

GROWTH

in the knight

Please Do Not Remove
From Knights' Hub!



Accolade 2021



Alexis Jones, 9

Emily Viesca, 12



Kate Manico, 12


CAVE SPRING
HIGH SCHOOL LIBRARY



Iris Oranchak, 12



Elise Moseley, 9



Sitting patiently at the curb, the bus arrives at Cave Spring High School on the first day of the 2020-2021 school year as its passengers prepare to step into the new school for the first time. This year, taking the bus looked a little different. Students who ride the bus had to adjust to new procedures such as having to attain a bus pass due to limited capacity, wearing a mask at all times, and sitting apart from friends. The moment students stepped down from the bus, someone was there ready to take their temperature. These changes were just the start of a daily routine that students would come to realize contrasted greatly with the previous year.

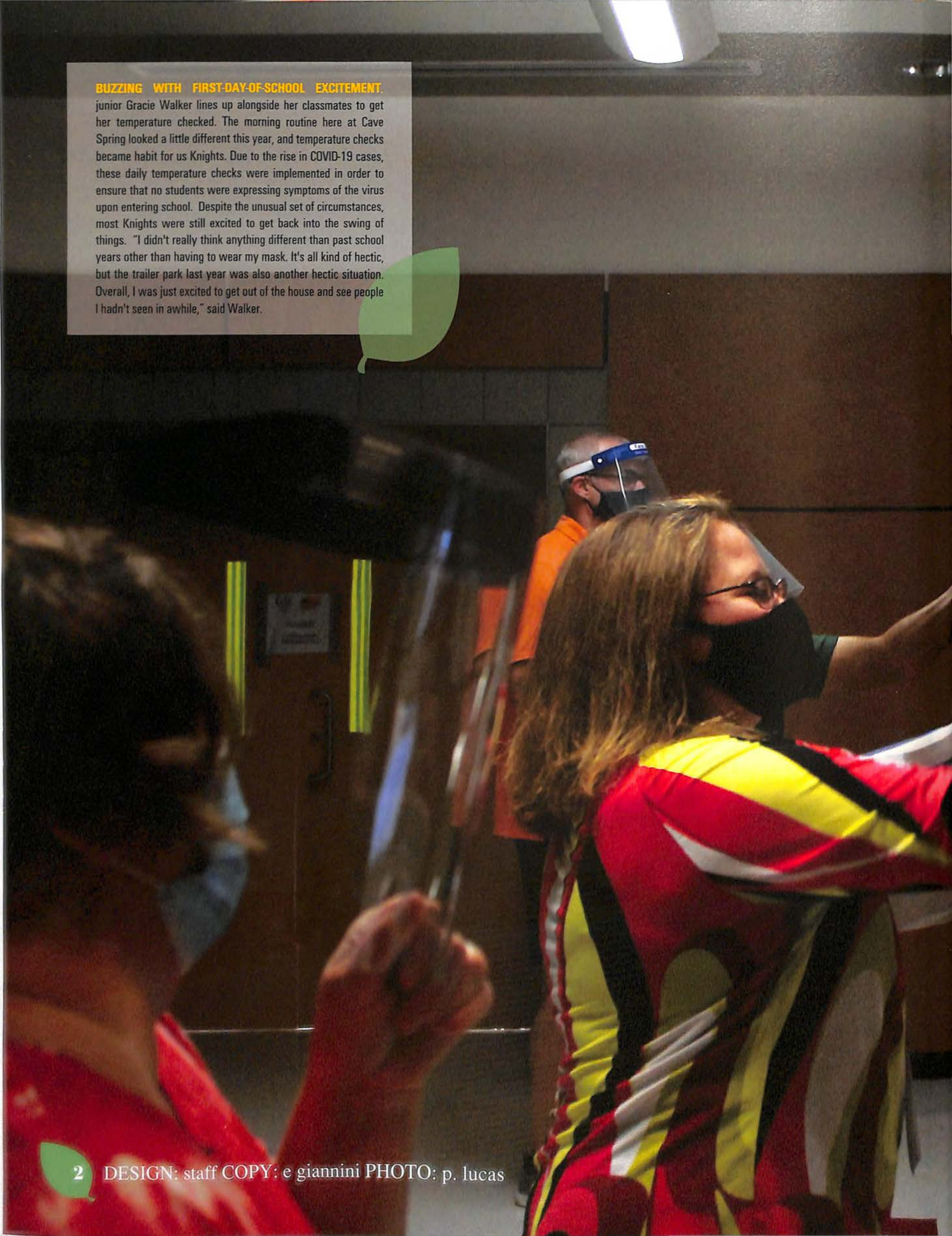
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FRESHMEN: 287
SOPHOMORES: 255
JUNIORS: 216
SENIORS: 244
FACULTY + STAFF: 99

ACCOLADE 2021
VOLUME 65

BUZZING WITH FIRST-DAY-OF-SCHOOL EXCITEMENT.

junior Gracie Walker lines up alongside her classmates to get her temperature checked. The morning routine here at Cave Spring looked a little different this year, and temperature checks became habit for us Knights. Due to the rise in COVID-19 cases, these daily temperature checks were implemented in order to ensure that no students were expressing symptoms of the virus upon entering school. Despite the unusual set of circumstances, most Knights were still excited to get back into the swing of things. "I didn't really think anything different than past school years other than having to wear my mask. It's all kind of hectic, but the trailer park last year was also another hectic situation. Overall, I was just excited to get out of the house and see people I hadn't seen in awhile," said Walker.







TAKING A KNEE BEFORE HIS CLASSMATES.

senior Joseph Kupidlovsky is appointed Class of 2021's Cave Spring Knight. Kupidlovsky addressed the students and faculty in a unique way this year: through a virtual broadcast on the first day of classes. In past "non-COVID" years, the entire staff and student body gathered in the auditorium to discover the Knight award recipient and bring in the new school year. With a heartfelt and encouraging speech, Kupidlovsky unified and uplifted the student body. "Now, I understand this is strange. None of us are used to this, everything is different, and we all must learn to adapt and overcome challenges while keeping the health and safety of others in mind. However, that is life. It will be filled with challenges thrown our way that we somehow must overcome," he said.



Miss Lucas



Following the new blue tape arrows, students head to their morning classes on the first day of school. School administrators placed the arrows on the hallway floors to control foot traffic in between class changes. In addition to the new traffic pattern, a new rule was also implemented that prohibited students from hanging out in the hallways to talk with friends. Normally students would mingle in common areas before and after school, but that kind of crowding would have contradicted all of the other social distancing efforts the school had put into place. Though everyone missed getting to chat with their friends wherever they wanted, students complied with the new rules because they all knew that following the rules would create a safer school environment.

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rooted in the CAST

CAVE SPRING HIGH SCHOOL

LE



The beginning of the school year was filled with fear and uncertainty due to the coronavirus pandemic. Returning from nearly five months of no school, many students struggled at first to adapt to the new routine, which included social distancing, wearing masks, and an entirely different school schedule with Group One in person Mondays and Thursdays, Group Two in person Tuesdays and Fridays, and Group Three all online. With everyone in different places, some virtual and others in person, communication became more important than ever before. In the face of these challenges, the new school building was a shining beacon of hope and joy for many students and staff alike. The beautifully redone home of the Knights became a source of pride and, for those who had lived through the trailers, relief. Our community could not wait to grow into its new castle.

tying loose *STEMS*

March 7th:

first confirmed case of COVID-19 in Virginia.

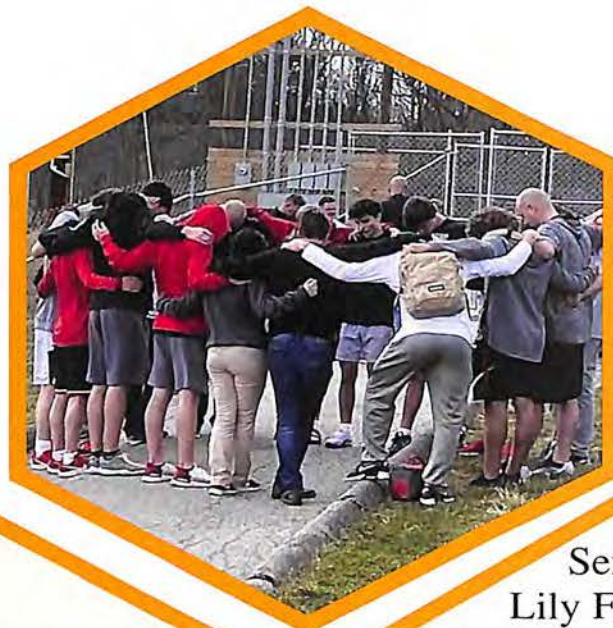
March 13th: all Virginia schools closed for 2 weeks.

March 15th: Governor Northam bans all gatherings of more than 100 people

March 24th: All nonessential businesses shut down



Huddled in prayer, the boys basketball team reflects on recent news of their state championship game cancellation. The Knights were preparing for a tie-breaker match against Lakehead on March 13th, 2020, and received the unfortunate news the day of the game.



"It kinda sucks, because I don't do anything till 7 or 11 at night and when I go to class, I'm like man I should have watched those math videos."

Mason Sheehy, 10



"The season had been going on for at least 5 months at that point and the only thing keeping us going was our goal of a state championship. It was a bizarre experience, but one that I cherish and brought a close team closer together."

Walker Swanson, 12

Senior Lily Fox and junior Lauren Fradette share a laugh in the trailer park in April, 2020. Aside from the questionable restrooms and slippery walkways, the time spent in the CSHS trailer park will be remembered fondly.

"It impacted my work ethic for school, without being in school every day I became lazy and did not want to do much."

Sarah Beth Tirico, 12



"It fully changed the way that I and every student has been learning for years and confused a majority."

Kalak Wagner, 9



"It impacted me because I had a lot of free time to learn and find new things I like to do now."

Grayson Snyder, 11



**WHEN SCHOOL
SUDDENLY CLOSED...**

Proudly united in front of the nearly complete school building, the senior class of 2020 welcomes the final months before graduation. College decisions mostly in place and the bulk of the academic year aside, these seniors were ready to enjoy spring sports, prom, and a formal graduation.



It is no secret that the conclusion to the 2020 school year was quite abrupt. As spring sports were swiftly canceled, prom plans halted, and graduation ceremony methods questioned, the novel coronavirus closed in around the greater Roanoke area. Despite the unfortunate circumstances, the Knights stayed strong and adapted to the changing times. “Despite the underwhelming experience of senior year, 2020 was the catalyst for something special. Teachers and staff went so far as to plan a drive through graduation and give us a memorable send-off. Although classes were on this new app called “Zoom”, we somehow grew closer as a community.”

Phillip Becher, 2020 Alum



Playing their saxophones at the 2020 Jazz Cafe, Abbie Robertson 12, Ryan Chewning 12, Roxy Robinson, Alum, and Skylar Perdue, 12 perform for the crowd.

Lining up for temperature checks, Mason Sheehy 10, Ethan Sheehy 12, and Abbie Robertson 12, look forward to the first day of the 2020-2021 school year.



frequent *FANS*

Every game during the 2019-2020 Boy's Basketball season was filled with lots of fans and a huge student section to cheer on the team. Some students even showed up for almost every single game. So what kept them coming back?



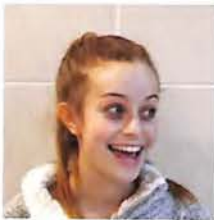
"The pep from the student section"
Holden Foster, 12



"I just wanted to come back to see if they would keep up their record"
Jenna Hopstetter, 12



"Just the team's atmosphere and how much they hyped each other up as a group."
Megan Eller, 11



"The family of cave students that came. I would get to see all my friends who I didn't always see outside of school, and we had such a good team, which made the games so much fun!"
Ella Tkachenko, 11



Receiving the NFHS award, Mr. Jacob Gruse (fourth from the left), stands with Mr. Steve Spangler (fifth from the left) and a few school board members. Last year, Coach Gruse was the recipient of the NFHS State Coach of the year award. "I was very honored to receive this award. I feel like it's a total coaching staff, team, community award because without all of these, it would not be possible. I couldn't be happier for our program to be named NFHS State Coach of the year," said Gruse.

Swinging the freshly-cut basketball hoop net over his head, Coach Gruse celebrates with his team after beating Northside High School to win the Region 3D Championship speech. The players and cheerleaders crowded together on the court in the excitement of the win.



the road to Victory

The 2019-2020 Boy's Basketball season began with various complications: school in a trailer park, no gym, no team room, no weight room, and having to bus everywhere. The daily routine for the boys was to hurry to the bus at 3:15pm and be out of the parking lot quickly to avoid traffic. The bus would travel to Cave Spring Middle School to pick up 9th grade players and then to Spectrum Sports Academy where practice would be held from 4:00pm -6:00pm. This pattern went on for six weeks until the team was forced to find other locations for practice and host "home games." The team ended up having to move between Cave Spring Middle School, the Salem Civic Center, Roanoke College, and Hidden Valley High School. Despite these challenges of frequent travel and a limited routine, the Knights finished the regular season with a record of 20-2. The District Tournament was held at Hidden Valley High School and Cave Spring won, defeating the 5A team that had previously been the only team to defeat Cave Spring. The Regional Tournament, also held at Hidden Valley, resulted in another win for the Knights that put them in position to host the State Tournament, which was held at Roanoke College for State Quarterfinals and Salem Civic Center for Semifinals. Unfortunately, on March 12th, which unbeknown to the Knight community would be the last in-person school day of the year, the championship game was canceled due to the Coronavirus pandemic. The Knights were forced to tie for the state title and declared Co-Champions. Despite the dissapointment of the season's end, the team made history with an overall season record ended at 27-2. That is the most season wins in Cave Spring history. Cave Spring won the following titles: River Ridge District Champions, Region 3D Champions, and finally, State Champions.

Jumping for joy, senior Walker Swanson celebrates with the team after a hard-fought victory in the state semifinals. The Boys' Basketball team secured a spot in the State Finals after beating Central Woodstock. The State Final game was cancelled, and the Knights were declared to be Co-State Champions. "I supported the team and worked hard in practice and on the scout team to prep the guys for the games," said Swanson.



Hyping up his teammates, senior Jacob Tozier cheers on his fellow players as they go up against Lord Botetourt in the regional semifinals. The Cave Spring Boy's Basketball team won by a large margin to qualify for the state tournament. Tozier supported his team and brought a lot of energy with him. "The most memorable part of the season was the excitement in the locker room after winning the state semifinal game," said Tozier.



Driving the ball down the lane, senior Cameron Bishop looks for an opening on the court. The Boys' Basketball team beat Lord Botetourt with a final score of 67-44. Bishop was a point guard for the team and his support for the team helped propel them to victory. The Boys' Basketball team came together as a family to get the best record in Cave Spring History. "The best part was all the jokes and friendships that were made throughout the season," said Bishop.

PASSION players

Members of this year's basketball team reflect on what they love about their sport.



"I am most excited to be able to play one more year with friends that I have grown up playing with my whole life."

Cameron Bishop, 12



"Basketball is my passion. It is also fun and gives something to do during this time."

Will Childs, 11



"I love playing the game and after all the adversity this year it is exciting to play again."

Jake Dellinger, 11



"I like playing basketball because it's fun"

Stark Jones, 10

Power Trip



In this sport of Olympic weightlifting, you get three attempts first in the snatch, and then three in the clean and jerk, and whoever has lifted the most combined weight between the best result in the snatch and the clean and jerk wins. I started weightlifting around two and a half years ago in September of 2018. I saw it on YouTube and thought it looked really interesting and fun, so I went to the RAC and gave it a shot. I started out without a coach, just practicing by myself and watching tutorials on how to perform the lifts correctly. Later the next year, however, my dad and I went to meet up with Donald Jackson and Sijente Henderson, two local weightlifters who used to hold a class every Sunday downtown. They really brought me into the sport and helped me to get to my first local competition in Richmond, Virginia. They have helped me in every other competition I've done since. The reason I keep doing it is to see how well I can actually do in this sport and see where it will take me.

To fuel my workouts, I usually eat about 3 meals per day, but they're often quite large. I tend to stay away from sweets personally, however like everyone I'll have something like that on a holiday or birthday or something. I'm not sure how many calories I eat a day, but I'd estimate around 3,000 - 3,500 depending on how intense the training is that day.

When the Quarantine started, I was extremely fortunate to have a quiet, nice home gym where I could train. However a new weightlifting gym just opened up called Summit Weightlifting and I now split up training between there and my house.

I wouldn't say I live in the gym, but I cannot deny that it is a massive part of my life. Right now, I train 6 days a week, with 9 sessions in total. (3 double days, 3 single days, and one rest day that I split up throughout the week depending on events I might have.

On days we don't have school (every day except Monday and Thursday for me), I wake up around 8:30-9AM, have breakfast, and do some homework. It's usually reading or a small assignment or something like that. Then I go and work out, usually by 12PM. After that I have lunch, rest, and do whatever assignments, homework, or studying I have that day. If the day calls for two training sessions, I go back out around 6-7PM and do the second training. By then it's usually 8 or 9PM, and I relax, possibly do some homework if I have some left that day and try to practice either Spanish or Russian for about 30-45 minutes because I enjoy it. On the two in-school days, the day looks pretty similar - just waking up earlier and going to school. Thursday is very often my rest day from training. On non-school nights, I sleep between 8-9 hours, and on school nights it's usually 7 to 8, but like anyone that fluctuates.

As of right now, my personal record in training for the snatch is 110 kilos/ 242 pounds and in the clean and jerk it's 125 kilos/ 275 pounds. My best accomplishments in this sport would definitely have to be a silver medal in the youth 89kg weight division at the 2020 Virginia state championships and a bronze medal in both the total and snatch at the youth 2020 national championships in the U17 89kg weight division. I would have to say the thought of getting medals motivates me to continue training and do my best; however I do just genuinely enjoy doing this sport for the most part which helps quite a bit.

I basically take everything by a day by day basis. Other than school and weightlifting, I'm not really involved in too much else, so that definitely helps a lot. I am 100% certain that I would not be able to do this sport and compete without the support of my family. I am extremely fortunate that they support me and help bring me to competitions. This sport takes a pretty big commitment, and I am so grateful that my parents support me along the way.

As told by junior Ryan Lucas

QUARANTINE CUTS

During quarantine, a lot of students changed up their hair, trying on styles ranging from buzz cuts to multi-colored hair. For some it was an exploration of self, and for others it was an escape from the boredom of quarantine.



"Honestly my friends were just like you should get a mullet and I said ok and got one."

Bryce Cooper, 11



"I have been wanting to go dark for about a year and it was difficult and expensive to keep up with the blonde."

Dori Havens, 12



"I have been dying my hair since I was 11 and I thought it would be fun since I was trapped in my house"

Sarah Duff, 11

coronacation NATION



Joe Kupidlovsky, senior, is a volunteer attendant at a rescue squad. Since starting during quarantine he has been assisting in patient care and working alongside paramedics. "I volunteer 1-2 times a week for 12-24 hours. I volunteer because I love patient care, the study of medicine, and giving back to my community," said Kupidlovsky. "One of my most memorable experiences is when I had to squeeze two giant bags of saline as hard as I could into an IV while riding in the back of an ambulance going 70 mph to make sure the patient survived." Kupidlovsky plans to continue with medical work in college. "My ultimate goal is to become a trauma surgeon. I just feel comfortable when I'm doing what I do. It feels natural, like it's where I'm supposed to be," he said.

Senior Amisha Sahni is a certified EMT who is planning on running calls with the rescue squad in December. She got her certification during quarantine in the summer. "When I started to do it, I fell in love with it. It's really cool to start learning all the medical stuff this early on," said Sahni. "The most memorable call I have been on was when we took care of a hypoglycemic patient who was throwing up everywhere. The smell was awful, but the whole experience was surprisingly really cool. I think every call is exciting because you never know what's going to happen or who you're going to get," she said.





Carving out a bowl on his brand new lathe, senior Ryan Chewning pauses his woodworking to take a picture. Chewning bought a new lathe during the beginning of the quarantine and has been making bowls and more ever since. "It kept me busy during the start of quarantine when I had a lot of extra time on my hands. I enjoy the simplicity of it," he said.



Playing an intense round of Modern Warfare, junior Hailey Gesler does her best to win the game. Gesler got an Xbox in late April for her birthday and has been playing a variety of games on it since. "It did help me through quarantine because I wasn't as bored and it made me feel closer with my dad because I haven't been able to see him because of Covid," she said.

Eating a meal using her new skill, senior Victoria Downie shows off her new utensils. Downie learned how to use chopsticks after she got Chinese takeout and only received chopsticks. "I'm a little too proud of being able to use them. I've eaten cereal with them at one point, which actually sorta worked," she said.



Blending into his surroundings, junior Ben Rubin uses his ghillie suit to give himself the upper hand. Rubin started airsoft in early september as a way to get out of the house during quarantine. "My favorite thing about airsoft is the group of people there. It's an activity where everyone is trying to have a good time," he said.



"I got Dot and Dash from my aunt, whose cat gave birth to some kittens. I really like throwing a ball down the hallway and watching them chase after it."

James Snyder, 11



"I got Joe Diffie from some guy in Franklin County and I love taking him for walks around my neighborhood."

Michale Hays, 10



"Bear is our newest of six guinea pigs. we got him at Angels of Assisi and he likes to roam around and hide under couches."

Sydney Rearick, 9



**COZY
COVID
CUDDLES**

Confessions 4.0

Back by popular demand for the fourth year in a row, the knightly confession board went digital again this year on our online survey. Many of you revealed some of your best kept secrets...

I'm gay and I haven't told anyone

I have a huge crush on one of my friends, but I don't want to tell her because it might ruin our friendship

Every time I go on a hike, I end up using the restroom in the woods

I've never had a crush on just one girl

I collect all of my fingernail shavings in a jar

When I bake something, I act like I'm on a baking show

I actually
enjoyed some
parts of
quarantine

Sometimes I
wish my dad
didn't have
PTSD, so that
we could do
things together
more often....

I peed my
pants when I
hung out with
my crush

I cheated on
my boyfriend

I've cheated
on every
single test
I've ever
taken in high
school

I ate the last bit
of ice cream

I kissed my
best friend
then we didn't
talk for three
weeks

I still pick my
nose

where i STAND

“Even though I am not old enough to vote in this year’s election, I try to stay informed as much as possible but there are still some topics that I have not educated myself enough to speak on. In general, I try to be as moderate as possible and open minded to each side, but I do not in any shape or form support Donald Trump as president. In the past debates between Trump and Biden, the way Trump acted in general was so immature and extremely unprofessional. If I had to vote, I would vote for Biden. I know both candidates are not necessarily the best candidates in the world but I lean more on Biden’s side. I think taxing the rich is a good idea because even though they’re in the top 1%, the lower quartile pays more in taxes every year rather than some of the richest people in the United States.”

Emma Larson, 12



In a Word

Describe the election in one word.



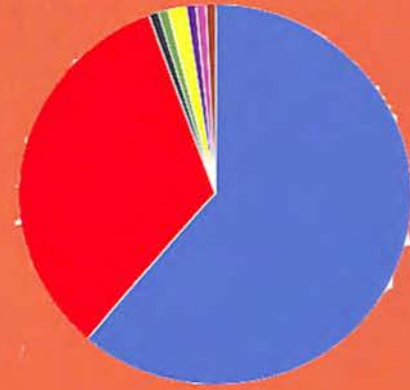
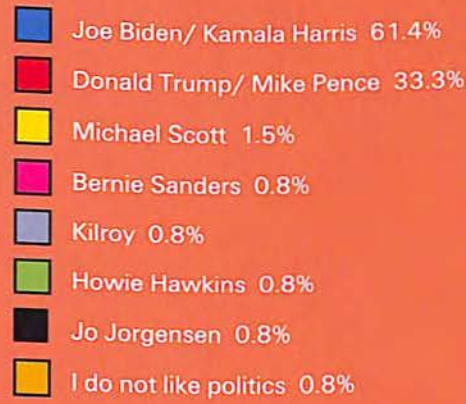
“Circus”
Frank Spiers, 12



“Ridiculous”
**Sarah Beth Tirico,
12**



Cave Spring High School Mock Presidential Election



“President Trump has made amazing changes to our country. The peace he’s brought to the Middle East has lowered concerns by a landslide. Trump showcased his concern for the safety of the United States’ citizens with COVID by shutting down immigration and ties with China for the time being. By doing this, it saved potentially thousands upon thousands of people’s lives. This was about putting American lives first. With the efforts of Trump, it bought valuable time to re-invent testing for the virus. Before his signing of the order, Trump expressed that when Obama Care is removed, it will increase the people’s ability to receive lower price health care options, and a multitude of options as well. Trump isn’t your typical politician, and that’s why he was elected. If it wasn’t for his grit, and his way of ruling with an iron fist, America would be doomed. If we keep him in office, we will only see the United States flourish.”

Sam Smith, 11

“Crazy”
Jesse Monsour, 11



“Chaotic”
Marisa Sigrist, 11



“My word is
not school appropriate”
Mr. Hubard

What surprised you most about the new school?



"The windows. They make things brighter."
Rachael Anderson, 10



"How nice the school is."
Chase Morris, 12



"How big everything is compared to the middle school."
Evelyn Anderson, 9



"The windows and the paint."
Chas Gilroy, 10

Waiting for its moment, the new café sits unused until it can become a place for students and teachers to relax and hang out with friends. The café has always been a place of comfort and relaxation for the students to go when they feel stressed or just need a break. Mrs. Hale, one of the teachers that will eventually run the café, said, "My vision for the café is that I hope we're able to have lots of students hanging out and relaxing, like a mini-Starbucks. I want to be able to sell food and some snack options that we make in class."



The updated trainer's room, connected to the weight room, has much more space and a variety of new equipment available for the needs of the student athletes. Danielle, the trainer for Cave Spring said of her new space, "I love the new room so much, it's such an upgrade from the last one. My favorite part of it is definitely the size of the room, it is much more spacious than before."



Scattered throughout the building, modern furniture makes the new school more inviting. The furniture being outside in the hallways made the building warmer and almost homey, creating a more comfortable and community-oriented environment.



growing pains

just because it's new, doesn't mean it's perfect



So soon after being completed, the gym floor is being torn back up to be redone because of an issue causing it to bow. This incident was an unfortunate set back to the construction of the court and made it harder for many athletic teams to practice. Basketball coach Mr. Gruse said, "I was devastated when I saw what happened to the gym floor. We've spent a ton of time, energy, and planning into giving our team a great home floor. I kept thinking about how we would have no place to play or practice for the 3rd straight season. Such a shame for the players."

Standing out in the rain, teachers and students are having to wait to get back into the school after a leak in the ceiling causes the fire alarms to go off. Even something improved can have similarities from the past, which was evident when the leak in the ceiling tiles caused a false emergency. "I am just going to chalk it up to 2020," Mrs. Brubaker said. "We waited so long for our beautiful school, but 2020 decided to throw us for a loop and give us a nice leak and fire drill in the pouring rain. Thanks a lot, 2020!"



OUT WITH THE OLD IN WITH THE NEW

What is the most exciting part of the new school?



With sunlight streaming in, the upper annex hall got a facelift during the school renovation. Previously, it had no windows and had limited natural lighting. These new windows were some of the favorite changes to the new school for students and staff alike.



"In my opinion, the most exciting part of the new school is the new weight room."
Skylor Carroll, 11



Ready to welcome students, the front entry stands tall and wide creating a calm atmosphere. The skylights were a new addition to the school and have received positive feedback. Mrs. Malcolm said, "It has made everything more bright and uplifting. It's amazing to have so much light and so many windows."



Hanging in the gym, the Jumbotron is one of the newest additions to the school that is to be used during home games in the gym. When the gym floor is finished, sport events will be improved with the Jumbotron helping the fans to be able to be more involved with the events. Sophomore basketball player Katie Carroll said, "It will keep the crowd more engaged in the game and make it easier to follow the game and the players", when asked what her thoughts were about the Jumbotron.



"The most exciting part of the new school is the water bottle fillers."
Parker Waters, 12



"That there is actually good air conditioning and heat."
John Asimakopoulos, 12



"The lack of mold in the ceiling tiles."
Jakob Kielty, 11

In honor of Mrs. Ashley Huray, a memorial bench sits firmly at the entrance of the school to carry on her legacy. She is fondly remembered for her bubbly and welcoming personality. Mrs. Huray was the Latin teacher for many years and had a lasting impact on all of her students. When asked about what the bench symbolizes to Cave Spring, Mrs. Huray's close friend, Ms. Burton said, "Whenever I sit on it, I hear her voice telling me to 'get up and do something.' She is so greatly missed, and I think about her daily. Hearing her sassy comments and jokes is comforting."



COVID in a word



COVID-19 has made it hard to read facial expressions like when people smile. Sometimes you smile to a stranger and it can make their day, where now with the face masks you look weird.

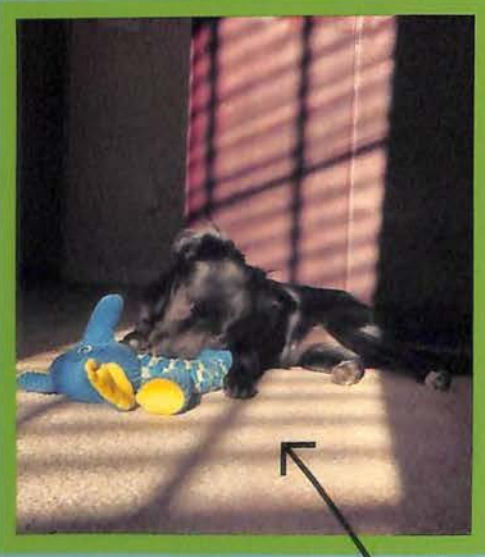
I was completely fine, nothing ever happened to me aside from a small cold. The only thing that happened was that I improved my understanding of myself.



The beginning of quarantine was really difficult mentally and I lost a lot of motivation for school. I was really depressed thinking about all of the things I was missing out on, like dances, football games, and concerts. Over time, I've come to terms with it all.



Senior Matthew Crawford leaves the building after a school day.



I like going to school now, since I get to talk to other people

My whole covid experience has been ok...boring and sad, but I've been able to learn more about myself and accomplish new things. So, it's been ok all around.

COVID was really rough on my mental health, but as life goes back to normal my mental health gets better. I was also able to rescue a puppy, named Winnie, during the pandemic.

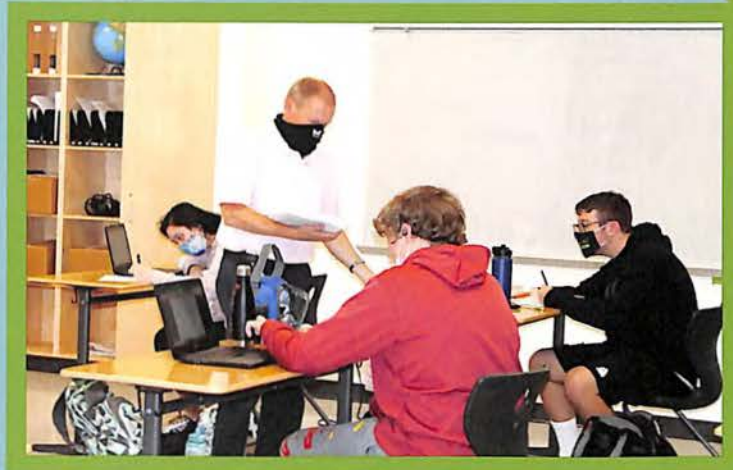
Last year has been a really long and stressful year because of COVID-19. Not being able to hang out with friends and having restrictions when going out is something that I don't like about COVID.



School is very different this year, but I like learning this way.

The worst part about COVID is the lack of traveling. It is so boring staying in the same place for over a year. Also the emptiness of everything is super depressing, but hey - gotta do what you gotta do.

It is very boring and very lonely. I am ready for it to be over.



Mr. Hough passes out a worksheet in science class.

Looking forward to normal life gets me through the negative days.



Mrs. Bolen takes the temperatures of bus-riding students.

Although this year has not been ideal, I have had more time to focus on me. I started taking care of my mental health.

To be honest, I feel very fortunate with this whole experience. I still have the opportunity to go to school and my family has been safe and healthy.

I had COVID a few months ago and the worst part of staying in my room the whole time.



Covid really messed up my senior year. Although, it's kinda nice not having so many people in the school. I wish it never happened, because I never see any of my good friends. They're all on the other days.

I've really enjoyed the quarantine because I get more time for myself. I get more time to do homework and work on college applications.



Mrs. Parker and Ms. Washington collaborate during a math class.

replanted WITH LOVE



I arrived in the United States on March 3rd, 2010 when I was four years old. My adoption had been in process for almost two years prior but due to an earthquake in Haiti in January of 2010, all of the paperwork concerning my adoption was lost. I was brought to the US on Humanitarian Parole and because my adoption process was not complete upon arrival, it had to be repeated and wasn't final until April of 2011. That is why we don't officially mark the adoption day but instead celebrate my survival of the earthquake. In Haiti, I remember my birth mom being a caring and sweet woman who occasionally sold candy. I had four siblings with my oldest brother, "Boo-boo", having the greatest impact on me. My family here is great. I now have an older sister and a younger brother. We are a transracial family; I am black, and my family is white. We are different but we know color is just color. We often joke when in public together saying, "Don't they see a resemblance?"

I have come to realize the hows and whys of my adoption process and the reasoning behind it. My parents had fostered two children from Haiti who were in need of surgery. My birth mom knew them from being family friends of one of the children. The living conditions in Haiti are horrible and unimaginable. Places are underdeveloped, food is scarce, it's hard to get needed resources. Until you see it yourself, it is hard to explain.

The hardest part is knowing someone as special and selfless as my birth mom could love me so much to let me go. I know a part of my mom wanted me to be with her, but she also wanted what was best for me. I still stay in contact with her through email so she can be continuously updated. It took a while for me to understand, but I appreciate life here and know that I have two families that love me. My family encourages me to share my story and I hope to be able to reach people who may be looking to adopt or have been in my similar situation.

As told by sophomore Aubrey Hertzberg

Busy Bees



USING CAUTION, freshman Kent Ray takes out his whole wheat pizza from the hot oven during Culinary class. "I love making food and learning new recipes. My favorite dish was the potatoes fries," said Ray. **SPEAKING TO THE CLASS**, junior Kelsey Shaywitz discusses quotes from *The Great Gatsby*. "I really liked this seminar we had in Miss Lucas' class. It helped me understand the book a lot better," she said. **PAYING CLOSE ATTENTION**, freshman Wyatt Smith watches a crash course video on ancient Rome with his fellow classmates in Mrs. Lovelace's World History class. "My favorite thing is the creative freedom she gives us," said Smith. **WITH A RED CUP IN HIS MOUTH**, senior Alex Glick tries to catch a pass from senior Lauren Hays during a probability activity in Mrs. Sine's class. "Lauren and I made a great duo," Glick said. "No one could match us."



What is your favorite class activity?



"I loved the poetry project in Mr. Holdren's class. It was about Robert Frost." **Rossi Kate Wolfe, 9**



"My favorite activity I have done in class this year so far would have to be taste-testing the different sodas and M&Ms in Marketing." **Emma Larson, 12**

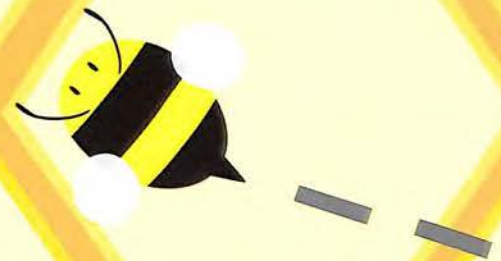
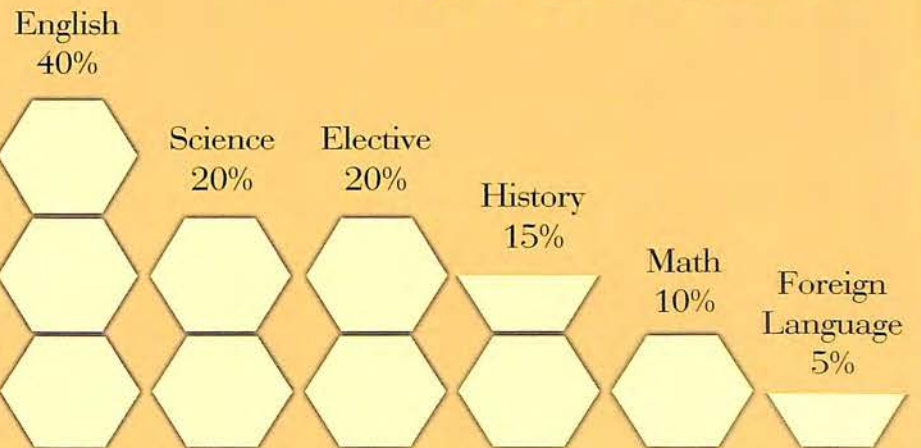


"I liked watching 'The Story Of Us' in Mr. Spradlin's history class." **Karston Rindorf, 9**



"I loved breaking out of the escape room in Mrs. Mayer's English class." **Hannah Peters 12**

What is your favorite class?



WITH INTENSE FOCUS, junior Grant Hartman measures out his drill hole for another project. "My favorite project for this class was making a toolbox. It took me thirteen hours," said Hartman. **BREAKING A SWEAT**, sophomore Braxton White puts his best foot forward in a Dance Dance Revolution faceoff. The Health and P.E. classes brought out the DDR game as a way to get creatively active during different times. "During this class, we make sure we get all of our beneficial work done so that our academics stay up. As well as when we're in this class, we make sure that we all get in our exercise, so that we can maintain a good healthy status. My favorite dance number for gym would have to be Wonderful Night," said White.

UNDER THE PRESSURE OF A TIMER, seniors Reese McMaster and Charlie Urgo are working eagerly to crack the code of the Shakespeare-inspired puzzle. Mrs. Mayer's English class took part in a Shakespeare escape room in the new library in preparation of reading Hamlet. "The escape room was a lot of fun. This year we are limited to certain things we can do outside the classroom. We had to solve different mysteries about Shakespeare and unlock clues," said Urgo.



"I loved watching Grand Torino in psych with Mr. Hubbard."
Alex Kinzie, 11



"Watching Inside Out in Mr. Hubbard's psych class."
Grayson Snyder 11



"Doing Mrs. Houston's candy lab in Bio was lots of fun."
Tyler Poff, 10



"I enjoyed the Socratic seminar in Mrs. Brubaker's English class."
Hannah Kelly, 10

ONCE A KNIGHT, ALWAYS A KNIGHT

A Look at Mr. Spangler's Legacy

After thirty-eight years in education and fourteen years as principal at Cave Spring High School, Mr. Spangler observes a custom watercolor painting of the old school building and reflects on all that has happened over the course of his career. Spangler started his career at Hidden Valley Jr. High School in 1982 as a health and physical education teacher while coaching football and wrestling. In 1990 he came to Cave Spring High School to teach and took up the positions of head wrestling coach and assistant football coach before taking over head coaching responsibilities for football in 1992. Taking a break from Cave Spring, Spangler became assistant principal at William Byrd Middle School in 1999, then was appointed principal in 2004. In 2007, Spangler returned to Cave Spring High School as principal to "serve the community where it all started." Spangler commented on how special it has been to serve as principal, "I have had the pleasure of working with strong leaders, talented educators and staff, and the opportunity to reconnect with former students who now have children coming through Cave Spring High School." With the highs come the lows, and Spangler spoke about how frustration and challenges come with every job. Early on in his career he adopted the simple philosophy, "you are as good as the people you surround yourself with," which has been his mission as both coach and administrator. Spangler commented on how the past few years have been a great example of everyone coming together as a team with moving Cave Spring into trailers on a football field and then the transition to hybrid learning during COVID-19, which were made a success by the collaborative effort of all involved. After closing out his long and admirable career, Spangler will miss the everyday interactions with staff and students but is glad to still be connected to the Cave Spring community. He is especially looking forward to being on vacation while everybody else is in school. Perhaps most important of all, Spangler said that he has left Cave Spring with many fond memories. "I have been blessed to have crossed paths with gifted students, athletes, artists and overall great kids."



WHAT IS MR. SPANGLER'S LEGACY?



"While Mr. Spangler's short sleeve dress shirts are legendary, I will always remember his continued leadership in the face of adversity. Mr. Spangler leads by example, and he has never asked his staff to do something he wouldn't do."

Mr. Hall, Dean of Students



"The new building is a larger part of his legacy. He makes things happen. He is a doer, not a sit-back-and-watcher. He was instrumental in construction happening. He is detail-oriented and wants things done right because he believes our students and community deserve it."

Mrs. Deeds, Assistant Principal

Thank you so much for all you do! I will miss you!
Margaret Taylor

Well wishes!
Memphis W.
10th

Thank You!
You did great!
Aiden 9th

Thank you for making Cave Spring such an amazing school!
-Morgan Meadows, 11

you're a great leader!
10th
-Ava Giannini 9

Thank YOU for being our Fearless leader!
- Eden Giannini, 12
P.S. YOUR BMW IS SUPER COOL

Thanks for sponsoring the criminal justice club.
Caleb 11th

Mr. Spangler!
There are NO words to describe how upset I am that you are retiring. You are so loved by so many people & will be missed in the years to come!
♥ Kelsey Burton (staff)

Hey Mr. Spangler,
Thanks for all that you've done for CSHS and the community. Thanks for getting this school built :)
Hope you have a great retirement!
Bennett Snyder

Thanks for making my high school experience so memorable. You're hard work really paid off!
- Ethan Sheehy, 11

Thank you for getting us through the trailers and COVID. We hope you have a great time in retirement!
- Leah Sorbore 12

THANK YOU NOTES

Students and staff wrote Mr. Spangler notes of appreciation to thank him for his 14 years as principal.

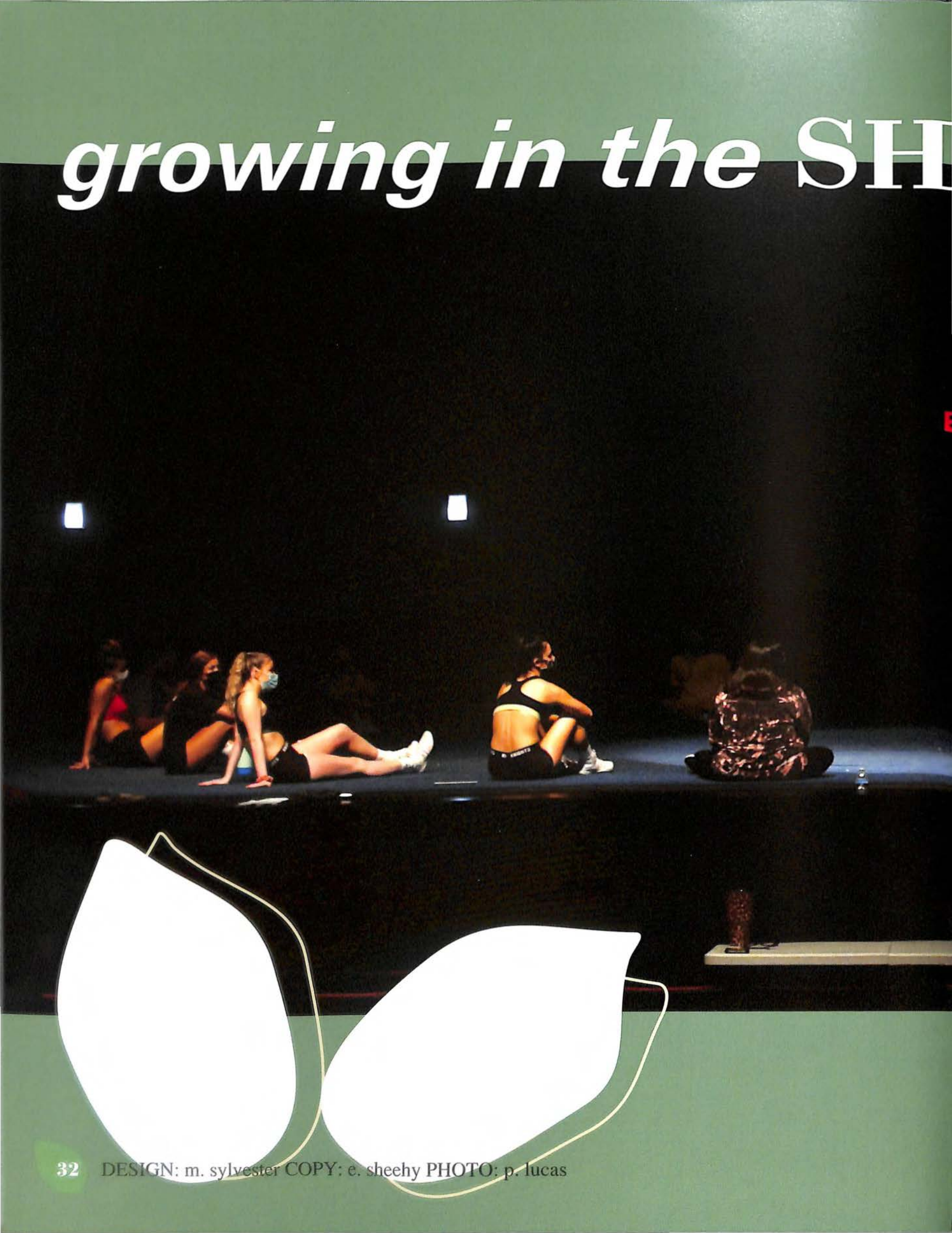


"His legacy will be one of putting kids first and ensuring that students leave Cave Spring better than they entered; making sure they are both college and career ready to face whatever comes their way."
Mr. Parker, Assistant Principal



"He has taken Cave Spring into the future! He allowed us to do our jobs and to use our expertise and experience to make the right decision."
Mr. Hartness, Athletic Director

growing in the SH



ADOWS



In the shadows of uncertainty, the cheer team gathers around to cool down after practice in the auditorium. For athletes, it was a year of treading through uncharted waters. Roanoke County proposed three different plans for how sports were going to be handled and, after many postponements, they finally voted to push all seasons to the second half of the year by condensing the seasons into shorter time frames. This was just one of the many unknowns that the Cave Spring community faced this year. Along with the unstable athletic schedule came a changing school climate as students switched between online and in-person learning, dropped classes, and started coming in for extra help on Wednesdays. Despite the unpredictable nature of the year, the remarkable truth is that the Knights carried on. In the face of disappointments and unanswered questions, students and staff alike held onto hope and continued to grow both as individuals and as a community.

tiktok PRODIGY



I have had Musical.ly/TikTok since 2015. I then started posting in 2019 and started getting popular in August of 2020. My first video went viral on my birthday with 30K likes and 200K views. My first viral video was about memories of having those Minecraft books as a kid. It took awhile to get the following I now have today. With my POV videos that went viral, that got me to an important part of my journey. A few months later in August, I posted three viral videos in a row and that got me up to 10k followers. I couldn't believe my eyes. I gained around 100 followers a second! A few months later I would post another viral video, and then I would get to 30K followers! I am truly grateful for everyone that has helped me along my path. Now I have 37.9k followers on TikTok. I like to keep up with trends and post whatever makes my followers happy. My favorite videos to make were the ones where I had confidence. When I first started TikTok my friend Sarah Crawford inspired me since she had 1,000 followers and I wanted to follow in her footsteps. So, that's when I made my account @rc.santiago2020. My favorite thing about TikTok is seeing all these people support me and especially making others happy with my content. It truly is the best feeling, but I have struggled with various sources of online hate with comments that used to hurt me. It doesn't hurt me anymore, because I have found self-worth and realized I am better than them because I don't spread hate. Currently, I struggle with posting because my electronic devices have been confiscated, so I can't post like I used to. I have lost 1,000 followers due to inactivity and being unable to post from my phone. In the future, I want to continue with Tiktok and eventually Twitch and YouTube if I get popular enough.

Also, make sure you realize that you are worth it. I love you all so much for who you are as people. I promise eventually everything will be better than the way this year has been with the pandemic. Have an amazing day and never stop pursuing your dreams!

As told by freshman Santiago Rodriguez

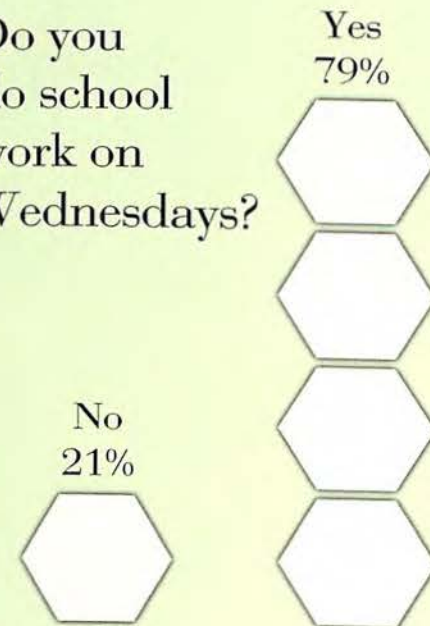
Hybrid Learning

Monday, Tuesday, Thursday, and Friday
 Block one: 8:20-9:40
 Block two: 9:45-11:05
 Block three: 11:10-1:00
 Block four: 1:05-2:25

The schedule on Hybrid Help Wednesday
 Word Language: 8:20-9:00
 Social Studies: 9:00-9:40
 Science: 9:40-10:20
 English: 10:20-11:00
 Math: 11:00-11:40
 Flex Time: 11:40-12:20

With COVID affecting everyday life, our school district did its best to keep the students safe and ensure they still had access to a good education. To accomplish this, students were split into two groups and attended school only two days a week. Students with last names A-L were considered group 1 and last names M-Z were considered group 2, with a few exceptions. Group 1 attended school in-person on Mondays and Thursdays, while group two attended Tuesdays and Fridays. Towards the end of the first semester, Wednesdays became offered as a “Hybrid help day,” which allowed students to get extra in-person teaching.

Do you do school work on Wednesdays?



What Do The Teachers Think?

“Everything that I typically do as a teacher takes much longer. When I come up with lesson plans, I have to think about what students will do at home as well as what they will do at school. I have had to come up with different assignments than I have used in the past. And I have to make sure that a student can learn from Blackboard. The biggest obstacle for me is lab assignments.” - Mrs. Taylor



“The COVID year of 20-21 has been unique to say the least. It has affected students, families, and teachers in a multitude of ways; but we persevered and adapted as necessary, even at a moment’s notice. As we move forward, I truly believe we will be a stronger school and community for having faced it together!” - Mr. Spradlin

“I think the hardest part of being a teacher during the pandemic is trying to find the balance between assigning too much work and not enough. If you plan out too much work, it can overwhelm your students and harm their mental health. If you don’t plan enough, they won’t learn anything, and it will be a wasted year academically. I think there is a healthy balance for the students’ workload, but it is difficult to find.” - Mr. Bishop



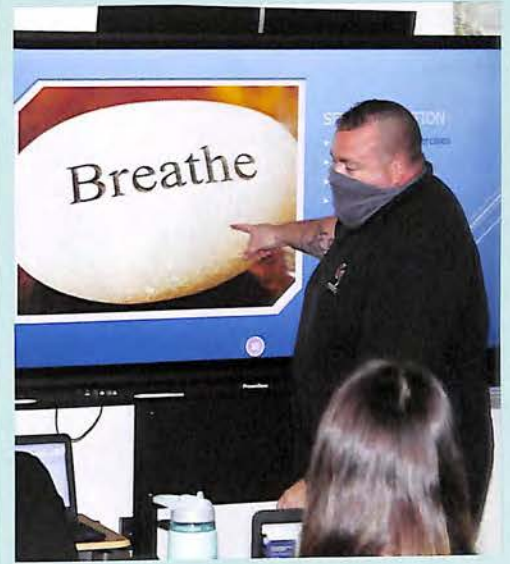
“I think we’re doing the best we can, but I think it’s really difficult on everybody right now. I think it’s really hard for anyone to get in a routine, kind of figure out what we’re doing, and it’s gotten a little better, but it’s definitely been tough.” - Mr. Hubbard

“My opinion is it’s been a big adjustment for everybody, but these first nine weeks has been a huge change in students getting work turned in and getting into a rhythm of knowing when to be where they need to be. I think the upcoming nine weeks is going to be a little bit easier for everybody.” - Ms. Bousquet



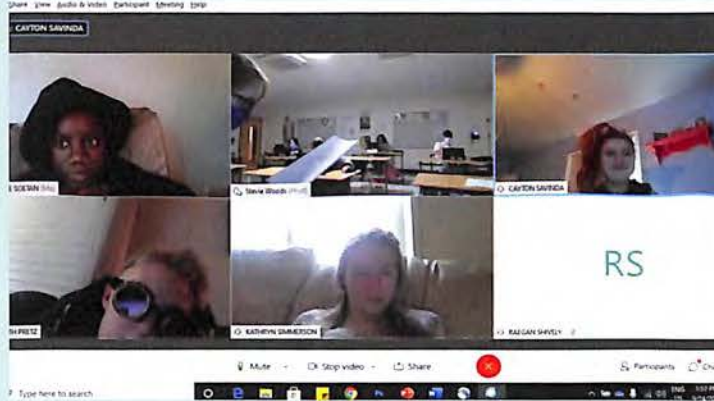


To clarify the two-step equation for her freshmen students Sarah Corbin and Aurianna Chandler, Mrs. Parker decided to give them individual attention. The hybrid schedule this year dramatically reduced class sizes, making it possible for teachers to work with students more closely. "Although this year has been extremely crazy, I have enjoyed the opportunity to work with students in smaller groups. I feel as if I have gotten to know my students better. I miss having them all five days, but with the smaller groups, they get more individualized attention," Mrs. Parker said.



While being a good role model Mr. Poff calmly stands in front of the Promethean board and explains to his students about the topic of stress. By mid-October, many students were feeling the pressure of a difficult and confusing school year. Poff wanted to give his students a better understanding of what stress is, how stress affects both the physical and mental health of the students and lastly who to turn in for help. "Always remember to breathe," he said.

From the safety of their homes, the students in Mrs. Woods' theater class read and act out the script of *Antigone*. Virtual classes gave students an opportunity to interact with their peers and continue dynamic learning despite only having two days a week in school. Teachers hosted classes via a few methods: Webex, Microsoft Teams, and Blackboard Collaborate.



What do you think of Hybrid Help Wednesdays?



The best part of hybrid learning is that I can learn at my own pace and the worst part of hybrid learning is bad communication.
Marisa Sigrist, 11



I like that there is more time to get assignments done and ask for help when I need it. Wednesdays are very helpful.
Elizabeth Simkins, 9



Online learning is hard and I come in to get some in-person help.
Maddie Hall, 12



I play football and it is transportation to practice. I also get homework done and get extra help.
Brison Hedrick, 10



I come to get caught up and to stay on top of things. I like the work environment.
Hannah Kelly, 10



It's better for concentration and I get a lot of homework done. My grades have improved since I started going, too.
Caden Lawrence, 9



I come so I can focus better then I do on other school days and I get a lot more done.
Lauren Mattew, 12



I come to get lots of homework done and it's not noisy like at home. Plus, I can ask questions of my teachers.
Tyler Wright, 9

Best of Both Worlds

Students who were all online were allowed to participate in extra curricular activities. Some student athletes took advantage of this and found that it really worked for them.



I am all online because I like to work from home. It doesn't really help with time management, but it does help my performance. Being all online makes it so I can get more sleep and be more rested for practice.
Caroline Mills, 11

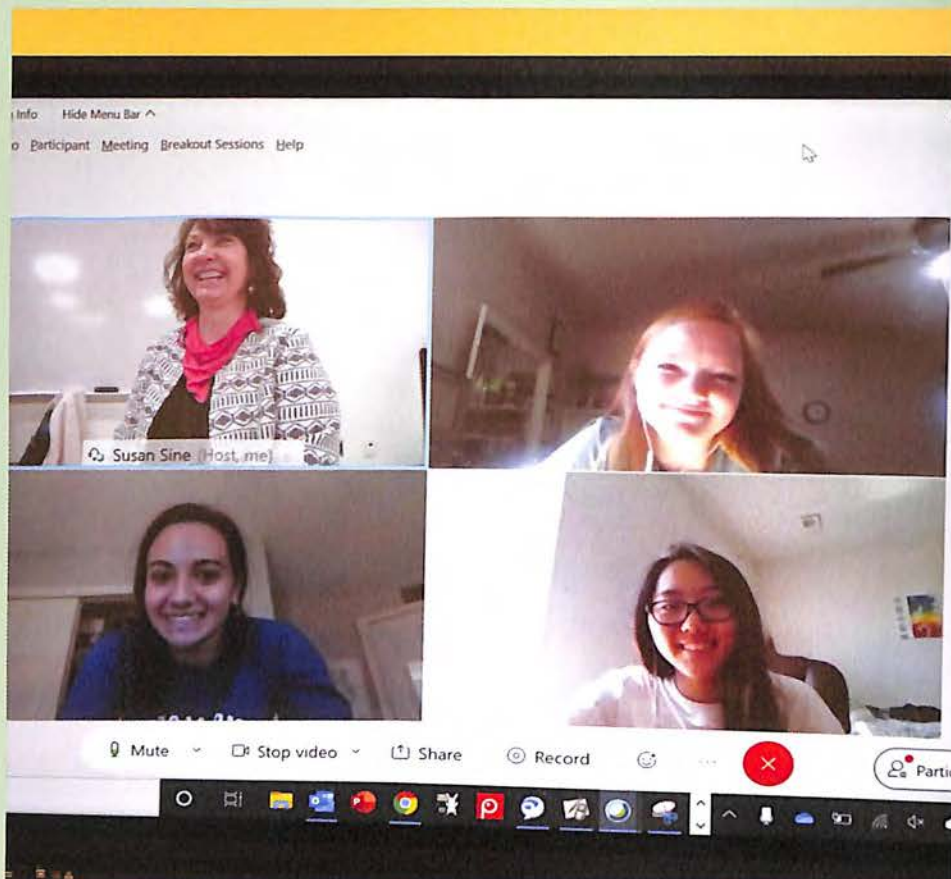


I've always been good with keeping up with my work so I felt that if I go all online, I'll have more time to get my homework done then be able to do what I want. Being all online has definitely improved my time management. I feel more accomplished being all online because I can finish a lot of work in a short period of time. I don't have to spend all of my energy in school so I can spend it on the court.
Allie Kolnok, 12

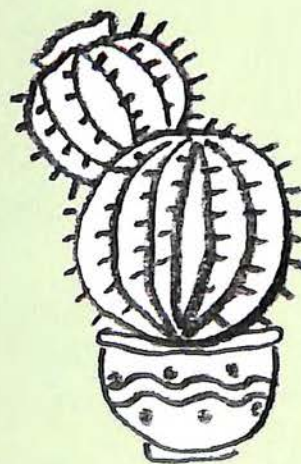


I 100% do think that being an all online student helps me with managing my time. Thinking back to last year, it was based on chance whether or not I would have the time to get home and study/do homework after school, track, and marching band. I was lucky if I had a day where I didn't have more than one assessment or big project due. I'm not sure how I would've successfully gotten through this year without being all-online.
Jack Horton, 11

online LEARNING



Lecturing her students over the computer, Mrs. Sine teaches statistics to her new batch of seniors. Sine opened a Webex meeting during every block so the virtual students could join and learn with everyone else. "I don't see my students enough. I miss them. I want everyone to be in group 1 or 2. Teaching virtually has not been as good as face to face, but we can still get the job done," she said.



"I am going to school in-person 4 days a week because I thought it would help me with my grades. The advantages of going in-person are that I feel more accountable for my school work and I get to have way more social interaction. However, I actually feel like I have less time to do my homework because I have to go to shorter classes, so I can't finish anything I start in class. In my opinion going 4 days a week isn't the best, mostly because I have to go through the same material 2 days in a row. I do feel like it helps me academically because I have a better idea of when the due dates are and I learn the material 2 days in a row. This school year has forced me to learn how to manage my time well, balancing life and school has been difficult to learn."

Hunter Clark, 12



"My mom decided for me to be all online just to be cautious. I definitely get my work done faster, but the downside is that it's harder to learn some of the material without a teacher actually teaching. I like being all online a lot, but I'm still learning the same material so being online doesn't really give me an extra academic advantage. I definitely have learned how to manage my time better, and I have learned how to set a good schedule to make sure that I get my work done and have it turned in on time."

Dara Ndem, 11

He Said, She Said



"Being all online is more efficient than being in school. The adjustment wasn't that bad. I had to make my own schedule and it can get lonely, but it was fine."
Grace Williams, 12



"I am all online because I felt that it was better for my mental health and it makes it easier for me to juggle sports and other outside things. The adjustment was a struggle at first, but I got very used to it very quickly. I love being all online. If I could do this for the rest of high school, I would."
Maggie Fields, 10

sprouting fresh ideas



"My favorite piece is the distorted self portrait because I liked that I had no boundaries with it. I had the option to make it as weird, crazy, and as colorful as my heart wanted. What inspired me for this piece was the idea of drawing a pretty portrait that wasn't what everyone else does. I was also influenced in some way by the artist Christian Scott. My favorite medium would have to be any type of paint, especially gouache. All I ever did during quarantine was art because I had a lot of time on my hands. I have also been doing art ever since I could pick up a pencil, so quarantine gave me more free time to work on pieces. Art, for me, is expressing my feelings at a certain time through a piece. I connect to some of my art pieces and some have stories connected to them."

Sateen Garcia, 12



"My favorite piece is the multimedia faces and hands piece because I was able to express my art techniques using my favorite form of media, which is multimedia. I was inspired by nature and human figure. Hieronymus Bosch is an artist that I resonate with because of his use of crowded design and his use of nature for his subject matter. I actually stopped doing art for a while but I revisited it during quarantine and it was a good way to help me forget about this stressful year. Art is a way to express my thoughts. I usually connect my ideas and points of view with the art I create."

Sarah Varney, 12

"I really liked the piece with the squiggly lines in a thought bubble because it reminds me of the Charlie Brown confused face. My friend's constantly changing expressions inspired me to draw a fluid contour line drawing of her working. I really like the work of Vasarely! His work is funky and geometric; something I can't do. I haven't really completed a lot of drawings during all of this! I enjoy working with all different things. It is fun to mix-match different mediums. Art is just fun for me. I don't typically have an emotional connection to what I make I just enjoy doing it."

Emma Schlosser, 12





"Out of the 3 pieces pictured I would have to say that the picture of the bowl of oranges and the white pitcher would have to be my favorite. I'm quite proud of the watercolor techniques that I used. I was inspired to do this piece when I saw this still life setup in the sunlight and an addition to the dust it gave the setup a glow and inspired me to capture it with watercolor. An artist that resonates with me would have to be Claude Monet. The way he used impressionism to capture the feeling behind a picture is amazing. My favorite medium is definitely watercolor as well. Art helped me during quarantine in a way. Over quarantine I had to take a short break from everything that I loved because I was getting a little overwhelmed and burnt out. During the break I started working on confidence and discovering a voice and style. Art got me from lost and insecure to confident and a better grasp on who I am. Art to me is a way of expression. It's a way for me to express struggle, love, and every emotion you can think of. It all translates through the way you put your work on the paper."

Bradley Looney, 11

"My favorite piece is the Inktober piece that's in full black and white. It's my favorite because it's simple but effective, the composition looks good and clean. It's inspired by the short series 'Over the Garden Wall.' That show has such beautiful backgrounds and that aids the characters and story so well. Artists I resonate a lot with are Wren @sleepyrealms on Tumblr, ButtsteakYUM on Etsy, and SAD-ist on YouTube. They've really inspired me and I absolutely love all their art. Art has absolutely helped me through rough times, it's my main way of venting, relieving stress, and trying to communicate how I feel without words (because usually I have no idea how I feel.) Showing my friend my art is one of my favorite things, that always helps. My favorite medium to work with is pencil and ink, but some of my other favorites are digital, watercolor, and spray paint. For me my art is a part of me. It's self-expression far beyond words."

Ava Giannini, 9



our essential

WORKERS

KROGER KREW



"My favorite thing about working at Kroger is the people and the employees. It's always new experiences there."

Riley Boone, 12



"It's hard to manage working at Kroger and school, but I do my school work before I go to work."
Parker Waters, 12



"It's difficult working at Kroger because I feel like I spend my entire day doing mindless, repetitive work. I forget the entire day except when people yell at me, which is pretty memorable."

Daniel Reeves, 12



"The best thing about working at Kroger is not only meeting new people, but seeing the same people about every week and having simple conversations."

Grant Hartman, 11



Behind the scenes at Scratch Biscuit Company, sophomore Mason Sheehy prepares for the afternoon rush. Sheehy has been working at Scratch Biscuit since February of this year and works 15 hours a week. He said, "At the Scratch Biscuit, if you're working with good people it'll be a good day and you'll have fun."

Stocking the shelves at Natures Outlet, freshman Wyatt Smith is keeping busy at work. Wyatt has been working for Natures Outlet for one month and he works 15-20 hours a week. "A skill I have learned from working at Nature's Outlet is how to manage my money properly," he said.



Helping a customer, senior Larissa Pesina works as a cashier at Deb's Lemonade. She has been working at Deb's Lemonade for 5 months. "At Deb's, I was able to build friendships with the regulars and I think that being able to do that was amazing," Pesina said.



I want to work at...

"I would work at
Chipotle."
Isaiah Swanson, 9



"American Eagle."
Payton Stepka, 9

"Chick-fil-a."
Owen Tozier, 9



"I want to be a
waitress at First
Watch."
Jordan Wetzel, 9

"Chipotle"
David Sebez, 9

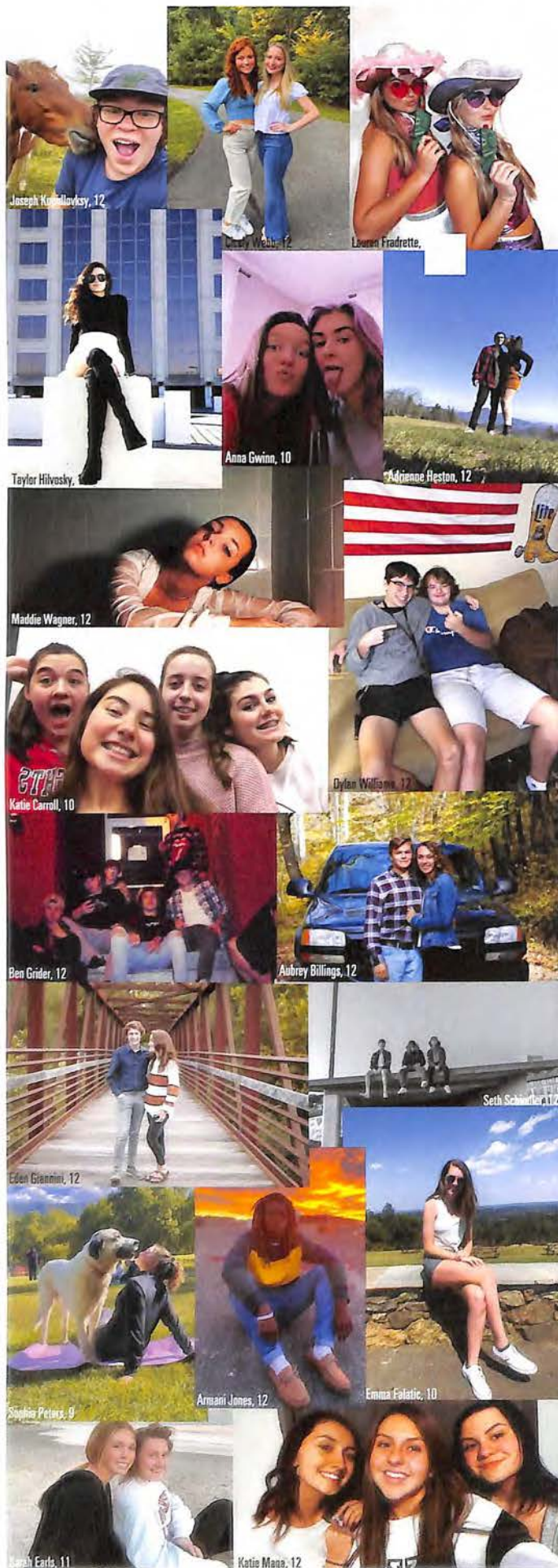


"Blue Cow"
Lilly Swanson, 9

"Kroger"
Ragean Shivley, 9



SPOT YOUR SNAPSHOTS



COMFORT Shows

Quarantine Shows

What is your favorite TV show that you watched during quarantine?



"Queens Gambit"
Reese McMaster, 12



"South Park"
Jason Quam, 10



"Hunter x Hunter"
David Lawson, 12



"Ghost Adventures"
Kamryn Newman, 11



"The Crown"
Laura Tanner, 10



"The 5th Element"
Emily Furrow, 9

What's Your Go-To App?

31%



Netflix

30%



Tik Tok

20%



Snapchat

19%



Instagram

MEDIA CENTER

He Said, She Said

“Who are you? No really, who are you? Think about it for a while before reading on. I bet you thought about the vast array of unique and interesting qualities you possess, or the plethora of social and physical achievements you have obtained. But these are simply layers of outside input that have accumulated to mask your true identity. If you were to peel away these qualities, you would continue to get a smaller and smaller concept of yourself and eventually be left with absolutely nothing to put into words.

This could lead many of you to break into a type of existential panic, for if you are not a collection of things, achievements, or concepts, then what are you? You are not here to conquer the outside world and contort it to your liking, for the outside world is also a form of the universe, and in reality the exact same as you. You are here to experience life, not as a fortified ego, but as a part of the mystical dance itself.

Thus, this is the horror of social media: an easy-access application or website that thrives on the concept of individualism, cutting people off from the true essence of life. People think that the amount of likes or notifications they receive defines their existence. They post pictures of how happy they are and of the amazing experiences they encounter. However, to be truly in a state of happiness or to be intertwined in a meaningful experience is to get lost in the present moment of it, and not have to prove to others afterwards why it was so great.”

Walker Wright, 12



“Social media is a great way to learn new information on topics that you think are interesting. It is also a great way to spread awareness on topics that you care about. The ability to spread awareness on social media is beneficial in so many ways that many people don’t even realize.

Of course, there are many apps available on our phones that allow us to connect with one another, but personally my favorite is Snapchat. The reason being how easy it is to use. When using Snapchat, you’re able to talk to specific people but you’re also able to see what other friends are doing from time to time. The use of sending photos back and forth on Snapchat is such a great way to make people feel more connected without being in each other’s presence. The other great thing about Snapchat is how easy it is to make new and mutual friends.”

Amalia Midkiff, 9



tune **IN**

GUIDING THE MELODY, senior Hannah Young leads the Cave Spring High School Marching Band for the second year in a row. Young started playing the tuba in 7th grade and decided to join the Marching Band family her sophomore year. Despite her late start in Marching Band, she became Drum Major after only one year of experience. "I think I wanted to be drum major because I wanted to be the person that people look up to, like I was their safe space if they ever needed me ever," said Young. "My favorite part is guiding the kids through the season and watching them be proud after performances. The family bond that Marching Band gives me is something that makes me strive to be the best I can be."

ins tru men tal stories



"I tried the clarinet and didn't like it. The flute sounded pretty, it's not too heavy, and is quiet enough that people can't hear if you make mistakes."
Caroline Haggett, 9



"I've been playing the piano since I was four and a half and trumpet since sixth grade. I love the smooth and difficult transitions between notes and the challenges that come along with them."
Santiago Rodriguez, 9



"I play the flute in the marching and concert band and I started playing in sixth grade. My favorite part about playing my instrument and music in general is that there is always something new to learn or play."
Katie Sullivan, 12



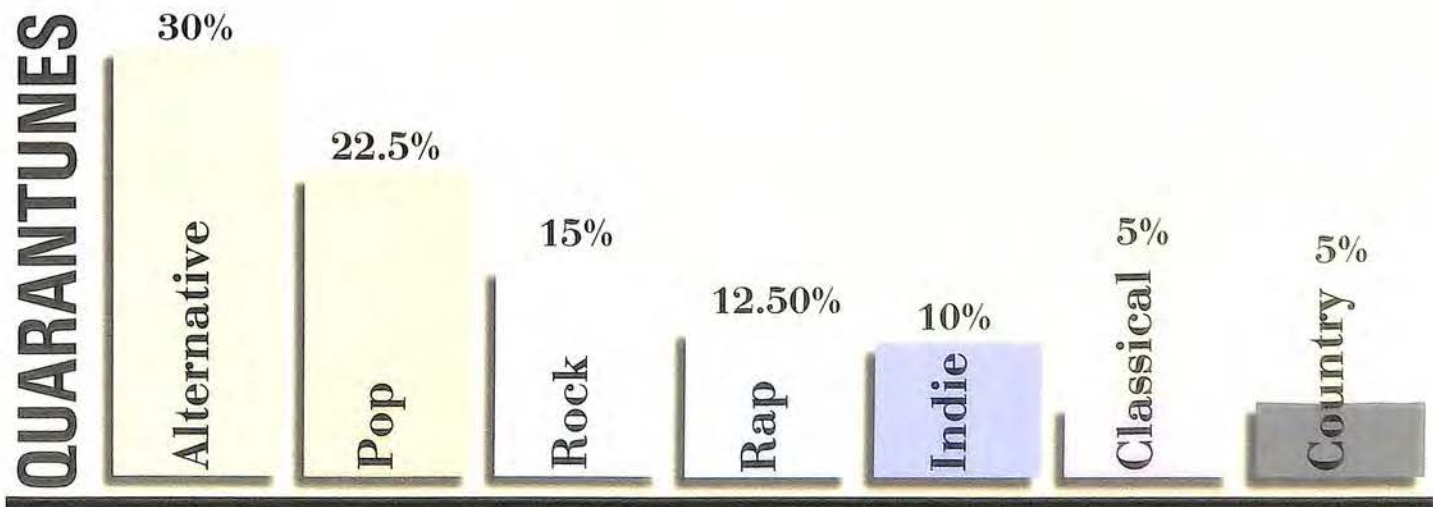
Immersed in the moment, senior Oriol Soltysik portrays one of her many talents, playing the piano, at one of her concerts. Her interest in piano truly started in third grade. She then began playing the clarinet and saxophone in band, along with several other instruments. In addition to playing music, she also creates it. Soltysik created her first instrumental compositions around fourth or fifth grade. She enjoys experimenting with the piano, harp, strings, and organ sounds on her keyboard for the compositions. In eighth grade, she created her first song with lyrics. As part of the Music Lab at the Jefferson Center, she was given the opportunity to work with the Grandin Film Lab on a music video for one of her songs, which they are currently constructing. Soltysik is looking forward to recording more music in the near future. "My favorite thing about creating and playing music is how it enables all of my thoughts and emotions to be translated into a message that the listener can independently interpret to best fit their life situation," she said.

knights on the beat

Strumming his guitar with concentration, senior John Asimakopoulos always has time to play. He learned guitar around seven years old when he was gifted his first guitar from his parents. Growing up, he has always enjoyed music and liked the ability to make something new. Asimakopoulos also finds guitar to be a huge stress reliever and always it brightens his mood. He also enjoys performing for others. "When I perform in front of an audience, my favorite part is when I can see and feel that I allow others enjoy the music as I do," said Asimakopoulos. In some ways, he sees music as a kind of language. "It makes me feel more understood," he said.



Freshman Hailey Lipscomb started playing clarinet in sixth grade. She did not know much about the instrument, but decided to learn because it sounded fun. Her favorite part about playing is the interesting music. "My elementary school had an orchestra program that I was in, which I really enjoyed. I wanted to join band with the intention of playing viola, but since Cave Spring did not offer that I decided to play clarinet because I enjoy music." Lipscomb said.



budding new *TASTES*



Tindora nu Shaak

Ingredients: 2 pounds tindora (washed and cut), 3 cloves garlic or 1 tablespoon ginger (grated), 3 green grated chills (to taste), 1 teaspoon salt (to taste), 2 tablespoons coriander powder, 1/4 teaspoon turmeric powder, 1/4 chopped cilantro for garnish.

Ingredients for Vaghar: 3 tablespoons oil, 1 teaspoon mustard seeds, dash of hing, 1/8 teaspoon baking powder or khara (optional).

Directions: Using a deep dish frying pan, heat oil, add mustard seeds, let them sputter. Add hing and baking powder. Toss in your cut tindoras and mix well at high heat for about 2 minutes. Add salt, mix, and cover; cook at low heat for 5 minutes, stirring occasionally. Add in remaining spices and continue cooking until tindoras are soft, or leave them a little undercooked; you can finish cooking them when you reheat your serving.

Recipe provided by **Roshan Patel, 12**



"Garlic Bread" Roasted Chickpeas

"My recipe for "Garlic Bread" Roasted Chickpeas came from a culmination of ideas from Pinterest and my own imagination. I love this recipe because it is so versatile. It's great as a snack or as a crunchy, flavorful addition to any meal. I have always been a foodie, but once the first Coronavirus quarantine hit, I decided to use the opportunity to learn more about complementary flavors and work on my technique, allowing me to make any "boring" dish more fun. I grew up watching my dad cook. My cousin used to call him Uncle Chef (instead of Seth) because he loves cooking so much. The one difference between our styles, however, is that my father is very recipe-oriented, whereas I like to experiment and create my own recipes." **Caroline Weston, 12**

Ingredients: 1 15oz can chickpeas, 1 tablespoon garlic powder, 1 tablespoon onion powder, 1 1/2 teaspoons salt, 1 teaspoon pepper, 2 teaspoons parsley, 1/2 teaspoon red pepper flakes (optional), 2 tablespoons neutral oil (I recommend olive oil or melted refined coconut oil)

note: all measurements are approximate; you really want to season to YOUR liking

Instructions: Set oven to high broil (or 500°-550°). Drain chickpeas and pat dry. In a medium sized bowl, combine oil, chickpeas and spices. Line a small baking sheet/pan with parchment paper and spread chickpeas on pan. Broil for 30-40 minutes or until golden brown. FLIP HALFWAY THROUGH! The amount of water content in your specific can of chickpeas causes the time to vary. Serve hot or let cool for extra crispiness.

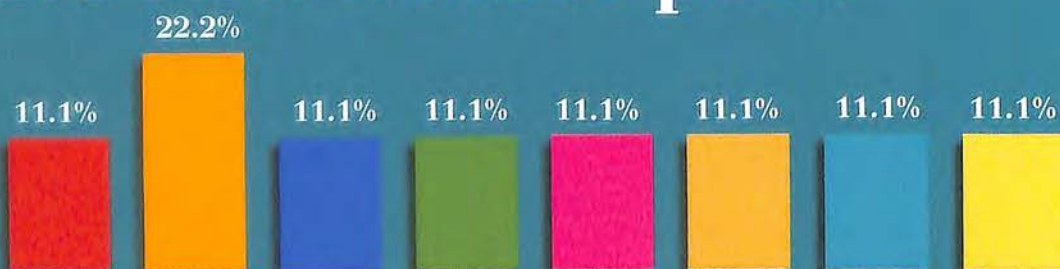


"My favorite dish is my beef ramen. The base for the noodles is the packaged ramen. I like it because it's easy, there's a variety of things you can add to make it different, and it's always really good! I got inspired to learn to cook because my mom stopped making lunch for me. I am mostly self-taught." **Ava Giannini, 9**



"My family has a very special dish that we like to cook on any special occasion. Picanha is traditionally a Brazilian dish but my family has somewhat adopted it. It is a cut of steak from the top sirloin cap. Brazilians usually cook it as steak, but we cook it as a roast, which will help contain juiciness and cook it evenly throughout. I was taught how to cook in general by my dad. But to this day, he has never actually showed me how to cook Picanha I have had to learn only by watching." **Arian Radfar, 12**

Cave's *HOT TAKEOUT* picks



- Elderberry's
- Cafe Asia 2
- Hibachi's
- Panera Bread
- Burger In The Square
- Ike's
- Rainbowl
- Taco Rojas



"The name of this dish is Amala and Egusi soup with chicken. This is an African dish from the country Nigeria, from the Yoruba tribe. I like this dish because it is healthy, delicious and it reminds me of my culture. I would not say that I was inspired to learn how to cook, for I started cooking at the age of 5. In my country women are expected to learn how to cook, so for me it showed my growth of maturity as a woman. My mother was the one that taught me how to cook." **Olamide Soetan, 9**

Amala and Egusi Soup with Chicken

Ingredients (Egusi Soup):

- 2 cups melon
- 1 cup palm oil (or a little depending on preference)
- 4 tablespoons crayfish
- 3 tablespoons locust beans
- 24 oz chopped spinach
- 1 red bell pepper
- 1 habanero pepper
- 1 fresno pepper
- 2 onions
- stock cube (knorr maggi cube)
- 1 lb. beef (tripe, dry fish, cow leg)
- salt to taste
- 3 cups beef stock (chicken stock works just as well)

Instructions (Egusi Soup):

Blend the peppers and onions together until smooth and set aside. Blend the egusi melon, half of the second onion, and crayfish together. Set aside as well. Heat the palm oil in a pan and allow it to melt over medium heat but don't overheat the oil. Add the remaining half onion (diced) and half of the locust bean. Let it cook for about 3 minutes on medium heat. Add the blended pepper and cook till the water is reduced this should take about 15 minutes on medium heat until the water is reduced stirring about every 5 minutes to prevent burning. Add the remaining locust bean, beef stock, and salt to taste. Cover and leave to cook for another 5 minutes. Gently introduce the blended egusi inside the sauce but don't stir it at this point. Just cover it and leave it to cook for about 20 to 30 minutes. Keep an eye on it so it doesn't burn but try not to stir it until the egusi turns into a soft compact mass. Then, gently stir together and add more stock or water if necessary. Add the fish and meat and leave to cook again for another 5 minutes. Stir in the spinach and leave to simmer for about 5 minutes (stir constantly). Adjust the seasoning if necessary. Serve while still hot.

Ingredients (Amala):

- Flour (cassava or yam flour)
- water

Instructions (Amala):

Pour the quantity of water you want to use in a pot and let it heat to a boiling point. Once the water is boiled, turn out the fire and gradually begin to add your flour. Ensure you do not add the flour to the water when still on the fire, that way it does not form lumps. Turn the flour with a wooden stick for a while, add little water and put it back on the fire to cook on low heat for about 5 minutes to make it cook properly. You can use one of your clean fingers to feel it while still on fire to be sure it is neither too soft nor too hard add some hot water. Stir well until it very smooth. Wrap with nylon and put it in a cooler, to keep it warm.

"My favorite recipe, and the one I make most frequently, is chocolate chip cookies from tasty.com. It may sound basic, but they're my absolute favorite cookie recipe. This recipe is simple and you can create any texture of by adjusting how long you mix the dough for, making it really versatile. To make them spread thin and chewy (which is the way I prefer) you mix the dough for 1-3 minutes, and the longer you mix, the fluffier and more cake-like it becomes. I was inspired to learn how to cook from my love of dessert and from watching cooking competition shows. I've always preferred sweet foods over savory, and so learning to bake seemed like a natural progression for me. Shows like Cupcake Wars and The Great British Bake Off have inspired me to learn technically complicated recipes and new ways of decorating. I actually made my cake for my sixteenth birthday; a four-layer chocolate and strawberry cake, decorated with meringue cookies in the shape of strawberries. I learned how to bake from my mom and my grandmothers. My mom has always let me help her in the kitchen, even when I was probably more of a hindrance. She bakes the same recipes every year for Christmas and learning those special recipes was always something I was super interested in. Additionally, both of my grandmothers were wonderful and talented bakers and most of my memories of them revolve around cooking together. I especially love making recipes they passed down or that I think they'd be impressed by." **Laurel Bay, 11**

Ingredients:

- ½ cup of granulated sugar
- ¾ cup brown sugar
- 1 tsp. salt
- ½ cup butter, melted
- 1 egg
- 1 tsp. vanilla extract
- 1 ¼ cups flour
- ½ tsp. baking soda
- 8 oz chocolate chips

Instructions:

Preheat oven to 350 degrees and line cookie sheet with parchment paper. Whisk together the granulated sugar, brown sugar, salt, and butter. Whisk in egg and vanilla into the mixture (this is where the recipe can become customizable, the longer you mix the egg the cakier the cookie will turn out) Sift in the flour and baking soda until the dough has just combined. Fold in the chocolate chips. Chill in the fridge or freezer for at least 30 minutes. Place small balls of dough on the cookie sheet, with enough room in between for the cookies to expand. Bake for 11-15 minutes, or until they are cooked to your liking.

Chocolate Chip Cookies



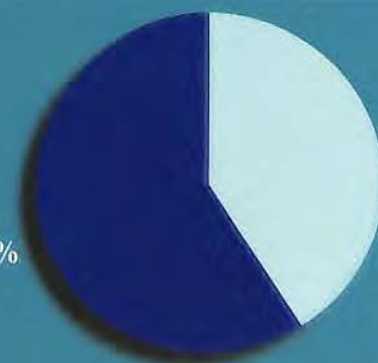
Home Cooked

vs.

Takeout

● Takeout 40.9%

● Home Cooked 59.1%





"Instead of tutoring in person this year we have to tutor online through FaceTime or Zoom. It was kind of awkward having to meet someone for the first time over FaceTime, but I guess it was still pretty similar to tutoring in person."

**Eden Giannini, 12,
Beta Club**



"Red Ribbon Week looked very different this year because we weren't able to have as many dress up days, but we were still able to raise awareness and allow students and staff to dress up. I think this club is a great way for kids to be involved in our school but also in our community."

**Taylor Hilovsky, 11,
Knight Life**



"It turned out to be surprisingly not too different, aside from using a website to play instead of physical meetings. We play the same and still have side events, just online through Discord and other websites."

**Weston Colip, 12,
Dungeons & Dragons Club**



"We hold Zoom meetings twice a week in order to communicate our design ideas. We have also divided up into two groups: builders and programmers. The builders have tools and robot parts delivered to their homes so they can work on putting components of the robot together individually. The programmers have virtual meetings separately to build up their code so that as soon as the robot is completely built, it'll be ready to apply the code and begin testing"

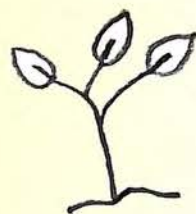
**Sydney Schillen, 11,
Robotics Club**

WITH HER HAND RAISED IN THE AIR, coach Tamara Carson leads a socially-distanced Academic Team practice. The academic team met two times a week online and members of the A Team participated in an additional in person practice every week. On the A Team were (L to R) sophomore Sophia Schumaecker, seniors Bennett Snyder and Scott Rose, and sophomore Nathan Sprouse; as well as junior Rachel Baffoe-Bonnie and senior Weston Colip, who participated at home via Cisco Webex on the ActivBoard. "This year, one of our major goals [was] to gain and train new members," said Schumaecker, "although the more isolated online format has undermined a couple of the more social aspects of the club." Schumaecker also said that another goal for the team is "to make it to and win States," after being locked out of the state tournament last year by Hidden Valley at regionals. "We've had to slightly alter our approach as compared to last year, but we are continuing to practice to the best of our ability in order to meet these expectations," said Schumaecker.



UNMUTING HERSELF TO SPEAK, sophomore Claire Wei competes in the virtual Dogwood Speech and Debate #2 tournament. Wei debated against seventy-one other debaters." Still, the team had several impressive finishes with sophomore Emma Roshioru getting fourth place in Student Congress, and seniors Emily Bradley and Lauren Hays placing third in Novice Public Forum.

persistence in **UNPRECEDENTED** times





PULLING WEEDS OUT OF THE GROUND, freshmen Samantha Manico and Siena Iademarco help the Key Club beautify the new school's exterior. Key Club President, Truman Collins, 12, said "this polished the school's entry and showcased our recent building renovations." The Key Club also facilitated a canned food drive during Thanksgiving, and a gift buying activity for underprivileged children for the holidays.



WITH HER PHONE OUT, junior Lauren Fradette scans a QR code to learn more information about Key Club. Key Club President Truman Collins, 12, said "recruiting was challenging this year since the hybrid and online schedule gave no opportunities to address everyone at the same time." Still, the club managed to recruit roughly 60 students who met every other Wednesday on Blackboard Collaborate.



"One of my favorite things about Architecture and Engineering is using CAD to design interesting things. We can still do a lot of designing, but COVID has made it harder to plan meetings in person because there are people from Group 1 and 2 in the club. It's a little harder to find times where all of the members can make it."

Gideon Pace, 11,
Architecture and Engineering Club



"It has been difficult to organize meetings over video call and think of creative ideas for activities to do during meetings because a lot of what we have done in the past has been very hands-on and can't be done over video. Even though it has been difficult to get everyone together, my favorite part of Help Save the Next Girl is getting to spend time with great people. We're trying to make the most of the situation."

Katie Sullivan, 12,
Help Save the Next Girl

Stopping the Spread

Hands under the dispenser, freshman Aiden Likens prepares for a safe lunch by using hand sanitizer before heading back to class. Students were required to wait in their classrooms until an administrator came to release them to get lunch in order to prevent crowds in the hallway. Despite having a shiny new cafeteria, students had to eat lunch in the classrooms to prevent overcrowding.



Huddling up mid-practice, cheerleaders (from back to front) senior Emily Cleveland, junior Amber Mullins, junior Abby Holbrook, senior Lily Fox, senior Maddie Wagner, and Coach Terin gather around for a team talk. At the start of the year, the cheer team had to practice in the auditorium because the main gym construction delay pushed the boys' basketball team into the cheer team's normal practice location - the auxiliary gym. The cheerleaders were diligent with wearing masks in order to remain safe and prevent outbreaks on the team.



Sewing for safety, staff member Tamra Sloan expresses her creativity and concern for the students and faculty by hand-crafting masks that represent the Cave Spring Knights. "Requests from Carilion and the VA Hospital for masks increased, and I began my research. Donations towards fabric were rolling in from staff and friends to help cover costs...I created a universal fit for all...I supplied masks to family, friends, my church, doctor's offices, and continue to supply them for our staff and throughout Roanoke County Schools. Sewing the masks helped me to stay focused early on in this pandemic. My favorite thing was being creative when making the assortment of masks and knowing everyone who requested the masks were doing their part to stay safe during uncertainty."

mask maker



Waiting for Mrs. Bolen to finish spraying her desk, senior Faith Williams prepares to wipe it down at the end of class. After the end of each class period, Virex was used to disinfect each students desk in order to prevent the spread of COVID-19.



With masks flying high, Mrs. Sine's AP Statistics students toss their masks during a class activity in the auditorium on September 28th. "We were doing an activity for AP statistics using a stomp rocket to collect data on the regression between height and distance the rocket travels. I just thought it would be cute to throw the masks like they were graduation caps. I had them 6 feet apart," Sine said.



Checking temperatures before class, school nurse Mrs. Hunter holds a thermometer up to a festive Knight who was dressed in costume for the Halloween season. Fever is a common symptom of COVID-19, so temperature screening has been implemented as a safety tool for the schools. "Fever screening provides a visible, important reminder to everyone of the risk of COVID-19, and for the children to remain home if unwell," said Hunter. "While we are trying to keep everyone safe, it also sometimes includes screening the occasional T-Rex!!"

STOPPING THE SPREAD *with Style*



"Wearing a mask, but make it fashion."
Lizbeth Zaragoza, 12



"I love this mask because it combines two of my favorite things. Anatomy/Physiology and VAMPIRES!!!"
Ms. Houston



"I wear this mask to prep for 2021."
Zacharia Demir, 11



"Another day, another makeup stain on my mask."
Hailee Rogers, 12

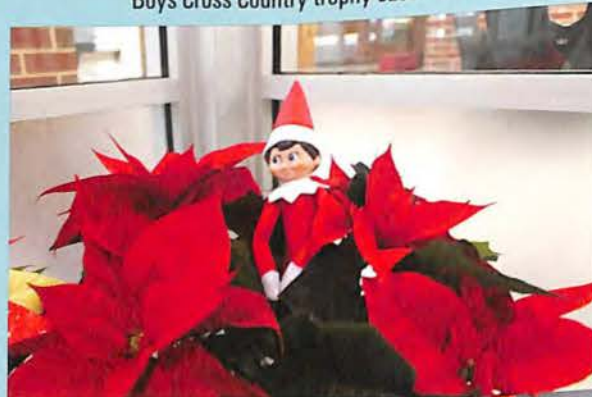


"You can't tell, but I'm smiling."
Skye Jeong, 12

LET'S GET *spirited*

Although this year has been filled with a lot of uncertainty, these students and staff continued to have a cheerful winter holiday season. This year, the first CSHS Holiday Spirit Week was held the week of December 14-18. Since students attended school twice a week this year, there were two dress up themes. Monday and Tuesday's themes were Winter Wonderland Whiteout or Santa's Little Helpers. These costumes were dressing in all white or Santa, Mrs. Claus, an Elf, or a Reindeer. Thursday and Friday's themes were Merry & Bright or Christmas Characters. These costumes were wear your tackiest Christmas gear or dress as your favorite character!

Caught by surprise by Santa's helper, Mrs. Malcolm adjusts the helper to make him comfortable in his golden throne. Students often saw The Elf on the Shelf hiding in the office throughout the spirit week. "The Elf on the Shelf made a surprise visit to CSHS this year. I found him hiding out in the Boys Cross Country trophy case!" Malcolm said.



Dancing in a holiday video for Spanish class, seniors Akan Ndem, Alex Glick, and Ashlee Yeatts virtually celebrate spirit week together. Glick participated in making the spirit video for his fellow school staff to watch before Christmas break. "Mrs. Bolen was compiling videos from all her classes. We just passed the book we were reading, and it looked like it was going from square to square. Then we just danced for the rest of the clip," he said.



Mrs. Leonard



Divya Tennant, 10



Mrs. Shilling



Mrs. Wright

Playing the trumpet through his mask, Mr. Quakenbush leads the band in a rehearsal. This year the band could not have their usual holiday concert due to the pandemic. Instead, they worked hard to record a video. Quakenbush spent an inordinate amount of time making it happen for his musicians. "I used Smart Music and Audacity to create the video. It took about 50 hours in all for both songs to be completed." The band members worked tirelessly to record their parts. One of them, Hannah Young – was excited to do the concert even with the different circumstances. "I play tuba and have played since 7th grade. We prepared every class for our "winter concert" and I spent about an hour a week at home practicing. I practiced by running through the songs were working on and doing scales to improve my technique. I think the hardest part about the winter concert was getting everyone's recordings to line up perfectly. We played "Sleigh Ride" by Leroy Anderson, arranged Mike Story," she said.



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Holding a holiday ornament filled with Hershey kisses, freshman Eden Mullins has just won a holiday spirit week contest by correctly guessing the amount of sweets in the ornament. For Mullins, this task came naturally to him. "Life is a guessing game and some people just guess better than others," he said.



Celebrating with a space between them, Ms. Burton and Mrs. Brubaker spread their Christmas spirit with their holiday masks. Brubaker appreciated her fellow bestie for offering her a festive mask. "Ms. Burton shared her holiday spirit with me by letting me use some of her new themed masks," she said. "The holiday spirit week made things feel normal in a year that is anything but normal!" she said.



Mrs. Mayer



Ms. Prill



Jacob Miller, 11



Kate Manico, 12



Caroline Weston, 12



Zada Porter, 12



Mr. Spradlin

feel the LOVE



"I love sleeping."
Kelsey Shaywitz, 11



"I love my black lab, Kahlua."
Jordan Wetzer, 9



"I love spending time outside and looking at the beautiful views."
Erica West, 10



"I love Suraj."
Daniel Reeves, 12



"I love Daniel."
Suraj Lalchandani, 12



"I love oreos! My favorite is double stuffed oreos."
Lilly Swanson, 9

With shiny Valentine hearts hanging from the ceiling, the math department continues their monthly tradition of decorating the common area for the season. "It all started with Christmas decorations and the excitement on Truman and Ryan's faces. When I was getting ready to cut them down, I was given the suggestion to put hooks on the end of the strings and to keep decorating! When I saw the smiles, it brought to many students and staff, I knew that person was right. Now, we have a monthly tradition in the math department to keep those smiles bright!" exclaimed Mrs. Shilling



Ready and eager to open the gifts, seniors Katie Sullivan and Leah Sortore exchange goodie bags during Help Save the Next Girl Valentine's special event. The club's "secret galantines" gathering was delayed a week due to snow days. "I was happy to finally have a meeting where the club could come together," said Sortore. "It was exciting to see all of the new club members."

A-door-able Decorating

This year for Black History Month, the Cave Spring High School held a door decorating contest challenging teachers and students to join forces in celebration of African American culture and accomplishments.



With love on the page, freshman Samantha Manico shows off her artistic ability during Key Club's Valentine community service. The Key Club constructed Valentine's Day cards and sent them off to the Children's Memorial Hospital. "I enjoyed making the Valentine's Day cards for the children and veterans," commented Manico. "I hope it made their days."

"The foreign language department decided to focus on the Afro-Latinx and Afro-French groups as whole and incorporate the different languages. The cultures are very important and the one way to educate ourselves is to do interactive things like this. It was really interesting to research these topics, and even I learned new things. I didn't realize that Maria Elena Moyano and other women had limited rights during their lifetime. She is a strong Africa-Latin women."
Senora Wright



With multiple original works of art, Miss Lucas' door features a myriad of Harlem Renaissance and modern black writers for the February door decoration contest. Her junior English students worked on the door as a classroom project. Junior Miykael Mays meticulously drew Langston Hughes at the center of the top row. "I didn't just want to color his hair black, so I decided to write the poems in his hair," said Mays.



Decked out in photos of cooks and chefs, the door to the nutrition classroom was decorated with the theme of food in mind. Ms. Perkins shared where the idea came from, saying, "Feed Your Soul is all about southern soul food. We look at all different regions of food, so this pairs well with our unit on spices."



"Amara La Negra is an Afro-Latina who was on a reality TV show called "Love and RnB." She uses her strong voice in american culture to inform others about her heritage. Many people do not know that someone can be Latino and African-American, so she bring awareness to the culture and beauty. She works hard to inform others on these topic and is an inspiration." Senora Bolen



"I love working at Kroger with my friends."
Nick Murphy, 11



**HOW DO YOU UNWIND
AFTER A STRESSFUL DAY?**



"When I have stressful days, I rely on soccer to unwind. Soccer helps me focus on myself and forget about all the stress around me."
Aubrey Billings, 12



"I just chill, grab myself a little snack then watch some TV or play video games to get my mind off the stressful things."
Karston Rindorf, 9



"When I have a stressful day, I usually watch tv or go outside."
TJ Henderson, 9



"Usually, I just go workout or go play baseball."
Tyler Green, 10

WITH A LOADED BARBELL,
AP Calculus Teacher Mrs. Shilling braces for the descent as she completes the reps for her workout. Taking the advantage of her home workout equipment, she makes time for her workouts when she needs it. Shilling uses exercise as a way to stay energetic with her family. "Running and working out boosts my energy and allows me to keep up with my sweet boys!"



HANGING OFF THE MOUNTAINSIDE, Teacher Mr. Lustig poses for a photo of him and the breathtaking view. Finding time to get away to Northern Italy, he braved the 3,000 ft heights to do something he loves and scaled the cliffs. Lustig loves to spend time outdoors, "There are certain things that make people happy. For some it is music, TV, sports, food, etc. For me, it is huge mountains, glaciers, lakes, and beautiful views."

Self Care Defined:
The practice of taking action to preserve or improve one's own health

PEACEFULLY DRIVING DOWN THE PARKWAY,
senior Holden Wilkerson watches the sunset or sunrise on an overlook by himself. This is his usual form of self-care "because it makes me feel disconnected from busy areas of Roanoke and allows me to clear my head. Watching the sunset from an overlook is beautiful and makes me thankful for the little things."



WHO IS YOUR SUPPORT SYSTEM WHEN YOU FEEL OVERWHELMED?

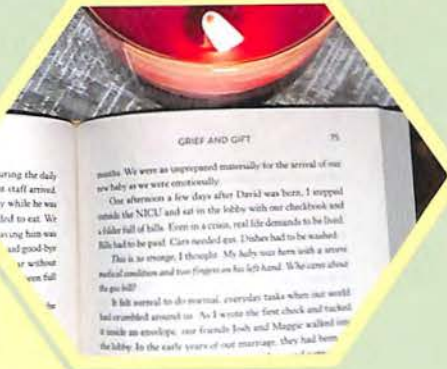
CURLING UP FOR A NAP on the couch, junior Connor Woods enjoys taking a snooze after a tough swim or CrossFit workout. Napping is a way to physically recharge your body after strenuous work. "It is relaxing and helps me feel rested and recovered," Woods said.



TAKING A POST-WORKOUT SELFIE, senior Cicley Webb goes to the gym alone so she can focus on her workouts which she does five times a week around lunchtime. "It puts me into a good mindset everyday," Webb said. "I feel like school work can be piling up left and right, and getting active helps relieve me of some of the stress! It also makes me look better and feel better, which also helps my self esteem!"



GETTING COZY WITH A BOOK, sophomore Ava Muzzy lights her favorite candle before getting cozy in her reading chair. Muzzy enjoys reading at night before bed to wind down after a long day. When asked about why reading is a form of self-care she said "It's really relaxing to me."



"My support system when I feel overwhelmed is my dad, I go to him because he talks me through things and calms me down."

Blair Emery, 11



"My support system is my girlfriend Becca; she always makes sure she's there for me whenever I need to talk about something bothering me."

Rome Myers, 12



"My support system is my friend Tyler Green because he helps me take my mind off work."

Ayden Babich, 10



"I go to my friends when I need a support system because they always have good advice when I need it. They are super caring and dependable."

Carolina Clemmer, 9

Self-Care Tips:

- Take time for yourself
- Find a creative outlet to channel your feelings
- Spend more time on your hobbies/things you enjoy
- Take social media breaks
- Hang out with friends
- Eat a good breakfast
- Get good amounts of sleep
 - Drink more water
 - Exercise more often

Miss Worldwide



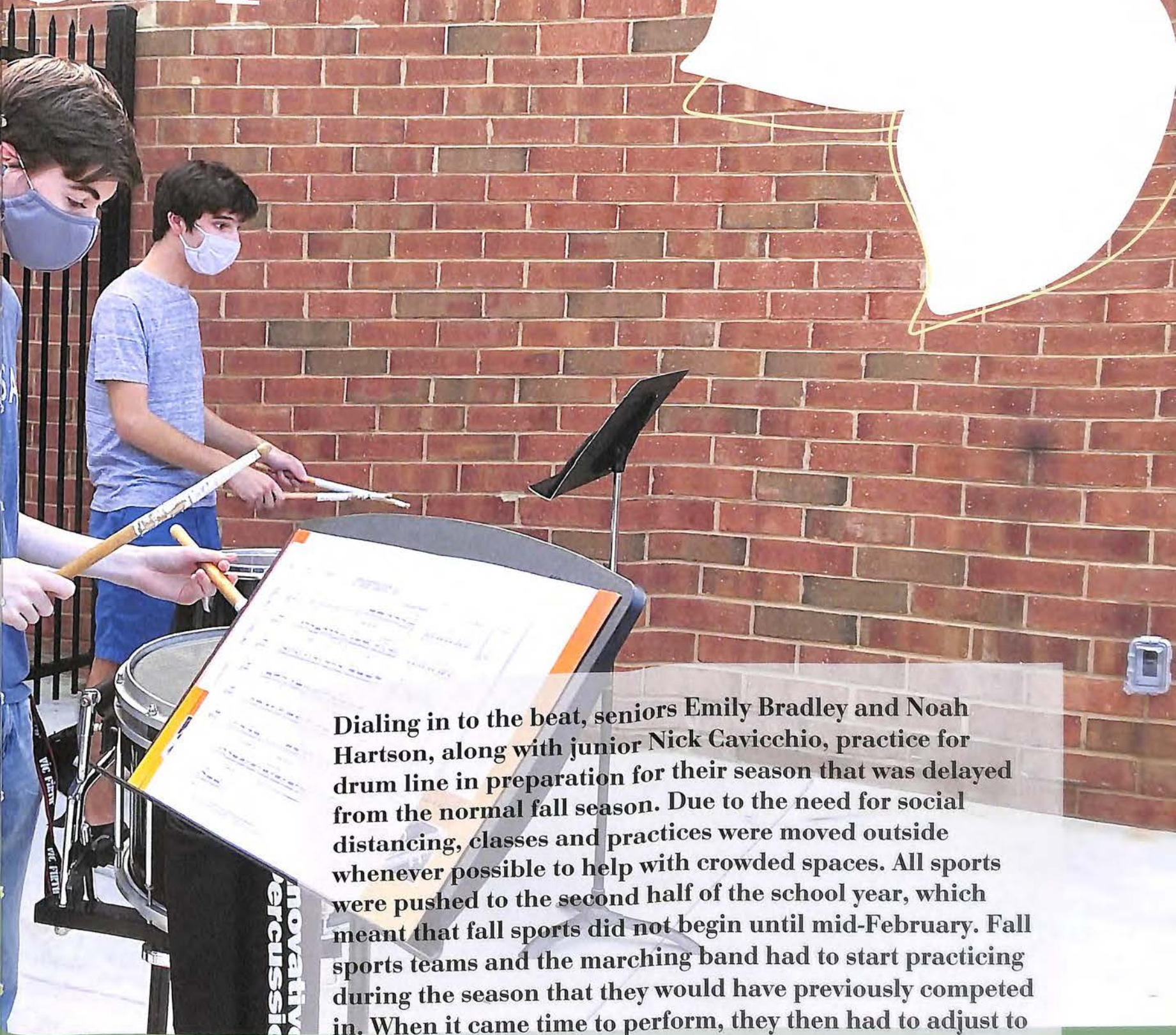
I moved from South Africa to Roanoke in August of 2017. When I mention I am from Africa people think of the grasslands, little huts and lions just walking around in the wild. Although we do have our lions and elephants, South Africa is very industrialized with many different ecosystems. It consists of beautiful landscape going from grasslands to semi-desert to huge mountain ranges full of rain forests, to incredible beaches. Sunrises and sunsets in the Bushveld and huge waves in Cape Town or George. There are eleven different official languages including Afrikaans, English, and Xhosa, making most South Africans bilingual. I miss my family and friends most of all. It has been extremely hard to stay in touch with family. We try to visit every two years if possible, but due to COVID, we can't go this year. They can't come visit us and we can't go visit them. We try to FaceTime family at least three times a week and my mom likes to keep everyone updated using social media. Even though we are away from our true home, my family and I try to hold onto the South African culture as tightly as we can. My dad makes us traditional South African cuisine with pap, sous, en sjoppies (lamb chops and traditional African grits and tomato-based stew) being my favourite. We only speak Afrikaans in the house and listen to new Afrikaans albums when they are released. We try to teach our friends some Afrikaans words as well as a swing dance called Sökkie.

In Roanoke, you will meet and see a lot of nice people but in South Africa you can truly see how tight knit the community is. You'll see friends staying late at the open braai, wonderful school functions and dances and of course Christmas at the beach with the whole family. In South Africa, we go to school year to year (January to December) divided in four terms. In school you have 11 subjects up until grade 4 and then in grade 10 you start to specialize in certain subjects. We take two exams twice a year, with an exam in each class. During the year you would have a test from two of your classes, two times a week, and the consists consist of only free response, no multiple choice."

As told by junior Miné Potgieter

blooming in the LI





Dialing in to the beat, seniors Emily Bradley and Noah Hartson, along with junior Nick Cavicchio, practice for drum line in preparation for their season that was delayed from the normal fall season. Due to the need for social distancing, classes and practices were moved outside whenever possible to help with crowded spaces. All sports were pushed to the second half of the school year, which meant that fall sports did not begin until mid-February. Fall sports teams and the marching band had to start practicing during the season that they would have previously competed in. When it came time to perform, they then had to adjust to frosty winter temperatures. Even with all the delays, athletes and students were just excited to compete after months of wondering whether or not they would get to have a season at all.

LAUGHING AT THE CAMERA,

seniors Allie Kolnok, Mikayla Ray, Maddie Wagner, and Sierra Cox laugh with each other as their photo is taken on the parkway in July because they are already dressed up for a party that took place earlier that day. The girls, after leaving a party earlier, had a friend take their picture on the Parkway, knowing they would get some good pictures if they went. Allie said, "I love the parkway, whether driving it or taking pictures. It's always so peaceful and beautiful."



ADMIRING THE SUNSET,

Hannah Young, senior, and her best friend drive on the parkway to watch the sunset, relax, and share long talks while taking in the scenery. The Parkway had been closed recently but has since opened back up. Hannah said, "The whole vibe of watching the sunset and having long talks is something I really enjoy."



HUGGING EACH OTHER CLOSE,

juniors Ashley Ditmore and Hadley Brandetsas take advantage of the Parkway's view of a stunning sunset, to have their friend take cute pictures of them on a late summer's day. They knew the Parkway would have a great view and decided to have their friend, who is good at photography, capture the moment. Ashley said, "The Parkway always has a really good view of the sunset."



BLOWING AWAY THE DANDELIONS,

sophomores Julia Parker and Tristyn Tofano pause on a summer day to have Julia's mom, Cathy, take a picture of them to take advantage of one of the many pretty Parkway views. It was such a beautiful day to take in the views on the scenic route. "Spending time with my best friend, Tristyn, is my favorite thing to do," Julia said.



**FAVORITES
AROUND
TOWN**



"To walk around downtown and look at the different flowers in the springtime and see the cute shops."

Emily Bradley, 12



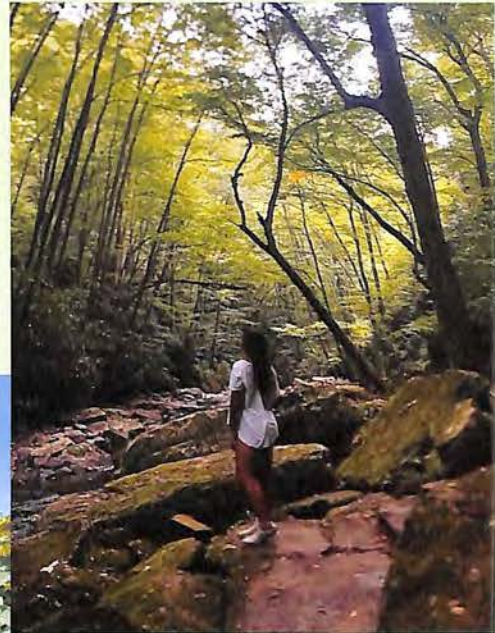
"To go to Valley View Mall and shop around the stores, mostly Foot Locker for some new shoes."

Qasim Algubori, 9

the great OUTDOORS



PAUSING FOR A PICTURE, seniors Walker Wright, Holden Foster, Joseph Kupidlovsky, and Ethan Wiid mountain bike around Carvins Cove in April for fun. The boys stopped for a break at an overlook to take a self-timer photo. Walker said, "It's fun exercise and you get to bond with your friends!"



GAZING AT THE SKY, senior Sabrina Landsman stops to appreciate the view of Cascade Falls on a summer day while on a hike with some of her friends. Sabrina and her friends were bored and wanted to do something fun, and since she has been there before and knew how beautiful it was, they decided they would spend their day hiking the trail. A friend of Sabrina's decided to take a picture of her while she was looking through the trees. Sabrina said, "I love hiking, it always makes me want to go outside more and you find things you never thought you would."

POSING WITH THE FLOWERS, juniors Lauren Fradette, Abby Holbrook, and Lauren Pennington take pictures together at the Beaver Dam Farm Sunflowers field in front of hundreds of sunflowers on a warm September day. There to spend time with their friends, they realized what a beautiful day it was and had Abby's sister, Katie, take their picture. Abby said, "The Sunflower Field is a fun way to get out and see beautiful things while spending time and making memories with your friends."



"To ride lime scooters around downtown."
Siera Hartman, 11



"To stay home and quarantine."
Jackson Egle, 10

Changes in the World

I want to see an end to world hunger.

I want to see Godzilla beat Kong, the monkey has nothing on the lizard.

I want more political acceptance with everyone in the United States and the World.

I would want to end racism.

I want to see people not being judged on the color of their skin.


I want to be able to see peace and people being able to get along knowing that we all have our differences.

I want to see the world fighting less. Everyone gets so worked up about issues, but if they just realized we aren't all so different from each other, then the world would fight less.

Make everyone be accountable for what they say and do.

I want less hateful rhetoric in the world. This just divides people and causes problems that are unneeded and unwanted. People should just get along and respect everyone.

I think the world would be a little bit better if there wasn't such a stress on social media. I feel like it would make all of us more genuine and happy.



I want everyone to get along. We should listen to what everyone has to say and not tell them that their opinion is wrong. You may not agree, but you should respect it. I feel that this change would help our world get along better.

I want racial equality, I want to just flip a switch and have people not judge pigment. It would be so much easier for people to get along and for the country to progress, no one realizes that lots of problems stem from racial discrimination. It's not solely the issue of black people hating whites or whites hating blacks.

I feel a major issue in today's world is the "everybody wins" mentality that this generation has adopted. I think people should be rewarded for their hard work and take responsibility for their actions.

I'd like to implement a thunder dome/mortal combat type of aspect to politics. If there is a tie in the senate, a dual would be set in place with the front runners of each side of the argument. Whoever wins my favor gets their way.

I want to see everyone coming together instead of acting like foes.

I want fewer people to be homeless and fewer fighting about human rights.

I wish our politicians could agree on literally anything. Both democrat, republican and third parties.

I want people to be more aware about the world and what is going on in it. We have a tendency to only focus on what is going on in our lives and not others. Opening up our eyes can make us truly see what others experience and what they are going through.

I want to end global warming.

Bucket List 3.0

A bucket list is filled with experiences or achievements a person hopes to have in their lifetime. This year, students completed an anonymous survey with their top three things on their own bucket lists.

1. Run a half marathon
2. Visit all 50 states
3. Have fun!

1. Sky diving
2. Travel the world
3. Start a family

1. Start a family
2. Own a house with a pool
3. Have a job I love

1. Go to a concert
2. Go on a road trip
3. Visit Australia

1. Swim across Lake Erie
2. Swim across the Gulf of Mexico
3. See the Olympics in person

1. Go to Paris Fashion Week
2. Become fluent in German
3. Get a tattoo

1. Swim with dolphins
2. Have a pen pal
3. Get a book published

1. Beat a World record
2. Adopt 3 kids
3. Own 200 acres of land

1. Play a dead body on NCIS
2. Act like I'm in a musical for a day
3. Bungee jump

1. Visit Greece
2. Run the perimeter of Mackinac Island
3. See the Kentucky Derby in person

1. Get bangs
2. Have 10 piercings
3. Dye my hair pink

1. Learn to love myself
2. Give back to my community
3. Help solve world hunger

1. Forgive everyone
2. Travel the world with friends
3. Be helpful for people in need

1. Ride in a hot-air balloon
2. Swim with dolphins
3. Horse back ride on a beach

1. Dog sled
2. Visit a volcano
3. Run for office

1. Take over a small country
2. Embezzle money from the small country
3. Pee in every large body of water

1. Fall in love
2. Sing at the Super Bowl
3. Go scuba diving in the Great Barrier Reef

FROM ACROSS *the ocean*



I was born in England and moved to America when I was 10 years old. The public schooling is different in England, I was in Year 5 when I moved, but because in England you start school when you're four I had to repeat a year. I was put in Grade 5 after I moved. Moving to America was hard, even though the language is almost identical. The main differences in the language were pronunciation and spelling. In England, they call it Years instead of calling it Grades for school. For every school in England including public ones you would wear a uniform. For school in England it was broken up by having Reception (Kindergarten) then Year 1 - 6. You finished primary school (elementary) when you were 10 or 11. There was no middle school, so you went straight to High School and that was Year 7 - Year 12. Also, school is different as I had more breaks throughout the year, they were usually only a week or two, and for summer break it was about 6 or 7 weeks. The school food also tasted amazing, and everyone would always want a school lunch. In England although there were cars and highways most people walked everywhere, or took the bus, or tube. The hardest part was adjusting to the way of living in America. Differences could be as simple as people walking to school here, because most students lived close, but in England students caught the red bus to High School. I do still visit England and when I do, I still see family and friends that live there. Also, from living in England where you could be in the city or in a village to living in Roanoke is quite different. One of my favorite things to do in England that I can't do in America is being able to walk everywhere and on a Sunday jump on the tube to London and walk around, have lunch, and visit a museum.

As told by freshman Abigail Wissinger

all *GROWN* up



Dorian H...



Isabella Bratt



Hannah Peters



Benjamin...



Frank Spiers



Kate Manico



Caitlin Moore



Sarah Varney



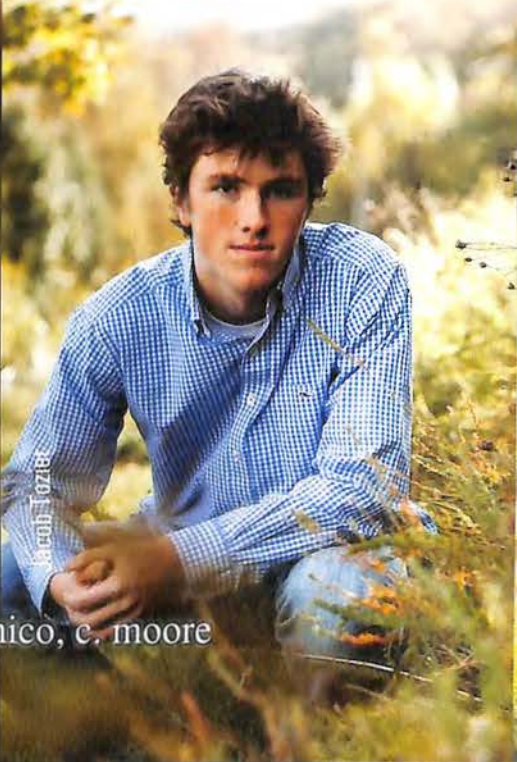
Kathryn Thacker



Lauren Hayes



Sierra Cox



Jacob Tozier



Sierra Young



Jayna Reed



Eden Giannini



Caroline Weston



Emma Larson



Cicely Webb



Anna Richardson



Katelyn Maga

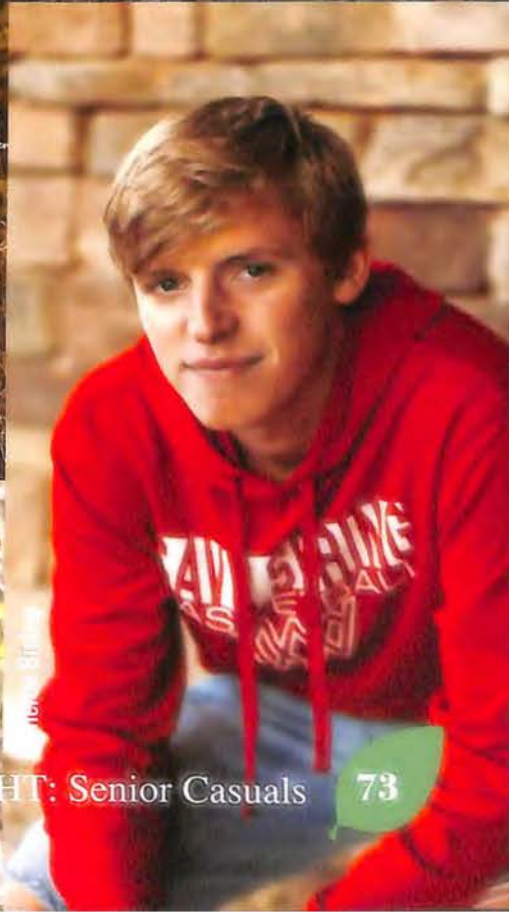


Madison Wagner

Lily Fox



Tyler Wigham



Tyler Swift

buds & GAMES

on the field



Senior Donovan Goad joined the football team this season. He played the positions of wide receiver and defensive line. "I love playing football and being able to be on the field. I enjoy hanging out with my friends and the coaches. They are all really nice to be around," he said. "Coach Fulton is a very motivating coach." Goad's team noticed his hard work in the weight room and during conditioning. "Donovan is always at practice and is one of the first players to want to jump in and work at a drill or help out in any manner," Coach Fulton commented. "He is a terrific teammate."

This year, the Knights found more ways to play and enjoy their time at school. Classroom games and extracurriculars gave students the chance to relax and have fun.

With his game face on, junior Ryan Roshioru hopes to take the lead in the Friday Farkle game. One of the biggest take-aways from the game is the teamwork aspect. Roshioru mentioned that "Principal Parker comes and joins. It's always a fun time."



Excited to get started, the class plays their traditional weekly game "Farkle Friday." The game helps to challenge the students while also allowing them to have fun in the process. "It involves adding, social interaction, and teamwork," said Ms. "Gabs" Weston. **Awaiting his turn**, Senior Tate Riha watches the competition take their chance at a strike. The field trip, taken during the 2019-2020 school year, was a great way for the students to enjoy themselves while also competing at the same time. Riha added, "We had a good time but the best part was me getting some strikes."



the best part

"Being with everyone here."

Christy Cobb, 12



"Playing football is my favorite."

Donovan Goad, 12



"I'm excited to graduate, and my dad works here!"

Brianna Slawson, 12



"Cafeteria and being a new student."

Adam Gonzalez, 11



"Being a Senior."

Tate Riha, 12



"Art and snacks."

Ryan Roshioru, 11



"I love seeing Mrs. Tyler."

Annabel Hassall, 10



Working to win, senior Tate Riha rolls the dice in hopes of getting the magic numbers. In the game, each student must roll a 1 or 5 to continue their turn. **Smiling from ear to ear**, senior Brianna Slawson strikes a pose with her fellow classmates at the bowling alley. "I had so much fun," Slawson said. "It was one of my favorite field trips." A quick survey after the fun showed that everyone in the class fully enjoyed the special trip. **With one foot forward**, junior Austin Wilson brings his arm back to produce a powerful roll. The students took their talents to Lee Hi Lane in February of 2020. "I had a good time and it was nice to hang out with people," said Wilson.



rooting for you

CHARGING THROUGH THE WATER, senior Suzanne Harris gives her all at the swim state meet on February 25, 2021. "My senior swim season was certainly not how I expected it to go, but that did not make it any less special or rewarding. Success in swimming goes through waves - sometimes you're on a high and performing great, but sometimes you're working through a low and not performing so well. Just like the water, we have to ride the waves and trust that we'll be at the crest again soon enough," said Harris.



CONCENTRATED ON HIS STROKE, freshman Robby Votta gets his pace dialed in for the state meet. After many cancellations in the spring of 2020 due to rising COVID numbers, Votta and his teammates were excited to get back to the pool. He said, "I was extremely thankful to be able to train again later in the year. It was hard to get back to that same rhythm I had the year before, but I like a good challenge."



POISED PROUDLY IN A FLAWLESS EXTENDED LIB, senior Lily Fox completes another seamless stunt. Fox and the rest of the Cave Spring Cheer crew made the most out of the unideal circumstances by getting creative with their practices. The cheer squad diligently worked during practice time to sanitize every 15 minutes, as well as keep a 6 foot space between one another while conditioning. All of these protocols were in an effort to limit contact and maintain social distancing. "COVID has caused many setbacks this year, but that will never stop our team from working our hardest and doing everything in our power to make the most out of every season, and that is one of the numerous reasons why I love Cave Spring Cheer," Fox said.



BOUNDING TOWARDS THE FINISH LINE, senior Jayna Reed finishes her 1000 meter run. Due to COVID protocols, the Indoor Track Team got used to wearing face coverings during practice and competition. For Reed, though, it was all worth it. "This year is definitely different and has presented many challenges, but I'm extremely thankful we have the opportunity to compete at all. Track has had a great effect on my life, and it's been an amazing opportunity to make friendships and grow as a person," she said.



ARMS OUTSTRETCHED IN A TEAM CHANT, sophomore Karley Gaylor, freshman McKenna Poe, sophomore Graelyn Askew, and seniors Emily Viesca and Aidan Doyle conclude their practice with a bonding moment. The team members held Zoom practices, and broke into groups during in-person training. "Being part of a sport during the pandemic is very hard. We take every precaution to stay healthy and make sure we are not exposed to the virus. As a team, we still work hard everyday even when we have challenges thrown at us," said Viesca.



EXHAUSTED AFTER A DIFFICULT RACE, freshman Isaiah Swanson, seniors Ethan Sheehy and Truman Collins, and freshman Thomas Loschner catch their breath. The Cave Spring Indoor Track team had the opportunity to compete in several small, local meets before the regional meet at Hidden Valley High School. "It's rewarding to come out here every day and be able to run this much. I'd definitely encourage more people to do it," said Swanson.





CONCENTRATING ON THE BATTLE AHEAD, senior Walker Swanson, sophomore Stark Jones, senior Cameron Bishop, sophomore Graham Lilley, and senior Charlie Urgo catch their breath before they jump back into the basketball game. "This season was for sure a challenge but I'm very thankful that I was able to compete with my brothers one last time. I feel for those seniors who didn't get their last season. Sports have always been the biggest part of my life and I'm grateful that I got the opportunity to compete," said Urgo.

DETERMINED TO DEFEND THE CASTLE, sophomore Dylan Saunders outstretches his arms to block a shot by Glenvar. Seniors Charlie Urgo and Cameron Bishop assist, complemented by junior Bryce Cooper. "Playing during COVID didn't really feel like any different than playing without COVID, but practices were a lot different with the mask on all the time. I really enjoyed that we got to play though," Saunders said.



ENERGIZED BY THEIR INDESPENSIBLE BOND, the Cave Spring Football team huddles for a chant after another successful practice. Practice for these Knights was very different this year due to new COVID restrictions. Knights were expected to wear masks and maintain 6 foot social distancing during their conditioning. Despite these restrictions, the Knights persevered, making the most of their season. "Everything about this season is different but just being out there and actually having a season is incredible. I'm excited to see how this season will turn out," said senior Ben Robinson



ALL EYES ON THE BALL, sophomore Ava Hibbs goes in for a critical shot, tying the game. The Cave Spring Girls' Basketball team made the most of their training by zeroing in on conditioning. COVID protocols demanded masks and social distancing during practice, so contact was very limited. The limitations may have made training difficult, but it did not hinder the girls' spirits.



© Rhonda Ihlberg

DISCUSSING THE PLAN OF ATTACK, freshman India Cox, wearing number 50, joins a huddle as the team prepares to power through the rest of their game. The Lady Knights had the opportunity to compete several times this season, despite COVID protocol limitations. "It wasn't easy at all and I truly don't know what I would do without these girls by my side. Every obstacle that has come our way we have broke through as a family," Cox said.

playing with *passion*

CAREFULLY DISCUSSING THEIR GAME STRATEGY, the Cave Spring Football team huddles momentarily. The strategic planning paid off when the Knights secured a victory against Blacksburg on the evening of March 5th. Even though the student section was empty due to social distancing protocols, the team's amazing bond, their passion for the game, and the exciting rhythms by the marching band, helped pave the way to victory.



OVERCOME BY PRIDE AND ENTHUSIASM FOR HIS TEAM, sophomore Landon Altizer observes the Knights as they set up for a play against Blacksburg. Altizer was one of many underclassmen on the team, and he would soon get to inherit the legacy left by the seniors.



LITERALLY JUMPING FOR JOY, sophomore David Cupp celebrates from the sidelines as Cave Spring works its way towards victory against Blacksburg.

WORKING TO BRING THE FOOTBALL GAME TO LIFE, senior Emily Bradley plays her heart out on the drumline. The marching band faced unique challenges this year, including fewer practices and unclear game schedules. "Obviously, we're down people and masks are hard with instruments. But finally getting to play made all the stress worth it and reminded me how much I just loved playing with all these people," said Bradley.



SAXOPHONE IN HAND AND SONG IN HEART, sophomore Rose Boch plays alongside her bandmates in a socially-distanced marching band section. "Marching band has been amazing. It's let me meet new people, increase my knowledge of music, and let me find a new way to express myself. It's been strange this year with COVID, though. We don't practice as often, we only perform for home games, we don't do field shows, and we socially distance in the stands. But we still bring energy to the games," said Boch.





WINDED FROM A CHALLENGING MATCH AGAINST PULASKI, the Cave Spring Volleyball team jogs off the court. Seniors on the team are trying especially hard to get the most out of this season. "I've played volleyball since 7th grade and fell in love with the sport. It's a way that I can relieve my stress and have fun. Normally we play during the fall, but we are now playing in the spring due to COVID. We have to wear masks and make sure we are constantly using sanitizers. Honestly, I don't mind it as long as it ensures that I can finish my last season without any complications," said senior Allie Kolnok.

ARMS OUTSTRETCHED IN AN ENTHUSIASTIC CHANT, the Cave Spring Cheerleading squad leads their fans in a driving cheer. Senior Aidan Doyle always holds the megaphone during cheers. "Cheer is very important to me because it is a sport that I could do every day and never get tired of. It is constantly changing and we are always looking for a way to make ourselves better than the day before. Everyone is super supportive and just wants the best for everyone else. My senior cheer season has been affected a lot by COVID. Our season is drastically shorter than it has ever been before. I am extremely grateful to even have a senior season in these stressful times," said Doyle.



SWAPPING THE FLAG FOR POM-POMS, senior Cailey McGlauplin cheers on the football team. McGlauplin is happy to be back on the field, but she looks forward to her future after high school. "Color Guard has been such an important part of my life throughout high school. It has been an amazing experience of mine that has sadly been impacted by COVID. I am excited to move on to where my future will take me," she said.



WITH A HIGH KICK IN THE AIR, junior Lauren Fradette helps celebrate senior night for the cheer team. "Cheer is important to me because it is somewhere where I can truly be myself and I have teammates who feel like family. Cheer has been impacted tremendously this year due to COVID and, even though we are lucky to be given a season and a chance to cheer at all, it has given us a condensed season with little opportunities to cheer at games and participate in competitions. I am grateful for the opportunity to be able to cheer this season, and I hope that my teammates and I are able to make the best out of the situation that we have been given," said Fradette.

SPRINGING



back into action

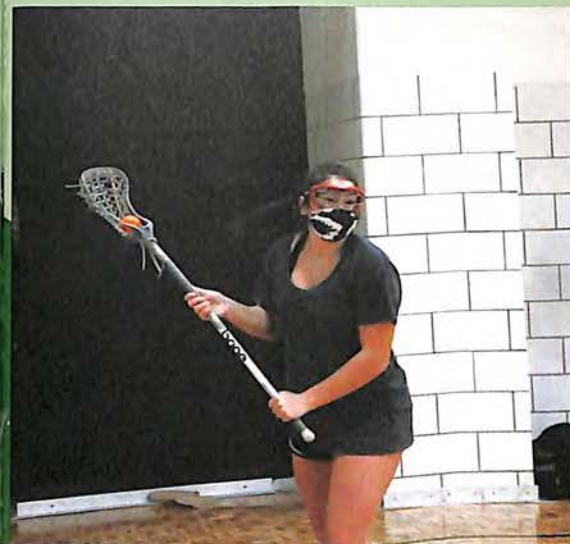


"I'm glad we are having a season this year, even though it is shortened it's much better than last year's canceled season. It's exciting seeing returning players and my former teammates being back in the routine of practicing again. I play lacrosse so I can be with my teammates and coaches, but I also just love the sport. Every play on the field is very calculated and it's a very fast-paced, aggressive sport where everything on the field can change in an instant!"

Holden Foster, 12

FIGHTING TO ESCAPE, senior Cole Pritchard battles against an opponent from Lord Botetourt. This year's season for the wrestlers at Cave Spring was short and tough. "The season was really weird and I didn't know what to expect," said Pritchard. **LEG RAISED, ARMS BACK**, senior Spencer Craig opens up for a long hit towards the outfield. "Open gyms for baseball this year are going well, but it's hard to practice as a large group with COVID protocols. We can't share a ball and have to wear a glove on our hand if we want to throw the ball," said Craig. **WINDING UP**, senior Holden Wilkerson is practicing hard for his upcoming baseball season. "We have a great group of guys this year and the chemistry we have is incredible. We are young, but we will be very good. Definitely going to be a year to remember," said Wilkerson.





STICK POISED TO PASS THE BALL, freshman Katie Holbrook runs through another drill at practice. Last season Holbrook was on the JV lacrosse team excited for the season to start...until it was canceled. "I'm ready to put in as much as I can for this season since it got stripped away from me last year," she said. **LINED UP IN FRONT OF THEIR PARTNERS**, sophomores Ana Chubik, Sarah Massengill, Sarah Kidwell, and Morgan Allardi warm up their sticks preparing for a hard practice ahead. "I'm excited to finally get the chance to play lacrosse again, since we didn't have a season last year" said Chubik. **RUNNING FOR THE NEXT CONE**, senior Walker Swanson works hard in a close out drill at practice on Bogle Feild. He has played lacrosse for 8 years, and has been on varsity since freshman year. "Last season was sad seeing those seniors not get a chance to play." said Swanson. **UP AGAINST A DEFENDER**, freshman JP Gagnon dodges away from senior Walker Swanson at pre-season practice. "This sports brings people together and makes a brotherhood out of people that stands the test of time." said Gagnon.



RUNNING DOWN THE FIELD, senior Mason Harris finishes his drill. Harris had played soccer for 11 years. "I'm glad I have this opportunity to play this year that I didn't have last year," said Harris. **DRIBBLING THE SOCCER BALL**, junior Jacob Kielty runs through a shooting drill. "As long as we stay motivated and keep working hard we're going to do great this year," said Kielty. **EYES FOCUSED ON THE BALL AHEAD**, senior Rachael Riley focuses during a bunting practice. "Not being able to play softball last year made me realize how much I really love it. My advice to future generations is to make sure you enjoy every second of the game," said Riley



freestyling into FIRST



My sisters joined the summer league swim team in our neighborhood when my family moved to Virginia and they really loved it. I joined the summer league team when I was three, and I really enjoyed it, too. I joined my first year round team when I was 6.

During the week, I swim three times a week before school, and I swim again everyday after school, as well as Saturday mornings. I also work out at Roanoke Valley Crossfit 3-4 times a week. In total, I usually train about 19 hours a week. Swimming is a very grueling sport and requires a lot of time and dedication. The greatest challenge is managing my training schedule while still making sure I have time to complete my school work and have some time for myself. Since I have been swimming for basically my whole life, I learned to be efficient with my time, so I don't run into issues too often.

Throughout my years swimming, I have been able to meet a lot of people from all over Virginia and the US and create friendships that I will have forever. I love how challenging the sport is and how hard I am constantly being pushed physically and mentally. I definitely want to swim in college, but I'm not sure if I will continue swimming after I get my degree.

My family has been a huge source of encouragement for me. Although neither of my parents were ever swimmers, they are both incredibly supportive. Also, my sister is a junior at NC State where she is a member of the women's swim team. Since she understands everything I am going through, I can always rely on her for any help I need.

It's not always the easiest to manage practices and workouts on top of school, friends, and family, especially given how tired I can get mentally and physically throughout the week. However, I have a lot of big goals, and I have to make sacrifices to achieve them. For example, I have won the Virginia High Point Swimmer of the Year for my age group four times. It's all been worth it.

As told by sophomore Ava Muzzy

Years of Growth

No one in the Class of 2021 imagined that their four years of high school would be so thrilling, challenging, and unpredictable - but in the end it has all added up to many unforgettable moments.



June 9, 2018
Girl's Tennis Team Wins States
 After becoming the 2018 Class 3A Girl's Tennis State Champions, the team celebrated around the trophy. Senior Josie Beheler explained, "Winning states was such a surreal feeling. It made me understand that although tennis is an individual sport, it takes the strength of a team to come together and inspire one another to do our best".

June 9, 2018
Boy's Soccer Team Wins States
 Edging out York High School, Cave Spring's Boy's Soccer Team won the 2018 VHSL State Championship 1-0. Senior Tyler Mitchem recounted, "I will never forget the crowd erupting when Marc scored in the final minutes of the State Championship game. It was a feeling that I will never forget."

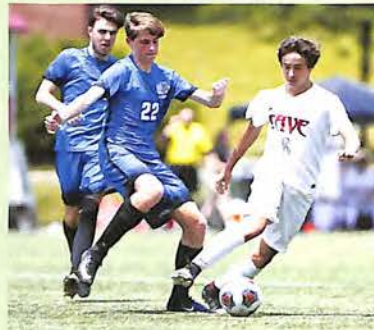
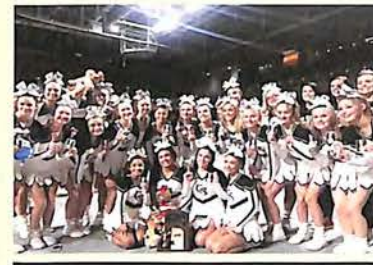


photo credit: Ryan Hunt, The Roanoke Times



November 3, 2018
Cheer Team Wins States
 After a hard season, the Cave Spring cheer team won the state title in competition cheerleading. Senior Kate Manico comment, "The best part of the day was the joy we felt hearing our school called out and realizing it made all of our hard work pay off."

January 2019
Transition to Trailers
 Milling around the bleachers, students get used to eating lunch outside in the trailer park. The initial transition was rocky, with broken water pipes and holes in the sides of trailers, but the experience became a fond memory to many. Senior Anjie Dinakin shared her thoughts, "Although the trailers were sketchy, I kind of miss them."

August 23, 2017
First Day of Freshman Year for the Class of 2021

August 13, 2018
First Day of Sophomore Year

October 11, 2018
The School Floods
 A surprise rush of rain sent students home early, left teachers wading in water to get to their cars, and turned a deteriorating school's hallways into puddles.



February 7, 2018
The Power Outage
 A dead squirrel in the transformer causes the entire school to lose power during second block. Senior Ethan Sheehy shared his experience, saying, "It was really crazy, but then Mr. Fulton whipped out a white board and just kept teaching us Algebra."

I Will Always Remember...



"The football games because we didn't get to go to those this year."
Caitlin Moore



"Vandalizing the library."
Ethan Wiid



"Vandalizing the entire school."
Emma Larson



"The experience of it all."
Sarah Beth Tirico



**2019-2020
Life in Trailers**

Posing behind the chain-link fence, seniors Ethan Wiid and Dylan Williams spend their Junior year in the Cave Spring Trailer Park. Life in trailers was a prominent and memorable part of the Class of 2021's high school experience, with many ups and downs - from metal walkways and water coolers to lunch on the bleachers and walking to class in the rain.



**May 25, 2021
the Class of 2021
Graduates High School**

**August 12, 2019
First Day of Junior Year**

**August 24, 2020
First Day of
Senior Year**



2020-2021

The New School

With construction finished, the class of 2021 gets to spend their last year of high school in the new building. It was a bright spot amidst the chaos of pandemic learning.

March 2020

COVID-19 Shutdown

Following the closing of schools, teachers put together a video to encourage students during the unprecedented times that came with COVID. Mrs. Shilling of the Math Department explained that the transition "...to virtual learning has been an emotional rollercoaster. The biggest and most difficult part has been the time cut short on seeing my students. I miss them - the smiles, the laughs, the whining about doing math."



March 6, 2020

Boy's Basketball Team Wins Quarterfinals

Charging in for a layup, senior Charlie Urgo goes to score a point for Cave Spring. The team beat Liberty Christian Academy 65-52 at the Class 3 State Quarterfinals at Roanoke College. Urgo shared his experience, "It was the greatest feeling, knowing you're going to compete for a State Title is something I'll never forget."

**December 2018
Graffiti**

With the move into trailers made official, students painted and wrote on the walls of the school before it was torn down.



"The chaos on the first day of school in the trailer park."
Devin Ren



"Using the spicy trailer bathrooms."
Makenna Mitchell



"The raccoon that lived in the trailers."
David Muzzy



"When my teacher set me up with my boyfriend."
Caroline Weston

What's Next?

As our seniors ended their high school career, they were putting into place their plans for the future. Whether they were going to attend college or a trade school, join the military, or enter the work force, we are very proud of all our seniors.



"I never really cared for playing lacrosse in college, but after visiting my brother and sister this past year at college, my mind on the subject has changed. Due to COVID lacrosse recruitment isn't the same, but I still have schools that are interested in me. One of those schools is Lincoln Memorial University, which just so happens to be the same school my sister attends. Although playing side-by-side with my sister would be a fun experience, it never hurts to create your own path. After this school year my parents are moving to Florida, so lately my school choices have been based off distance from them."

Sabrina Landsman, 12

Josie Beheler, Roanoke College



Grace Williams, University of Virginia

Kate Manico, James Madison University



Bennett Snyder, William and Mary

Caroline Weston, University of Virginia



Victoria Downie, Virginia Tech

The reason I'm going to trade school is because I'm a hands-on learner. The school I have chosen is Eastern Utah State. I started welding my tenth-grade year and I fell in love with it. I want to pursue it as a career in the future.

Layton Turner, 12



Leah Sortore, James Madison University

Holden Foster, Liberty University



sealing the DEAL



Signing to James Madison University to swim has been my biggest accomplishment to date. I remember being so nervous on my official visit to JMU, but after I met each member of the team, I knew it would be my new home. The countless hours of training a week put in front of me were all made worth it by signing to JMU. I want to excel in my swimming and be a point scorer at our championship meet. I could not be any more excited for my future at James Madison.

Suzanne Harris, 12



Throughout the process of talking with colleges, I chose VMI, because I felt it was the best option to set up my future academically and athletically. One of my goals for my career at VMI is to be a starting pitcher my freshman year. A long term goal of mine is to be selected in the MLB draft during my junior year at VMI.

Holden Wilkerson, 12



My first Division-1 offer came when I was in the eighth grade from Appalachian State University. At the time, I wasn't ready to make any decisions. I ended up being in contact with more than 20 schools. I made my decision to commit to Appalachian State, because of the atmosphere and how "a part of the family" the coaching staff made me feel. My goal for college basketball is to leave a mark.

Zada Porter, 12

reference





As he gets a grip on the ball, junior quarterback Skylor Griffiths receives the snap to set up a play against Blacksburg on March 5th at Bogle Stadium. Freshman Johan Serrano-Murillo, number 82, watched from the sideline and waited for his turn to get in the game. The Knights ultimately defeated the Bruins 34-7. Contrary to a normal school year, football games did not mark the start of the year - the season didn't begin until February. Although the usual athletic schedules had been pushed back and in-person attendance to sports games was limited, students still supported the Cave Spring sports teams virtually - many fans took to Facebook Live videos to watch their Knights compete. As the year moved into the last nine weeks and athletic events finally gave players a chance to practice and compete, Cave Spring began another transition with in-person students going to school four days a week. Even with all of the hardships that came with COVID-19, the students at Cave Spring continued to reach for success in both academics and sports.

Ring Acuol *Student Helper (10-11)*

Jordan Akerson *JV Football (9), Varsity Football (10-12), FBLA (11)*

Eden Albrecht *Green Club (10), Choir (10-12), Beta Club (12)*

Griffin Anderson

Hailey Angell



Jeremiah Ashby

John Asimakopoulos *Cross Country (9-12), Outdoor Track (9-12),*

Indoor Track (10-12), Student Helper (11)

Meg Askew *FCCLA (9)*

Jacob Ball

Elighja Barnes



Josie Beheler *Tennis (9-12), Key Club (9-12), Latin Club (10-11),*

National Latin Honor Society, Pre-Med and Law Club (11-12), National

Art Honor Society (12)

Destina Bermo

Aubrey Billings *FCA (9), Key Club (9-11), Student Helper (9-11),*

Varsity Soccer (9-12)

Cameron Bishop *JV Basketball (9-10), FCA (11), Varsity Basketball*

(11-12)

Kinzie Blankenship



Damian Bodner *JV Football (9), Wrestling (9-11)*

Nikolas Boone

Mariam Botrous *Spanish Club (9), Choir (9, 11), Key Club (11), Beta*

Club (12)

Jason Bowles

Emily Bradley



Kameryn Brenner *FBLA (11), Key Club (11-12), Pre-Med (11-12)*

Ashlee Brickey

Addi Browning *Varsity Softball (9-11), Help Save the Next Girl (9-*

10, 12), Yearbook (12)

Fletcher Burden

Jaela Calloway





working on **THAT GRIND**



People often know what they want to change about themselves, but it is a privilege to know how to change it. Growing up, I was never an extraordinary athlete or physical specimen. I may have been described to others as skinny or scrawny.

Fortunately, through YouTube, I discovered ways to change this. Through diet and exercise I was able to go from skinny to a better version of myself.

When I first began lifting, I had a goal in mind. To become like Brad Pitt. I quickly learned why there is only one Brad Pitt, and set my sights on much more attainable goals, like going to the gym consistently or getting the right quality and amount of food. Gradually, I began to see progress and change, but it did not happen overnight. Even now it is a struggle sometimes to put my journey in perspective, but the challenge is what motivates me. The drive for perfection, knowing I will probably never reach it.

As told by senior Walker Swanson

4-H *all-star*

I joined 4-H when I was 6 years old, becoming part of the 4-H Clover Buds. We made crafts, sang carols at nursing homes and made homemade cards for hospitalized veterans in our community. Since then, I have been part of the 4-H Clover Club and Roanoke 4-H Honor Club.

In the summer of 2019 while attending State 4-H Congress at Virginia Tech, I won the State 4-H Presentation Contest for Health and Fitness. Becoming a 4-H All Star is the highest honor a 4-H'er can achieve. The application process to become an All Star is a very detailed process, with a panel of judges that look at your entire 4-H journey. The judging process encompasses the leadership, community service, and practical knowledge gained throughout your 4-H career. Being a 4-H All Star is a lifelong membership that allows me to continue contributing to my community and to give back to 4-H.

I was chosen as 1 of 6 delegates to represent Virginia at National 4-H Congress in Atlanta, Georgia in December 2019. There I met delegates from 46 other states. Our mornings were filled with classes about leadership, interviewing techniques, and get-acquainted activities taught by world travelers. We participated by going to the Atlanta Coca-Cola Museum, Atlanta History Center, and a local elementary school to work as teachers' aides. These activities allowed 4-H'ers from across the United States to become friends and learn about programs they have within their own states

As told by senior **Kate Manico**





Kaitlyn Carter

RJ Chaustre *JV Football (9-10), JV Baseball (9-10), Varsity Baseball (10-12), Varsity Football (11-12), FBLA (12), DECA (12)*

Ryan Chewning

Madison Cianelli *Two Hearts Foundations (9), FCCLA (9), Latin Club (10-11), National Latin Honor Society (11-12), Key Club (11-12), Pre-Med and Law Club (11-12), Beta Club (12)*

Hunter Clark



William Clark

Omarrion Claytor

Emily Cleveland

Justin Clingenpeel *Marching Band (9-12), Jazz Band (9-12), Concert Band (11), Beta Club (12)*

Zechariah Coates



Christine Cobb

Dylan Colburn *Academic Team (9-10, 12)*

Tyler Cole

Weston Colip *Academic Club (9-12), Chess Club (9-10), Dungeons & Dragons Club (11-12), National Art Honor Society (12)*

James Collier



Truman Collins

Spencer Cook

Sierra Cox *Key Club (9-10), Varsity Softball (9-12)*

Garrett Craig

Matthew Crawford *Lacrosse (10-12)*



Tyler Cundiff *Golf (9-11)*

Daren Darnell *JV Football (10), Varsity Football (11-12)*

Alexandra Deneal

Anjolaoluwa Dinakin *Spanish Club (9-10, 12), Lacrosse (10-12), Yearbook (12), Key Club (12), Beta Club (12)*

Isabelle Divers *Marching Band (9-11), Concert Band (9-11), Tri-M Music Honor Society (10-11), Help Save the Next Girl (12), Knight Life (12), Yearbook (12)*

Victoria Downie *Beta Club (12), Help Save the Next Girl (10-11), Vice President and former Representative of Key Club (10-12), Spanish Club (10-11), National Spanish Honor Society (9-11)*

Aidan Doyle

Ayush Dutt

Joshua Earls

Jumana El` Shenawy



Charles Emanuelson *FBLA (11), French Club (9)*

Abigail Estrada

Benjamin Falatic

Holden Foster *Lacrosse (9-12), Debate Team (10-11), DECA (9-11), Day and Knight News (10), Architecture and Engineering (11)*

Lily Fox *Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Competition Cheer (9-12), Beta Club (12), Help Save the Next Girl (10-12), Key Club (10-12), Latin Club (10-12), National Latin Honor Society (12), Pre-Med Club (9), SCA (11-12), Two Hearts Foundation (9), Junior Class Vice President*



Zachary Freeman

Sateen Garcia

Eden Giannini *Cross Country /Track Women's team co-captain (11-12), Indoor Track (9-12), Outdoor Track (9-12), Beta Club (12), Key Club (12), Day and Knight News (9-11), Two Hearts Foundation (9), Yearbook (12)*

Grayson Glas *Choir (10-12) OUT Club (9-11)*

Marshall Glas *Dungeons and Dragons Club (11-12)*



Alexander Glick *Golf (9-12), Golf Captain (12), 2nd team all region Golf (11), JV Basketball (9-10), JV Baseball (9), Beta Club (12), DECA (11-12), National Spanish Honor Society (10-12)*

Donovan Goad

Matthew Graham

Benjamin Grider

Christopher Hall



Madison Hall *Varsity Basketball (11-12), JV Softball (9)*

Abdulla Harba

Macey Harder

Payton Harman *Tennis, Top 6 (9-12), Beta Club (12), Key Club (11), Pre-Med Club (11-12), Robotics Club (9-10)*

Mason Harris



looking for *PAWS-IBILITY*



I've been interested in medicine for my whole life. See, I was epileptic as a kid, and spent long hours in the neurologist's office. I grew accustomed to the environment from a young age, and I knew that I wanted to save people in the same way I was. My mother is also a veterinarian, and her practice provided an outlet into a field of medicine which was different to everything I dreamed of as a kid. She would come home with all these crazy stories, and most of it flew right over my head. That is, until I started working there in May of 2020. We were getting MORE business because of COVID-19, and they needed new staff members. Things worked out nicely, and I found myself working at the clinic. It is still one of the coolest things I have ever done, and it is also a massive learning experience. I absorb every little bit of information that comes across my path and ask what I would consider to be too many questions.

My interest in medicine had only grown over time, and while fantastically different from human medicine, there are things that aren't all too different in the vet clinic. I also have newfound respect for veterinarians. To be a vet, you need to be a cardiologist, neurologist, oncologist, optometrist, surgeon, radiologist, urologist, and pretty much any other "ologist" you can think of, all rolled into one. After spending my whole life with a veterinarian and getting to experience the field, I have decided to take that knowledge to determine what career I want to pursue. I will study neuroscience at William and Mary with hopes of becoming a neurosurgeon.

As told by senior Aiden McLaughlin

sweet and *SELF-RELIANT*

Both of my parents were born in Jalisco, Mexico. My parents worked hard when they were young just to afford a visa to come over to the U.S. They wanted to provide a steadier income for their families in Mexico. As of right now, we still send our families in Mexico money, and we even visit almost every summer. My parents ended up opening their own restaurant, one of them being Cancun Mexican Restaurant & Grill outside of Smith Mountain Lake.

It can be hard at times being the first-generation child raised in the U.S. because my parents weren't born here. I grew up speaking English at school and Spanish at home, which did have its setbacks on how quickly I was able to learn in classes. All my life I've had to be independent in a way, since my parents' first language is not English. Around 7th grade I started taking care of the paperwork and other important stuff for school. I remember having to find a teacher for driver's ed on my own. I got so used to being independent that when I had my first behind the wheel lesson, I completely forgot to tell my parents about it.

Even though my life was very different than others, I thank my parents for what they have done for me. I am glad they chose to keep speaking Spanish with me at home, I am glad they chose to live in the U.S., and I am glad they trust me to do things on my own.

As told by senior **Lizbeth Zaragoza**





Suzanne Harris *Swimming (9-12), Beta Club (12), National Spanish Honor Society (11-12), Yearbook (12)*

Noah Hartson

Dorian Havens *Varsity Lacrosse (9-12)*

Lauren Hays *Varsity Volleyball (11-12), JV Volleyball (9-10), Lacrosse (10-12), Debate Team (10-11)*

Kaleb Hedrick *Beta Club (12), Spanish Club (9-10), National Spanish Honor Society (10), Gifted program Mentorship participant*



Ravon Henson

Adrienne Heston *Marching Band (9-10), Jazz Band (10), Concert Band (9-11), French Club (9-11), TRIM (10)*

Justin Hibbs

Noah Hodges

Lillian Hollins



Zyaeh Hopkins

Jacob Hopstetter

Jenna Hopstetter *Sideline Football Cheer (9), Sideline Basketball Cheer (9), Competition Cheer (9), 2018 CSHS cheer state champion, Lacrosse (9, 12), DECA (12)*

Laurel Hudson *Marching Band (9-12), Jazz Band (9, 10), Concert Band (9-12), Beta Club (12), Help Save the Next Girl (11), Robotics Club (9-12), TRIM (10-11)*

Holden Jeffords



Kaitlyn Jenkins *French Club (9-11), Green Club (9), Key Club (11-12), Key Club Secretary (12)*

Skye Jeong *Day and Knight News (11)*

Armani Jones

Blake Jones

Lauren Kelly



Sowon Kim *Help Save the Next Girl (11)*

Alexandra Kolnok *Varsity Volleyball (10-12), 2nd Team All-District 2019-2020 Varsity Volleyball, Varsity Volleyball Captain: 2019-2020, JV Volleyball (9), Beta Club (12), Key Club (12), Day and Knight News (11-12), Latin Club (11), National Latin Honor Society (12), SCA (11-12), Student Helper (11)*

Joseph Kupidlovsky *Swimming (10-12), Lacrosse (11-12), Debate Team (10), FGA (12), Day and Knight News (12), SCA (11), Junior Class President*

Robert Kyle

Mary Laferty

Suraj Lalchandani

Sabrina Landsman Golf (9), Varsity Basketball (10-12), JV Basketball (9), Lacrosse (9-12), French Club (9), Second Team All-District Honorable Mention in Lacrosse

Isabelle Laprade Varsity Volleyball (11-12), JV Volleyball (10), Varsity Soccer (12), JV Soccer (10), FCCLA (9, 11), Day and Knight News (11)

Emma Larson JV Volleyball (10), Varsity Basketball (10), JV Basketball (9), Tennis (9-10), Key Club (10), Tennis State Champion (9)

David Lawson Swimming (9-12), Tennis (9-12)

Jordan Layne Varsity Football (11-12), JV Football (9, 10)

Timothy Lilley

Tom Lin Outdoor Track (9-12), Archery Club (9), Beta Club (12), FCCLA (9), French Club (11), Day and Knight News (11-12)

Aurora Love Concert Band (9), Help Save the Next Girl (11-12), Key Club (11-12)

Gabriel Lumsden

Autumn Macgregor Archery Club (10-12), FCCLA (10-11), Help Save the Next Girl (9-12)

Katelyn Maga

Kathryn Manico Sideline Football Cheer (9-12), Sideline Basketball Cheer (9-12), Competition Cheer (9-12), Outdoor Track (9-12), Concert (9), Beta Club (12), Green Club (9), Help Save the Next Girl (9-12), Key Club (9-12), Day and Knight News (11-12), Prevention Club (9), SCA (12), Yearbook (9-12), Knight Life (11-12)

Jacob Mardian JV Football (9), Lacrosse (9-12), FBLA (9-12)

Brooklyn Mather

Allison Matthews

Cailey McGlaughlin Color Gaurd (9-12), Captain of Color Guard 2019 & 2020

Aiden McLaughlin Marching Band (10-12), Jazz Band (9), Concert Band (9-12), Beta Club (12), Latin Club (10-11)

Reese McMaster Varsity Basketball (11-12), JV Basketball (9-10)

Morgan Meadows

Matthew Miles

Landon Mitchell

Makenna Mitchell Day and Knight News (12), Center for Performing Arts (CPA) at Burton Center for Art and Technology (9-12)

Tyler Mitchem Varsity Football (11-12), Varsity Soccer (9-12), Beta Club (12), National Spanish Honor Society (10-12)

Caitlin Moore Outdoor Track (10-12), Beta Club (12), Key Club (12), National Latin Honor Society (11), Pre-MED Club (11), Yearbook (12)





scout's *HONOR*



When I first joined the Boy Scouts, the Rank of Eagle was the highest rank you could achieve, and it was also considered the most prestigious. Many of the other ranks in Boy Scouts leading up to Eagle were there to teach you basic survival skills, while the ranks directly preceding Eagle taught you leadership skills. All these skills culminated into what was needed to achieve the rank of Eagle, including taking a leadership role on a major community service project.

My project, which we called the Rescue Mission Arc, started with the idea of helping the Rescue Mission. We decided on building a replacement playset for the Rescue Mission's day camp, called Jubilee Acres, for kids who lived in their shelter. I had to organize a yard sale fundraiser for the project, that exceeded our initial expectations, as well as contacting multiple businesses to find the best one to provide supplies for the project.

After flattening out the new playset area, we started work on constructing a giant Noah's Ark, as the camp was Bible themed. Over two or three months, the arc was assembled piece by piece. We even built another smaller swing set with our leftover materials and added a slide to the side of the arc.

After a few rounds of paperwork discussing how the project deviated from my original plan, as well as a board of review discussing my project, I was awarded the title of Eagle Scout on September 17th, 2019.

As told by senior Scott Rose

taking the *STAGE*

I have always had an intense love and appreciation for music and art. In the third grade, I joined the Roanoke Valley Children's Choir. I have been doing theatre specifically for six years but music a little longer, and so far, I have been in just under fifteen shows.

My first professional show was *You're a Good Man, Charlie Brown* at Roanoke (now Virginia) Children's Theatre, and my most recent was *The Sound of Music* at Mill Mountain Theatre. They taught me a pre-show ritual called "Pinkies" that I know try to do before every show. The idea is to have the cast join in a circle with their pinkies linked. Then we jump up and down and yell "bless our feet, bless our souls, bless our happy happy toes" three times. It's super silly, but it is a great way to center everyone's energy in a positive way and get rid of some nervousness.

My absolute favorite moment since starting musical theatre occurred in my most recent show *Songs of the Past: A VCT Concert*. I performed "My New Philosophy," Sally's solo from *You're a Good Man Charlie Brown*. As I performed, I felt pure joy. I was doing what I loved again, as a character that I loved, singing a song that I loved.

Essentially, theatre made me into the person I am today. It helped me find myself and surround myself with a loving and supportive community. I wouldn't trade it for the world, and I can't wait to continue my theatre education at UVA.

As told by senior Caroline Weston





Kaitlynn Mullins Varsity Softball (10-11), JV Softball (9), Help Save the Next Girl (11), Key Club (11)

Glenn Muzzy Swimming (9-12)

Rome Myers

Akanimo Ndem Varsity Basketball (11-12), JV Basketball (10), FCA (11-12)

Emma Newcomb Key Club (10-11)



Dylan Noell Cross Country (9-11), Wrestling (9-12), Outdoor Track (9-10), FCA (9-12)

Jarin Olsen

William O'meara

Iris Oranchak Swimming (9), Beta Club (12)

Roshan Patel Tennis (9-12), Beta Club (12), DECA (9-11), Latin Club (9-12), National Latin Honor Society (12), SCA (9-10), Captain of the Tennis Team (12)



Cody Perdue Varsity Football (10-12), JV Football (9)

Skylar Perdue Marching Band (9-12), Jazz Band (9-12), Concert Band (9-12), TRI-M Music Honor Society

Larissa Pesina Choir (12)

Hannah Peters Varsity Volleyball (11-12), JV Volleyball (9-10), Varsity Softball (9-10), French Club (11-12), Key Club (10), National Spanish Honor Society (10), Student Helper (10)

Thomas Peterson Tennis (9-12), Varsity Baseball (11-12)



Zada Porter Varsity Basketball (9-12), FCA (9-12), Student Helper (9-11), Yearbook (11-12), Captain of Varsity Basketball (10-12), First Team All-District (9-11), District Player of the year (11), First Team All-Region (11), Second Team All-Region (9-10)

Diego Powell

Miranda Price JV Basketball (9), Outdoor Track (10), Lacrosse (11), Yearbook (11-12)

Colson Pritchard

Braden Prokopchak Varsity Football (11), JV Football (9, 10), FCA (9-12), FCCLA (9-10)



Arian Radfar

Ella Ray

Mikayla Ray

Jayna Reed Cross Country (11-12), Indoor Track (9-12), Outdoor Track (10-12), Beta Club (12), FCCLA (9), Help Save the Next Girl (9-10), Key Club (9-12), Spanish Club (11), National Spanish Honor Society (10-12), Student Helper (11), Two Hearts Foundation (9)

Daniel Reeves Varsity Football (10-12), JV Football (9-10), Beta Club (12)

Anna Richardson *Outdoor Track (9-10), Help Save the Next Girl (9-10)*

David Richardson

Tate Riha

Rachael Riley *Varsity Softball (10, 11, 12), JV Softball (9)*

Abigail Robertson *Marching Band (9-12), Jazz Band (10-12), Concert Band (11-12), Beta Club (12), Latin Club (12), National Latin Honor Society (11-12), Student Helper (12)*



Carter Robertson

Benjamin Robinson *Varsity Football (11-12), JV Football (9-10), Beta Club (12), National Spanish Honor Society (11-12)*

Hailee Rogers *Sideline Football Cheer (9), Sideline Basketball Cheer (9), Competition Cheer (9), Key Club (11)*

Scott Rose *Academic Team (9-12)*

Amisha Sahni *Indoor Track (10), Tennis (11-12), Concert Band (9), Help Save the Next Girl (9-12), Key Club (11-12), Spanish Club (10-12), National Spanish Honor Society (9-12)*



Charles Sanders

Rachel Sandoval *FCCLA (11)*

Seth Schindler

Emma Schlosser *Beta Club (12), Key Club (12)*

Victoria Shanley



Ethan Sheehy *Cross Country (11-12), Indoor Track (11-12), JV Soccer (10), Outdoor Track (11-12), Concert/Symphonic Band (9), Key Club (11-12), Yearbook (12)*

Justin Sheldon

Devin Showers *JVG (10-12)*

Brianna Slawson

Taylor Smithson *JV Basketball (9), Varsity Softball (9-12), Beta Club (12), Key Club (9-10, 12), SCA (10-12), National Spanish Honor Society (11-12), Yearbook (12)*



Bennett Snyder *Jazz Band (9), Academic Team (9-12), Beta Club (12), Debate Team (10-12), French Club (10-12), National French Honor Society (12), Day and Knight News/Newspaper (12), Social Studies Honor Society (11-12), Yearbook (12)*

Oriel Soltysik *Outdoor Track (11), Marching Band (11),*

Concert/Symphonic Band (10), Beta Club (12), Debate Team (10-11), Pre-Med Club (11-12), National Spanish Honor Society (11-12), TRIM Music Honor Society (10-11), Architecture and Engineering Club (11-12)

Leah Sortore *Beta Club (12), Green Club (9-10), Help Save the Next Girl (12), Latin Club (9-11), Two Hearts Foundation (9), Yearbook (12)*

Franklyn Spiers *JV Baseball (9), Beta Club (12), Student Helper (9)*

Katherine Sullivan *Marching Band (9-12), Concert Band (9-12), Beta Club (12), Help Save the Next Girl (9-12), Robotics Club (11-12), Spanish Club (10-12), National Spanish Honor Society (11-12)*





STRENGTH *in numbers*



I first started going to Young Life when I was in 7th grade. The first time I went, I honestly didn't know what to expect. It was unlike anything I had ever experienced before, but I kept going back because I found that it was a place where I could just be myself. Young Life helped me get my life on the right track. My freshman year of high school, I was in a car accident with my friends and almost lost my life. That experience, along with more personal issues, caused my life to become extremely complicated. I felt like I was in a dark place for a long time, but Young Life always gave me a safe place where I could be happy and use my hardship and experience to relate with other students at Cave Spring.

I now serve as a student leader for Young Life at Cave Spring. I also spent some time in the summer as a Wyldlife counselor, which is Young Life for middle school kids. Out of all my camp experiences with Young Life, my sophomore year at Lake Champion was my favorite. That week I made friends with people that are my best friends to this day, and I got to connect with a lot of people I had never really talked to before. To anyone considering going to Young Life, always know that there is a place for you. Young Life is the most inviting group I have ever been part of, and I strongly encourage you to give it a chance. It changed my life forever, and it will change yours too.

As told by senior Frank Spiers

switch IT UP

Before this year's pandemic, I had the opportunity to represent Cave Spring High School by participating in a video game-themed event, live on the TODAY show! Created as a tool to promote the grand opening of Super Nintendo World in Osaka, Japan, those who wished to enter the contest were tasked with producing a short video centered around why they deserved a chance to win exclusive tickets. I had only found out about the competition about three days before all submissions were due, so you can imagine my haste in brainstorming, scripting, filming, and editing an entire video in a little over a weekend. I pulled an all-nighter along the way, and ended up submitting it an hour before the due date. Thankfully, Cave Spring teachers' many assignments had taught me some useful time-management skills, of which I certainly put to use.

A few weeks passed without feedback of any sort. I admitted defeat and assumed that all of my hard work was in vain. The next day, however, the TODAY Show called to congratulate me on my video and announced that it was one of five winning submissions! My family was invited to New York City on February 19th, 2020 to be featured on the show. The fellow finalists and I viewed in a brief competition of chance on live TV, and although my family didn't end up winning, we were still provided with a consolation package including tickets to Universal Studios Hollywood, and a brand new Nintendo Switch.

As told by Senior Victoria Downie





Walker Swanson *JV Basketball (9-10), Lacrosse (9-12), Varsity Basketball (11-12), Beta Club (12)*

Mackenzie Sylvester

Catherine Thacker *JV Basketball (9), Varsity Soccer (9-12), Varsity Basketball (10)*

Sarah Tirico *Varsity Soccer (12), Beta Club (12)*

Jacob Tozier *Golf (9), JV Basketball (9, 10), Varsity Basketball (11-12)*



Darden Trail-Barrett

Saige Trail-Barrett

Nathan Tryal

Layton Turner *JV Football (9-10), Lacrosse (9-12), Burton Engine Team (10-12), Varsity Football (11-12)*

Charles Urgo *JV Baseball (9), JV Basketball (9-10), Varsity Baseball (10-12), Varsity Basketball (11-12)*



Sarah Varney *Beta Club (12), Key Club (12)*

Emily Viesca *Cross Country (12)*

Ashoka Wagner *Wrestling (9-12)*

Madison Wagner

Madison Wagner *Sideline Cheer (9-12), Competition Cheer (9-12)*



Braunson Wallace

Brennan Washington

Parker Waters III *Indoor Track (9-12), Outdoor Track (9-12), Cross Country (10), Key Club (12)*

Cicely Webb *Pre-Med Club (9), Two Hearts Foundation (9), JV Soccer (9, 10), Help Save the Next Girl (9-12), Latin Club (9-12), Key Club (10-12), National Latin Honor Society (11-12), Varsity Soccer (11-12), Beta Club (12)*

Cameron Weld



Caroline Weston *Help Save the Next Girl (11), Student Helper (11), Social Studies Honors Society (11-12), National Spanish Honor Society (11-12), Key Club (12), Beta (12)*

Christian Wheeling *Student Helper (11)*

Milan Whitley *Choir (10-12)*

Ethan Wiid *Golf (9-12), Swimming (10, 11), Tennis (11), Student Helper (11), Lacrosse (11-12)*

Holden Wilkerson *JV Baseball (9), Day and Knight News (9), FCCLA (9), Varsity Baseball (10-12), DECA (10-12)*

Dylan Williams

Faith Williams *Outdoor Track (9-11)*

Grace Williams *Beta Club (12), Help Save the Next Girl (11-12)*

Jesse Wills *All Count Band (9,11), Marching Band (9-12), Concert Band (9-12), Tri-M (10-11), Jazz Band (11-12)*



Jonah Wood

Jonathan Wood

Walker Wright

Ashlee Yeatts *Key Club (10-12), National Spanish Club (10-12), Beta Club (12)*



Hannah Young *Jazz Band (9), Concert Band (9-12), Marching Band (10-12), Help Save the Next Girl (11-12), Swimming (11-12)*

Lizbeth Paulina Zaragoza *Key Club (10-11), Choir (11)*





one last word...

Ring Acuol: "The Office, Season 3, Episode 12, (7:28-7:47)."

Jordan Akerson: "Appreciate what you have before it turns into what you had, take nothing in life for granted even the little things."

Eden Albrecht: "Well, I'm going through a little bit of a rough patch. The whole year, actually." - Michael G. Scott

Hailey Angell: "If you don't have fun when you're young, you'll have nothing to smile about when you're older." - Earl Dibbles Jr.

John Asimakopoulos: "Before you judge a man, walk a mile in his shoes. After that who cares?... He's a mile away and you've got his shoes!" - Billy Connolly

Meg Askew: "Meg, may I Askew a question?"

Sarah Ballou: "It's everyone at this school for me."

Elighja Barnes: "Can I be excused for the rest of my life?" - SpongeBob SquarePants

Josie Beheler: "One thing I have realized, that if God don't do it, it just won't get done. It's gonna take a miracle from God." - Dr. Barbara Thomas-Reddick

Aubrey Billings: "Have patience, God isn't finished yet." - Philippians 1:6

Cameron Bishop: "A normal life is boring."

Damian Bodner: "I would have a car, but I full sent it into a ditch."

Mariam Botrous: "Motivation is the way to your success."

Jason Bowles: "We do a little trolling; it's called we do a little trolling." - Donald J. Trump

Kameryn Brenner: "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." - Ferris Bueller

Addi Browning: "It is what it is."

Jaela Calloway: "By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest." - Confucius

RJ Chaustre: "There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do- and I believe that." - Derek Jeter

Madison Cianelli: "What's going on? Hello?" - Billiam Cianelli

Justin Clingenpeel: "I know God's voice, I've seen God's hand. If the Lord is my helper, why should I be afraid?" - John Piper

Dylan Colburn: "These last years have taught me that no matter the struggles you are going through, you will emerge stronger than before."

Weston Colip: "Now people believe me when I say that going to school is a matter of life and death."

Sierra Cox: "ABCDEGF I have to go." - Kourtney Kardashian

Matthew Crawford: "Let me know if your mom calls me cute."

Tyler Cundiff: "that was fun."

Daren Darnell: "I regret nothing. The end." - Ron Swanson

Anjolaoluwa Dinakin: "I go by Anjie."

Isabelle Divers: "The future is female."

Victoria Downie: "Who are you people???" - Patrick Star, Spongebob Squarepants

Charles Emanuelson: "You never know how much a school means to you until you leave."

Holden Foster: "How will you make your mark on the lives of others?"

Lily Fox: "I hold on, let me overthink this."

Zach Freeman: "Stop asking me what color this is."

Eden Giannini: "I'm gonna wing it" - me, about something I definitely should not wing.

Grayson Glas: "My "people skills" are "rusty"." - Castiel

Marshall Glas: "Dogs look up to us. Cats look down on us. Pigs treat us as equals." - Winston Churchill

Alex Glick: "You ain't lit, you liner." - Freddie Gibbs

Madison Hall: "Dude, we really graduated just to go to school again."

Payton Harman: "Even if we do not understand each other, that's not a reason to reject each other. There are two sides to any argument. Is there one point of view that has all the answers? Give it some thought." - Alder, Pokémon

Dorian Havens: "...Always."

Lauren Hays: "Fight for the things that you care about, but do it in a way that will lead others to join you." - Ruth Bader Ginsburg

Skye Jeong: "Part of the journey is the end." - Tony Stark, Avengers: Endgame

Armani Jones: "we made it."

Sowon Kim: "Have a good day!"

Alexandra Kolnok: "That just wasn't like High School Musical at all ..."

Joseph Kupidlovsky: "The two most important days in your life are the day you are born and the day you find out why." - Mark Twain

Sabrina Landsman: "Happiness is the richest thing we will ever own." - Donald Duck

Isabelle Laprade: "The goal in life is not to live forever but to create something that will." - Juice Wrld

Emma Larson: "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." - Ferris Bueller

Jordan Layne: "The senior quote is due today?"

Tom Lin: "If you feel yourself hitting up against your limit, remember for what cause you clench your fists! Remember why you started down this path, and let that memory carry you beyond your limit." - All Might

Aurora Love: "You can't move forward without saying goodbye to the past."

Autumn MacGregor: "I'm not going to limit myself just because people won't accept the fact that I can do something else." - Dolly Parton

Kate Manico: "I spent 113,330 hours of my life for a paper and a handshake."

Jacob Mardian: "Name one genius that ain't crazy." - Kanye West

Brooklyn Mather: "I'm F.I.N.E (Freaked out, Insecure, Neurotic, Emotional)" - Steven Mather

Allison Matthews: "Quack goes the duck when the end of the universe comes calling." - Jordan Frye, Venturian 2016

Cailey McLaughlin: "Never let the fear of striking out get in your way." - Babe Ruth

Aiden McLaughlin: "What's for dinner?"

Reese McMaster: "What a long, strange trip it's been." - Grateful Dead

Morgan Meadows: "Goodbye everyone, I'll remember you all in therapy." - Phunkon

Makenna Mitchell: "Remember guys, if you don't sin a little bit Jesus died for nothing." - Tik Tok

Tyler Mitchem: "When things get hard, in life or on the field, get back to what you're good at." - John Hillman

Caitlin Moore: "Goodbye? Oh no, please. Can't we just go back to page one and start all over again?" - Winnie the Pooh

Katie Mullins: "This was nothing like high school musical."

David Muzzy: "I knew exactly what to do. But in a much more real sense, I had no idea what to do." - Michael Scott

Rome Myers: "I'll miss most things from high school, but I hope to never see another sunflower field Instagram post again."

Akan Ndem: "Top 2 life suggestions: never iso at the top in Mercer."

Emma Newcomb: "What are taxes? Chile - anyways $y=mx+b$ tho..."

Iris Oranchak: "Monkey see, Monkey do."

Roshan Patel: "No, I don't just eat curry."

Cody Perdue: "MOLON LABE."

Skylar Perdue: "One thing I have learned from high school and band is that confidence is important. Even if you have no idea what you're doing, being confident about it will usually make it better."

Hannah Peters: "You can't move forward without saying goodbye to the past."

Thomas Peterson: "Whatever it is, I didn't do it."

Zada Porter: "I've met more clowns in these 4 years than I did in 2016."

Diego Powell: "If you're reading this future me, put down this book and do something more productive."

Miranda Price: "Sometimes I'll start a sentence, and I don't even know where it's going. I just hope I find it along the way." - Michael Scott

Braden Prokopchak: "It's only when you stop trying that you truly fail."

Arian Radfar: "Keep your friends rich and your enemies rich, then see which is which." - Tony Stark

Jayna Reed: "This one goes out to all the kids who never found their name on a souvenir keychain."

Daniel Reeves: "Ow my eye owwww owie owie, dude is there something in my eye I can't see." - Forty Wap

Devin Ren: "Asian senior quotes are funny and all, but why aren't shorts half the price of pants?"

David Richardson: "If you're reading this it's too late." - Drake

Anna Richardson: "I can't believe I went through 12 years of school just to graduate online and not have a prom."

Rachael Riley: "If you believe in yourself and with a tiny pinch of magic, all your dreams can come true!" - SpongeBob SquarePants

Abbie Robertson: "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." - Albert Einstein

Ben Robinson: "No pain, no gain." - Van Gogh, probably

Hailee Rogers: "This is calm and it's Doctor." - Criminal Minds, Season 7, Episode 01

Scott Rose: "Today is the same day as it was a couple of hours ago."

Amisha Sahni: "It's time to -lythencout"

Rachel Sandoval: "Growing old is mandatory, but growing up is optional." - Walt Disney

Emma Schlosser: "Your hands and feet are mangoes, but you're going to be a genius anyway."

...before we go



Ethan Sheehy: "I'm a simple man. I like pretty, dark haired women, and breakfast food." - Ron Swanson

Devin Showers: "Life is too short for you to not enjoy it. Live life every day to the max." - William Shakespeare

Taylor Smithson: "I don't like it when people call me a dumb blond. It gets on my pet peeves."

Bennett Snyder: "To win an election, you have to be good, and you have to be lucky ... like Joe Biden." - Leslie Knope

Oriel Soltysik: "Let the future tell the truth and evaluate each one according to his work and accomplishments. The present is theirs, the future, for which I really worked, is mine." - Nikola Tesla

Leah Sortore: "I had an overwhelming sense of ickiness." - Cher, Clueless

Frank Spiers: "Oh you graduated? No, I decided I was finished." - Kanye West

Katherine Sullivan: "In three words I can sum up everything I've learned about life: it goes on." - Robert Frost

Walker Swanson: "You keep using that word. I don't think it means what you think it means." - Princess Bride

Catherine Thacker: "We're adults. When did that happen? And how do we make it stop?" - Meredith Grey

Sarah Beth Tirico: "If I could go back and do it again, I'd do it the same."

Jacob Tozier: "I don't know what my future holds, but I do know who holds my future." - Tim Tebow

Layton Turner: "Shake and bake."

Charles Urgo: "Don't act like your not impressed."

Emily Viesca: "There's more flavor in boys in Texas than in Virginia."

Ashoka "askoshka" Wagner: "No, she's not my sister."

Madison Mae Wagner: "No, he's not my brother."

Parker Waters: "I have no idea what I'm doing, but I know I'm doing it well." - Andy Dwyer, Parks and Rec

Cicely Webb: "They say you are what you eat, but I don't remember eating a good."

Caroline Weston: "Don't waste any time trying to be like anybody but yourself, because the things that make you strange are the things that make you powerful." - Ben Platt

Christian Wheeling: "Diamonds frosted flakes" - Key Glock

Milan Whitley: "Ight inna head out"

Ethan Wiid: "Have a great day, Big E. Make good choices see?" - Michael Wiid M.D.

Holden Wilkerson: "Know the difference between enjoying your youth and destroying your future."

Faith Williams: "Be the change that you wish to see in the world." - Mahatma Gandhi

Grace Williams: "Fight for the things that you care about. But do it in a way that will lead others to join you." - Ruth Bader Ginsburg

Jesse Wills: "Oh, my stars...my high school experience has been one heck of a journey certain experiences from that journey and especially from band have shaped me the most. They've taught me to stay confident and know that you're not alone amidst the chaos, and to not be afraid to be "wrong," because someone will always be there to guide you. I'll truly miss all the amazing people I've met along the way...WOW!"

Ashlee Yeatts: "Brooklyn Nine Nine, Season 6, Episode 4, 2:44:2:48"

Hannah Young: "It's the COVID senior year for me."

Lizbeth Zaragoza: "Si tienes un sueño, no dejes que nadie te lo quite" - Selena Quintanilla



Tristan Akins
 Hannah Allder
 Carmen Anderson
 Ethan Arrington
 Brandon Austin
 Alexandra Avery



Rachel Baffoe-Bonnie
 Keon Bakhit
 Bailey Barker
 Thomas Barrow
 Emily Bassant
 Laurel Bay



Bryce Bennett
 Garrett Billings
 Walker Bolin
 John Booker
 Colt Boone
 Nicholas Borschevsky



Blake Bowles
 Jason Bradshaw
 Hadley Brandetsas
 Isabelle Brooks
 Bryce Brunelli
 Skylor Carroll



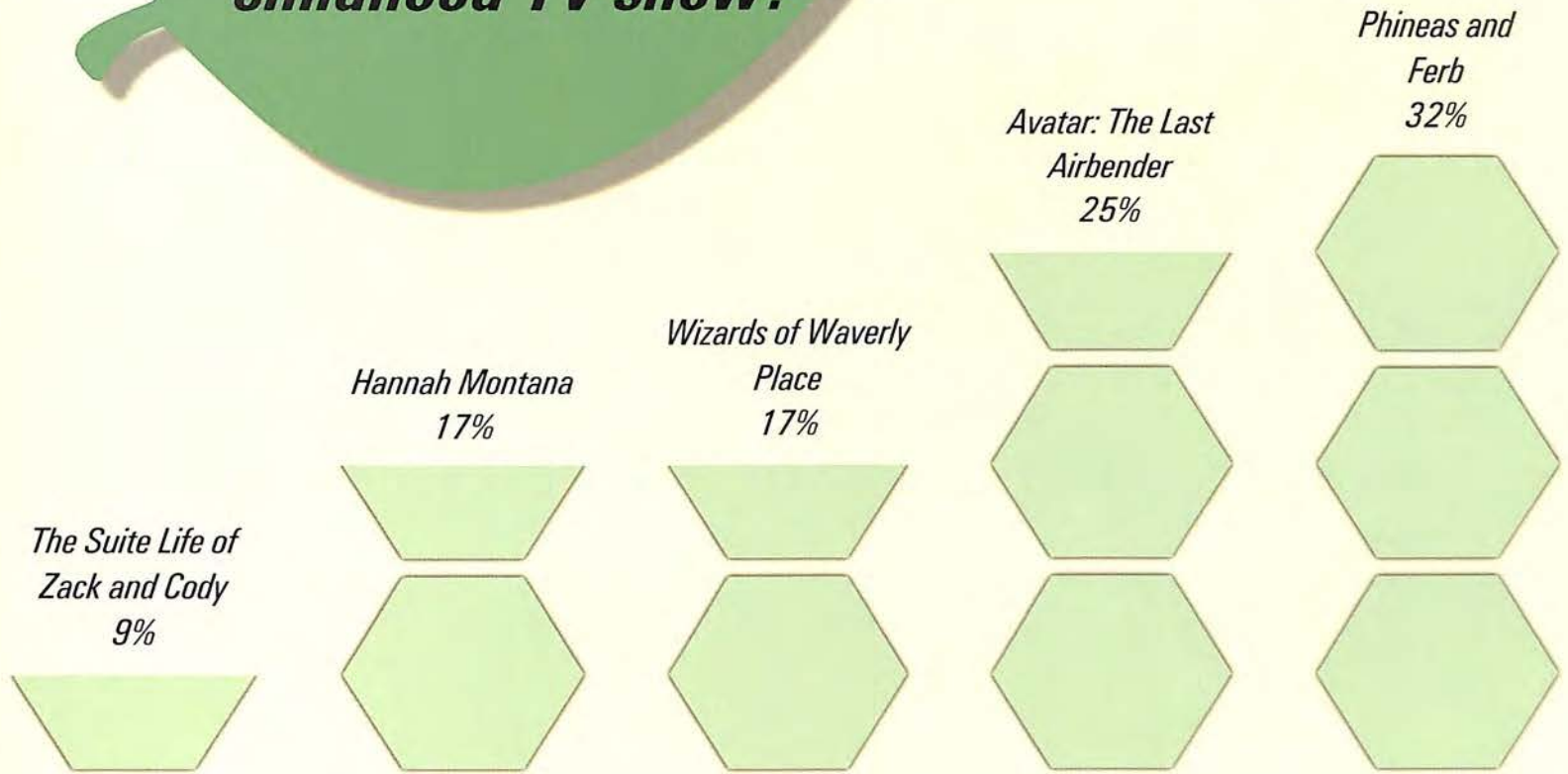
Alaina Carucci
 Alicia Carvalho
 Nicholas Cavicchio
 Sara Chapman
 Catherine Chen
 Jonathan Chen



William Childs
 Chloe Clark
 Jason Clark
 Mallory Cochran
 Corben Coleman
 Benjamin Cook



*what is your favorite
childhood TV show?*



Bryce Cooper
Landon Cox
Zachary Crain
Sadie Crouse
Kylie Cundiff
Matthew Danco

Elliot Danz
Isabela Deleon
Aiden Dellinger
Mark Dellinger
Thomas Dinsmore
Ashley Ditmore

WORDS TO LIVE BY



"No matter what, you can always make something up."
Owen Sweeney, 9



"Always be humble and kind."
Lacey Richardson, 10



"Just keep swimming."
Danielle Connor, 9



"Don't follow what everyone else says."
Jason Bradshaw, 11



"Like Yoda said: 'Do or do not, there is no try.'"
Robby Votta, 9



"Strive for progress, not perfection."
Kamryn Newman, 11

Colin Doyle
 Sarah Duff
 Sarahann Earls
 Megan Eller
 Austin Elmore
 Blair Emery



Conner Evans
 Jacob Fidler
 Seth Fleshman
 Lauren Fradette
 Vikas Garimella
 Brendan George





Hailey Gesler
 Jahlil Gibens
 Adam Gonzalez
 Victoria Goodman
 William Goodman
 Mason Graham



Jeffrey Gregory
 Skylor Griffiths
 Breann Hagee
 Lorelai Hale
 Serena Hall
 Kailyn Hardy



Sarah Harrison
 Grant Hartman
 John Hartman
 Olivia Hartman
 Siera Hartman
 Oliver Hernandez-Pequeno



Steven Heston
 Taylor Hilovsky
 Holly Hinchy
 Abigail Holbrook
 Edward Holderman
 Molly Holthouser



Reese Hood
 Jack Horton
 Jason Hunter
 Jaden Iademarco
 Zachary Jefcoat
 Jordan Kalafut



Tanner Kennedy
 Christian Keriazakos
 Elliott Kesler
 Jakob KIELTY
 Alexander Kinzie
 Gage Koelsch

Sofia Kouser
 Cheyenne Lawless
 Sabian Lawrence
 Bradley Looney
 Ryan Lucas
 Matthew Mahoney



Alexa Maronic
 Andrew Martin
 Lauren Matthews
 Benjamin McBride
 Parys McCann
 Eli McGraw



Kirsten McKinney
 Corbin McLaughlin
 Jade McNutt
 Jacob Miller
 Caroline Mills
 Jesse Monsour



Caroline Moore
 Elizabeth Moore
 Rebecca Moore
 Ryan Moore
 Erika Morris
 Jakada Mott



Idaraesit Ndem
 Timothy Neighbors
 Kamryn Newman
 Burkley Nichols
 Shabiba Nuzhat
 Mallory O`Donnell



Airic Osborne
 Gideon Pace
 Jessica Palisca
 Trinity Paschal
 Lucy Pendleton
 Lauren Pennington



what do you do for self-care?



Thomas Pierce
Isabella Poms
Mine Potgieter
Seth Poulsen
Ian Rainsbury
Laura-Rose Reed

Karina Resendiz
Austin Reustle
Ayden Rinn
Ryan Roshioru
Benjamin Rubin
Amanda Salters

OVER THE PAST YEAR I'VE GOTTEN BETTER AT...



"Sleeping and procrastinating."
Lauren Matthews, 11



"Using Quizlet."
Kelsey Shaywitz, 11



"Getting good grades."
Ryan Moore, 11



"Using my resources."
Alex Scott, 11



"Keeping track of my work."
Ayden Rinn, 11



"Looking hot."
James Snyder, 11

Cayton Savinda
Hanna Scaer
Sydney Schillen
Liam Schopf
Alexander Scott
Matthew Seymour



Kelsey Shaywitz
Devin Shepherd
Marisa Sigrist
Jackson Simmons
Adam Smith
Christian Smith





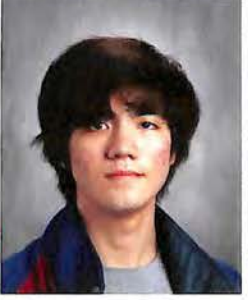
Kayla Smith
 Samuel Smith
 Grayson Snyder
 James Snyder
 Gabriel Southerland
 Mackenzie Sowers



Kaile Surrell
 Emalyn Sylvester-Johnson
 Carter Taylor
 Zachary Thompson
 Lainey Thornhill
 Ella Tkachenko



Henry Ton
 Evan Ulmer
 Hannah Underwood
 Amra Vatres
 Apurv Verelly
 Gracie Walker



Riley Wampler
 Jacob West
 Aaron Wheeler
 Caleb Wheeler
 Vincent Williams
 Alenna Williamson



Benjamin Wills
 Austin Wilson
 Savannah Wilson
 Katelyn Wissinger
 Connor Woods
 Joshua Woolfolk



Michelle Zheng

Haylie Adams
 Morgan Allardi
 Haider Almusawi
 Landon Altizer
 Rachael Anderson
 Cali Arbogast



Lucas Arthur
 Graelyn Askew
 Ayden Babich
 Danielle Barbour
 Kirsten Barnett
 Amelia Beamer



Jane Beheler
 Sarah Bell
 Alexis Bennett
 Riley Black
 Holden Blanton
 Meredith Block



Rose Boch
 Isabella Bonhotel
 Rowan Boone
 Jonathan Bowman
 Joshua Bowman
 Owen Bright



Mary Brooks
 Richard Bryant
 Cacy Caldwell
 La`daja Calloway
 Zachary Cannady
 Katherine Carroll



Matthew Chapman
 Ana Chubik
 Angelina Clark
 Carlie Coleman
 Grace Comstock
 Nickala Conner



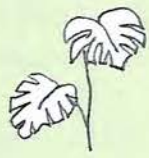
*what is your
favorite season?*



Campbell Cooper
Carson Cooper
Efcy Dagud
Althea Danz
Ian Deweese
Aidyn Dowling



Robert Draper
Turiq Drew
Bryce Duncan
Maggie Dunstan
Jackson Egle
Mohamed Elbadri



3 THINGS YOU WOULD BRING ON A DESERTED ISLAND



"A knife, fire starter, and rope."
Jack Purnell, 10



"I would bring my phone, my dog, and a fishing pole."
Anna Kate Pratt, 10



"Food, tools, and water."
Sam Pollard, 10



"I would bring my phone, a portable charger, and food."
Alex Mutter, 10



"An axe, a sleeping bag, and a raft."
Braxton White, 10



"I would bring my phone, a boat, and matches."
Riley Young, 10



"A boat, gas, and WiFi."
Jackson Vest, 10



"I would bring Spotify Premium, my friends, and a cruise line."
Divya Tennant, 10



"I'd bring my lacrosse stick, a yacht, and gas."
Chris McBroom, 10

Macie Emerson
Autumn Engle
Andrew Enyart
Ian Era
Trevor Ermel
Emma Falatic



Brooklyn Ferguson
Canaan Fetzer
Maggie Fields
Sarah Fimbel
William Fink
Margaret Forest





Rielly Fralin
 Sophia Fueglein
 Juliana Gabrielson
 Lindan Galvan
 Melody Garcia` Vega
 Karley Gaylor

Christopher Gentiluomo
 Joseph Gilley
 Charles Gilroy
 Gustavo Gobellan
 Jared Gottstein
 Tyler Green

Caleb Grider
 Evan Gullede
 Anna Gwinn
 Martin Hanson
 Susan Hanson
 Andrew Harder

Maisey Harlow
 Briana Hartman
 Annabel Hassall
 Madison Haynes
 Michael Hays
 Owen Heck

Tyler Henesy
 Aaron Henion
 Alexandra Henion
 Morgan Hennen
 Claire Henritze
 Aubrey Hertzberg

Mikayla Heslep
 Ava Hibbs
 Isabella Hill
 Wesley Hill
 Aidan Hiner
 Jillian Holt

Kara Hopkins
 Peyton Horsley
 Parker Houk
 Jeremy Hudson
 Alexander Hunter
 Carter Jeffords



Lucas Jennings
 Kelly Jones
 Stark Jones
 Emily Kadolph
 Hannah Kelly
 Sarah Kidwell



Benjamin Kingery
 Watson Koeppl
 Grace Landesmann
 Elise LeGault
 Cole Lester
 Joshua Levering



Graham Lilley
 Ashley Linsenman
 Anna Long
 Trey Ludy
 Andrew Macgregor
 Cameron Main



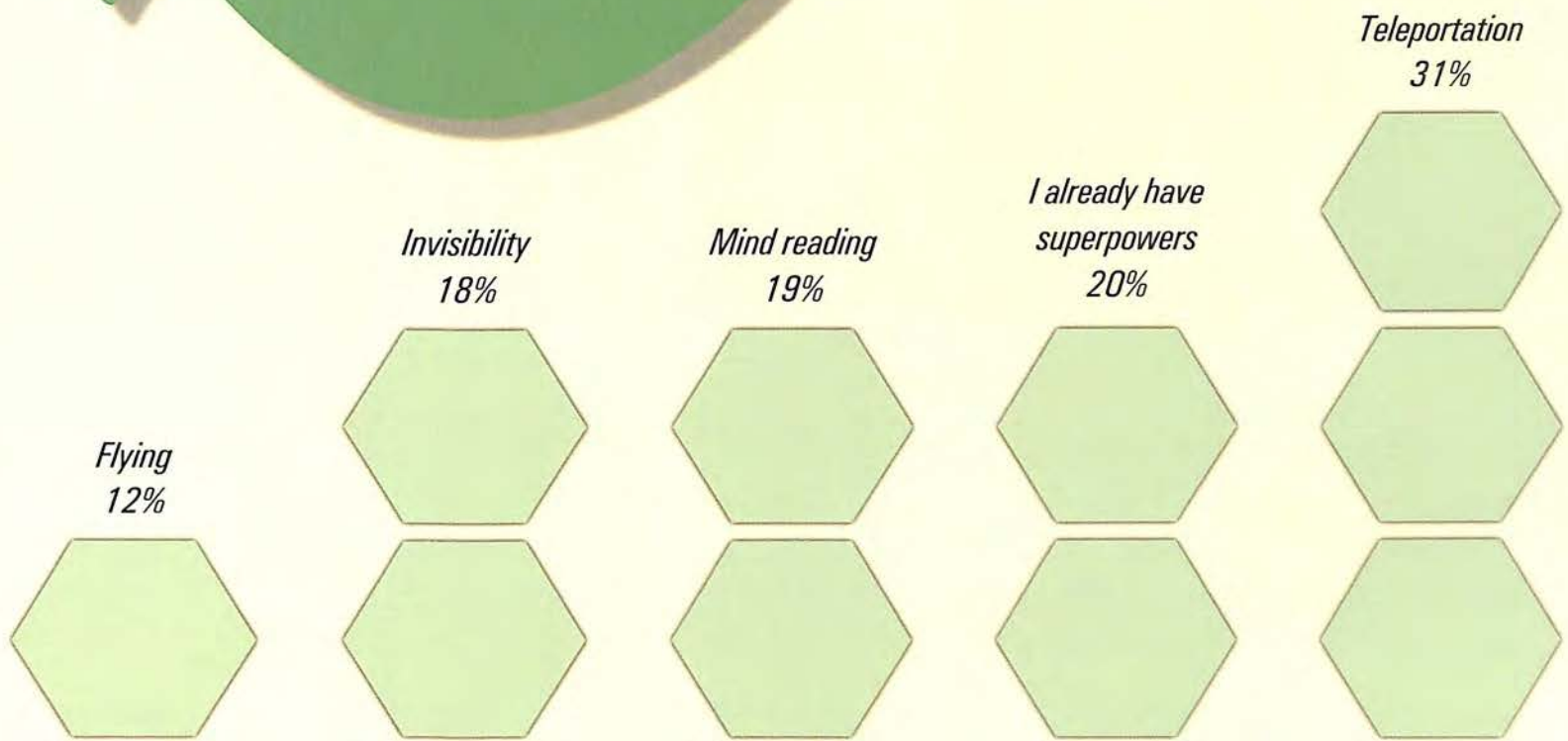
Sarah Massengill
 Jackson Matthews
 Gracyn Matze
 Christopher McBroom
 Steven McKabney
 Bryson Mitchem



Priya Mittal
 Amber Mullins
 Alexandra Mutter
 Ava Muzzy
 Kylan Nash
 Daniel Novak



which superpower would you want?



Julia Parker
Evan Patterson
Lane Pendleton
Devin Perdue
Karl Pierce
Trevor Poff

Tyler Poff
Taylor Polfelt
Samuel Pollard
Anna Kate Pratt
Gary Proctor
Jack Purnell

SIDE HUSTLES



"I sell art on Instagram where people message me for a commission. I probably get about \$30 to \$40 for a drawing, and it takes about a week to make 3-4 commissions at a time. I usually close after a couple of commissions for a couple of weeks to take a break, but I still make some good money off of selling my art."
Ava Giannini, 9

"I honestly started babysitting because I wanted to make a bit of extra money on the side. I didn't like it at first, but now its something I look forward to. I love to spend time with kids and want to pursue a career that involves children, so this job is very fun for me. One of my favorite things about being a nanny is watching the kids get excited when they learn something new. I make 10 dollars an hour."
Hannah Young, 12



"I started keeping chickens 5 years ago because I thought it would be fun. I have a few weekly customers who buy the eggs and I put most of the money back toward buying food and other supplies for the flock. I currently have 17 chickens."
Truman Collins, 12

"I started doing yard work for money when I was 12 years old, mowing my neighbors yard for \$20 a cut. This past summer, I managed 9 clients weekly, maintaining their yard to the desired look. As seasons changed I also provided leaf and snow removal. This small business typically generated me close to \$2,000 a year. This is something I enjoy doing and it's satisfying seeing my work pay off."
Holden Wilkerson, 12



Jason Quam
 Gabriella Ramirez
 Jashly Ramo-Checo
 Riley Reynolds
 Thomas Rhodes
 Jonathan Richardson



Lacey Richardson
 Ainsley Robertson
 Samuel Robertson
 Emma Roshioru
 Maribel Saade
 Kameron Salisbury





Edward Sanders
Anyssa Sauer
Dylan Saunders
Reva Sawh
Sophia Schumaecker
Jenson Selvia



Jenna Sesler
Sydney Sexton
Mason Sheehy
Alayna Shelton
Dorothy Shepherd
Jacob Shorter



William Sloane
Abby Smith
Carly Smith
Carter Smith
Sydney Smith
Amber Snead



Jaden Sowers
Chase Speller
Nathan Sprouse
Amelia Spurlock
Stefan Staley
Olivia Stanfill



Erin Sullivan
Laura Tanner
Divya Tennant
Emily Thacker
Fiona Thurston
Tristyn Tofano



Saniya Tolliver
Lyndsey Tran
Walker Tull
Logan Turner
Sarah Turner
Sydney Uherick

Linsey Umberger
 Jack Urgo
 Jenna van Jaarsveld
 Ella Vance
 Jackson Vest
 Aiden Vigue



Kaitlyn Vitolo
 Malaya Waddy
 Eliza Wagner
 Claire Wei
 Lindler Wessinger
 Erica West



Olivia Wheeling
 Neena Whitaker
 Rebecca White
 Jenna Williams
 Taylor Williams
 Zane Williams



William Windel
 Charles Winesett
 Thomas Wright
 Penelope Young
 Riley Young
 Oscar Zhang



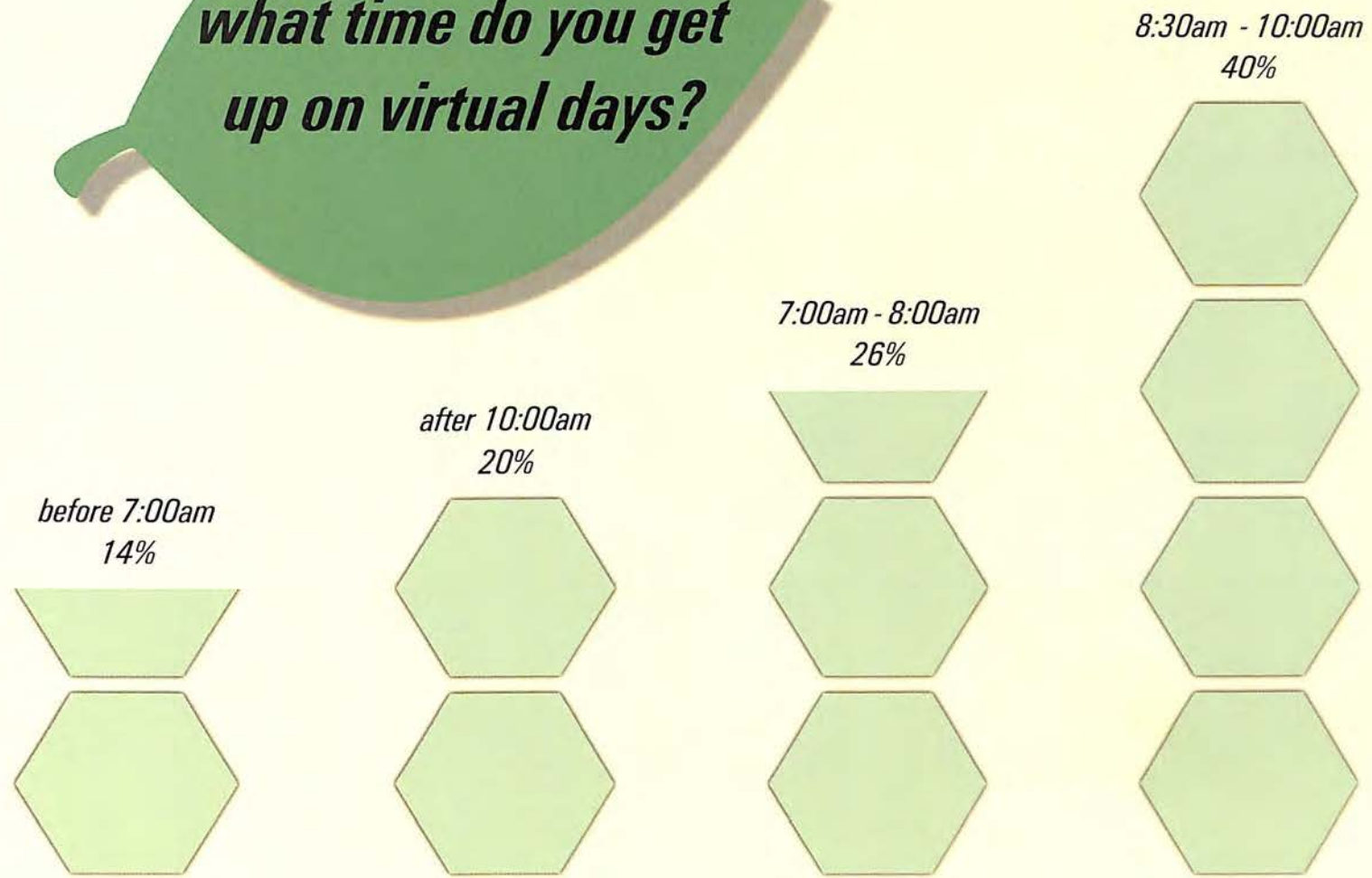
Qasim Al` Gburi
 Logan Allder
 Jae`vian Allen
 Ava Amos
 Curtis Anderson
 Evelyn Anderson



Isabelle Arbaugh
 Samuel Austin
 Xiomara Ayal-Quiroz
 Borna Bakhit
 Abby Beamer
 Laine Bennett



what time do you get up on virtual days?



Kathryn Berry
 Vivianne Berry
 Georgia Bills
 Ella Bishop
 Finnegan Bocchieri
 Sarah Bolin

Evelyn Bolling
 Matthew Bradley
 Cole Brunelli
 Owen Brydges
 Magnolia Burden
 Ava Byers



WHEN I GROW UP



"I want to be in the Italian mob."
Sophia Peters, 9



"I would like to write a book."
Sydney Rearick, 9



"I want to be a firefighter."
Anna Murphy, 9



"I want to own my own business."
Charlie Parker, 9



"I want to travel Europe."
Kendall Shepherd, 9



"I want to be a baseball player."
Zander Slough, 9



"I want to be a surgeon."
Elle Williams, 9



"I want to be a football player."
Ny`xavier Preston, 9



"I want to be a dancer."
Abby Wescott, 9

Kaitlyn Cannady
Damien Cauley
Isabella Cavicchio
Aurianna Chandler
Benjamin Chewning
Carolina Clemmer



Sarah Cleveland
Adam Cochran
Yarian Colon
Kirsten Conner
Alexis Cook
Kyle Cook





Kaleigh Copper
Sarah Corbin
India Cox
Abigail Crawford
Sarah Crawford
Kayla Cundiff



Sofia Deleon
Benjamin Dellinger
Nathan Dickey
Daniela Dinsmore
Eliza Dmochowski
Jayson Doolan



William Drake
Victoria Edwards
Helen Enyart
Drew Ermel
Jacob Fariss
Nate Faulkner



Christian Foster
Taylor Foster
Emily Furrow
John Gagnon
Beatriz Garcia
John Garlow



Elliott George
Kameron Geraldts
Ava Giannini
Xavier Giggetts
Gabrielle Gonzalez
Aila-Rynn Graham



Ali Graham
Catrena Graham
Gracyn Graham
Elise Grieme
Braden Gromada
Ronald Gromada

Steven Grubb
Lana Gul
Caroline Haggett
Olivia Hall
Tyler Hamlet
Daniel Han



Mayzie Hanson
Mackenzie Harris
Abigail Harrison
Sydney Hassall
Mason Hazelwood
Terrance Henderson



Kylie Henson
Peyton Henson
Perry Hill
Matthew Hinchy
Samuel Hoefner
Kaitlyn Holbrook



Jared Hollins
Gabrielle Holohan
Kate Horton
Emma Howell
Jasmine Hutchinson
Siena Iademarco



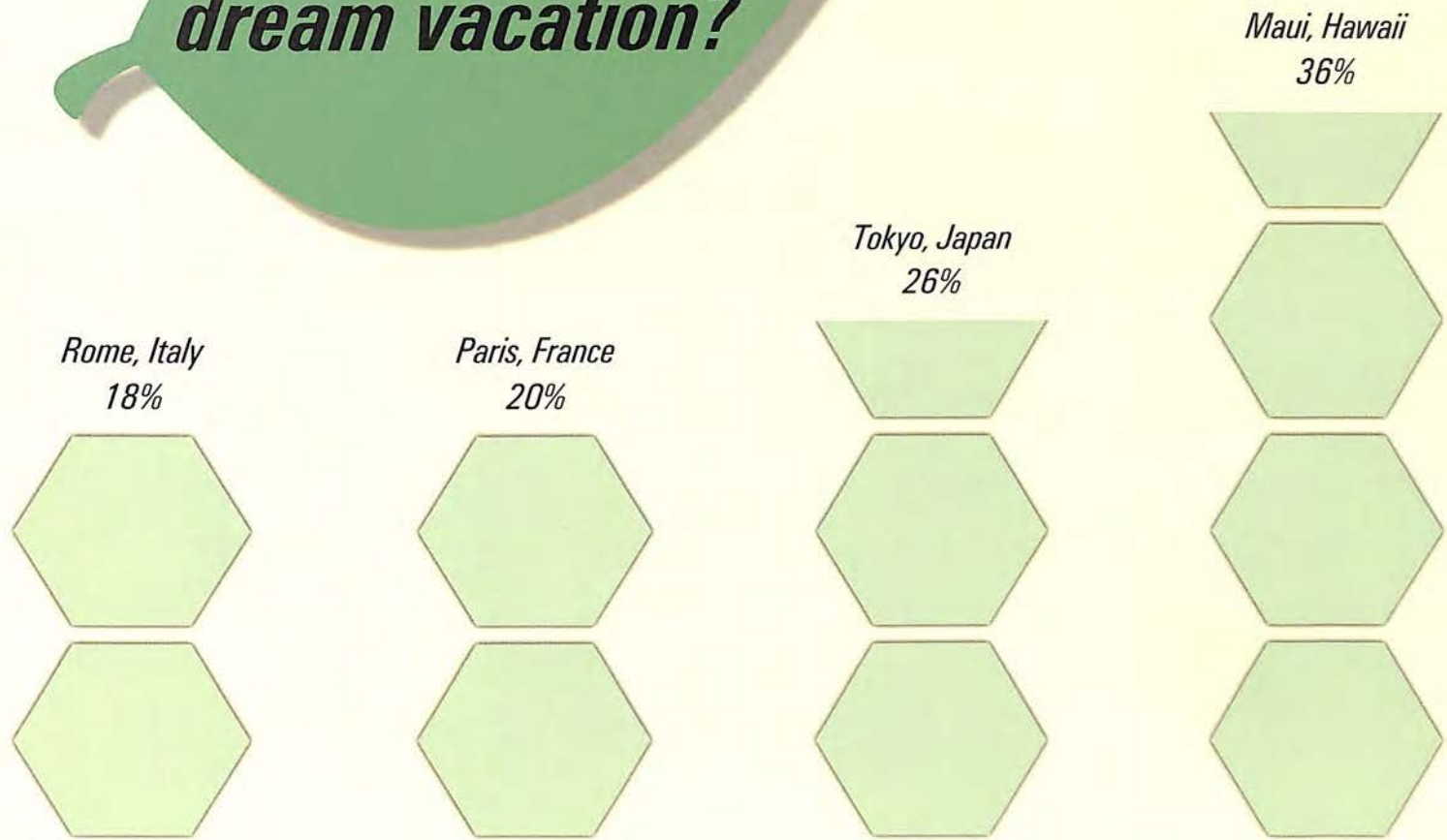
Skyler Ingle
Marley Jackson
Lilly Jayne
Carlos Johnson
Alexis Jones
Kamryn Jones



Olivia Jones
David Jordan
Mitchell Keller
Gabriel Kirk
Kennedy Lange
Alexandra Lawrence



what is your dream vacation?



Caden Lawrence
 Adelaine LeGault
 Tania Lexima
 Samuel Light
 Aiden Likens
 Hailey Lipscomb



Rhianna Loftland
 Preston Lonker
 Ethan Lorens
 Thomas Loschner
 Robert Loveless
 Ava Luckey



BACKPACK ESSENTIALS



*"Some gum."
Mason Sheehy, 10*



*"I always have a
phone charger."
Amber Mullins, 10*



*"A spare mask."
Tyler McCarthy, 9*



*"I always have Motrin
and at least four
different lip balms."
Leah Sortore, 12*



*"My lunchbox and
earbuds."
Tyler Wright, 9*



*"I always have hand
sanitizer now
because of COVID."
Grace Reed, 11*



*"A change of clothes
and shoes for sports."
Micah Vandelinde, 9*



*"I always have a
pencil for math
homework."
Abbie Robertson, 12*



*"My earbuds."
Bobby Draper, 10*

Samantha Manico
Heureuse Manirakiza
Bethany Mardian
Dillon Marlowe
Lauren Mather
Sara Mattox



Tyler McCarthy
William McClellan
Tyler McGhee
Jacob McKinney
Delaney McLaughlin
Abigail McNamara





Marly Metro
 Amalia Midkiff
 Sophie Mills
 Presley Mish
 Cassandra Monjaraz
 Adrienne Morris



Alexia Morris
 Elise Moseley
 Cameron Moyer
 Alexandra Mullins
 Eden Mullins
 Mason Munsey



Anna Murphy
 Sage Myers
 Weston Nichols
 Lauren Niday
 Brandon Noell
 Abel Pace



Madison Palmer
 Charlie Parker
 Sophia Peters
 McKenna Poe
 Ryan Poe
 Ny`xavier Preston



Andrew Quakenbush
 Sebastian Radu
 Sanjana Rajesh
 Carson Ray
 Michael Ray
 Diya Reddy



Hayes Reger
 Karston Rindorf
 Delilah Rodriguez
 Santiago Rodriguez
 Annaliese Roragen
 Alyssa Rupe

Anton Sanders
 Brianna Schaad
 Erin Schallon
 Chase Schillinger
 Christopher Scott
 Ryan Scott



David Sebez
 Johan Serrano-Murillo
 Emma Sexton
 Jordyn Shaywitz
 Uzair Sheikh
 Kendall Shepherd



Raegan Shively
 Elizabeth Simkins
 Kathryn Simmerson
 Victor Skaff
 Zander Slough
 Mackenzie
 Smallwood



Connor Smigielski
 Avery Smillie
 Leah Smith
 Malachi Smith
 Wyatt Smith
 Olamide Soetan



Peyton Stepka
 Sophie Stewart
 Zoe Struzinsky
 Isaiah Swanson
 Lillian Swanson
 Owen Sweeney



Kirstin Taylor
 Caleb Terstegen
 Heidi Thompson
 Leah Thompson
 Reece Tibey
 Kameron Tinsley





Owen Tozier
Victoria Treibley
Rodneesha Valentine
Micah VandeLinde
Joseph Vannoy
Colton Venaas



Hannah Vitolo
Robert Votta
Kalek Wagner
Zander Wallace
Paige Walters
Liam Wampler



Deshawn Washington
Abigail Wescott
Jordan Wetzel
Everett Wheeling
Lukas White
Elle Williams



Bailey Wilson
Abigail Wissinger
Michael Witt
Kendall Wolfe
Rossi Wolfe
Tyler Wright



Emma Yanishak
Makenna Yopp
Austin Zhang

Connie Alonso Mosher Bookkeeper

Chris Askew BA, Emory & Henry College; Health/PE, Advanced PE, Strength & Conditioning

Amy Bolen BA, Liberty University; MA, Virginia Tech; Spanish 3, 4, AP; Spanish Honor Society

Brandy Browning

Kaitlin Brubaker BS & MS, Radford University; Pre-AP English 10, English 11 CB; Sophomore Class

Laine Brummell BA & M. Ed., Virginia Tech; Pre-AP English 9

Dana Bryan BS & M. Ed., Virginia Tech; Algebra I, Double Block Geometry, Pre-AP Geometry

Kelsey Burton BS, Liberty; US/VA History, World History II; Swim & Dive; Middle School Track & Field; Senior Class

Sara Cann BS & M. Ed., Virginia Tech; Pre-AP Biology, Pre-AP Chemistry; HSTNG

Tamara Carson BA, College of William & Mary; M. Ed., Radford University; Algebra 1; Dual Enrollment Precalculus; Academic Team

Ann Cranwell BS, Radford University; World Geography

Christy Cundiff BA, Roanoke College; M. Ed., Virginia Tech; PhD, Virginia Tech; Life Counselor; Knight Life

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

Katie Dickens Administrative Assistant

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

Kimberly Emory BS, Roanoke College; M. Ed., Radford University; Geometry

Erikka Goff BS, University of Illinois; MS, University of Virginia; MT, University of Virginia; AP/Dual Enrollment Biology

Jacob Gruse BS, Concord University; Principles of Business, Business Law, Economics, Personal Finance; Boys' Basketball; FCA, FBLA

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

Terena Hale BA, Longwood College; M.S.Ed, Virginia Tech; Intro to Culinary, Nutrition and Wellness; FCCLA

Brian Hall BA, Virginia Tech; MS, Radford University; Dean of Students

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

Jonathan Hartness BA GBS, Virginia Tech; Athletic Director

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

Anna Hollins Guidance Secretary

Rebecca Hollins Instructional Assistant

Mark Hough BS, Radford University; Earth Science; FCA

Anne Houston BA, Longwood University; MA, Hollins University; Anatomy & Physiology, Biology; Key Club

Thomas Hubard BA, Hampden-Sydney College; MA, UNC Charlotte; MAT, Hollins; Dual Enrollment US/VA History, US/VA Government; Psychology/Sociology; Dungeons & Dragons Club

Ethan Humphries BS, Roanoke College; M. Ed., Liberty University; School Counselor; Boy's Basketball

Michelle Hunter RN, Fanshawe College; School Nurse

Andrew Huray BS, Alfred University; M. Ed., Virginia Tech; ITRT; Golf

Nicholas Iademarco M. Ed., George Mason University; World History II; VA/US History

Rebekah Johnson BA, Virginia Tech; French 1,2,3,4,AP; French Club; National French Honor Society

James Kemp BA, Virginia Tech; VA/US History; Swim & Dive

Virginia Kibler

Carly Lee BS, Longwood University; Biology

Amy Leonard BS, East Tennessee University; MAT, College of Charleston; English 11, Algebra Functions, HSTNG

Katie Lineback BS, Radford University; Earth Science, ADR; Cheer; Freshmen Class

Ricky Lonker BA, Emory & Henry; Digital Photography, Art; Art Club; National Art Honor Society; Baseball; Football

Paige Lucas BA, Tufts University; MAT, Hollins University; College Bound English 11, AP/Dual Enrollment English 11; Photojournalism; Accolade

Pete Lustig BS, University of Virginia; M.Ed, Virginia Tech; Dual Government, Psychology/Sociology

Tommy Maguire BS, Radford University; Health II, PE 10, Drivers Ed; Cross Country, Track & Field

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

Elizabeth Mayer

Holly Moore BS Longwood University; Advanced PE, PE 10, Drivers Ed, Health

Colleen Morrison BA, Roanoke College; MAT, Hollins University; College Bound English 10, Digital Journalism; Day and Knight News

Courtney Noell Instructional Assistant

Catherine Parker BS, SUNY Fredonia; MS, Radford University; English 10, World History II, Math



up for the *CHALLENGE*

The 100 mile challenge is just what it sounds like - we are challenging any staff who were interested to walk or run 100 miles in 100 days. Other forms of exercise count too, like biking, taking fitness classes, swimming, etc. For those who chose to get their miles that way, they have a conversion chart, which converts their activity into steps based on the length of time participating in that activity. 2000 steps = 1 mile.

So, Mrs. Smith (English) and I both came to Cave Spring at the same time from a school in another district, where they did this challenge with the faculty. I had noticed her working on fitness goals and wanted to do so myself, but wanted some accountability. I remembered doing the challenge and brought it up to her, and she helped me organize it here. We also changed some things to create teams of 5 teachers to help hold each other accountable. There's no prize, but the teams that get everyone to 100 miles get **ULTIMATE BRAGGING RIGHTS!**

The benefits have been really great! If you happen to stay around waiting for a bus or ride at the end of the day, you may see teachers walking laps in the hallways, often together, so it's been fun to do that with our friends at work. Every team has a name, and some even have t-shirts, so the camaraderie has been great (most teams are department specific, like math, English, foreign language, science, etc.) as has been the friendly competition and trash talking. It has encouraged some people to be more active and find ways to fit in activity. Walking a mile takes less time than you think! For myself, I've actually started running again some (I've never been much of a runner, more run/walk intervals) and enjoyed leading something for our faculty and having fun. It was SO important to do this during this season of COVID because so much has been taken away from us, from everybody. It has been great to have something fun to unite us as a faculty. Being on a team and a part of something has been really fun, and there are more things we are hoping to do with the challenge before it finishes April 22nd.

As told by Mrs. Kim Emory



Charles Parker BA, Virginia Intermont College; MS, Radford University; Assistant Principal
Kadie Pentcost

Amy Perkins BA, Lynchburg College; Culinary Arts, Child Development; FCCLA

Ryan Poff BA, Radford University; World Geography; Pre-AP World Geography; Pre-AP World History I; Football

Bob Powers BA, BS & M. Ed, Virginia Tech; Pre-Calculus, Pre-AP Computer Programming, Pre-AP Algebra II, AP Computer Science; Scholastic Bowl; Debate Team

Kathleen Price BA, Roanoke College; AP Government, Pre-AP World History II, Rho Kappa

Rachel Prill BA & MA, Virginia Tech; Pre-AP English 9; Volleyball

Brian Quakenbush BA, East Tennessee State University; MA, Virginia Tech; Band, Jazz Band; Marching Band

Timothy Roberts BS, Radford University; Instructional Assistant, Special Education; Football

Brittany Rodriguez BS, Southern Wesleyan; MAT, Mary Baldwin; Earth Science, Biology

Paxton Sauerwald

Ryan Schilling BS, Ferrum College; Double Block Geometry

Kelly Shilling BA & MAT, Quinnipiac University; AP/Dual Enrollment Calculus AB & BC, Algebra 2

Meredith Shuman BS & MS, Virginia Tech; Intro to Marketing, Marketing, Advanced Marketing, Sports Marketing, Entrepreneurship; DECA

Cheryl Shupe BS, Roanoke College; Algebra II, AP Statistics

William Slawson BS, University of Central Florida; MAT, Hollins University; Personal Finance, MS Office, Accounting, Cyber Security; FBLA

Tamra Sloan BA, Hollins University; Special Education; FAACTS

Brittany Smith BA & M. Ed, Virginia Tech; English 11, College Bound English 11, English 12; Help Save the Next Girl

Paul Soucie BS & M. Ed, University of Nebraska at Lincoln; Geospatial, Materials Process, CAD, Dual Enrollment CAD, Architectural/Engineering Drawing; Architecture & Engineering Club

Steven Spangler BS, Slippery Rock State College; MS, Radford University; Principal

Michael Spradlin BS, Radford University; Pre-AP World Geography, AP World History, US/VA Government; Criminal Justice Club

Edward Spruell

John Swartz BS, Roanoke College; Health, PE, Driver's Ed, Advanced PE, Strength & Conditioning; Girls' Basketball

Lesley Swartz BBA, Roanoke College; M. Ed, Liberty University; School Counselor

Margaret Taylor BS, Roanoke College; M. Ed, Virginia Tech; College Bound Chemistry, AP/Dual Enrollment Chemistry; SCA

James Tiffany BS, Plymouth University New Hampshire; MA, Mary Baldwin; Special Education

Sherrie Tyler BS, University of Virginia; MS, Old Dominion University; Functional Academics, Vocational & Life Skills; FAACTS

Sarah Ulrich

Matt Vass School Resource Officer

Charles Wallace BS, Radford University; Information Technology Technician

Darlene Walstrum BA, Hollins University; M. Ed, Radford University; Algebra II, ADFA, Computer Math

Lydia Washington

Gabriella Weston BA, American University; Instructional Assistant Special Education

Lori Whitlow BS & MS, Virginia Tech; Woods I & II

Penny Williams BS & M.Ed, Virginia Tech; School Counselor

Kim Wilson BS, Roanoke College; MS, Louisiana Tech University; Biology; Ecology; Junior Class

Julie Wright BA & MAT, Marshall University; Spanish



educating **ABROAD**

Teaching abroad was something I had thought about over the years. A friend brought the idea back to my thoughts in the fall of 2012. I went to a job fair in Atlanta and the rest is history. I worked in Dubai from August 2013 to July 2015. I loved it! Dubai is like nowhere else I have ever been. My students were from all over the world, so I learned quite a bit about other cultures, ideas, even differences in math work and vocabulary. The school I taught at in Dubai was an IB (international baccalaureate) school. The same math concepts are taught. However, the courses and the grading of those courses are different from a typical public school. For instance, Geometry is not taught as a separate course in the IB curriculum but is incorporated into the other math courses. Students decide early on which math course they want to focus on for their last two years of high school. The students get graded on those two years of math in one sitting at the end of those two years by taking a cumulative exam. There were other schools in Dubai, (not IB), which followed a curriculum that was more like what students take here at CSHS. I believe the more we experience in this life; the more we want to learn. A requirement of the students in Dubai is that they had to speak English, though some of those students spoke better English than others. Learning how to communicate with students with different languages, customs, beliefs, and even social statues taught me about things I had not considered before. I believe the experience has made me more patient, flexible and positive - more open to ideas not my own. If money were no issue for me, I would love to return to Dubai. The main reason would be so that I could visit people I worked with and met while abroad. But I would not return to teach in Dubai only because I like being home with my family again.

As told by Ms. Walstrum



Aubrey Billings



We are so proud of who you are and what you stand for. You amaze us every day. We cannot wait to watch you play soccer at Ferrum! Keep God close in all you do!!

We love you Aubrey!!

Mom, Dad, Madi, Tyler, Taylor, & Garrett

PARKER WATERS III



WE LOVE YOU SO MUCH AND COULDN'T BE MORE PROUD TO CALL YOU OUR SON!!! YOU HAVE SUCH AN AMAZING PERSONALITY AND A GREAT SENSE OF HUMOR ! YOU TRULY HAVE BEEN A BLESSING TO US, AND WE WILL LOVE YOU FOR ETERNITY!! LOVE YOU, MOM AND DAD

Aiden McLaughlin



Congratulations Aiden! Somehow, some way you are growing into a fine young man. We would like to take partial credit because we thought you were going to kill us in the process, but we think you are doing most of it on your own. Your thirst for knowledge and talents will serve you well in the bright future you are making. Stay humble. We love you! Mom and Dad



Anna Beth Richardson

You are already all we could ever want you to be. Thank you for teaching us so much about life, and for your infectious sense of humor. The world is truly a better place because of you. We love you!!!
All our love, Mom, Dad, Jack and Lola

Abigail Estrada



Dearest Abby,
You are a beautiful young woman, full of ambition, hope and kindness. We are so proud of your accomplishments and for what is ahead of you.
All our love,
Mom, Dad and Christian

She believed she could,
so she did!



Josie Beheler



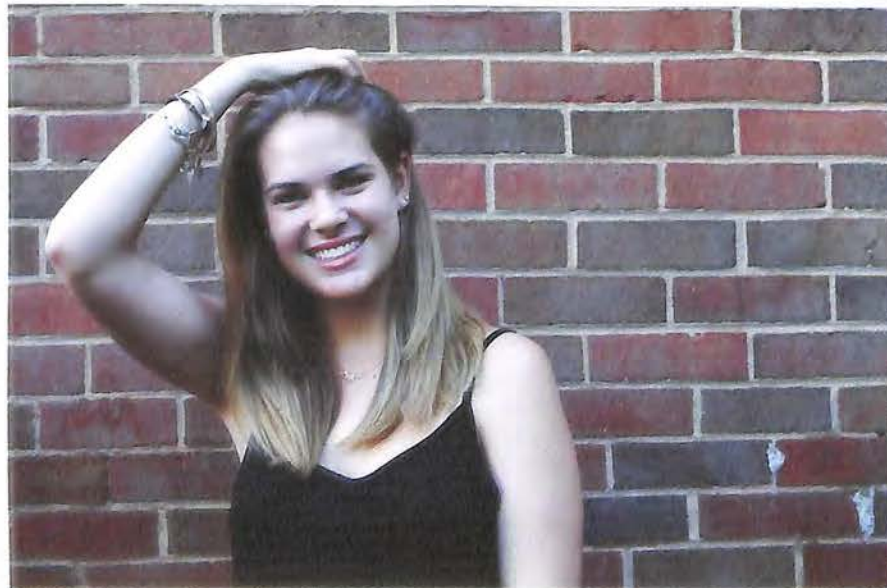
Congratulations Josie! Where did the years go?! We cannot express enough how very proud we are of you! It has been such a joy to watch you blossom into a beautiful, intelligent, and loving young lady. Your heart is kind, spirit is fun-loving and bright, mind is creative, and faith is strong. We are so blessed to have you as our daughter! May God protect you and guide you through life's journey. Remember always be your unique, wonderful self, and stay strong despite the challenges you might come upon. We love you more than you could ever know! Love, Mom, Dad, & Lance



Madison Cianelli

Congratulations Madison! It seems like only yesterday we brought you home from the hospital, a beautiful baby girl full of energy, "get up and go" at 3 days old. I have watched you grow from that tiny baby girl into a beautiful young lady. You are a great joy to me and I am so proud of the wonderful, caring person you are. You have excelled not only in your school work, but in all your endeavors. The only limits you will have are the ones you set for yourself. May God bless you and be with you on your journey through life.

Love, Dad



Scott Rose

For those about to Rock, we salute you!! Keep being your unique self and you will always Rock. Congratulations on graduating despite 2020. Love Dad, Mom & Nathan



Kameryn Alexis Brenner

We are so proud of you! Congratulations on your graduation. We cannot wait to see where you will go from here!



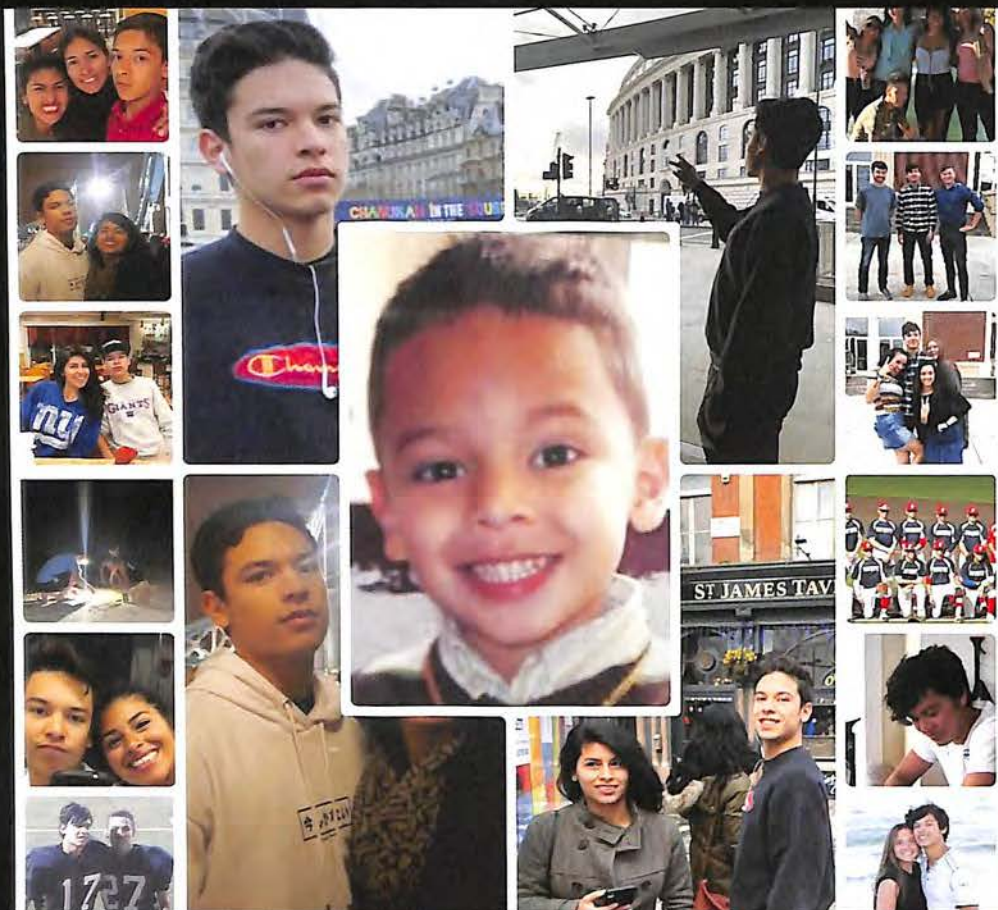
Gemma Elshenawy



Gemma, we are so proud of the wonderful young woman you have become.

"Strong women aren't simply born. They are made by the storms they walk through".

We love you more than you could ever imagine!



RJ Chaustre

Be Bold, Be Courageous, Be your BEST!

We love you and are very, very proud of you. Here's to many more successes to come your way!

Love,
Mom, Olga, Nano, Gigi, Kel, Kat,
abuelo, y abuela

¡Felicidades por tu graduación sobrino querido! 1 meta mas de tantas y de todo corazón espero con fe que logres todo en tu vida, sigue llenando de orgullo a la familia, sobre todo a tu madre mi hermana que con mucho esfuerzo y dedicación día a día lo a dado todo por ti campeón.

~ Tu tío, Juan Carlos



Miranda Price

How is it that you're already a senior and ready to graduate? It seems like it was just yesterday that we brought you home for the very first time. Proudly, we've watched as you've grown into the beautiful young woman you are today, despite life's difficulties and challenges. One day, you'll look back and think about the people, events and encounters that shaped your high school experience. You will forever be our compassionate, God loving, gregarious, adventurous, awesome gaming, SHB.

We love you baby girl!
Dad, Mom, Kristina, Nathan, Jasmine, Bailey,
Lauren and Danny

Isaiah 42:16



Kaleb Hedrick



You entered this world 7 weeks early and look how far you have come! We are so proud and believe in you. All you have to do is believe that you can to achieve whatever you want. Goodbye high school, hello to your next chapter in life! Love, Mom and Mike

Macey Harder

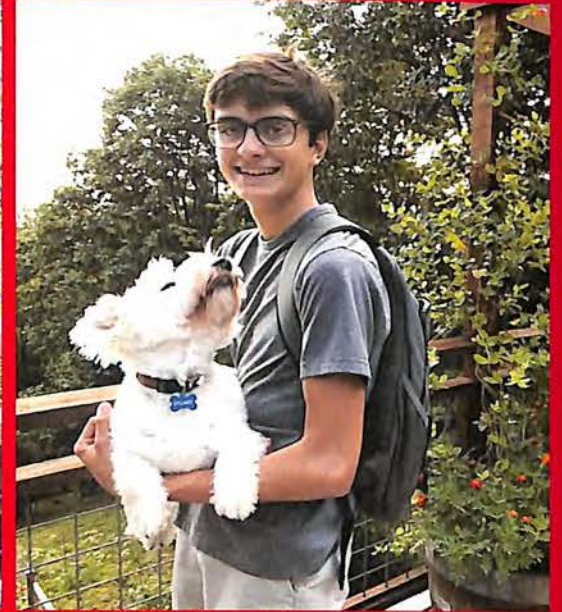


Oh, the places that you have already traveled. Mace we are so proud of you! Can't wait to see where your journey will take you in life. Always remember your dreams can come true if you have the courage to pursue them.

"PLAY HARD, WORK HARDER"

We love you Mom, Dad and Drew

Truman Scott Collins



Truman, your whole family loves you and couldn't be prouder of you!
Never done! Go Knights!



Jordan Akerson

We are so proud of you
and the young man you
are becoming.

Love,
Dad, Mom, Ashley, &
Jadan



Caroline,

May your dreams take you to
the corners of your smiles, to
the highest of your hopes, to
the windows of your
opportunities, and to the
most special places your
heart has ever known.

Love,
Mom, Dad, Julia,
Christopher, and Nonna





Noah Hartson

We are proud of the person you've become and look forward to celebrating all of the accomplishments we know you will achieve in life. Love, Dad, Mom, and Caleb



Blake Jones



Congratulations Blake!

We are so proud of you. We love you and wish you much success and happiness in the future.

Mom, Dad and Tyler

Lauren Hays

We are so proud of the young women you have become. We are very proud of your high school accomplishments and know that you are on the right track. You have always been so driven and set in your ways, this will help you go far in your future endeavors. We are also thankful for the special group of young ladies that are your crew. We look forward to seeing all of you take over the world one day!



Alex Glick

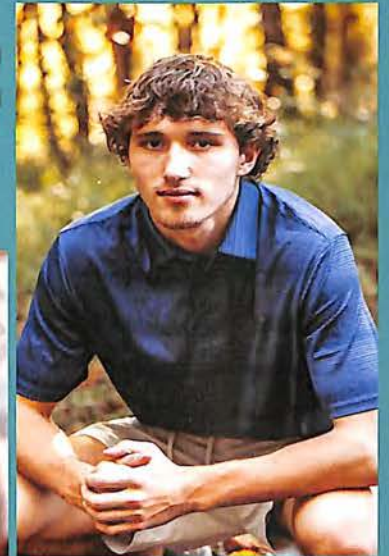


Congratulations! We are so proud of you!
We love you. Mom, Dad, and Grandma



Charlie Urgo

Time to chase your dreams!
We'll be right here cheering
you on! The world is yours!
We love you!
Mom, Dad, Jack and Sam



Jordan Layne

We are all so proud of
you!

Congratulations on all of
your accomplishments
so far - we can't wait to
see the many great
things to come!

All of our love,

Mom, Dad, Holly,
Jimmy, Brenden, &
Genevieve



**Walker
Wright
We are so
proud of you!**



Frank Spiers



Congratulations Frank! We have enjoyed being a part of these years. We are so proud of you!
Love, The Bishop's

Cameron Bishop



Congratulations! We are blessed to have you as a son and proud of all your accomplishments. We love you! - Mom & Dad

Joseph Custalow Kupidlovsky



When you were born, our lives were changed forever. We love you more than words can express. Go and do more than we have done. We are so blessed and honored to call you our son. Heaven holds all the stories that are yet to come in your life. We love you
Joseph Custalow Kupidlovsky.



Holden Wilkerson

Your curiosity and persistence have brought you far. We look forward to seeing the future unfold and wish you years of success and laughter. We love you and you make us proud!
Dad and Mom



Hannah Peters

Hannah, we will always cherish the love and laughter you bring into our lives. We are proud of the young lady you have become. We know your future is as bright as your smile. Work hard, follow your dreams and never settle for less. We love you! Mom, Dad, & Sophia



Walker Swanson



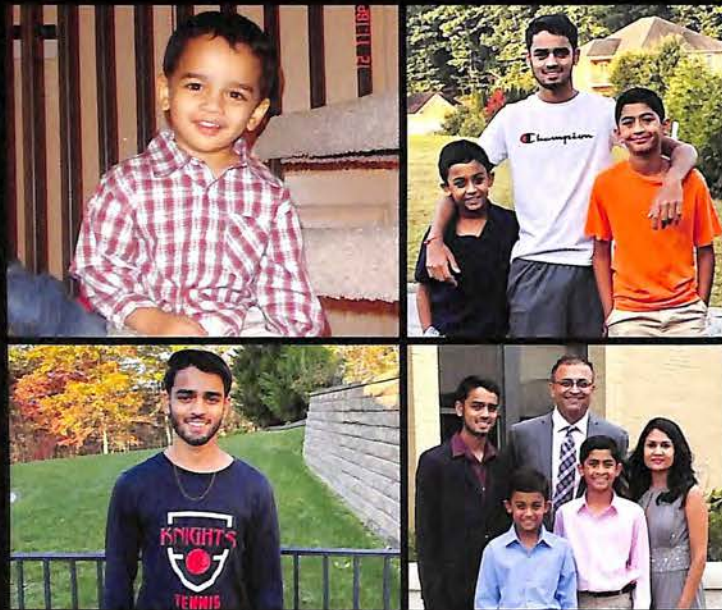
Congratulations, Walker!
We are so proud of you!!
Love,
Dad, Mom and Lilly

Cicely Webb

We are so proud of our smart,
determined, funny and gorgeous
daughter and baby sister!
We love you so much! XO
Mom, Dad, Isabel and Ingrid



Roshan Patel

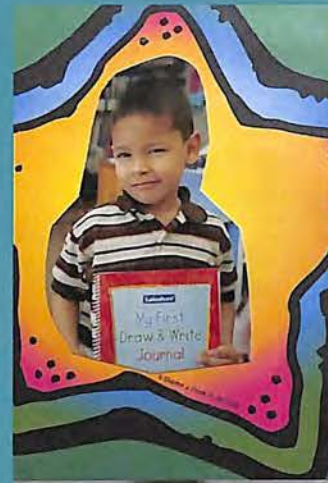


We are so very proud of you and have watched you grow into a caring, young man. Live life to its fullest and never stop chasing your dreams. We love you!
Dad, Mom, Rian and Rishi

James Chaustre

Dear James,
We are so, so proud of you! Since you were a little boy, you have brought immense amounts of joy into all our lives. It has been a blessing to see you grow up.

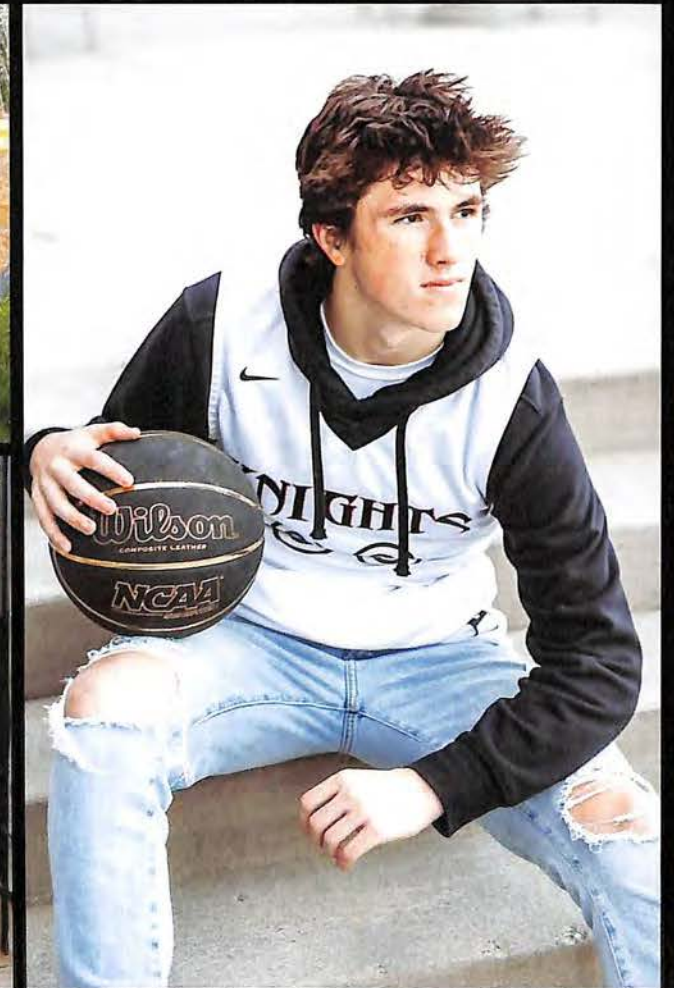
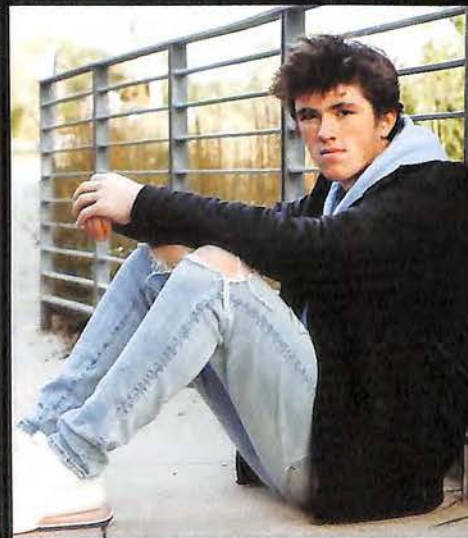
We love you to pieces!
- The Coronies



Jacob Tozier

Thank you for being such a blessing in our lives. Thank you for being a great son, brother, and friend. Thank you for dreaming big, being disciplined, and never giving up. Thank you for always giving your best and giving God the rest. Thank you for being YOU! You mean the world to us and we are always here for you. Joshua 1:9 Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.

Love, Dad, Mom, Owen, and Abby



Addi Browning



"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

— Ralph Waldo Emerson

We are so proud of who you are and how you always stay true to yourself.

Love, Dad, Mom and Drew



Suzanne Harris

Suzanne, we could not be more proud of you. So excited to see you swim for James Madison University.
Go Dukes!
So much love,
Mom, Dad and Mills

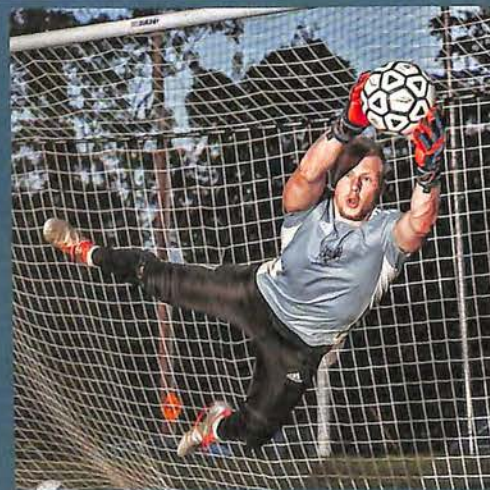


Skylar Perdue



May you always have a spring in your step
and a song in your heart.

Joshua Earls



Joshua,
Congratulations,
we are so proud of
you! You may be
tough on the
outside but you
have a heart of
gold. We have
been blessed with
the gift of being
able to watch you
grow into the
wonderful young
man you are today.
We will always be
your biggest fans
whether it be on
the soccer field or
in life. You are a
"Keeper"! Always
remember that
with hard work
and determination
anything is
possible!
Love, Mom, Dad &
Sarah



Payton Harman

Congratulations!

We could not be more proud of you!

So excited for all that your future holds.

Much Love,
Mom, Dad, & Parker

Emily Cleveland

Congratulations, Em!
You make us proud in so many ways.
Always be bold, be courageous,
and be your best.

Beautiful girl...you will do amazing things!



John Asimakopoulos



To our amazing son, It is hard to believe you are already a senior. How time flies when you are having fun. We couldn't be more proud of you and the young man you have become ! Always remember to follow your dreams , shoot for the stars & live your life to the fullest. We love you ! Mom, Dad & Taylor



CONGRATULATIONS
Taylor Smithson
YOU DID IT!!!



LOVE,
MOM, DAD & BRIGGS

WESTON COLIP



We've watched in amazement as you've grown into the young man you are today, and we're watching with great anticipation to see what you become.

Look what you've accomplished already – we're so proud of you, Weston! ~ Mom & Dad

Hannah Young



Congratulations Hannah! We are so proud of you and the smart, talented, and beautiful woman you have become. We can't wait to see all the many wonderful things you accomplish in life. We love you! Dad, Mom, Penny, Matt & Winnie



Katie Sullivan

We love you so much and we are very proud of you!! Can't wait to see what the future has in store for you!!

Love,
Mom, Dad and Erin

Congratulations, Iris "Schmeenie Woo" Oranchak!



We love you very much, and look forward to more of your awesome animal adventures. :)
— Madre and Padre

Tate Riha



We are so very proud of you! Your joyful spirit and exuberance of life is a gift for others to follow! We love you very much.. Mom and Dad

Kate Manico



We are so proud of you and all your accomplishments. We hope your dreams carry you to the highest of your hopes and to the most special places your heart has ever known. We love you! Love, Dad, Mom, and Samantha



Christy Cobb

You are still shining like a super star!!!
Love You The Most, Grandfather, Ray and Mom

Eden Giannini



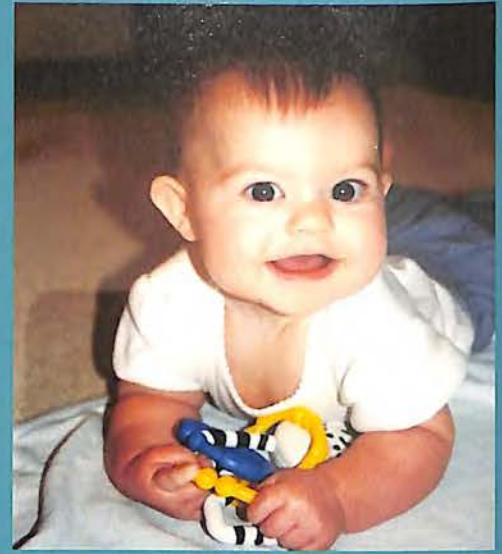
Eden, we could not be more proud of you. Follow your heart, follow your dreams and we will be here cheering you on the whole way! With all our love, Mom, Dad and Ava



Meg Askew

You have been determined, eager and full of personality since the day you were born. We are beyond proud of the young lady you are today and we know you are going to do such big things. We are so proud of you. We hope all of your dreams come true.

We love you so much,
Mom, Dad, Carson & Graelyn



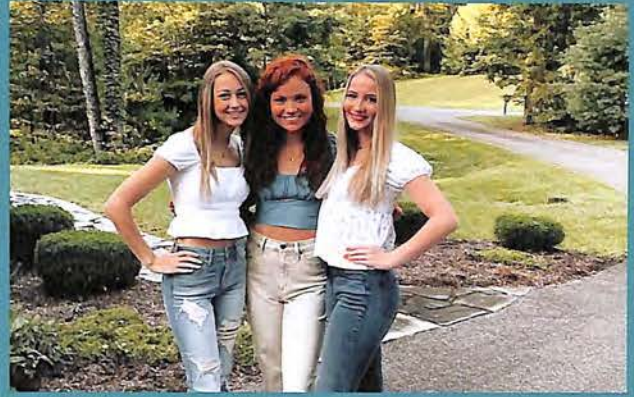
Mason Harris



Congratulations!!! We are so proud of you!! You are an amazing son. We love you so much!!!
Love ya sunshine, Mom, Dad and Mackenzie

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In the blink of an eye you've turned into a smart, beautiful, caring, determined young lady. We couldn't be more proud of you! If you could see yourself through our eyes, you'd always know how amazing you are!
GO SET THE WORLD ON FIRE
Love, Mom, Dad & Ethan



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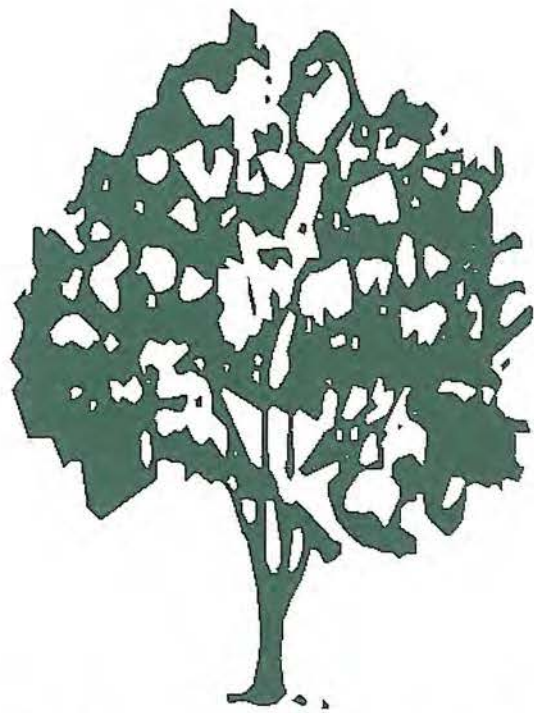


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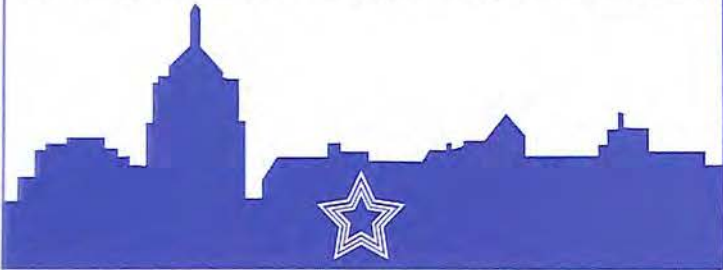
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To My Staffers,

Thank you. Thank you. Thank you. I think I can speak for the whole school when I say that. You are an industrious, dedicated, creative, and utterly delightful group of people and it has been an honor to create this book with you. What you have done this year - create a beautiful, exciting, honest yearbook in the midst of a global pandemic - is unprecedented and heroic. It was easy to forget the magnitude of this feat when we were drowning in the day-to-day details, but as you hold this book in your hands, let it be a reminder. You have recorded an historic year for our community of Knights. The proof is in the product.

As wonderful as this accomplishment is, it was certainly not without its challenges. With the staff broken up into five groups and the entire student body broken up into three, our operations were very disjointed. Communication became especially difficult, along with gathering information and photos. Design software changes interrupted our normal workflow. Snow days took away an unexpected amount of our work days. So many obstacles came our way, and yet here we are. We did it. I am so proud of each and every one of you:

Sarah Ballou	Addi Browning	Anjie Dinakin	Aidan Doyle
Isabelle Divers	Ava Giannini	Eden Giannini	Suzanne Harris
Alex Heffron	Kate Manico	Samantha Manico	Morgan
Meadows			
Caitlin Moore	Zada Porter	Miranda Price	Ethan Sheehy
Taylor Smithson	Bennett Snyder	Olamide Soetan	Leah Sortore
Mackenzie Sylvester	Kirstin Taylor	Saige Trail-Barrett	Emily Viesca

My superstar seniors, I know you will brighten every life you touch after you leave these halls. You've certainly brightened mine. Stay in touch.

With love,
Miss Lucas

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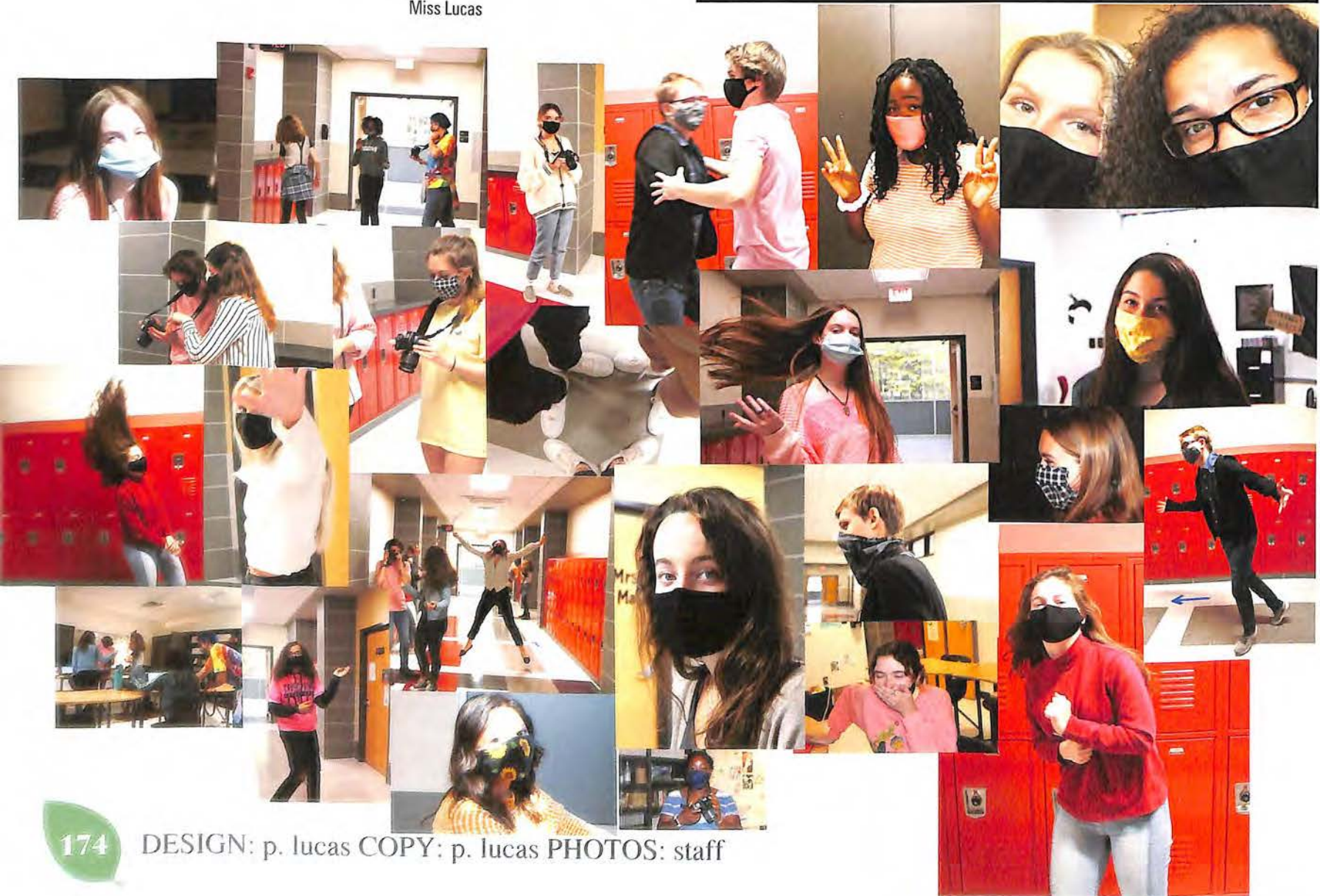


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W
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Suspended in mid-air, senior Allie Kolnok serves towards her opponents from Pulaski on March 2nd. The Knights had home court advantage in the new school gym, but despite this they fell to the Cougars 3-0. Kolnok played libero, which is the primary passer of the team. "Even though our season is shrunk down and was pushed to a later time. I'm thankful I can play my senior year," she said.






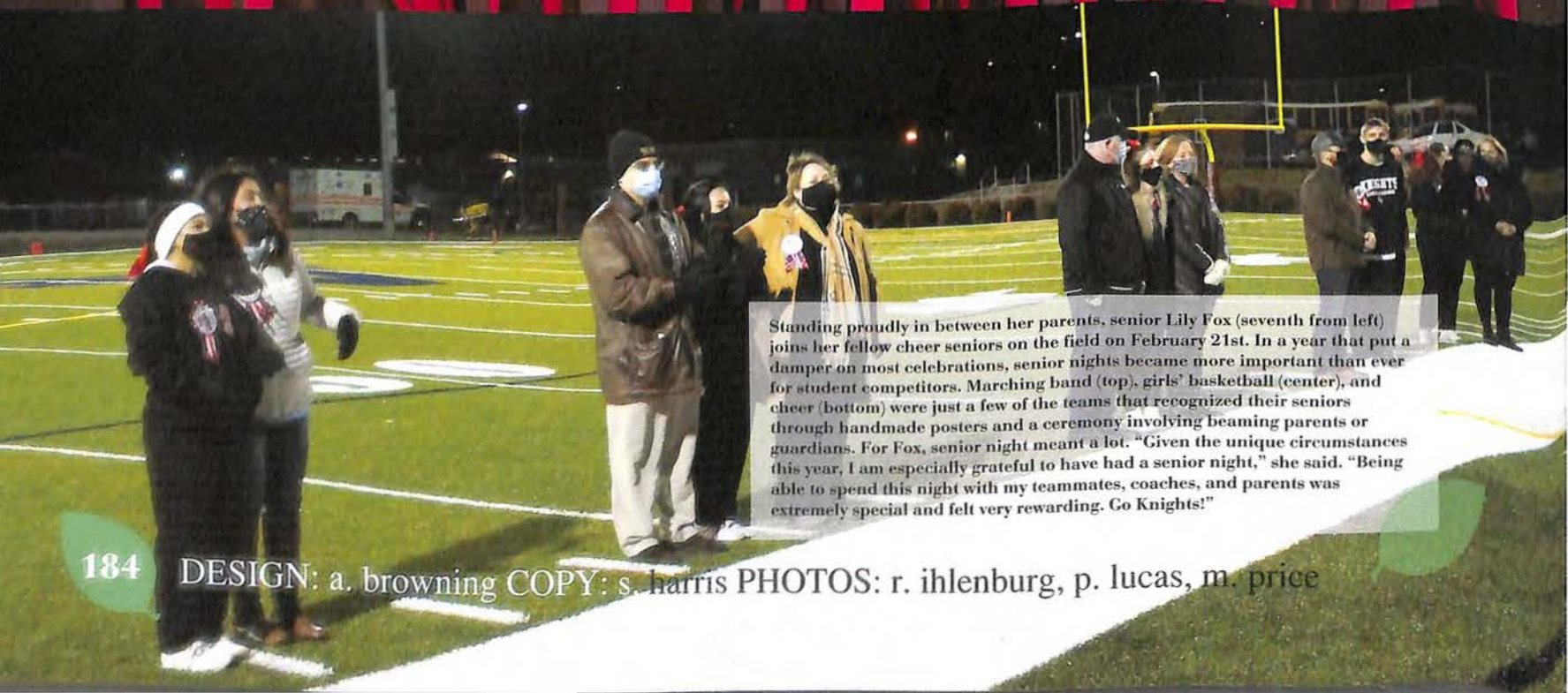
Leaving her final class for the day with water and phone in hand, freshman Samantha Manico heads to the parking lot. The amount of students flooding the hallways after dismissal significantly decreased for most of the year due to the Group 1 and Group 2 schedule. Less than half of the student body was in the school on a given day. “One word to describe this school year is change because this year has been a windy road with a million ups and downs,” Manico said. “I think this year has brought a lot of grief and negativity, but at the same time given me so many good opportunities.”



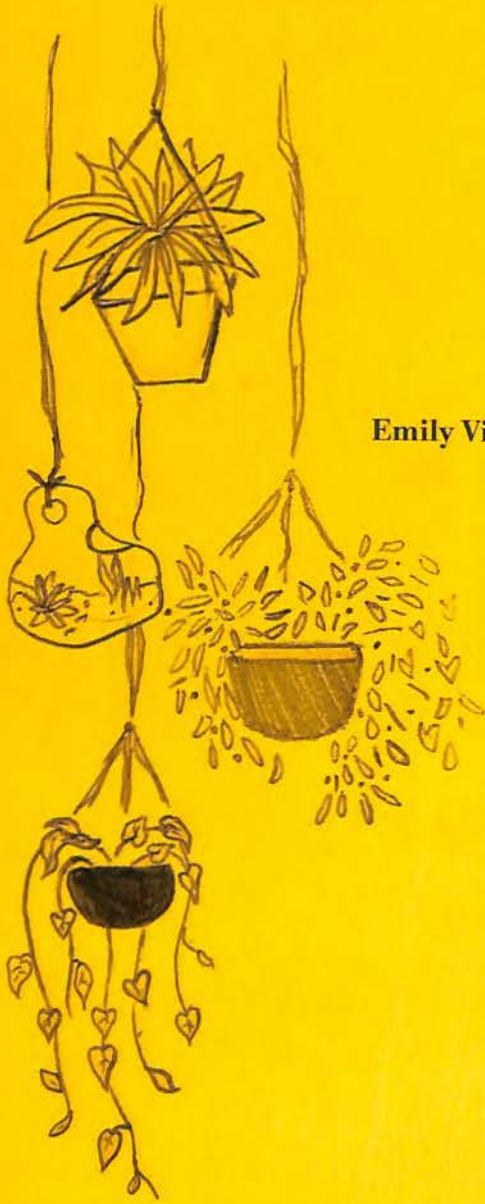
We  Our  Zada  Maddie

 Sabrina

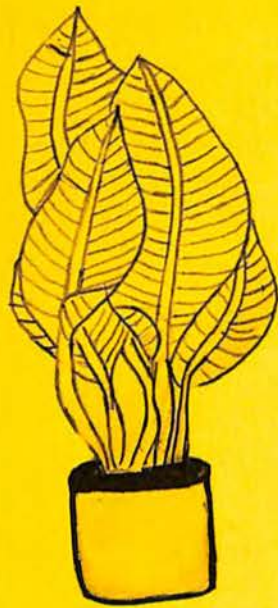
SENIORS 2021



Standing proudly in between her parents, senior Lily Fox (seventh from left) joins her fellow cheer seniors on the field on February 21st. In a year that put a damper on most celebrations, senior nights became more important than ever for student competitors. Marching band (top), girls' basketball (center), and cheer (bottom) were just a few of the teams that recognized their seniors through handmade posters and a ceremony involving beaming parents or guardians. For Fox, senior night meant a lot. "Given the unique circumstances this year, I am especially grateful to have had a senior night," she said. "Being able to spend this night with my teammates, coaches, and parents was extremely special and felt very rewarding. Go Knights!"



Emily Viesca, 12



Christina Su, 9



Victoria Goodman, 11



Kevin Diaz-Perez, 9



CAVE SPRING
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Martin Hanson, 10



Kamryn Newman, 11

