



Photo courtesy of John Jackson



Band Director Kyle Flohre, pictured here with John Jackson, 11, will leave CHHS after 20 years of service. As the new CHMS band director with fewer extracurricular commitments, Mr. Flohre is looking forward to spending more time with his family.



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Flohre leaves legacy of excellence

by Jenna Mason

After 20 years of teaching at CHHS, Mr. Kyle Flohre, band director, will transfer the responsibilities of high school

director is a huge time commitment. With the supportive environment created by his family, Mr. Flohre has dedicated himself

support, I could not have achieved so many successes with the band. However, now I would like the opportunity to be more present and supportive for them."

Having two young children and another on the way, Mr. Flohre has been thinking about leaving the high school for the past year and a half. The opening position of band director at CHMS was an opportunity that he couldn't resist. Mr. Flohre notes that the success of any high school band depends greatly on a strong middle school feeder program; therefore, he will still directly support the Marching Colonials in his new position.

Being a high school band director is a very demanding job. Mr. Flohre has dedicated countless hours to planning practices, directing the students' musical performances and traveling to different places for events and competitions.

Mr. Flohre has seen a diverse group of students

Photo courtesy of Kyle Flohre



"The nice thing about Mr. Flohre is that he is staying in the school division," said Mrs. Kristin Janssen, principal. "He is just selecting to go to our middle school, so he will be able to spend more time with his family. Band directing is very similar to football coaching. It is year-round, which is a grind. That is tough on your immediate family."

band director to Mr. Zachary Conley, the middle school band director. Mr. Flohre will shift to CHMS to be the middle school band director.

to this position for the past 20 years.

"My wife and family have been very supportive of me throughout the years," said Mr. Flohre. "Without their

Being a high school band

succeed.

"I have enjoyed teaching all types of students and seeing the looks on their faces when they can finally play a song, learn a new instrument or a new drill in the marching band," said Mr. Flohre.

"I have found Colonial Heights kids to be hard working and dedicated," said Mr. Flohre. "It's their commitment to excellence that has made our program incredible. I will miss what I have been able to build here at CHHS, but I look forward to creating a similar environment at CHMS."

Participating in band since sixth grade, Drum Major Gavin Shelton, 11, has been with Mr. Flohre for a long time now. Shelton has experienced tremendous growth not only musically but also personally.

Shelton believes that Mr. Flohre has a way of reaching out to his students in more than one way.

"He has pushed me to not only be a better musician, but a better leader and more sociable by taking me out of

my comfort zone," said Shelton.

Mr. Flohre has fostered the creation of close relationships within the band.

"I see Mr. Flohre as a parental figure in my life," said Tyrique Payne, 12. "He has taught me maturity, respect, manners, and all in all how to be a better contributor to society. He

Photo courtesy of John Jackson



The Marching Colonials perform during halftime at home football games and travel for weekend competitions throughout the season.

teaches us to leave the places we go to better than how we found them. Everyone in the band looks up to him, and when someone has a following built on respect and trust, it then makes it easy for everyone to respect and get along with each other."

John Jackson, 11, appreciates Mr. Flohre's

varied teaching methods.

"He teaches in everyone's style: people who learn by sight have picture models, people who learn by ear listen to his vocals, and people who learn normally have the sheet of music to read," said Jackson. "He has even taught the new director how our program functions, so I know once he switches to

the middle school, he and the new director will be unstoppable."

Mr. Flohre has high hopes for the students he has taught and the students he will be teaching. His goal is that each of his students leaves the band program not only better musicians, but also better people.

Photo courtesy of Kyle Flohre



Under the direction of Mr. Kyle Flohre, the Marching Colonials earned the title of Honor Band for 16 consecutive years.

Being the band director and teacher of symphonic and concert bands, percussion and AP Music Theory for over 20 years at CHHS has given Mr. Flohre many memories. Not only will transferring to the middle school be a long-awaited change, but also his move will leave behind an incomparable legacy.

"Sure, I have high expectations and push the students, but it is because I know they can achieve it," said Mr. Flohre. "It's good to be in a situation where you have to work hard, where you have to figure things out on your own sometimes and perhaps fail. That is how you learn and grow."

Mr. Flohre passed on the strong work ethic to his students that his high school

band director passed on to him.

"The whole reason he did band was to give us the same experience that he had," said Kaylin Scheivert, 9.

"Excellence" is the term Mrs. Kristin Janssen, principal, thinks of when she thinks of Mr. Flohre and the legacy he has created.

"In terms of his legacy, the high school band program is award-winning," said Mrs. Janssen. "I have never known it as anything less. Excellence is a word synonymous with the band program and its leader."

"It has been a pleasure working with Mr. Flohre," said Mrs. Janssen. "The lovely piece about our small school division is that we really are a

family. I have seen him grow both professionally and personally. I am excited to see what is next for him."

Even though he is proud of the accolades and accomplishments, Mr. Flohre values relationships even more.

"First I have to say that I have been privileged to work with and teach many wonderful and talented students, parents, and instructors," said Mr. Flohre. "The Honor Bands are great accomplishments that display a pattern of consistency and hard work through the years from everyone involved."

"Honestly what I will appreciate the most from my time at CHHS are the memories, whether it be the awesome spring trips we have taken, the amazing marching and/or concert band performances, or just the great relationships and inside jokes that I have made with students. Years from now it's not the awards and tough times that will be remembered; it is the special memories and moments."

Bridgman commits to JMU swimming

by Madi Cates

"It is such a weight lifted off my shoulders to know that I already have a college I am going to," said two-time state champion swimmer Riley Bridgman, 11.

Bridgman, who has been swimming for almost her whole life, has committed to James Madison University for swimming. She currently swims for Quest swimming and CHHS.

"Riley's dedication and passion to the sport of swimming is undeniable," said Mrs. Abby Hope, head CHHS swim coach. "She swims almost every day while balancing her social life and academics - which is not an easy thing to do, but she does it seamlessly."

Mrs. Hope enjoys coaching Bridgman because she responds well to feedback and strives to be a good teammate.

"Riley's teammates notice her determination, which inspires other swimmers,"

said Mrs. Hope.

Fellow swimmer, Ashlyn Smith, 12, appreciates Bridgman's strong work ethic.

"Riley always puts all of her effort into her events, which makes her a great teammate," said Smith.

Throughout the last three years, Riley has progressed to be one of the top female swimmers in CHHS history, holding the 100 breast and 200 IM records.

"I feel so lucky to be able to have the opportunity to continue my swimming career to the Division 1 level," said Bridgman.

Bridgman started talking with college coaches as soon as the NCAA rules let her: June 15 of her sophomore year.

Once Bridgman had calls with the schools she applied to, she narrowed down her list to only two schools: JMU and University of North Carolina at Wilmington. She visited JMU, and she loved it.

"JMU is a perfect

combination of everything for me," said Bridgman.

Bridgman fell in love with the girls and the coach at JMU. During her visit, everyone treated her like she was already a part of the team.

"They treated me like I had been swimming with them for years," said Bridgman.

Photo courtesy of Amber Bridgman



"I am beyond excited to call JMU my future home!" said Riley Bridgman, 11.

JMU is only two and a half hours away, so Bridgman will be close to her family. Being able to see the mountains is another bonus.

"I am surrounded by such amazing people that push me every day at practice, at home, and in life to be better," said Bridgman.

Page accredited as Jan. Senior of the Month

by Caroline Woodward

Phillip Page, passionate volleyball player and senior,

the principal's office for a mandatory meeting with Mrs. Kristin Janssen, principal.

During this meeting,

which is where Mrs. Janssen told me the news about me being the January Senior of the Month," said Page. "I was shocked when I found out that I was the Senior of the Month."

Photo courtesy of Phillip Page



Ever since his freshman year, Page has been a devoted volleyball player for the Colonials. Practicing since he was in seventh grade, Page worked determinedly and eventually landed the position as captain of the team for his junior and senior years.

was just having a regular day at school, attending classes and talking to peers, when he was unexpectedly called to

Page learned that he had been selected as the January Senior of the Month.

"I was called to the office,

All throughout his high school career, Page has worked steadily and devoted many hours of service to various clubs, such as the Interact Club, JOI Club and Key Club.

"The most important advice I could give to a freshman would be to be heavily involved in extracurricular activities," said Page. "Extracurricular activities are one of the best places to make solid friends who have similar interests as you. Extracurricular activities can also inspire you to be the best person you can be."

Page also has participated in the Fellowship of Christian Athletes to not only grow more as an individual, but also to enhance his relationship with God. After graduation, Page plans to

continue a path to strengthen his relationship with God and other personal relationships.

"I look forward to having new relationships, while maintaining my relationship with God," said Page.

Like other seniors, Page is anticipating the exciting moment of earning his diploma and is eager to walk at graduation. Page plans to go to a four-year college and study computer science. In addition to his studies, he intends to also play volleyball while in college. Although Page is longing to graduate, he still feels bittersweet about leaving the friends he has had since meeting them in middle school.

"Being able to see my friends everyday is going to be the thing I miss most about high school because we will all take different paths in life," said Page.

During his years in high school, Page, like every other student, struggled with time management. As a team captain of the boys' varsity volleyball team and a travel volleyball player, Page felt

overwhelmed, but he managed to develop useful skills to help him succeed.

"The biggest struggle I faced during high school was during my senior year high school volleyball season," said Page. "My workload was the

Photo courtesy of Phillip Page



Being a player and captain on the varsity boys' volleyball team, Page has made many memories. One of the many favorite memories of Page's was the last regular season game, Colonial Heights v. Thomas Dale. During the game, Page was able to block Thomas Dale's hitter, Styles Newcomb, twice, leading the Colonials to victory after five years of constant defeat by the Thomas Dale Knights.

most intense it had been in highschool, while I was also playing high school volleyball every weekday and playing club volleyball. I was able to do well in school and my sport by sticking to a strict schedule and making sure to get all my work done."

Practicing with the volleyball team since he was in seventh grade, Page quickly became

consumed by the idea of joining the team when he was a freshman. Page has been on the team for four years and served as team captain during his junior and senior years.

"Since our school doesn't

have a JV volleyball team, I started practicing with the varsity team in seventh grade," said Page. "I have been a player on the team since my freshman year, and it has been one of the best experiences of my life. The varsity volleyball team has meant so much to me because I have been able to share my love for the sport

among my friends in Colonial Heights.”

During his years at the high school, Page felt motivated by many people, including the teachers and his family.

“My sisters have been my role models my entire life,” said Page. “They motivate me to be as successful as they were in the classroom, have a strong relationship with God, and form meaningful relationships.”

In the midst of teachers that worked with diligence to help Page succeed are Mrs. Terri Moody, English teacher, and Mrs. Samantha Smith,

Spanish teacher.

“Mrs. Moody is among the many teachers that have inspired me at the high school,” said Page. “She has influenced me to be a well respected, successful, and motivated person throughout my life.”

“Mrs. Smith is another teacher that has inspired me at the high school,” said Page. “Being her student, I learned how impactful it can be to have someone genuinely care about you. She’s inspired me to always consider how my actions affect others and to be the best I can possibly be in everything I do.”

Mrs. Smith is one of the many teachers that Page has left a positive impact on.

“Phillip is the kind of young man that is so consistently positive, that if he is having a hard day you notice instantly because it is so out of character,” said Mrs. Smith. “His positivity is infectious and spreads joy to my heart every time I see him. He is sensitive and thoughtful. I enjoyed being his teacher so much.”

Since freshman year, Page agrees that his persona has changed for the better. He transformed from being a reserved and introverted student into a more easygoing and self-assured individual.

“Starting my freshman year, I was a shy, goofy kid who cared what others thought about him,” said Page. “Now I am a more outgoing, goofy man who cares about his future. I go about my day with much more confidence in everything I do.”

Photo courtesy of Phillip Page



Since a young age, Page has looked up to his family, especially his older sisters for guidance in certain aspects of life.

Starting the new year in shape

by Conner Tweed

Every new year thousands, if not millions, of people around the world set their new year's resolutions, many of which are to start exercising or to take on a healthier lifestyle.

Photo by Conner Tweed



Sophomores LJ Hodge and David Grimes participate in Mr. Justin Keeler's Wednesday Warriors workout.

Overall, exercising and acquiring a healthier lifestyle can be a very significant change to someone's life; though, a problem many people face is the issue of getting started or knowing exactly where to start.

First, you need to find your

“why,” the reason why you want to change your lifestyle. Write it down if it helps you remember.

“I play softball, and I wanted to be stronger/more athletic for it,” said Georgia Grubb, 11, CHHS and travel softball player.

It's very important to set your own goals and not be too focused on other people when getting started. If your attention is absorbed in comparing yourself to others, it is easy to get demotivated.

“Take your time,” said Grubb. “There are many reasons as to why someone may start working out. You won't see results overnight, so don't get frustrated with yourself, be patient and work at a comfortable pace for you. And do not overwork yourself: it won't help you the way you think it will.”

After you have your reason established, it is time to research. Make sure you know what you are doing and how you're going to do it.

For example, set a routine for yourself that will work for you and your schedule. If you can go to the gym or workout anywhere from three to six times a week, that is great, but you can also get good exercise throughout your day or at home.

Whether you are working out at home or in the gym, there are plenty of videos, websites and articles online to help you set a workout routine and schedule for yourself.

Apart from that, something not to look over is how much rest you get. It's obviously important to get enough sleep -- that can affect your everyday life -- but if you are not resting enough, then your body will not be able to recover and repair itself.

Make sure to always leave yourself at least one day to rest, but really, two-three days of rest is recommended if you're lifting weights. Since it will take time to figure out what your body can handle,

start slowly.

Everyone has different reasons for exercise. Whether you are trying to relieve stress, lose weight, get in better shape or just overall improve your health and lifestyle, what you eat can affect your progress and health.

Make sure you are eating a sufficient amount of vegetables and fruits and include protein. Eating enough fruits and vegetables can decrease the risk of heart disease and stroke, while protein is very helpful for building muscle.

On the flip side, make sure you aren't eating too little. Not eating enough not only can be dangerous and unhealthy, but also can reverse what you might think in terms of fat loss. If you are eating way less than your body is used to, your body will then store the fat instead of burning it.

Drinking enough water is also very crucial to your overall health and will also help you in the gym. Eight to 10 glasses of water a day is typically recommended though more is better as long as you are not drinking too much, too fast. If you don't get enough water each day, the deficit can lead to fatigue, headaches, weaker muscle performance and, of course, dehydration.

Apart from the physical and health benefits, exercising or working out is also very beneficial to one's mental health.

"For students, working out will lead them to have more self-confidence in their life, and studies have shown that people who exercise more are happier in all aspects of their life as opposed to people who don't exercise frequently," said Mr. Justin Keeler, Weight Training 1-2 teacher.

Overall, getting enough

Photo by Conner Tweed



Sophomores Helena Sarinana (far left) and Lexi Heaton (far right) work out on the machines in the weight room during their PE class.

exercise and eating healthily is very important, but it's never too late to start. Starting now is certainly a step in the right direction, no matter how behind you feel. It's better to start now than to have to face the consequences later on.

"We don't realize how important our health is until it is compromised," said Mr. Keeler. "Living a healthy lifestyle leads to a longer and happier life."

Students choose to serve country through military service

by Alyssa Reynolds

After high school, many decisions need to be made on what to do and where to go. Students can choose to go to college, go into a trade school, to join the military, or to immediately go to work. One of the very many options that could be taken by students would be enlisting in the military.

Joining the military is a process that can sometimes be lengthy and have a lot of different steps. The branch must be selected, and researching that specific branch also takes a little time.

To become informed on the matter, speaking to recruiters and family members currently serving would help getting the process started.

"I talked to recruiters, did plenty of research, talked to friends in the military right now and family that was or is in currently," said Toby Phelps, 12, on how he prepared himself to join the U.S. Army.

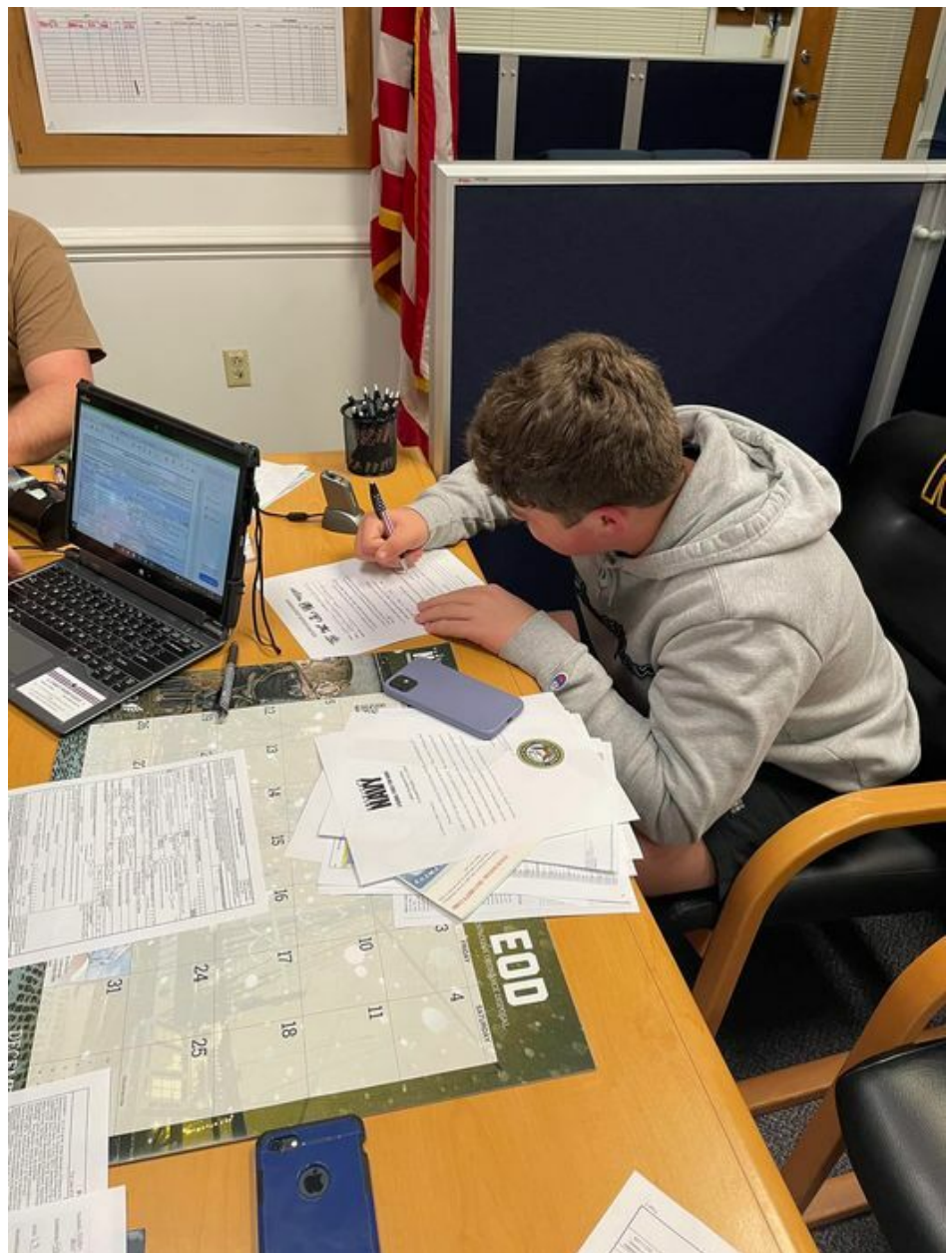
Family can play an influential role in this hefty decision. Oftentimes people joining the military have been influenced by a line of family members that were previously or currently

serving.

"My uncle served in the Army, and my dad's father served in the Air Force," said Chandler Hunches, 12.

Hunches plans to enlist in

Photo courtesy of Ronnie Wilson



Logan Wilson signs his commitment papers to the U.S. Navy on his 18th birthday in December.

the U.S. Marine Corps and is currently going through courses in which he trains with them.

"I have always wanted to serve because many of my family has, and then I want to go onto do another career afterwards," said Phelps.

Members of the family serving can also affect the way people grow up and the lifestyle they experience as a child. Seeing this way of living can influence the important decision young adults have to make.

"My father was in the Army and fought in Desert Storm, so I grew up with somewhat of a military background,"

said Logan Wilson, 12. "With that I always respected the soldiers who fight for our freedoms and rights."

Wilson, who will be enlisting in the U.S. Navy, appreciates the support he has received while making his decision.

"All of my friends and family supported my decision from the start," said Wilson.

After being sworn in, an oath is taken to the branch of the military chosen.

Another option is the Delayed Entry Program. This option allows students under the age of 18 to commit to the military. When the recruit turns 18, then he/she swears

in.

"Oct. 21 was my birthday and when I was sworn into the DEP (Delayed Entry Program)," said Hunches.

"On Monday, Dec. 13, I went to the MEPS (Military Entrance Processing Station) building on base at Fort Lee," said Wilson. "At MEPS I swore in and took my oath as a future sailor."

Joining the military can not only affect the people enlisting, but their family and friends, as well.

"I'm nervous but giving it to God," said Mrs. Crystal Phelps, Toby's mother.

**Armed Forces Career Center
400 Southpark Boulevard
Colonial Heights**

Teachers take on second jobs

by Madison Marchant

Believe it or not, teachers have lives outside of school. Many of them have hobbies and activities that they like to do, and some even have second jobs.

Madame Jamie Wulfekuhle-Zaweski (Wulf), French teacher, runs her own photography business called Radiant Snapshots. Being self-

employed, she is able to be patient with the growth of my business," said Madame Wulf. "I don't have the time to actualize all of my ideas, and I have to remind myself that it's not a race and there is no finish line. Ultimately, teaching is my first priority."

One benefit to being self-employed is that Madame Wulf is able to

can choose how many hours I invest so that a second job is a doable balance with the high demands of teaching," said Madame Wulf.

Another teacher who holds a second job is Ms. Skylar Ward, World History II teacher.

"I coach gymnastics at Full Force Gymnastics," said Ms. Ward. "I used to coach both the competitive team and recreational classes, but now I just coach the rec. classes."

Ms. Ward started with gymnastics when she was 6 years old and continued through high school. Also, while she was in high school, she got a job at the gym and worked in between school and practice.

"Being at the gym this long, it is a part of me and like a second family - so it is a little different than just deciding to apply for another job," said Ms. Ward. "It is just something I have always done."

Ms. Cassie Damon, Math

Photo by Jamie Wulfekule-Zaweski



Madame Jamie Wulf has taken family portraits of a few of the CHHS teachers, including Mrs. Samantha Smith, Spanish teacher, pictured with her husband and daughters.

employed, she is able to make her own schedule and decide how many hours she works.

choose how much she works and when she works

"Since I am self-employed, I

Analysis teacher, also holds a second job. She works around 12 hours per week at Cato in Chester.

Ms. Damon chooses to work at Cato for "travel money and the discount on clothes."

Working two jobs definitely has its cons, mostly based around time management.

"I work mostly on the weekends, so it's made it harder to find time to get together with my friends," said Ms. Damon.

Aside from the challenges, there are pros.

"There are days when I am stressed about something, but coaching gets my mind off of it for a while and often puts me in a better mood," said Ms. Ward. "It is also nice to be able to laugh and be silly with the kids. We have different classes for different ages, so the students can be anywhere from 18 months - 18 years."

Having two jobs gives some teachers the opportunity to be creative and do what they love outside of the classroom.

"It is a real joy and privilege to share and document people's special memories," said Madame Wulf. "It reminds me of all the things I have in common with all people. As a photographer, I also have the wonderful opportunity to work with other creatives. For example,

Having a second job isn't always just about the extra spending money; some teachers are able to make their hobbies into jobs.

"The biggest reason I continue to have a second job is because I enjoy it and have a connection to it," said Ms. Ward. "To me, working at the

Photo courtesy of Cassie Damon



A benefit to working at Cato, according to Ms. Cassie Damon, is making new friends.

Mrs. Creasey and I have done a few projects together, and that makes me really happy."

gym isn't just another job; it is a part of me."

Make Valentine's Day special with creative, thoughtful gifts

by Tamia Barnes

Flowers, chocolates, teddy bears, expensive dinners -- Valentine's Day can really break the bank. Even if it's a special day for relationships, people shouldn't spend too much money or make it stressful for themselves. Valentine's Day is an important day to show love and affections; however, people should try new approaches instead of relying on the standard Valentine's Day clichés.

For starters, many people spend so much money on Valentine's Day. Giving a small gift and having a picnic could be enough. Finding a good sale price for items would help others save their money.

Inexpensive items people could give or do throughout the day are cards, a homemade meal, a dine-out meal or a nice walk through the park. Setting up cards along with a nice breakfast for a significant other could

be a good start. Walking outside with their partner, chatting while enjoying the beauty of nature around them and going canoeing are some more examples of meaningful moments together.

Photo by Alyssa Reynolds



Local stores, such as Walgreens, offer a variety of budget-friendly Valentine's Day gift items.

People should realize that even if they couldn't get the most expensive gift for their partner, the care and effort are the most important factors.

Taking people out to a nice restaurant to eat or finding a perfect spot outside to enjoy

the sunset are also options. Preparing dinner at their own home and having a movie night on the couch afterwards would be a good plan. Making a gift basket, adding many decorations around the basket along with candies or other treats, for their loved one could also brighten their day.

No one should ever wait until the last minute to buy gifts and more; instead, people need to plan before the big date.

Ptmoney.com offers a few more budget friendly ideas: plants, a hand-written letter, or candy and a "What I love About You" book.

Whether purchasing a small gift or planning a special moment, the main priority on Valentine's Day should be showing your significant other how much you care, not how much you spend.

Science class plans to revitalize courtyards

by Lena Siegfried
“They are going to be beautiful!” said Mr. Tracy Boyd, science teacher. “People need to get outside more -- it’s good for the soul!”

This is Mr. Boyd’s hope for the courtyards on either side of the media center. His Scientific Research and Design class has taken on this project.

“We are going to clean out the weeds and overgrown plants, and then create plans using various technologies including Google Drawing and SIMS,” said Mr. Boyd. Once Mr. Boyd’s fourth block has planned everything, they will plant various flowers and add some seating and possibly add a small fountain.

After this class completed a butterfly project, they didn’t want caterpillars at the high tunnel. They decided the courtyards would make a good home for the insects.

“Once we went to them and checked them out, we realized we had our work cut out for us,” said Mr. Boyd.

Mr. Boyd and his students are highly motivated to complete this project to provide a safe space for the students.

“My fourth block is very eager to get going with this project, as they are really showing ownership of this project,” said Mr. Boyd.

When the project is done,

get a break,” said Ashton McKenzie, 11, one of Mr. Boyd’s students.

Mr. Boyd hopes the spaces will provide both educational and social settings.

“We want students to be able to enjoy the courtyards as outdoor classrooms!” said Mr. Boyd. “We are also hoping that people could eat lunch there, supervised, of course.

Photo by Gianna Harner



“Working together with my classmates and even Mr. Boyd has made this project really fun!” said Ava Foulkrod, 12. “I love that all of our ideas are taken into thought by the class and how we all try to find different and helpful ways to construct a better space.”

the class hopes that students will enjoy school a little more with a natural environment in which to hang out.

“[The courtyards] could be beneficial by giving people a place to go and relax and just

Clubs could also hold meetings there as well.”

“We believe that students will enjoy the natural beauty of what we have created,” said Mr. Boyd.

Managing: balancing education, after-school commitments

by Caroline Woodward

High school is a duration of time in one's life that is very crucial for development of character, acquiring important knowledge and gaining key life skills before heading off into the real world. Walking across the stage and receiving a diploma is one of the many highlights of high school that individuals will cherish, not only because they have graduated, but also because they have just checked off one of the many accomplishments that they will experience throughout their lives.

However, for some students, the four years of high school is not as much of a breeze like it is for others. Other obligations, such as part-time jobs, after-school activities, like clubs and sports, and even responsibilities at home are all commitments that can contribute to the difficulty any student can undergo while in high school. This can make balancing schooling responsibilities and personal

lives extra strenuous.

For students, like Madeline McNulty, 9, extra-curricular activities take up a majority of their time during the week.

Photo courtesy of Brooke Hartman



Brooke Hartman, 11, pitches for the Lady Colonials during a seasonal softball game.

"I dance 13-15 hours a week, and I assist with two occasional volunteer work as well," said McNulty. "A lot of times, I come home and only have about two hours before I'm at the studio for four hours. I have to eat, do my homework, and get ready all within my amount of time."

High school students with other after-school obligations have to become proficient with the skill of time management. Managing time

for all activities can be extremely difficult for students; meeting deadlines and due dates can be very demanding at times.

Wrestler and football

player, Nick Sprinkle, 11, always tries to manage his school work around his after-school schedule.

"The hardest part of managing it is getting the work for my AP class done when I have events at night," said Sprinkle. "I get things done as soon as I have any free time, keeping me from stressing out before a deadline."

Brooke Hartman, 11, a travel softball player, finds it difficult to find time to

Photo courtesy of Anna Moore



In addition to having part-time jobs at Chick-fil-A and the Colonial Heights Public Library, Anna Moore (right) is also involved in various volunteer clubs and organizations, including Key Club and JOI Club.

decompress and to have free time. Although balancing her commitments can be hard, she always makes a plan to complete her school tasks and to get to her after-school functions on time.

"I always try to do my work as soon as I can and try to get ahead of some of my classes," said Hartman.

Andrew Argueta, 12, is the boys' varsity soccer captain and works a part-time job at Dante's. Argueta, like a lot of other students, tries to get ahead in all classes to prevent the pressure and stress that school assignments may inflict on students.

"To make sure I keep up with all my school work, I turn it all in on time, if not early, to avoid accumulation of work towards the end of the week," said Argueta. "I always make sure to check the agenda to see what we will be doing in class and the following classes to see if I can get ahead on my work."

However, activities that students participate in are not always school related; activities such as part-time

jobs and religious functions can be just as time consuming.

Grayson Burchard, 11, is involved in many extra-curricular activities that both do and do not relate to school. Burchard is a competitive gymnast and is also the president of the Class of 2023.

"I am a volunteer for many Mount Pleasant Baptist Church Children's Ministry activities, and I am a

Photo courtesy of Andrew Argueta



Andrew Argueta captain of the boys' varsity soccer team, finds handling school, sports and a job can be hard to manage at times, but he perseveres with a solid schedule to stay on track.

competitive gymnast, practicing many days a week,” said Burchard. “The hardest part of managing everything is trying to keep up with my clubs while balancing working hard to keep my academics as high as I can while still practicing enough hours to do well in competitions and also trying to fit in some time to rest, recover and spend time with God, family, and friends so I don't go crazy.”

Anna Moore, 12, is an involved student in multiple clubs, such as the JOI Club, National Honors Society and Key Club. She is also a part of the high school swim team and has jobs working at Chick-fil-A and the Colonial Heights Public Library. Moore poses many strategies that help her stay organized and complete all the tasks that are on her to-do list.

“Making lists is also a big thing for me,” said Moore. “It helps me make sure I'm not forgetting any due dates or things I need to do. I like to have everything organized so planning my day and knowing everything I have to do really

helps.”

According to business360.fortefoundation.org, developing a well structured plan of action for balancing school and activities is ideal for a

successful academic year. Having a strict schedule, while still having time to unwind, is crucial for not only academic success, but also mental relaxation.

Photo courtesy of Grayson Burchard



In addition to competitive gymnastics, Grayson Burchard participates in various clubs and works for the children ministry at his church. He finds that finding time to recover from a hectic week is crucial for mental stability.

Japanese Culture Club hopes to increase membership

by Hendrix Harris

The Japanese Culture Club is an opportunity for students to indulge in and explore a set of customs and traditions entirely foreign to them. Anime and manga are among the types of topics club members will explore.

“Typically, a student will give a brief presentation about an anime or manga they really like, or about an aspect of Japanese culture,” said Ms. Teresa Fenn, JCC sponsor. “At one point the students decided to research some basic Japanese characters.”

The JCC provides an educational environment where students are constantly learning new information about Japanese culture from one another. Even for someone like Ms. Fenn, who had little knowledge of Japanese culture before taking over the

Photo by Hendrix Harris



The Japanese Culture Club, sponsored by Ms. Teresa Fenn, explores topics related to anime and manga literature and TV series.

club, meeting and cooperating in activities with students has helped her learn a lot about Japanese culture.

“There are a few manga and anime series that I enjoy, so I knew a little about that aspect of Japanese culture already,” said Ms. Fenn. “However, the students frequently bring topics to the club that I wasn't aware of, so it's a learning experience for everyone.”

The JCC meets every Monday after school in person, from around

2:30-3:15. Ms. Fenn has been sponsoring the club since 2020, and they are actively trying to recruit new members.

“Right now, we're just trying to grow the club,” said Ms. Fenn. “Last year, the club didn't meet virtually, so most students don't know about it.”

Typically the JCC only meets in the fall season due to some members being involved in the drama program, which is busy in the spring.

Twilight: a drastic love story of two young 'souls'

by Caroline Woodward

As temperatures plummet, many are ready to drink hot chocolate, snuggle up next to a warm fire, and catch an attention-capturing film on various streaming services, such as Netflix. Although they may not be categorized as movies in the holiday film

eye-catching criteria of one's interests in fantasy, mystery and romance.

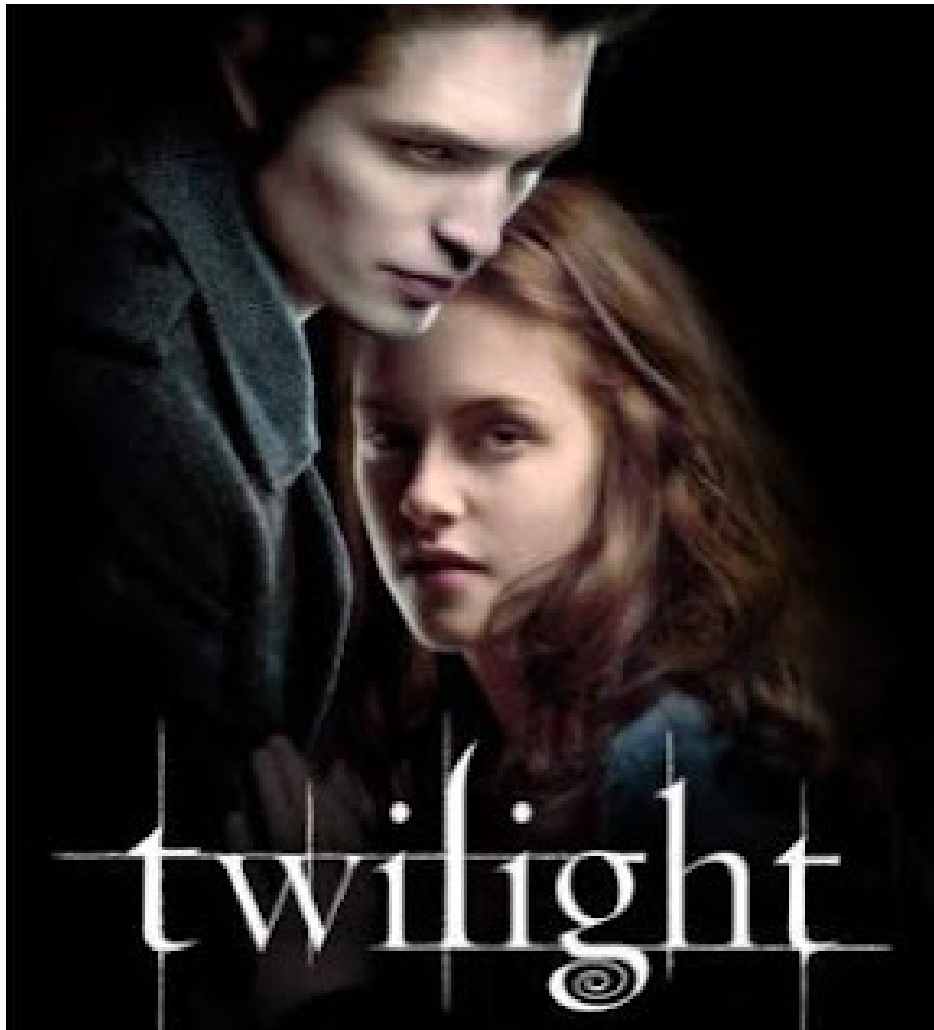
The "Twilight Saga" films are based on the "Twilight" novel series by author Stephenie Meyer. The movies recognize and bring the novels to life on screen for the readers of the books. The movies took

experience for watchers.

The film is based in the small town of Forks, Wash., a town located in between the Olympic Mountains and the Pacific Ocean, with a population of 3,500. The area is mainly forested and has a constant cover of clouds and rain.

Bella Swan, a 17-year-old girl played by Kristin Stewart, moves from Phoenix, Ariz., to live with her father, Charlie, in Forks. When Bella arrives, she notices instantly that her life is about to change forever. On Bella's first day at her new school, she has a confrontation with another student, named Edward Cullen, played by Robert Pattinson.

She immediately knew that there was something strange about Edward and his family, but little did she know that the Cullens were one of the many covens of vampires that the world never knew existed. When Bella learned the news of her potential love interest and his family, she



genre, the "Twilight Saga" is a high quality choice to meet the appealing and

words off the pages of the books and created an entertaining and exciting

immediately began to think that all creatures that she thought were folklore were real, and she was right.

Within a short time, Bella and Edward become infatuated with one another as they overcome the struggles that are acquainted with their love for each other. The lifestyle of the Cullens initiated danger and invited evil forces, such as the Volturi, which is essentially the closest thing that the vampire world has to royalty. In addition to the Volturi, evil vampires, James, Laurent and Victoria, seek vengeance against the Cullens in efforts to test the relationship of Bella and Edward.

The nemesis vampires and other supernatural beings living in Edward's world will stop to no end to shatter the unbreakable bond of the young couple. The obstacles that they conquer from their

two opposite and completely different worlds help build and structure their distinctive relationship exceedingly.

Stewart and her co-stars Robert Pattinson and Taylor Lautner, who plays Jacob Black, worked together diligently and meticulously to bring the novels to life on screen for the "Twilight" fandom, the Twihards. All actors that were cast for the

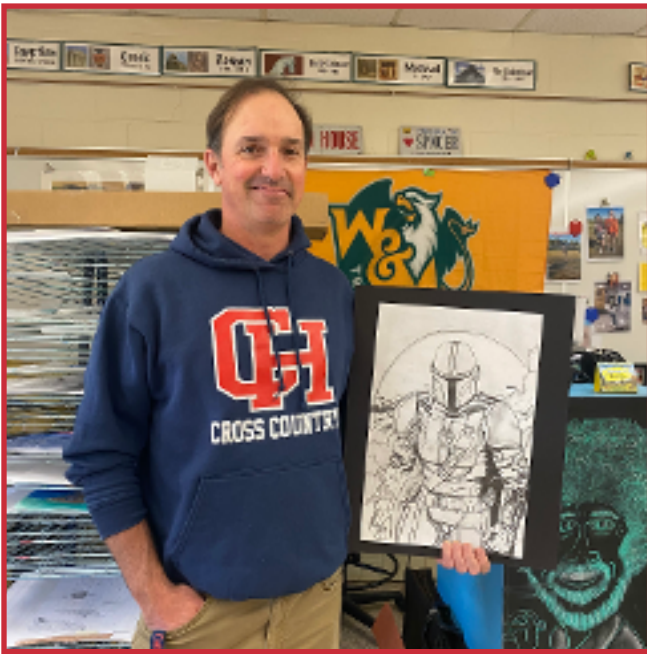


Saga, especially Stewart and Pattinson, helped non-readers of the books understand the tension within the relationship between Edward and Bella, but also helped viewers

appreciate the unconditional and undying love that the two characters share for one another. Viewers of the films not only can understand the intense relationship uniting Bella and Edward, but the films may also encourage viewers to read the books to get more in-depth and interested in the details of immortality, attributions of the characters and the secrets that lay in between each page.

After being released for almost an entire decade, the "Twilight Saga" is still very much as popular as it was when the first movie hit theaters in 2008. Twihards are still in love with the Saga, which makes it more special as years go on because the spark of the fandom will never fade. The saga is exclusively available on Peacock starting Jan. 16.

"What was the last show that you binge watched?"

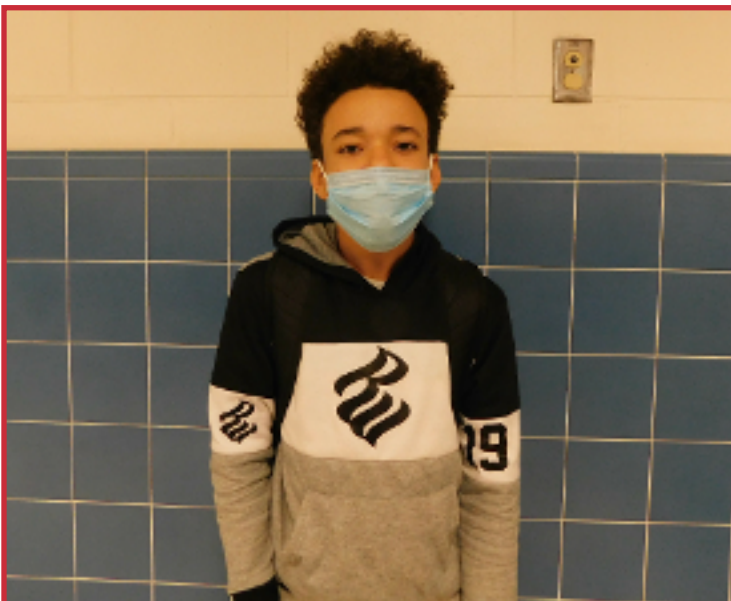


Mr. Mickey Alderson,
art teacher:
"The Mandalorian"

Keagan McNulty, 11:
"Cobra Kai"



Cameron Gillian, 9:
"SpongeBob
Squarepants"





Trey Howerton, 12:
"Cobra Kai"

Kaelie Richie, 9:
"On my Block"



Landon Priode, 10:
"SpongeBob
Squarepants"

