



**NOW
IS THE
TIME**

ACCOLADE 2018

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**NOW
IS THE
TIME**

**TO
LEAVE
YOUR
MARK**



PAINT MARKS SMEARED ON HIS FACE AND ARMS, freshman Christian Wheeling pauses for a photo at the homecoming football game. Tradition called for the student section to adopt a theme for each game. At the homecoming game, students adopted a 'Merica theme, dressing in red, white and blue. Wheeling tried to be involved at both school and his church, Elevation. "Coming to school as a freshman, I found that I enjoyed meeting a lot of new people. I liked the environment, too. It reminded me of my church, where people are always there for you," he said.

NOW IS THE TIME

CAVE SPRING
HIGH SCHOOL

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FR: 279
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1,141 KNIGHTS

ACCOLADE 2018

Volume 62

FROM THE COACH'S VIEWPOINT, junior Andrew Ditmore looks for a vital comeback play against the senior class during the Powderpuff game on October 16th. An annual tradition, this game pitted junior girls against senior girls, while the guys showed their support as cheerleaders on the sidelines. "Our girls played as hard as they could. We couldn't seem to stop them on offense, and the officiating wasn't exactly on our side. We needed to get our play-makers out there, so they could take over the game. At the end of the day, though, winning is kinda overrated. Sure winning is nice, but as long as everyone had fun, I'm happy. That's a lie. I wanted to win this thing so bad," Ditmore said. Despite his wishes for his team, the juniors took a loss of 36-0, the first shutout in 11 years.



DWIGHT BOGLE STADIUM





AS HUNDREDS OF STUDENTS CHEER THEM ON, juniors Julia Booker and Adam Gladfelter pull Mr. Edward Spruell on a blanket while competing with pairs from other grades in a blanket race during the homecoming pep rally. The annual rally took place the day before the homecoming football game. "This experience was definitely one of the most embarrassing ones of my high school career so far. I was in Mrs. Shawn's class before and she said we were going to play a game and needed volunteers. Without knowing what it was, I volunteered," she said. "I ended up being the only girl, but oh well. I didn't really do any of the work. [Junior] Adam [Gladfelter] pulled most of the weight. I instantly regretted my decision and, by the end, I was sweating. Like, a lot. I was surprised that we actually won, but it meant I had to race again, sadly. Senior year, I will definitely not be doing the blanket race again."





CLINIC
MEDICINE

STARS



Malik Sallah, 12

HANDLE WITH GRACE

"I WAS INELIGIBLE TO WRESTLE LAST year because of a VHSL rule that directs if a student athlete goes from parental custody to guardian custody and switches districts (in this case, from Roanoke City to Roanoke County), you cannot participate in any sports for 90 days. They call these 90 days a 'grace period.'

My brother took full custody of me last year and he resided in Roanoke County. I started attending CSHS on October 28th. The end of my grace period was February 5th, but the wrestling conference tournament was February 4th. If I had come to Cave Spring just one day earlier, I would have been able to compete in the school season. Honestly, it was heartbreaking letting something you love so much go for a year. I used to consider leaving Cave Spring in order to wrestle at my previous school, Patrick Henry. However, I always came back to the idea of sitting out for a year because my new teammates were my family.

I did help coach during that period, which was definitely a big change in what I was used to. Some of the guys took me seriously and others knew this was my only alternative rather than actually wrestling. I didn't have to do this, but I chose to so I could better myself and my teammates. As the year went on, I strengthened my ability to coach. Being on the outside, yelling at people rather than being yelled at, is better for sure, but it's frustrating at times when you want to be on the mat.

This experience made me appreciate my opportunity to wrestle. Life has its trials that test you. That was definitely a hard time in my career, but I always knew it wasn't forever and that everything happens for a reason."

Athletes

OF THE YEAR

"Training for basketball can be countless hours of dribbling, shooting and passing to better your game and develop habits that just come to you while on the court, so you can perform to the best of your abilities."

-Devin "Mookie" Beckner, 12



DEVIN BECKNER, BASKETBALL

"I believe I was selected to be athlete of the year because of my dedication. My mindset is that I should be the best at whatever I put time into, and be the best that I can be."
 - Reagan Delp, 12

"Swimming is an individual sport, but it's fun because you are constantly trying to reach your personal best, and so are your teammates. You cheer each other to do better."
 - Mills Harris, 10

"Cross country makes you have a disciplined mentality, always makes you want to work harder, and that transfers. When you're around it so much, it flows over into everything else you do. Cross country has definitely made me a perfectionist."
 - Peter Smith, 12



REAGAN DELP, BASKETBALL



MILLS HARRIS, SWIMMING



PETER SMITH, CROSS COUNTRY

"My parents never really pushed me to do cross country, I run for my own enjoyment. I love the adrenaline rush from running."

- Parker Albright, 10

"I love competing with my team and striving to become a better wrestler each and every day."

- Kip Nininger, 10

"I've learned more than just softball, I've learned to bond with my teammates."

- Gabbi Parulis, 12



PARKER ALBRIGHT, CROSS COUNTRY



KIP NININGER, WRESTLING



GABBI PARULIS, SOFTBALL

"Lacrosse is fast paced, fun and still evolving as a sport. I enjoy it because of the new ways to play it and the different techniques being introduced."
 -Mason Lee, 12

"I absolutely love track and field, because of the individuality of it. My success is determined by how hard I choose to work, and I'm the only one on which it depends. There is no greater feeling than standing up on the podium as a medal you've worked hours to attain is placed around your neck."
 -Elizabeth Hertzberg, 11

"My parents first put me in swim lessons so I could learn. After that, it kinda just exploded. Swimming has consumed my life, in a good way, for as long as I can remember."
 -Emma Muzzy, 12



MASON LEE, LACROSSE

ELIZABETH HERTZBERG, TRACK

EMMA MUZZY, SWIMMING

"Regardless of our record, I know we have a good team. I stay motivated through my dedication and commitment to my teammates, and because it's my senior year, my last shot in high school."

-Austin Ragan, 12

"I think there's a little more heart in school soccer than there is in other leagues. It's almost like you're representing something when you play school soccer, instead of focusing on improving yourself."

-CJ Poulsen, 12

"My drive for volleyball is my competitive nature. I love how intense I get and how it's just go go go."

I want to be the best, and I want to be better than my sister."

-Erin Harrison, 12



AUSTIN RAGAN, FOOTBALL



CJ POULSEN, SOCCER



ERIN HARRISON, VOLLEYBALL

"The hardest part about tennis is the fundamentals, having to remember all the strokes can be challenging sometimes."
 - Brij Patel, 12

"This year i'm more determined than past years not only because I want the younger girls to know what winning a state title feels like - I want to make my coaches proud."
 - Kinsey Harris, 12

"I have a ritual before every heat. I wear a chain, kiss it, then i look up at the sky. I look up so my dad knows i'm running for him."
 - Jaylen Hairston, 12



BRIJ PATEL, TENNIS



KINSEY HARRIS, COMP. CHEER



JAYLEN HAIRSTON, TRACK

"It's nice when you get a big hit and everyone is cheering for you. I also love the 'in the moment' feeling of baseball."
-Trey Hodson, 12

"Golf is a love/hate relationship. It takes certain skills that require hard work to accomplish. It's the best thing in the world when you are doing well, and the worst when you're not."
-Mark Jirout, 11

"I love the team aspect of soccer. But my position of the field specifically, I like being able to see the field from a completely different perspective, and simply the added pressure of being the goalie."
-Mckinley Pollard, 12



Athletes OF THE YEAR



REAGAN DELP, TENNIS

"Having the mental toughness to finish a close match is the hardest part about tennis. Since you are by yourself and don't have anyone to support you, it's hard to forget about the last point and focus on the next."
- Reagan Delp, 12

Mary



TURNER

Mary Turner, 12

DO IT FOR YOU

"I FIRST STARTED DOING MY MAKEUP when I was 12. It was mostly big chunky eyeliner and whatever foundation my mom brought home for me. At first I did it to cover up acne, but as I got older it turned into a way I could express myself. It was an alternate art form to me. It took practice, practice and more practice. I used to get up at 5:45 most mornings to put on a full face. In a way, that improved my abilities.

I am self-taught and do not like makeup YouTubers or Instagrammers. I find their videos biased, misleading and overall lacking in creativity. My only exception is Stephenie Nicole, who is brutally honest about every brand she uses. Aside from that, I do follow a lot of other makeup enthusiasts on Twitter.

Wearing makeup is a personal decision. No one should feel like they are being forced to wear it, especially if it doesn't make them happy. Natural beauty and skin care should be celebrated and women should not feel the need to look 'alike' or 'presentable.' I essentially see it as a form of self-expression.

My mom never restricted me with makeup, so I was able to try different looks and techniques and learn from them. My favorite look is something called a 'halo eye.' I normally do this with taupe tones in my crease and inner and outer corners, with a cool sparkly shadow in the middle of my eye where my pupil sits. Then, I highlight my inner corner per usual.

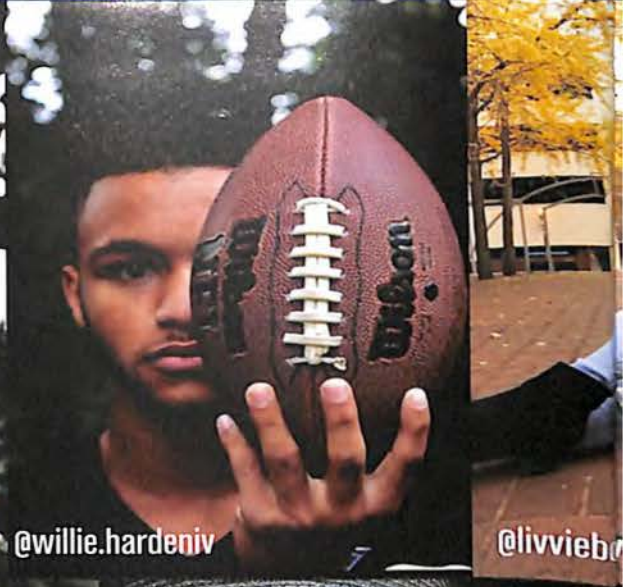
My biggest tip is not to follow any real tips. Makeup is personal and what works for some may not work for others. The biggest thing anyone should be concerned about is, 'Am I taking care of the skin underneath?' and 'Am I doing this for my own enjoyment or for the approval of others?'"



@t.perki



@abbey_shorten

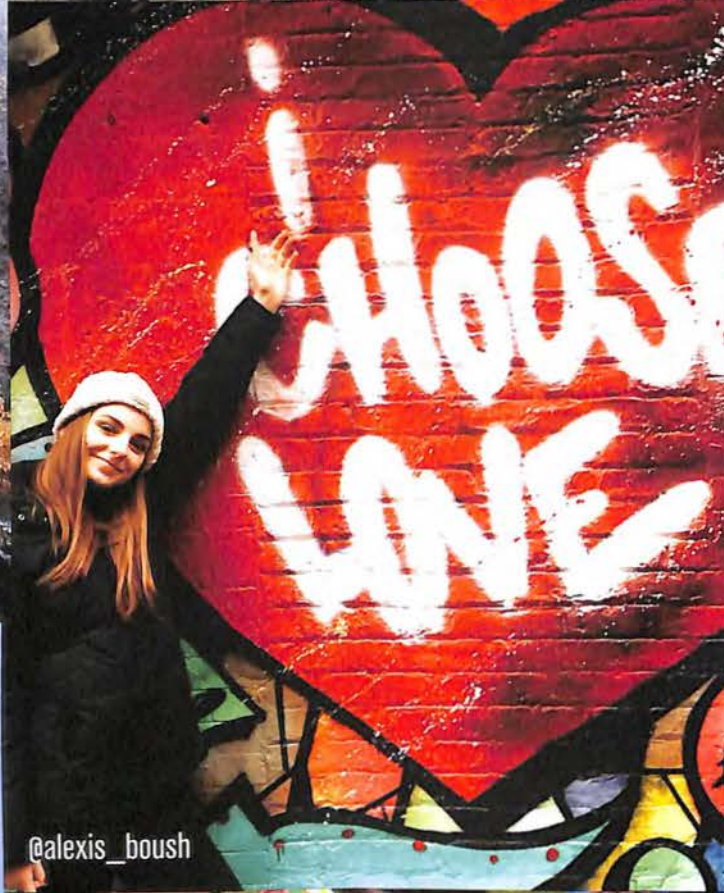


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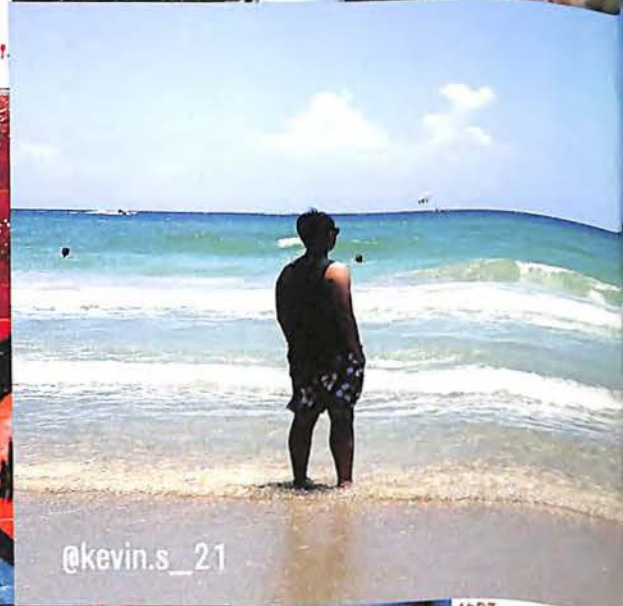
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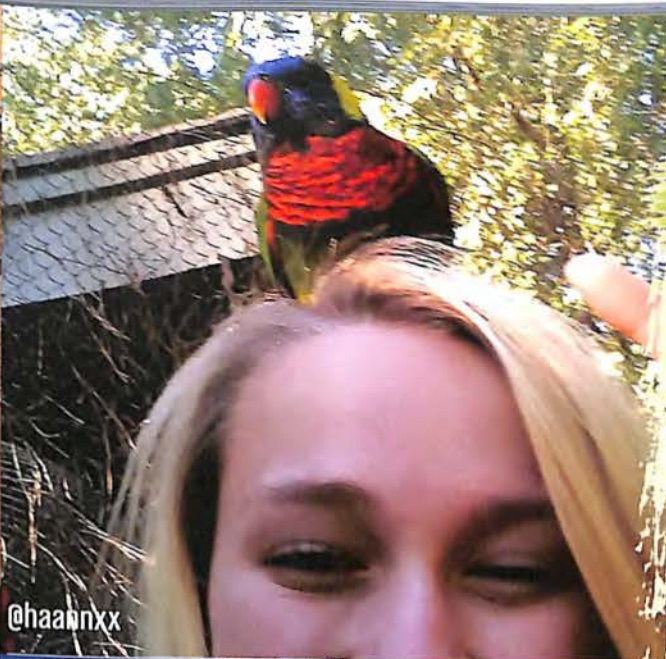


@bryce.forthergill



@ethan.ha

YOUR SHOT



@haanxx



@caitlinocarter



@laura_mackenzie_



32



"My sister is a photographer and always uses me as a model. She studied graphic design in college and loves taking pictures; it's her passion and hobby. She has to work with me, but she knows my best angles. Our favorite place to take pictures is in downtown Roanoke. We really love Elmwood park and Center in the Square. This is one of my favorite pictures from the shoot."

Cecily Doyle, 11



"My sister took this picture when we on a family ski trip at Winterplace. I love skiing with my family. One time, my brother and I were going off a jump and got hurt. He went first and fell. I followed, fell, landed on one of his skis and then went into a ditch in the woods. Someone ended up hitting him after I went into the ditch. We were both okay, though."

Kasey Skaff, 11



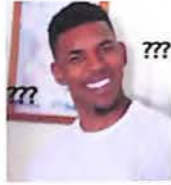
"This picture was taken during Spirit Week on Woodstock Wednesday, so that's why we're dressed the way we are. That day we had a fire drill, so we were on the grassy hill by the teacher parking lot. Someone told us we needed to pose on the hill together because it looked like we were really at Woodstock. I think I was posing as I was living life like a hippie."

Bryce Fothergill, 12

WHAT DO YOU MEME



Ingrid Diaz, 11



Kelsey Moore, 10



Jalen Buster, 10



Cooper Brandetsas, 11



KEEP TABS ON THEM

Social media was life for some. Whether you were a vlogger, Instagrammer or the rare kid who was still an avid lover of Facebook, there was a platform for everyone to share their inner-most thoughts or maybe just their best selfie. Whatever platform they chose, everyone's lives were open to the public.



100 OR FEWER
31%



200-300
26%



MORE THAN 500
26%



400-500
17%

FOR THE STREAK

WHAT'S YOUR HIGHEST SNAPCHAT STREAK?



HATE IT OR RETWEET IT

"Twitter is an outlet that allows people to express their opinions and beliefs and get recognized. For some people, social media is an easier way to do all of that. I'm very vocal, so I don't need social media to get my beliefs across, but I do like to use it as a platform. Sometimes I get political with my tweets. Just recently I tweeted, 'It's easier to buy a gun than buy Sudafed. Let that sink in. That led to a back and forth with people who were in support of gun rights. I'm not always political though. I try to be mostly positive, and those tweets get a lot of retweets. One time I made a list of things to get your boyfriend or girlfriend for Christmas. That one got 161,000 retweets. Another time I did a shout out to guy friends who are okay with just being strictly friends. That one ended up with 192,000 retweets.'

Taylor Squires, 11



TAKING ADVANTAGE OF A SUNNY DAY, seniors Abbey Shorten and Kinsey Harris record a vlog of their day. Shorten and Harris started vlogging their junior year. Their channel receives around 300 views per video. "When vlogging became popular on YouTube, we both admitted that creating that particular style of videos was something we could have fun with. Also, we can watch these videos in the future, which will be something we will appreciate later in life," Shorten said. "I started the channel with Kinsey because we both enjoy watching other vloggers and are always with each other. We were nervous about receiving negative feedback from our friends and other students at school, but when another student created her own channel and didn't receive hate for it, we became confident enough to start ours. Kinsey and I have a unique sense of humor when we're together and have similar interests. We're honestly an iconic duo," Shorten said. "The best thing is being able to go back and feel like you are reliving the memory that you vlogged whenever you want. The worst part is forgetting to vlog and trying to keep up with it. We are really bad at that," Harris said. "If I ever became YouTube famous, I would still go to college and continue the plans I already have since the popularity within YouTube might fade away," Harris said.



Meg Stephens, 12



Maya Monsour, 10



Zach Bowling, 11



Mimi Clark, 11

280
OR FEWER

SONG IN HER HEART

"WE MOVED FROM SOUTH AFRICA TO

Roanoke this summer for my dad's job. What a lot of people don't know, though, is that when I was twelve years old a record company signed me to do an Afrikaans album. The next year at the Ghoemas, which is like the South African Grammy Awards, my album was nominated for Best Afrikaans Pop Album by a Female Singer. At that time I was in eighth grade, and it was so unrealistic to me, because I was in the same category as some of my favorite and most inspirational Afrikaans signers.

Unfortunately, I didn't win the award that night, but even just being nominated was one of my biggest dreams that became a reality. I was the first teenager in South Africa to be nominated. I also met celebrities whom I had only dreamed of meeting. It was one of the the most amazing nights of my life.

I'm not going to lie, making a music video takes a lot of time and effort. It took three days to shoot my first video, but the process was so much fun. I had all my friends come and they were in it with me. We made such amazing memories together. The set was even inside of my old house. My second video didn't take as long as the first one, only taking one day to make. Videos don't look very tiring, but believe me, you have to repeat and shoot every scene so many times. I even got tired of hearing my own song. But, it was an amazing experience.

I've always loved to sing since I was a little kid. I used to sing along to musicals like Annie, Grease and The Sound of Music. I realized singing was truly something I loved doing when I got involved at my school's revue club, which was a group of students dancing and singing together. When I was in fourth grade, I started doing competitions. Soon, being on stage turned into the happiest moments of my life."

CHRISTA

POTGIETER



Christa Potgieter, 10

CONF

I had to throw away my shoes after job because I didn't wear socks a single shift I worked

DIDN'T KNOW A WORD WAS INAPPROPRIATE AND WROTE IT INTO OUR PRESENTATION FOR A CLASSMATE TO YELL ACROSS THE CLASSROOM... WHOOP!

I always online shop during class. sorry Hollins- what size do you wear? I'll buy you something nice.

I pooped my pants while running track once

a retired teacher thought it was a student & yelled at me ñ

My mom writes me notes every day in my lunch box

I never did my modules. Sorry Charlie

The knight should bow down to ME!

We made 50 copies of the same note in order to get out of the cafeteria study hall.

I'm Batman

Last year, during HOCO week I messed with the electrical box on accident and shut down the wifi and lights in the whole school, and water in the annex.

CONFESSTIONS

The parking lot is the worst...
Some of you should have passed behind the wheel.

I'm still in love with my 6th grade boyfriend ;)

I stole a hall pass so I can walk around the hall when I want. I keep it in my bookbag

EVERYONE HAD A SECRET, but some could never be told. But, for those who were dying to get something off their chest while staying anonymous, yearbook put out a big poster in the hallway with sticky notes all over to give those students a chance to get a release. Here are the best confessions we heard...

I pooped myself in study hall after eating Bob Evans mashed potatoes ;)

Mr. Poff threatened detention because I called him "Poff the magic dragon"

"Breathe in..."
- Ms. Mills
And...
NO

I still play Pokemon GO
I came to school with two different shoes

I've never actually gotten a syllabus signed by my parents ;)



READY TO LEAVE

ONLY LOCALS WILL KNOW

Everyone complained there was never anything to do in Roanoke. But, for those who were willing to get out and explore their surroundings, they found their hometown had a lot more to offer than they thought.

"Roanoke is too small and the people here are annoying. The restaurants here are below par and nothing exciting happens. There's nothing to do, and no one cares about a large star on a mountain."

Carol Chen, 12



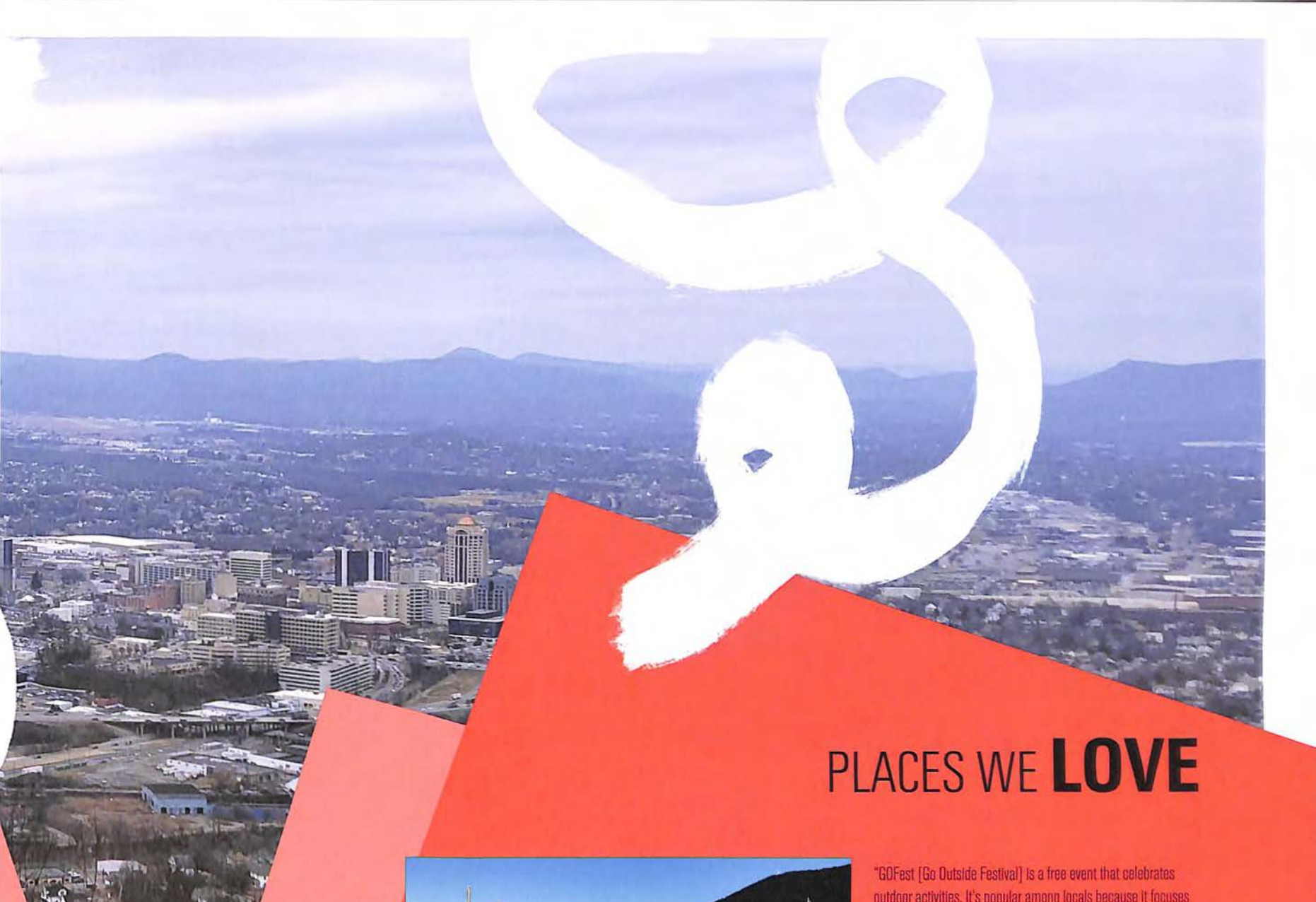
"I want to get out of Roanoke because my career and social opportunities are limited. Also, the air pressure is slightly too low for me. Plus, the Blue Ridge Mountains really intensify my claustrophobia."

Nathan Sulkin, 12

"There are so many places around the world that are unique. I want to experience different cultures in order to be a better person and have a better understanding of different ways of life."

Miranda Trump, 12





PLACES WE **LOVE**



"GOFest [Go Outside Festival] is a free event that celebrates outdoor activities. It's popular among locals because it focuses on fun outdoor activities you can do around the area. GOFest has lots of different things to do, like slack lining, rock climbing, paddle boarding, bike riding and obstacle courses. They also have shows like the Air Dog Show and the Lumberjack Show. GOFest celebrates the love of the outdoors and helps get people outside. Anyone is welcome, and everyone will get to try something new and possibly find a new hobby."

Olivia Tull, 11

"The Salem Fair only happens once a year, and I think it's a tradition for most people. There aren't any other fairs in the Roanoke/Salem area, so I think that adds to the appeal. I always go with friends; this year I went with Leah [Fleshman] and my boyfriend. I love to eat the fair food and ride the swings. Some of the rides are pretty sketchy, but I think that's a reason people go."

Julia Booker, 11



"Most non-locals don't know about the roof top at Center in the Square. The beautiful view shows how pretty Roanoke is. You see the urban part of our city, as well as the mountains and Mill Mountain Star. I like go downtown with friends to eat and take pictures. Sometimes we go to concerts at Elmwood Park or ice skate during winter."

Hatley Loop, 10

WHERE *im* FROM

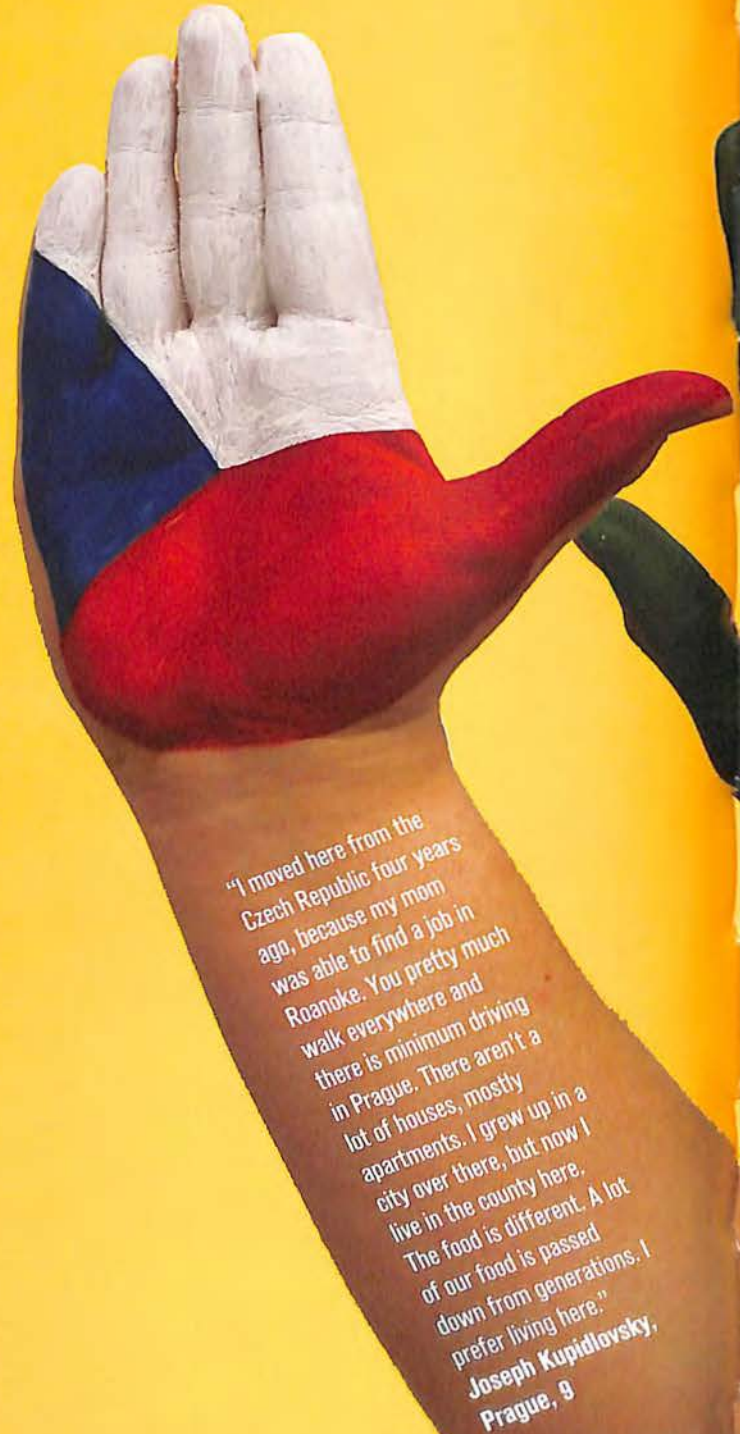
"I moved here in the summer of 2017. My mom is from Italy. She, my dad and I lived in Mississippi for most of my life before transferring to Roanoke after my family grew sick of the mundane small-town lifestyle and my dad found a job. Compared to Mississippi and Italy, Virginia seems to lag behind a bit as far as food goes (except for a couple of restaurants I've been to so far). However, the rolling hills are refreshing compared to the dry, arid landscape of Mississippi and are vaguely reminiscent of the mountains of Italy. It was difficult making friends, given it's my junior year, but it's all good now."

Michael Randolph, 11



"I moved here from Egypt in 2015. My teachers taught me British English, so when I first came here I spoke with a British accent. My family wanted to come to America because it's safer, and so my sister and I could get a better education. I am happy to be here, because I know I will have a better future. Egypt is a nice country that tourists want to visit in order to see the pyramids and the Nile River. Unfortunately, though, terrorism is destroying Egypt, and that's why it's not safe anymore."

Mariam Botrous, Egypt, 9



"I moved here from the Czech Republic four years ago, because my mom was able to find a job in Roanoke. You pretty much walk everywhere and there is minimum driving in Prague. There aren't a lot of houses, mostly apartments. I grew up in a city over there, but now I live in the county here. The food is different. A lot of our food is passed down from generations. I prefer living here."

Joseph Kupidlovsky,
Prague, 9

"I had lived in Indianapolis my whole life until this year. I had a lot of friends there and had gone to school with them my entire life. Since being here, though, I've adjusted well. I play basketball and have gotten to know and connect with the players."

Kennedy Haviland, 12



"I moved here at the beginning of this school year. I've lived in Kansas, Ohio, Mississippi, Oregon and Virginia. It has never been really hard for me to move, since it's happened so many times. There are a lot of social differences. So far, Virginia and Oregon have the most in common. Lots of mountains and nature. In Oregon, there are lots of sidewalks and trails that neighborhoods. There are coffee shops on almost every street corner and lots of different ethnic foods. We move so much because my mom works for Kroger corporate office."

Katie Gottstein, 11



"I moved here from Nigeria when I was nine years old. My dad got a job here as a pharmacist, and my parents thought the education was better. Because Nigeria is in Africa, a lot of people think it's a tribe based-country, but I lived in Lagos, which is the capital of Nigeria and has millions of people."
Anjolaoluwa "Ola" Dinakin, Nigeria, 11

"I always wanted to go to America to learn more and improve my English. The week before I left I was kind of scared, but excited at the same time. It was sad leaving my family, but I knew I would be seeing them in ten months. It was kind of hard adjusting to the American lifestyle, but everyone was nice."
Elisa Uldrian, Germany, 11

"I moved here from Puerto Rico when I was nine. The economy was bad, so my family came for better jobs. The culture and food are very different. We usually ate rice and beans in Puerto Rico and more Latin American food. The countries both have their pros and cons, but I love them both. I loved living in Puerto Rico because of the weather. It was always summer there."
Alissa Westerband, Puerto Rico, 10

"I moved here in August of 2016. My dad had already been living here for the past 30 years. The move wasn't difficult, but when we first got here I had no friends and that was hard. In Pakistan, I used to attend two schools; the first went from 8 am to 3pm and the second school went from 4pm to 9pm."
Waleed Iftikhar, Pakistan, 11

DEMETRI

POULOS



Demetri Poulos, 12

YOU KNOW ME

"I HAVE ALWAYS BEEN AN OUTGOING individual and have been told I have a bright personality. I've also been told I am very loud. I think I attribute that to growing up with my Greek grandfather in the house. We would always have to speak loudly for him to understand what we were saying.

When people, including teachers, want anything tech-related done they always come to me. When I was a junior, I found a software program on my computer called Adobe Premiere. I had seen many Vines and memes and thought, 'I could do that.' Mr. Spruell's 'dab' video went viral on Twitter and everybody loved it, so I just kept creating more. But, my interest with creating videos first started when I was younger. I got my first camera when I was eight and started playing around with Windows Movie Maker. Everyone, even family, knew me as 'Demetri, that kid with the video camera.'

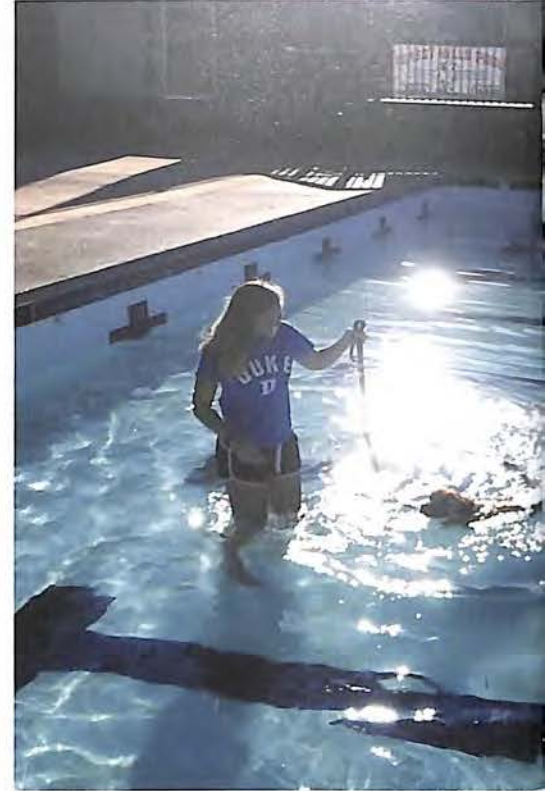
This love of video eventually pushed me to enter the Knightly News program as a freshman. Another student and I would read the daily announcements live, with Mr. Spruell serving as technical producer, broadcasting live from the library. I transferred to Roanoke Catholic for my sophomore year but returned as a junior. Mr. Spangler told me we were piloting a digital journalism program, complete with our own studio, cameras, lighting and green screen. I joined and haven't looked back since.

I plan to attend VWCC for my Associate's Degree. I am still unsure as to what I want to pursue; I have many passions and it's difficult to pick just one. Currently, through the county's gifted program, I intern at WDBJ-7 in the weather department with chief meteorologist Brent Watts. This opportunity has given me insight into weather forecasting and what goes into preparing a story for television. Working there ties together my love of weather, computers and technology."

SOMEONE'S GOTTA DO IT

For most students a job was just a way to earn some extra money. But, a few students pursued jobs that would help in their future while paying for their gas and insurance.

HELPING A FOUR-LEGGED FRIEND COOL OFF at Forest Hill Pool, senior Allie Collier keeps guard in the shallow end. Collier has worked as a lifeguard at the pool the past four summers. "My favorite memory was during the solar eclipse. My boss brought a welding mask to the pool so we could look at the sun," she said. **IN ORDER TO HELP A CUSTOMER**, senior Casey Lawrence researches the right part to fix a vehicle. Lawrence, who said he had a passion for the automotive industry, had been working at Advance Auto Parts for five months. "I sell car parts, put on wiper blades, install batteries, scan check engine lights, put in bulbs and help diagnose problems," he said. **CAUGHT UP IN A THICKET**, sophomore Lauren Frampton collects trash at the Lick Run Greenway. Key Club sponsored the volunteer opportunity. "I was able to meet new people who share the same interests as me," Frampton said.



WHAT I DO



"I work two jobs: 419 West and Ben Gui Sushi. I'm a waitress at Ben Gui and have worked there for a year. It pays well at \$10 an hour."
Grace Wetzel, 11



"I work at the new Duck Donuts. My official job title is 'donut maker.' I'm excited to get experience in something new and meet people."
Kaylin Grahame, 9



"I am a courtesy clerk at the Tanglewood Kroger. You meet some classic characters, especially old people. They crack some old corny jokes."
DeJon Mayo, 12



"I work at Café Asia and do pretty much everything except cook. At the end of a shift they cook for the employees. It's always good."
Nick Brunn, 12



"I work at Wendy's, where I either put the sandwiches together or make fries and nuggets. I've worked there around a month."
Dasia Mayo, 11



"I've worked at Bellacinos for over a year. I make pizzas, sandwiches and work in the oven. The best thing about working there is free food."
Cam Warner, 12



"My daughter, Riley, has been in the Girl Scouts since kindergarten, when she started as a Daisy. The girls aren't issued a quota for selling cookies, but the more they sell, the more money their troop has to do activities. I want to sell as many cookies as possible, so Troop 453 gets to ride horses, camp and take trips to the Great Wolf Lodge and Amusement Square. Each troop checks out cookies from the Cookie Cupboard, which is the gym at the Girl Scout camp facility off 220 called Icmani. Every Thursday, hundreds of cases of cookies arrive. The cookies are sorted and then troops pick them up. Our troop's first pickup was about 600 cases of cookies. We use an enclosed trailer to pull them all back to Salem. In a pinch, I can fit about 60 cases in my car. Last year, at school alone, I sold 804 boxes of cookies. This year I sold over 1,000 boxes. My favorite part is meeting students I don't teach. They want to see the cookie lady for the goods."

Mrs. Kathleen Price

THAT CRAZY COOKIE LADY



WORKING THROUGH A PILE OF TOWELS junior Adam Gladfelter and senior Laken Ayers fold and talk at Carilion Wellness - Roanoke. Ayers worked the front desk and in the nursery. "One time, we ordered a pizza without our manager, Tim, knowing. That was a fun night," she said. Gladfelter's main job was a housekeeping attendant. "My favorite part of the job is learning to fold towels with Laken," he said.

LOVE YOUR JOB?



GONNA STAY?



SKIP WORK EVER?



HEAR DUMB STUFF?



PAID ENOUGH?



LIKE THE PEOPLE?



THINK ABOUT LEAVING?



IS MONEY WHY YOU STAY?



WORK FOR IT

LOVE DOESN'T COUNT CHROMOSOMES



"My sister, Hailey Surrell, has been in the SPED program for five years and has learned a lot from this program. She learned to become more social outside of school and is able to do more chores around the house and help with tasks we ask her to do. My responsibility for her at school is to make sure she gets to class and that she is supervised. I think what I have learned from being a brother to Hailey is patience, from her getting ready in the morning to eating her dinner. Having a sibling with special needs has shown me to look at people with a different perspective and treat everyone with respect."
Dawson Surrell, 12

FLEXING WITH HIS TWIN BROTHER

Johnathan Linkous (left), post-grad Jeremy Linkous (right) celebrates at the Special Olympics, which took place at William Fleming High School on September 26th. Students with special needs competed in various track and field competitions at the annual event. "I enjoyed the Special Olympics. It was fun. I ran track and threw the softball. I threw the softball far, but my favorite was running the track. We are twins. He's my best friend and is nice to me. He looks like me. My brother ran and threw the softball. I was better at the softball throw and faster, too. I have the bigger muscles and bench 175," Jeremy Linkous said.



DEVOTE YOUR TIME



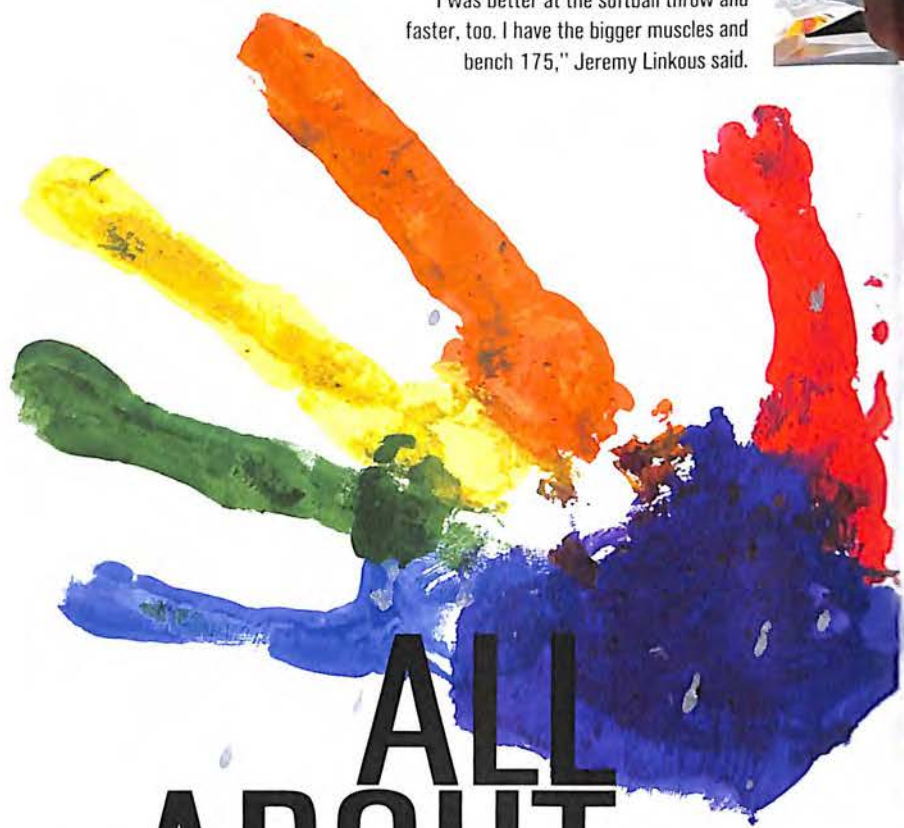
"I volunteer at youth wrestling camps from time to time. I enjoy watching the kids develop new skills. It makes me happy knowing that I can make a difference in their performance on the mat."
Preston Weist, 11

"I volunteer at Saint John Lutheran Church and am currently a youth missions leader. I have been trying to organize fundraisers to help fund our mission trips. I like helping others."
Grace Holderman, 11



"I volunteered at Elmood Estates and enjoyed helping the elderly. I was privileged enough to see how they spent their Christmas. It taught me to be more caring."
Colten Lademarco, 10

"I volunteer at Lewis Gale Hospital on Fridays. I've worked in the emergency department and I work the phones sometimes, too. I aspire to work in the medical field one day, so I'm trying to get as much experience as possible."
Nandini Sriram, 10



ALL ABOUT HEART

The kids in Mrs. Sherrie Tyler's were among some of the most amazing in the building. And at the Special Olympics, dreams came true for these students. Once a year they had the opportunity to compete in track and field events that consisted of a softball toss and running events of varying lengths. These athletes took the chance to show off their skills and earned much-deserved accolades in the process.



PATIENTLY WAITING WHILE RECEIVING HIS MEDAL, freshman Tate Riha stands after his competition. Riha participated in one of the many track and field events held at the annual Special Olympics. "I don't like running anymore. I just want to sit and watch and cheer my friends on," he said. **WITH PRIDE ALL OVER HIS FACE**, sophomore Alex Reed stands atop of the competitors block. The athletes here were able to have a friendly competition while having fun with their classmates. "I liked running the 100-meter dash. I can't remember if I got first. I did the softball toss, too. I wanted to throw it up really high in the air and it went very high up in the air. I am very strong. I enjoyed hanging with my friends Danielle, Briana, Christy, Jeremy, Nicholas, Donavin, and Tate I enjoyed getting out of school and having the warm weather we had. It was sunny and hot. It was just about right, with no rain in the forecast," Reed said.

LOVE TO MOVE

"ANYONE, NO MATTER HOW GOOD they are, can dance. I fell in love with it, though, because of the feeling I have while I'm dancing. I also love how I know when I'm at the studio it's a safe place where I can get my emotions out.

My styles include pointe, jazz, tap, lyrical, ballet, hip hop and contemporary. My favorite would be contemporary because a lot of routines are really emotional and it's a lot of free movement, which I love.

My biggest accomplishment would be my tap solo last year. It was a pretty big accomplishment going on stage by myself, and tap is one of the harder solos to compete in. I found that the confidence I had in that routine helped me to become more confident as well in everything else.

I spend about 10 hours at the studio each week. I have 2-3 hours of classes a day, that includes my own classes and helping the younger kids in classes. Also, we have a lot of extra practice on the weekends. I feel like I'm in the studio as much as at my own house. It's ultimately my second home, and everyone there is so welcoming.

In the past few years I've found that I really want to pursue dance, so I worked harder every year and pushed myself to places I didn't think I could go.

I really want to be on Broadway and was accepted into Adelphi University and the American Musical and Dramatic Academy, which are both in New York City. I'm excited to say I'll be studying and dancing at Adelphi in the fall."

Maddy



SARVER

Maddy Sarver, 12

MY SPOT



"I play centerfield. I catch any fly ball or line drive I possibly can and field any ball I can get to. My position is important because center is the captain of the outfield and has priority over the other two outfielders.
Caleb Wetzel, 12



"I am a pitcher. My job is to pitch to the certain areas the catcher intends and force ground balls."
Austin Emery, 12



READY FOR THE PLAY, senior Nick McGuire awaits the cue to snap the ball to the quarterback. The Knights refused to give up the battle to rival Hidden Valley during their last home game of the season at Dwight Bogle Stadium. "The Hidden Valley game was the most memorable for me. I thought it was the best game of the season, but we just got beat by one play and came up short," McGuire said. **FACE WINCING IN PAIN**, junior Jacob Knight gets his elbow wrapped after an injury. Knight was injured during the homecoming game where they pulled a win, 34-14, over Alleghany. "The pain didn't bother me because they numbed it, and then we went on and took the dub," he said. **HUDDLED WITH HER TEAMMATES**, sophomore Taylor Robertson takes in the crown during the district semi-final game. The Lady Knights fought beat Partrick Henry. "This game meant a lot to us. We just wanted to show all the hard work we put in this season, and if we won this game meant we could play in the championship," she said.

SMILING WITH JOY, sophomore Kieera Mooney (left) and freshman Zada Porter (right) take a quick break to celebrate a hard-earned point against Pulaski County. The Lady Knights met the Cougars during the first round of district play. "I love the game, and playing it with my best friend by my side makes the celebrations mean so much more," Porter said. **NOT ALLOWING HIS OPPONENT A CHANCE AT THE BALL**, senior Cameron Caldwell outstretches his body in order to stop his Highlander for. "I knew we had to get the ball back, so I ran him down and stripped the ball from behind to change possessions in a crucial moment of the game," Caldwell said.



WORK BETTER TOGETHER

High school athletes sacrificed their time, and sometimes their bodies, in order to support their team and get that win. While the teams may have changed as people graduated, every season's new additions made a seemingly perfect transition into their new role.

LUCKY CHARM



"During JV softball, I always wear my socks inside out for good luck. I wear my left batting glove throughout the game, no matter what."
Mikayla Ray, 9

"For softball, I wear the same pair of sliders for every game. On game day, I wear white head bands because I think they help me play better."
Emma Fields, 11



"I think crossing bats during a game is bad luck, so I always make sure none cross in the dugout. I also never take off my left-handed batting glove during the game."
Hannah Peters, 9





WHICH ONE IS WHICH?

"We've both been swimming for around nine years. When we're swimming together, it's always a competition," sophomore Will Henritze said. "I usually win but not by much," Nick Henritze said. "We always fight a lot because one of us will be going too slow, and we'll try and pass each other. Then we end up running into someone else," W. Henritze said. When not competing against one another in the pool, the twins had fun using their twin status to their advantage. "One time, in fifth grade, we switched classes," W. Henritze said. "Our classmates knew but our teachers didn't."

As told by Nick (left) & Will (right) Henritze, 10

DIG IN

Some students chose to become student athletes, and they shared a passion for working their hardest to achieve personal and team goals while bettering themselves. And while the life of a student athlete could be hard, with balancing school, practices and jobs, these students put their all in everything.

LOVE OF THE GAME



"I've played lacrosse for seven years. I decided to play because it looked fun and seemed different than your average sport. I've spent most of my money paying for the equipment, but I love playing the sport."

Jack Frazier, 11

"I've been in track for three years. My middle school teacher, Mr. Loesel, told me I should join in eighth grade. On February 24th, we broke the school record in the 4x400. I've learned it doesn't matter what size you are and what you look like. Anyone can do track."

Timothy Iferika, 11



"I've been in track since sixth grade. I started playing soccer but was only good at the running part, so I tried track and fell in love. I've learned how to get along with others. Cooperation is necessary. You have to learn how to adjust your speed with other."

Simone Schumaecker, 10

"I've done lacrosse for six years. Last year I was goalie for the first time at a Byrd game and had the game-winning stop. It was the also the first game we won that season. I've learned how to work under pressure, adapt to different situations and work together as a team."

Julia Booker, 11



GLIDING THROUGH THE WATER, sophomore Mills Harris swims the breaststroke. Mills had swum for five years. "The practices are fun, but the real fun is competing at meets," he said. **HOLDING HIS SWING**, senior Carter Glenn drives off into the fairway. The team often played at the Roanoke Country Club. "Always being positive and a great sport and not letting the little things get in the way is important to remember," Glenn said. **BACK SOARING OVER THE BAR**, junior Dasia Mayo performs the high jump. Mayo had been in track for four years. "My favorite part of track is when you get to be on the podium. They call your name, announce the height you did and give you a medal," she said.



CAUGHT IN MID-AIR, junior Elizabeth Hertzberg performs the triple jump. Hertzberg was a state competitor. "Running indoor is a good way to push myself, and that's why I like it," Hertzberg said. **AFTER A COMPETITION**, senior Jaylen Hairston shows exhaustion. Hairston helped earn the team a state championship. "I was very tired after that amazing race. We were focused, ready and accomplished our goal of becoming state champions," he said. **SENIOR ABBY SLATE PERFORMS** at the homecoming pep rally. The team won state during her freshman and sophomore year and placed second at states her junior and senior year. "I love the girls so much. I learned that you have to work hard for what you want and if you do you will get the results you want." Slate said.



GOOD SPORT



"I started cross country because I thought it would be easy. Nope, it was hard. I do enjoy it, though, because I get to run with my friends. I also like going out to different places to run."

Will Chewning, 11



"Soccer is a beautiful game and but isn't appreciated enough, which makes me mad. The game is a perfect combination of strength, endurance and skill."

Toni Perkins, 11



"You can win individually and as a team in wrestling. It's cool that your own success can impact the entire team positively."

Mark Darushetski, 10



UNABLE TO KEEP IT IN any longer, junior Heather Hatcher gets sick at the Running With The Wolves finish line. Attended by many area schools, the October meet promotes cancer awareness. "I wasn't expecting to throw up. I think it was just too hot and I ran too hard," Hatcher said. **HIS EYE TRAINED ON THE BALL**, sophomore Austin Hayden focuses on a shot during a varsity game. Hayden, a keeper, was the last line of protection before the goal and the only player allowed use his hands. "Being a goalie can be stressful at times because there's a lot of pressure, but after playing for years, you get used to it and it gets easier" he said. **ON THE MAT AT THE TRINITY INVITATIONAL** in North Carolina, senior state champion Zach Schmitt takes down his opposition for the soon-to-be pin. Schmitt's individual success contributed to the team's first place finish at the tournament. "I've been to the state finals three consecutive times and to finally win it my senior year, the feeling of that is indescribable. All the work I've put in throughout my career and the sacrifices I've made have finally payed off. But, as excited as I am about winning the title, I'm also excited to have the opportunity to compete at the Division I level at VMI under scholarship," he said.

SHEER DETERMINATION ON HIS FACE, sophomore Ben Palisca pushes through the pain during the regional cross country meet at Green Hill Park in Salem. With Palisca's help, the men's team earned a third place finish and was able to solidify a spot in the state championships. "Sure, running is challenging, but that's what makes it fun," he said. **BEFORE GETTING THE PIN** at the regional tournament, junior Grant Floyd forces his opponent into a tough position. Three students took home state championships: seniors Malik Sallah and Zach Schmitt and sophomore Kip Nininger. "I don't think any other team trains as hard as we do. That's why we get the results that we do," Floyd said.



HOME OR AWAY



"My dad was in the military, so I lived in Wiesbaden, Germany for seventh through ninth grades. There were a few language barriers, but most people spoke English, and, as time goes on, I learned some of their language. I played soccer on a German club team. You could also play for school and play other American schools there. There was also an Army-sponsored team called 'Select' and ODP Europe. I miss Germany and my team very much. We were a family and still stay in touch, but it's exciting to start over and make new friends. I was excited to make varsity here. I know the team will do big things. It pushes me to work harder every day to prove that I should be here."

As told by Erin Goodman, 10

FOR THE WIN

Sports, they could be the best part of high school, but also the hardest. Many athletes pushed themselves to limits unknown to most, resulting in both victories and pain. But, no matter the result, student athletes experienced both individual and team growth.



ON THE BOARD

"This was my first season diving. I think my biggest accomplishment was overcoming mental blocks diving consistently introduces. Believing in yourself and in your ability to perform a skill is key. States were an amazing experience. Having been given the chance to go to such a huge competition my first year competing was incredible. I may not have placed high, but learning and competing 11 dives in the first season at states is so much more than I could have hoped for. And, on top of all that, our team still had a state championship in Brooke. Her diving is phenomenal and it really was a privilege to be able to dive next to her and get feedback from her at practice," senior Kylie Pettit said.

"Winning states took a lot of hard work and dedication. Transitioning from gymnastics to diving definitely helped the process, because they are similar in some ways, but diving is also very different. It took a lot of practice to make landing on your head look good. States was super fun because I was able to compete with all my friends. I broke the 6 and 11 dive high school records, along with the 3A state record. My score was 480.5," senior Brooke Lefwich said.

Brooke Lefwich (1, 12) & Kylie Pettit (12)



EYES AND FEET AT THE READY, junior Crawford Enyart readies for the rebound. Enyart played lacrosse in the spring. "Rebounding is one of my favorite aspects of basketball. It allows you to show off your athleticism and helps me start to feel the flow of the game," he said. The Knights fell to the Spartans, 55-35. **JUMPING TO MEET THE BALL**, senior Sam Rutigliano goes up for a spike.

Rutigliano played in Minnesota before moving to Virginia in 2013. "I love how the game is fast paced and requires quick reactions. Diving for a ball and making a save is the most fun for me," she said.

Cave Spring beat Pulaski County. **AN ACE HOPEFULLY ON THE HORIZON**, junior Kylie Angel prepares to serve the ball. Angel also played travel volleyball while playing on the school team. "Our consistency as a team for serving often decided most of our games," Angel said. Angel and team dominated Pulaski County in three sets.





LOW TO THE COURT, junior Nick Mills plays defense on a Patrick Henry point guard. "Defense is essential in basketball, because if you let the other team score they will win," Mills said. Cave Spring fell to Patrick Henry, 53 to 59. **URGING HER TEAM TO REFOCUS**, junior Hannah Smith communicates in between plays. Smith played varsity for three years and was the team captain. "Being the setter on the team I have to run the court. I am lucky to have a loud voice, but sometimes people get mad with how often I would yell," she said. Cave Spring beat Patrick Henry County in three sets. **BEFORE GAME TIME**, senior Tre' Murphy warms up in preparation for senior night. Murphy played varsity all four years. "Warm-ups are a big part of getting the right mind set before a game. They give you time to get in your zone and get prepared," he said. The Knights took a loss against Salem for senior night.



ORDER ON THE COURT

With loud voices, focused minds and sweaty brows, athletes pushed every part of their bodies to the max. Win or lose, showing your team 100% was the main priority.

PUT IN WORK



"To train for JV basketball I usually will work out with Coach Boyd, lift weights at the lab and do stuff around my house to help myself get better. I try to do something every day."
Walker Swanson, 9

"I started playing playing basketball when I was eight and played on rec until I was 12. I've played on two travel teams and the middle school team. Now I'm on the JV team. My biggest accomplishment is winning a big North Carolina."
Cameron Bishop, 9



SOUL SAFARI

"I WENT TO AFRICA THIS SUMMER.

My grandma went when she was younger and wanted me to see the culture and wildlife she fell in love with. I went to Nairobi, Masai Mara and Central Meru, which are all in Kenya. The area was beautiful and full of wildlife and amazing people.

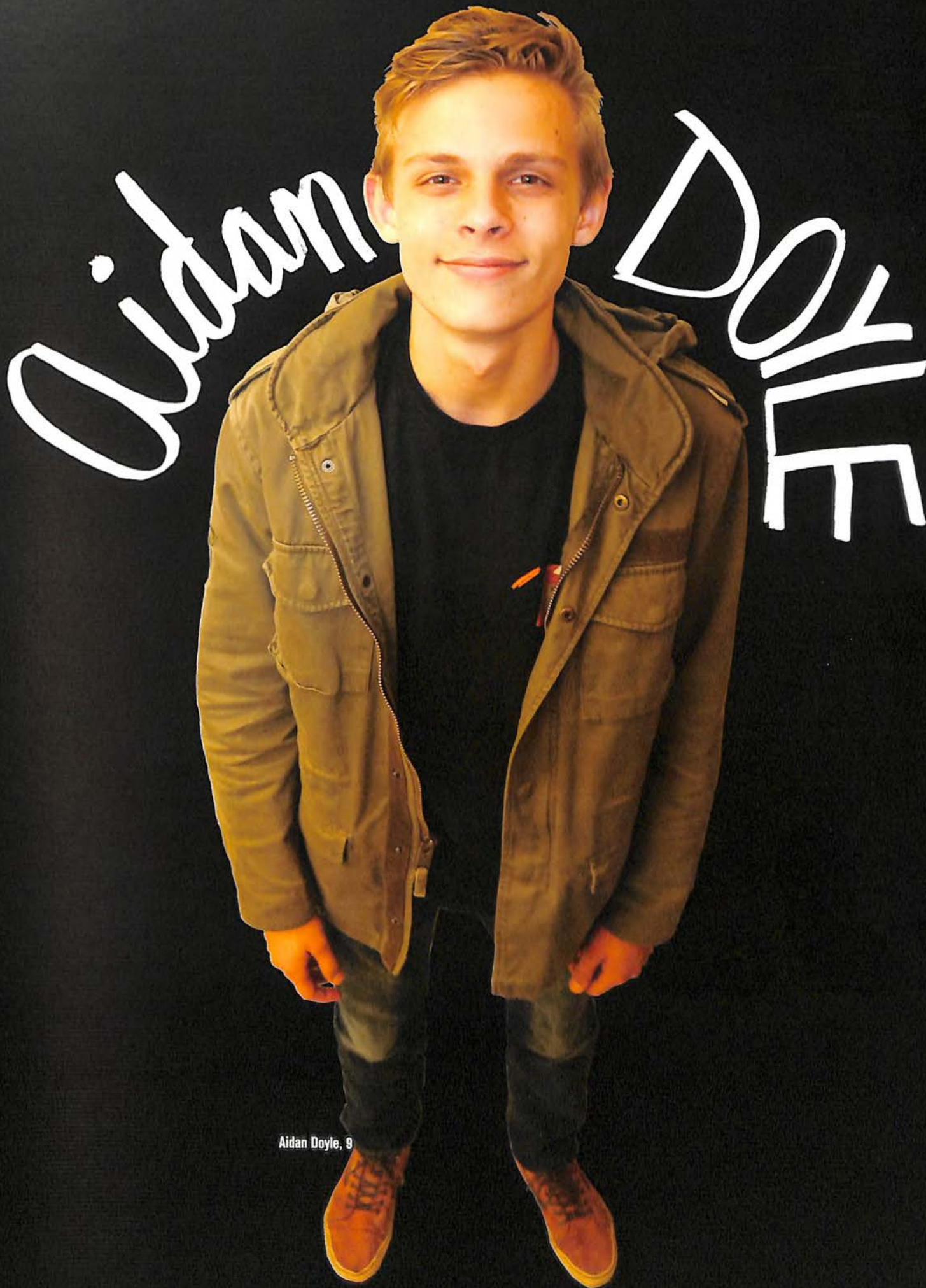
The people in Africa have almost nothing, yet they are so thankful and grateful for their lives, and I learned from them to be more thankful for my life.

The African culture is hard to describe because it is different everywhere. In one village we visited, the currency was cows. Literally. The villagers would walk for days in order to sell their cows and buy more. In one place men could have as many wives as they could afford. Yes, they had to purchase the women.

My favorite experience had to be riding around in jeeps and seeing the animals on safari. The jeeps could seat four to five rows of people and had no sides or walls. They gave us great views of the wildlife in the area. I saw giraffes, elephants, cheetahs and rhinoceroses.

There are a lot of differences between America and Africa. For starters, Africa has no speed limit, but traffic is controlled by speed bumps. Bartering is how people purchase things. If you pay their asking price then you are seen as a fool. There is also a place to stay in Kenya where giraffes stick their head through the window and eat breakfast with you.

The biggest life lesson I learned has to be never to take life for granted. People in Africa were more thankful for what little they had than the millionaires in America who just want more. Bland food scraps could make their day, while people in America just need the most exotic and tastiest foods or it's not good enough. I am now more grateful for my life and everything I have."



Aidan Doyle, 9



GUITAR IN HAND, senior Nick Weitzenfeld strums his acoustic guitar. When not playing guitar, Weitzenfeld was one of the football captains. "Playing an instrument is no different from any other skill: no work equals no result. It is very difficult to make money in music, and the commitment of traveling across the country is not one I want to make," he said. "But, I have four more years to explore my options, and there will be a path that rises to the top soon enough."

SING A SONG



"I've been singing my whole life and have been in choir and all-district choir since the sixth grade. After seeing my first Broadway show, I decided that was what I wanted to do in life. I would love to be a performer when I am older there or somewhere else. I also want to teach music or theater someday."
Liberty Fetzer, 11



"I have been singing in the choir for six years. In the seventh grade I asked my mom what 'choir' even was. She told me it was a class that let you sing during school. I was in."
Sarah Welsh, 12



"I've always sang, even as a child. I've been singing in a school choir since sixth grade. I have also sang at church and been a part of All-County when we performed my freshman and junior years. Music helps me focus on things other than what's around me. It's a sort of escape when things get tough."
Gracie Shelton, 12



"I have been in the Roanoke Valley Children's Choir for almost seven years. My favorite performance was one we where we performed in Canterbury Cathedral in Canterbury, England. It was amazing."
Eden Giannini, 9

DOWN HOME SOUND

"I WAS SIX WHEN I PICKED UP MY FIRST guitar, but I didn't start learning to play until my eighth birthday. My grandparents bought me a miniature guitar and six months of lessons at a local music store. From then on, it was all guitar all the time.

The most difficult part of learning how to play an instrument is always the beginning. At the start, I wasn't good enough to actually enjoy playing, which made practicing and improving a chore. The first few months included a lot of frustrated nights just trying to get my fingers to cooperate. After I became accustomed to the movement of playing guitar, everything came easier.

I am fortunate to be in a group now, Wound Tight, with some very talented players, which really opens up the scope of what we can play and explore. Good players bring pressure and expectation, which often brings stuff out of me I have never played or conceptualized before.

With a band, there are more avenues for creativity and expression. The other players are older, one is his mid-twenties and the others in their fifties. The age difference might seem weird, but it allows for some interesting music to be put together. Difference in styles is what makes any band worth listening to, and we lucky to have a good combination of experience and youthful enthusiasm.

I would love to continue playing in this band after high school, but I'll be 12 hours away at Tufts. They know my days in Roanoke are limited and have prepared for it. Everything comes to an end, and there will be new opportunities for me in the future."

As told by senior Nick Weitzenfeld

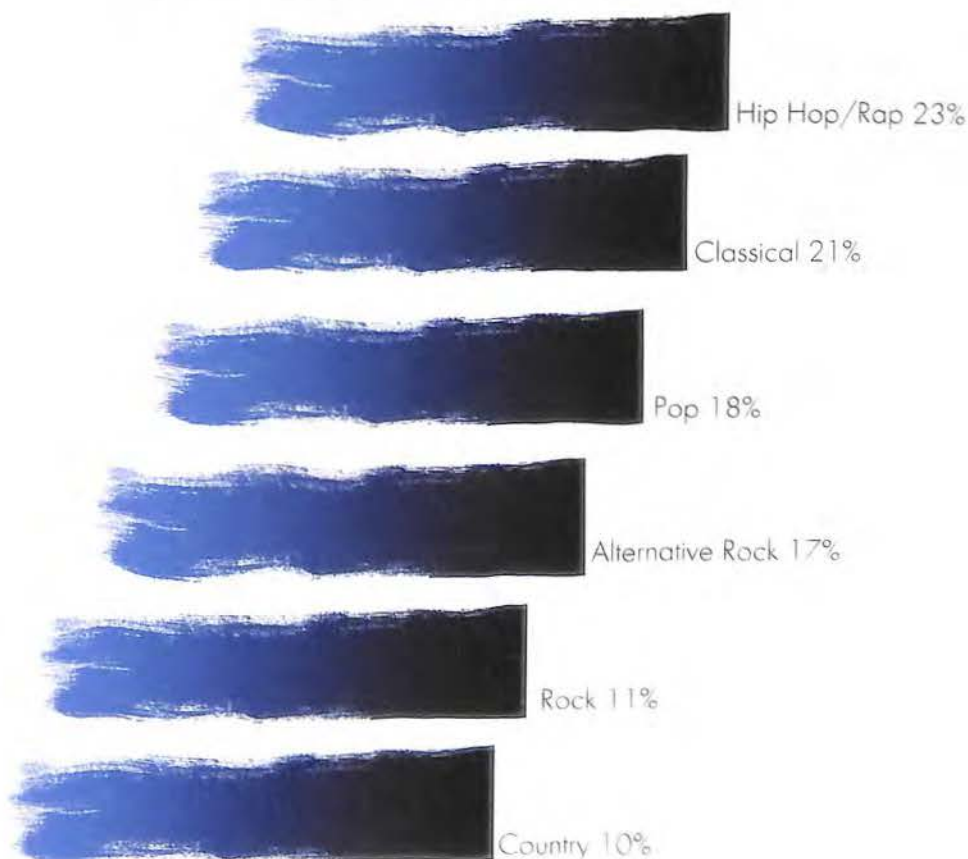
"We started playing together in September of 2016. [Sophomore] Jake Dellinger and I were just two people who loved music and performing. Later, we brought in the instrumental talent like [sophomore] Riley Freccero, [William Byrd student] David Scott and [sophomore] Mason Corvin. Jake plays lead guitar, Mason plays bass, David plays drums, Riley plays the rhythm guitar and I am lead vocals. Our sound is like experimental punk, but we aren't looking at any one genre. We go where the music takes us. There is no real goal driving us, just our own passion. This band has really helped improve my writing immensely and has helped Jake expand his creativity. Every member adds something. There are so many different creative ideas and perspectives. There's always an environment of shared creativity."

As told by (l-r) Jake Dellinger (10) and Will Shockley (10)



WE'RE WITH THE BAND

MUSIC TO MY EARS



WHERE IN THE WORLD



Freshman Kate Manico is only 14 but is more well-traveled than most people three times her age. Manico has visited Spain, France, Italy, Turkey, Greece, Mexico, the British Virgin Islands (Tortola and Jost Van Dyke), the US Virgin Islands (St. Thomas and St. John), Puerto Rico, Haiti, Honduras, the Dominican Republic, the Bahamas, Belize, Barbados, St. Maarten, St. Lucia and Antigua. "I love to travel because I love to see new places and learn about different cultures. My favorite trip was a Mediterranean cruise. I visited Pompeii, the Leaning Tower of Pisa, the Colosseum in Rome, the Grand Bazaar in Istanbul, the Acropolis of Athens and the canals of Venice," she said. "When my teachers talk about these places in class I feel like I have a connection to them. I like to visit the beaches of the Caribbean as well, because the water is crystalline blue and so peaceful. It is nice to go there and relax in the sun or snorkel. My dream is to visit all seven continents. So far, I've been to North America, South America, Europe and Asia."

As told by Kate Manico, 9





FLANKED BY NEW FRIENDS, junior Emma Dmochowski (right) and Haley Johnson (left) smile for the camera. Dmochowski joined Johnson and other members of Cave Spring Baptist Church on a mission trip to El Salvador. The group visited La Libertad, Ahuachapan, Ataco and Chalatenango. "I was able to visit a village and share my testimony. We provided toiletries and other items for the children there, in addition to playing and singing songs with them. It was a humbling and life-changing experience," she said. **AFTER PARASAILING WITH FRIENDS**, senior Aaron Baughman and friends take a break for a group picture. Baughman vacationed at Lake Saranac in New York. "We could see the lake from our cabin, which was a great view to start the morning," he said. **STROLLING THROUGH ITALY**, senior Amaya Daniels captures artwork in front of local shop. Daniels and her family spent two weeks sight seeing and adventuring throughout Europe. "My favorite memory was spending the day on a boat in the middle of the Tyrrhenian Sea snorkeling," she said. **WHILE IN AMSTERDAM**, Netherlands, brothers senior Hunter Smith and junior Dylan Smith stop to take a picture in front of Rijksmuseum. The Smith family spent two weeks traveling through Germany, the Netherlands and Paris. "My favorite part of the trip was when we took boats through the towns. However, we did many other things, like shopping, going to museums, eating out and walking through many of the towns. We saw the Eiffel Tower in Paris and got to walk around the bottom of it," H. Smith said.



LIVIN' LIKE LUSTIG

"I TRY TO EXPERIENCE A LOT OF PLACES for vacation. In the winter, I go out west to the Rocky Mountains for skiing. But in the summer, I try to go to the Alps, where I grew up. I speak the language (German) and know the customs. My parents have a house there, so I have gone ever since I was 11. After I was married, I took my kids so that they could see their grandparents. I have a desire to hike, bike and rock climb in my blood, so the Alps are perfect. Most summers, I spend three and a half weeks and backpack along the tree line. Seeing the sunrise from high elevations over these big mountains is just amazing. When it's raining, I'll pack up a bike and leave for trips that could be between one and 4,000 miles. I do more than most American tourists; I learn the smells and sounds while on vacation, instead of looking through a window at a tourist spot."

As told by Mr. Peter Lustig

WORK THAT FIELD

The marching band and their performance has been a staple of halftime entertainment during the football season, especially around homecoming. Although, not a lot of their fans realized how much work went in to keeping them marching to the beat.



TO THE BEAT OF HER OWN DRUM



"This is my first year in marching band. I've learned a lot since I first started. I didn't start doing percussion until late into my freshman year, but I had two great teachers who taught me everything I needed to know. I went into the season doing alright but I turned out even better. In the moment, I'm focused on staying in step, watching the drum major and just trying not to mess up. The trip I'll always remember is the University of Virginia band day. The weather felt like it was 100 degrees and the drum line was separated. However, the bus ride was awesome, we had a good time overall."

Miranda Hughes, 10



ACCOMPANYING SENIOR RACHEL BENTON DOWN THE FIELD are drum majors senior Matthew Flores and junior Gavin Wilkerson. Flores served as drum major for two years, while this was Wilkerson's first year. Together, they conducted and kept time. "I feel I connect with people better. I've become more inclusive and talk to people I've never talked to before. You tend to open up to people more. It's not just having to talk to the younger kids and get them to come out of their shell. You also have to talk to the adults and make conversation," Flores said. Wilkerson said one of his favorite memories was, "Last year, we all made a circle around [sophomore] Sam Quakenbush. We called it the circle of brass." **INSTRUMENT TO THE SKY**, junior Jason Clingenpeel performs on the trumpet during a halftime show. "Once, a co-section leader took a junior's mouthpiece and had it for a good ten minutes before he noticed. He was very confused that he hadn't noticed, but everyone else around him was laughing because we had seen him do it," Clingenpeel said. **AMIDST THE FRENCH QUARTER DECOR**, junior Rachel Boch performs with the color guard during a halftime show. The marching band adopted a New Orleans-themed halftime show entitled "Sinners and Saints." "One time, during a halftime show, it was really windy. Everyone kept messing up because of it. The backgrounds that we put up fell over, and the volunteers were trying to pick them up. It was hilarious mess," Boch said. **SENIORS** Maura Conroy, Abigail Chernault, Haley Ingle, Rachel Benton, Anita Geiger, Evan Levy, Matthew Flores and Kathleen Brett pose for a group photo on a break during band camp. Ingle served as a section leader. "Leadership was a big part of this year. Anita Geiger and I were both section leaders for the clarinets and flutes, which we combined because we were too small to be one section each. We made sure our combined section was better than everyone else because we're competitive. We both wanted to enjoy our last season and make it fun for both us and the new members," Ingle said.



BAND CAMP



"This was my first year going to band camp. During the week, we listened to a lot of music, learned the songs we were going to play and learned how to march. One of the biggest things I learned was how to work as a team."
Jesse Wills, 9



"I was a section leader for saxophones. I learned how to lead and get everyone to work together. I was nervous at first but learned to handle responsibility. It was cool seeing everything come together."
Cooper Albright, 11



"Camp is fun because you hang out with your section and work together to memorize songs. I met new people from all grades who are into the same things I am. I learned to work with a big group toward a single goal."
Rebecca Bauer, 11



"I played the trumpet in my section with [senior] Evan Levy as my section leader. I learned how it is important to take care of your own business before dealing with others and that when you march well the band director will be happy."
Jason Clingenpeel, 11



"That first week is the best one. We memorize two of the four songs we play and perform them for our parents. Camp has taught me when I need to be focused and when I can goof off. Overall, you learn a lot of discipline."
Magdalena Scaer, 11

MADDIE



Tombura

Maddie Jenkins, 12

WEAR THAT BELT

"MARTIAL ARTS HAD ALWAYS interested me, but I never acted upon it until I was in a situation where I needed to protect myself but couldn't. Soon after, I signed up for karate.

I'm the only one in my family who takes karate, but I always try to get my family to let me teach them some of the basics. They support me for the most part by paying for tuition and going to graduations and tournaments.

I am a black belt but almost didn't get my belt because I wasn't taking it seriously. My teacher, Master Elliott, had a talk with me, basically telling me to get it together. After that I worked my butt off to get ready for graduation and the black belt.

I train with other black belts in a separate class only for red through black belts. Usually we have a warm up, and then we work on whatever is in that rotation. We work on forms, combinations, weapons, kicks, foot work, sparring, kicks and punches, grabs, various defenses (knife, gun or hand-to-hand) and grabs (what to do if someone chokes or grabs you). At home I work on everything I know for an hour or two, or I'll just work on kicks, punches, combinations and the various defenses and grabs.

My favorite part of karate is getting to teach other people and watching them grow and develop their skills. I also like the confidence I gained from becoming an actual black belt. My least favorite part about karate is fighting and tournaments. I don't like competing or beating people up.

I'm less stressed when I'm at training. I've also become more disciplined and have gained more confidence in myself and what I can do."

DESPITE THE PAIN, senior Chloe Crouse donates a pint of blood while getting moral support from senior volunteer Andrew Cagle. The Virginia Blood services come two times a year to allow students and staff to donate. "I give blood as often as I can, which is every three months. Giving blood has always been tough for me. It doesn't hurt, but sometimes I still get a little sick to my stomach or lightheaded," Crouse said. "But, my discomfort is worth it because one donation saves three lives." **NOT AFRAID TO WATCH THE NEEDLE GO IN**, junior Amanda Bowman donates blood while senior volunteer Jordan Chambliss looks on. Bowman and others donated in the aux gym on October 23. "I don't know if maybe my blood would help someone with the disease that falls on my family, Huntington's disease. I'm hoping my blood could help with research or to help someone with the disease," Bowman said. **WITH A CALM EXTENSION**, junior Lauren Price gets ready to donate blood at the school's annual blood drive, while senior volunteer Ben Bryant watches by. Price had donated blood before, but said it had been many years. "Although I was scared, I realized just how much it could help save someone else's life," she said. **CHATTING WITH HIS NURSE**, senior Garrett Abshire holds the peace while donating. This was Abshire's first time giving blood, but he said he hoped to continue giving. "There are many benefits involved, and I try to help others in need whenever I can. What I'm taking away from donating blood is that I should do it more often and encourage others to donate, too," Abshire said.



NOT A DROP



"I've always been really scared of needles. When I was little, a ball in my foot drew and the lady missed my vein three times and it hurt a lot."

Tayler Schindler, 11



"I would either pass out or throw up any time I had to get blood tested when I was young. I eventually found out that I was anemic, meaning there is less iron in my blood and that's what makes me pass out."

Veronica Graves, 11



"I didn't give blood because I don't like the feeling of needles going into my skin when I get shots. I am also not a fan of huge needles."

Jace Matze, 12



"I don't like giving blood because I do not like blood in general and pass out when I see it. I also don't like needles."

Jonathan Lachowicz, 12



"I started volunteering because I like to make a difference with the people around our community. Key Club has helped me find opportunities to give back to society by volunteering. Key Club has also helped me learn many life skills and become a more assertive person. I've gotten to learn a ton of team and leadership skills. I volunteer because it continuously teaches me something new about people, about cooperation, about compassion and about myself. In helping others, I am reminded that we are all in this together and we need to remember to support each other."

Odalys Hernandez, 11

**ALWAYS
GIVE
BACK**



WORTH THE PAIN

Already given their sweat and tears all year long to homework and studying, students also give their blood to help those in need. Several donated an eighth of their entire blood supply to contribute to their community and beyond.

WHY WE JOIN

Many students found clubs that allowed them to express their different interests and be active in the school's. Students also saw clubs as an easy way to meet new people and a great way to create friendships that lasted forever.

I'm the Lieutenant Governor of our Division (15B) for Key Club, which is an international service organization for high school students. We're separated into around 38 districts all across the country. Our district is Capital District and is comprised of Virginia, Maryland, Delaware and the D.C. area. Our district is split into multiple divisions, and my job is to lead divisional meetings, create large scale service projects and help the 12 clubs here reach their full potentials. This year, our division held a dance marathon for the local Children's Miracle Network hospital. We were able to raise over \$7,000!

Sara Hamilton, 12



THE
KEY
TO
LIFE



WHILE CARVING A PUMPKIN, junior Anna Gentiluomo and other members of Two Hearts also work on building relationships. The club brought together upperclassmen mentors and underclassmen mentees, with the hopes of helping underclassmen with the transition to high school. "This is my third year in Two Hearts and my first year as the secretary. I joined to meet new people, become friends with my mentee and to participate in the monthly events with everyone in the club," Gentiluomo said. "The most important part of Two Hearts is bridging the gap between upperclassmen and underclassmen. The best part is the reveal because it is so much fun to finally meet your mentee/mentor after weeks of waiting." **DURING A GIFT EXCHANGE**, sophomore Taylor Robertson and other FCA members gather to swap gifts. Classmates came in early before school to share their beliefs with one another. "I have been a part of FCA ever since middle school but really didn't get involved until this year. Knowing there are other Christian athletes I can connect with means a lot to me," Robertson said. "I joined because I am an athlete who loves and worships God. The relationships you build with friends are a very important part of this club, along with coming closer to God and spreading His words."

GLOVED UP, senior Caroline Spruell collects trash at Round Hill Park as part of a Green Club activity. "I have been a part of Green Club since tenth grade and am now the co-president. The most important part of this club is the idea of creating a community that is motivated about helping the environment. It helps build habits since the club participates in clean-ups, does the recycling for the school and performs a lot of tasks for the Clean Valley Council," Spruell said. "I really care about the environment and love to help the world become a cleaner and safer place." **WHILE AT A DANCE MARATHON**, senior Carol Chen dances while raising money for the Children's Miracle Network Hospitals. Key Club members from across Roanoke raised over \$7000. "I have been in Key Club since junior year and the most important part is having the passion to make a difference in the world. Key Club is a fun way to do community service with your friends and give back to those in need," Chen said. "Because Key Club is an international organization, it's also really cool and exciting to know there are high schoolers all around the world spending their time volunteering like you. My time in Key Club has affected how I see the world and what I want to do in the future."



GROUP FUN



"This is my first year in FCCLA (Family, Career, and Community Leaders of America). I got more interested in cooking once I started taking culinary, so I decided to join the club. It helps if you want to have a future in cooking and it's important to support and participate in culinary."

Casey Fentress, 11



"I have been in DECA (Delta Epsilon Chi and Distributive Education Clubs of America) for two years. I thought it was interesting and I am very competitive. It teaches me how to be social and how to be respectful to others even when it is out of your comfort zone. It is important because you learn how to interact with others and how to market yourself for a business in the future."

Hunter Hartman, 11



"I have been in FBLA (Future Business Leaders of America) for three years. I joined this club to meet new people, to become more confident in myself and to prepare for college and my career. The most important part of FBLA is that they teach skills that are not taught in school."

Vahniese Burrell, 11



"I have been in FCA (Fellowship of Christian Athletes) for six years. FCA means a place I can relax and talk to people who are like me in my spiritual faith. It is also a place where I can help people that are hurting in their faith."

Drew Fulton, 11



"I have been in OUT club for two years now and I joined to help the LGBT youth in the school so they do not feel alone. It is a place for us to come to talk with people who understand your feelings without being judged."

Nanci Boggs, 12

I, ROBOT

"MY DAD CAME TO ME WITH THE IDEA for the robotics program about five years ago. He heard about it from a work colleague who runs a team down in Christiansburg. He asked if I wanted to start a robotics team at school and, since there were not many academically-focused teams at our school, I decided to start one up. We started meeting in my basement in eighth grade, with just three or four members. Since then we've picked up more people, and last year we became an official school team and have competed on state level.

When we integrated with the school, our team increased in size to 13 members. Before that, having a person for each position was a little rough. We needed people to create a 500-page notebook as well as code a robot, build a robot and then go to outreach.

At a competition, the judges look through your notebook and read all your detailed notes, which explain how everything is built. Our coders design the robot in a program called 'Inventor,' so we can plan ahead in the hopes of making as little mistakes as possible when we build. In coding, we work with Java script, which is a more advanced program than what is offered through school. It helps when we have to set up objects for different parts of the robot. You have to work through specific tests to find different angles the robot has to rotate to, and it's a bit of trial and error. In the end, there's a bit of luck in getting the code to work.

During competitions, the robots have to perform various tasks. In past competitions, we've had to pick up balls and put them into five-foot high containers. The robot had to launch the ball, lift it up and then put it into a container. We've also had to climb up a hill made with bars sticking out of the path. That was a rough competition.

Working with the robot and designing ideas to complete a task will help greatly me in my future with engineering."

MATTHEW HUDSON



Matthew Hudson, 12

High

"I think my biggest achievement was my sophomore year of science fair. I used an Arduino to create a dog door that automatically opens to my dog's bark. It took a lot of testing and programming to get it to work. After I graduate, I plan on majoring in mathematics. The programming we do in Governor's school has really interested me, and I think I'd like to do something with cryptology."
-Rachel Benton, 12

"In 11th grade I won 1st place for my science fair project at the Virginia Junior Academy of Science competition. It was against people around the state that had very complex projects and had worked at various research institutions. Being able to beat projects in the biomedical field and get 1st place in microbiology was a big accomplishment."
-Dino Oikonomou, 12

"At Governor's School I take multivariable calculus, biology, and python coding. Math has always come naturally to me, no matter if its algebra or calculus I don't know where life will take me, but I plan on attending MIT, UVA, Stanford, or CMU."
- Billy Luqiu, 11

"I wouldn't say that academics came naturally to me. School entails a huge amount of work and dedication, and I don't think that can be attributed to natural ability. After college I would like to persue a career in the publishing industry. Stanford University is my dream school although i'm very interested in Brown."
-Kyoko Leaman, 11



RACHEL BENTON, 12



DINO OIKONOMOU, 12



BILLY LUQIU, 11



KYOKO LEAMAN, 11

Achievers

THE LIMIT DOES NOT EXIST

"Understanding the material is relatively easy in most subjects excluding some areas in math and science. My greatest accomplishment is going to states for the Scholastic Bowl Championships for the past two years. It meant a lot to be on the state team, even as an observer my first year."

- Maya Sawh, 10

"School has come pretty easily to me since elementary school. Getting into the Governor's School was probably my biggest academic accomplishment. It was competitive, to get into, and it's kind of challenging, but I enjoy the work and the opportunities it brings are amazing."

- Grady Brydges, 10

"I have a photographic memory, so I am good at memorizing information. I would like to study some field of science, but I'm not sure which one yet. I spend a lot of my freetime as a student teacher at Miss Mona's school of Dance. I really enjoy teaching the kids."

- Lexie Rhodes, 9

"My biggest academic achievement is probably achieving straight A's for 7 straight years. I plan to study engineering after high school because it's hard and science are my favorite subjects. There are a lot of different life paths it can lead to."

- Jacob Tozier, 9



MAYA SAWH, 10



GRADY BRYDGES, 10



LEXIE RHODES, 9



JACOB TOZIER, 9

SELECTIVE ELECTIVE



"I like culinary because we make yummy food and learn new culinary techniques. Also, I love Mrs. Hale. She is such a fun teacher."
Natalie Paul, 10



"My favorite elective is Nutrition and Wellness because I like to learn about what I'm eating and how to stay healthy."
Nick Mills, 11



"My favorite elective is Spanish because Senor Harrison makes the class fun. I also like learning new things about the Spanish culture."
Hannah Peters, 9



"I enjoy art because I loved seeing Lonker every day. I also like to draw and paint and come up with my own ideas."
Caleb Pritchard, 11

FOCUSING ON HER SUBJECT, senior Hannah Bibbs takes pictures as part of an internship in New York City. This summer, Bibbs interned for a company called Where'bouts, which was comprised of several location scouts. "The scouts mainly worked on commercials. One day Mercedes needed a construction site, and the next day Bud Light needed a medieval church. Then, BMW needed a city skyline," she said. **AS PART OF A PROJECT ON THE PODCAST "SERIAL,"** juniors Sydney Hilovsky and Emma Maxwell work together in Mrs. Chrystal Shawn's AP English 11 class. As a way to study argument, juniors in AP English listened to and studied Sarah Koenig's podcast, which centered on the murder of a Baltimore teenager. "We were making a crime board. It is a compilation of people, evidence and alibis. It puts facts on paper, including plausible scenarios and supporting evidence," Maxwell said. **CONCENTRATING ON THE BOOTH SPEAKER**, freshmen Ben Chapmon and Haaris Khan, sophomore TK Washington and freshman Charlie Urgo listen to a speaker at the career expo. Professionals representing different career paths spoke to students at the second annual event. Colleges also set up booths and provided information about their programs of study. "I would love to go to Old Dominion or a college in that area and work in the real estate field," Urgo said. **ARMS OUTSTRETCHED AND FEET PLANTED**, senior Blythe Dellinger performs the Virabhadrasana II, otherwise known as the Warrior II pose. Students in Ms. Harry Mills's AP English 12 class partook in meditation and yoga classes as part of an exercise in mindfulness. "I enjoy doing yoga with Ms. Mills because we get to escape school and relax a little bit. I'm able to concentrate more afterwards," Dellinger said.



BRAINS OVER BRAWN

"At states for Academic Team there was more pressure to win, as we wanted to keep up our streak. And, since we knew what to expect, there were no surprises. It just becomes another tournament in the end. To prepare for states we go to various tournaments throughout the year, playing teams that are way better than us. This motivates us to practice harder and do better as we prepare. This year at states I made the all-state team as second scorer at the tournament. I scored 120 points. I was very surprised."

Billy Luqiu, 11

EARN THAT GRADE

The words "academics" and "school" usually called up images of sitting in a classroom and listening to a lecture. But, for many students, academics took on a whole new meaning. Learning through projects and internships were the norm for many grateful students.

ART IN MOTION

"WHEN I WAS LITTLE, MY DAD would do things around the house that involved woodworking. The whole process was fascinating to me, so as I got older he showed me how to do the more basic things.

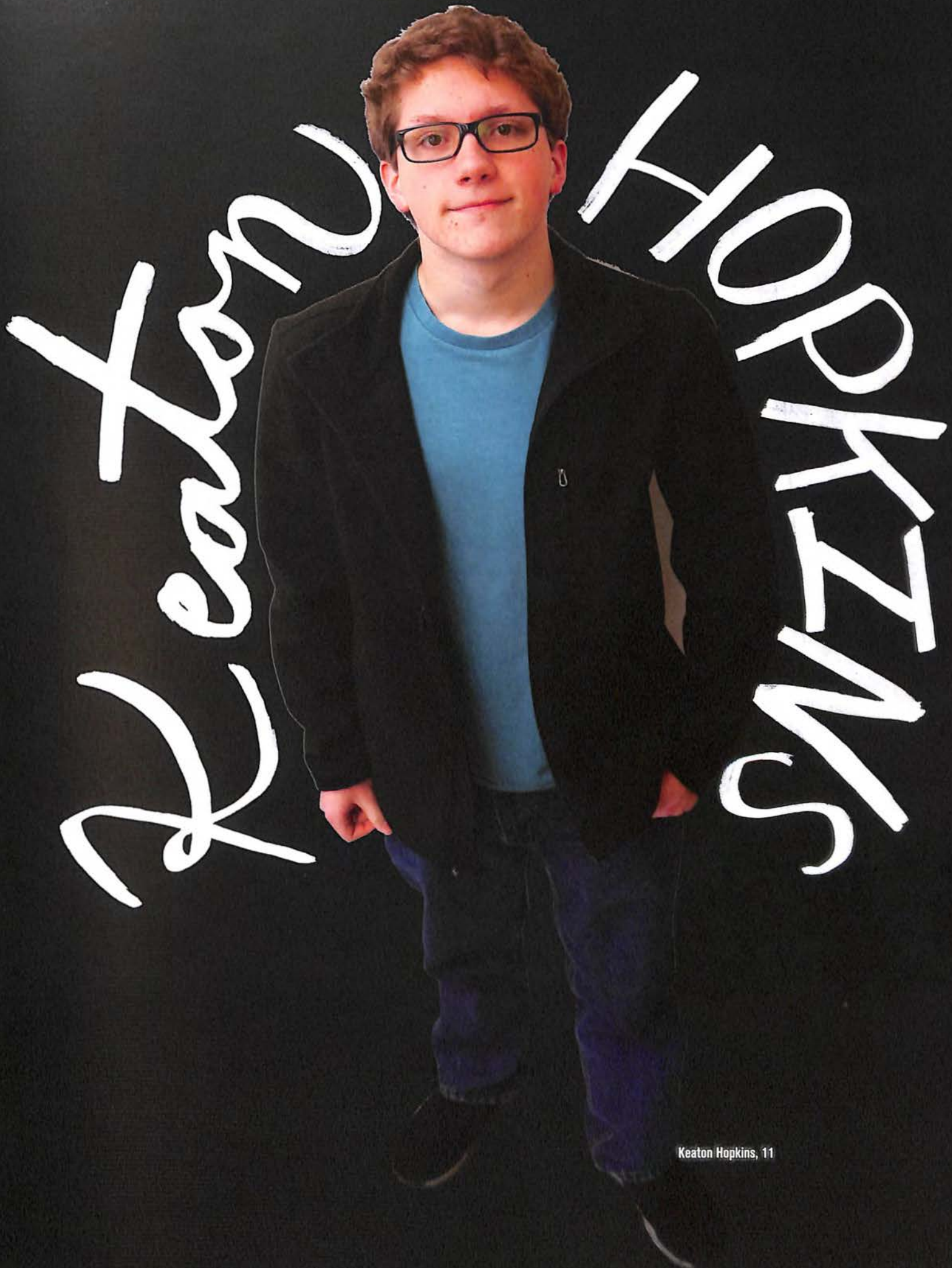
My grandfather taught my dad and uncle the skill when they were growing up. My dad always worked beside his brother in the woodshop. They completed everything from playing with small projects to building houses. My dad built parts of the house I live in now.

I've taken a woodshop class every year. They had some challenging aspects, but most of the activities they had us do I had done before. My least favorite part of the classes are always painting; I prefer staining.

At home, I spend a couple hours a week woodworking. I make a lot of pens because people at my church ask me to make them as gifts for friends and family. From start to finish, it takes about 30 minutes to turn a pen. I have even sold a couple to my friends. My favorite wood to work with for my pens is olive because it is not too hard to cut and finishes really well.

I also like to make household items, like paper towel holders and desktop stands. The most impressive object I've made is my workbench. It has spots cut out for all the tools I use and is custom built for me.

I really like using my band saw to cut curves and angles on both wood and metal. My favorite thing about woodworking is that you get to give something shape and make it your own. It's not something you buy in a package. Instead, it's uniquely yours."



Keaton Hopkins, 11

the ARTISTS portfolio

Dear Cave Spring High School,

Last summer I decided to join Yearbook at the ~Last~ Second, right before school started. I hadn't had much experience, but I love writing (and Mrs. Shawn!) so I decided to try it out. While I didn't end up doing much writing, I found a passion in creating the design elements of this book, from the handwriting you see, to the feature names, to the paint on many of the pages. I have spent my senior year building an interest in graphic design through this yearbook, and I'm so glad I said "What the heck!" and joined. I hope that all of you through your years in high school find your own passion, something you can pour hours into when you should be doing schoolwork. Because "NOW" really isn't "THE TIME". It's not time to reach your life's personal best, or do everything you ever hoped to achieve. Who wants to peak in high school!?! No, now is the time to make mistakes, try new things, and maybe even discover what you love doing more than anything else. Now is the time to grow into the person you dream of becoming. I hope you enjoy this book as much as I have.

Sincerely,

Nicole M.

O



NICOLEE REEVES

"This was my first time experimenting with shadows and highlights. It's very different from the subjects I usually draw; horses and other animals. This piece describes a life or death game of hide-and-seek. And so far, the guy is losing!"

-Marie Stahling, 12



MARIE STAHLING





"This was the first time I ever painted with oil. It was a project I did for English on a book called A Thousand Splendid Suns. The background represents war, hatred, and chaos that happened in the book. The two main characters are represented by doves. They are the peace and hope within the chaos."

-Amina Vatres, 12

AMINA VATRES



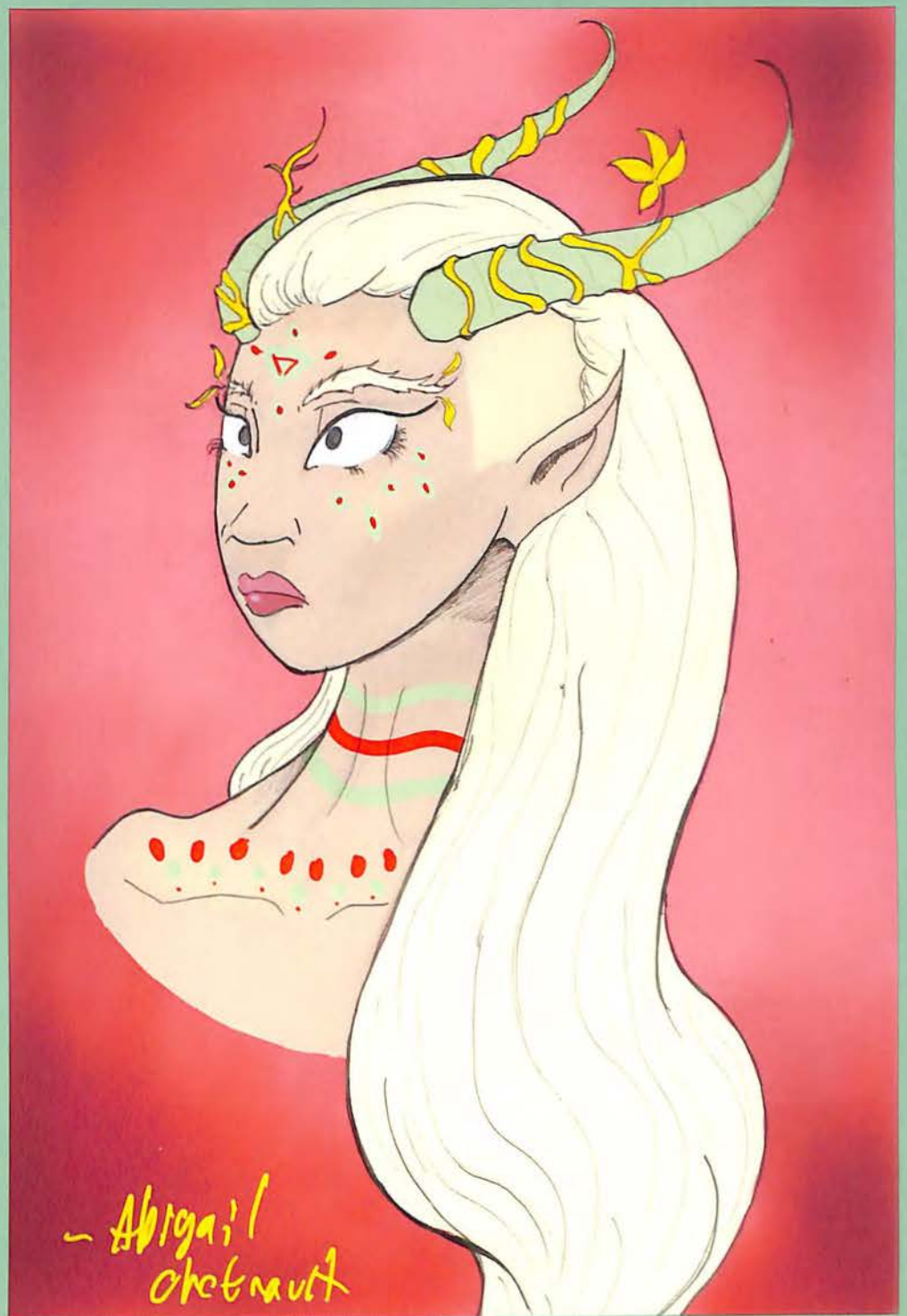
HEATHER HATCHER



"I painted this when I found out my grandma was diagnosed with terminal cancer. It was incredibly hard to explain to people what was going on, so I painted my feelings as an outlet. I really like this piece because it's very different. I tend to use a very colorful palette in my artwork, and I love the balance between light and dark colors."

- Heather Hatcher, 11

ABIGAIL CHERNAULT



"I chose this piece because it was colorful and fun to work on.

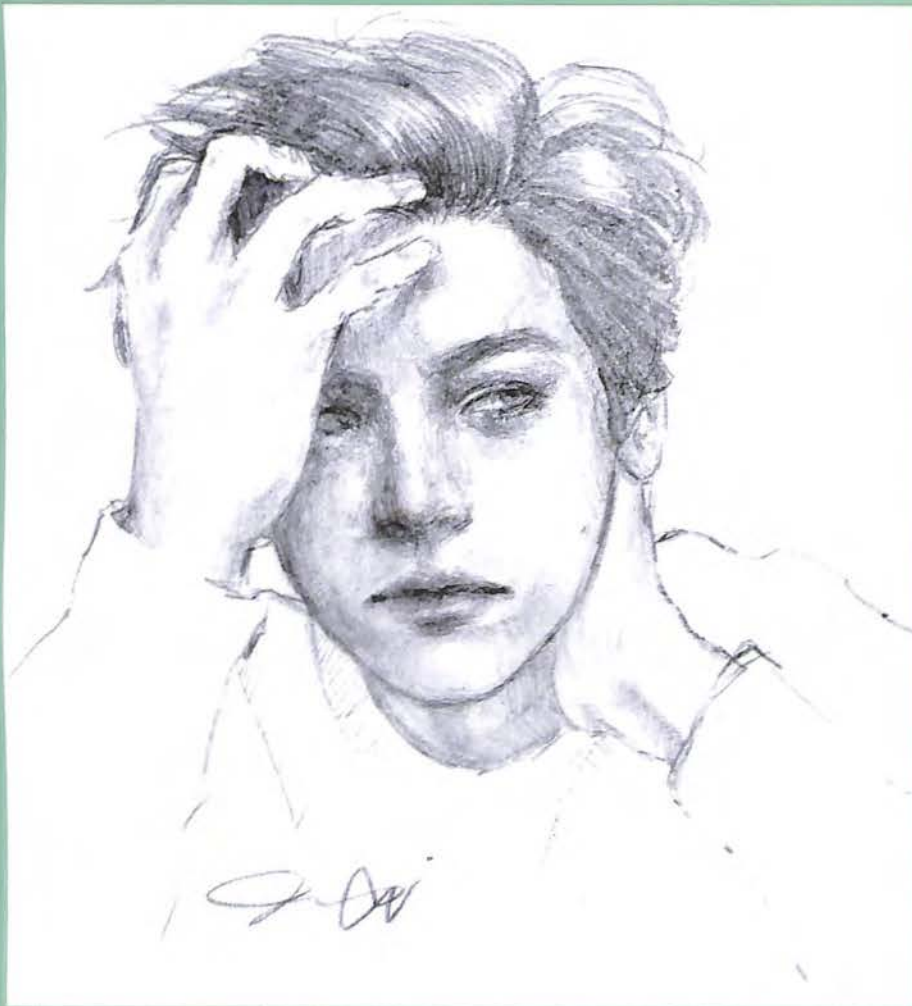
I love horned animals along with drawing people, so I decided to combine them both."

-Abigail Chernault, 12



"My drawing is of Cole Sprouse, who acted in "The Suite Life on Deck". It's a nostalgic memory, and I feel like a lot of people may feel the same way about it. To be truthful, I haven't drawn in a while, so I just drew something that was up-to-date."

- Jessica Wei



JESSICA
WEI

MARY GRACE BAIER

"This art is my favorite piece because it has meaning to me rather than it being assigned to me. Since I've grown up catholic all my life I feel obligated to make homage. It's of the Virgin Mary pregnant with baby Jesus. She portrays beauty and grace to me."

-Mary Grace Baier, 12



TAYLOR SWARTZ

"Painting and drawing animals tend to be my favorite things to create. My artwork is a way for me to express myself, and oil painting is one of my favorite mediums to paint in. Mrs. Bousquet pushed me to do this piece to branch out of my comfort zone and try a new medium."
-Taylor Swartz, 12





DREW ROBERTSON

"I like this piece because it's one of my first pieces that I made that portrayed my style. Also, it wasn't just something that I was assigned. When I was younger, I made art for fun, and people told me I was good at it. Now I do art because I like to create something that people can enjoy."
 -Drew Robertson, 12



VARSITY BLUES

WHAT WILL YOU
REMEMBER



"When I broke 16 minutes for a 5k for the first time."
Peter Smith, 12, Cross Country



"When I was state champion freshman and sophomore year in doubles and as a team with my sister, Fallon."
Reagan Delp, 12, Tennis



"Finally going to regionals my senior year"
Ryan Burchett, 12, Golf



"Making first team conference and second team region my junior season."
Ali Esmaeili, 12, Soccer



"Winning state freshman and sophomore year and being sideline captain senior year."
Abby Slate, 12, Cheer



"Being a state champion my sophomore year."
Caroline Spruell, 12, Debate



"Being voted as team captain both junior and senior year."
Austin Ragan, 12, Football



"Winning states back-to-back my freshman and sophomore years."
Claudia Jarema, 12, Cheer



"Getting to go state my freshman year. It was an incredible way to end my first season on varsity."
Erin Harrison, 12, Volleyball



"Going to state as a freshman and being the only underclassman in long jump."
DeJon Mayo, 12, Outdoor Track



"Winning states my freshman year."
Kinsey Harris, 12, Cheer



"Being voted as conference player of the year by all of the conference coaches junior year."
McKinley Pollard, 12, Soccer



"Surviving swimming a 500 freestyle after being sick for a week and not getting to practice."
McCain Quickel, 12, Swim



"Junior year I played a solo in our show. Seasons of the Beatles. Each time I went to the center of the field, my best friend, Sarah Thompson, would pat me on the shoulder."
Kathleen Brett, 12, Marching Band



"Being voted captain for my junior season."
Haley Ingle, 12, Softball



"Last season I went 4 for 4 at states, winning my 500 free and 50 free, and I was on two winning relays."
Emma Muzzy, 12, Swim





Garrett Wade Abshire

Amruta Acharya Swim (9,10); Concert Band (9); Academic Team (9-12), Beta Club (12), Green Club (9), Key Club (11-12), Latin Club (10-12), Prevention Club (11), Social Studies Honor Society (11-12), Spanish Club (9-12), National Spanish Honor Society (10-12), Two Hearts Foundation (11-12)
Amarbold Altankhuyag Varsity Baseball (12); French Club (12)
Logan Altizer Varsity Football (9-11), Varsity Baseball (9-12)
Noah E. Arseneau Choir (9-10)



Laken Ayers Sideline Basketball & Football Cheer (9-12), Competition Cheer (9-10); Beta Club (12), FCCLA (9, 11), Help Save the Next Girl (11), Key Club (9-12), SCA (11-12), National Spanish Honor Society (11), Two Hearts (9-12)
Mary Grace Baier Indoor Track (10-11), Outdoor Track (9-10); Beta Club (12)
Enji Baigalmaa French Club (11, 12), Green Club (12), Help Save the Next Girl (12), Key Club (10)
E. Aaron Baughman Beta Club (12), Key Club (10-12)
Taylor Beck Varsity Soccer (11), JV Soccer (9-10); Two Hearts Foundation (11-12)



Rachel Benton Sideline Basketball & Football Cheer (10-12); Beta Club (12), Spanish Club (11), National Spanish Honor Society (10-11), Two Hearts Foundation (10-12); Roanoke Valley Governor's School
Hannah Bibbs Debate (9), Green Club (10), OUT (11-12)
Spencer A. Billman JV Football (9-10)
Nanci Boggs FCCLA (9), French Club (10-12), Green Club (9-12), OUT Club (11-12), Student Helper (11-12)
Rebecca Bradley Sideline Basketball & Football Cheer (9-12), Competition Cheer (9); Beta Club (12), French Club (9-12), National French Honor Society (11-12), Help Save the Next Girl (11), Key Club (11-12), Two Hearts Foundation (9-12)



Jack Brancati Golf (12), Indoor & Outdoor Track (9-12); Beta (12), Spanish Honor Society (11)
Kathleen Brett Swim (9-12); Marching Band (9-12), Symphonic Band (12), Concert Band (9); Beta (12), Green Club (11-12), HSTNG (11-12), Key Club (11-12), Social Studies Honor Society (11-12), Spanish Club & Spanish Honor Society (10-12), Student Helper (10-12), Two Hearts (10-12)
Joseph Bryant Varsity Baseball (10-12), JV Baseball (9)
Ryan Burchett Golf (9-12), Varsity Basketball (11-12), JV (9-10); Beta (12), Key Club (9), Spanish Honor (10-12)
Andrew Cagle Golf (9-12), Indoor Track (9), Outdoor Track (9-10); Beta (12), FBLA (10-12), Green Club (11), SCA (10), Social Studies Honor (11-12), Spanish (10), National Spanish Honor Society (10-12), Yearbook (12); Knight



Cameron Bryce Caldwell Varsity Baseball & Football (9-12); FCA (9-12), Student Helper (9-11)
Derek Caldwell Beta Club (12), Robotics Club (10), National Spanish Honor Society (10)
Faith Nicole Carleno Lacrosse (9-12); DECA (11-12), FCA (11-12), Pre-Med Club (11-12), Two Hearts (9-11)
Jazlyne Carroll Beta Club (12), Choir (9), French Club (11-12), Green Club (11-12)
Caitlin Carter Tennis (9-12); Beta Club (12), French Club (9-12), National French Honor Society (11-12), Key Club (9-11), SCA (9-12), Student Helper (9), Two Hearts (9-11)



Matthew Carter
Clay Carver Wrestling (9-10); Beta Club (12); DECA (11), National Latin Honor Society (11-12)
Cameron Cassity
Jordan Chambliss JV Volleyball (9), Varsity Basketball (11-12); JV Basketball (9-10), Outdoor Track (9-10); DECA (9-11), FCCLA (9-10); Two Hearts (11)
Jillian Champ

Thomas Chase Varsity Football (11-12), JV Football (9), Outdoor Track (10, 12); FCA (12), Student Helper (9)
Carol Chen Beta Club (12), Dance Team (11-12), Green Club (10-12), Key Club (10-12), Latin Club (11-12), Pre-Med Club (11), Social Studies Honor Society; Roanoke Valley Governor's School
Abigail Chernault Marching Band (9-12), Symphonic Band (9-12); Art Club (12), Beta Club (12), French Club (11)
Danny Chumbley Wrestling (12), Outdoor Track (12)
Zoie Clark Color Guard (9-11)



Allie Collier Cross Country (9), Swim (9-10), Beta Club (12), Ultimate Frisbee Club (10-11)
Maura Conroy Concert Band (9), Marching Band (9-10,12), Symphonic Band (10,12); Help Save The Next Girl (12)
Whitney Cook Sideline Basketball & Football Cheer (9-12); FCCLA (10), Two Hearts Foundation (12)
Chloe Crouse Wrestling (9); FCA (9), French Club (9-12), Green Club (9,12), Help Save the Next Girl (11,12), Key Club (12), Pre-Med Club (12), Prevention Club (12), Student Helper (9-12), Two Hearts Foundation (11,12), Yearbook (11)
Carly Curtis JV Basketball (9, 10), Outdoor Track (9, 10); FCA (11), Two Hearts Foundation (11)



Arielle Cutaia Two Hearts Foundation (10)
Amaya Daniels Sideline Basketball Cheer (9,11-12), Sideline Football Cheer (9-12), Competition Cheer (9,11); FCCLA (9), Two Hearts Foundation (11)
Amberlee Davis Lacrosse (9-11); Choir (9, 11-12), OUT Club (11-12)
Blythe Dellinger Beta Club (12), FCCLA (9), French Club (9-12), National French Honor Society (11-12), Green Club (9-12), Help Save The Next Girl (11-12), Key Club (10), Student Helper (11)
Reagan Delp Varsity Basketball (9-12), Indoor Track (10, 12), Tennis (9-12), Outdoor Track (9-12); Beta (12); Key Club (9-10), SCA (9-12), Student Helper (10, 12), Two Hearts (9-10)



Jared Dennis FCCLA (12)
Mary Dickenson JV Soccer (9-10); Beta Club (12), French Club (9-11), National French Honor Society (11-12)
Claudia Draper Beta Club (12), Green Club (9-10), Key Club (10-11), Spanish Club (10-11), National Spanish Honor Society (10-12), Two Hearts Foundation (11)
Dominic Duval
Austin Emery JV Baseball (9-10), Varsity Baseball (11-12), JV Football (9-10), Varsity Football (10-12); FCA (9-12), Student Helper (10)



Tyler Fanning Golf (10-12)
Joe Ferguson Knight and Day Café (9)
Haley Fink
Ryan Firchau Archery (9-12)
Matthew Fisher Varsity Football (9-10)



Matthew Flores Indoor Track (10-12), Outdoor Track (9-12); Marching & Jazz Band (9-12), Symphonic Band (12), Concert Band (9); Beta Club (12), French Club (11-12), Robotics Club (10-12), National Spanish Honor Society (11-12)
Bryce Fothergill JV Soccer (9-10); Beta Club (12), Key Club (10-12), SCA (10-12), Spanish Club (11), National Spanish Honor Society (10-12)
Rachael French FBLA (9)
Jamie Fuller
Mishelle Ganbayar French Club (9-12), National French Honor Society (12), Green Club (10-12), Help Save the Next Girl (11-12), Key Club (9-12), SCA (11-12), Student Helper (9), Two Hearts Foundation (9-12)





TWELVE MEMORIES

"My favorite memory of senior year was football season. Football is my favorite sport, and I like being on the field with my teammates every Friday night."

Austin Emery, 12



"My favorite memory of senior year was getting accepted to college. All of the work that goes into applying for college is insane. That feeling ends the moment you get accepted. All of the work over the past four years pays off."

Blythe Dellinger, 12

"I know my favorite memory will be beach week. I can't wait to spend a week with all my friends after a stressful senior year. This will be one of the last times we will all be together before we go our separate ways."

Claudia Draper, 12



"Graduation will be a favorite memory for me. I'm sure there will be such a sense of accomplishment. It will be awesome knowing I am finally free."

Erin Harrison, 12

"My favorite memory of senior year was senior sleep-in. Getting the extra sleep was a blessing. I could go get breakfast with my friends. You can enjoy your morning a lot more when you're not rushed."

Lexi Lawrence, 12



"My favorite memory of senior year was senior night for volleyball. Getting recognition for being in the volleyball program for four years was bittersweet."

Hannah Graham, 12

"My favorite memory was senior night. During halftime of the football game, the seniors in the marching band walked with their parents and got recognized in front of everyone. It was an amazing feeling."

Evan Levy, 12



"I am really looking forward to senior day. I'm sure I'll always remember that day when we get to spend our time together as the class of 2018."

Mary Dickenson, 12

"My favorite memory of senior year was my last robotics competition. After five years of working with my team, seeing the newest members participate in robotics was the highlight of this long journey."

Jon Huggins, 12



"I am so excited for our senior prom. Everyone has a chance to dress up and get jiggy on the dance floor. It will be our last dance together and our last chance to make memories before graduation."

Michelle Ganbayer, 12

"I loved the powderpuff game. I knew we would win. There is nothing better than straight killing the juniors 28 to 0. First shutout in over a decade."

Rachel Benton, 12



"My favorite memory of senior year was the homecoming parade. I have been in the parade for seven years. Instead of riding on a trailer, I got to ride on top of a Jeep with my cheer friends."

Whitney Cook, 12

PARENT TRAP

CAROLINE WESTON (9) & MRS. GABRIELLA WESTON

Caroline: "If I ever forget my lunch, I know she's here with money and can buy me food. Also, I was able to attend the Special Olympics, which I wouldn't have been able to if it weren't for my mom. A disadvantage about having her here is when I say stuff to my friends and she is around. She usually hears about it, and then she knows all my secrets."

Mrs. Weston: "I just love having her and all her friends here, because I have known them since they were in kindergarten. Seeing everybody growing up is so neat. A disadvantage would be when she needs money or forgets something and comes running to me."



TAYLOR SWARTZ (12) & MR. JOHN SWARTZ

Taylor: "Both of my parents are here. I both like and don't like it. I do like having my mom here, because I get to keep food in her office. I don't see my dad that often, but when I do he kind of ignores me. I never remember to get permission slips signed at home, so I just get them signed the day I need them."

Mr. Swartz: "I told my daughter when she was growing up that I was going to follow behind her, and every time she talked to a boy I would be there. But, I cut her a wide path. She needs to be with her friends. Kids don't want their parents hanging around. If she needs something I'm here."



CAROLINE SPRUELL (12) & MR. EDWARD SPRUELL

Caroline: "If I need him to sign something or need a ride home, having him here is really convenient. I don't have to call home like other kids. If I want him to buy me candy or something, he will always do that. Sometimes he comes and talks to my teachers a lot, and that can be kind of embarrassing, but it's fine."

Mr. Spruell: "I like having her at school, but I try to keep my distance. My favorite thing about her being here is access. If I need to talk to her I know where she is. When she achieves and does well in school, I am more of a part of it. A lot of times when you have busy parents, they don't know what is going on with their kids in school."



COLTON IADEMARCO (10) & MR. NICK IADEMARCO

Colton: "Some advantages are I can go to his classroom in the morning to do work, and he knows a lot of my teachers, so it is easier to communicate with my teachers because they already know who I am. Some disadvantages are people who do not like my dad and choose to tell me. Also, I have to behave in school, because my dad knows everyone."

Mr. Iademarco: "I get to see him more often and am able to meet his friends and get to know them. I have easy access to his teachers. I can talk with him on the way to school and home. The only disadvantage is that some students do not appreciate me as a teacher and make it loud and clear, so I know he hears it."





Anita Geiger Marching Band (9-12), Symphonic Band (10), Concert Band (9); Beta Club (12), FCA (9), Spanish Club (10-12), National Spanish Honor Society (11-12), Student Helper (11-12)
Nicholas Gentiluomo JV Baseball (9), JV Soccer (10); DECA (11), Key Club (9-12)
Hannah Gillispie
Carter Glenn JV Baseball (9-10), Varsity Baseball (11-12)
Makena Gormley Lacrosse (9-12); Beta Club (12), Key Club (10-11), Pre-Med Club (12), National Spanish Honor Society (10), Student Helper (11)



Hannah Graham JV Volleyball (9-10), Varsity Volleyball (11-12); French Club (9-10), Day & Knight News (11-12), SCA (10-11), Student Helper (9-12), Two Hearts Foundation (11-12)
Sofia Grochowski
Wyatt Hage JV Baseball (9), Varsity Baseball Captain (10-12); DECA (11-12), Student Helper (11)
Jaylen De'carlos Hairston JV Football (9-10), Varsity Football (10-12), Indoor Track (9-12), Outdoor Track (9-12)
Sara Hamilton Indoor Track (9-10); Symphonic Band (9-11); National Art Society (12), French Club (9-12), National French Honor Society (11-12), Green Club (9-12), Key Club (9-12), Latin Club (11-12), Pre-Med Club (11-12), Student Helper (12)



Brianna Hamm Lacrosse (10); FCCLA (12)
Zoe Hannabass Beta Club (12), Drama (9-12), FBLA (12), FCCLA (10-12), Help Save The Next Girl (11-12), Social Studies Honor Society (12), Student Helper (9)
Willie Harden JV Basketball (9-10), Varsity Basketball (11), JV Football (9), Varsity Football (10-12), JV Soccer (9-10), Varsity Soccer (11-12)
Kinsey Harris Sideline Basketball & Football Cheer (9-12), Competition Cheer (9-12), JV Softball (9), Varsity Softball (10-12); National Art Society (12), French Club (9-10), Key Club (10-12), Newspaper (9-12), Student Helper (10-12), Two Hearts Foundation (9-12)
Erin Harrison Varsity Volleyball (9-12); Beta Club (12), Green Club (9-12), Help Save the Next Girl (11-12), Latin Club (11-12), Latin Honor Society (10-12), Two Hearts (9, 11-12)



Noah Hinchee
Trey Hodson Varsity Baseball (9-12), JV Basketball (9-10); DECA (10-12), Student Helper (9)
Caleb Holland FCCLA (11-12), French Club (9-12), Key Club (11-12), Robotics Club (11-12), Ultimate Frisbee Club (11)
Erin Holt FBLA (10), FCCLA (11-12), Help Save the Next Girl (12), Student Helper (12), Two Hearts Foundation (12)
Ben Howard Concert Band (9-10); Beta Club (12)



Matthew Hudson Jazz Band (9-12); Academic Team (9), Beta Club (12), Robotics Club (9-12), Ultimate Frisbee Club (9-10)
Sophia Huffman JV B.ball Manager (10-12); Two Hearts (9)
Jon Huggins Tennis (9); Concert Band (9); Beta Club (12), National Latin Honor Society (11), Robotics Club (9-12), Ultimate Frisbee Club (10-11)
Rabia Ikram Archery Club (9-10), Beta Club (12), FCCLA (12), Green Club (12), Help Save the Next Girl (12), Key Club (12), National Spanish Honor Society (10), Pre-Med Club (12)
Haley Ingle Varsity Softball (9-12), Indoor Track (10-12); Marching Band (9-12), Symphonic Band (9-12); Beta (12)



Claudia Jarema Competition Cheer (9-12), Sideline Basketball & Football Cheer (9-12); FCCLA (9), French Club (9-11), Two Hearts Foundation (9, 11)
Madeleine Jenkins National Art Honor Society (12), Help Save the Next Girl (12), Key Club (9, 11-12), Knight and Day Café (10, 12), Pre-Med Club (12), Prevention Club (11), Two Hearts Foundation (11)
Corrie Nicole Johnson French Club (11), Help Save the Next Girl (11-12), Key Club (11-12)
Elizabeth Kabath Indoor Track (9-11), Outdoor Track (9-11); Symphonic Band (9-10); Beta Club (11), French Club (9-10), Key Club (9-11), Knight News (9), Spanish Club (9-11), National Spanish Honors Society (10-11)



Colton Kent

SPEAK COFFEE TO ME

392 students polled

47%

FRAPPUCCINO

19%

OTHER

14%

MOCHA

11%

COFFEE

9%

MACCHIATO





Samuel Kidwell

Allison Knight JV Volleyball; FCCLA (9), French Club (9-11), Green Club (9), HSTNG (11), Key Club (10-12), SCA (11-12), Student Helper (9, 11-12), Two Hearts (9-12)

Jonathan Lachowicz JV Football (9-10), Outdoor Track (9-12); Beta Club (12), DECA (11), Pre-Med Club (12)

Sierra Landsman JV Basketball (9), Varsity Basketball (10-12), Lacrosse (9-12); DECA (11), Key Club (9-12), Pre-Med Club (11-12), Student Helper (11), TSA (10-11)

Joslynn Lankford JV Softball (9-10); FCA (9-12) Help Save the Next Girl (11), Key Club (11), SCA (10-11), Two Hearts Foundation (11), Yearbook (12)



Carter Lawrence Auto Service & Masonry (9-12)

Casey Lawrence JV Basketball (9-10); Auto Service (11-12)

Lexi Lawrence Lacrosse (9); Beta Club (12), Choir (9-10), Drama (9), French Club (9-12), Green Club (10-12), Pre-Med Club (12), Social Studies Honor Society (11-12), Yearbook (11-12)

Mason Lee Wrestling (11), Lacrosse (11-12); DECA (11-12); FCA (11-12), Key Club (12), Pre-Med Club (11-12)

Brooke Leftwich Swim & Dive (11-12); Beta Club (12), Key Club (9-12), Spanish Club (11), National Spanish Honor Society (9-12), Two Hearts Foundation (11)



Evan Levy Jazz Band & Marching Band (9-12); Academic Team (10), Beta Club (12), Robotics Club (9-12), National Spanish Honor Society (11-12), Ultimate Frisbee (10-11)

Lili Lin Archery Club (10-12), National Art Honor Society (12), FCCLA (9), French Club (11-12), Help Save the Next Girl (11-12), Key Club (12)

Kathleen Linsenman DECA (12), Spanish Club (12),

William Liu Beta Club (12), DECA (11), FCCLA (11)

Brook Ludy JV Softball, Varsity Softball (10-12)



Janae Lungren Art Club (12), FCCLA (11), Green Club (9-10, 12), Yearbook (9)

Ian Lynch FCCLA (9-12), OUT Club (11-12)

Schuyler "George" Lynch Lacrosse (9-12); Symphonic Band (9); FCCLA (9), Newspaper (11-12), OUT Club (11-12)

Laura Martin JV Volleyball (10), Lacrosse (12); Beta Club (12), French Club (9-12), Key Club (9-12), Student Helper (11), Two Hearts Foundation (9-12), Yearbook (9-10)

Marcus G. Mattox FBLA (10, 12)



Jace Matze JV & Varsity Football (10), Lacrosse (9-12)

DeJon Mayo JV Basketball (9-10), Indoor Track (11-12), Outdoor Track (9-12); Beta Club (12), FCCLA (9), Pre-Med Club (12), Spanish Club (10-12), National Spanish Honor Society (10-12), Student Helper (10)

Nicholas McGuire JV Football (9-10), Varsity Football (10-12); Beta Club (12), FCA (9-12), Spanish Honor Society (10)

Jaysa McKinley Color Guard (9-11); Drama Club (9), National French Honor Society (10-11)

Kevin Mickens



Patrick Millehan JV Baseball (9-10); Jazz Band (9-12), Marching Band (9-10), Symphonic Band (9-10)

Dawson Miller JV Baseball (9-10), Varsity Baseball (11-12)

Andrew Mitchell JV Football (10), Varsity Football (10)

Hayden Mitchell Golf (9-12), JV Baseball (9), Varsity Baseball (12)

Andrew Monsour JV Football (9-10), Varsity Football (10-12), JV Soccer (9); Concert Band (9); Beta Club (12), Key Club (11-12), SCA (11-12), Student Helper (10-12)

Dakota Moore Pre-Med Club (12), Two Hearts Foundation (12), National Spanish Honor Society (11-12), Yearbook (12)
Melissa Moran JV Soccer (9); French Club (11-12), National French Honor Society (11-12); Spanish Club (12), National Spanish Honor Society (10-12)
Ethan Muncy ROTC
Emma Muzzy Swimming (9-12); Beta Club (12), Social Studies Honor Society (10-12); Roanoke Valley Governor's School
Logan Michelle Storm Neal Color Guard (9-11), Marching Band (9-11); Day & Knight News (11-12)



Kaitlin Nix DECA (12), FCCLA (9-10), French Club (10-12)
Ryan Novitsky FBLA (9,12)
Morgan O'Quinn
Kylie Oakley
Dino Oikonomou Tennis (9-12); Beta Club (12), FCA (9-12), Key Club (9-12), Latin Club (11-12), Social Studies Honor Society (11-12), Spanish Club (9-12), National Honor Society (10-12); Roanoke Valley Governor's School



Nick Orange Tennis (10); French Club (9-10), Student Helper (10)
Trey Orr Golf (9-12); Beta Club (12), Key Club (11); Roanoke Valley Governor's School
Dakota Palmero Indoor Track (11), Outdoor Track (10-12)
Ryan Phillip Palmero
Gabbi Parulis JV Basketball (9), Varsity Softball (10-12), JV Softball (9); FBLA (10), FCCLA (9-11), Help Save the Next Girl (12), Key Club (9-12), Student Helper (11,12), Two Hearts Foundation (9,11)



Brij Patel Varsity Football (12), Tennis (9-12); Beta Club (12), FCCLA (11), Spanish Club (11), National Spanish Honor Society (10)
Pragati Patel
Lily Perkins Dance Team (11, 12), Green Club (9, 10), Two Hearts Foundation (11, 12)
Kylie Pettit Sideline Basketball & Football Cheer (12), Competition Cheer (12), Swim (12)
Azana Pierre Help Save the Next Girl (11, 12)

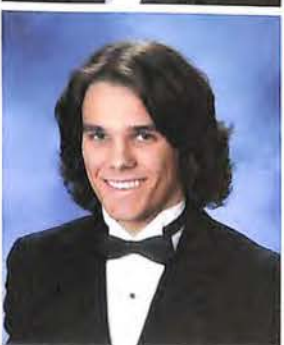


McKinley Pollard Varsity Basketball (9-12), Varsity Soccer (9-12); French Club (9-12), National French Honor Society (11,12), Help Save the Next Girl (11,12), Key Club (12), Knight News (9), Social Studies Honor Society (11,12), Two Hearts Foundation (9-12)
Nick Joseph Poole
Demetrios C. Poulos Day & Knight News (9, 11-12), Prevention Club (9, 12), Student Helper (10-12), Yearbook (11-12)
CJ Poulsen JV Football (9), Varsity Soccer (10-12), JV Soccer (9); Beta Club (12), FCA (12), Student Helper (10-12)
Jake Puckett Varsity Football (10-12), JV Football (10), JV Baseball (9); FCA (9-12), Pre-Med Club (12)



McCain Quickel Swim (9-12); FACES (11), Knight and Day Café (9-12)
Austin Ragan Varsity Football (9-12); Beta Club (12), DECA (12), Key Club (11, 12), Spanish Honor Society (10-12)
Kassidy Razvillas
Nicole Reeves JV Soccer (9-10), Varsity Soccer (11), Indoor Track (9-10); Beta Club (12), FCA (12), FCCLA (9), French Club (9-12), National French Honor Society (11-12), Green Club (9-12), Student Helper (10-12), Yearbook (12)
Dakota Rice Cross Country (9-10), Student Helper (11-12)





RIDE OR DIE



MR. RYAN POFF (HISTORY), MR. DAVID DUNSTAN (HISTORY) & MR. RICKY LONKER (ART)

Mr. Poff: "We teach and coach together. Both of these gentlemen mentored me when I arrived at Cave Spring six years ago. We have similar interest in sports, comedy, family and slappy spotting." Mr. Dunstan: "We have a lot of things in common. We all have kids who are the same age, we all coach and love sports, and we enjoy hanging out and talking with one another. I'm lucky to have two great friends in this building."

Mr. Lonker: "We're best friends because I give them free baseball gear. I'm the cool one and they like hanging around with me. I'm joking! Both are great friends."



MS. ANNE HOUSTON (SCIENCE) & MRS. BRANDY BROWNING (SPECIAL EDUCATION)

Ms. Houston "She is one of the few people who can tolerate my craziness, and we work so well together. She knows when I need a biscuit or cherry nerds!! I love her."

Mrs. Browning "Ms. Houston always makes me laugh. No matter how bad the day has been, it's a good day when Houston's around."



MRS. KAYLA BEGGARLY (ENGLISH) & MS. ELIZABETH HATCHER (ENGLISH)

Mrs. Beggarly: "Hatcher and I are both huge nerds and we geek out over all things English! I love her sense of humor, and she is my go-to gal for new teaching ideas. We love to talk about downloading cute fonts and funny cat videos, so I guess you could say things are getting pretty serious between us."

Ms. Hatcher: "Mrs. Beggarly and I hit it off during her first year here, and then she left for three months to have a baby! Rude. There's no one better to talk to about my nerdy English stuff, since that's what English teachers always do in their free time."



MRS. KATHLEEN PRICE (HISTORY) & MRS. CHRYSTAL SHAWN (ENGLISH)

Mrs. Price: "Mrs. Shawn and I are best friends because we both find the same things obnoxious: grammar mistakes, over-plucked eyebrows, and long lines at Kroger."

Mrs. Shawn: "Mrs. Price and I are best friends because we love the same things: Wearing primarily black to match our souls, taking road trips to Chillis to gorge on chips and salsa and lounging at the pool to help pass the summer."



MRS. AMY LEONARD (SPECIAL EDUCATION) & MRS. ANN CRANWELL (SPECIAL EDUCATION)

Mrs. Leonard: "I have known Cranwell for 18 years. She was one of my first friends when I moved to Roanoke. We have been through lots together teaching in elementary school and now high school. If I forget or misplace something, I always say I am having a Cranwell Moment. She is an amazing person to have in my life."

Mrs. Cranwell: "School brought us together. She plopped down in Virginia from Florida, and it was my first year teaching. We wound up sharing an office and that started the friendship. We had so much fun together. We would go to Brambleton Deli after school on Fridays with our entire department. We also took care of each other. One day our department decided she was missing Florida too much, so we bought an inflatable palm tree to put in her office."

FRIDAY KNIGHTS

The student section is sick this year because I get to be in the front row. It's so much fun when we score and all of us chant and push each other while screaming at the football team.



Hayden Mitchell, 12



I love seeing everyone go crazy during touchdowns and being able to hang out with all my friends in the student section.

Crawford Enyart, 11

I really like dressing up for all the different themes and cheering on our team.



Casey Fentress, 11



I love cheering for my boyfriend and my brother. The worst part is the pushing because last year I was shoved into the bleacher in front of me. It hurt my legs so bad that they still have dents in them.

Allie Knight, 12

I like to be in the student section because it's the only time we're all together for a fun reason. Being at school together is stressful.



Jack Smith, 11



I like being toward the front because that's usually where my friends are, and we can have a better view of the game. I don't like how the seniors won't let us chant and get excited over the game.

Ethan Harris, 11





Hayley Richards Art Club (12), Green Club (9), Student Helper (10)
Carla Risser JV Soccer (9-10), Varsity Soccer (11-12)
Drew Robertson Swim (10-12); Marching Band (9-10), Concert Band (9); Ultimate Frisbee Club (10)
Will Robertson JV Soccer (10), Varsity Soccer (11-12), Outdoor Track (9); Beta Club (12), FCCLA (9), Latin Club (11-12), National Latin Honor Society (9-12)
Dylan Robinson JV Football (9), Varsity Football (10-12), Outdoor Track (9); Beta Club (12), FCCLA (12), National Spanish Society (10)



Jesus Abraham Rosas Spanish Club (11), Student Helper (11)
Sam Rutigliano JV Volleyball (10), Varsity Volleyball (11-12); FCCLA (11), Student Helper (11-12), Two Hearts Foundation (10-11)
Malik Sallah Wrestling (9-12)
Maddy Sarver Concert Band (9); Beta Club (12), French Club (9-10), National French Honor Society (11-12), Student Helper (11-12), Two Hearts Foundation (9-11)
Zachary Schmitt Wrestling (9-12)



Kailey Shell JV Softball (9), Varsity Softball (10-12); Student Helper (11), Two Hearts Foundation (9)
BethAnna "Gracie" Shelton JV Soccer (9-10), Varsity (11-12); Choir (9-12), Help Save the Next Girl (11-12), Key Club (12), Knight Notes (9-12), TSA (11), Two Hearts (10-12)
Sohil Sheth Varsity Soccer (11-12), Tennis (9-10), Indoor Track (10); Beta Club (12), Spanish Honor Society (10-12)
Emily Shockley
Abbey Shorten JV Volleyball (9-10), Varsity Volleyball (11), Sideline Basketball & Football Cheer (12); Beta Club (12), Key Club (11), Day & Knight News (11-12), National Spanish Honor Society (11-12), Student Helper (9, 11-12), Two Hearts Foundation (9-12)



Autumn Simmons JV Softball (9-10), JV Volleyball (9-10); Two Hearts Foundation (12)
Cholé Simpson Jazz Band (9-10), Choir (11-12), OUT Club (11-12)
Isabelle Sizemore DECA (12), Key Club (12)
Abby Slate Competition Cheer (9-12), Sideline Basketball & Football Cheer (9-12); FCCLA (11), Green Club (9, 11), Help Save the Next Girl (9-12), Student Helper (12), Yearbook (9)
Hunter Smith JV Football (9), Outdoor Track (9); Beta (12)



Peter Smith Cross Country (9-12), Indoor Track (9-12), Outdoor Track (9-12); Beta Club (12), FBLA (9)
Caleb Sneddon
Monique Snider JV Basketball (9); FCCLA (11)
Anna Sortore Beta Club (12), Green Club (10-12), Help Save the Next Girl (11-12), Latin Club (10-12), National Latin Honor Society (10-12), Student Helper (11), Two Hearts Foundation (11-12)
Molly Spradlin OUT Club (11)



Caroline Spruell Beta Club (12), Debate Team (9-12), FCCLA (9-12), Green Club (10-12), Key Club (10-11), Latin Club (10-12), National Latin Honor Society (12), Pre-Med Club (11-12), Social Studies Honor Society (12), Student Helper (10-11)
Marie Stahling
Meg Stephens Varsity Volleyball (10-11), JV Volleyball (9); Help Save The Next Girl (11), Pre-Med Club (12), Student Helper (11), Two Hearts (9, 11-12)
Christian Strom JV Football (9-10); FBLA (12)
Aimee Struzinsky Dance Team (11-12)

NOT OVER YET

"Senioritis kicked in about a week and a half before midpoint this year. I started getting very lazy with work and wanted graduation to be here. I'm less motivated to do work, and want to put more focus on hanging out with friends and family."

Spencer Billman, 12



"It kicked in toward the end of last year. In Biology I sat with three seniors, who were my best friends, and they didn't care anymore so neither did I. Instead, I mastered putting minimal effort into an assignment and it still looking good."

Allie Collier, 12

"Not having to do summer reading left me just chillin'. Then it hit me hard. I had work to do and I was not crazy about that. Sometimes I end up in an intellectual slump and have to push myself to get work done. It's a day-by-day power struggle."

DeJon Mayo, 12



"I think the only thing I'm going to miss from this school are the teachers. It's been the same thing I have been going through for the last three years: crowded hallways, seniors always winning the powder puff game and homecoming being the same."

Thomas Chase, 12

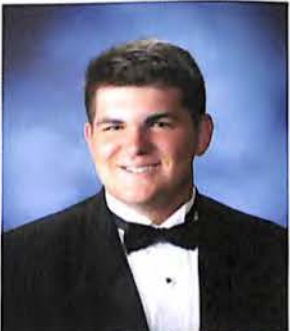
"I did not start this year nearly as recharged. Hopping back into classes has left me with the feeling of not wanting to do work. I still want to succeed, but sometimes I'll get home, put off work and have to string it all together in the end."

Peter Smith, 12



"Toward the end of last year I stopped caring about any of my classes. I was still doing the work, but I stopped taking time to learn and understand any of the material. Even with college coming up, I have less motivation to want to do well."

Dino Oikonomou, 12





Nathan Sulkin Concert Band (9-10); Key Club (11-12), National Art Honor Society (12), Pre-Med Club (12)
Dawson Surrell JV Football (9-10), Varsity Football (11)
Taylor Swartz JV Basketball (9-10), Varsity Basketball (11), Outdoor Track (9); Art Club (12), FCA (12), Student Helper (12)
Austin Taylor FBLA (11)
Tyler Tofano JV Football (9), Varsity Football (9-11)



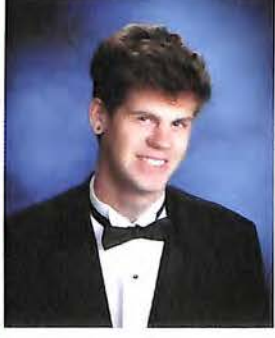
Ajnah Tolliver Concert Band (9-10), Symphonic Band (10); Beta Club (12), Choir (9), National Spanish Honor Society (10-12), Pre-Med Club (12), Spanish Club (10), Two Hearts (11)
Miranda Trump JV Softball (9-10); Student Helper (9)
Mary Turner Lacrosse (9-10); Green Club (11-12), Two Hearts Foundation (12)
William Tyler JV Football (9), Varsity Football (10-12), Outdoor Track (9-12), Wrestling (9); DECA (11), FCCLA (9)
Amina Vatres Beta Club (12), FCCLA (12), French Club (12), Green Club (12), Help Save the Next Girl (12), Key Club (12), Student Helper (12)



Flynt Vella
Brice Colin Via Wrestling (9-11)
Elliott Waller Art Club (12), Beta Club (12), French Club (11-12), OUT Club (11-12), Spanish Club (9-10)
Cam Warner JV Basketball (9-10), Varsity Basketball (12), Golf (10-12); FCCLA (9,11)
Ingrid Webb French Club (9)



Nick Weitzenfeld Varsity Football (9-12), Outdoor Track (9-10,12); Beta Club (12), FBLA (9,12)
Sarah Welsh Choir (9-12)
Blake West Concert Band (9); DECA (12), Pre-Med Club (12), Two Hearts Foundation (12)
Cassidy West
Walker Westling FBLA (9)



Caleb Wetzel JV Basketball (9-10), JV Baseball (9), Varsity Baseball (10-12); FCCLA (9)
Blade Whitt
Jacob Willard Archery Club (10-11), ROTC (9-12)
Austin Wilson
Nicholas Wilson



Dylan Wood
Alexandra Yost JV Soccer (9-10); FCA (9-10), Help Save the Next Girl (12), Key Club (12), Two Hearts Foundation (10-11)
Luis Zaragoza FBLA (11)

JUNIORS

Lexi Agee
Cooper Albright
Tyson Alderman
Abby Altizer
Makaela Anders
Makenzie Anders



Kylie Angel
Laurel Ayers
Katie Ball
Vivienne Barnhart
Alison Bassant
Rebecca Bauer



Arsh Baxi
Lilly Bay
Jessica Blankenship
Rachel Boch
Julia Booker
Ashlynn Boone



Baylor Boone
Zachary Bowling
Amanda Bowman
Belle Bowman
Cooper Brandetsas
Garrett Breiner



Danielle Brinkley
Aidan Brown
Ben Bryant
Vahniese Burrell
Madison Bushman
Tyler Byers



AJ Cacciatore
Seth Carswell
Lauren Champ
Kira Chapman
Matthew Chapmon
Will Chewning



Diontae Childress
Hunter Childress
Tahyaun Childress
Jessica Christensen
Matt Christopher
Mimi Clark



ELEVEN MEMORIES

"I loved the first day of school. It was the official first day of school since I moved here in October last year. I was nervous, but the first day was great."



Vahniese Burrell, 11

"My favorite part of junior year was being able to drive. I like going to Bojangles and Mill Mountain before school. The school parking lot may suck, but it's worth it."

Hannah Underwood, 11

"My favorite part of junior year was baseball season. I enjoyed playing this amazing sport. My teammates and coaches made it very memorable."



AJ Cacciatore, 11

"I'll never forget when I walked into Mr. Anderson's class. I was so nervous, but after meeting everyone, I started to love going to class every day."

MJ Schmidt, 11

"I really enjoyed building in Woods Tech and CAD. I've always enjoyed building things and knew the classes would help me. The teachers make assignments fun."



Seth Carswell, 11

"My favorite part of junior year was playing football. I love practicing and playing with my family. The homecoming game was my favorite one."

Jaquan Rivers, 11

"I loved all the football games and spirit week. Dressing for the games was awesome. My favorite theme for a game was safari night."



Peyton Conner, 11

"My favorite part of junior year was the first day. I went to my classes and got to see the same friends from last year."

Waleed Ihtikhar, 11

"I've had many amazing things happen at school, but my favorite was definitely prom. I got to spend one last night with my friends."



Samantha Dewhirst, 11

"My favorite part of junior year was learning so much that will definitely affect my life in the future. I love learning and school."

Nathan Goerner, 11

"My favorite part of junior year was getting to see Mrs. Beggarly. I loved talking to her about her baby and how the year was going. She always makes sure I work to my full potential."



Emma Fields, 11



Mayali Clary
Cori Clayton
Jason Clingenpeel
Olivia Coates
Jasmine Colburn
Matthew Colozza

Peyton Conner
Cassie Counts
Savannah Daining
Aria Davis
Cortez Davis
Ingrid Diaz



"I wear Supreme to flex on the haters. Supreme is known for its low supply of items, causing people to pay higher resale prices. While I'm at school, I have a bot set up on my computer to buy the products as soon as they come out. I then sell them online and make a nice profit."
Suraj Lalchandani, 9

IN OR OUT

"My favorite skirt is from Pac Sun. I like this store because it has a lot of variety, along with clothes that are both stylish and comfy."
Annalise Wheeler, 11



"I have a Gucci belt, which cost \$450. It looks shiny, holds up my pants and matches all my clothing. I bought it in Las Vegas."
Brij Patel, 12

"I love my boyfriend jeans. They are super comfortable. They match almost everything, too."
Erin Akins, 10



"My favorite brand is Guess. Their clothes are unique and fit my personality. They also collaborated with ASAP Rocky, and he is my favorite artist."
Tyler White, 11

Ola Dinakin
 Andrew Ditmore
 Emma Dmochowski
 Cecily Doyle
 Danielle Durrance
 Cole Eller



Holly Ellis
 Will Elmore
 Casey Fentress
 Liberty Fetzer
 Emma Fields
 Leah Fleshman





Grant Floyd
Ashton Foster
Ethan Fox
Jack Frazier
Brooke Fretwell
Josh Fretwell



Ryan Fugate
Drew Fulton
Stas Funk
Aysia Garrett
Brady Gates
Owen Gates



Audric Gayo
Anna Gentiluomo
Adam Gladfelter
Alyssa Godfrey
Nathan Goerner
Katie Gottstein



Ronnie Graves
Madison Greimel
Timothy Grider
Madison Griffin
Delaney Groves
Simona Gruia



Audrey Hale
Tommy Haroules
Ethan Harris
Katie Harris
Jacob Harrison
Hunter Hartman



Heather Hatcher
Raiyne Hayden
Andy Hayes
Allison Henion
Odalys Hernandez
Oscar Hernandez



Elizabeth Hertzberg
Sydney Hilovsky
Grace Holderman
Keaton Hopkins
Jay House
Taylor Hypes

HEY, THAT'S CUTE

ALLIE KNIGHT (12) & AUSTIN RAGAN (12)

Allie: "We went shopping at the mall and wound up at Starbucks. He bought me a double chocolate chip Frappuccino and used the cup to ask me out."

Austin: "It said 'girlfriend?' on the side of it."

Allie: "We've been dating for three years."



ANNA & DERRICK HOLLINS

Mrs. Hollins: "We've been married 18 years. He always makes me laugh. The way he loves me and our kids, it's awesome."

Mr. Hollins: "With me coaching year-round and our sons' schedules, the way she can put our puzzle of a life together is amazing."



BROOKE LEFTWICH (12) & DYLAN ROBINSON (12)

Brooke: "We met right before junior prom and went to get ice cream. He asked me out with Oreos."

Dylan: "We had a lot of fun and decided to go out."

Brooke: "We do surprise dates, and he always comes up with the best surprises like kayaking."



JACOB & KRISTEN GRUSE

Mr. Gruse: "We have been married way too long."

Mrs. Gruse: "We have been married nine years!"

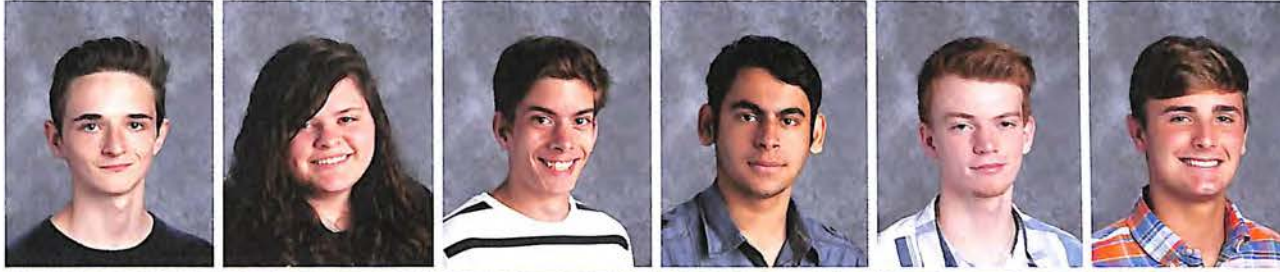
Mr. Gruse: "When I proposed, I just slid her the ring and said, 'You win. I give up.'"

Mrs. Gruse: "We were going out to dinner and he proposed before we left for the night."





Timothy Iferika
Waleed Iftikhar
Vova Jacobsen
Kenley Jennings
Mark Jirout
Michael Jirout



Dylan Keith
Kayle Kelly
Xander Keriazakos
Abhinav Khanal
Brian King
Jacob Knight



Matthew Knight
Michael Kyle
Jeremy Lachowicz
Claire Lawson
Kyoko Leaman
Sara Lee



Connor Lewis
Steven Liu
Taylor Loving
Zeke Luebeck
Billy Luqui
Ronald Maga



Emmanuel Mahgerefeh
Joshua Mannon
Zach Martin
Shaun Matthews
Emma Maxwell
Dasia Mayo



Jayden McCubbin
Dayle McGraw
Emoni McIlwraith
Jenna McKeown
Joseph McPeake
Lindsay Merritt



Savannah Mihalo
Kelli Morris
Benjamin Mortellaro
Hannah Muncy
Hunter Murphy
Charles Neal

Andrew Neighbors
 Nathaniel Nesbit
 Morgan Newbold
 Michael Nichols
 Jon Numeiry
 Jack Parker



Harsh Patel
 Om Patel
 Tucker Patout
 Austin Patterson
 Toni Perkins
 Nicolas Plybon



Cameron Poindexter
 Avery Poulsen
 Spencer Pratt
 Lauren Price
 Caleb Pritchard
 Kayla Quinlan



Alix Rainsbury
 Thomas Rainsbury
 Michael Randolph
 Lily Ray
 Andrew Richardson
 Nava Rickey



Jaquan Rivers
 Holly Roberts
 Hunter Rogers
 Jeremiah Rosarion
 Abby Rutigliano
 Tayler Schindler



Travis Schuck
 Ameen Serdah
 Joey Sesler
 Marc Sharrer
 Tyler Shaywitz
 Kiley Sheldon



Kasey Skaff
 Blake Smith
 Dylan Smith
 Erin Smith
 Hampton Smith
 Hannah Smith



FAMOUS TWINS



Nina Dobrev and Dixie Overfelt (10)



Ty Childress (11) and Kodak Black



Kinsey Harris (12) and Alyson Stoner



Chad Michael Murray and Lucas Duncan (10)



Grant Wilson (11) and Eminem



Mr. Chuck Parker and Gru



Zach Bowling (11) and Pixel from Lazy Town



Mrs. Carly Lee and Reese Witherspoon



Jack Smith
Riley Snowden
Selma Susic
Brandon Spradlin
Quinton Spradlin
Jessica Sprinkel

Taylor Squires
Sara Stewart
Morgan Stokes
Hailey Surrell
Ryan Svec
Ethan Sweeney

Alexander Tayloe
 Kaitlyn Taylor
 Matthew Taylor
 McKinzy Toliver
 Alyssa Totin
 Jessica Tribble



Olivia Tull
 Elisa Uldrian
 Hannah Underwood
 Lexey Venaas
 Gavin Via
 Bernard Vrljic



Anna Walker
 Brandon West
 Elizer Westerband
 Grace Wetzel
 Annalise Wheeler
 Azia Whitaker



Mason White
 Tori White
 Tyler White
 Angel Whitlock
 Preston Wiest
 Gavin Wilkerson



Clay Williams
 Marshall Wilson
 Lexi Wynn
SOPHOMORES
 Abdullah Abdulkhaleq
 David Adams
 Saira Ahmed



Jadan Akerson
 Erin Akins
 Maryhelen Albright
 Cody Allen
 Kaitlyn Alli
 Sukanah Almosawy



Huda Almusawi
 Lucas Alouf
 Zahraa Alsaady
 Will Altizer
 Amber Arthur
 Lauren Arthur



TEN MEMORIES

"My favorite part of sophomore year was the first time I met grandfather Papa Powers. He's a cool guy and a phenomenal Algebra teacher."
Charles Collier, 10



"I have loved cross country. My favorite memory is breaking the 24 minute time. This achievement showed me what I was made of and helped me set a future goal."
Conner Jarczyński, 10

"My favorite part of sophomore year was homecoming. We won our football game. Everyone had fun at the dance because of the game's score."
Dakota Wilson, 10



"My favorite part of sophomore year was the homecoming dance. I met a lot of new people and made some new friends."
Dawson Mitchell, 10

"I enjoyed my first day of the year. A lot of people called Lamelo Ball. I guess they thought I looked like him, even though I don't think I do."
Julius Price, 10



"I loved being on the golf team. I was one of only four girls. Being out there on the course with great people on a nice day is the best."
Kayla Mutter, 10

"I had so much fun during spirit week. My best friend and I dressed up for Dynamic Duo day. I was Alice from Wonderland and she was the Red Queen."
Kristin Johnson, 10



"I will always remember the homecoming football game. The student section theme was USA. Standing in that section makes it feel like we are all one huge group."
Megan Crowe, 10

"My favorite part of sophomore year was playing soccer. Extracurricular sports are fun. I like meeting people that are in other grades while playing sports."
Nathan Banning, 10



"My favorite part of sophomore year was basketball season. I worked hard and had a good time. I'm a baller, so the environment was crazy and exciting."
Parker Huffman, 10



Jennifer Asbury
 Carson Askew
 Jason Austin
 Ryleigh Balzer
 Nathan Banning
 Phillip Becher

Lance Beheler
 Logan Belcher
 Campbell Best
 Zachary Bishop
 Alex Blanton
 Cayce Boone

Alexis Boush
Olivia Bowling
Brianna Bradley
Damien Brads
Grady Brydges
Nicole Bulla



Laine Burchinal
Jalen Buster
Emily Butkovich
Matthew Cagle
Grayson Campbell
Michael Cannon



Allison Carter
Mackenzie Casella
Ryan Cass
Michael Cavicchio
Amanda Cerdena
Kenneth Chapman



Ethan Coates
Christine Cobb
Jennifer Colebrook
Charles Collier
Thanaira Colon
Briggs Cooper



Mason Corvin
Jack Cowher
Ashley Creekmore
Tobias Crooke
Bella Crouse
Megan Crowe



Gabe Currier
Caroline Daly
Oyis Darosheski
Alexander Davis
Luke DeFalco
Jacob Dellinger



Mehmet Demir
Madison Doceti
Aida Doucoure
Makayla Dowdy
Megan Doyle
Javin Dubiella



TWO TRUTHS ONE LIE



"I've been attacked by a dog twice."
"I'm a liberal."
"I drive a Mercedes."
Baylor Boone, 11



"I was born with fair skin and freckles."
"A screwdriver stabbed my brother's face when he was four."
"I broke three toes while walking to a pool."
Nicole Bulla, 10



"I've lived in four different states."
"I'm a triplet."
"I've moved three times."
Will Robertson, 12



"I've tried to pee standing up, like a boy."
"My karaoke go-to song is Neyo's 'Mad.'"
"I was on the 2017 golf team."
Grace Wetzel, 11



"I spend 29 hours on my computer weekly."
"I try hard in school."
"I enjoy school."
Ravon Henson, 9



"My dad refereed the final four."
"Dance is my life."
"I beat up Jace Matze in third grade."
Laken Ayers, 12

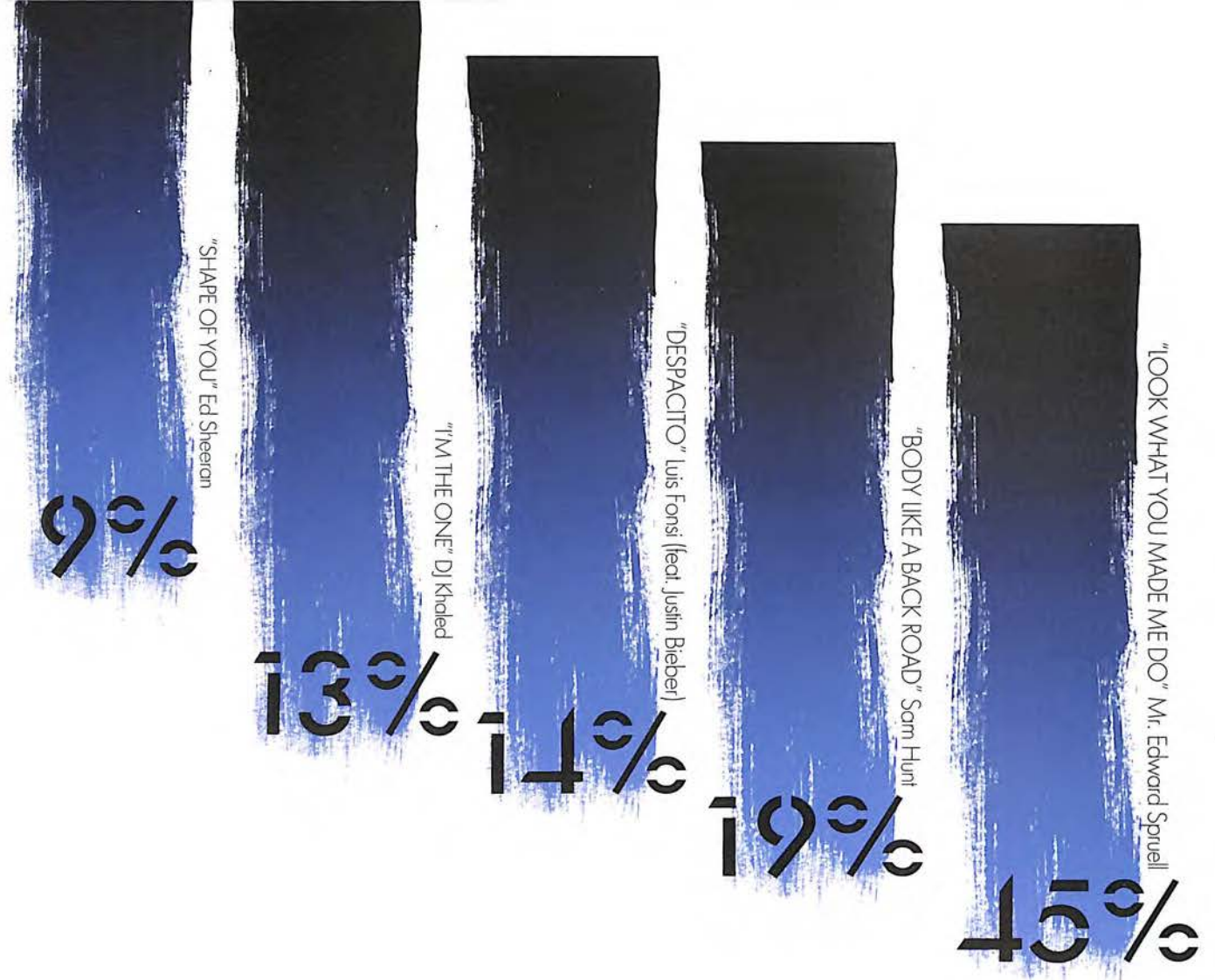


"I went to a Justin Bieber concert."
"I have a Sugar Glider."
"I danced for nine years."
Natalie Paul, 10



"I have moved three times."
"I accidentally shot myself."
"I broke my wrist."
Jamaal Zimmerman, 9

See the answers on page 179



SONG OF THE YEAR

256 students polled

Lucas Duncan
 Katherine Durica
 Ashlyn Echols
 Reagan Edmunds
 Tiffany Edwards
 Eric Eisenzimmer



Matthew English
 Andrew Ferguson
 Christopher Fisher
 Lauren Frampton
 Riley Freccero
 Olivia Furrow





Trevor Furrow
Owen Ghaphery
Giovanna Gilbert
Caroline Glenn
Erin Goodman
Patrick Goodman



Elijah Hadfield
Dylan Hammes
Shad Hannabass
Mills Harris
Erin Hassall
Brian Hayden



Paige Hennen
Nicholas Henritze
Will Henritze
Matthew Heslep
Hannah Hodges
Baylee Hodson



Lucas Holt
Ashton Howard
Jaclyn Howard
Logan Howard
Julia Hrysenko
Parker Huffman



Miranda Hughes
Nevaeh Hughes
Colten Iademarco
Bilal Iftikhar
Leonardo Inga
Hannah Ireland



Noah Jackson
Connor Jarczyński
Adnan Jasarevic
Julianna Jenkins
Asha Johnson
Kristin Johnson



Mikala Kanode
Andrew Keller
Tyler Kendrick
Dillon Key
Richard Kidwell
Cameron Killinger

MacKenzie Kodatt
Elliott Kroll
Lena Kwitny
Steven Landsman
Chloe Lane
Madison Lange



Nathaniel Laprade
Emily Lawson
Lia Lawson
Sophia LeGault
Zachelle Lexima
Joshua Long



Ty Looney
Hatley Loop
Rayner Lora
Bryanna Lowry
Broderick Luckey
Michael Mahoney



Quinton Mallory
Jacob Mannon
Bethany Maristela
Baylen Martin
David Martin
Morgan Martin



Tyler Martin
Natalie McGhee
Annalise McNamara
Sofia Midkiff
John Milby
Eliana Miller



Parker Mills
Dawson Mitchell
Maliah Mizack
Ben Mone
Maya Monsour
Kieera Mooney



Kelsey Moore
Hunter Morris
Nicholas Mort
Nicholas Moses
Philip Mowles
Emily Murano



FAMOUS WORDS

"The quote 'Nobody is gonna hit as hard as life, but it ain't how hard you can hit. It's how hard you can get hit and keep moving forward. It's how much you can take and keep moving forward. That's how winning's done' pushed me to move forward in bad days."

Jesus Rosas, 12



"Mia Hamm said, 'Behind all the hours of practice, and the coaches who pushed you, there's a little girl who shot the ball, fell in love with the game and never looked back.' I've played basketball for a long time and know hard work and dedication are needed."

Zada Porter, 9

"Coach John Wooden said, 'The true test of a man's character is what he does when no one is watching.' His words mean a lot because I might not be the strongest or quickest, but the work I put in helps me be on the same level as everyone else."

Kierra Mooney, 10



"I saw on Twitter, 'Don't give up because of what someone else said to you. Use that as motivation to push harder.' In football, if a coach yells at you or a teammate critiques you, it pushes you in practice and you get better when it comes to game time."

Caleb O'Dell, 10

"Spurs player Tim Duncan said, 'Good, better, best. Never let it rest, until your good is better and your better is best.' I like Duncan's words because I always strive to do my best, even in difficult times."

Kathleen Linsenman, 12



"Mallory Hopkins said, 'Smile while you still have teeth.' I love this quote because you should be happy, make the best of everything and have fun while you're young."

Leah Fleshman, 11

"I like the common phrase 'Suck it up buttercup' because when I was a kid, every time I fell or got hurt, my dad would always tell me to suck it up, buttercup."

Morgan Stokes, 11



"'Not all those who wander are lost' is a quote I have really liked since fifth grade because I got a tee-shirt in St. Johns with the saying on it, and now it's my tire cover and key chain."

Joslynn Lankford, 12



Kayla Mutter
Jenna Nardone
Jarrett Neese
Ashton Nichols
Charlie Nichols
Christopher Nininger

Dixie Overfelt
Kaden Oxendine
Cyrus Pace
Ben Palisca
Bryden Palmer
Nina Palmero

ALWAYS TOGETHER

CAROLINE GLENN (10) & CHARLIE NICHOLS (10)

Caroline: "Our favorite memory is when we were younger she would do flips in my living room, and I would sit there and laugh at her. Our favorite thing to do is watch TV, eat food and go shopping."

Charlie: "We met at Cave Spring Baptist church in pre-school and became best friends. Something interesting about our friendship is that we are the exact same person. It's weird, we say and do the same things."



TIMOTHY IFERIKA (11) & JEREMIAH ROSARION (11)

Timothy: "My favorite memories with Jeremiah are when we're at track and in advanced PE. We are try hards."

Jeremiah: "I met Tim in the seventh grade at lunch at the round table. He said something about my shoes, saying they were whack."



FRANK SPIERS (9) & GREYSON CANNADAY (9)

Frank: "We met in the fifth grade at the Penn Forest playground. We got in trouble because the new playground wasn't finished yet, but we were on it. We go out to eat with my grandma a lot."

Greyson: "We play 2K together. We have a tight bond and really trust each other. We both have brown hair, and I trust him more than any friend."



NEVAEH HUGHES (10) & HANNAH HODGES (10)

Hughes: "We met in the third grade and hated each other, because her brother said that I broke his hat. I didn't. We met up again during the summer of sixth grade and started hanging out at the pool."

Hodges: "Our favorite thing to do together is travel. Our favorite travel memory is going to Myrtle Beach."





Venkata Panchumarthy
Raj Patel
Natalie Paul
Dylan Pennington
Samantha Perez
Caitlin Phillips



Robert Pickelsimer
Christa Potoieter
Julius Price
Alexandra Puthoff
Sam Quakenbush
Marisa Quesenberry



Dawood Rashid
Matthew Razvillas
Jordan Rearick
Prime Reece
Alex Reed
Dylan Rice



Haylee Rice
Jaxon Rinn
Taylor Robertson
Roxanne Robinson
Conner Rogers
Andrew Roland



Jacob Roragen
Elijah Ruffin
Maya Sawh
Magdalena Scaer
Simone Schumaecker
Christian Sciuлло



Matthew Sciuлло
Logan Scott
Nathan Sharp
Charlotte Shelor
John Shelor
Kevin Sheng



Kobey Simon
Haili Sink
Lance Sipes
Samuel Slate
Brianna Slawson
Rachael Snodgrass

Madison Snowden
 Canzaeda Southerland
 Nandini Sriram
 Mahmoud Srour
 Madelynn Stephens
 Nicole Struzinsky



Avery Sutherland
 Bradley Taylor
 Tori Teller
 Trieu Tran
 Caroline Treubert
 Tristan Tryal



Jahiem Tyler
 Miles Vance
 Blake Waddell
 Henry Wagner
 Joshua Wainwright
 Maysen Waller



William Waller
 Ashlynn Ward
 Tahlek Washington
 Abby Weaver
 Jessica Wei
 Hallie Weitzenfeld



Nicholas Welch
 Grace Welsh
 Alissa Westerband
 Andrew Wheeler
 Logan White
 Samantha White



Reeselynn Williams
 Dakota Wilson
 Gracie Wiseman
 Connor Womack
 Blaise Wood
 Amethyst Wright



Tavia Wright
 Nicholas Wynn
FRESHMEN
 Ring Acuol
 Jordan Akerson
 Caitlin Alder
 Eli Anderson



SIX-WORD MEMOIRS



Patrick Millehan, 12



Steven Landsman, 10



Catherine Thacker, 9



Hunter Hartman, 11



Caitlin Carter, 12



Cameron Bishop, 9



Katie Gottstein, 11



Maddi Stephens, 10



Hailey Angell
Jeremiah Ashby
John Asimakopoulos
Meg Askew
Jonathan Baier
Jacob Ball



Sarah Ballou
Tanner Barker
Lucas Beardsley
Josie Beheler
Destina Bermo
Aubrey Billings

BUCKET LIST

"I want to do a little bit of everything, whether it's directing, writing, or making music. I want to leave an impact on people."

Jake Dellinger, 10



"One of my lifelong dreams is to be on Broadway. I would have money and money is good. We like money. With money I can get food and I love food."

Hunter Murphy, 11

"One thing I want to do before I die is travel to see the northern lights, because they're really pretty."

Sabrina Landsman, 9



"I don't have a solid plan for everything, but a dream of mine is to get a degree working in graphic design or video games, while just living life to the fullest."

Nic Virto, 12

"Before I die, I want to be rich and famous enough to swim in a huge pool of money."

Veronica Graves, 11



"I want to go to work for Vicon, because I am an absolute YouTube nerd at heart."

Kassie Glas, 9

"Meeting Katie Ledecky, the woman who killed women's olympic swimming, would be awesome."

Lexi Wynn, 11



"I have to go see a Dallas Cowboys game before I die."

Hunter Rogers, 11

Cameron Bishop
Kinzie Blankenship
Damian Bodner
Nikolas Boone
Mariam Botrous
Jason Bowles



Emily Bradley
Kameryn Brenner
Ashlee Brickey
Emily Browning
Fletcher Burden
Hailley Burke





Kenneth Bush
Gianni Cacciatore
Jaela Calloway
Greyson Cannaday
Kaitlyn Carter
Benjamin Chapmon



James Chaustre
Ryan Chewning
Madison Cianelli
Hunter Clark
Tony Clark
Omarrion Claytor



Emily Cleveland
Justin Clingenpeel
Zechariah Coates
Dylan Colburn
Tyler Cole
Weston Colip



James Collier
Truman Collins
Spencer Cook
Sierra Cox
Garrett Craig
Matthew Crawford



Tyler Cundiff
Daren Darnell
Anjie Dinakin
Alexia Dinsmore
Eric Dmochowski
Noah Donahue



Victoria Downie
Aidan Doyle
Jabin Duviella
Joshua Earls
Mariah Elkins
Charles Emanuelson



Georgia Enyart
Abby Estrada
Benjamin Falatic
Holden Foster
Lily Fox
Zachary Freeman

GOING PLACES

"I've always wanted to move to California or New York. I'm fascinated by famous people. Being normal is boring to me."
Cooper Brandetsas, 11



"I want to go to VA Tech. I've always been a fan and love the campus. I'd still be around the mountains but far enough from home."
Jenna McKeown, 11

"I was raised in Ohio until I was eight. My mom went OSU. I'm in marching band and think that's where I want to go."
Lance Sipes, 10



"My family lives in Atlanta, which is bigger and more diverse. I'd have to reach outside my comfort zone to meet new people."
Anjie Dinakin, 9

"My dream college is Washington State. They have a good ROTC, Chemistry and Criminal Justice program."
Kylie Pettit, 12



"I want to move to Orlando, Florida. I want to attend a cosmetology school for hair."
Giovanna Gilbert, 10

"If I get accepted to the Naval Academy after my four years of college and service I plan on moving to Annapolis. I recently visited and fell in love with the town."
Christian Strom, 12



"I would attend UVA and live in Charlottesville. UVA is a highly competitive college where I could continue high-level studies."
Walker Wright, 9

Natasha Fuller
 Sateen Garcia
 Eden Giannini
 Kaylee Glas
 Marshall Glas
 Alex Glick



Donovan Goad
 Anthony Gorzen
 Matthew Graham
 Kaylin Grahame
 Benjamin Grider
 Ahmad Gul





Madison Hall
Logen Hamm
Macey Harder
Payton Harman
Ricardo Harrington
Mason Harris



Suzanne Harris
Noah Hartson
Dori Havens
Lauren Hays
Kaleb Hedrick
Ravon Henson



Adrienne Heston
Justin Hibbs
Danielle Hill
Noah Hodges
Maryanne Hoffman
Lillian Hollins



Zyae' Hopkins
Jacob Hopstetter
Laurel Hudson
Evelyn Hunley
Savijon Hunter
Holden Jeffords



Kaitlyn Jenkins
Skye Jeong
Armani Jones
Blake Jones
Zachary Kelley
Lauren Kelly



Haaris Khan
Gabriel King
Spencer King
Allie Kolnok
Joseph Kupidlovsky
Robert Kyle



Suraj Lalchandani
Sabrina Landsman
Isabelle Laprade
Emma Larson
Charles Lawhorn
David Lawson

Timothy Lilley
Tom Lin
Hannah Lookedoo
Aurora Love
Gabriel Lumsden
Autumn MacGregor



Katelyn Maga
Kate Manico
Jacob Mardian
William Martin
Allison Matthews
Conner Mays



Lucas McClanahan
Cailey McGlaughlin
Aiden McLaughlin
Reese McMaster
Morgan Meadows
Carly Mihalo



Matthew Miles
Alexia Miller
Harrison Mills
Landon Mitchell
Makenna Mitchell
Tyler Mitchem



Caitlin Moore
Carlos Moran
Katie Mullins
David Muzzy
Rome Myers
Marquel Nance



Akan Ndem
Erin Neal
Emma Newcomb
Dossie O`Dell
Jarin Olsen
William Omeara



Iris Oranchak
Gwen Overfelt
Roshan Patel
Reed Pendleton
Cody Perdue
Skylar Perdue



NINE MEMORIES

"Homecoming is my favorite memory because I got to spend time with friends, cheer at the homecoming game and spend money on school spirit items."
Aurora Love, 9



"I will never forget breaking my foot. It happened in basketball when I went for a lay-up and landed on my side. I couldn't play for a month, and it was a long one."
Chase Robertson, 9

"I loved having more freedom. I can use my phone more and teachers are more trusting, but there is more work and stress about getting things done."
Leah Sortore, 9



"My favorite memory of freshman year is when I came back from my football injury and was cleared to play."
Dillon Wingo, 9

"I fell down the stairs near the bus line entrance. It was early, so only one person noticed, but I knocked that one person down and he also fell."
Liz Pretz, 9



"My favorite part of the day was lunch. I will never forget the best time of the day. I got to spend time with my friends and eat food. What could be better?"
Makenna Mitchell, 9

"My favorite memory of freshman year was basketball season. I remember going to the junior varsity open gyms, where I worked on my dribbling."
Omarion Claytor, 9



"My favorite memory of freshman year was getting to know how high school really is like and how everything works."
Spencer Cook, 9

"My favorite memory of freshman year was watching 'Rick and Morty'. I was able to watch the whole season."
Spencer King, 9



Hamah Peters
Thomas Peterson
Dakota Phillips
Zada Porter
Dieso Powell
Elizabeth Pretz

Miranda Price
Colson Pritchard
Braden Prokopchak
Arian Radfar
Ella Ray
Mikayla Ray

STAY HYDRATED

"I have some stickers from the places my family has traveled, but a lot of them are from restaurants and stores I go to."
Logan White, 10



"I was whitewater rafting on the New River Gorge, and the bottle broke off my carabiner in harsh water. I grabbed it but almost fell into a class five rapid."
Michael Kyle, 11



"Whenever I get a sticker, I just put it on my bottle. Sometimes they don't fit, so I have a bunch in my closet."
Julia Booker, 11

"I am super into biking, so I have collected some stickers from that. A lot of the other ones are from GoFest."
Eden Giannini, 9



"My favorite sticker on my bottle is my Yukon Outfitters one. I just think it's really pretty."
Allie Collier, 12

Jayna Reed
 Daniel Reeves
 Devin Ren
 Alexandra Rhodes
 Anna Richardson
 David Richardson



Tate Riha
 Rachael Riley
 Lana Roach
 Abbie Robertson
 Carter Robertson
 Chase Robertson





Benjamin Robinson
Hailee Rogers
Jariel Rosario
Scott Rose
Michael Rothbort
Amisha Sahni



Eric Salgado
Charles Sanders
Seth Schindler
Emma Schlosser
Meagan Schmidt
Tyler Schmidt



Alexis Sexton
Ethan Sheehy
Justin Sheldon
Shane Shepherd
Devin Showers
Gurbaj Singh



Wesley Smith
Taylor Smithson
Bennett Snyder
Oriol Soltysik
Leah Sortore
Andria Sowder



Frank Spiers
Ashley Stover
Katherine Sullivan
Walker Swanson
MacKenzie Sylvester
Avery Taylor



Catherine Thacker
Zachary Tickle
Kierra Tiller
Sarah Tirico
Jacob Tozier
Darden Trail-Barrett



Saige Trail-Barrett
Riley Trotter
Nathan Tryal
Layton Turner
Charles Urgo
Talib Van-Johnson

Sarah Varney
 Ashoka Wagner
 Madison Wagner
 Madison Wagner
 Brennan Washington
 Parker Waters



Cicely Webb
 Cameron Weld
 Caroline Weston
 Daniel Wheeler
 Luke Wheeler
 Samuel Wheeler



Christian Wheeling
 Gage Whitt
 Eihan Wiid
 Holden Wilkerson
 Dylan Williams
 Grace Williams



Joshua Williamson
 Benjamin Wills
 Jesse Wills
 Dillon Wingo
 Jonah Wood
 Ronnie Worth



Walker Wright
 Ashlee Yeatts
 Hannah Young
 Lizbeth Zaragoza



PETSMART



"We bought Nina about three years ago. We really wanted a German Shepherd. I like dogs because you can play with them. I like to throw the Frisbee with Nina. She's really weird and barks at everything, but I still love her."

Amber Arthur, 10



"My cats are 'Popo' and 'Gaston.' We adopted cats from PetSmart instead of dogs because we think cats are easier. But, they were raised by dogs so they actually act a lot like dogs. They're both soft and have long fluffy fur."

Madison Wagner, 9



"We got Lizzie four years ago. We wanted a rescue dog and found her on Craig's List. She had a bad owner who mistreated her, so we decided to take her. I wanted one that would cuddle and be all lovey-dovey and that's her."

Brooke Fretwell, 11



"I got Winter last year when friends found her alongside the road. I'm more of a cat person because cats are less maintenance than dogs and more relaxed. Winter is affectionate. She will let you hold her like a baby."

Audrey Hale, 11



"We rescued Layla 13 years ago from the ASPCA. My mom really likes Boxers and Layla caught our eye. She's really fast and smart. She knows how to sit and shake. My dog is really needy and wants our attention a lot, but we love her."

Ty Looney, 10



"Rescue animals deserve a home and someone to love. My shelter cats are 'Mr. Kitty' and 'Oliver.' Mr. Kitty is 50 pounds and has issues. If he's warm, he's calmer. We put him in sweaters from Puppy Love. He's too fat for cat sweaters."

Megan Doyle, 10



"I know why, but I named my hamster 'Poptart.' He's fat and eats a lot, but other than that doesn't do much. I keep his cage on a high shelf because every time I pull Poptart out, my dog tries to eat him."

Katie Sullivan, 9



"Maverick is our English Springer Spaniel we found on a website. Maverick had a puppy strangling disease, so we had the chance to get another, but I couldn't let that happen. He's now 60 pounds. My dog likes to eat a treat we both share."

Travis Schuck, 11

Connie Alonso-Mosher Bookkeeper

Travis Anderson BS & MA, Virginia Tech; DB & Pre-AP Geometry; Robotics Team

Chris Askew BA, Emory & Henry College; Health, PE; Football

Geraldine Axley BS, St. Leo University; AS, Vincennes University; Instructional Assistant

Kylee Beecher BS, Liberty University; Instructional Assistant

Kayla Beggarly BS, Radford University; English 10 CB & Pre-AP

Amy Bolen BA, Liberty University; MA, Virginia Tech; Spanish III-V; National Spanish Honor Society

Pat Bredenkamp Attendance Secretary

Kaitlin Brubaker BS & MS, Radford University; English 9 & 11; Help Save the Next Girl, Freshman Class

Dana Bryan BS & M.Ed, Virginia Tech; Algebra I

Kelsey Burton BS, Liberty University; US/VA History, AP US History; Swim; Two Hearts, Senior Class

Sara Cann BS & MAEd Virginia Tech; Pre-AP Biology, Pre-AP Chemistry

Sarah Caterina BS & MSW, NYU; School Social Worker

Lisa Conroy Instructional Assistant

Ben Creasy BS, Radford University; Instructional Assistant

Michael Cubberley BS, Miami University; MS Miami University; Woods I/II, Photography I/II

Lori Culver Instructional Assistant

Haley Deeds BS Roanoke College; M.Ed American College of Education; Assistant Principal

Mistie Dickenson BS, Longwood College; MS, Mississippi State University; Anatomy/Physiology, Biology; Pre-Med Club

Amanda Downing BS, Virginia Tech; Ed.S, Radford; School Psychologist

David Dunstan BS, Radford University; Pre-AP World Geography, Pre-AP World History

Nancy Friesen BA, Wheaton College; Spanish I & II

Tim Fulton BS, Milligan College; Algebra II, College Algebra; Football

Katie Gray BA, Virginia Tech; MA, Appalachian State; AP Physics, Physics

Jacob Gruse BS, Concord University; Personal Finance; Boys' Basketball

Kristen Gruse BA, UNC-Chapel Hill; MAT, Kaplan University; Testing Coordinator

Terena Hale BS, Longwood College; MS.Ed, Virginia Tech; Culinary Arts; FCCLA, Coffee Shop

Eli Harrison BA, Roanoke College; Spanish I & II; OUT, Spanish Club

Jon Hartness BS & BA, Virginia Tech; Athletic Director

Elizabeth Hatcher BA & MAT, Hollins University; English 9 Pre-AP; Sophomore Class

Tim Hayes BA, Roanoke College; MSW, Radford; SAP Coordinator

Wes Holdren BA & M.Ed, Virginia Tech; English 9 & 10

Anna Hollins Guidance Secretary

Derrick Hollins BS, Ferrum College; ITRT; Football, Track

Rebecca Hollins Instructional Assistant

Anne Houston BS, Longwood University; MS, Hollins University; Biology, Earth Science; Key Club

Ethan Humphries BS, Roanoke College; M.Ed, Liberty University; Guidance Counselor; Boys' Basketball

Michelle Hunter RN, Fanshawe College; School Nurse

Andy Huray BA, Alfred University; M.Ed, Virginia Tech; Accounting, Advanced Accounting, Microsoft Office Applications, Business Law, Personal Finance; Golf, Swim; FBLA

Ashley Huray BA, Gettysburg College; MAT, Hollins; Latin I-IV; Latin Honor Society

Zane Hurst BBA, College of William & Mary; MPA, George Mason University; VA/US History, VA/US Government

Nicholas Iademarco BA & MA.Ed, George Mason University; World Geography, World History II; Dance Team





"I decided to lose weight to take back my life. I have three little girls and a beautiful wife who all mean the world to me. I realized I was not being a good example of someone with a proper diet and work ethic, so I changed. I wanted to take off 150 pounds. When I first started, that amount felt like a pretty tall task, so I broke it down into tiny, more achievable goals. To lose weight and make sure I keep it off, I follow the Primal lifestyle, which is sort of like Paleo, and I work out almost every morning at 5:30 a.m. I like to say more cardio equals less lardio. I'm not the only one who is working hard; my wife has really jumped on board and has become quite the Primal chef. A village of people support me. So far I'm down 90 pounds, but I'm not satisfied yet! I'm still moving. To other people aspiring to lose weight, I tell them consistency is the key. And keep in mind that you can eat great foods. Develop a meat tooth and not a sweet tooth. The ordinary American diet consists of way too many carbs. Cut your carbs in half to start and watch the weight melt away. Nothing worth having comes without a little struggle. You have to do the work!"

AS TOLD BY MR. RYAN POFF

LOSINGIT

Rebekah Johnson BA, Virginia Tech; French I-III; French Club, French Honor Society
Carly Lee BS, Longwood University; Biology
Amy Leonard BS, ETSU; MAT, College of Charleston; Admin Endorse., UVA; English 9 & 11
Aidan Lewis BS, Virginia Tech; AFDA, Computer Math, Algebra II
Katie Lineback BA, Radford University; Algebra Functions, Computer Math, Earth Science; Competition & Sideline Cheer
Linda Long BS, Radford; US/VA Government, Psychology, Sociology
Ricky Lonker BA, Emory & Henry; Digital Photography, Art; Art Club; Baseball, Football

Peter Lustig BA, UVA; MA.Ed, University of Virginia; Dual US History, Dual US Government
Mark Madden BS, SUNY Geneseo; M.Ed, Utica College; AP/Dual Biology; Football
Tommy Maguire BS, Radford University; Health/PE, Driver's Education; Cross Country, Track
Doreen Malcolm BS & BA, Youngstown State University; Administrative Assistant
Elizabeth Mayer BA, Salem College; English 12
Harry Mills BA, Roanoke College; MA, Hollins University; M.Phil., Columbia University; English 12 AP/Dual, English 12 AP/Dual Virtual High School, French IV, AP French Language; BETA
Colleen Morrison BA, Roanoke; MAT, Hollins; English 10 TT, CB & 12, Journalism; Day & Night News

Courtney Noell Instructional Assistant
Josh Noell BBA & MS Radford University; Algebra I
Cathy Parker BS, SUNY Fredonia; MS, Radford University; English
Chuck Parker BA, Virginia Intermont College; MS, Radford University; Assistant Principal
Jake Paysour BA, UNC at Chapel Hill; MTS, Wesley Theological Seminary; Algebra I, DB, & II
Kadie Pentecost BS, Radford University; Pre-AP, CB Chemistry
Amy Perkins BA, Lynchburg College; Child Development, Nutrition & Wellness, Intro to Culinary Arts

Ryan Poff BS, Radford University; World Geography, AP World History; Football
Bob Powers BA, BS & M.Ed, VT; Pre-Calc, Pre-AP Com. Science; Academic & Debate Team
Kathleen Price BA, Roanoke; AP Government, Pre-AP World History; Rho Kappa
Mara Pufko BA, JMU; M.Ed, Virginia Tech; English 11 TT, English 11 CB, ADR; HSTNG
Brian Quakenbush BS, East Tennessee; MA, Virginia Tech; Symphonic, Concert & Jazz Band; Marching Band
Brittany Rodriguez BS, Southern Wesleyan; MAT, Mary Baldwin; Earth Science, Biology
Paxton Sauerwald BS, Bridgewater College; M.Ed, Radford University; ESL

Chrystal Shawn BA, James Madison University; MAT, Hollins; English 10 CB & English AP/DE 11, Photojournalism; Accolade

Kelly Shilling BA & MAT, Quinnipiac University; AP Calculus AB & BC
Meredith Shuman BS & MS, Virginia Tech; Intro to Marketing, Marketing, Advanced Marketing, Sports Marketing, Entrepreneurship; DECA
Cheryl Shupe BS, UNCW; Special Education
Susan Sine BS, Roanoke College; AP Statistics, Algebra II; Two Hearts
Tamra Sloan BA, Hollins University; Special Education
Paul Soucie BS & M.Ed, University of Nebraska at Lincoln; Geospatial, Materials Process, CAD, Dual CAD, Architectural/Engineering Drawing
Steve Spangler BS, Slippery Rock State College; MS, Radford; Principal
Edward Spruell BA, Elon University; MA, Hollins; MS, Radford; Media Specialist; Latin Club
John Swartz BS, Roanoke College; Health, PE, Drivers Education, Advanced PE, Strength Training & Conditioning; Girls Basketball
Lesley Swartz BBA, Roanoke College; M.Ed, Liberty University; School Counselor
Margaret Taylor BS, Roanoke College; M.Ed, Virginia Tech; AP/Dual Chemistry; SCA
James Tiffani BS, Plymouth State University New Hampshire; MA, Mary Baldwin; SpecEd
Sherrie Tyler BS, UVA; MS, Old Dominion; Functional Academics & Career Education Skills

Matt Vass School Resource Officer
Charlie Wallace BS, Radford University; Information Technology Technician
Darlene Walstrum BA, Hollins University; M.Ed, Radford University; Geometry
Gabriella Weston BSBA, American University; Special Education
Elizabeth Willett BS, James Madison University; Directed Studies, Government
Penny Williams BS & M.Ed, Virginia Tech; School Counseling Coordinator
Kim Wilson BS, Roanoke College; MS, Louisiana Tech University; Biology, Ecology; Junior Class





WARRIOR WITHIN

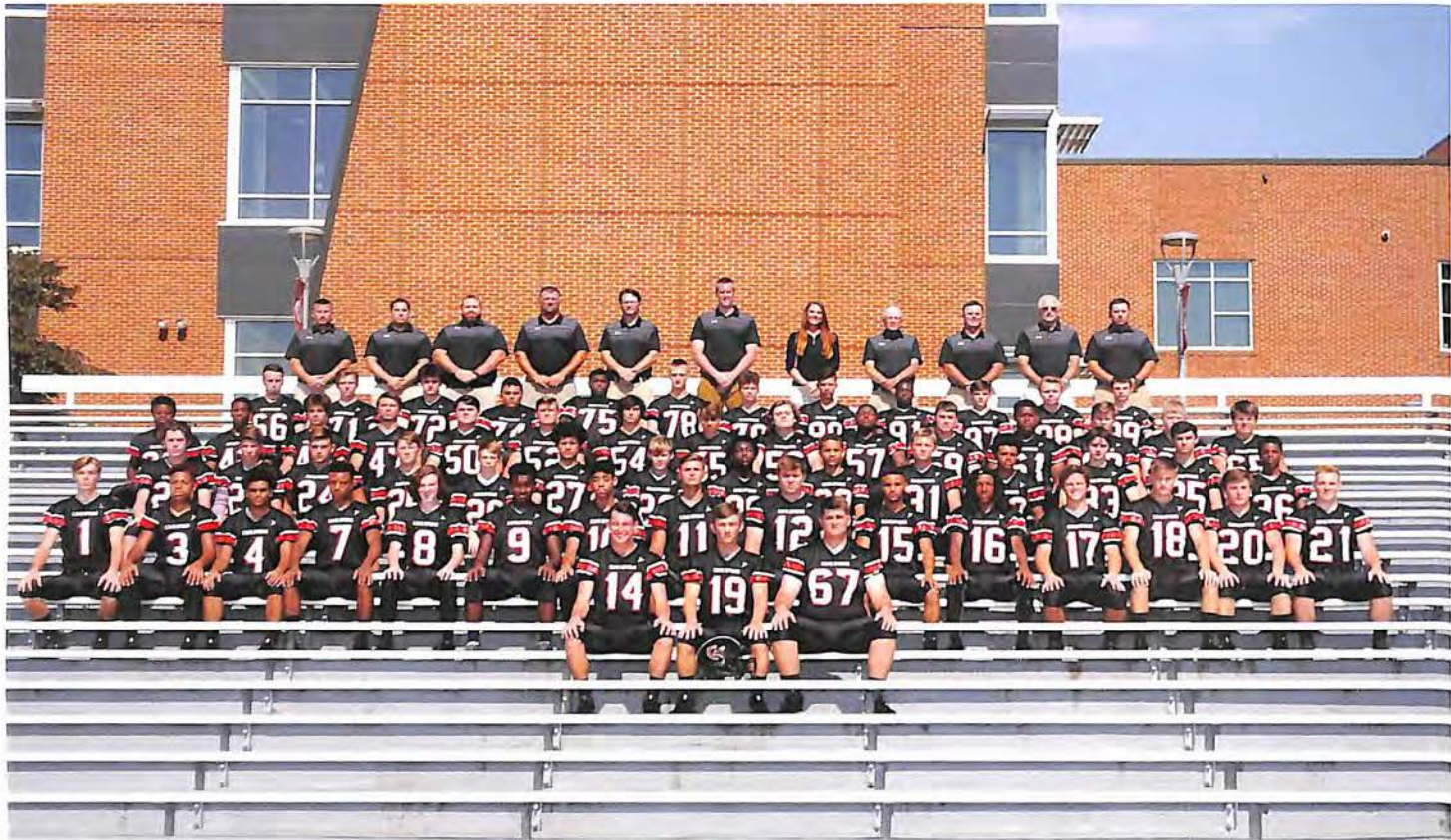


“I HAVE BEEN PRACTICING YOGA AND MINDFULNESS for eight years and am absolutely convinced it is a necessary antidote for the modern world that can be chaotic and confusing. The point is going within to find the calm and the peace instead of looking without. Anything that we do can be an exercise in mindfulness, but the intent and the focus take practice. It has been very important for me as a person as well as an educator. We do mindfulness in every class, every day, whether it is tuning into the breath, moving through some yoga poses, journaling, or drawing. This is to shed the stresses of the day, quiet the mind, and reset the nervous system. What started as an activity by popular vote done by all has morphed into an individual choice of the kind of mindfulness the student would like to practice. I hope and believe that my students are beginning to reap the benefits.”

AS TOLD BY MS. HARRY MILLS

VARSITY FOOTBALL

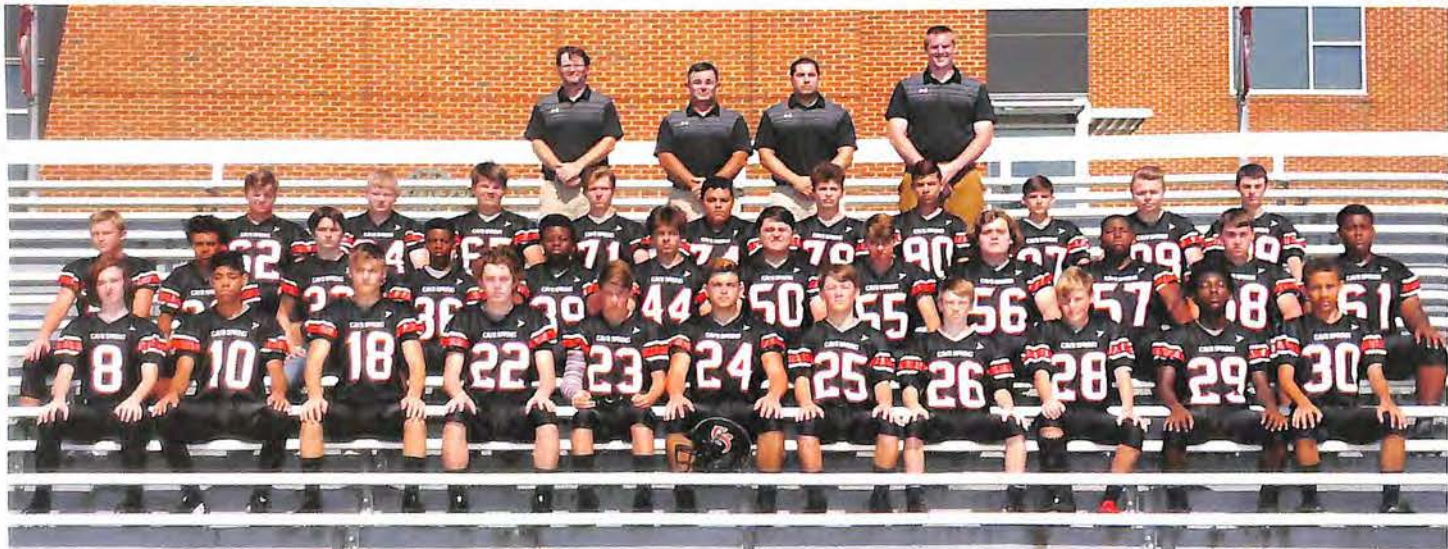
William Byrd	7-34
Staunton River	21-62
Glenvar	13-37
Alleghany	34-14
Pulaski	13-14
Blacksburg	7-49
Patrick Henry	14-17
Salem	3-56
Christiansburg	38-14
Hidden Valley	22-23
RECORD	2-8



Front Row: Austin Ragan, Dylan Robinson and Nicholas Weitzenfeld. **Second Row:** Cameron Caldwell, Zachary Bowling, Thomas Chase, Jaylen Hariston, Matthew Heslep, Cameron Poindexter, Ethan Coates, Jacob Knight, Tyson Alderman, Willie Harden, Jaquan Rivers, Andrew Monsour, Lucas Duncan, Andrew Ditmore and Austin Emery. **Third Row:** Richard Kidwell, Reed Pendleton, Caleb O'Dell, Ben Robinson, Daniel Reeves, Devin Beckner, Braden Prokopchak, Armani Jones, Jariel Rosario, Alexander Davis, Dakota Phillips, Will Altizer, Hunter Childress and Chris Hall. **Fourth Row:** Noah Jackson, Diontae Childress, John Milby, Vova Jacobsen, Chase Hammes, Jake Puckett, Nick McGuire, Carson Askew, Andrew Ferguson, Jahiem Tyler, Conner Womack, Jordan Akerson, Cody Perdue, Dillon Wingo and Jacob Mardian. **Fifth Row:** Drew Fulton, Matthew English, Thomas Haroules, Zecariah Coates, Justin Lawson, Matthew Knight, Damian Bodner, RJ Chaustre, William Tyler, Greyson Cannaday, Jack Cowher, Nathan Chapman and Baylen Martin. **Back Row:** Mr. Derrick Hollins, Mr. Mark Madden, Mr. Ryan Poff, Mr. Ricky Lonker, Mr. Tim Roberts, Mr. Shon Chisom, Ms. Kaylee Maynard, Mr. Bill Petty, Head Coach Mr. Tim Fulton, Mr. Rodney Fulton and Mr. Chris Askew.

JV FOOTBALL

William Byrd	13-14
Staunton River	16-30
Glenvar	24-27
Alleghany	20-8
Pulaski	6-42
Blacksburg	7-49
Patrick Henry	6-41
Salem	0-41
Christiansburg	14-36
Hidden Valley	6-14
RECORD	1-9



Front Row: Matthew Heslep, Ethan Coates, Lucas Duncan, Richard Kidwell, Layton Turner, Caleb O'Dell, Ben Robinson, Daniel Reeves, Braden Prokopchak, Armani Jones and Jariel Rosario. **Second Row:** Alexander Davis, Dakota Phillips, Connor Jarczyński, Chris Hall, Noah Jackson, John Milby, Chase Hammes, Carson Askew, Andrew Ferguson, Jahiem Tyler, Conner Womack and Jordan Akerson. **Third Row:** Cody Perdue, Dillon Wingo, Jacob Mardian, Matthew English, Zecariah Coates, Damian Bodner, RJ Chaustre, Jack Cowher, Nathan Chapman and Baylen Martin. **Back Row:** Head Coach Mr. Tim Roberts, Mr. Tim Fulton, Mr. Mark Madden and Mr. Shon Chisom.

MARCHING BAND & COLOR GUARD



GEORGE WYTHE

Overall Rating Second Superior

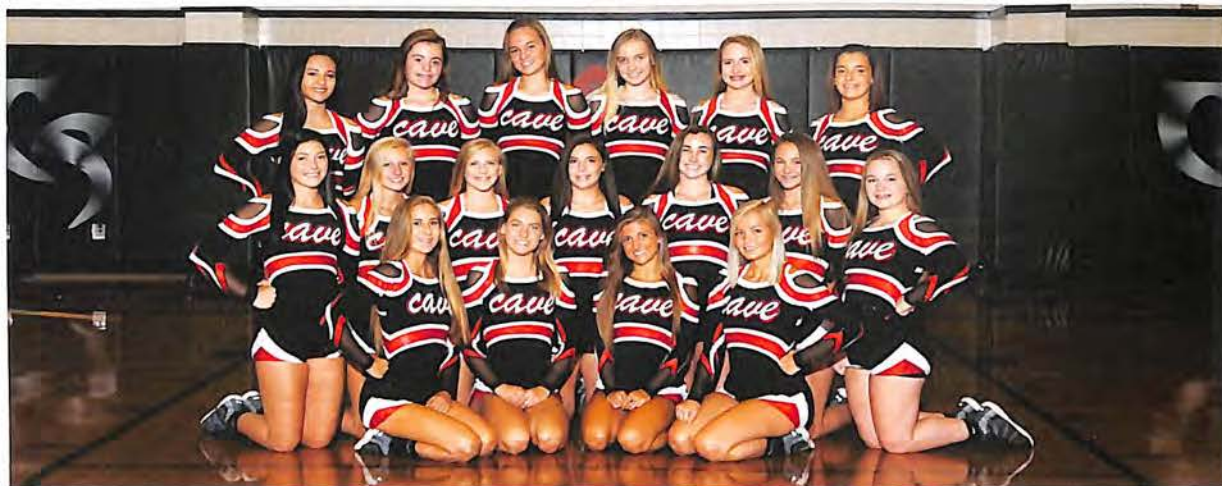
LORD BOTETOURT

Overall Rating Fourth Superior

Color Guard: Caitlin Alder, Alison Bassant, Rachel Boch, Katie Durica, Kim Grice, Jackie Howard, Kenley Jennings, Bethany Maristela and Roxy Robinson. **Drum Majors:** Matthew Flores and Gavin Wikerson. **Flutes:** Anita Geiger, Will Goodman, Laurel Hudson, Claire Lawson, Skylar Perdue and Katie Sullivan. **Clarinets:** Maura Conroy, Jack Horton, Haley Ingle and Dillon Key. **Alto Saxophone:** Cooper Albright, Michael Cavicchio, Justin Clingenpeel, Elijah Ruffin and Joshua Wainwright. **Tenor Saxophone:** Paige Hennen and Jesse Wills. **Baritone Saxophone:** Paige Hennen, Abbie Robertson and Tanner Smith. **Mellophones:** Kathleen Brett, Rebecca Bauer, Sam Quakenbush and Hanna Scaer. **Trumpets:** Amber Arthur, Emily Bassant, Matthew Christopher, Jason Clingenpeel, Elliot Kroll, Lena Scaer and Lance Sipes. **Trombones:** Jason Bradshaw, Fletcher Burden and Lucas Holt. **Baritones:** Luke DeFalco and Webb Holderman. **Sousaphone:** Bella Crouse. **Percussion:** Emily Bradley, Nick Cavicchio, Noah Hartson, Miranda Hughes, Holden Jeffords, Jordan Kalafut, Emma Maxwell, Kaden Oxendine and Robert Pickelsimer. **Twirler:** Rachel Benton.

COMPETITION CHEER

Jefferson Forest 1st
 William Byrd 1st
 Brentsville 1st
 Region 1st
 State 2nd



Front Row: Kylie Pettit, Abby Slate, Kinsey Harris and Claudia Jarema **Second Row:** Hannah Ireland, Hannah Hodges, Ryleigh Balzer, Madison Griffin, Erin Akins, Kenzie Casella and Olivia Bowling. **Back Row:** Kate Manico, Emily Cleveland, Madison Lange, Hailee Rogers, Lily Fox and Madison Wagner

VARSITY SIDELINE CHEER



Front Row: Abby Slate, Kinsey Harris and Claudia Jarema **Middle Row:** Rachel Benton, Amaya Daniels, Kylie Pettit, Whitney Cook, Abigail Shorten, Becca Bradley and Laken Ayers. **Back Row:** Hannah Ireland, Hannah Hodges, Madison Griffin, Kayla Quinlan, Olivia Bowling, Lauren Champ and Kenzie Casella.

JV SIDELINE CHEER



Front Row: Kate Manico, Erin Akins, Ryleigh Balzer and Madison Wagner **Back Row:** Emily Cleveland, Hailee Rogers, Madison Lange, Reagan Edmunds and Lily Fox.

CROSS COUNTRY



	BOYS	GIRLS
Blue Demon	5th	8th
Knights Crossing	9th	18th
Clash With Titans	-	10th
Maroon Tide	3rd	12th
Lord Botetourt	1st	2nd
Alleghany	7th	-
Great American	9th	12th
Running With the Wolves	4th	-
Metro	3rd	9th
Region	3rd	3rd
State	4th	8th

Front Row: Hunter Miller, Emma Dmochowski, Andrew Wheeler, Logan White, Jessica Palisca, Campbell Best, Andrew Roland, Tucker Patout and Lilly Bay. **Middle Row:** Charlotte Shelor, John Asimakopoulos, Christian Sciuolo, Conner Jarczyński, Dasia Mayo, John Shelor, Xander Keriazakos, Matthew Sciuolo, Heather Hatcher and Tori White. **Back Row:** Coach John Wiggins, Jessica Christensen, Phillip Becher, Josh Fretwell, Cooper Albright, Will Chewning, Cyrus Pace, Peter Smith, Austin Hayden, Ben Palisca and Coach Tommy Maguire.

GOLF



William Byrd	8th
Cave Spring	4th
Christiansburg	4th
Patrick Henry	4th
Northside	1st
Blacksburg	5th
Salem	4th
Hidden Valley	3rd
William Fleming	1st
District	4th
Regionals	5th

Front Row: Trenton Cook, Michael Hayes, Jacob Tozier, Thomas Peterson, Owen Gates, Jack Faulkner, Drake Davis and Davis Henritze. **Second Row:** Kayla Mutter, Tyler Fanning, Ethan Wiid, Alex Glick, Tyler Cundiff, Cameron Warner, David Martin and Sabrina Landsman. **Third Row:** Coach Earl Henritze, Andrew Cagle, Will Henritze, Blaise Wood, Mark Jirout, Cameron Weld, Hayden Mitchell, Nick Henritze, Grayson Campbell, Coach Bob Van Kerchove and Coach Merritt Davis. **Back Row:** Coach Paul Bryan, Coach Andy Henritze, Coach Mike Cook, Trey Orr, Walker Wright, Jack Frazier, Jack Brancati, Ryan Burchett, Josh Mannon, Carter Glenn and Coach Tommy Lovell.

VARSITY VOLLEYBALL



William Byrd	W
Hidden Valley	L
Northside	L
William Byrd	W
Lord Botetourt	L
Pulaski County	W
Northside	L
Blacksburg	L
Christiansburg	L
Patrick Henry	L
Lord Botetourt	L
Salem	L
Pulaski County	W
Hidden Valley	L
Blacksburg	L
Christiansburg	W
Patrick Henry	L
Salem	W
RECORD	6-12

Front Row: Elizabeth Hertzberg, Erin Harrison, Sam Rutigliano, Hannah Graham and Avery Poulsen. **Second Row:** Kylie Angel and Maya Monsour. **Back Row:** Megan Doyle, Vivienne Barnhart, Taylor Robertson and Hannah Smith.

JV VOLLEYBALL

William Byrd	W
Hidden Valley	L
Northside	L
William Byrd	L
Lord Botetourt	W
Pulaski County	L
Northside	L
Blacksburg	L
Christiansburg	L
Patrick Henry	L
Lord Botetourt	L
Salem	L
Pulaski County	W
Hidden Valley	W
Blacksburg	L
Christiansburg	W
Patrick Henry	L
Salem	L

RECORD 5-13



Left to Right: Coach Jenny Doyle, Georgia Enyart, Caroline Glenn, Allie Kolnok, Ashley Ditmore, Charlie Nichols, Eliana Miller, Lauren Frampton, Hannah Peters, Andria Sowder and Coach Leo Edwards.

SWIMMING & DIVING

SW Invitational	Boys 12 of 23 Girls 7 of 25
Salem	Boys & Girls L
Pulaski	Boys & Girls W
Bruins Bash	Boys 5 of 13 Girls 5 of 13
Blacksburg	Boys L
Glenvar	Girls W
Christiansburg	Boys & Girls W
Patrick Henry	Boys L Boys W
Radford	Boys L Girls W
Pulaski	Boys & Girls W
Jefferson Forest	Boys & Girls L
William Byrd	Boys W Girls L
Timesland	Boys 7 of 13 Girls 6 of 13
Patrick Henry	Boys & Girls L
Hidden Valley	Boys L Girls W
Region	Boys 2 of 9 Girls 1 of 9
VHSL 3A	Boys 12 of 25 Girls 3 of 23



Front Row: Kathleen Brett, Emma Muzzy, Drew Robertson and McCain Quickel. Second Row: Henry Wagner, Bryden Palmer, Amber Arthur, Sydney Hilovsky, Kayla Mutter, Logan White, Parker Albright, Suzanne Harris, Mills Harris and Jack Cowher. Third Row: Iris Oranchak, Lexi Wynn, Morgan Martin, Jake Hopstetter, Trieu Tran, Kevin Shang, Leo Inga, David Lawson and Jacob Miller. Fourth Row: Will Henritze, Lucas Holt, Cooper Albright, Nick Henritze, Alexia Dinsmore, Jonathan Chen and Riley Trotter. Back Row: Ben Filatic, David Muzzy, Caroline Moore and Elizabeth Moore.

WRESTLING

Waynesboro Duals	1st
Knights of the Round Table	1st
Hidden Valley Dual	1st
Holy Angels Tournament	7th
Trinity Invitational	1st
Region	2nd
State	3rd



Front Row: Shane Shepherd, Damian Bodner, Zach Schmitt, Brice Via, Mahlic Sallah, Kip Nininger, Mark Daroshefski and Preston Weist. Second Row: Coach Nick Spicer, Coach Tim Nininger, Coach Zach Hodges, Gianni Cacciatore, Jayden McCubbin, Ricardo Harrington, Grant Floyd, Ashoka Wagner, Coach P. J. Puriefoy and Coach Sam Ring.

INDOOR TRACK



Front Row: Jayna Reed, Ashton Nichols, Allison Carter, Eden Giannini, Megan Crowe, Parker Waters, Mackenzie Kodatt and Nandini Sriram. **Middle Row:** Lilly Bay, Heather Hatcher, Robert Pickelsimer, Connor Jarczynski, Peter Smith, Dasia Mayo, Andrew Fulton, Michael Rothbort, Ryan Chewning, Simone Schumaecker, Josh Earls and Madi Doceti. **Back Row:** Coach John Wiggins, Phillip Becher, Austin Hayden, Noah Jackson, Aidan Doyle, William Chewning, Jack Brancati, Cyrus Pace, Josh Fretwell, Baylee Hodson, Jabin Duviella, Matthew Flores and Coach Cathy Albright.

State Results

- Elizabeth Hertzberg: 7th in Triple Jump (34 feet 5.75 in)
 Jaylen Hairston: 1st in 4x200 Relay, 2nd in 55m Dash (6 mins 57s) and 2nd in Long Jump (21 feet 6in)
 Dasia Mayo: 2nd in High Jump (5 feet 2 in)
 DeJon Mayo: 1st in Triple Jump (45 feet 3in), 1st in 4x200m Relay, 3rd in Long Jump (21 feet 3.5in), 3rd in 4x400m Relay and 5th in High Jump (6 feet 2 in)
 Peter Smith: 5th in 3200 Run (10 mins 57s)

VARSITY BOYS' BASKETBALL



Front Row: Taylor Gruse, Tre Murphy, Cameron Warner, Coach Derrick Roth, Devin Beckner, Coach Jacob Gruse, Ryan Burchett, Amarbold Altankhuyag and Jeremiah Ashby. **Back Row:** Coach John Sharp, Coach Micah Boyd, Zach Bowling, Adnan Jasarevic, Lucas Duncan, Matthew Cagle, Parker Huffman, Jeremiah Rosarion, Jalen Buster, Nick Mills, Coach Ethan Humphries and Trainer Kaylee Maynard.

William Byrd	54-65
Lord Botetourt	60-50
Northside	39-71
Lord Botetourt	49-38
William Byrd	58-62
Northside	44-76
Blacksburg	68-56
Christiansburg	56-41
Salem	65-59
Pulaski	74-64
Hidden Valley	51-47
Blacksburg	53-56
Christiansburg	44-43
Patrick Henry	51-66
Patrick Henry	46-56
Salem	61-48
Pulaski	62-54
Hidden Valley	46-56
Salem	55-38
Patrick Henry	53-59
Magavista	64-39
Northside	54-86

RECORD 11-11

JV BOYS' BASKETBALL



Front Row: Jack Faulkner, Chase Robertson, Charlie Urgo, Reed Pendleton, Cameron Bishop, Jack Tozier, Reese McMaster and Christian Wheeling. **Back Row:** Coach Ethan Humphries, Alex Glick, Greyson Cannaday, Ethan Coates, Jaxon Rinn, TK Washington, Bryce Cooper and Walker Swanson.

William Byrd	50-47
Lord Botetourt	52-37
Northside	36-55
Lord Botetourt	39-44
William Byrd	56-55
Northside	33-50
Blacksburg	34-26
Martinsville	39-36
William Fleming	51-72
Franklin County	63-52
Christiansburg	30-55
Salem	56-47
Pulaski	56-49
Hidden Valley	41-34
Blacksburg	43-40
Christiansburg	48-41
Patrick Henry	46-50
Salem	53-44
Pulaski County	56-51
Hidden Valley	39-25

RECORD 12-7

VARSITY GIRLS' BASKETBALL

William Byrd	42-64
Northside	59-35
William Bryd	48-50
Northside	71-75
Blacksburg	42-52
Christiansburg	33-62
Salem	54-35
Patrick Henry	58-53
Pulaski	47-36
Hidden Valley	59-55
Staunton River	61-22
Blacksburg	40-45
Christiansburg	58-62
Staunton River	45-41
Patrick Henry	46-55
Salem	62-29
Pulaski County	72-49
Hidden Valley	67-64
RECORD	14-11



Front Row: Coach John Swartz, Jordan Chambliss, McKinley Pollard, Reagan Delp, Sierra Landsman, Kennedy Haviland and Assistant Manager Monica Paige. **Back Row:** Tori White, Zada Porter, Kieera Mooney, Vivienne Barnhart, Taylor Robertson, Dasia Mayo, Cori Clayton, Casey Fentress, Elizabeth Hertzberg and Manager Taylor Swartz.

JV GIRLS' BASKETBALL

William Byrd	36-33
Northside	38-25
William Bryd	35-31
Northside	41-32
Blacksburg	25-23
Christiansburg	51-21
Salem	23-43
Patrick Henry	37-51
Pulaski County	21-51
Hidden Valley	42-17
Staunton River	34-26
Blacksburg	19-37
Christiansburg	47-21
Staunton River	23-40
Patrick Henry	23-60
Salem	24-40
Pulaski County	11-61
RECORD	10-9



Front Row: Sabrina Landsman, Catherine Thacker, Taylor Smithson and Mikayla Ray. **Back Row:** Coach Millie Tucker, Emma Larson, Nicole Bulla and Miranda Price.

BOYS' LACROSSE

Schedule		
Christiansburg	Away	3/12
William Byrd	Away	3/17
Christiansburg	Home	3/19
Blacksburg	Away	3/21
William Byrd	Home	3/26
Blacksburg	Home	3/28
William Fleming	Home	4/12
Franklin County	Home	4/16
Hidden Valley	Home	4/24
Patrick Henry	Home	4/27
Franklin County	Away	5/3
Jefferson Forest	Away	5/7
Salem	Away	5/11
Hidden Valley	Away	5/16



Front Row: Justin Sheldon, Damian Bodner, Holden Foster, Ty Barbour, Layton Turner, Walker Swanson, Hunter Clark and Davis Lilley. **Second Row:** Parker Mills, Mason Lee, Elijah Hadfield, Steven Landsman, Chase Hammes, Jacob Mardian, Josh Wainwright and Owen Ghaphery. **Third Row:** Richard Kidwell, Briggs Cooper, Andrew Ditmore, Grant Floyd, Crawford Enyart, Jack Frazier, Michael Mahoney and Jaxon Rinn. **Fourth Row:** Zach Martin, Ethan Fox, Chase Robertson, Tyson Alderman, Spencer Pratt, Jace Matze and Garrett Breiner. **Back Row:** Coach Dean McDaniel, Coach Mike Kendrick, Matthew Colozza, Ashton Foster, Andrew Richardson and Coach Denny Barbour.

GIRLS' LACROSSE



Front Row: Ryleigh Balzer, Destina Bermo, Schuyler Lynch, Hatley Loop, Dorian Havens, Sofia Midkiff and Grace Furrow. **Middle Row:** Makena Gormley, Julia Booker, Lena Kwitny, Delaney Groves, Makayla Dowdy, Sabrina Landsman and Reagan Edmunds. **Back Row:** Coach Byron Dowdy, Coach Rick Kelly, Alix Rainsbury, Ashley Creekmore, Kieera Mooney, Sierra Landsman and Coach Craig Kidd.

Schedule		
Christiansburg	Away	3/12
William Byrd	Away	3/17
Christiansburg	Home	3/19
Blacksburg	Away	3/21
William Byrd	Home	3/26
Blacksburg	Home	3/28
William Fleming	Home	4/12
Franklin County	Home	4/16
Hidden Valley	Home	4/24
Patrick Henry	Home	4/27
Franklin County	Away	5/3
Jefferson Forest	Away	5/7
Salem	Away	5/11
Hidden Valley	Away	5/16

BOYS' TENNIS



Front Row: Jay House, Om Patel, Ricky Singh, Roshan Patel and Lance Beheler. **Back Row:** Coach Mile Markovic, Suraj Lalchandani, Brij Patel, Raj Patel and Coach Goran Vukovic.

Schedule		
William Byrd	Away	3/13
Northside	Home	3/16
Northside	Away	3/23
William Byrd	Home	3/27
Blacksburg	Away	3/29
Christiansburg	Away	4/10
Patrick Henry	Away	4/13
Salem	Home	4/17
Hidden Valley	Away	4/24
Pulaski	Away	4/30
Blacksburg	Home	5/1
Christiansburg	Away	5/4
Patrick Henry	Home	5/8
Salem	Away	5/10
Hidden Valley	Home	5/14
Pulaski	Home	5/15

GIRLS' TENNIS



Front Row: Reagan Delp and Caitlin Carter. **Back Row:** Coach Ken Riding, Caroline Treubert, Payton Harman, Josie Beheler, Emma Larson, Grace Holderman, Allison Henion, Nandini Sriram and Coach Susan Delp.

Schedule		
Radford	Away	3/7
William Byrd	Home	3/13
Northside	Away	3/16
Hidden Valley	Home	3/20
Northside	Home	3/23
William Byrd	Away	3/27
Blacksburg	Home	3/29
Christiansburg	Home	4/10
Patrick Henry	Home	4/13
Salem	Away	4/17
Pulaski County	Home	4/20
Salem	Home	4/23
Hidden Valley	Away	4/24
Blacksburg	Away	5/1
Pulaski County	Away	5/2
Christiansburg	Away	5/4
Patrick Henry	Away	5/7

BOYS' VARSITY SOCCER

Schedule		
William Byrd	Away	3/13
Northside	Home	3/16
Northside	Away	3/23
William Byrd	Home	3/27
Blacksburg	Away	3/29
Christiansburg	Away	4/10
Patrick Henry	Away	4/13
Salem	Home	4/17
Pulaski	Away	4/20
Hidden Valley	Away	4/24
Blacksburg	Home	5/1
Christiansburg	Home	5/4
Patrick Henry	Home	5/8
Salem	Away	5/10
Hidden Valley	Home	5/14
Pulaski	Home	5/15



Front Row: Jeremy Lachowicz, Ola Dinakin, Austin Hayden, Sohil Sheth, Dylan Williams and Kobey Simon. **Second Row:** Nic Plybon, Brian King, Ethan Harris, Matthew Taylor, Baylor Boone, Nathan Banning and Will Gordon. **Third Row:** Tyler Mitchem, Marc Sharrer, Stas Funk, Nathan Goerner, Vova Jacobsen and Benny Mortellaro. **Back Row:** Coach Brad Collins, Willie Harden, CJ Poulsen, Alireza Esmaeili, Will Robertson and Coach Chris Woodrum.

GIRLS' VARSITY SOCCER

Schedule		
William Byrd	Home	3/13
Northside	Away	3/16
Blacksburg	Home	3/21
Northside	Home	3/23
William Byrd	Away	3/27
Christiansburg	Home	4/10
Patrick Henry	Home	4/13
Salem	Away	4/17
Pulaski	Home	4/20
Hidden Valley	Away	4/24
Blacksburg	Away	5/1
Christiansburg	Away	5/4
Patrick Henry	Away	5/8
Salem	Home	5/10
Hidden Valley	Home	5/14
Pulaski	Away	5/15



Front Row: Gracie Shelton, McKinley Pollard and Carla Risser. **Second Row:** Erin Goodman, Katie Harris, Savannah Daining, Toni Perkins, Danielle Brinkley and Catherine Thacker. **Third Row:** Macey Harder, Maya Monsour, Abby Altizer, Elisa Uldrian, Abby Rutigliano, Morgan Martin and Tayler Schindler. **Back Row:** Coach Whitney Huffman, Ingrid Diaz, Heather Hatcher, Jessica Christensen, Selma Sosic, Julie Jenkins, Aubrey Billings and Coach Emily Whittaker.

BOYS' JV SOCCER

Schedule		
William Byrd	Away	3/13
Northside	Home	3/16
Northside	Away	3/23
William Byrd	Home	3/27
Blacksburg	Away	3/29
Christiansburg	Away	4/10
Patrick Henry	Away	4/13
Salem	Home	4/17
Pulaski County	Away	4/20
Hidden Valley	Home	4/23
Blacksburg	Home	5/1
Christiansburg	Home	5/4
Patrick Henry	Home	5/8
Salem	Away	5/10
Hidden Valley	Away	5/11
Pulaski County	Home	5/15



Front Row: Seth Poulsen, Mason Harris, Truman Collins, Charlie Sanders and Ronnie Worth. **Second Row:** Seth Schindler, Damien Brads, Ben Mone, Will Henritze, Nathan Sharp and Nick Henritze. **Third Row:** Seth Fleschman, Hunter Morris, Alex Blanton, Sujith Panchumarthy, Colten Iadmarco and Philip Becker. **Back Row:** Coach Landon Durmont, Andrew Keller, Joshua Earls, Lucas Holt and Coach Clarens.

GIRLS' JV SOCCER



Front Row: Rachael Snodgrass, Eliana Snodgrass, Chloe Lane and Kaylin Grahame. **Middle Row:** Burkley Nichols, Charlie Nichols, Sara Beth Tirico, Mackenzie Kodatt and Cicely Webb. **Back Row:** Coach Katie Deneault, Ella Ray, Alex Heffron, Lexi Miller, Megan Doyle and Madison Lange.

Schedule		
William Byrd	Home	3/13
Northside	Away	3/16
Blacksburg	Home	3/21
Northside	Home	3/23
William Byrd	Away	3/27
Christianburg	Home	4/10
Salem	Away	4/17
Pulaski County	Home	4/20
Hidden Valley	Home	4/23
Blacksburg	Away	5/1
Christiansburg	Away	5/4
Salem	Home	5/10
Hidden Valley	Away	5/11
Pulaski County	Away	5/15

VARSITY BASEBALL



Front Row: Carter Glenn, Jalen Buster, Coach Kevin Slough, Austin Emery, Coach Ricky Lonker, AJ Cacciatore, Coach Randal Boone, Caleb Wetzel and Andrew Neighbors. **Back Row:** Adam Gladfelter, Connor Lewis, Wyatt Hage, Cameron Caldwell, Grant Wilson, Trey Hodson, Caleb Pritchard and Logan Altizer.

Schedule		
William Byrd	Away	3/13
Northside	Home	3/16
Northside	Away	3/23
William Byrd	Home	3/27
Blacksburg	Away	3/29
Christiansburg	Away	4/10
Patrick Henry	Away	4/13
Salem	Home	4/17
Hidden Valley	Away	4/24
Pulaski	Away	4/30
Blacksburg	Home	5/1
Christiansburg	Home	5/4
Patrick Henry	Home	5/8
Salem	Away	5/10
Hidden Valley	Home	5/14
Pulaski	Home	5/15

JV BASEBALL



Front Row: David Adams, Cole Pritchard, Gianni Cacciatore, Alex Glick and Reed Pendleton. **Back Row:** Charles Urgo, Brody Luckey, Bryce Cooper, Holden Wilkerson, RJ Chaustre, Spencer Craig and Sam Slate.

Schedule		
Franklin County	away	3/7
Lord Botetourt	home	3/9
William Byrd	home	3/13
Northside	away	3/16
Northside	home	3/23
William Byrd	away	3/27
Blacksburg	home	3/29
Christiansburg	home	4/10
Salem	away	4/17
Hidden Valley	home	4/24
Pulaski County	home	4/30
Blacksburg	away	5/1
Christiansburg	away	5/4
Salem	home	5/10
Hidden Valley	away	5/14
Pulaski County	away	5/15

VARSITY SOFTBALL

Schedule		
William Byrd	Home	3/13
Northside	Away	3/16
Jefferson Forest	Home	3/22
William Byrd	Away	3/27
Blacksburg	Home	3/29
Christiansburg	Home	4/10
Northside	Home	4/11
Patrick Henry	Home	4/13
Lord Botetourt	Away	4/16
Salem	Away	4/17
Pulaski County	Home	4/20
Hidden Valley	Home	4/24
Jefferson Forest	Away	4/26
Lord Botetourt	Home	4/30
Blacksburg	Away	5/1
Christiansburg	Away	5/4
Patrick Henry	Away	5/8
Salem	Home	5/10
Hidden Valley	Away	5/14
Pulaski County	Away	5/15



Front Row: Abby Weaver, Sierra Cox, Emma Fields, Taylor Loving, Maliah Mizack and Mikayla Ray. **Middle Row:** Hannah Peters Taylor Smithson, Gabbi Parulis, Addi Browning, Haley Ingle and Kailey Shell. **Back Row:** Coach Nick Sharp, Coach Scott Hodge and Coach Scott Sharp.

JV SOFTBALL

Schedule		
William Byrd	Away	3/13
Northside	Home	3/16
Jefferson Forest	Away	3/22
William Byrd	Home	3/27
Blacksburg	Away	3/29
Christiansburg	Away	4/10
Northside	Away	4/11
Patrick Henry	Away	4/13
Lord Botetourt	Home	4/16
Salem	Home	4/17
Pulaski County	Away	4/20
Hidden Valley	Away	4/24
Jefferson Forest	Home	4/26
Lord Botetourt	Away	4/30
Blacksburg	Home	5/1
Christiansburg	Home	5/4
Patrick Henry	Home	5/8
Salem	Away	5/10
Hidden Valley	Home	5/14
Pulaski County	Home	5/15



Front Row: Haylee Rice, Ashley Ditmore, Katie Mullins, Rachael Riley, Maddie Hall and Blair Emery. **Back Row:** Coach Brian Earls, Alexa Maronic, Coach Brian Earls, Kendall Scott, Sarah Earls, Logan Scott, Coach Nathan Scott, Kylie Cundiff and Coach Ed Kilbane.

DOUBLE TROUBLE



"I've been playing tennis since I was five years old. I won nationals with my USTA team when I was 13. Winning states each year with my high school team has been so amazing. I play both singles and doubles. When I play doubles I play with my best friend (senior) Reagan Delp. My favorite part is being able to connect with my doubles partner. It's such an awesome feeling to win a close match together. Tennis helps me work on my time management, teamwork and fitness."

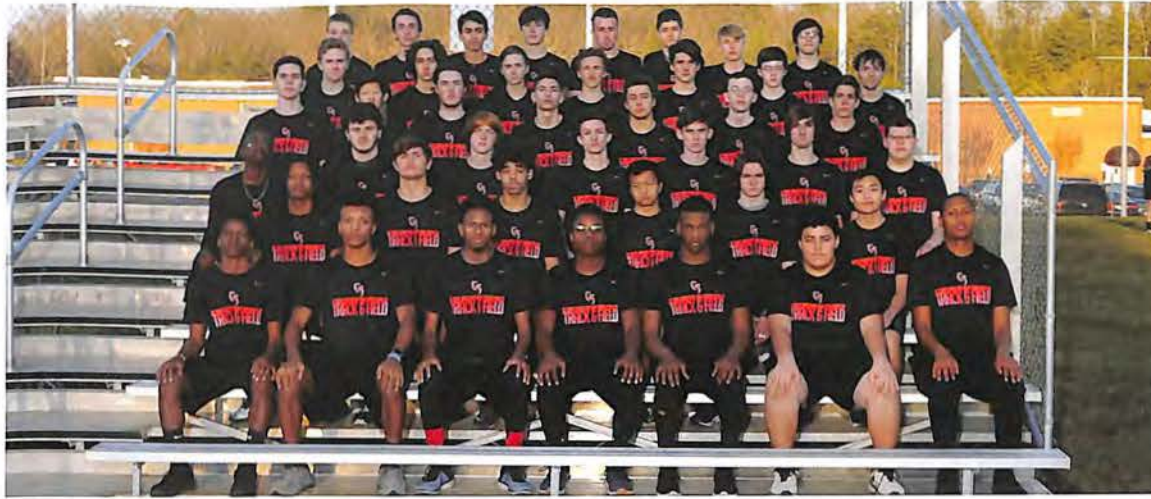
Caitlin Carter, 12



"I started playing tennis when I was in kindergarten. Through Hunting Hills Country Club, I won the 2016 Hunting Hills Country Club Autumn Junior Champion and Men's Doubles Champion. I received the Cave Spring Tennis Rookie of the Year Award and 2nd Team Conference 32 Award in 2017. I really enjoy playing both singles and doubles. I currently use the Babolat Pure Strike Tour racket. My favorite part about tennis is using a variety of grips and spins to try to make the perfect shot which can make your opponent's return very challenging."

Lance Beheler, 10

BOYS' OUTDOOR TRACK



Front Row: Chris Hall, Jaylen Hairston, Dejon Mayo, Noah Jackson, Diantae Childress, Zach Coats and Jabin Duviella. **Second Row:** Jaquan Rivers, Jacob Knight, Ethan Coats, Andrew Wheeler, Connor Jarczynski and Tom Lin. **Third Row:** Timothy Iferika, Tommy Haroules, Austin Patterson, Dakota Palmero, Peter Smith, Cooper Albright and Robert Pickelsimer. **Fourth Row:** Matthew Cagle, Daniel Wheeler, Jack Smith, Jack Brancati, Jonathan Lachowicz, Will Chewning and Xander Keriazakos. **Fifth Row:** Riley Bone, Joseph Sesler, John Asimakopoulos, Parker Waters, Michael Rothbort, Ryan Chewning and Ashton Nichols. **Back Row:** Jason Clingenpeel, Ben Palisca, Matthew Flores, Josh Fretwell, Drew Fulton, Cyrus Pace, Andrew Roland and Mason Corvin.

Schedule		
Radford	Away	4/13
Northside	Away	4/18
William Byrd	Away	4/21
Staunton River	Away	4/28
William Fleming	Away	5/4
Patrick Henry	Away	5/9
Hidden Valley	Away	5/16
Staunton River	Away	5/26

GIRL'S OUTDOOR TRACK



Front Row: Roxanne Robinson, Jenna McKeown, Caitlin Alder, Kate Manico and Reagan Delp. **Middle Row:** Lena Scaer, Andria Sowder, Amanda Bowman, Dasia Mayo, Tori White and Lilly Bay. **Back Row:** Simone Schumaecker, Nicole Bulla, Elizabeth Hertzberg, Baylee Hodson, Eden Giannini and Madi Poceti.

Schedule		
Radford	Away	4/13
Northside	Away	4/18
William Byrd	Away	4/21
Staunton River	Away	4/28
William Fleming	Away	5/4
Patrick Henry	Away	5/9
Hidden Valley	Away	5/16
Staunton River	Away	5/26



"I started playing tennis three years ago. My biggest accomplishment is getting into the top six of my tennis team. I play singles and doubles. For doubles I play with [sophomore] Lance Beheler. I use a Babolat racket which gives more power and spin to the ball. My favorite part of tennis is the groundstroke because that is the majority of tennis. I get to practice every day and play with strong players on my team and from other schools. They challenge me to play better."

Om Patel, 11



"I started playing tennis when I was in seventh grade. My biggest accomplishment is when we won states my freshman year. I loved being on the team and helping get us to that. I love the feeling of winning and I feel accomplished when we do. All the hard work has paid off in that moment. I do a lot of strength training and agility work so I can move better on the court."

Grace Halderman, 11

ACADEMIC TEAM



Front Row: Kyoko Leaman, Allison Henion, Natalie McGhee, Katie Ball and Amruta Acharya.
Middle Row: Maya Sawh, Kevin Sheng, Simone Schumaecker, Bennett Snyder and Lexi Agee.
Back Row: Aida Doucoure, Billy Luqiu, Miles Vance, Travis Schuck and Aiden McLaughlin.

ARCHERY CLUB



Left to Right: Tom Lin and Li Li Lin.

ART CLUB



Front Row: Lauren Kelly, Natalie McGhee and Cayce Boone. **Back Row:** Elliot Waller, Taylor Swartz and Abigail Chernault.

SYMPHONIC BAND A



Front Row: Aurora Love, Amanda Bowman, Brianna Bradley, Anita Geiger, Kate Manico and Maura Conroy. **Second Row:** Paige Henion, Emily Murano, Kathleen Brett, Matthew Christopher, Evan Levy and Bella Crouse. **Third Row:** Abigail Chernault, Roxie Robinson, Miranda Hughes, Aiden McLaughlin, Rebecca Bauer, Nava Rickey and Emma Maxwell. **Back Row:** Skylar Perdue, Cooper Albright, Josh Wainwright, Sam Quakenbush, Clay Williams, Luke DeFalco, Tanner Smith and Dillon Key.

SYMPHONIC BAND B



Front Row: Kaden Oxendine, Christian Atkins, Hannah Young, Elighja Anderson, Ethan Sheehy, Sydney Hilovsky and Caroline Treubert. **Second Row:** Haley Ingle, Adrienne Heston, Amber Arthur, Henry Wagner, Katie Durica, Alexia Dinsmore and Laurel Hudson. **Third Row:** Jason Clingenpeel, Elliott Kroll, Eric Dmochowski, Amisha Sahni, Katie Sullivan, Tony Gorzen and Keaton Hopkins. **Back Row:** Lena Scar, Lance Sipes, Andy Comete, Michael Cavicchio, Noah Jackson, Matthew Flores, Gavin Wilkerson and Noah Hartson.

JAZZ BAND A



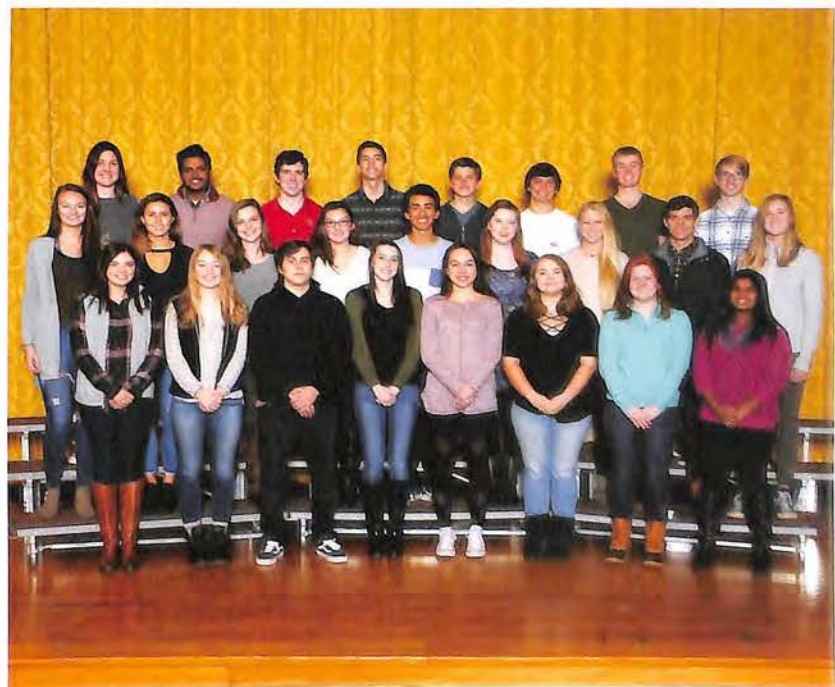
Front Row: Hannah Young, Laurel Hudson and Justin Clingenpeel. **Second Row:** Jason Clingenpeel, Emma Maxwell and Arian Radfar. **Third Row:** John Shelor, Sam Slate and Miranda Hughes. **Back Row:** Matthew Hudson, Aiden McGlaughlin, Carter Robinson and Matthew Flores.

JAZZ BAND B



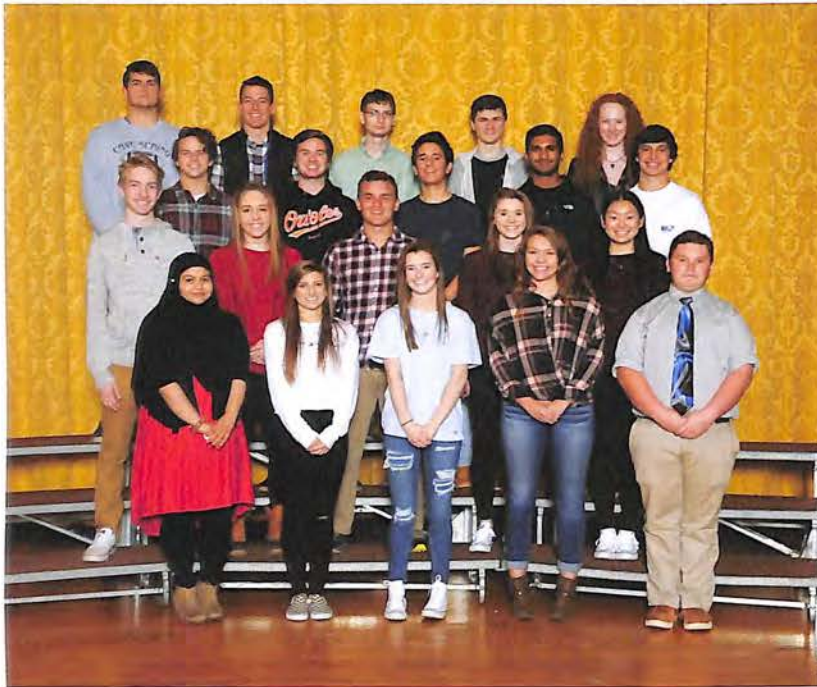
Front Row: Matthew Christopher, Emily Bradley, Truman Collins, Tyler Shaywitz and Evan Levy. **Middle Row:** Roxie Robinson, Miranda Hughes, Noah Hartson and Elijah Ruffin. **Back Row:** Skylar Perdue, Luke DeFalco, Cooper Albright, Lena Scaer and Bennett Snyder.

BETA



Front Row: Abbey Shorten, Laken Ayers, Clay Carver, Caroline Spruelli, Lily Perkins, Jazlynn Carroll, Kathleen Brett and Anita Geiger. **Middle Row:** Laura Martin, Reagan Delp, Caitlin Carter, Nanci Boggs, Matthew Flores, Lexi Lawrence, McKinley Pollard, Aaron Baughman and Allie Collier. **Back Row:** Emma Muzzy, Brij Patel, Andrew Cagle, Jack Brancati, Matthew Hudson, Nick McGuire, Ryan Burchett and Will Robertson.

BETA



Front Row: Rabia Ikram, Kinsey Harris, Brooke Leftwich, Rachel Benton and Evan Levy. **Second Row:** Drew Robertson, Claudia Draper, CJ Poulsen, Mary Dickenson and Carol Chen. **Third Row:** Andrew Monsour, Nathan Sulkin, Dino Oikonomou, Sohil Sheth and Nick McGuire. **Back Row:** Nick Weitzenfeld, Austin Ragan, Derek Caldwell, Jon Huggins and Erin Harrison.

BETA



Front Row: Maddie Jenkins, Amruta Acharya, Lili Lin, Elliott Waller, Mary Grace Baier and Haley Ingle. **Middle Row:** Amina Vatres, Ajnah Tolliver, Kennedy Haviland, Sara Hamilton, Blythe Dellinger and Nicole Reeves. **Back Row:** Abigail Chernault, Zoe Hannabass, Bryce Fothergill, DeJon Mayo, Dylan Robinson and William Liu.

DANCE



Front Row: Carol Chen, Aimee Struzinsky, Asha Johnson and Lily Perkins. **Back Row:** Lillian Hollins, Olivia Coates, Laine Burchinal, and Lindsay Merritt

DEBATE



Front Row: Jessica Wei, Caroline Spruell, Grace Holderman and Abdullah Abdulkhaleq. **Back Row:** Aida Doucoure, Garrett Breiner, Riley Freccero, Billy Luqui and Natalie McGhee.



DECA



Front Row: Olivia Bowling, Lena Kwitny, Anna Gentiluomo, Roshan Patel, Truman Collins and Payton Harman. **Middle Row:** Kasey Skaaff, Erin Smith, Katie Ball, Kyoko Leaman, Julianna Jenkins, Laine Burchinal and Hunter Hartman. **Back Row:** Hannah Smith, Travis Schuck, Owen Ghaphery, Michael Kyle, Matthew Colozza, Aida Doucoure and Ethan Harris.

FACES



Front Row: Olivia Bowling, Kinsey Harris, Lauren Champ, Hannah Ireland and Maura Conroy. **Back Row:** Jenna McKeown, Abbey Shorten, CJ Poulsen and Nicole Reeves.

FBLA



Front Row: Makayla Aviles, Zoe Hannabas and Vahniese Burrell. **Back Row:** Mahmoud Srour, Andrew Cagle and Dawoud Qasem.

FCA



Front Row: Mrs. Kristen Gruse, Caroline Glenn, Maya Monsour, Nathan Sharp, Elizabeth Hertzberg and Andrew Ditmore. **Middle Row:** Olivia Tull, Jalen Buster, Taylor Robertson, Austin Hayden, Ashton Foster and Andrew Fulton. **Back Row:** Mr. Jacob Gruse, Andrew Cagle, Parker Huffman, Matthew Cagle, Ms. Kylee Beecher, Chase Robertson and Holden Foster.



FCCLA



Front Row: Lauren Kelly, Mackenzie Kodatt, Kaitlyn Jenkins, Anna Walker and Tom Lin. **Second Row:** Emily Cleveland, Jayna Reed, Isabelle LaPrade, Leah Sortore, Amina Vatres and Rabia Ikram. **Third Row:** Casey Fentress, Maya Monsour, Andrew Keller, Katie Harris, Sarah Beth Tirico and Laken Edwards. **Back Row:** Zoe Hannabass, Alexia Miller, Ben Grider, Chase Robertson, Saige Trail-Barrett and Rachel Boch.

FRENCH CLUB



First Row: Cayce Boone, Simone Schumaecker, Corrie Johnson, Ashlee Brickey and Alexis Boush. **Second Row:** Natalie McGhee, Katie Gottsein, Sara Hamilton and Nicole Reeves. **Third Row:** Caitlin Carter, Lexi Lawrence, Nanci Boggs, Adrienne Heston and Emma Maxwell. **Fourth Row:** Matthew Flores, Odalys Hernandez, Annalise Wheeler, McKinley Pollard and Mishelle Ganbayar.

FRENCH CLUB



First Row: Zaeda Southerland, Allison Carter, Sofia Midkiff and Nicole Struzinsky. **Second Row:** Kelsey Moore, Maya Monsour, Enji Baigalmaa, Kaitlin Nix and Lili Lin. **Third Row:** Amina Vatres, Amber Arthur, Jazlyne Carroll, Elliot Kroll, Blythe Dellinger and Jessica Sprinkle. **Fourth Row:** Miranda Hughes, Gavin Wilkerson, Charles Collier, Aida Doucoure, and McKinzy Toliver.

FRENCH HONOR SOCIETY



Front Row: Sara Hamilton, Blythe Dellinger and Nicole Reeves. **Back Row:** McKinley Pollard, Mishelle Ganbayar and Caitlin Carter.

GREEN CLUB



Front Row: Ms. Erin Barnett, Leah Sortore, Caroline Spruell, Blythe Dellinger, Nicole Reeves, Jazlyne Carroll, Kathleen Brett and Kaitlyn Ali. **Back Row:** Sara Hamilton, Odalys Hernandez, Lexi Lawrence, Erin Harrison, Andrew Cagle, Selma Sosic, Carol Chen and Anna Sortore.

HELP SAVE THE NEXT GIRL



Front Row: Katherine Durica, Enji Baigalmaa, Amina Vatres, Maya Sawh, Kathleen Brett and Autumn MacGregor. **Middle Row:** Amisha Sahni, Katie Sullivan, Paige Hennen, Kaitlyn Ali, Marisa Quesenberry and Alexis Boush. **Back Row:** Simone Schumaecker, Odalys Hernandez, Brooke Fretwell, Selma Sosic, Maddi Stephens and Julie Jenkins.

HELP SAVE THE NEXT GIRL KEY CLUB



Front Row: Lili Lin, Kate Manico and Lillian Hollins. **Second Row:** Madison Doceti, Rabia Ikram, Sofia Midkiff and Sydney Hilovsky. **Third Row:** Asha Johnson, Lauren Frampton, Kayla Mutter, Rachael Snodgrass and Maura Conroy. **Back Row:** Maya Monsour, Lily Ray, Addi Browning, Miranda Hughes, Emma Dmochowski and Corrie Johnson.



Front Row: Nandini Sriram, Lena Kwitny, Maya Monsour, Taylor Smithson, Tayler Schindler, Lili Lin, Ingrid Diaz and Sydney Hilovsky. **Middle Row:** Waleed Iftikhar, Caroline Spruell, Kaitlyn Ali, Reagan Edmunds, Mishelle Ganbayar, McKinley Pollard and Sara Hamilton. **Back Row:** Gavin Wilkerson, Andrew Monsour, Nathan Sulkin, Aaron Baughman, Addi Browning, Odalys Hernandez and Austin Hayden.

KEY CLUB



First Row: Sierra Cox, Sofia Midkiff, Olivia Bowling, Kinsey Harris, Madison Doceti and Kathleen Brett. **Second Row:** Hunter Hartman, Amruta Acharya, Kasey Skaff, Elisa Uldrian and Anna Gentiluomo. **Third Row:** Katie Harris, Brooke Leftwich, Dylan Robinson, Ashlynn Boone, Hannah Smith and Aubrey Billings. **Back Row:** Aida Doucoure, Brooke Fretwell, Bryce Fothergill, Owen Ghaphery and Madison Lange.

KNIGHT N DAY CAFE



Front Row: Grace Virto and Madeleine Jenkins. **Back Row:** Mrs. Terena Hale, McCain Quickel and Natalie McGhee.

LATIN CLUB



Front Row: Madison Doceti, Carol Chen, Natalie McGhee and Mr. Edward Spruell. **Middle Row:** Kyoko Leaman, Sara Hamilton and Amruta Acharya. **Back Row:** Erin Harrison, Ethan Harris, Aida Doucoure and Will Robertson.

LATIN HONOR SOCIETY



Front Row: Allison Henion, Grace Holderman, Lilly Bay, Kyoko Leaman and Elizabeth Hertzberg. **Middle Row:** Anna Sortore, Caroline Spruell, Amruta Acharya, Carol Chen and Katie Harris. **Back Row:** Crawford Enyart, Garrett Breiner, Ethan Harris, Erin Harrison, Will Robertson and Audrey Hale.

NEWSPAPER



Front Row: Kinsey Harris, Demetri Poulos, Caroline Daly and Logan Neal. **Back Row:** Preston Wiest, Abbey Shorten, Shaun Matthews, Nick Mills and Ms. Colleen Morrison.

OUT



Front Row: Kelli Morris, Gabe Currier, Grace Virto and Elliott Waller. **Middle Row:** Nick Virto, Ian Lynch and Mr. Eli Harrison. **Back Row:** Chloe Simpson, Nanci Boggs, Amberlee Davis and Hannah Bibbs.

PRE-MED CLUB



Front Row: Danielle Brinkley, Tayler Schindler, Sierra Landsman, Nandini Sriram, Ajnah Tolliver and Reagan Edmunds. **Middle Row:** Waleed Iftikhar, Dakota Moore, Mason Lee, Selma Sosic and Ashlynn Boone. **Back Row:** Jake Puckett, Nick McGuire, Austin Emery, Nathan Sulkin, Lexi Lawrence and Odalys Hernandez.

PRE-MED CLUB



Front Row: Rabia Ikram, Allison Carter, Kinsey Harris and Melissa Moran. **Second Row:** Alix Rainsbury, Lily Fox and Cicely Webb. **Fourth Row:** Sara Lee, Jon Lachowicz, Amina Vatres and Om Patel. **Back Row:** Ethan Harris, Annalise Wheeler and Sohil Sheth.

RHO KAPPA



Front Row: Carol Chen, Sara Hamilton, Amruta Acharya and Kathleen Brett. **Back Row:** Dino Oikonomou, Andrew Cagle, Bryce Fothergill, Lexi Lawrence and McKinley Pollard.

ROBOTICS



Front Row: Laurel Hudson, Nick Moses, Akif Demir and Evan Levy. **Back Row:** Jon Huggins, Matthew Hudson, Fletcher Burden and Payton Harman.

SCA



Front Row: Brooke Leftwich, Alexis Boush, Maya Monsour, Katie Harris, Elizabeth Hertzberg and Andrew Ditmore. **Middle Row:** Maya Sawh, Caitlin Carter, Michelle Ganbayar, Laken Ayers, Allie Knight and Natalie McGhee. **Back Row:** Drew Fulton, Drew Monsour, Taylor Robertson, Bryce Fothergill, Bri Patel and Reagan Delp.

SPANISH CLUB



First Row: Sofia Midkiff, Alexis Boush, Maya Monsour, Nandini Sriram, Anita Geiger, Kathleen Brett and Mr. Eli Harrison. **Second Row:** Lauren Frampton, Katherine Durica, Amruta Acharya, Kaitlyn Alli, Kathleen Linsenman and Victoria Downie. **Third Row:** Natalie McGhee, Aida Doucoure, Selma Sosic, Ajnah Tolliver and Dino Oikonomou. **Back Row:** Travis Schuck, Marshall Glas, Odalys Hernandez and DeJon Mayo.



SPANISH HONOR SOCIETY SPANISH HONOR SOCIETY

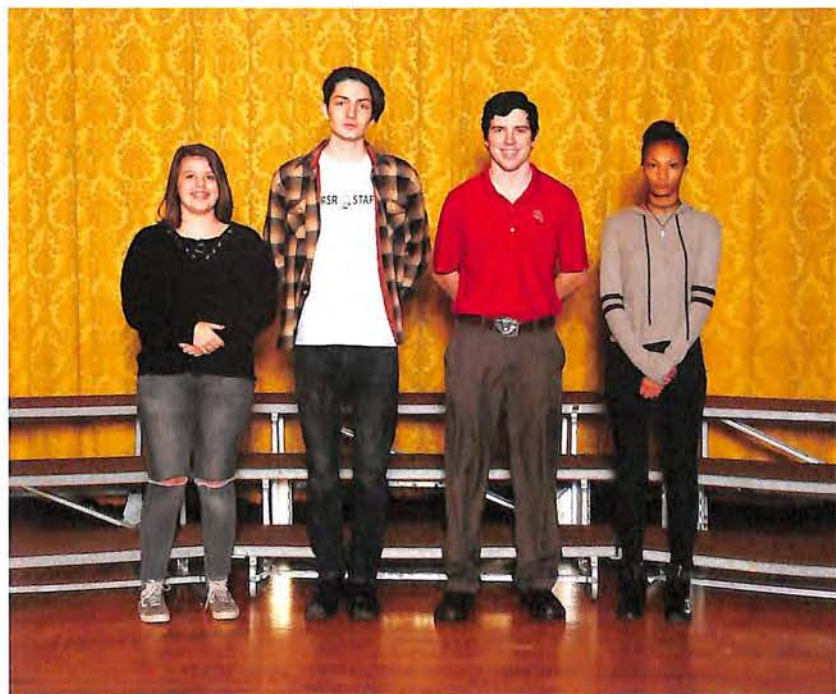


First Row: Anita Geiger, Anna Gentiluomo, Kathleen Brett, Danielle Brinkley and Mrs. Amy Bolen. **Second Row:** Julia Booker, Ajnah Tolliver, Marc Sharrer, Ryan Fugate and Tori White. **Third Row:** Natalie McGhee, Dino Oikonomou, Brooke Fretwell, Selma Sosic and Amruta Acharya. **Back Row:** Andrew Cagle, Travis Schuck, Bryce Fothergill, Brij Patel, DeJon Mayo and Dylan Smith.



First Row: Pamela Moran, Rabia Ikram, Brooke Leftwich, Evan Levy and Mrs. Amy Bolen. **Second Row:** Matthew Christopher, Dakota Moore, Hunter Hartman, Jason Clingenpeel and Rachel Boch. **Third Row:** Jessica Christensen, Dylan Robinson, Blake Smith and Nick McGuire. **Back Row:** Austin Ragan, Adam Gladfelter, Josh Fretwell and Gavin Wilkerson.

STUDENT AIDES - ATTENDANCE



Left to Right: Meg Askew, Hunter Murphy, Andrew Cagle and Zada Porter.

STUDENT AIDES - OFFICE



Front Row: Danielle Brinkley, Makenzie Casella and Erin Holt. **Back Row:** Austin Hayden, Blake Smith, Frank Spiers and Ben Bryant.



STUDENT AIDES - GUIDANCE



First Row: Sofia Midkiff, Maya Monsour, Tori White, Amina Vatres, Kathleen Brett and Maddy Sarver. **Middle Row:** Miranda Hughes, Nicole Reeves, Andrew Monsour, Allie Knight, Nathan Sharp, Nicholas Henritze and Mrs. Anna Hollins. **Back Row:** Ryan Fugate, Jalen Buster, Taylor Robertson, Taylor Swartz, Elisa Uldrian and Abby Rutigliano.

STUDENT AIDES - LIBRARY



Front Row: Sofia Huffman, Anita Geiger, Matthew Christopher and Kathleen Brett. **Back Row:** Demetri Poulos, Sara Hamilton and Mr. Edward Spruell.

TWO HEARTS MENTORS



Front Row: Kinsey Harris, Avery Poulsen, Emma Dmochowski, Amruta Acharya, Kathleen Brett, Danielle Brinkley and Elizabeth Hertzberg. **Middle Row:** Anna Sortore, Dakota Moore, Julia Booker, Abbey Shorten, Erin Holt, Anna Gentiluomo and Annalise Wheeler. **Back Row:** McKinley Pollard, Odalys Hernandez, Cori Clayton, Brooke Fretwell, Laura Martin, Taylor Swartz and Blake Smith.

TWO HEARTS - MENTEES



Front Row: Sofia Midkiff, Allison Carter, Zaeda Southerland, Lily Fox, Cicely Webb, Sara Beth Tirico and Jayna Reed. **Middle Row:** Jessica Wei, Natalie Paul, Mackenzie Mish, Reagan Edmunds, Jessica Wei, Catherine Thacker, Leah Sortore and Lana Roach. **Back Row:** Mrs. Susan Sine, Maya Monsour, Kelsey Moore, Taylor Robertson, Aida Doucoure, Ashley Creekmore and Katie Sullivan.

YEARBOOK



Front Row: Kate Manico, Nicole Reeves, Morgan Stokes and Danielle Brinkley. **Middle Row:** Erin Smith, Hannah Smith, Andrew Cagle, Dakota Moore and Demetri Poulos. **Back Row:** Heather Hatcher, Lexi Lawrence, Joslynn Lankford, Cori Clayton and Mrs. Chrystal Shawn.

WHAT CLUBS WOULD YOU LIKE TO SEE HERE?

Gaming Club
Travel Club
Puppy Club
Flag Football Club
Get-Out-of-School-Early Club
Confessional Club
Greek Club
Glee Club
Blacksmithing Club
Vexillology Club
Up-and-coming Rappers Club
Juggling Club
Dog Lovers' Club
Friends Club

Mens' Club Volleyball Team
Culture Club
Driving Club
Aerospace and Rocketry Club
6'5" and Over Club
5'7" and Under Club
Trivia Club
Minecraft Club
Farmers Only Club
Carpentry Club
SoundCloud Club
Fake Friends Club
Game of Thrones Club

MADDY SARVER



Maddy, we have enjoyed every minute of watching you grow into the beautiful young lady you are. We are extremely proud of you, your accomplishments, your strong faith in God and desire to share it with others, your love and loyalty to friends, and your passion for life. You know what you want to do and be...Go out and change the world!
We love you!
Dad, Mom,
Steve and Marilyn

AZANA PIERRE



To Princess Azana,

You truly define the meaning of your name, "Ultimate," which is the essence of GREATNESS. God has blessed us with a talented, loving, strong and intelligent daughter. Please know that you are the most important person who has come into our lives. The both of us are proud of your accomplishments and we know that you're going to go as far as God will allow. Thanks for being who you turned out to be!



Love,
Mom & Dad

CAROLINE SPRUELL

Congratulations! You are a wonderful daughter, beautiful inside and out. We are so proud of the funny, smart and caring person you have become!

We love you more than anything,

Mom and Dad



KASSIDY RAZVILLAS



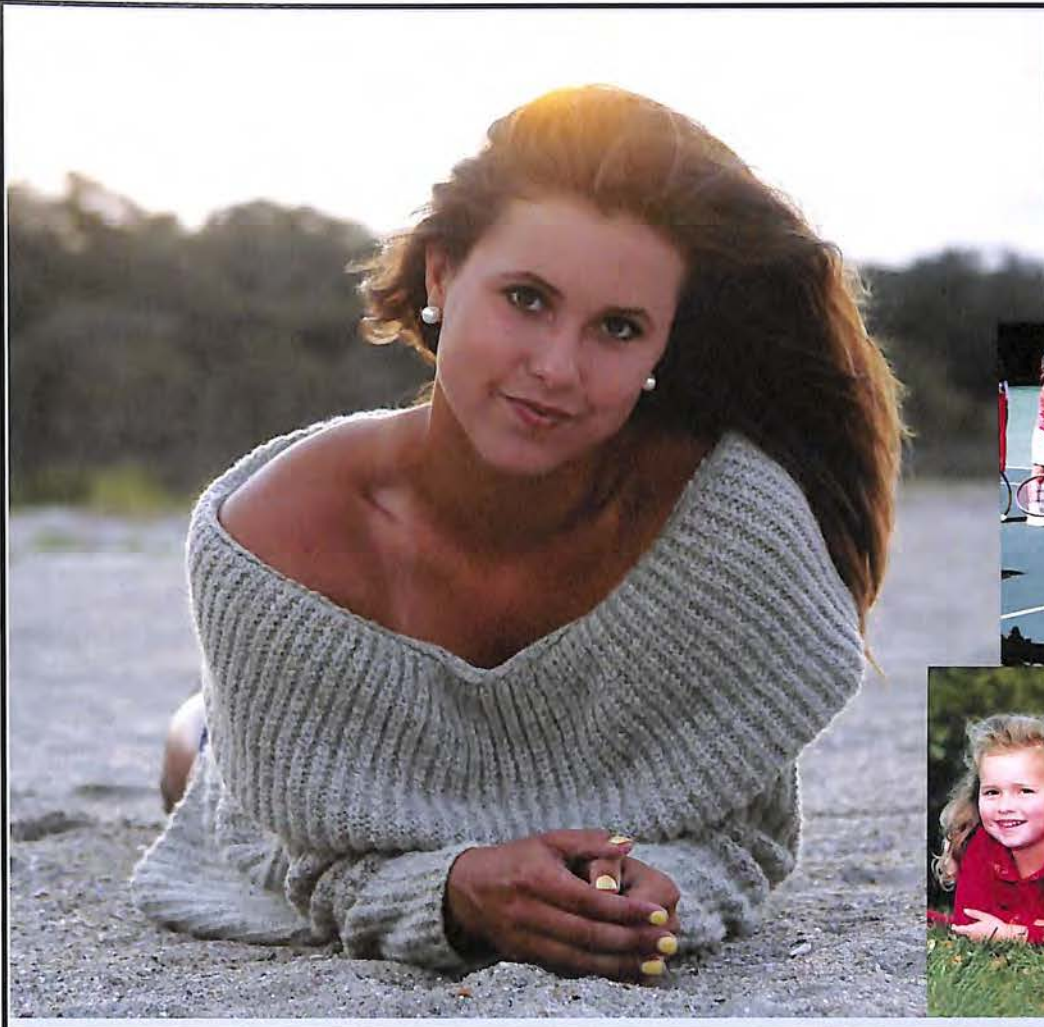
From kindergarten to senior year, we have enjoyed every moment watching you grow. You are stronger than you know and we are so proud of you. We can't wait to see what you achieve next!

We love you,
Mom, Dad,
Kelsey, Matthew and Mason

PATRICK MILLEHAN

Patrick, we are so proud of you and love you very much. We are looking forward to seeing all of your success in the next chapter of your life.
Love,
Mom and Dad





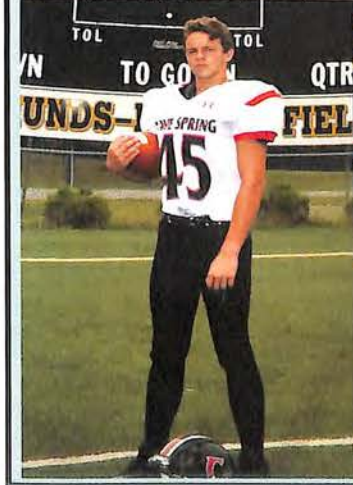
REAGAN DELP

We are so proud of all your accomplishments. You are beautiful, smart, determined and caring. Can't wait to see where life takes you. We love you!! Mom and Dad



ANDREW MONSOUR

Drew, we are so proud of the young man you have become. Congratulations on all of your hard work and accomplishments. Most of all, we are proud of the brother and son you are to this family. We look forward to seeing what successes the future holds for you in the years to come. We love you very much! Love, Mom, Dad, Madison, Maya and Jesse



ISABELLE SIZEMORE



Isabelle,

We are so proud of you!
Keep up the hard work,
and all of your dreams will
come true.

Love,
Daddy, Carrie,
Austin and Robbie

RACHEL BENTON



We are so proud
of you!

Love,
Mom and Dad



Alex,
We are so proud
of you and the
young woman you
have become. We
love you more than
you will ever know.

Love,
Brennan, Mom,
Walker and Emily

ALEX YOST

"Decide what to
be and go be it."
Avett Brothers



BRYCE FOTHERGILL



We are so proud of you! Always
have been and always will be. You
have grown into an amazing young
man. We're so excited to see what
your future holds! Continue to be true
to yourself. Your humble spirit and
giving nature will take you far. We
love you and think you're cool!!!!

Momma, Dad, Sissy and Jared

ALLIE KNIGHT



Congratulations, Allie!
We are so proud of the path that you
are on in life and the wonderful
person you have become. Always
remember how much you are loved!
"You're off to great places! Today is
your day! Your mountain is waiting,
So get on your way!" - Dr. Seuss

Love,
Dad, Mom
and Jacob

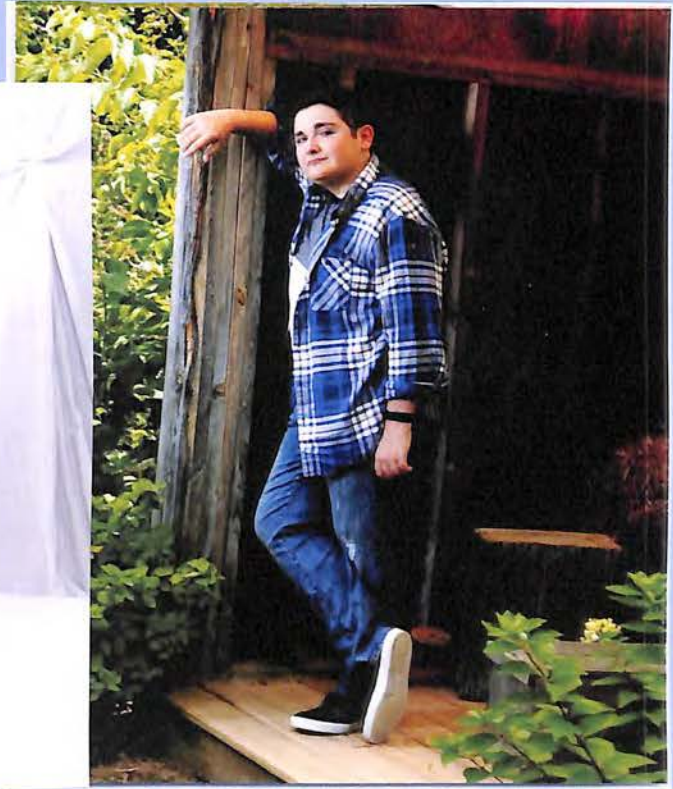


DEMETRI POULOS

Congratulations, Demetri!

May God continue to bless you and guide you on your journey in His plan for your life. We are blessed to be your parents, and we are very proud of you! Keep smiling and making others smile.

Mom and Dad



NICOLE REEVES

Congratulations, Nicole!

We're so proud of you. May the Lord bless and keep you as you begin the next chapter of your life.

We love you!

Mom, Dad, Cal & Daniel



AIMEE STRUZINSKY



Congratulations!
 Aimee, we are so proud of all your accomplishments! It has been a joy to watch you grow into a compassionate, smart, and hard working young lady. You see the humor in the world around you and bring that light to others. We know you will be successful in whatever you do and we love you!
 Love, Mom, Dad, Nicole and Zoe

"Don't let your fears overwhelm your desire. Let the barriers you face -and there will be barriers- be external, not internal. Fortune does favor the bold, and I promise that you will never know what you're capable of unless you try."
 -Sheryl Sandberg



KATHLEEN BRETT

CONGRATULATIONS, KATHLEEN!

You have successfully completed your high school career and your exemplary performance has done nothing but overwhelm us. We look forward to your collegiate years ahead and the achievements yet to come.

WE LOVE YOU.

YOUR TWO BIGGEST FANS,
 Mom & Dad



NICK ORANGE

We are so proud of your accomplishments and the person that you've become.

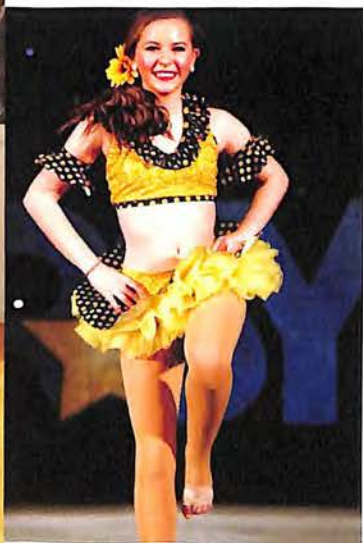
We can't wait to see what the future holds for you.

Best of luck, we love you.
 Mom and Mike



WILLIE HARDEN

I am so lucky to have been chosen as your mother. Through tears, laughter and an endless amount of love, you have grown into a wonderful young man. Your future is yours to take! I love you more....period.
~ Mom ~



DAKOTA MOORE

ALWAYS REMEMBER
You are BRAVER
than you believe
STRONGER than you seem
SMARTER than you think
and LOVED more than
you will ever know.

Love,
Mom & George



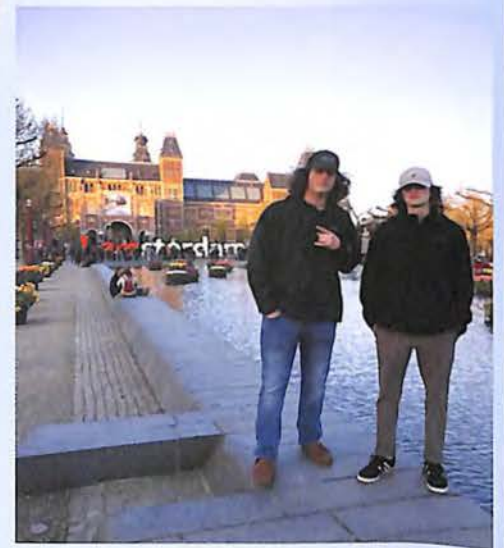
HUNTER SMITH

"It is good to have an end to journey toward, but it is the journey that matters in the end." - Ernest Hemingway

We can't wait to see where this next phase of the journey leads.

We love you!

Mom, Dad, Dylan and Summer



NICK GENTILUOMO

Nick, We are so proud of you! You have such a bright future ahead of you and we cannot wait to watch it unfold. We love you beyond words.

Love,

Mom, Dad, Anna, Chris,
Yiayia & Papou



LAKEN AYERS

Congratulations, Laken! We are so proud of you and all you have accomplished! Be true to who you are and live life to its fullest!
Love you, Mom & Ray

"You have within you the strength, the patience, and the passion to reach for the stars and change the world."
-Harriet Tubman



CARTER GLENN



Carter, we are so proud of you and what you have become. We wish you much success in the years to come. You can accomplish anything, just focus on the goal and go get it!

The meek shall inherit the earth, but they will never reach the green in two - go for it!

Love,
Mom, Dad,
Caroline &
Chandler



ANITA GEIGER



Anita, we are grateful that God took two tough situations on opposite sides of the world and knit them together into the happiest family in Roanoke. We are very proud you are our daughter and thrilled at your commitment to your faith and your family. You will do well in life and have a blast doing it!

With Much Love,
Mom & Dad

ABBEY SHORTEN



Congratulations, Abbey!

We are so proud of you and your accomplishments. It has been a joy to watch you grow into the amazing young lady you are today. Keep your beautiful smile and always remember to follow your dreams.

Love,
Mom and Dad

HANNAH GILLISPIE

Hannah, we are so thankful that God chose us to be your parents. We could not be more proud of the young woman you have become. We know you will accomplish wonderful things.

Remember to always put God first in everything you do. We love you, Hannah Rose. Love, Madre, Daddy, Hadley, Heidi, and Grant



ANDREW CAGLE

We wish you the strength to face challenges with confidence, along with the wisdom to choose your battles carefully. We wish you adventure on your journey and may you always stop to help someone along the way. Listen to your heart and take risks carefully

Love,
 Mom in Heaven, Mom, Dad,
 Matt and Kaleb



JOSLYNN LANKFORD

"You're off to great places, today is your day! Your mountain is waiting, so...get on your way!" -Dr. Seuss

We love you and are so proud of the lady you have become...and remember "you are my sunshine, my only sunshine!"

Love,
 Mom and Dad





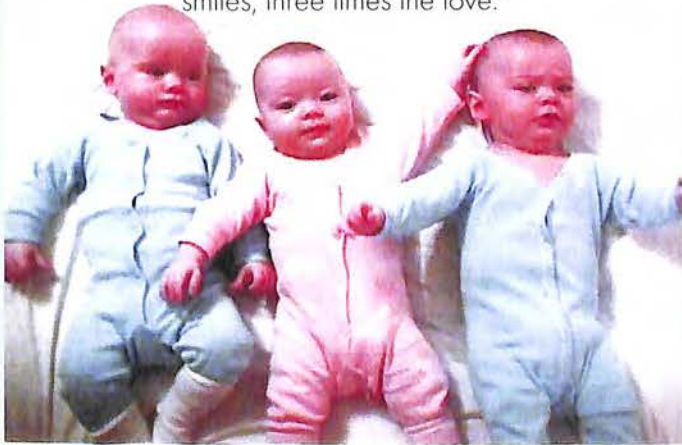
CASEY
LAWRENCE

LEXI
LAWRENCE

CARTER
LAWRENCE



"Three little blessings sent from above, three times the smiles, three times the love."



So many good things come in threes,
Like Musketeers and ABC's.
But triplets are the best of all
From little ones to those quite tall.
It's extra laughter, triple grins.
With joys and mischiefs multiplies
And two defenders by each side.
So much alike forever linked,
And yet they're also quite distinct.
They share a birthday and a name,
But moods and tempers aren't the same.
From days of youth till life is done,
It's one for all and all for one.
We're all quite novel and precise,
But special folks - God made them thrice!

"Triplets" by Larry Howland



Congratulations,
Lexi, Carter, and Casey!
We are so proud of you three
and the amazing young adults
you have grown up to be.

Love, Mom and Dad

DAWSON MILLER



Congratulations to Dawson Miller
and all of his friends!

Love,
Mom and Dad

JANAE LUNGREN



Congratulations! I'm so proud of the person you've become. There's nothing I'd rather see than your smile, and nothing I'd rather hear than your laughter. Continue to be caring, confident, honest, kind, loving, sincere and strong! Set goals and accomplish them, go on lots of adventures and always be a helper to someone along the way.

BLAKE & CASSIDY WEST

Blake, I know life has even more wonderful things in store for you. Dream big, sweet girl, you will do great things. I am so proud of you!

Cassidy, I can't wait to see where life will take you next. There's no limit to what you can do. I am so proud of you!
Love, Mom



INGRID WEBB

Proud of your talent, brains, beauty and sense of humor!
 Congrats, Ingrid Elizabeth Webb!
 We love you!
 Mom, Dad, Isabel and Cicely



MEG STEPHENS

Way to go, Meg!
 We're so proud of
 your hard work and
 tenacity! We are
 excited for
 all the good things
 He has in store!
 Go get 'em, Tiger!
 We love you!
 Mom, Dad & Maddi

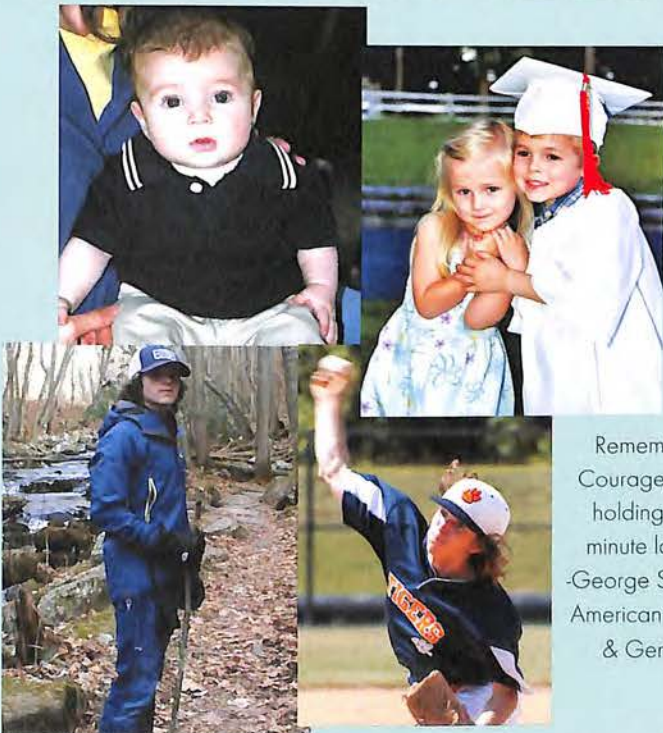


GABBI PARULIS

Congratulations,
 Gabbi! We are so
 proud of the crazy,
 fun, smart, kind person
 you've become. We
 can't wait to watch
 your future unfold!
 We love you!
 Mom, Dad and Cassi



CALEB WETZEL



Remember...
 Courage is fear
 holding on a
 minute longer.
 -George S. Patton
 American Soldier
 & General

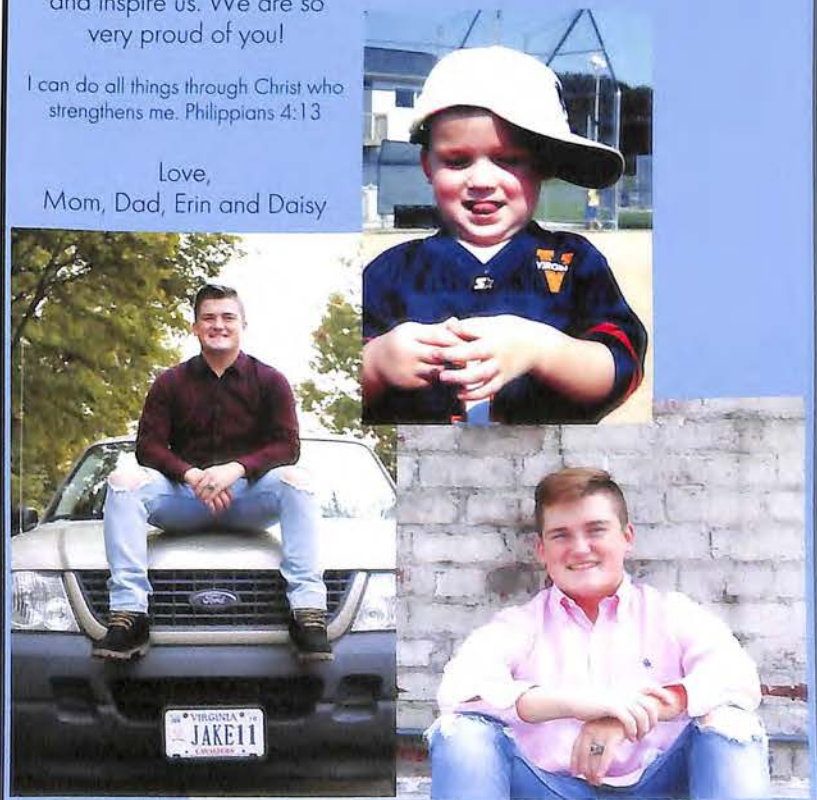
Caleb, from day one you have been extraordinary with a driven
 spirit...we know a great future is before you! Make each day
 count & always live by "no excuses."
 We are always behind you 100%!!
 We love you,
 Dad, Mom, Grace & JoJo

JAKE PUCKETT

Jake,
 In the blink of an eye, here
 you are ready to take the next
 steps on your path. Your easy-
 going attitude and quiet
 strength continue to amaze
 and inspire us. We are so
 very proud of you!

I can do all things through Christ who
 strengthens me. Philippians 4:13

Love,
 Mom, Dad, Erin and Daisy



AJNAH TOLLIVER



Congratulations, Ajnah! You are our future world changer, our big dreamer, our glowing star & our excellent daughter.
Live your life like it's Golden.

Never let uncertainty keep you from moving forward.
Stay true to who God made you, and do it while looking FabTabulous.
Remember, nerds rule the world!!!

Smooches,
Mommie, Dad & Baba

CJ POULSEN

CJ, we are so proud of you!! You have grown into such a considerate, loving, and kind person. We have enjoyed watching you become a leader in faith who inspires others to develop a relationship with God without judgment and with grace. You have excelled in your academics, earning a spot in the National Beta Club. You have placed on the VHSL 2nd Team All State and received the very honorable Chris Woodrum Award for your leadership on the soccer field. We can't wait to see what you accomplish next and feel so blessed to share it with you!!

We love you!!!
Mom, Keith, Avery, Seth,
Ben & Maddie



SOPHIA HUFFMAN

Congratulations, Sophia!

You have a such a bright future ahead. Reach for the stars!
We are so very proud of you!

Love you bunches
and bunches,

Mom, Dad and Parker



HANNAH

Our sweet baby girl has grown into a beautiful, bright young woman. We are so proud of the person you have become. Go after your dream, no matter how unattainable others think it is. You are capable of amazing things!

Love,
Mom, Greg,
Lance, Chris & Grandma

HANNAH BIBBS



CHLOE CROUSE

Super stylin', always smiling!
Chloe, we are so very proud of who you are and all that you have accomplished. We love you forever and always.

Dad, Mom,
Juliana, Bella, Sadie,
Gisele and Mathias



ABBY SLATE



Congratulations, Abby! We are so proud of you and all of your accomplishments. It has brought so much joy to our lives to watch you grow into the successful, kind, funny, and beautiful person you have become. Your hard work has paid off and we are very excited to see what the next chapter of your life brings. Our home won't be the same without you, but we know you are on to bigger and better things. Aim high and enjoy every moment of the journey!
 We love you!
 Dad, Mom, and Samuel

TAYLOR SWARTZ

We are so proud of you!
 Love,
 Mom and Dad

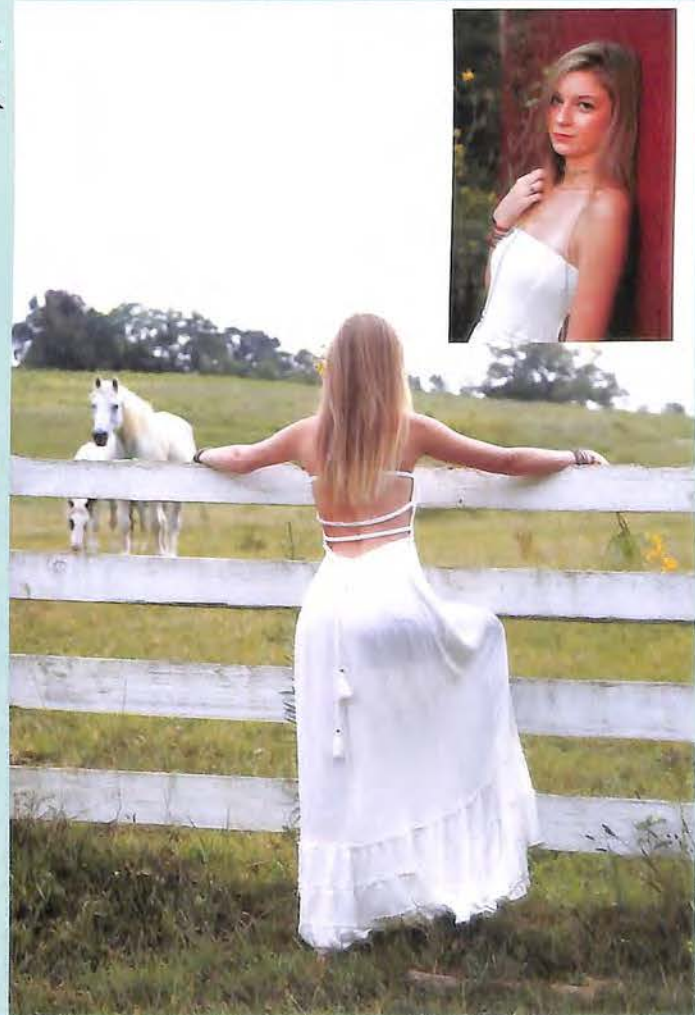
Always remember you are braver than you think, stronger than you seem, and loved more than you know.
 A. A. Milne



TAYLOR BECK

You are Truly One of a Kind... ❤️
 ...We are So Very Proud of You TayBug!

LOVE, Mom and Dad



CLAUDIA JAREMA



Follow your dreams and go toward the path that will make you the happiest in the future. We are extremely proud of watching you become a strong, confident, smart, young lady.
Love you, Claudia!
Mom, Dad and Elise

"The woman who follows the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has been before." - Albert Einstein

Congratulations to our fantastic, darling Flynt! We love you to the moon and back, infinity. Mom, Jimmy, Dad and Blaine, and your crew of sibs

FLYNT VELLA



WAY TO GO, SARAH!! YOU DID IT!! WE ARE SO PROUD OF YOU & LOVE YOU VERY MUCH!!

SARAH BETH WALSH

Love,
Mom, Dad &
Grace



ZOE HANNABASS

You have been a gift from the beginning. The world is blessed to have you in it and it has been a pleasure to watch you bloom. It's an honor to be your mom.





May God bless and keep you always
 May your wishes all come true
 May you always do for others
 And let others do for you
 May you build a ladder to the stars
 And climb on every rung
 May you stay forever young
 ~Bob Dylan

Congratulations, Mary Claire!
 We love you and are so proud of
 who you've become!
 Mama, Rick, Sarah & Sophie

MARY TURNER

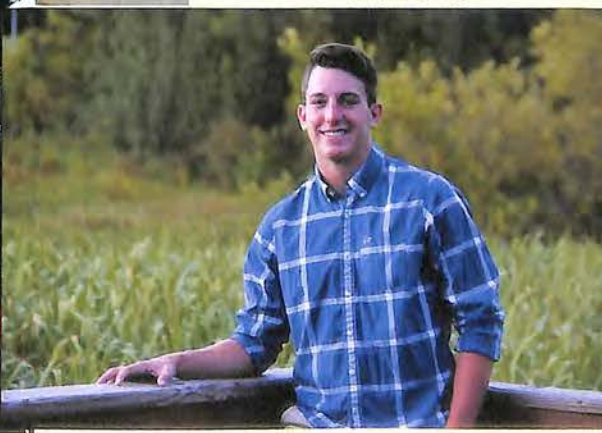
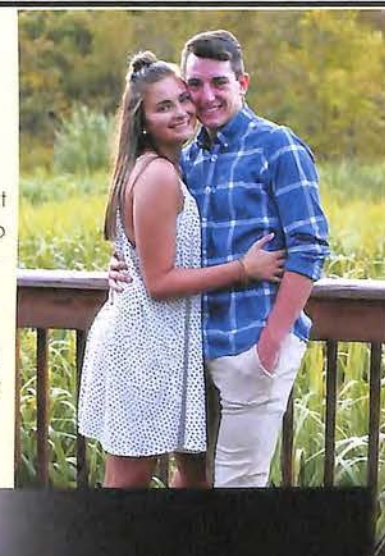


AUSTIN RAGAN

I am so proud of the caring and smart young man you have become. As you start this new adventure called life, remember to always keep God and family first priority and you can't go wrong. Reach for the stars baby because you are the total package who can accomplish all that you set out to do. Love you forever, like you for always, as long as I'm living my baby you'll be.

Love, Mom

So happy we're related cuz you're the coolest, love you so much!
 Caitlin & Josh
 Breann & Adam



MASON LEE



Mason, we are very proud of the young man you are today and we know Christ has significant plans for the man you are to become in the future. We are excited to watch His plans unfold as you grow through the next stages in your life. We love you!

Mom and Dad

BRIANNA HAMM



I'm so incredibly proud of you for reaching this huge milestone. Dream big, work hard, and reach for the stars. Now is your time to shine, baby girl!
I love you, Mom



We love you very much and there are no words that can describe how proud of you we are.
Love, Dad and Jenna

CONGRATS, ACCOLADE SENIORS!

Cagle, Dakota, Joslynn, Nicole, Lexi, Demetri

I love you all and will miss you so much! Good luck on this next chapter in the adventure of life.

XOXO,
Mrs. Shawn

MCCAIN QUICKEL



It has been so great sharing CSHS with you these last four years. I will miss the "Love you, Mom" in the hallway."
We are so proud of you!
Love,
Tom, Mom and Scottie





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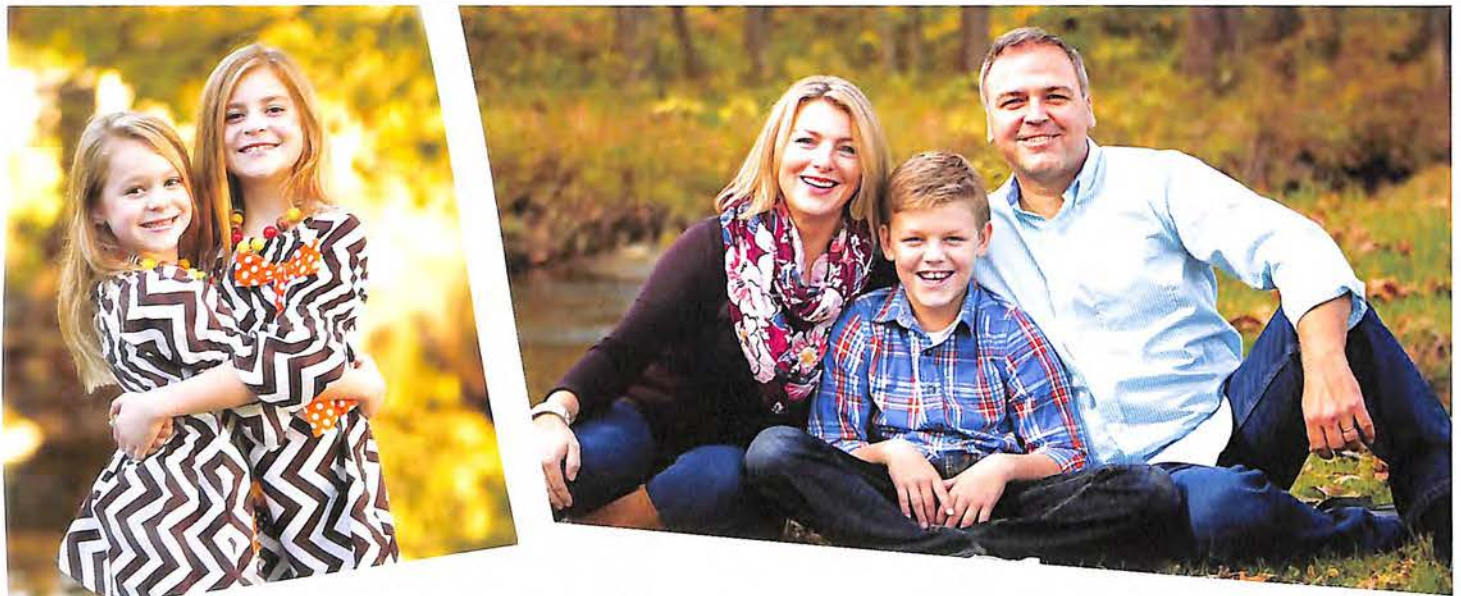
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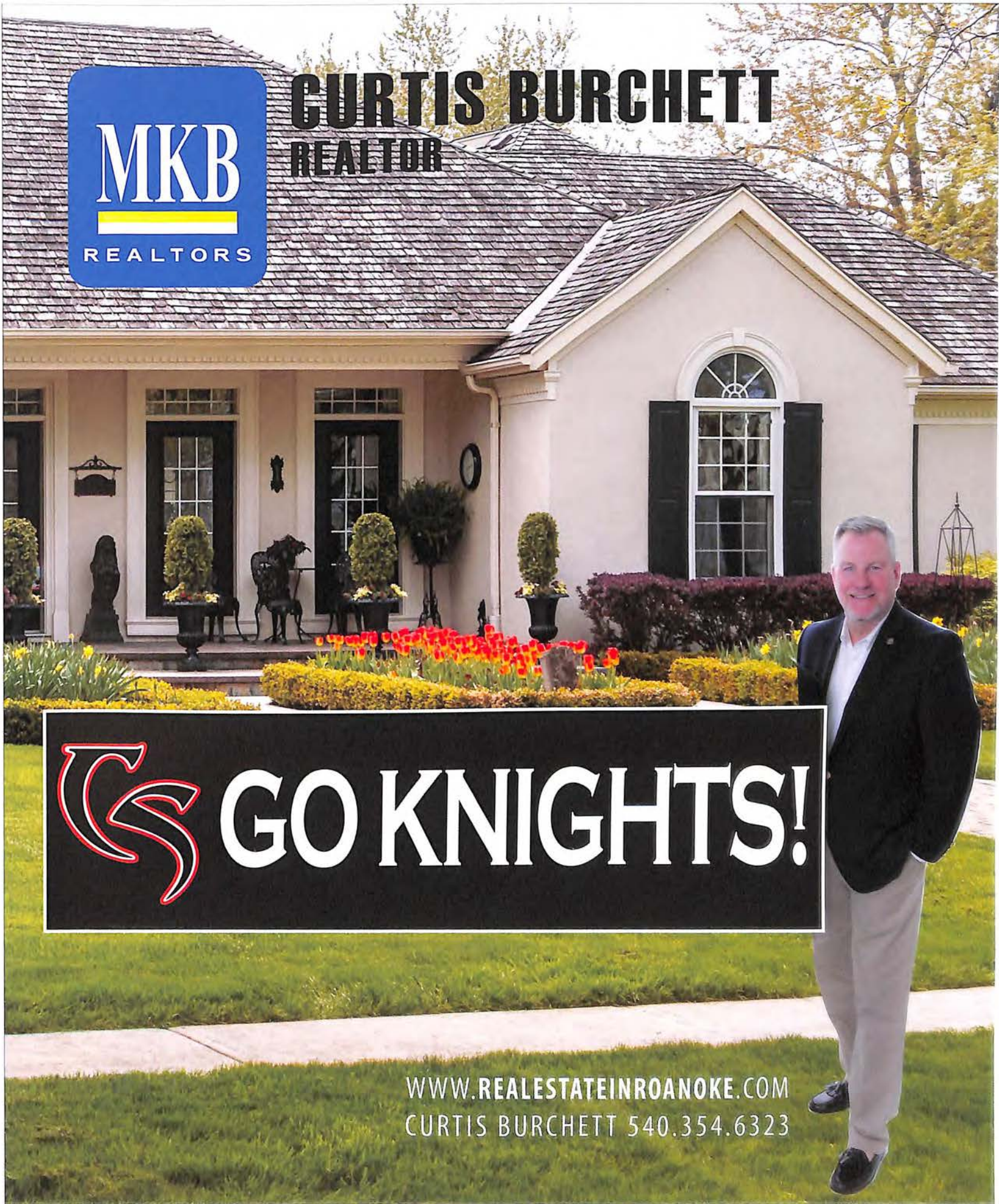


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THEME

"NOW IS THE TIME" came to us after many hours of debating the theme. Originally, it was "NOW IS THE TIME TO FOCUS," but we shortened it because we just felt like something simple was a nice contrast to all of the beautiful artwork senior Nicole Reeves was showcasing in the book. And then one day, we thought, "But what really is it time for, huh?" Nicole was literally leaving her mark all over the book, so...BAM, we added the "TO LEAVE YOUR MARK" on the front endsheets. It all came together nicely in the end. don't ya think? Everyone in this book has left their mark in some way, and we are proud to tell you their stories.

ASSEMBLY

COVER: This cover was a headache and we're not sure if we're in love with it, TBH, but we hope you like it! Printed on silkscreen, with a base material of silver linen.
PRINTING: Vegetable-based inks on 100-pound premium matte paper applied in the Herff Jones Kansas City printing facility. Mark Plyler served as customer service adviser.
PORTRAITS AND GROUPS: LifeTouch
RECOGNITION: Accolade has appeared on both the CSPA Crown and NSPA Pacemaker lists and won numerous state championships.

SPECIAL THANKS

Ms. Jess Wilson: You've been great to work with this year. I hope you feel like a pro, now that your first year is under your belt! Go Dukes!
 Mr. Mark Plyler: As always, you are amahhhhhzing, dahling. XOXO!
 Mrs. Connie Alonso-Mosher: Another year down! And I'm still here!
 Mr. Spangler, Mr. Parker and Mrs. Deeds: Thanks for your support and trust!
 Mr. Steve Kent: Did you really think I'd ever allow a book to be printed without saying something to you? Julianne loves you more than that! Whoyoutellin???
 Last, but certainly not least, MY STAFF: There isn't enough space in the world to tell you how much I love you and how appreciative I am of you. I'll save all the sappiness for our banquet. Where we going?



STAFF

Chrystal Shawn
ADVISER
Jess Wilson
CONSULTANT



Andrew Cagle, 12



Joslynn Lankford, 12



Lexi Lawrence, 12



Dakota Moore, 12



Demetri Poulos, 12



Nicole Reeves, 12



Danielle Brinkley, 11



Cori Clayton, 11



Heather Hatcher, 11



Erin Smith, 11



Hannah Smith, 11



Morgan Stokes, 11



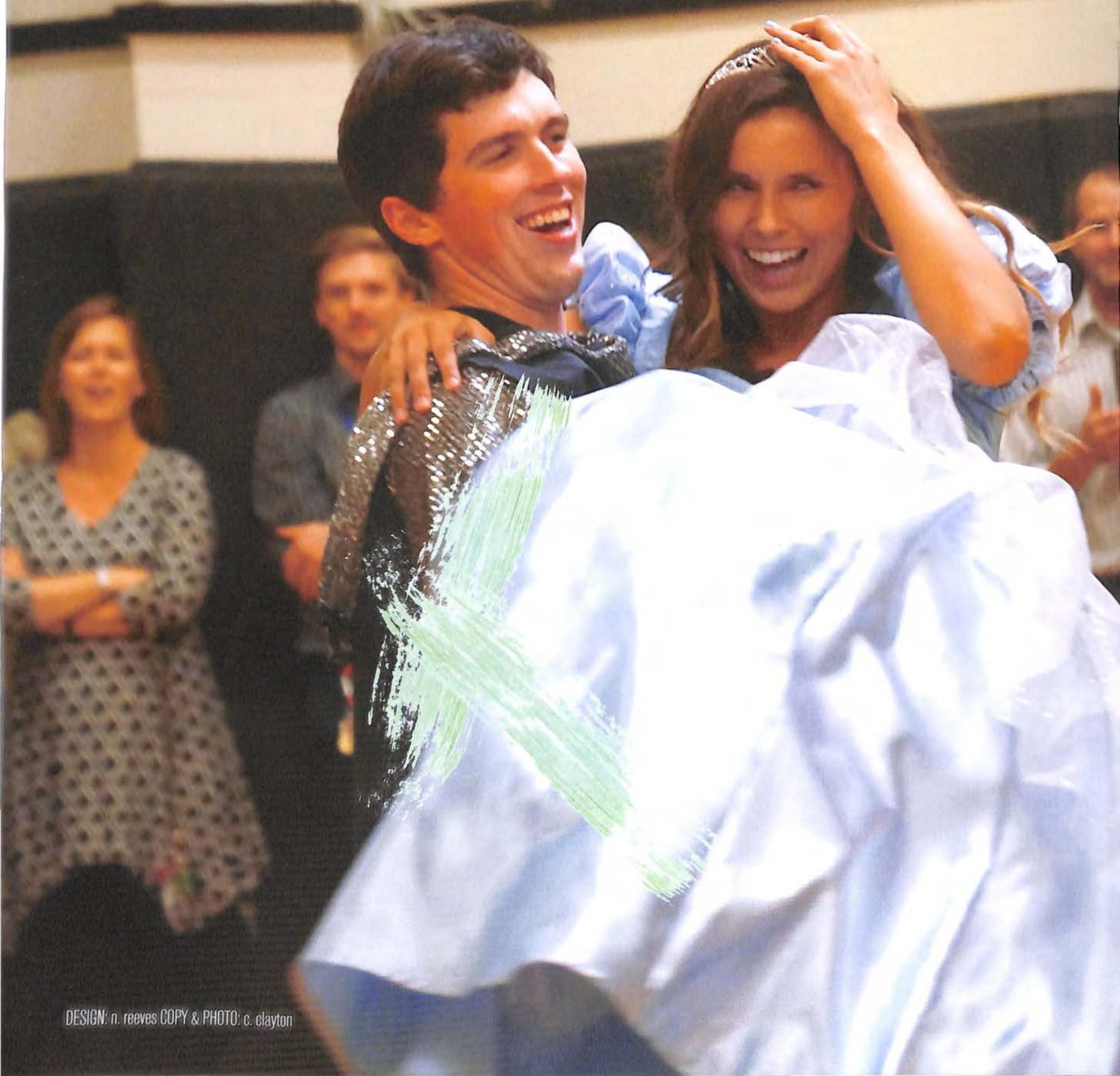
Kate Manica, 9

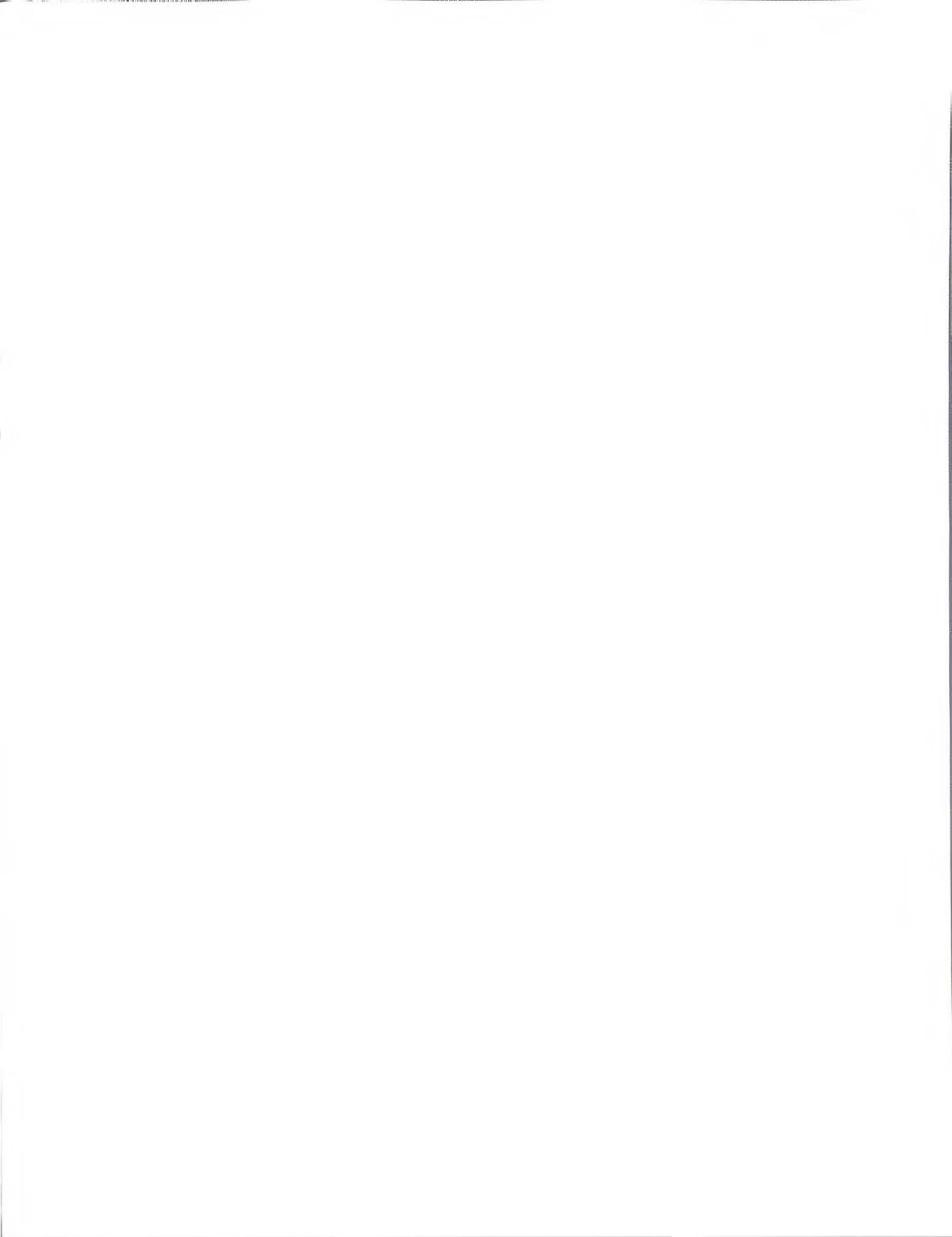
A SMOKE SCREEN ENGULFS the student section during a Hidden Valley matchup. Students turned each football game into a theme night, whether it was through costumes or props. "Powder night was my favorite night by far. Tensions are always heightened when we are playing Hidden Valley and adding confetti cannons and shooting powder off made the game even more fun," senior Claudia Draper said. "The seniors showed Hidden Valley that Cave Spring means business and hopefully the underclassmen had a good time." The Knights fell to the Titans by just one point, with a final score of 22-23.





A HERO IN KNIGHT'S CLOTHING, senior Andrew Cagle comes to the rescue of senior Reagan Delp. Cagle and Delp played the roles of Knight and damsel in distress during a homecoming pep rally skit, where Delp was held captive by a Glenvar Highlander, played by senior Lyndenn Rindorf. "Andrew and I had practiced him picking me up, so it wasn't a surprise, but I definitely didn't feel too confident performing it. I borrowed my dress from [senior] Michelle Gambayar's mom's store, Mommy Time. It was a little too big, but worked well for the part," she said.





**NOW
IS THE
TIME**

