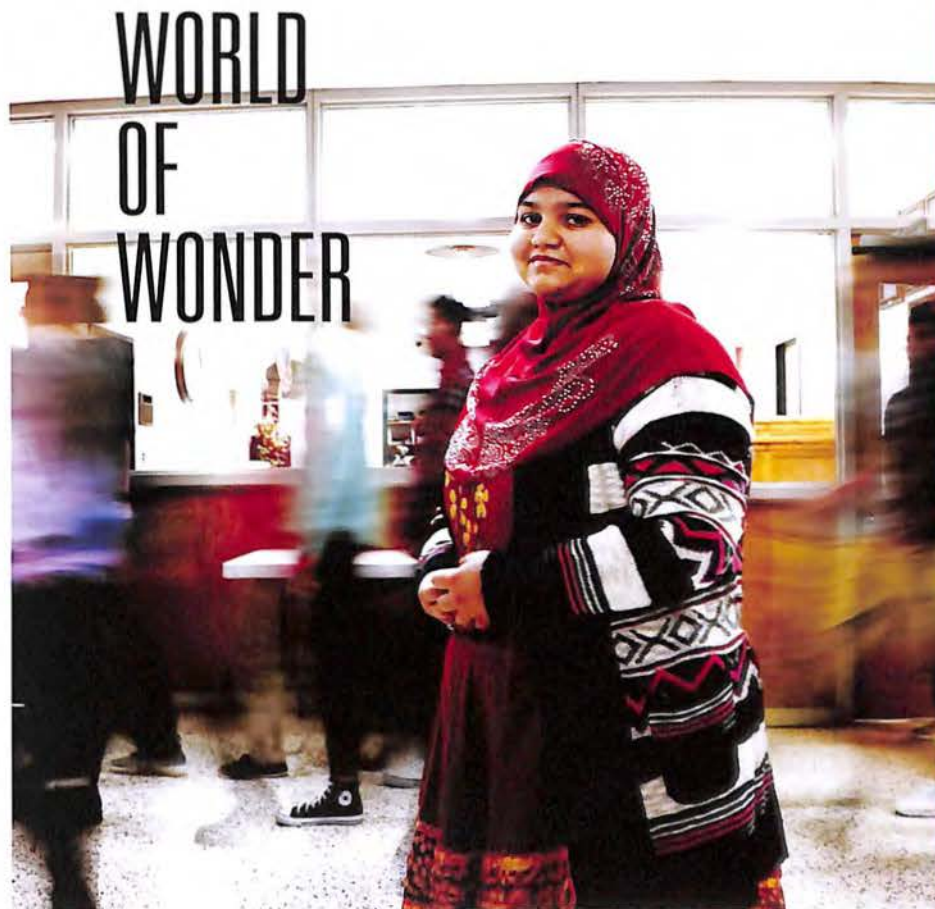


Dawson Surrell
Hailey Surrell
Taylor Swartz
Austin Taylor
Tyler Tofano
Ajnah Tolliver
Miranda Trump
Mary Turner
Tsetsengoo Uuganbaatar
Amina Vatres



Flynt Vella
Brice Via
Nicolas Virto
Elliot Waller
Zhongyu Wang
Cameron Warner
Ingrid Webb
Nick Weitzenfeld
Sarah Welsh
Cassidy West





WORLD OF WONDER



Rabia Ikram has been around the world and back.

"There was a language barrier at first, but things are good now," she said. "I like the way schools teach here, and I have met a lot of nice people."

Family ties brought Rabia to the United States from Pakistan in 2013.

"I have family here," she said. "My mom's side of the family is all here. I'm torn between Pakistan and the US. I miss home because my dad's family is still over there, but overall I am glad to be here."

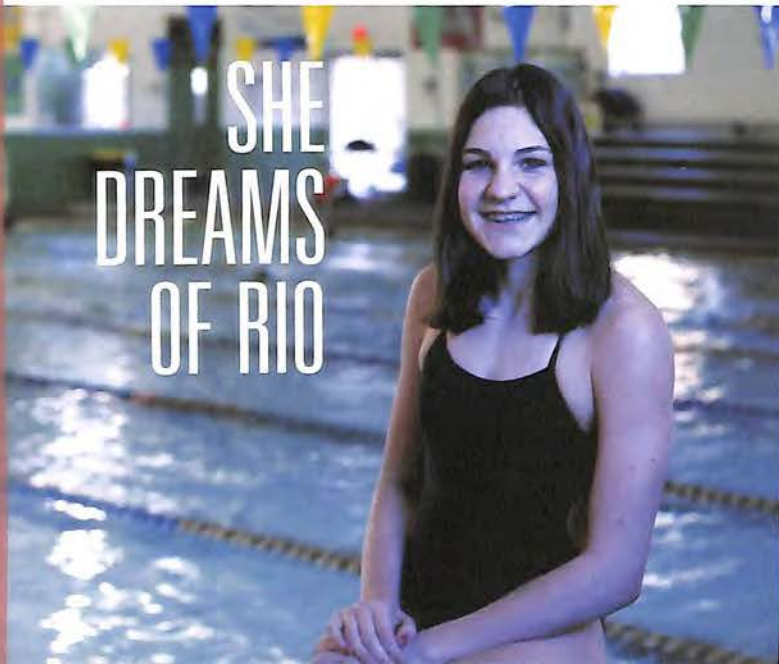
"My favorite thing about Virginia is the weather. It is hot in Pakistan, and I enjoy experiencing the seasons here," she said. "America is home now."

Emma Muzzy set her sights on swimming in the Summer Olympics

"I train every day after school and twice a week before school," the sophomore, Olympic hopeful said of her training regimen. "I also lift weights and do cross fit three times a week."

She said she missed her first shot at Trials by a slim margin.

"I was bummed when I didn't make the Olympic trials the first time. It was hard to swim that long and only miss the cut by 1.23 seconds."



Muzzy decided to "buckle down" on her training and drove to Hargrave Military Academy in Pittsylvania County every weekend to train in its 50-meter pool, the closest available one.

"Everything has gotten more serious," Muzzy said. And, it worked as in December she passed the qualifying time to go to the Olympic Trials in June in Omaha.

Muzzy was ranked first amongst 15-year-olds, and wanted to get faster than 4:40 in the 440M individual relay.

"I am just excited about the experience of it all, competing with 2500 other swimmers from across the country," she said.





Walker Westing
Caleb Wetzel
Tanner Whitesell
Blade Whitt
Jacob Willard
Nicholas Wilson
Dylan Wood
Cody Wydner
Isaac Yeaman
Alexandra Yost



Luis Zaragoza
FRESHMEN
Lexi Agee
Cooper Albright
Tyson Alderman
Abby Altizer
Makaela Anders
Makenzie Anders
Kylie Angel
Joel Argabright



Noah Arseneau
Ryan Ayers
Katie Ball
Vivienne Barnhart
Alison Bassant
Rebecca Bauer
Arsh Baxi
Lilly Bay
Taylor Bershader-Squires
Natalie Bingham



Jessica Blankenship
Rachel Boch
Julia Booker
Ashlynn Boone
Baylor Boone
Zach Bowling
Amanda Bowman
Belle Bowman
Cooper Brandetsas
Michael Breiner



Danielle Brinkley
Aidan Brown
Ben Bryant
Madison Bushman
Tyler Byers
AJ Cacciatore
Seth Carswell
Eloise Chandler
Dacoda Chapman
Kira Chapman



Kwynne Chapman
Matthew Chapmon
William Chewning
Hunter Childress
Jessica Christensen
Matthew Christopher
Mimi Clark
Mayali Clary
Cori Clayton
Jason Clingpeel



Olivia Coates
Jasmine Colburn
Matthew Colozza
Peyton Conner
Alexis Cook
Daniel Cook
Jaylin Corbett
Cassie Counts
Brandon Creasy
Emilee Curtis

Aria Davis
 Spencer Dennis
 Ingrid Diaz
 Olaoluwa Dinakin
 Andrew Ditmire
 Emma Dmochowski
 Cecily Doyle
 Bobby Dudley
 Korynne Dunleavy



Cole Eller
 Holly Ellis
 Will Elmore
 Sarra Eltaib
 Crawford Enyart
 Casey Fentress
 Liberty Fetzer
 Emma Fields
 Christopher Fisher



Matthew Fisher
 Leah Fleshman
 Kendall Flippen
 Grant Floyd
 Simone Fore
 Ashton Foster
 Ethan Fox
 John Frazier
 Brooke Fretwell



Joshua Fretwell
 Olivia Fueglein
 Ryan Fugate
 Drew Fulton
 Stas Funk
 Aysia Garrett
 Brady Gates
 Owen Gates
 Audric Gayo



Anna Gentiluomo
 Adam Gladfelter
 Alyssa Godfrey
 Nathan Goerner
 Veronica Graves
 Madison Greimel
 Timothy Grider
 Maddie Griffin
 Geneva Grochowski



Delaney Groves
 Audrey Hale
 Tommy Haroules
 Ethan Harris
 Katherine Harris
 Hunter Hartman
 Heather Hatcher
 Tyler Hawkins
 Brian Heffron



Allison Henion
 Odalys Hernandez
 Oscar Hernandez
 Elizabeth Hertzberg
 Sydney Hilovsky
 Grace Holderman
 Keaton Hopkins
 Gregory House
 Timothy Howell





For Shemar Hutchinson, getting used to his new home was a lot easier because he got right to work.



“My family just moved here from Jamaica because my aunt lives here, and so we moved here to be with her. She’s lived in the US about 30 years, so she helped us be more comfortable here,” he said.



FINDING HIS PLACE

Shemar’s aunt owns Jamaica Grille where he worked.

“It was one of her dreams. She loves having the restaurant,” Hutchinson said. “I help prepare food, clean tables and do the dishes, but it’s always nice because I get to eat the food afterwards.”

“Roanoke is cool. I like the people and the environment. I was nervous moving here, and it made me anxious to start school,” Hutchinson added.

Shemar also quickly got involved playing football and soccer, and running indoor track.

The freshman and his family moved from Nigeria when he was nine. His parents came to America, he said, seeking employment, better education for their three children and to build a church. The family knew no one in Roanoke when they decided to make it their home.

Ola's family started a church called Grace Tabernacle.

"It's been a challenge because we are so small, just a few families most weeks," he said. "But we are following God's lead."

Ola Dinakin's musical talent had him leading a congregation as part of his family's ministry.



LIVING THROUGH GRACE

"I lead the music for everyone," he said. "I download songs, then get up in front of everyone and lead the singing."

His father preached, while his mother and younger sister taught the children.

Ola learned to play piano at a young age, and played trumpet and tuba.

"This year," he said. "I chose to just be in the marching band. I enjoy that more than concert band because it lets me play the tuba and be active."





Timothy Iferika
Vova Jacobsen
Kenley Jennings
Mark Jirout
Michael Jirout
Damien Jones
Jasmine Jones
Elizabeth Kabath
Dylan Keith
Abhinav Khanal



Brian King
Jacob Knight
Matthew Knight
Michael Kyle
Jeremy Lachowicz
Cheyenne Lafemina
Claire Lawson
Justin Lawson
Kyoko Leaman
Bryan Leftwich



Connor Lewis
Zachary Lichtenstein
Steven Liu
Taylor Loving
Zeke Luebeck
Billy Luqu
Ronald Maga
Emmanuel Mahgerefteh
Joshua Mannon
Zachary Martin



Shaun Matthews
Emma Maxwell
Dasia Mayo
Jacob Mays
Jayden McCubbin
Aidan McCarthy
Logan McDaniel
Dayle McGraw
Emoni McIlwraith
Jenna McKeown



Lindsay Merritt
Savannah Mihalo
Nicholas Mills
John Moore
Kelli Morris
Benjamin Mortellaro
Hannah Muncy
Hunter Murphy
Hunter Neal
Andrew Neighbors



Nathaniel Nesbit
Morgan Newbold
Michael Nichols
Jonathan Numeiry
Patrick Owen
Jack Parker
Om Patel
Tucker Patout
Austin Patterson
Toni Perkins



Nicolas Plybon
Cameron Poindexter
Avery Poulsen
Matthew Powell
Tyler Powell
Spencer Pratt
Lauren Price
Caleb Pritchard
Melanie Proffitt
Kayla Quinlan

Alix Rainsbury
 Thomas Rainsbury
 Lily Ray
 Zachary Ray
 Alex Reed
 Andrew Richardson
 Nava Rickey
 Jaquan Rivers
 Holly Roberts
 Hunter Rogers



Jeremiah Rosarion
 Haley Rothbort
 Abigail Rutigliano
 Abinash Saravanan
 Tayler Schindler
 Travis Schuck
 Carlos Sepulveda
 Ameen Serdah
 Joey Sesler
 Marc Sharrer



Tyler Shaywitz
 Kiley Sheldon
 Kasey Skaff
 Brianna Slawson
 Blake Smith
 Dylan Smith
 Erin Smith
 Hannah Smith
 Jack Smith
 Tanner Smith



Riley Snowden
 Jacob Sorenson
 Selma Sosic
 Quinton Spradlin
 Jessica Sprinkle
 Sara Stewart
 Morgan Stokes
 Ryan Svec
 Ethan Sweeney
 Alexander Tayloe



Kaitlyn Taylor
 Matthew Taylor
 Talia Thornton
 McKinzy Toliver
 Alyssa Totin
 Jessica Tribble
 Olivia Tull
 Hannah Underwood
 Lexey Venaas
 Gavin Via



Bernard Vrijic
 Anna Walker
 Thomas Walters
 Blake West
 Brandon West
 Elizer Westerband
 Grace Wetzel
 Amanda Wheeler
 Andrew Wheeler
 Annalise Wheeler



Azia Whitaker
 Mason White
 Tori White
 Tyler White
 Angel Whitlock
 Gavin Wilkerson
 Clay Williams
 Grant Wilson
 Lauren Wilson
 Elexia Wynn





Lexey Venaas
always was
a bright kid.



WEAR THE RAINBOW

"I had brown hair, and it just got boring," the freshman said. "I was looking for a dramatic change.

"There's a YouTuber I watch who is a hairstylist. He did this style on a model. I showed it to my hairstylist, and she said she would try her best."

But, the mane of many colors came at a cost.

"The first time I got it done it was \$250, and it took about four hours. I have to get it redone every six weeks because it fades, and touch-ups are \$180 and take two and a half hours. I think it's worth it," she said.

And maintenance took time.

"I have to wash my hair in cold water and take three-hour showers because after I wash my hair, I need to clean the shower," she said.



David Dunstan
Class of 1994



Brandy Hale
Class of 1995



Tim Fulton
Class of 1984



Elizabeth Hatcher
Class of 2009



Rebekah Johnson
Class of 2000



Alan Moore
Class of 2005



Lesley Swartz
Class of 1984



Timothy Roberts
Class of 1993



Kim Wilson
Class of 1985



Kaitlin Rice
Class of 2006



Edward Spruell
Class of 1982



Shawn Hughes
Class of 1986



Kelly Hall
Class of 1986

COMING HOME

Thirteen staff members returned to their alma mater.

Kim Wilson, '85, and David Dunstan, '94, both remembered a very different Cave Spring.

"We had much more school spirit, better pep rallies, and even a smoking block that I did not care for much," Mrs. Wilson said.

Dunstan also missed the school spirit.

"I want to go back and see the spirit my generation had," he said. "Every Friday night, you would see almost the entire student body showing up to support their friends. That's one of the reasons I came back."

Ms. Rice and Ms. Hatcher, new teachers, had different memories.

"I wouldn't change anything about Cave Spring," Ms. Rice said. "It still feels just like it did when I was here. That's the whole reason I came back,"

At first, working with the people that had taught them seemed awkward, as did being in a place that had so much to do with their teenaged transition years.

"It feels a little weird because I am in an area that is engraved with my teenage years. I get to work with some of the staff members that taught me. It's an amazing feeling since they inspired me to be a teacher," Ms. Hatcher said.





Connie Alonso-Mosher- *Bookkeeper*
 Travis Anderson- *BA & MS, Virginia Tech; Algebra Functions & Data Analysis, Geometry; Sophomore Class*
 Chris Askew- *BA, Emory and Henry College; Health, Physical Education, Drivers Ed; Football*
 Chris Benson- *BA, University of Virginia; MAT, Hollins University; Spanish II-III; Spanish Honor Society*
 Elisabeth Bivens- *MSEd, Radford University; Reading, Science*
 Amy Bolen- *BA, Liberty University; Spanish III-IV, AP Spanish; Spanish Club*



Pat Bredekamp- *Attendance Secretary*
 Brandy Browning- *BS, Radford University; Earth Science, English*
 Dana Bryan- *BA & MEd, Virginia Tech; Algebra I, College Algebra, Geometry*
 Kelsey Burton- *BS, Liberty University; AP US History, US History; Senior Class*
 Sara Cann- *BS & MAEd, Virginia Tech; Chemistry*
 Lisa Conroy- *BBA, Roanoke College; Special Education*



Ann Cranwell- *BS, Radford University; Government, World Geography, World History II*
 Lori Culver- *Instructional Assistant*
 Chandler Douglas- *BS, Virginia Tech; MS, East Carolina; Pre-AP Biology, Anatomy & Physiology*
 Amanda Downing- *BS, Virginia Tech; MS & Ed.S., Radford University; School Psychologist*
 David Dunstan- *CSHS alumnus; BS, Radford University; Pre-AP World Geography, Pre-AP World History*
 Jessica Ficarro- *BA, Roanoke College; Algebra Readiness, Algebra I, Geometry Readiness, Geometry; Two Hearts Foundation, Girls' Basketball*



Scott Fike- *BS, Bridgewater College; Instructional Assistant; Wrestling*
 Tim Fulton- *CSHS alumnus; BS, Milligan College; Computer Math, Pre-AP Algebra II; Football, Track*
 Sandra Gotschal- *BS, East Tennessee State University; English; Theatre Arts, Forensics*
 Jacob Gruse- *BS, Concord University; Personal Finance; Boys Basketball*
 Kristen Gruse- *BA, University of North Carolina Chapel Hill; MAT, Kaplan University; Testing Coordinator*
 Brandy Hale- *CSHS alumna; BS, Middle Tennessee State University; English 10, 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*
 Elizabeth Hatcher- *CSHS alumna; BA, MAT, Hollins University; Pre-AP English 9, English 9, English 11 TT, ADR Test Taking; Sophomore Class*
 Derrick Hollins- *BS, Ferrum; Informational Technology Resource; Football, Track*
 Anne Houston- *BS, Longwood; MAT, Hollins University; Biology, Earth Science; Key Club*



Shawn Hughes- *CSHS alumna, BS, Charter Oak State College; AS, College of Health Sciences; PhD & MAEd, Virginia Tech; School Counseling Coordinator*
 Andy Huray- *BS, Alfred University; MS, Virginia Tech; Accounting, Advanced Accounting, Business Law, MS Office, Personal Finance, Principles of Business; Swimming, Diving, Middle School Track and Field, FBLA*
 Meredith Hutton- *BA, Grove City College; MA Arizona State; ELL*
 Nick Iademarco- *BA & MAEd, George Mason University; World History II, Psychology, Sociology*
 Rebekah Johnson- *CSHS alumna; BA, Virginia Tech; French I-III; French Club, French Honor Society*
 Tracey Lange- *BA, Virginia Tech; MS, Radford University; EdD, Liberty University; Assistant Principal*



Amy Leonard- *BS, East Tennessee State University; MSEd, College of Charleston; English, Ecology*
 Linda Long- *BS, Radford University; US/VA Government, Psychology, Sociology*
 Ricky Lonker- *BA, Emory & Henry College; Digital Photography I-II, Art I; Art Club, Baseball, Football*
 Jacki Lucki- *BS, Longwood; MS, Virginia Tech; Culinary Arts, Nutrition and Wellness, Child Development; FCCLA*
 Pete Lustig- *BA, University of Virginia; MAEd, Virginia Tech; Psychology; Sociology, AP US 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
 Erich Mauer- BA, Eastern Kentucky University; Instructional Assistant
 Elizabeth Mayer- BA, Salem College; English 10 & 12
 Harry Mills- BA, Roanoke College; MA, Hollins University; M. Phil., Columbia University; AP Dual Enrollment English 12, French IV; Beta
 Alan Moore- CSHS alumnus; BS, Roanoke College; Algebra II, Algebra Functions & Data Analysis, Computer Math; 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; Algebra I
 Cathy Parker- BS, State University of New York-Fredonia; MS, Radford University; Algebra Functions, World History 2
 Chuck Parker- BA, Virginia Intermont College; MS, Radford University, Assistant Principal
 Ryan Poff- BS, Radford University; AP World History, World Geography, Football
 Bob Powers- BA & BS, Virginia Tech; MEd, Virginia Tech; Pre-Calculus, 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 State University; Concert Band, Stage Band, Symphonic Band; Marching Band, Pep Band; TRM Music Society
 Kaitlin Rice- CSHS alumna; BS, MSEd, Radford University; English 9 & 11, Reading Strategies
 Brittany Rodriguez- BS, Southern Wesleyan University; MAEd, Mary Baldwin College; Biology, Earth Science
 Tim Sauls- BA, Duke University; MAIS, Hollins University; AP English 11, English 11 CB
 Chrystal Shawn- BA, James Madison University; MAT, Hollins University; Pre-AP English 9, English 10 Pre-AP, English 10 CB



Kelly Shilling- BA & MAT, Quinnipiac University; AP Calculus AB, AP Calculus BC
 Meredith Shuman- BS, 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
 Duncan Smith- BS, BS, MA, Virginia Tech; AP Physics, Physics, Engineering Drawing
 Paul Soucie- BS and Med, University of Nebraska at Lincoln; Sports and Entertainment Marketing, Advanced Marketing, Entrepreneurship; TSA



Steve Spangler- BS, Slippery Rock State College; MS, Radford University; Principal
 Edward Spruell- CSHS alumnus, BA, Elon University; MA, Hollins University; MS, Radford University; Media Specialist; United Way
 John Swartz- BS, Roanoke College; Health I-II, Advanced Physical Education, Drivers Ed, Strength Training and Conditioning; Golf, Girls' Basketball
 Lesley Swartz- CSHS alumna; BBA, Roanoke College; MEd, Liberty University; School Counselor
 Teresa Tate- RN & BSN, Atlantic Christian College; Nurse
 Margaret Taylor- BS, Roanoke College; MA, Virginia Tech; Pre-AP Chemistry, AP Chemistry; SCA



Sherrie Tyler- BS, University of Virginia; MS, Old Dominion University; Special Education
 Matt Vass- School Resource Officer
 Charlie Wallace- Radford University; Information Technology Technician
 Dariene Walstrum- BS, Hollins University; MS, Radford University; Algebra I
 Gabriella Weston- BS, American University; Instructional Assistant
 Elizabeth Willett- BS, James Madison University; Geometry



Penny Williams- BS & MEd, Virginia Tech; School Counselor
 Kim Wilson- CSHS alumna; BS, Roanoke College; MS, Louisiana Tech University; Biology, Ecology; Junior Class
 Rick Wolfe- AS, Roanoke College; BBA, Radford College; MBA, Syracuse University; Instructional Assistant





What started out as a pick me up revealed a deeper meaning through gift giving.



KEEPING SECRETS

"Secret pals is a way to brighten up our co-workers' day," Mr. Dunstan said. "It is hard to find this connection in other schools. It's rare to have this network of gift giving. This goes to show a unique atmosphere of our school because there are other schools where faculty members just come and go and never have a relationship amongst teachers the way we do."

The simple act of kindness started two years ago with the help of several teachers and grew with the help of the social committee. Teachers who were on the social committee could have their names put into a drawing at the beginning of the school year. Each of them also submitted a survey about their hobbies, collections, and favorites such as candies, drinks, and even school supplies. Once they drew their pal's name, they started giving gifts once every month, or at least they're supposed to. In Mr. Dunstan's case, "It's hard for us guys to remember to get a gift. I don't know why. It just is. So, I end up doing bigger gifts less frequently," Dunstan said.

According to Mrs. Leonard, "Getting a male secret pal is a little bit more difficult because they don't always need that pick me up, so I try and make the gifts as fun and enjoyable as possible."

The gifts range in price up to five dollars. Some teachers go above that. "Our gifts can be small or large. However during the holidays, if they have a birthday during the school year or at the end of the year, we might do something a bit more personal and more expensive. My pal last year, towards the end of the year, gave me an Alex and Ani bracelet which was super nice," Mrs. Price said.

Other gifts are really from the heart and show emotion. "My secret pal saw that I was having a rough time after Kendall Bayne's passing, so she gave me a beautiful note and some chocolates," Mrs. Taylor said.



Front Row: John Swisher, Charlie Ball, Jordan Stovall and Tyler Rice. **Second Row:** Conner McKeown, Ryan Eubank, Matt Gliniecki, Devin Duviella, Aaron Tate, Austin Griffith, Cal Reeves, John Akers, Jason White, Mirnes Sabanija and Zack Ward. **Third Row:** Noah Webb, Austin Price, Cody Amos, Colton Bowling, Redzo Colic, Clayton Berger, Cole Cowher, Alex Brown, Tom Milby, Braden Guthrie, Austin Tolly and Jackson Harbinson. **Fourth Row:** Will Kyle, Tanner Likens, Christian Howes, Drake Slawson, Corbin Fentress, Austin Alouf, Dylan Overfelt, Jake Smith, Nick Heslep, Landon Chasteen and William Rinn. **Fifth Row:** Cameron Caldwell, Desmond Tate, Jacob Knight, Jaquan Rivers, Austin Reagan, Willie Harden, Dylan Robinson, Andrew Ditmore, Dawson Surrell, AJ Bennett, Jon Lachowicz and Jaylen Hairston. **Sixth Row:** Drew Monsour, Vova Jacobsen, Thomas Haroules, Nicholas McGuire, Adam Gladfelter, Tyler Tofano, Jake Puckett, Hunter Childress, Austin Patterson, Drew Fulton and Nick Weitzenfeld. **Seventh Row:** Matthew Knight, Jace Matze, Quinton Spradlin, Christian Strom, Jack Parker, Garrett Breiner, Tyson Alderman, Andrew Richardson, Andrew Mitchell and Spencer Billman. **Back Row:** Andrew Wheeler, Austin Emery and Zach Bowling. **Coaching Staff:** Manager Larissa Ferrari-Souza, Matt Herron, Ryan Poff, Andy Donahue, Byron Dowdy, Coy Hypes, Tim Fulton, Derrick Hollins, Luke Vance, Chris Askew, Ricky Lonker, Tim Roberts and Rodney Fulton.

Football (us - them)

William Byrd	17	31
Glenvar	6	28
Alleghany	13	33
Pulaski	7	25
Christiansburg	28	15
Henry	14	41
Carroll County	34	0
Blacksburg	14	20
Salem	0	40
Hidden Valley	21	24
	2	8



"I love my team. I hope we'll finish the season better next year. As long as we keep working hard and playing the game we love, we'll end up with next season being in our favor."

Will Rinn, 11

"We didn't have the year that we planned on having, but next year we'll really be looking forward to dominating our conference."

Austin Griffith, 11



"I like getting to go out there with the team. We grow and bond together and become brothers."

Tom Milby, 11

JV Football (us - them)

William Byrd	7	12
Glenvar	28	20
Alleghany	22	11
Pulaski County	19	18
Christiansburg	14	36
Patrick Henry	12	35
Carroll County	36	16
Blacksburg	34	35
Hidden Valley	41	0
	5	4



Front Row: Tom Conroy, Anita Geiger, Claire Lawson, Issac Butcher, Matt Ray, Haley Ingle, Jacob Spiers, Stephen Allen, Kevin Moody, Iena Munkhbaatar, Nick Axt and Rachel Benton. **Second Row:** Maura Conroy, Simone Fore, Sarah Durica, Khaila Mickens, Dyan Key, Maddie Lawson, Lance Garrett, James Forest, Spencer Reed, Cooper Albright, Caleb Hadfield, Patrick Millehan and Danny Haroules. **Third Row:** Allen Britt, Josh Key, Emma Pendleton, Claire Chermault, Nigel Robinson, Drew Robertson, Evan Levy, Abigail Chermault, Matt Christopher, Gavin Wilkerson, Elliott Croll and Jason Clingenpeel. **Forth Row:** Jordan Clingenpeel, Michael Jennings, Jason Quakenbush, Josh McLoughlin, Sarah Thompson, Luke DeFalco, Logan McDaniel, Josh DeFalco, Matthew Flores, Kathleen Brett, Sam Quakenbush and Rebecca Bauer. **Back Row:** Jordan Mehta, Ola Dinakin and Tanner Smith. **Color Guard: Left:** Roshni Lalchandiani, Kenley Jennings, Logan Neal, Katherine Durico, Tiffanie Lester, Allison Bassant, Rachel Boch and Lindsay Firchau. **Color Guard: Right:** Christley Richardson, Mackenzie Hamby, Zoie Clark, Taylor Sharp, Mary Beth Hamby, Morgan Cundiff and Hunter Murphy.

"Riding the bus with my friends is the best part of marching band. On the bus, we all usually bring out our game systems and play, sometimes against one another."

Stephen Allen, 11



"Playing our show is only a small part of the experience. Seeing what place we earn after watching everyone else is exciting. Our band blows up when we win anything."

Drew Robertson, 10



"Band is the best experience I've ever had. When we compete, we watch other bands. It really contributes to the experience."

Claire Lawson, 9



Patrick County Celebration of Pride

- Excellent Rating Class AA
- 2nd General Effect
- 3rd Overall
- 2nd Color Guard

Lord Botetourt Cavalier Classic

- Superior Rating Class AAA
- 2nd Color Guard
- 2nd Percussion
- 2nd General Effect
- 2nd Marching
- 2nd Music
- 1st Drum Major
- 2nd Overall



"After a competition, it feels really good to come together as a team and see how we place. We got in second in both our competitions this year."

Morgan Cundiff, 11



"Getting to show the visual part of music is so entertaining. Rather than just listening to a band, you get the chance to see some visual with marching band."

Jaysa Mckinley, 10



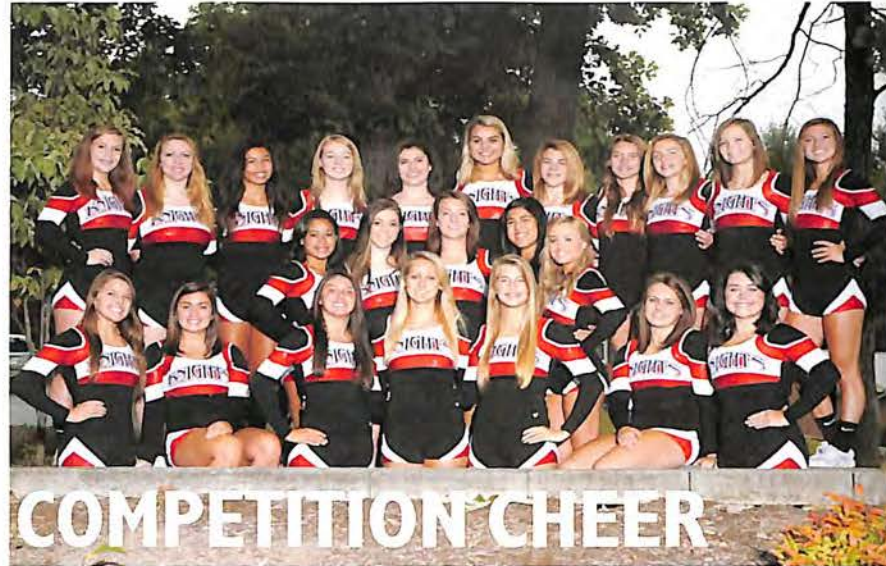
"I love getting to go out and show off. People don't understand how difficult it is to learn these skills."

Logan Neal, 10

Competition Cheer

Spotswood	1st
Brookville	1st
Botetourt	1st
Conference	1st
Region	1st
State	1st

Front Row: Michaela Garrett, Kaitie Ireland, Brooke Clayton, Lexi Link, Chandler Keister, Emma Cass and Haley Fugate. **Second Row:** Claire Flowers, Jessie Weber, Riley Pedigo, Haley Clark and Rachel Finch. **Back Row:** Madison Griffin, Brittany Phillips, Mimi Clark, Laken Ayers, Julia Cundiff, Caroline Nye, Olivia Feuglein, Abby Slate, Sara Stewart, Claudia Jarema and Kinsey Harris.



"This is just the beginning for us. We're lighting the fire for Cave Spring cheer."
 Claudia Jarema, 10

VITAL STATS

Cross Country

(Boys: Varsity, JV; Girls: Varsity, JV)

William Byrd	1st, 1st, 1st, 1st
Blue Demon	1st, 2nd, NT, 4th
Knights Crossing	6th, 8th, 17th, 8th
Clash of the Titans	8th, NT, 9th, NT
Lord Botetourt Quad	1st, 1st, 3rd, 3rd
Blacksburg	NT, 4th, 6th, NT
Metro XC Championships	2nd, 2nd, 6th, 6th
Buffalo Stampede	1st, 1st, 4th, NT
Running with the Wolves	NT, 3rd, NT, 7th
Conference 32 Championship	2nd, 2nd 5th, 5th

Front Row: Heather Hatcher, Laurin Hatcher, Audrey Kidd, Alyson Meador, Jessica Lachowicz, Miranda Mallory and Allie Collier. **Second Row:** Cody Hayden, Casey Preuss, Banner Plumb, Joshua Fretwell, Jeremy Lachowicz and Austin Hayden. **Back Row:** Coach Tommy Maguire, Andrew Grider, Jacob Stewart, Brandon Hatcher, Hunter Mollica, Timothy Grider, Peter Smith, Sean Barker and Coach Matthew Wright.



"Cross country is really fun. It's not like any other sport. We're basically like one big family. Even if runners are not on the same team, you could be in dead last and everyone will still be cheering for you."
 Heather Hatcher, 9

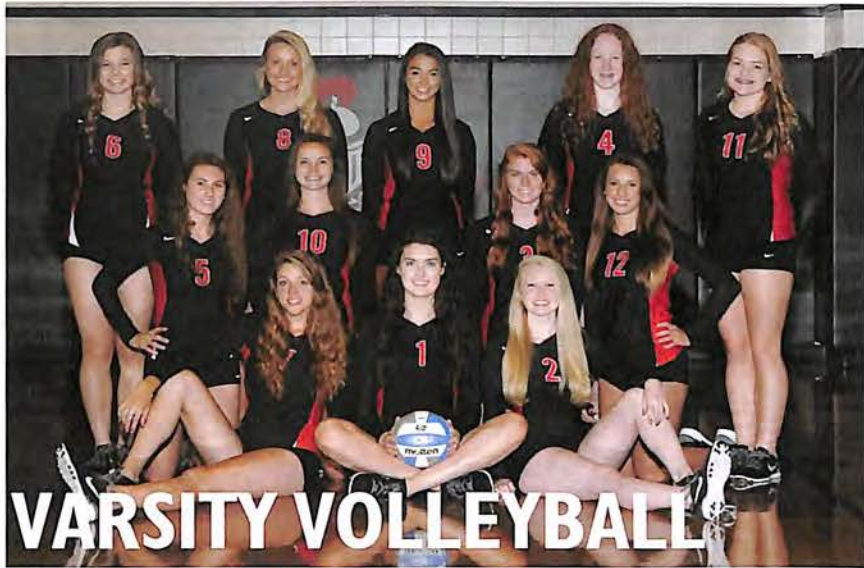
Golf

Heritage	L
William Byrd	L
William Byrd	L
Abingdon	L
Pulaski County	L
Blacksburg	L
Patrick County	L
Christiansburg	L
Hidden Valley	L
Northside	L
Abingdon	L

Front Row: Carter Glenn, Trey Orr, Wyeth Davis, Sydney Brenner, Cameron Warner, John Jirout and Hayden Mitchell. **Second Row:** Coach John Swartz, Tyler Fanning, Lynnden Rindorf, Ryan Burchett, Hunter White, Andrew Cagle, Paul Wheelock and Coach T.K. Garrett.



"Golf is more of an individual sport, but we still get along great as a team."
 Sydney Brenner, 11



Front Row: Lauren Slough, Piper Roe and Alayna Foutz. **Second Row:** Meagan Harrison, Cait Flippen, Shannon Holsinger and Christy Goldsmith. **Back Row:** Meg Stephens, Morgan Stames, Hope Sitze, Erin Harrison and Hannah Smith.

"We've grown up in this sport with each other, and we spend so much time together in season. We just love each other so much."
 Meagan Harrison, 12

Volleyball(us - them)

Northside	3	0
Lord Botetourt	3	2
Pulaski	3	0
Carroll County	3	0
Christiansburg	3	0
Blacksburg	3	0
Abington	3	1
Salem	3	0
Patrick Henry	3	0
Hidden Valley	2	3
Pulaski	3	0
Carroll County	3	0
Christiansburg	3	0
Patrick Henry	3	0
Blacksburg	2	3
Salem	3	0
Patrick Henry	3	0
Hidden Valley	2	3
Total	16	3

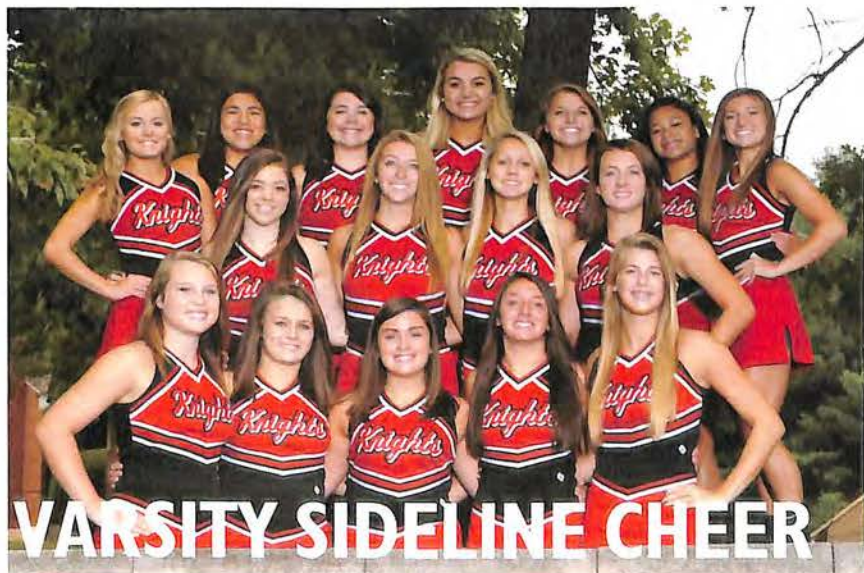


Front Row: Sam Rutigliano, Hannah Graham and Laura Martin. **Second Row:** Allie Knight, Blake Smith, Vivienne Barnhart and Autumn Simmons. **Back Row:** Taylor Bershader-Squires, Elizabeth Hertzberg, Kylie Angel, Abbey Shorten, Annalise Wheeler and Avery Poulsen.

"We worked hard, but we didn't quite get to where we wanted to be for our season record. At practices, we tried to focus on what we did wrong. We did a lot of conditioning, but that's just a part of how every team gets better."
 Autumn Simmons, 10

JV Volleyball(us - them)

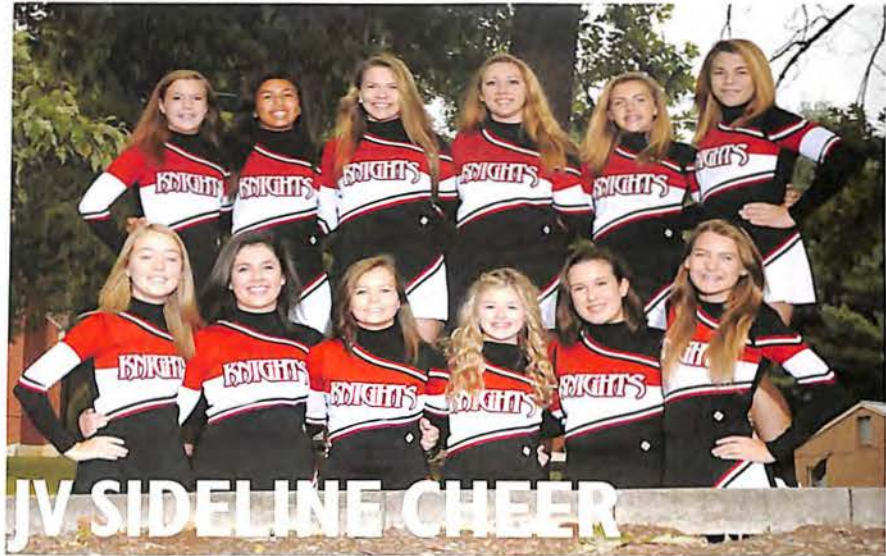
Northside	0	2
Lord Botetourt	0	2
Pulaski	0	2
Carroll County	1	2
Christiansburg	0	2
Blacksburg	0	2
Abington	0	2
Salem	0	2
Hidden Valley	0	2
Pulaski	1	2
Carroll County	0	2
Christiansburg	0	2
Patrick County	1	2
Blacksburg	0	2
Salem	0	2
Patrick Henry	1	2
Hidden Valley	0	2
Total	0	17



Front Row: Kristen Bradshaw, Emma Cass, Kaitie Ireland, Brooke Clayton and Chandler Keister. **Second Row:** Jessie Weber, Taylor Billings, Lexi Link and Riley Pedigo. **Back Row:** Rachel Finch, Haley Clark, Haley Fugate, Caroline Nye, Michaela Garrett, Claire Flowers and Kinsey Harris.

"I love how close we are as a team. I love the passion we all share for not only each other but the sport. Just being a part of the team and being a family is one of the best feelings I've ever had."
 Michaela Garrett, 11

Front Row: Laken Ayers, Julia Cundiff, Claudia Jarema, Whitney Cook, Becca Bradley and Abby Slate. **Second Row:** Maddie Griffin, Mimi Clark, Rachel Benton, Brittany Phillips, Sara Stewart and Olivia Fueglein.



"Our job in competition cheer is to compete and bring home a win. Our job in sideline is to support the players on the field and court."
Olivia Fueglein, 9

VITAL STATS

Swim

WBHS/HVHS	Girls 2 of 6; Boys 2 of 6
SW Invitational Diving	Girls 16 of 26
SW Invitational Diving	Boys 13 of 26
Salem/Pulaski	Girls 2 of 6; Boys 2 of 6
Christiansburg	Girls 61-33, Boys 69-20
HVHS	Girls 101-67, Boys 122-47
Conference 32	Girls 2 of 5, Boys 3 of 5
Region 3A West	Girls 1 of 16, Boys 7 of 26
3A State Meet	Girls 3 of 26, Boys 9 of 24

Front Row: Sean Altice, Michael Berberick, Paige Assaid, Casey Milan, Reiley Curtis, Cole Cowher, Tessa Muzzy, Madeline Lawson, Angelo Russo and Uinay Guiremella. **Second Row:** Jack Cowher, Connor Petzen, Zolboo, Daniel Sortore, Jett Vella, Allie Lawson, Emma Muzzy, Annie Fentress, Mills Harris and Amaruta Achurya. **Back Row:** Sydney Hilovsky, Kathleen Brett, Casey Pruess, Branclon West, Drew Robertson, Brandon Hatcher, McCain Quickel, Allie Collier, Olivia Full, Eleanor Chandler, Kasey Skaff, Claire Lawson and Amber Arthur.



"Swimming is something to do that's enjoyable, and I'm pretty good at it. During meets we cheer for each other and that helps the team bond. It's been a good year. At state we did better than past years. Swim improves you for other sports; it's a good exercise and works the entire body."
Daniel Sortore, 11

VITAL STATS

JV Boys' Basketball (us - them)

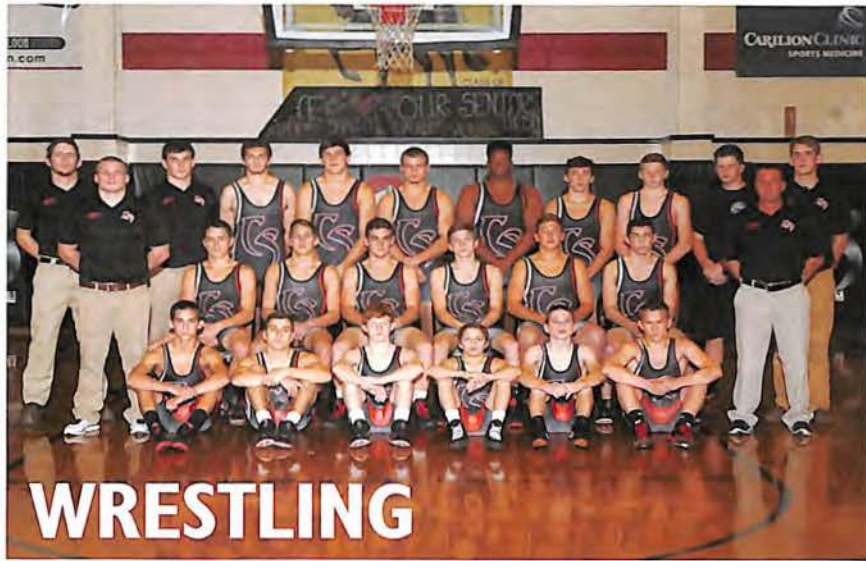
William Byrd	51 42
Northside	59 69
Northside	50 59
Pulaski Co.	52 25
Carroll Co.	59 23
Patrick Co.	51 19
Patrick Henry 9th	43 27
William Fleming	53 62
North Cross	74 37
Christiansburg	57 49
Blacksburg	65 36
Abingdon	64 26
Salem	58 55
Patrick Henry	54 41
Pulaski Co.	62 53
Carroll Co.	68 25
Christiansburg	64 33
Blacksburg	59 50
Salem	64 51
Patrick Henry	55 34
Hidden Valley	52 38
18	3

Front Row: Spencer Pratt, Brian King, Zach Bowling, Dejon Mayo and Trey Hodson. **Second Row:** Ryan Futate, Nick Mills, Cameron Warner, Caleb Whitesell and Willie Harden. **Back Row:** Casey Lawrence, Will Grindstaff, Ryan Burchett and Crawford Enyart.



"We won a lot of games, and I think it's because we stuck together as a team. This is important, especially when you're under pressure. You need to know that you're all working together, instead of being out there alone."
Spencer Pratt, 9

JV BOYS' BASKETBALL



WRESTLING

Front Row: Mason White, Clay Carver, Josh Neighbors, Johnny Baier, Brice Via, Kip Nininger. **Second Row:** Coach Scott Fike, Josh McCray, Sam Ring, Ben Chapman, Grant Flyod, Jayden McCubbin, Josh Baier and Coach Tim Nininger. **Back Row:** Coach Zach Hodges, Coach Austin Amos, Steven Kabath, Cody Amos, Noah Bushman, Marquis Cobbs, Jacob Plunkett, Kyle Plunkett, Water Boy, Coach Nick Spacey and Zane Callahan.

"I like wrestling because it's an individual sport. You get to show off your own talent. We came together more as a team this year, though."

Brice Via, 10

VITAL STATS

Wrestling

Border Duals	1st
HHS InvitationalS	1st
Knight of the Roundtable	1st
Powerace National	22nd
Brawl in the Hall	1st
Quentin Crosby	4th
Border Clash	1st
Independence WV	36-27
Conference 32	2nd
3A West Region	2nd
3A State Tournament	2nd



VARSITY BOYS' BASKETBALL

Front Row: Jared Steele, Manager Connor Bunn, Coach Derrick Roth, Coach Burt Sparks, Coach Jacob Gruse, Coach Tim Myers, Coach Greg Macker, Manager Jordan Poff and Brad Kinder. **Second Row:** Coach John Sharp, Brody Hicks, Mason Reyer, Dawson Hicks, Devin Beckner, Paxton Daniels, Zach Shannon and Coach Luke Vance. **Back Row:** Jake Furrow, Baker Haviland, Noah Sharp, Will Rinn and Jordan Doyle.

"On the way to the Hopewell game, we were all sacked out on the bus. Gruse woke us up, saying we were at our practice spot. When we woke up and looked outside the bus, we realized we were at UVA. Their complex and equipment were really cool."

Jordan Doyle, 11

VITAL STATS

Varsity Boys' Basketball (us - them)

William Byrd	62 65	Abingdon	100 50
Northside	70 76	Salem	73 72
Northside	58 57	Patrick Henry	35 34
Pulaski County	42 30	Hidden Valley	65 34
Carroll County	69 42	Pulaski Co.	52 57
Patrick County	82 30	Carroll Co.	90 41
Alleghany	68 50	Christiansburg	71 47
Jefferson Forest	57 39	Blacksburg	78 39
William Flemming	45 51	Salem	73 61
Christiansburg	89 52	Patrick Henry	58 55
Blacksburg	66 61	Hidden Valley	62 50

Hidden Valley Conf. Tourn. Semi-Final	52 32
Abingdon Conf. Tourn. Final	68 50
Rustburg Regional Qtr. Final	53 49
Spotswood Region Semi-Final	63 56
West. Albemarle Reional 3rd Place Game	64 56
Hopewell State Qtr. Final	63 42



VARSITY GIRLS' BASKETBALL

Front Row: Miranda Mallory, Cait Flippen, Taylor White, Amalea Angel and Jennifer Hartman. **Second Row:** Coach Jessica Ficarro, Alex Foutz, Allison Williams, Sierra Landsman, Kendall Flippen, Alyson Meador, and Manager Abby Parker. **Back Row:** Coach Danielle Montgomery, Jasmine Price, Nadine White, Lauren St. Claire, McKenzie Pollard and Coach John Swartz.

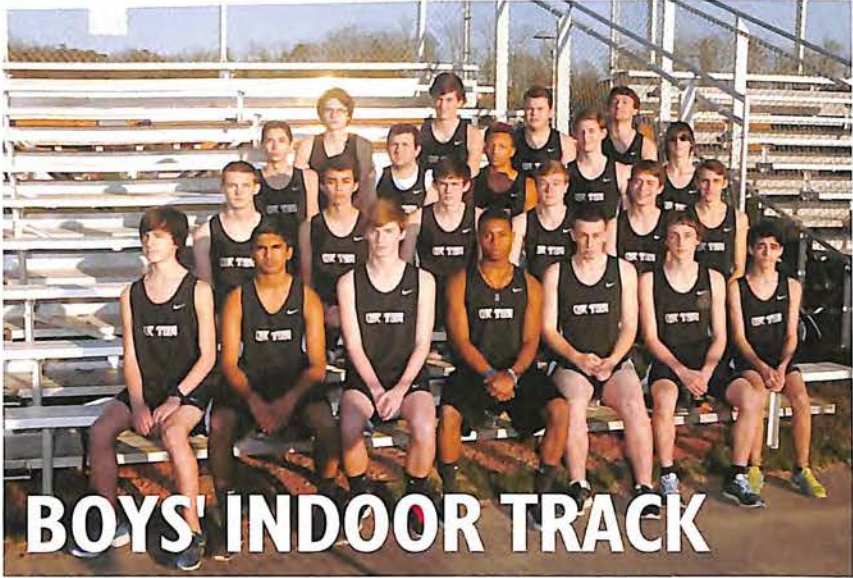
"I think our season worked out well. Once we started playing as a team, we got closer. Team bonding helped us out a lot. I think we did better than last year, and I'm really proud of us for making it so far."

Miranda Mallory, 12

VITAL STATS

Varsity Girls' Basketball (us - them)

William Byrd	40 47
Northside	47 39
William Byrd	54 42
Pulaski	42 47
Carroll County	41 69
Patrick County	61 50
Roanoke Catholic	55 58
Patrick Henry	36 47
Northside	28 47
Christiansburg	41 42
Blacksburg	29 41
Abingdon	39 15
Salem	38 55
Hidden Valley	46 77
Pulaski	41 53
Christiansburg	52 30
Bucksburg	37 41
Carroll County	35 68
Salem	36 54
Patrick Henry	35 51
Hidden Valley	40 72
Patrick County Conf. Qtr. Final	49 45
Blacksburg Conf. Semi. Final	34 39
	4 19

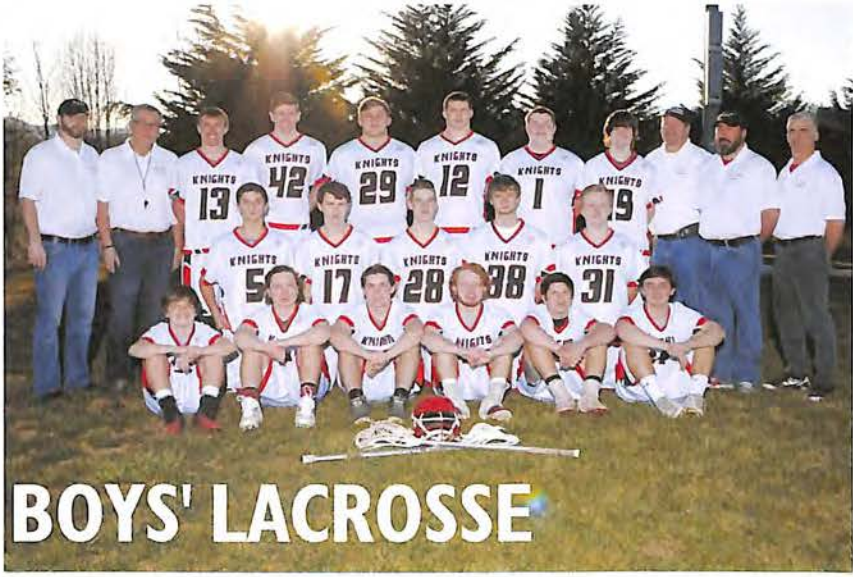


Front Row: Josh Fretwell, Soil Sheth, Travis Schuck, Jason While, Drew Fulton, Ben Polcsa and Emmanuel Mahgerefteh. **Second Row:** Micheal Kyle, Matthew Flores, Peter Smith, Zack Kanode, Khal Clay and Jacob Stewart. **Third Row:** Jack Brancayi, Drake Slawson, Jaylen Hairston, Evan Walker and Cooper Albright. **Back Row:** Walker Mastrangelo, Kyle Timmerman, Alex Kanode and Christian Loop.

"I run the 300-meter hurdles and love it. It's different than other events because there's the added challenge of that extra obstacle."
 Matthew Flores, 10

Boys' Indoor Track

Conference 32 Championships	3rd
3A West Regional Championships	12th
3A State Championships	23rd



Front Row: Zach Martin, Jacob Gilbert, AJ Bennett, Joseph Gallagher, Zach Early and Chris Weston. **Second Row:** Jack Frazier, Austin Edge, Jace Matze, Connor Petzen and Nick Hestep. **Back Row:** Coach Timothy Roberts, Coach Tom Dowdy, Alec Kendrick, Mason Lowen, Corbin Fentress, Charlie Ball, Davis Fore, Luke Kelly, Coach Rick Kelly, Coach Mike Kendrick and Coach Thomas Chandler.

"This year has been kind of rough, but we have a really young team. When I first started playing lacrosse, there was no team here, so I had to play for Hidden Valley. We have seen the program come together since then. The team is always connected with each other; I like the camaraderie."
 Alec Kendrick, grade 11



Front Row: Dawson Hicks, Brij Patel and Supreet Pannu. **Second Row:** Dino Oikonomu and Om Patel. **Back Row:** Chuck Farabugh, Sohil Sheith, Nick Orange and Chris Dickenson.

"Even though we haven't had the most stellar of seasons the past few years, I've continued to play tennis because it's fun and I'm pretty good at it."
 Supreet Pannu, 12

Front Row: Christy Goldsmith and Fallon Delp. **Second Row:** Grace Page, Caitlin Carter and Reagan Delp. **Back Row:** Coach Ken Riding, Grace Holderman, Maddi Harrison, Allison Henion, Maha Ali and Coach Susan Delp.

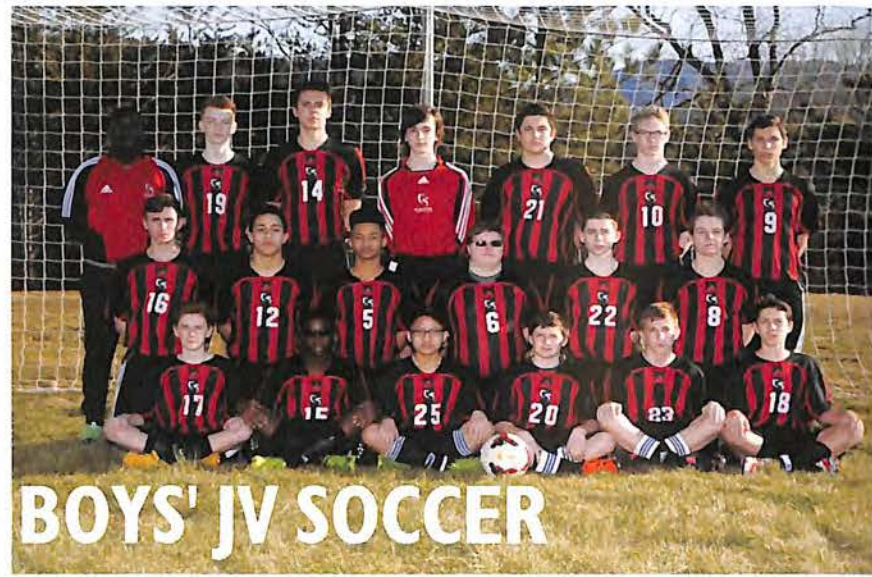
"The future is exciting for our team; we have a lot of potential to repeat our state championship. Everyone has been working really hard during the off-season. As long as don't let up and keep playing our best, we absolutely have another shot at winning states"
Caitlin Carter, 10



GIRLS' TENNIS

Front Row: Nicolas Plybon, Olaoluwa Dinakin, Audric Gayo, Benjamin Mortellara, Cameron Killinger and Jeremy Lachowicz. **Second Row:** Matthew Taylor, Elizer Westerband, Willie Harden, Chris Woodrum, Ryan Fugate and Baylor Boone. **Back Row:** Brian King, Bryce Fothergill, Joshua Fretwell, Nicholas Gentiluomo, Will Robertson and Stas Funk.

"Soccer is different from last year, but it's a good different. Coach Clarens has us conditioning almost every day at practice; he has run us so much that I just about threw up one day. I always find myself wanting to give up while running, but I can't because I want to finish it for my team and for Coach."
Bryce Fothergill, 10



BOYS' JV SOCCER

Front Row: Gracie Shelton, Carla Risser, Danielle Brinkley, Emma Demochowski, Ingrid Diaz, Abigail Rutigliano and Maya Monsour. **Second Row:** Nicole Reeves, Mary Dickenson, Abby Altizer, Kasey Skaff, Taylor Schindler, Morgan Martin, Eloise Chandler and Olivia Tull. **Back Row:** Jessica Christenson, Coach Scott Jenkins, Manager Emilee Curtis, Taylor Beck, Selma Susic, Haley Steinhafel, Julie Jenkins, Leah Fleshman and Katie Harris.

"I like playing soccer. I started in rec league, and I've enjoyed it ever since. This year the positions filled by the team are slightly different, which changes the pace of the game and how the game is played, but it's been a good year."
Abby Altizer, 9



GIRLS' JV SOCCER



Front Row: Marc Sharrer, CJ Poulsen, Mark Stansic, Tyler Bradley, Mitch Rutigliano, Carlos Sepulveda and Banner Plumb. **Second Row:** Ryan Francis, Alex File, Zach Kanode, David Cattigan, Christian Howes, Ethan Harris and Khal Clary. **Back Row:** Mathew Merhoff, Skyler Mattox, George Funk, Coach Brad Collins, Alex Kanode, Christian Loop, Ali Esmaeili and Spencer Hickam.

"We had a jamboree a couple weekends ago and performed well. We had a scrimmage against Radford and won. The season is looking pretty up because we have 11 seniors who played varsity last year; having that kind of leadership and experience has the team on a good track to success."

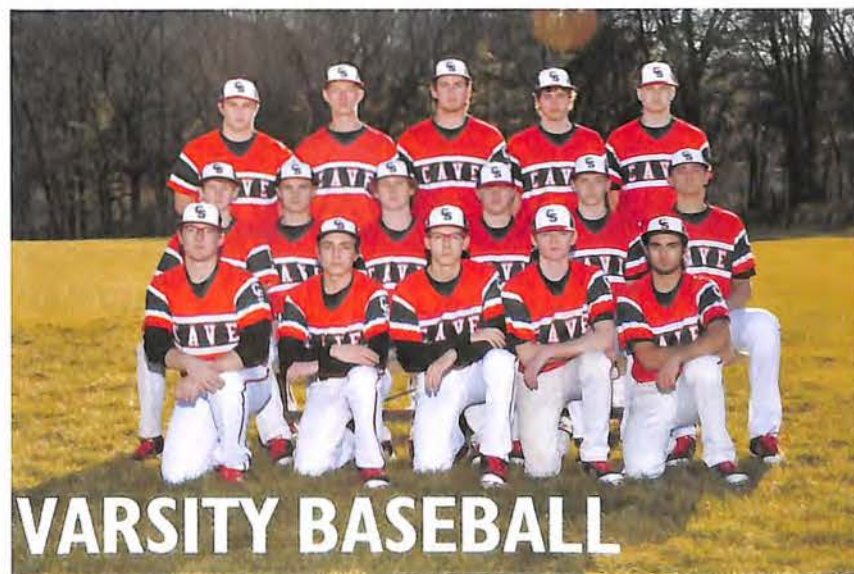
CJ Poulsen, 10



Front Row: Heather Hatcher, Mckinley Pollard and Toni Perkins. **Second Row:** Nadine Witten, Laurel Harris, Morgan Todd, Elise Jarema, Lauren Huff, Abby Frazier, Hannah Mone, Logan Skaff and Olivia Nepper. **Back Row:** Whitney Huffman, Emily Taylor, Margaret McDaniel, Edana Colegrove, Alex Foutz, Sarah Christenson, Jessica Lachowicz, Alyson Meador, Alison Williams, Makenzie Harris and Emily Whitaker.

"The friendships you make is something I like about soccer. You get to bond with people in other grades. The season has been good; some scrimmages have gone well and some haven't, but all have helped us get better as a team. This year we could go further than we ever have."

Emily Taylor, 11



Front Row: Nelson Stanley, Matt Ray, Justin Larkin, Isaac Yeaman and Stephen Cacciatore. **Second Row:** Wyatt Hage, Joey Bryant, Matt Gliniecki, Dawson Miller, Cameron Caldwell and Jacob Knight. **Back Row:** Trey Hodson, Zach Word, Jordan Stovall, Thomas Forest and Connor McCarthy.

"Throughout our off-season training we knew what we wanted to accomplish the first day we stepped on the field. We have a goal in mind every time we step over the white chalk lines and that is to bring home a state championship. We've all been playing baseball together for so long, that we are brothers and fight on the diamond for each other."

Justin Larkin, 12

Front Row: Daniel Cook, Anthony Cacciatore, Caleb Wetzel, Jaylen Buster, Andrew Ditmore and Andrew Neighbors. **Second Row:** Austin Emery, Caleb Pritchard, Carter Glenn, Patrick Millehan and Micheal Messeck. **Back Row:** Ryan Urgo, John Moore, Adam Gladfelder, Cole Eller, Mathew Carter, Grant Wilson, Connor Lewis and Coach Rob Craig.

"The season is going pretty well, and the team's looking good. I hope we can win a lot of games. I feel like we're coming along pretty strong and our chemistry's getting stronger every day."
Carter Glenn, 10



Front Row: Delaney Groves, Caroline Glenn, Joslynn Lankford, Erin Atkins and Autumn Simmons. **Second Row:** Abby Weaver, Maliah Mizack, Maddie Griffin and Avery Poulson. **Third Row:** Hannah Underwood, Emma Fields and Hannah Muncy. **Back Row:** Coach Ed Killbane, Coach Donnie Underwood and Coach Jim Weaver.

"I've played a lot of different positions since starting softball three years ago, but left field has to be my favorite. We see a lot of action if there's a left-handed pitcher."
Hannah Underwood, 9



Front Row: Laurin Hatcher, Riley Pedigo, Tiffany Shelton, Taylor White, Reiley Curtis, Makayla Smith, Maddie Lawson and Ann Jackson. **Second Row:** Bella Bowman, Jaylin Corbett, Mary Grace Baier, Kelty Jansen, Dasia Mayo, Grace Wetzel and Sarah Stewart. **Third Row:** Jenna McKeown, Elizabeth Hertzberg, Aria Davis, Mayali Clary, Katie Ball and Kira Chapman. **Back Row:** Amanda Bowman, Tori White, Elizabeth Kabath, Lilly Bay, Abby Svec and Vivienne Barnhart.

"The practices have been really fun but are hard work. If the team has worked really hard during the week, we get to play capture the flag. It's a good way to relieve stress."
Grace Wetzel, 9





Front Row: Haley Ingle, Lillian Mitchell, Blake Smith, Gabby Parulls and Kinsey Overfelt. **Second Row:** Kinsey Harris, Kailey Shell, Jasmine Brickey and Kacie Shepherd. **Back Row:** Coach Scott Sharp, Coach Scott Hodges, Kristen Bradshaw, Taylor Loving, Brook Ludy and Coach Nick Sharp.

"There were seven girls pulled up from junior varsity, so the team is pretty young this year. But, progress has been made and it's going well. We're going to try our best and gain some experience."

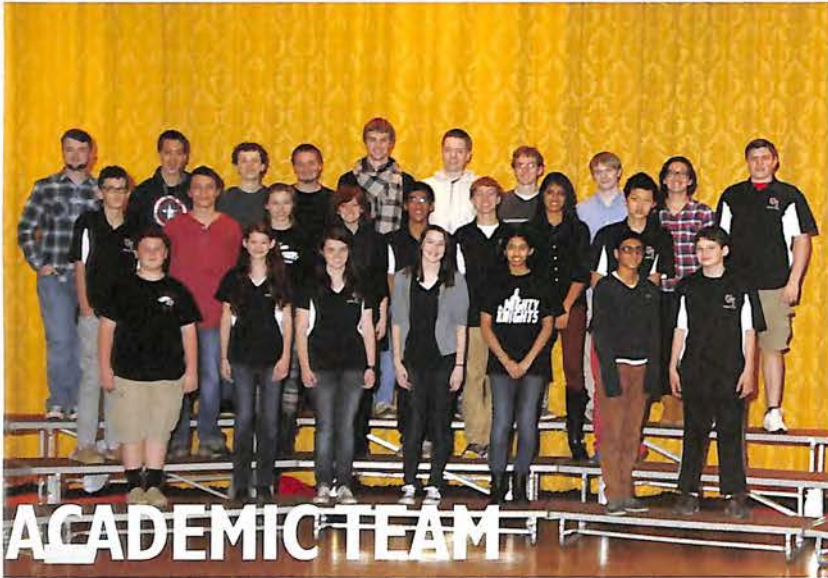
Brook Ludy, 10



Front Row: Vova Jacobsen, Andrew Richardson, Hunter Rogers, Jason White, Zachary Bowling, Jonathan Lachowicz, Colton Kent and Austin Patterson. **Second Row:** Matthew Flores, Josh Fretwell, Joey Sesler, Alex Brown, Aaron Tate, Jacob Stewart, Drew Fulton and Dejon Mayo. **Third Row:** Jack Smith, Tommy Haroules, Timothy Grider, Evan Walker, Cooper Albright, Jake Smith, Micheal Kyle and Drake Stawson. **Back Row:** Nick Weitzenfeld, Walker Mastrangelo, Hunter Mollica, Matthew Colozza, Andrew Cagle, Logan Kenny, Sean Barker, Kyle Timmermann and Jaylin Hairston.

"I think track is a very good sport, as it helps you get into shape really fast. Everyone is really close, and the coaches are great. I would recommend it to anyone who wants to have fun and likes running."

Evan Walker, 10



Front Row: Evan Levy, Kyoko Leaman, Lexie Agee, Caroline Spruell, Amruta Acharya, Om Patel and Thomas Rainsbury. **Second Row:** Patrick Owen, Adam Sowder, Anna Elmore, Sara Brunstetter, Michael Chang, Jordan Clingenpeel, Roshni Lalchandani and Billy Luqui. **Back Row:** Spencer Reed, James Forest, Ethan Hoepfner, Josh Key, Kemper Scott, Ethan Mackey, Tom Conroy, Nathan Rose, Elyssa McMaster and Chris Snodgrass.



"This is my second year on the academic team: I joined the at the beginning of my freshman year. I had a few older friends who did this before, and they learned a lot of cool things, which made me want to learn too. When people ask me what academic team does, I usually say it is a group of kids who answer questions. It is not so much that you have to know a lot of things to be on the team: it is to improve your knowledge and learn how to communicate with people. I would like to keep doing the academic team in college. I find it a lot of fun."

Adam Sowder, 10



Front Row: Cassandra Ramsey, Alyssa Allder, John Zielinski and Maddie Jenkins. **Back Row:** Carmen Wright, Jillian Fidler, Jasmine Price, Belle Bowman and Kelli Morris.



Front Row: Aimee Struzinsky, Riley Pedigo, Savannah South and Delaney Waller. **Back Row:** Kemper Scott, Hannah Graham and Brad Kinder.



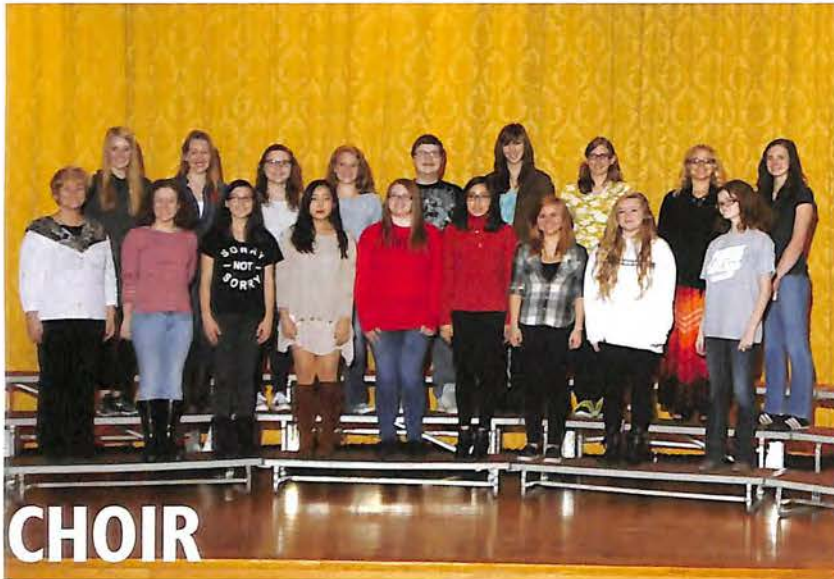
SYMPHONIC BAND

Front Row: Sarah Thompson, Emma Pendleton, Madison Bird, Tyler Shaywitz, Matt Christopher, Sydney Hilovsky, Emma Maxwell, Dasia Mayo, Grace Holderman, Simone Fore, Maura Conroy, Alex Tayloe, Jason Clingenpeel, Anita Geiger, Rebecca Bauer, Madeleine Lawson and Jarod Lim. **Second Row:** Blake West, Jennifer Hartman, Khaila Mickens, Andy Comete, Kaitlyn Creekmore, Lexey Venaas, Nava Rickey, Rod Morgan, Stephen Allen, Gavin Wilkerson, Abigail Chernault, Sarah Hamilton, Haley Ingle, Tom Conroy, Drew Fulton, James Forest and Tanner Smith. **Back Row:** Haille Petterson, Claire Overstreet, Joshua DeFalco, Lance Garrett, Nick Axt, Michael Jennings, Cooper Albright, Clay Williams, Ben Howard, Nigel Robinson, Jason Quakenbush, Christian Loop, Danny Haroules, Spencer Reed, Jordan Mehta and Caleb Hadfield.



BETA CLUB

Front Row: Ethan Hoepfner, Madeleine Lawson, Supreet Pannu, Christley Richardson, Shannon Holsinger, Justin Swisher, Eleah Ruffin, Jordan Stovall, Chris Weston, Alayna Foutz, Mason Lowen, Rachael Powell and Trey Harris. **Second Row:** Chandler Keister, Abby Frazier, Bailey Sharp, Morgan Leftwich, Nathan Rose, Lidya Tadesse, Hana Coogan, Sabrina Munkhbaatar, Meredith Campbell, Laurel Harris, Darian Fox, Selena Munkhbaatar, Savannah Lucas, Alisha Patel, Jennifer Hartman, Grant Culbertson and Kara Kittinger. **Third Row:** Sydney Breiner, Maddi Monsour, Delaney Waller, Tessa Muzzy, Natalie Horn, Christa Madison, Kristen Bradshaw, Kaitlyn Spangler, Molly Kwitny, Ryan Williams, Morgan Todd, Justin Larkin, Emma Cass, Kaitlyn Creekmore, Asia Wellford, Kyndal Grammer and Andrew Grider. **Fourth Row:** Josh Key, Paul Wheelock, Connor Bayne, Valentin Paz-Tello, Rod Morgan, Jordan Clingenpeel, Sara Brunstetter, Olivia Cameron, Khaila Mickens, Michael Chang, Katarina Martin, Joey d'Alerio, Christy Goldsmith, Lauren Slough, Willy Inman, Mark Stanicic, Chris Dickenson, Andre Nguyen, Walker Champney and John Swisher. **Back Row:** Josh DeFalco, Noah Wells, Noah Sharp, David Goerner, Kinsey Overfelt, Reiley Curtis, Tom Conroy, Allen Britt, Steven Kabath, Claire Overstreet, Cait Flippen, Piper Roe, Roshni Lalchandani, Taylor Billings, Brody Hicks, Meagan Hanson, Sean Romano, Zach Shannon, Paxton Daniels, Justin King and Christian Loop.



Front Row: Mrs. Terry Haynie, Liberty Fetzer, Alison Bassant, Sabrina Munkhbaatar, Emily Phillips, Selena Munkhbaatar, Noah Arseneau, Madison Greimel and Sarah Welsh. **Back Row:** Nadine Witte, Sarabeth Chapman, Gracie Shelton, Lauren Zion, Joey Shelton, Cheyenne Muse, Lyndsay Firchau, Tiffanie Lester and Korynne Dunleavy.



Front Row: Matt Christopher, Grace Holderman, Alix Rainsbury, and Om Patel. **Second Row:** Khaila Mickens, Caroline Spruell, Tanner and Tanner Smith. **Back Row:** Chris Snodgrass, Ethan Mackey, Zolboo Erdenebaatar and Audrey Hale.

"DECA is a marketing club where we travel to compete against other high schools in marketing competitions. There are several divisions of competition like business administration, entrepreneurship, marketing, finance, hospitality and tourism. I chose to compete in restaurant management because I like food."

Travis Schuck, 9



First Row: Christa Madison, Kyoko Leaman, Christy Cobb, Kristen Bradshaw, Autumn Mehta, Hunter Hartman and Ola Dinakin. **Second Row:** Maddi Monsour, Alex Foutz, Morgan Cundiff, Zach Kanode, Jacob Wheeler, Jessica Lachawiz, Mackenzie Saar and Taylor White. **Back Row:** Connor Bayne, Baker Haviland, Nelson Stanley, Cara Ghaphery, Braden Dean, Isaiah Patro, Travis Schuck, Michael Kyle and Jake Smith.



Front Row: Cassandra Ramsey, Hana Coogan, Liberty Fetzer, Katelyn Goad, and Lauren Gill. **Second Row:** Darian Fox, Cecily Doyle, Bella Lerch, Kelli Morris, Caleb Holland and Lauren Wilson. **Back Row:** Kayla Horton, Jessica Lachowicz, Hunter Murphy, Kevin Moody, Jasmine Price and Sydney Breiner.



"FBLA stands for the Future Business Leaders of America. We went to Virginia Western, where people spoke to us about getting better jobs and making a good first impression in interviews. I joined FBLA to learn how to be a business leader and how to make money."
Tanner Whitesell, 10



Front Row: Kaitlyn Roberts, Delaney Groves, Tayler Schindler and Brittany Ferguson. **Second Row:** Jacob Wheeler, Casey Fentress, Kylie Angel, Cori Clayton and Ryan Fugate. **Back Row:** Andrew Cagle, Selma Sosic, Eloise Chandler, Rachel Boch, Connor Petzen and Alexander Bennett.



Front Row: Megan Benzie, Liberty Fetzer, Hunter Hartman, Danielle Brinkley, Alaina Coleman, Taylor Sharp, Bailey Sharp and Adviser Alan Moore. **Second Row:** Cecily Doyle, Elizabeth Hertzberg, Katie Harris, Brooke Fretwell, Maddi Monsour, Alayna Foutz and Hannah Smith. **Third Row:** Drew Fulton, Grace Page, Casey Fentress, Abby Altizer, Kendall Flippen, McKinley Pollard, Shannon Holsinger, Cait Flippen and Joseph Gallagher. **Back Row:** Joslynn Lankford, Alex DeHart, Joel Tarpley, Jonah Atkinson, Mason Yopp, Jacob Stewart, Piper Roe, Drake Slawson and Will Grindstaff.



Front Row: Whitney Cook, Christine Cobb, Mackenzie Saar, Morgan Love and Grace Page. **Second Row:** Kinsey Overfelt, Autumn Mehta, Analea Angel, Nava Rickey, Katie Harris, Cassidy Stevenson, Emily Taylor, Christley Richardson and Ariana Jones. **Back Row:** Taylor Williams, Abby Altizer, Odalys Hernandez, Reiley Curtis, Paxton Daniels, Ryan Francis, Allie Lawson, Caroline Nye and Lexi Link.

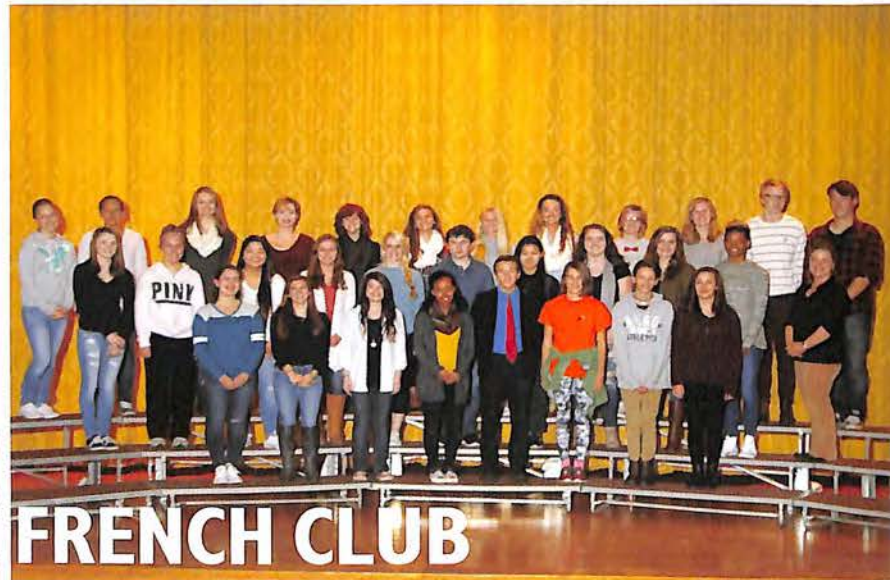


"FCCLA is a cooking and nutrition club. It has conventions and you get to meet new people while there. In past years, we got to see and try new types of local foods. We plan on going to some events soon, and hopefully it should be fun."

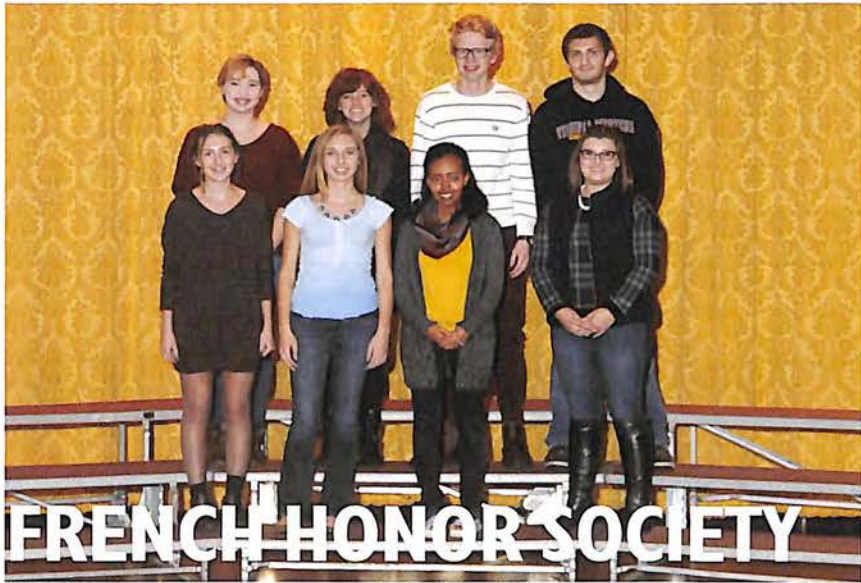
Christley Richardson, 12



Front Row: Liberty Fetzer, Hana Coogan, Cassandra Ramsey and Kayla Horton. **Second Row:** Bella Lerch, Katelyn Goad, Cecily Doyle, Sydney Breiner and Lauren Gill. **Back Row:** Kelli Morris, Hunter Murphy, Jasmine Price, Jessica Lachowicz, Lauren Wilson and Kevin Moody.



Front Row: Rebecca Bradley, Kinsey Harris, Savannah Mihalo, Lidya Tadesse, Joe Wells, Claire Lawson, Tyler Powell and Cassie Counts. **Second Row:** Mary Dickenson, Bythe Dellinger, Mishelle Ganbayar, Maddy Sarver, Chloe Crouse, Caleb Holland, Tsetsengoo Uuganbaatar, Ingrid Webb, Caitlin Carter and McKinzy Toliver. **Back Row:** Nicole Reeves, Sara Hamilton, Laura Martin, Olivia Cameron, Sara Brunstetter, Allie Knight, McKinley Pollard, Lauren St. Clair, Nanci Boggs, Allie Collier, Seth Poore and Kevin Moody.



Front Row: Maddie Harrison, Audrey Kidd, Lidya Tadesse and Natalie Horn. **Back Row:** Olivia Cameron, Sara Brunstetter, Seth Poore and Steven Kabath.



"Green Club is our environmental club here at GSHS. Our main focus is community outreach. We really do try to make a difference."
Christa Madison, 10



Front Row: Blythe Dellinger, Sara Hamilton, Abby Slate, Christa Madison, Michael Chang, Darian Fox, Hana Coogan, Savannah Mihalo, Molly Kwitny, Lidya Tadesse, Toni Perkins and Hayley Richards. **Second Row:** Lily Perkins, Claudia Draper, Khalia Mickens, Elyssa McMaster, Caroline Spruell, Maddi Monsour, Laurel Harris, Morgan Todd, Jessica Trayer, Selena Munkbaatar, Jasmine Demir, Nicole Reeves, Katarina Martin and Cheyenne Muse. **Back Row:** Adviser: Erin Barnett, Zolboo Erdenbaatar, Ethan Mackey, Erin Harrison, Selma Susic, Heather Hatcher, Rachel Boch, Jessica Christensen, Jayali Samarasinghe, Maddie Harrison, Sabrina Munkbaatar, Nanci Boggs, Hannah Bibbs and Janae Lungren.



GUIDANCE RUNNERS

Front Row: Alex Foutz, Kathleen Brett, Grant Culbertson, Katherine Rimer, Maddi Monsour and Austin Emory. **Back Row:** Alayna Foutz, Mitchell Rutigliano, Meagan Harrison, Taylor Billings, Conner Bayne, Trey Hodson and Brody Hicks.



JAZZ BAND

Front Row: Evan Levy, Matt Christopher, Alex Tayloe, Jason Clingenpeal, Tyler Shaywitz, Sarah Durica, Emma Maxwell, Chloe Simpson and Matt Ray. **Second Row:** Jordan Clingenpeel, Lance Garrett, Steven Allen, Patrick Millehan, Matthew Hudson, Matthew Flores, Jacob Spires and Logan McDaniel. **Back Row:** Joshua DeFalco, James Forest, Nigel Robinson, Kevin Moody, Tre Perdue, Andy Comette, Jason Quakenbush, Jordan Mehta and Joshua Fretwell.



KEY CLUB

Front Row: Karah Kittinger, Maddy Sarver, Brooke Leftwich, Anna Gentiluomo, Sarra Eltaib, Toni Perkins, Tayler Schindler, Kacie Shepherd, Claire Flowers, Savannah Lucas, Meredith Campbell, Laurel Harris, Rachel Finch, Jamie Houck, Morgan Love, Lidya Tadesse, Haley Fugate, Lydia Floyd, Amanda Boris and Megan Benzie. **Second Row:** Juliana Goodrich, Allie Gaylord, Colton Bowling, Maddi Monsour, Blythe Dellinger, Caroline Spruell, Sara Hamilton, Christa Madison, Lanissa Ferrari-Souza, Mackenzie Saar, Enji Baigalmaa, Norah Mulinda, Julia Booker, Laken Ayers, Emily Taylor, Michaela Garrett, Kendall Flippen and Launn Hatcher. **Third Row:** Hope Sitze, Alayna Foutz, Hannah Smith, Brooke Fretwell, Gabbi Panulis, Catlin Carter, Molly Kwitny, Grace Page, Brooke Clayton, Jillian Fidler, Jasmine Brickey, Autumn Mehta, Nicholas Gentiluomo, Chloe Crouse, Aaron Baughman, Alex Foutz, Hammza Khan and Connor Bayne. **Back Row:** Cara Ghaphery, Bryce Fothergill, Jake Smith, Taylor Billings, Meagan Hamson, Mason Yopp, Lauren St. Clair, Heather Hatcher, Reiley Curtis, Carmen Wright, Logan Skaff, Cait Flippen, Roshni Laichandani, Joey d' Alelio, Ariana Jones, Caroline Nye, Selma Susic, Laura Martin, Alex Dehart and Katherine Rimer.



Front Row: Anna Elmore, McCain Quickel, Adviser Terena Hale and Madeleine Jenkins.



Front Row: Erin Harrison, Anna Sortore, Norah Mulinda, Morgan Love, Lydia Floyd, Allie Gaylord, Will Robertson and Jordan Mehta. **Second Row:** Joey d'Alelio, Roshni Lalchandani, Cait Flippen, Alayna Foutz, Shannon Holsinger, Braden Dean and Lance Garrett. **Back Row:** Kemper Scott, Brody Hicks, Ethan Mackey, Nathan Rose, Elyssa McMaster and Jon Huggins.

"I like working in the Knight and Day Cafe because it keeps me out of trouble. It's fun, even though it's hard to remember how many shots of syrup customers want. I used to just take the ice to the cafe, but then I started making hot chocolate. Later someone quit, and I took their spot."

McCain Quickel, 10



Front Row: Cheyenne Muse, Spencer Reed and Jessie Firchau.



NEWSPAPER

Front Row: Natalie Horn, Norah Mulinda, Savannah Mihalo, Taylor White and Kinsey Harris. **Back Row:** Kinsey Overfelt, Elizabeth Kabath, Alix Rainsbury and Adviser Brandy Hale.



"I really like writing and my sister was in newspaper in high school. I did not know what to expect when I walked in. Interviewing people is really fun, but interviewing upperclassmen was intimidating sometimes. Yearbook and newspaper are working together, and I think that makes our job easier. I like having a bond with the people in newspaper, even the upperclassmen. I was surprised how easy it was to befriend the upperclassmen on staff. A lot of people talk about how the upperclassmen keep to themselves, but it was easy."
Elizabeth Kabath, 12



OFFICE RUNNERS

Front Row: John Zielinski, Logan Neal, Michaela Garrett, Hayley Richards, Norah Mulinda and Alyssa Godfrey. **Back Row:** Chloe Crouse, Hannah Graham, Jake Furrow, Noah Sharp, Travis Schuck, Austin Alouf and Laura Martin.

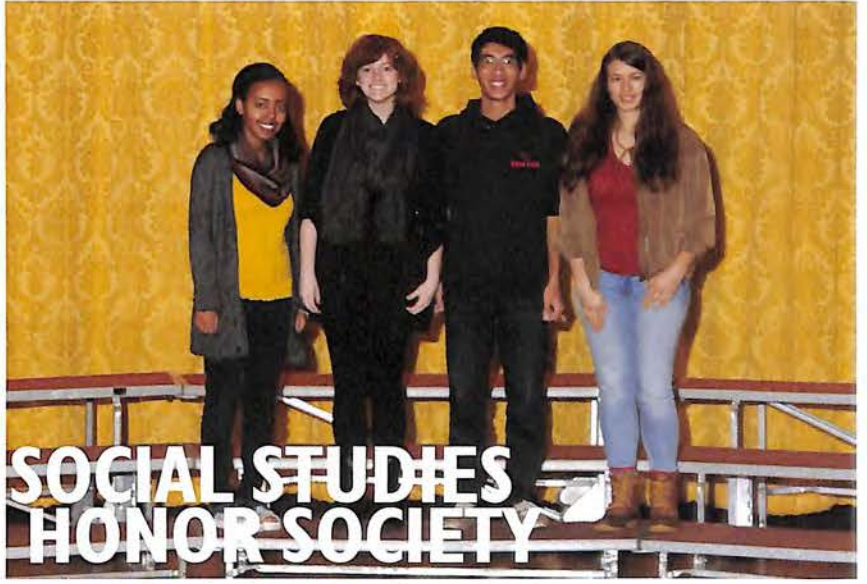


PREVENTION CLUB

Front Row: Tori White, Toni Perkins, Christa Madison, Molly Kwitny, Eleah Ruffin, Jayali Samarasinghe, Lidya Tadesse and Nic Plybon. **Back Row:** Roshni Lalchandani, Kemper Scott, Sydney Breiner, Delaney Waller, Katarina Martin and Riley Snowden.



Front Row: Grant Culbertson, Abby Frazier, Laurel Harris, Christy Goldsmith, Meredith Campbell, Maddi Monsour and Brooke Clayton. **Second Row:** Natalie Hamilton, Cait Flippen, Meagan Harrison, Alayna Foutz, Lillian Mitchell, Tessa Muzzy, Amanda Boris and Taylor Billings. **Back Row:** Roshni Lalchandani, Joey d'Alelio, Kaitlyn Spangler, Brody Hicks, Paxton Daniels, Zach Shannon and Hammza Khan.



Front Row: Lidya Tadesse, Sara Brunstetter, Michael Chang and Molly Kwitny.

"SCA is a club that organizes events for the school. We helped collect toys for the toy drive, decorated for homecoming and planned Carnival for the Cure. I wanted to get more involved with school, and this group was fun. It's a good way to work together and reach out to the community."

Joey d'Alelio, 12



Front Row: Josh Key, Larissa Ferran, Eleah Ruffin, Rachel Powell, Anita Geiger, Sarah Thompson, Kathleen Brett, Amruta Acharya and Zehra Demir. **Second Row:** Michael Chang, Valentin Paz-Tello, Delaney Waller, Morgan Cundiff, Jayali Samarasinghe, Ariana Jones, Grace Page, Maddi Monsour, Carlos Amaral, Jarod Lim and Michael Jennings. **Back Row:** Andrew Cagle, Ryan Burchett, Olivia Nepper, Joel Tarpley, Baker Haviland, Erik Sharrer, Chris Snodgrass, Noah Wells, Banner Plumb and Nathan Gregory.



SPANISH HONOR SOCIETY

Front Row: Rod Morgan, Emma Pendleton, Rachael Powell, Eleah Ruffin, Kacie Shepherd, Grace Page, Megan Benzie, Haley Clark and Banner Plumb. **Second Row:** Michael Jennings, Josh Key, Delaney Waller, Ariana Jones, Morgan Cundiff, Jayali Samarasinghe, Lillian Mitchell, Jarod Lim, Erik Sharrer and Khaila Mickens. **Back Row:** Tom Conroy, Justin King, Michael Chang, Joel Tarpley, Baker Haviland, Carlos Amaral, Chris Snodgrass, Mason Yopp and Noah Sharp.



"We hang out with and go on field trips with Mrs. Tyler's students. It's fun having them as friends; we make sure they are treated as anyone would want to be treated. We cheered them on for Special Olympics; it was great to watch them have fun competing in their events."

Logan Skaff, 12



SPECIAL EDUCATION HELPERS

Front Row: Kinsey Harris, Kaitlyn Spangler, Chris Weston, Olivia Nepper and Bailey Sharp. **Back Row:** Cameron Caldwell, Nick Orange, Amanda Boris, Julia Cundiff and Abigail Parker.



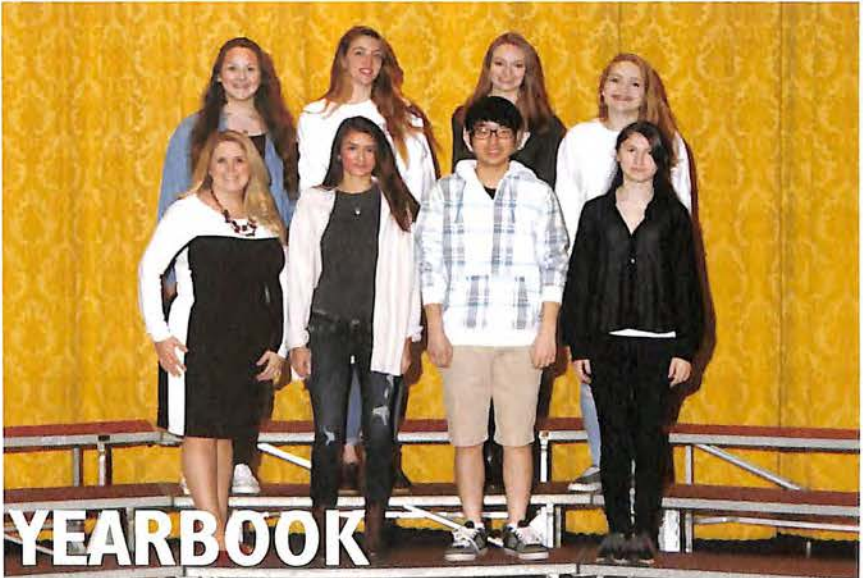
TSA

Front Row: Cody Hayden, Thomas Chase, Anna Gentiluomo, Morgan Love, Zhongyu Wang and Emilee Curtis. **Second Row:** Paige Assaid, Sarabeth Chapmon, Breanna Christley, Simone Fore, Brooke Fretwell and Alyson Meador. **Back Row:** Adviser Paul Soucie, Noah Mountcastle, Hunter Smith, Tre Perdue, Cooper Brandestas and Jeremiah Rosarion.



TWO HEARTS FOUNDATION

Front Row: Emma Dmochowski, Arielle Cutaia, Sarah Thompson, Kathleen Brett, Gracie Shelton, Anna Gentiluomo, Laurel Harris, Lydia Floyd, Rachel Finch, Larissa Ferrari-Souza, Danielle Brinkley, Toni Perkins, Tayler Schindler, Amanda Boris, Hope Sitze, Maddi Monsour, Morgan Todd, Meagan Harrison, Hannah Mone and Sarah Welsh. **Second Row:** Sarra Eltaib, Alex Foutz, Lauren St. Clair, Kylie Angel, Elizabeth Hertzberg, Kendall Flippen, Natalie Hamilton, Allie Gaylord, Sydney Breiner, Analea Angel, Kristen Bradshaw, Christy Goldsmith, Brooke Fretwell, Heather Hatcher, Michelle Ganbayar, Laken Ayers, Nadine Witte, Maddy Sarver, Laurin Hatcher, Maddie Harrison and Amanda Bowman. **Back Row:** Grace Wetzel, Faith Carleno, Morgan Stokes, Casey Fentress, Abby Altizer, Cori Clayton, Cecily Doyle, Hannah Smith, Alayna Foutz, Piper Roe, Roshni Lalchandani, Cait Flippen, Lauren Slough, Lillian Mitchell, Selma Sosic, McKinley Pollard, Caitlin Carter, Taylor Billings, Nefetari Heath, Sarabeth Chapmon and Lauren Zion.

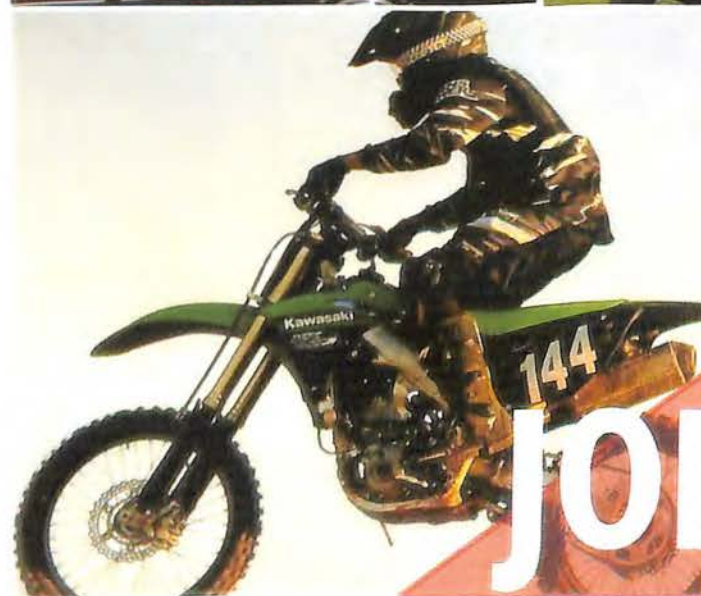


YEARBOOK

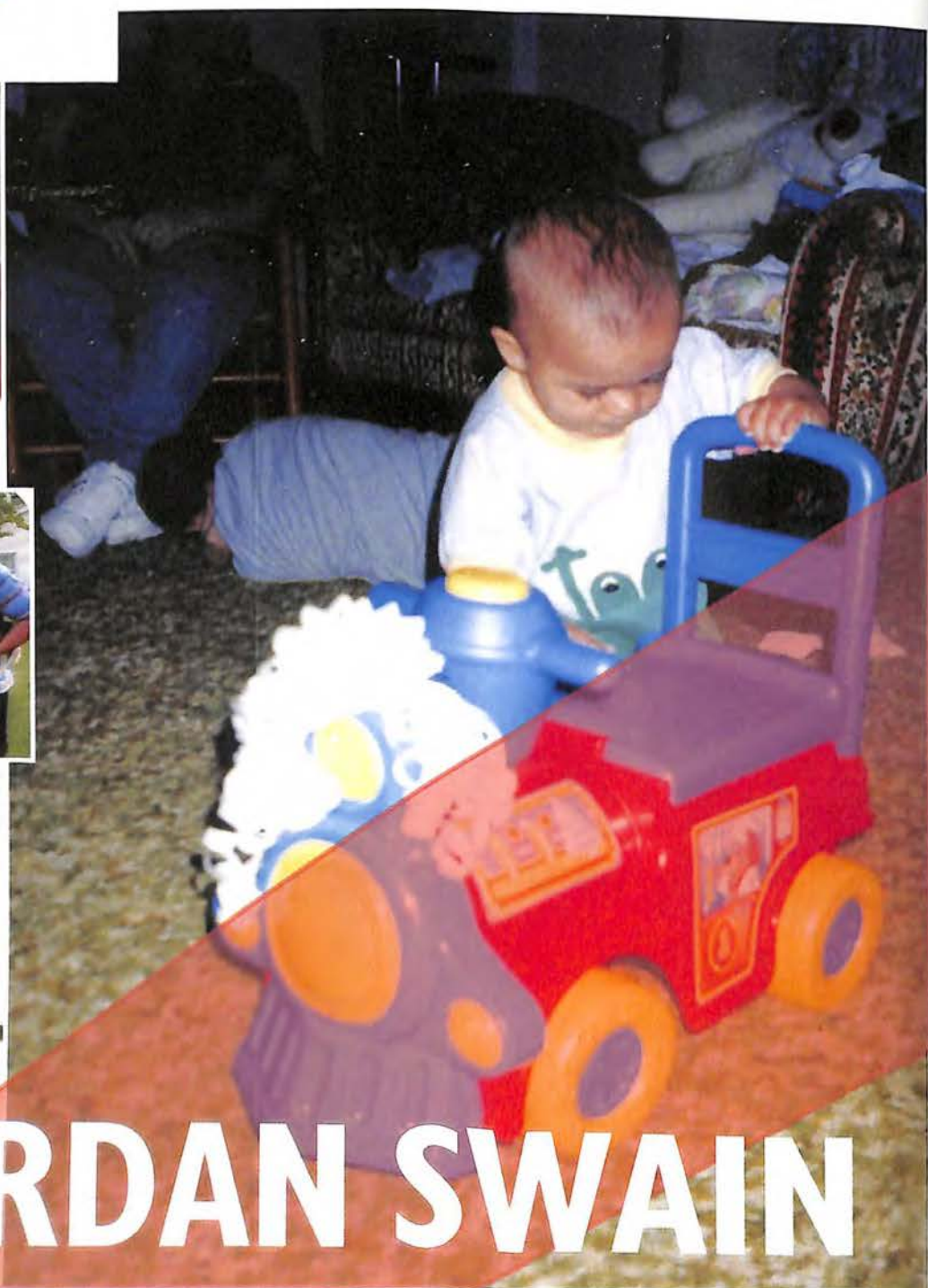
Front Row: Adviser Brandy Hale, Alyssa Alder, Chris Qiu and Jasmine Demir. **Back Row:** Sierra Lee, Lauren Slough, Laura Martin and Hannah Smith.



"Two Hearts is about the older girls in the school getting to know the younger girls and helping them feel comfortable in high school. Each girl is a mentor to a younger girl. We do volunteer work with them and spend one-on-one time with them. We are always there if they need us."
Natalie Hamilton, 12



Though I still want to pull you to me to keep you safe, I want you to know I am so proud of the tremendous person you have become. You have my love, my pride, and my respect. As I watch you venture out into this new, exciting stage of life, I know your steps will become sure-footed, and soon you will be running once more toward the infinite possibilities you can dream for yourself.



JORDAN SWAIN

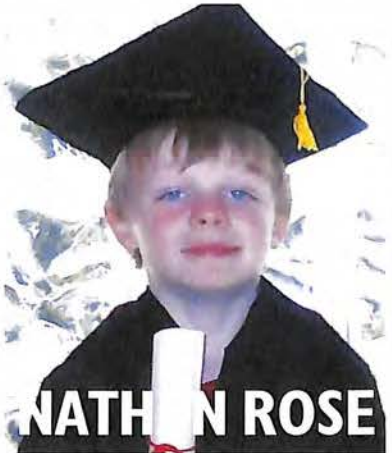


LAUREN SLOUGH

We are so proud of your accomplishments
in school, volleyball, and life.
Keep going after your dreams and remember.....
"For God has not given us a spirit of fear and
timidity, but of power, love, and self-discipline."
2 Timothy 1:7
With love, Mom, Rick, Dad, Jessica,
Lindsey, Will, Ryan and Nathan



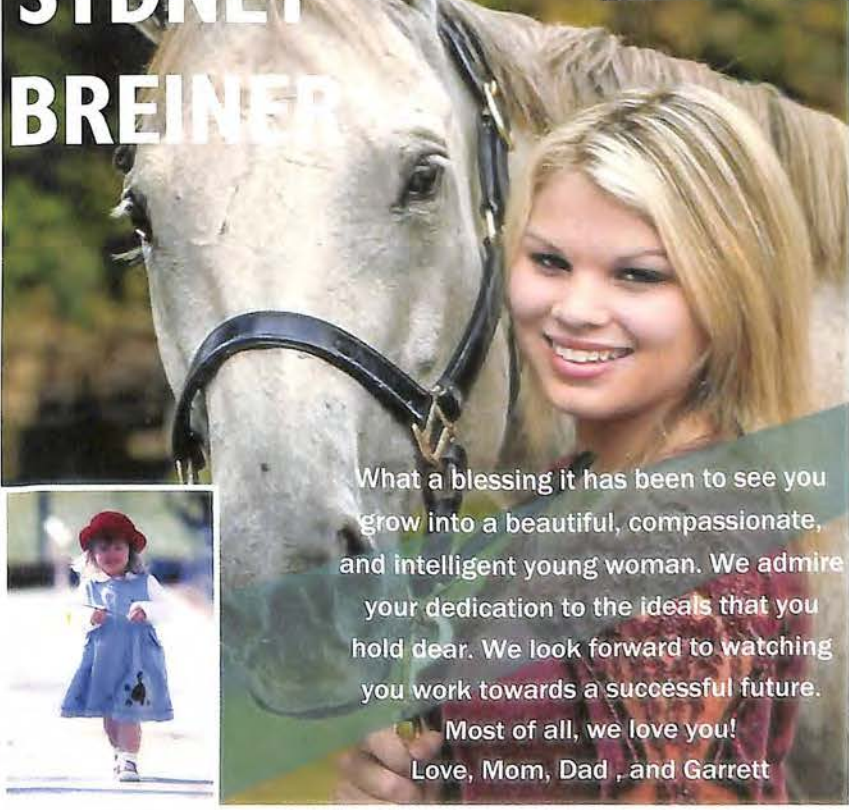
"The mystery of life
isn't a problem to solve but a reality
to experience."
-Frank Herbert, *Dune*
Congratulations,
we are very proud
of you!
Love, Mom, Dad & Scott



NATHAN ROSE

What lies behind us, and what lies
before us are tiny matters
compared to what lies within us.
- Ralph Waldo Emerson

**SYDNEY
BREINER**



What a blessing it has been to see you
grow into a beautiful, compassionate,
and intelligent young woman. We admire
your dedication to the ideals that you
hold dear. We look forward to watching
you work towards a successful future.
Most of all, we love you!
Love, Mom, Dad, and Garrett



DARIAN

Here's to a
lifetime of
"happily ever
after!"
We love you
and couldn't be
more proud!
With love,
Mom, Dad,
Katie, Hayley,
Drew, &
Graham



You are the most precious gift God could ever give us.
 You will always be the center of our lives. We will
 celebrate your triumphs and endure your struggles with
 you. We love you with all our heart and soul,
 and we will always be there for you.
 Love always, Mom and Dad

The English, American, Latin and Hebrew meanings for
 the name Michaela are "a gift from God." People with
 this name have a deep inner need for quiet and a desire
 to understand. My niece, Michaela, possesses both of
 these characteristics. She is precious and is certainly
 to me a "gift from God."
 Love, Aunt Mor Mor



MICHAELA TROUT

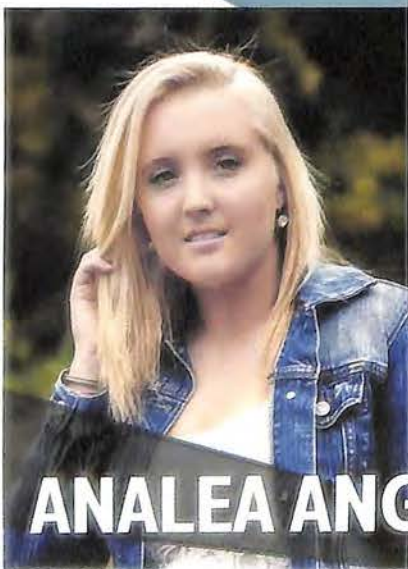
Congratulations!
 We are so proud of you
 and the hard working,
 caring, and giving
 person you have
 become!
 Love,
 Mom, Dad, Kylie
 Mimi and Poppy
 Nana and Papa Ed



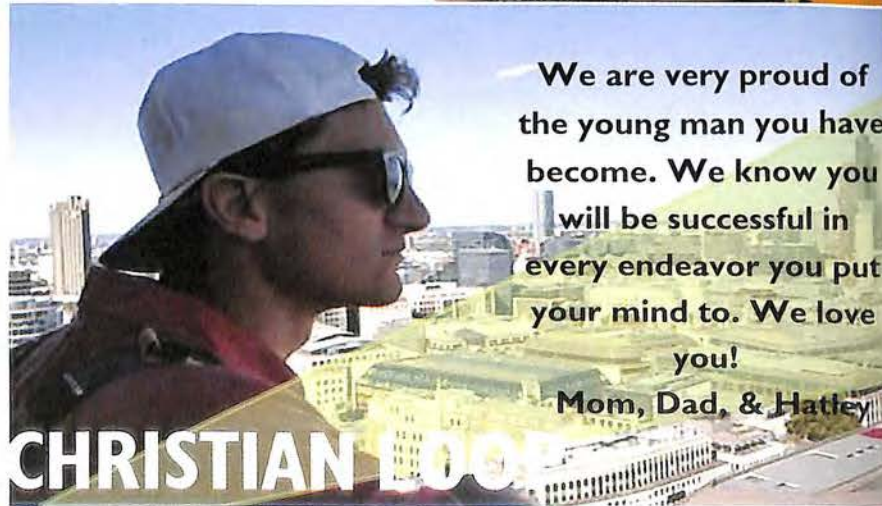
We are so proud of
 all your hard work
 and perseverance
 and know your
 future is as bright
 as your smile!
 Love,
 Dad, Mom and Joey



JILLIAN MORGANELLI



ANALEA ANGEL

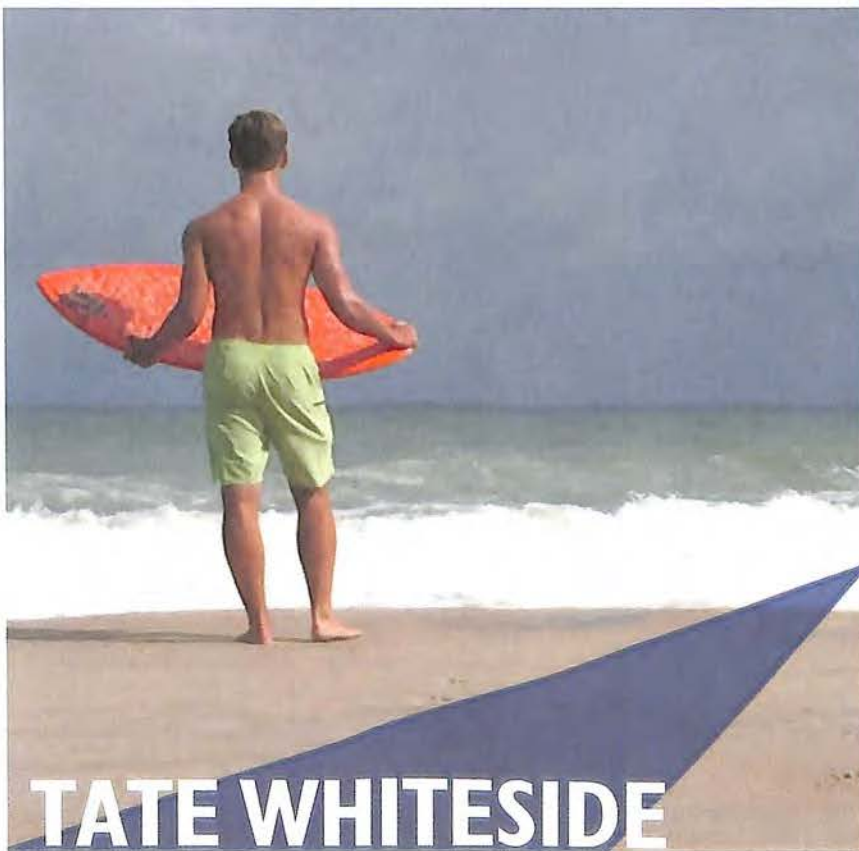


CHRISTIAN LOOP

We are very proud of
 the young man you have
 become. We know you
 will be successful in
 every endeavor you put
 your mind to. We love
 you!
 Mom, Dad, & Hatley



You inspire us to be more genuine to our true selves, more curious about our world, and more adventurous overall. We believe in you and love you.
- Mom and Dad



TATE WHITESIDE

Congratulations, Hanna!
Never lose that beautiful smile and sparkle in your eyes!
Love always,
Mom, Dad & Kara



HANNA BUCK



MOLLY KWITNY

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.
-Albert Einstein



Congratulations, Justin!
No words can describe the pride and gratitude that comes from having a son like you. Always remember how much you are loved.
Mom and Dad

JUSTIN KING



Dear Wiggles,
 We are so proud of the beautiful, smart, strong young woman you have become. Be open to explore all the experiences that inspire you after graduation. Continue to have confidence and courage in your choices. Find more joy, peace, and love. Your family will always be here loving you more than you could ever know.



Love,
 Daddy, Mom,
 Kyle and Carly



REBEY CURTIS

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

Follow your dreams; they will always lead you in the right direction.

Congratulations! We are so proud of all you've done and the person you've chosen to become. Love always, Mom, Dad, PJ, Kyle, Bleu and Zoe



HUNTER MOLLIKA

CONNOR BAYNE



Congratulations, Connor!
 We are very proud of you and love you so much.
 Love, Dad, Mom and Kendall



MIRANDA MALLORY

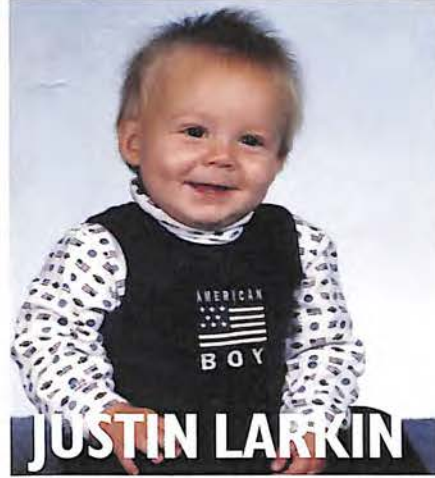
Laughter is timeless. Imagination has no age and dreams are forever.
 -Walt Disney

We love you Miranda. Dream big and may all those dreams come true.

Love,
 Mom, Dad and Quinton



Kaitlyn, you have made me so happy, and I am proud every day to claim you as mine. You have a wonderful future ahead of you, and you are ready to let your light shine brightly upon the world! Remember that I will always be here for you as you spread your wings. I love you, always! Mom

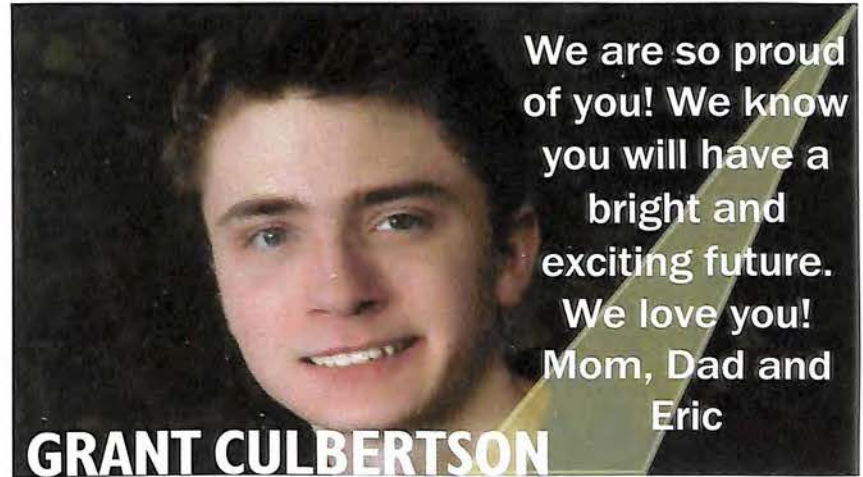
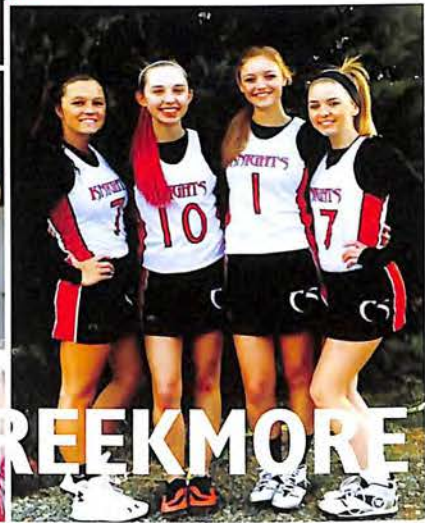


Congratulations, Justin!
We're so proud of you.
Love,
Mom and Dad

JUSTIN LARKIN



KAITLYN CREEKMORE

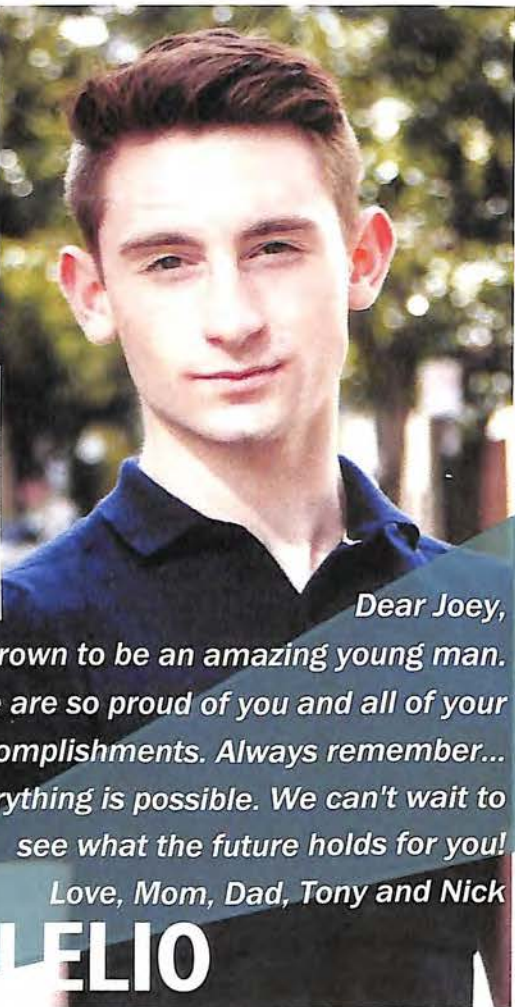


We are so proud of you! We know you will have a bright and exciting future. We love you!
Mom, Dad and Eric

GRANT CULBERTSON

Congratulations to the senior members of the Marching Band and Color Guard from the CSHS Band Boosters

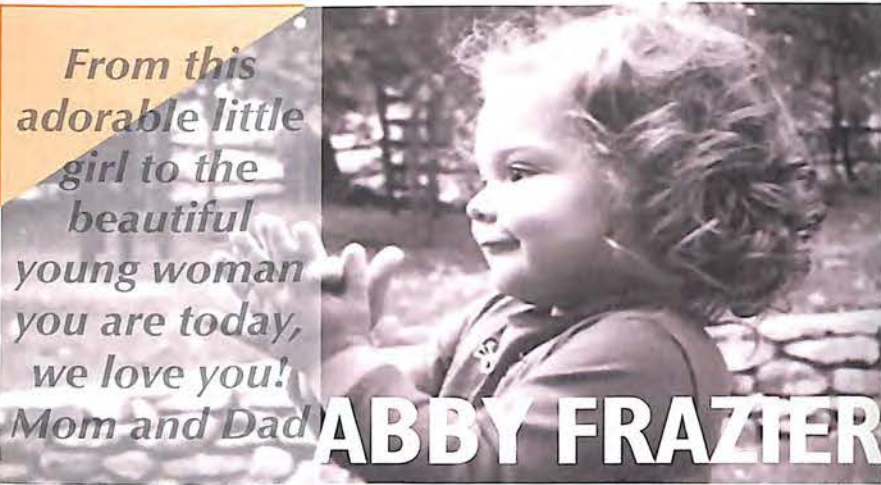




Dear Joey,
 You have grown to be an amazing young man.
 We are so proud of you and all of your
 accomplishments. Always remember...
 everything is possible. We can't wait to
 see what the future holds for you!

Love, Mom, Dad, Tony and Nick

JOEY D'ALELIO



From this
 adorable little
 girl to the
 beautiful
 young woman
 you are today,
 we love you!
 Mom and Dad

ABBY FRAZIER

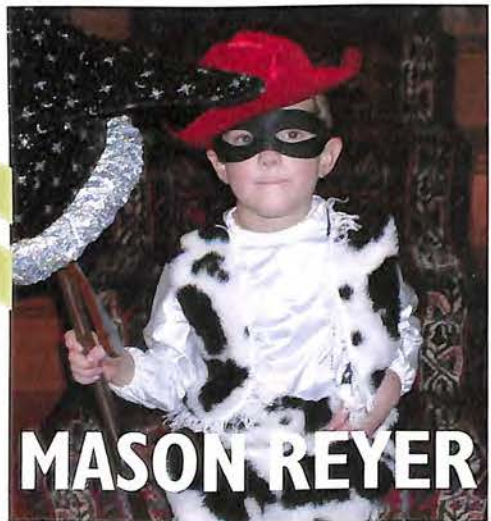


Live every moment.
 Love beyond words.
 Laugh every day.
 We are so proud of
 you. Hope all of your
 dreams come true!

Love,
 Dad, Mom, Hannah
 and Hailey

HOPE SITZE

Our favorite
 cowboy at any
 kind of rodeo.
 We love you,
 Mason.
 Mom, Dad and
 Matthew



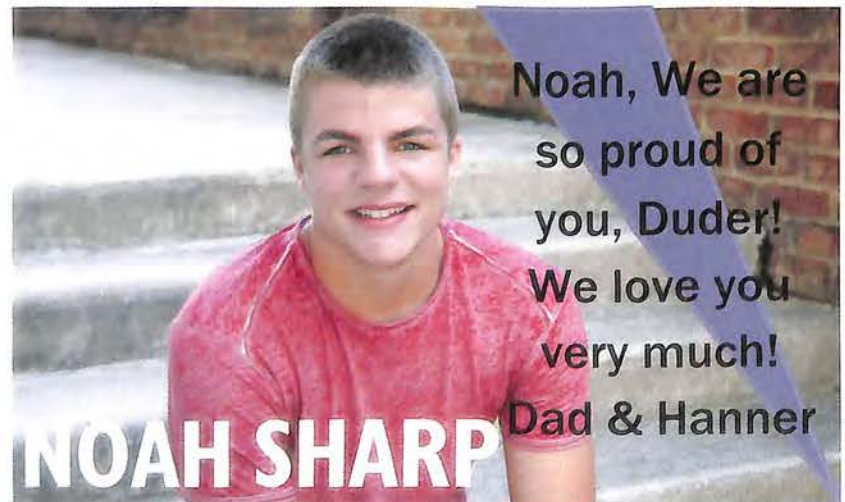
MASON REYER



Christy,
 Congratulations on a great
 run at Cave Spring High
 School! You continue to
 bless us all in so many
 ways and we are excited
 for you as you begin
 another chapter in your
 wonderful life. We are all
 so very proud of you!

Love always,
 Mom, Dad, Lauren, Tyler
 and Miss Millie

CHRISTY GOLDSMITH



Noah, We are
 so proud of
 you, Duder!
 We love you
 very much!

Dad & Hanner

NOAH SHARP



ELEAH RUFFIN



Watching you fulfill the plans God has for you overwhelms us with joy. Your intelligence, creativity, tender heart, and love for others amaze us. Congratulations on completing this step in your journey with excellence! We are so proud of you! We have no doubt that you will achieve great things in the future and you will receive your heart's desire.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)

We love you!

Dad, Mom, Ebony and Elijah



Kristen,
We are very proud of the confident young lady that you have become. Always follow your dreams and keep your expectations high. We love you!!
Love,
Mom, Dad, & Jason

KRISTEN BRADSHAW



"If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever."
- Winnie the Pooh

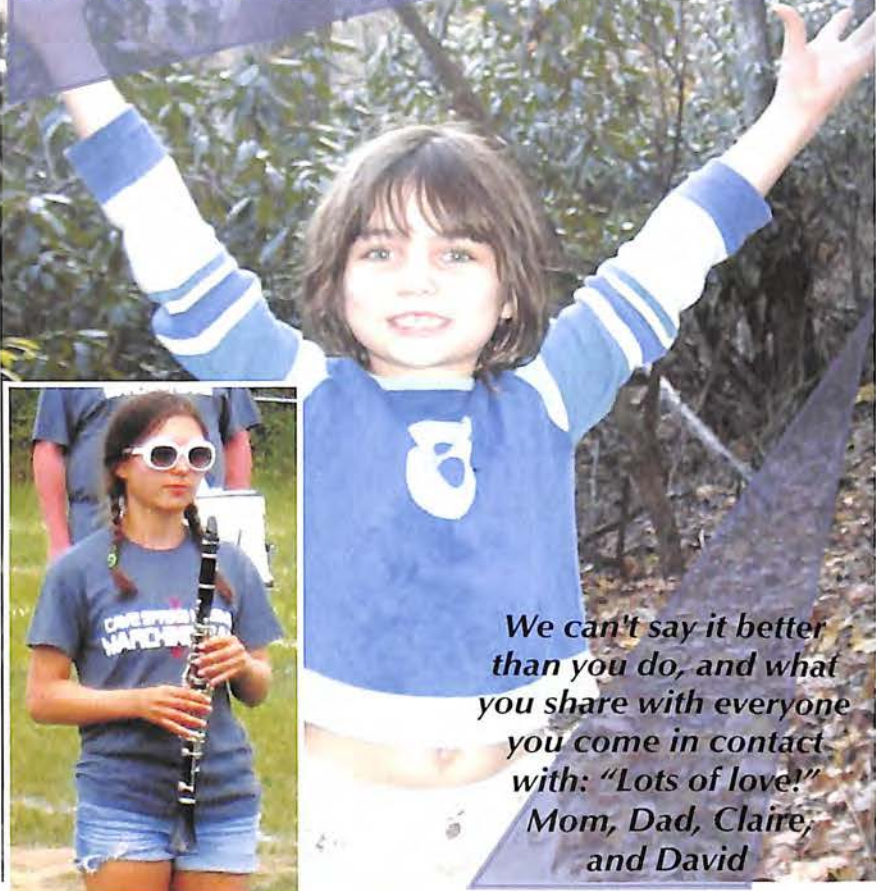
From the first day of school to the last, we have loved every moment of watching you grow into a smart and beautiful young lady. We are so proud of you, Madison Gail.

Love, Dad, Mom, Drew, Maya, and Jesse

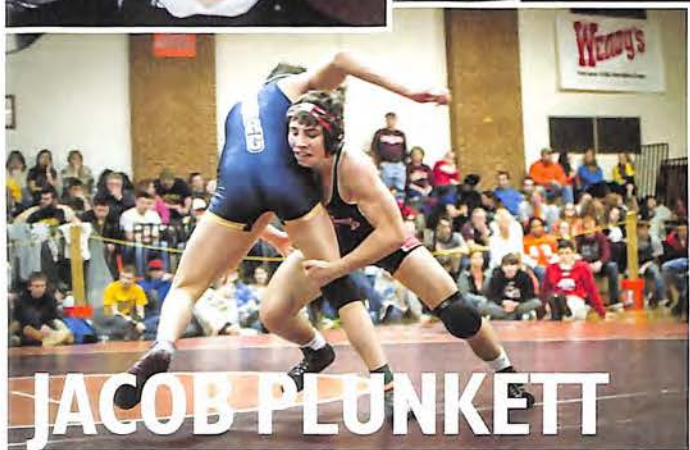


MADDI MONSOUR

MADELEINE LAWSON



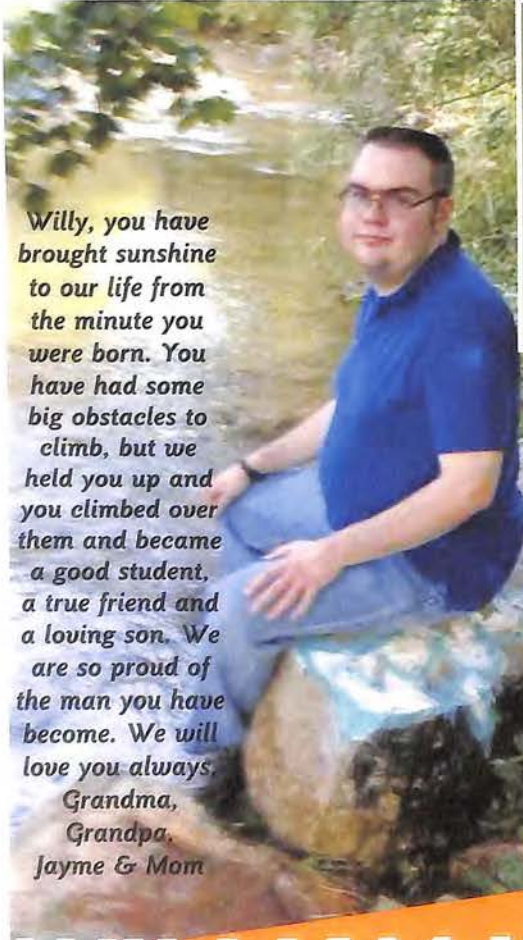
We can't say it better than you do, and what you share with everyone you come in contact with: "Lots of love!" Mom, Dad, Claire, and David



JACOB PLUNKETT

"Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands."- Anne Frank

We are so proud of the path you are on and the person you have become. Keep looking to the future and always remember where you came from.
Love, Mom and Jeff



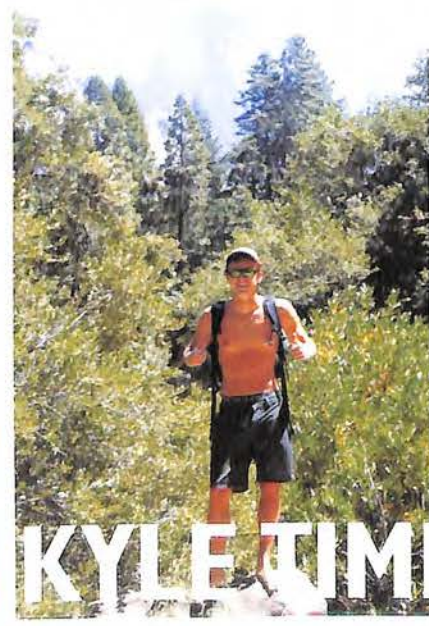
*Willy, you have brought sunshine to our life from the minute you were born. You have had some big obstacles to climb, but we held you up and you climbed over them and became a good student, a true friend and a loving son. We are so proud of the man you have become. We will love you always.
Grandma,
Grandpa,
Jayme & Mom*



WILLIAM INMAN

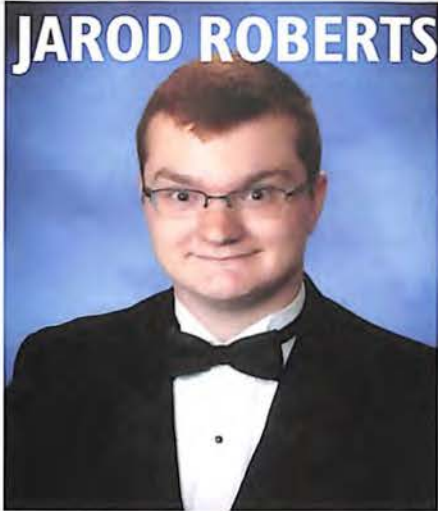


*On and on you will hike. And I know you'll hike far and face up to your problems whatever they are. Step with care and great tact and remember that life's a great balancing act. And will you succeed? Yes! You will, indeed! (98 3/4 percent guaranteed.) KID, YOU'LL MOVE MOUNTAINS! Today is your day! Your mountain is waiting. So... get on your way! Oh, the places you'll go!
- Dr. Seuss
We love you! Mom, Dad, Ellie and Marta*



KYLE TIMMERMANN

JAROD ROBERTS



We have a son who is our heart. A wonderful young man, daring and loving and strong and kind. When we think of you, the quote "Veni, Vidi, Vici" comes to mind... Love you best of all, Mom & Dad



OLIVIA CAMERON



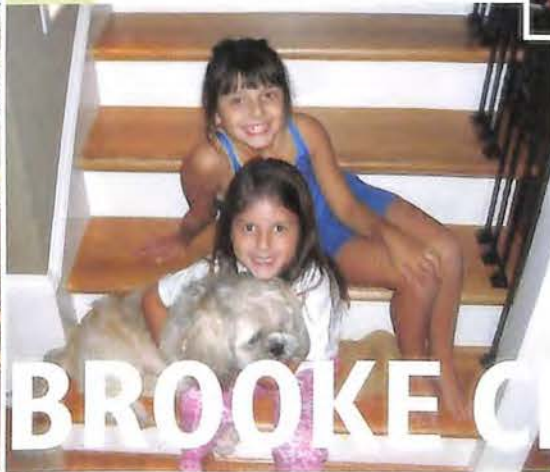
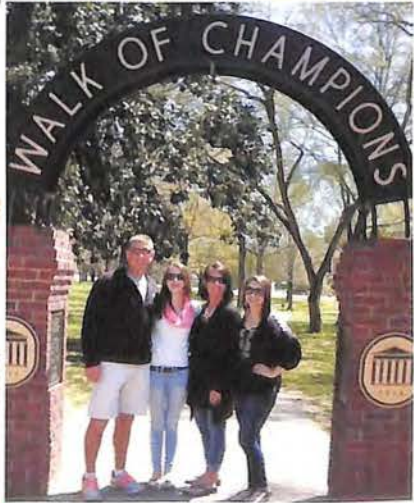
Congratulations, Olivia!
We are so proud of you and the awesome young lady you have become. Your future is bright and we look forward to seeing where life takes you. We love you, Mom, Dad, Evan, Max, Dude and Mojo



Best of luck in all you do!
We love you!
Accolade
Staff



Congratulations!
You have worked so hard, accomplished so much, and become such a leader. We are so proud of you and know that anything you put your mind to you will achieve. Can't wait to see what great things your future holds. We Love You!
Mom, Dad, and Cori



BROOKE CLAYTON



CHRIS WOODRUM THE 2014-15 CS KNIGHT



Your love of life is an inspiration to us all.
You are a wonderful son, brother, grandson, and friend.
You are such a blessing to everyone and you touch lives
in such a great way! We're Very Proud of You!

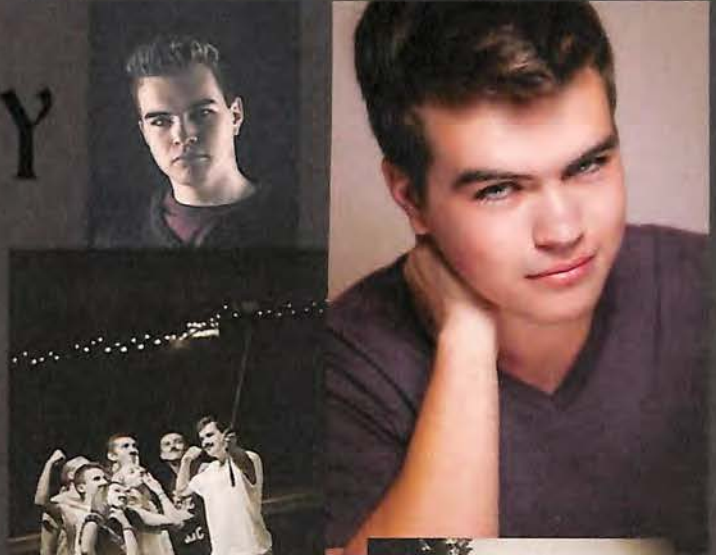
Dad, Mom, Taylor, Josh & family



CONGRATULATIONS RANSOM SWEENEY

THE TIME HAS COME ALL TOO QUICKLY. IN THE
MERE BLINK OF AN EYE, YOU HAVE GROWN.
WE ARE IMMENSELY PROUD OF ALL YOU'VE
ACCOMPLISHED IN YOUR 17 YEARS.
THE WORLD IS WHAT YOU MAKE IT, RANSOM.
MAKE IT AMAZING!
WE LOVE YOU!!

DAD, MOM, ETHAN,
AND OWEN



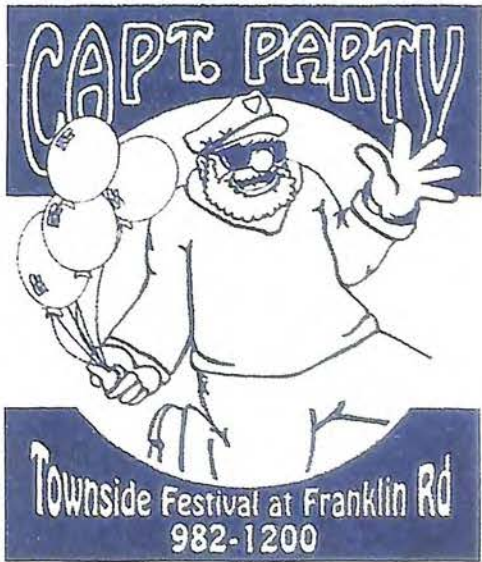
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MAC AND BOBS

The logo for Mac and Bobs features a central graphic of a rowing helmet and two crossed paddles. The helmet is positioned at the top, with the blades of the two paddles crossing below it. The entire graphic is rendered in a simple, black-and-white line-art style.

Salem, Virginia
- EST. 1980 -

**Congratulations
Class of 2016!**



Julie Dalton



Bailey Bushman



Cave Spring Alumni J.T. Roberts and Cody Bushman

***Congratulations
and lots of love to
our grandchildren!***

***We are proud
of our Knights!***



Isabelle Sizemore



Noah Bushman



Madi Bushman

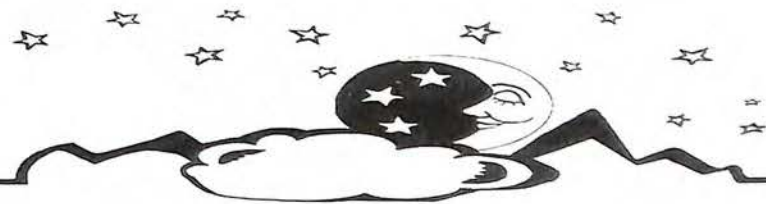
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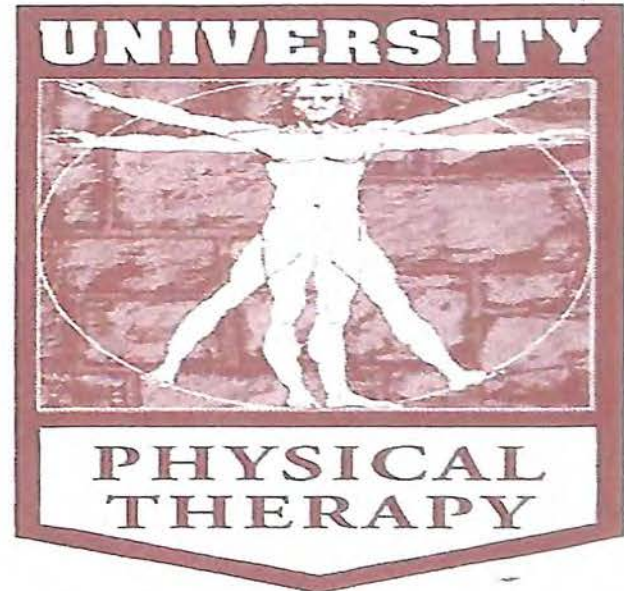
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*Congratulations Seniors!
Go Knights!*



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Les Cheveux

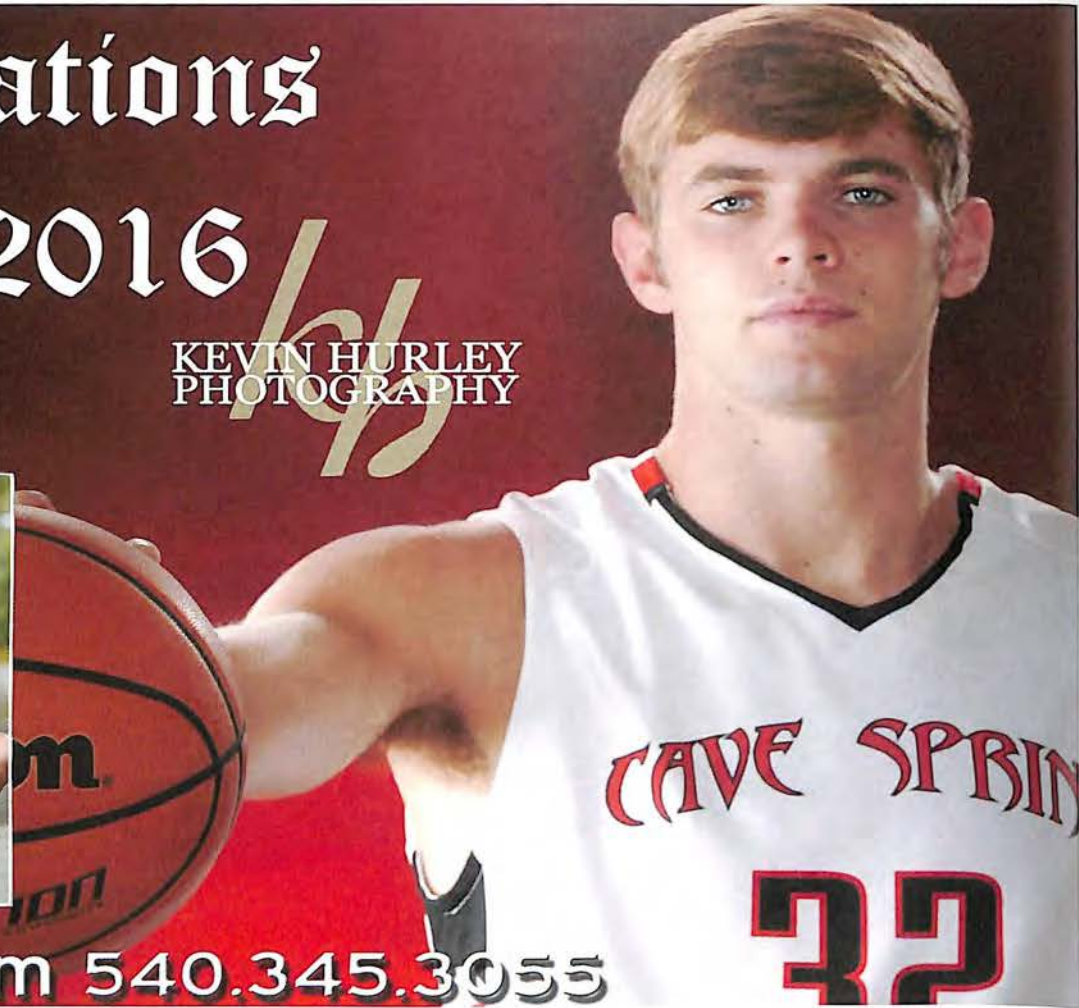
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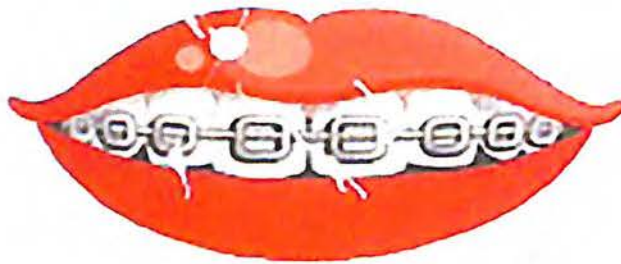
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KEVIN HURLEY
PHOTOGRAPHY



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Fallon Delp



*While we are so proud of all your accomplishments,
we are most proud of the compassionate and
caring person you have become. Don't ever change.*

*We love you!
Mom and Dad*



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ACCOLADE

HAS LANDED AT THE TOP OF EVERY LIST OUT THERE,

AND I COULDN'T BE PROUDER.

THANKS FOR BEING PART OF MY FAMILY.



STEVE KENT

HERFF JONES YEARBOOKS

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A

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THEME

it: used to represent an inanimate thing understood, previously mentioned, about to be mentioned, or present in the immediate context

It. A meaningless, no good word we were always told to replace in English class. It was called repetitive and nondescriptive, a word with no impact. But "it" is more than just a two letter word. "It" is the "Fight like a Knight" attitude we display through every struggle which impacted our tightly knit community. "It" is the pride we feel when saying, "Yeah, I go to Cave Spring." "It" is the blood, sweat and tears put into the fight to win. "It" is the sleepless nights during the journey to graduation day. So yes, "it" may just be a two letter word, but "it" means more to us. "It" is who we are, what we do, and how we live. And "It Shows."

ASSEMBLY

COVER: Black suede wrapped on 145-point binders board with black foil application and overgrained finish. Metallic pewter and red paints applied to the spine.

ENDSHEET: Photo illustrations - using a Japanese technique to emphasize points of light - printed on white, recycled linen stock
 PRINTING: Vegetable-based inks on 100-pound premium matte paper applied in Herff Jones' Kansas City printing facility
 PHOTOGRAPHY: Staff generated art, with credits at the lower left of spreads. LifeTouch provided portrait, club and team photos
 RECOGNITION: "We're Done" Volume 60 of Accolade received a "Trophy Class" state championship from Virginia High School League, a Silver Crown from Columbia Scholastic Press Association and a Pacemaker Finalist from National Scholastic Press Association

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Steve, I have no idea how you do it all! You're a yearbook wizard. I think you've given me multiple heart attacks this year. But that's ok, with your help our vision came to life. Thank you so much for encouraging me to be the 'baby editor' and for pushing our staff to change things up. - Laura



Mrs. Shawn, Thank you for the endless advice on how to navigate this crazy world called yearbook. You know it all. Between English and yearbook, you'll never get rid of me! I'll miss your motherly advice and sassy comments, but I'll sneak in to visit.
- Laura

Schaunell, Thank you for popping into class halfway through the year! I've loved getting to know you. I had so much fun running around NYC with you, drinking bomb milkshakes, and messing with makeup in Sephora. Your special effects never cease to scare me!
- Laura

Sierra, You're always so upbeat and energetic. Thank you for being so hard working, staying up until 3 a.m. to get work done- always going above and beyond. I think you were in the yearbook room far more than I ever was! One day, I'll be able to say that I knew a famous makeup artist.
- Laura

Lauren, You're not allowed to graduate- we're keeping you! You never cease to amaze with your eye for photography and always crack me up with your 'say it as it is' humor. Nobody can top your taste for music and fire tweets. Thanks for always volunteering to overbook yourself to take pictures. You are amazing!
- Laura

Alyssa, Your crazy sense of humor and random karaoke always made class fun. I loved walking into class and seeing your art projects. I have no idea how you came up with that stuff. Thank you so much for running around to interview during study hall. You saved me from missing deadlines so many times.
- Laura

Chris, You're such a trooper for tolerating all us crazy girls. I don't know how you did it! Thank you for running all over the state to take pictures for us. Where would we be without your magical Photoshop skills? And if it wasn't for your amazing subway navigating skills, we would still be lost in NYC!
- Laura

Hannah, Thank you for always setting us crazy people straight. Your honest opinions and unique ideas were always so helpful when we were stuck on ideas. Your endless hard work and vision on the ads section was amazing! I think I'll just send your dream Cali book in the mail as a little present.
- Laura

Jasmine, You leave no stone unturned and no task incomplete. Your attention to detail and initiative are second to none. You breeze through every task with speed and ease. No business is safe from your 'Ad Whisperer' charm. You may be soft spoken, but when you spoke, we listened!
- Mrs. Hale

Laura, Thank you for being willing to take on managing a new staff, a new book, and new adviser all at once without much experience yourself. Despite your frustration level, you never threw in the towel. Thanks for being the sounding board for all of us and for never giving up.
- Mrs. Hale





it shows in everything we do.

IT IS NEVER THE MISTAKES
YOU MAKE, BUT HOW YOU
RESPOND TO THEM THAT
DEFINE YOUR CHARACTER.

Taking a chance performing in front of the school proved to senior Christley Richardson her talent went beyond trying to impress. Richardson admitted she made mistakes when performing and just had to move past them.

"I remember one time during a performance, it got really cold, and it made me achy. When I threw my rifle into the air, I felt pain shoot through my hands immediately and dropped it when it came back down," Richardson said.

"Being in front of the student section made it more embarrassing," she said, but she did not let it show.

"You just have to look up at the audience and smile, and act like it was part of the performance and move on," she said. "I try to act like it's no big deal, and it's okay because, in all honesty, no one's going to remember that in a week or so. I just practice harder."

"Everyone makes mistakes. I've never let mine impact my decision to keep doing color guard."

Showing the juniors who's boss, senior Jasmine Brickey blasts past Lauren St. Clair and Laurin Hatcher at the homecoming Powder Puff football game. After years of fighting, the seniors finally enjoyed their day in the sun. "It's unreal how competitive we were and how determined we were to win. After spending five years at Cave Spring, this victory was hard earned and something we knew we deserved, and we were willing to fight for it," Brickey said.





