

Colonial

COURIER

March 2022

Photo by Terri Moody



Mrs. Kristin Janssen, principal, challenged all students and staff to wear a better leprechaun costume than she did on St. Patrick's Day. LeTaz Jones, 12, declared himself the winner of the challenge; Mrs. Janssen agreed. See additional photos from March 17 on page 24.

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Ms. Fehlner says 'goodbye' after seven years

by Riley Bridgman

After the seven years that Ms. Natalie Fehlner, theater arts director, has been at CHHS, she will be leaving to run her own spiritual awakening and life purpose coaching online business.

Photo courtesy of Natalie Fehlner



Ms. Fehlner feels humbled and honored to have been a leader of the theater program at CHHS. Her last major production will be "The 25th Annual Putnum County Spelling Bee."

"During my time here, I would have to say that the students have impacted me the most," said Ms. Fehlner. "Teachers learn just as much from their profession as they give to their students. It brings you into the world of every different type of

person, opens your eyes, and lets you see through theirs."

The process of learning, growing and bonding is very important to Ms. Fehlner to have in her classroom. She strives to have a community where everyone is accepted

for who they are.

"She continues to uphold the high standards of the drama department, but she has allowed the students to learn and have fun," said Mrs. Cynthia Breckenridge, chorus teacher.

Ms. Fehlner states that she teaches the kids to be kind, caring and supportive of each other while competing for the same parts.

"Ms. Fehlner went around looking for people who she thought could use theater as an escape, and in many cases she was right," said Josiah Nunez, 12. "She is always pulling in people from all over, giving them a place to be themselves and to express their creativity."

Ms. Fehlner produces talent shows, musicals and plays and teaches all of her classes. She puts most of her afternoons and time into her students.

"She really works magic on the stage, and she has sacrificed so many hours to help her students blow the crowds away," said Trent Kirchoff, 12.

Kirchoff states that he will miss being able to come back and watch musicals and plays directed by Ms. Fehlner. Ms. Fehlner will also miss some aspects of teaching.

"I will miss after-school musical rehearsals and in-class productions the most," said Ms. Fehlner. "Singing, dancing, directing, laughing, watching it all come together, accepting everyone regardless of differences, making beautiful moments on stage, telling the story, the unparalleled excitement of opening night, the payoff of the applause, conquering stage fright and allowing yourself to be seen, blossoming as individuals while also becoming a family to create something greater than ourselves, ... that's what

life is all about."

Students notice Ms. Fehlner's passion and drive to make the theater program better.

"She has an adamant passion about her job, almost never misses a day and gets along well with even the hardest of students," said Nunez. "She is ready to face any challenge no matter how daunting it seems."

Ms. Fehlner hopes the impact she is leaving behind is an accepting one. She wants to let the theater program stay the diverse and

welcoming program she created.

"In a world that is so severely politically divided, it seems we stay united because we all care about the same thing: helping kids, and that allows for idealized polarization to fade because it grounds you in what is real, immediate, and so so important," said Ms. Fehlner. "Thank you so much to my wonderful and supportive administrators and colleagues, and to my students for an amazing seven years!"



CHHS Spring Musical

"The 25th Annual Putnum County Spelling Bee"

Cast List

Vice Principal Panch & Dan Dad: Ryan Ramirez, 11

Mitch Mahoney & Jesus: Josiah Nunez, 12

Chip Tolentio & Olive Dad: Remy Clark, 12

Marcy Park: Kayla Terry, 11

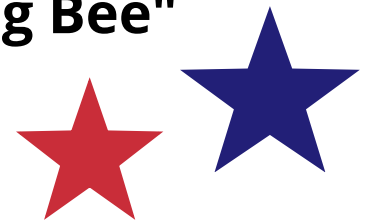
Olive Ostrovsky: Maria Sorensen, 11

Logainne Schwartz: Leena Rios, 11

William Barfee: Allyson Gilmore, 11

Carl Dad: Forest Oldmixon, 11

Leaf Coneybear: Trent Kirchoff, 12



Dates

Friday, April 29

6:30 p.m.

Saturday, April 30

1:30 p.m. & 6:30 p.m.

Steady tradition of Ring Dance happens again

by Amari Pelham

Mrs. Gretchen Galderise and her junior class co-sponsor Ms. Jaime Smith are looking forward to working with students to present Ring Dance 2022: Under the Stars. Although they have already faced some challenges, students are excited to be able to have a Ring Dance this year, as there have been a lot of special events during the past two years that have been postponed or canceled due to COVID restrictions.

“Once we knew for sure that we were going to be outside, under a tent, we were able to move forward with those preparations,” said Mrs. Galderise. “The junior parents have been amazingly responsive and supportive of all of the things we have asked them to do.”

Classes each year fundraise for this long-standing tradition of Ring Dance. Parents donate food and other important items to help out, while the class sponsors, class officers and the

administration take care of everything else.

“It has been difficult to fundraise these past few years, and meetings have been virtual most of the time,” said Grayson Burchard, junior class president. “Also, we are not yet allowed to have the dance inside, so we are hoping that the weather will hold up.”

Students will be attending the dance outside so they can adhere to spacing guidelines and remain as safe as possible. Masks will be

Image courtesy of Jaime Smith

A poster for the Ring Dance 2022 event. The background is a dark blue space with white stars. The text is in white and light blue. At the top right, it says "RING DANCE 2022". In the center, "Under the Stars" is written in a large, white, cursive font. Below that, "MARCH 26, CHHS" is written in a bold, white, sans-serif font. At the bottom left, there is a list of times and activities: "5:30 PM CHECK IN", "6:00 PM RING CEREMONY", "STUDENT-PARENT DANCE IMMEDIATELY AFTERWARDS", and "7:00 - 10:00 PM RING DANCE".

RING DANCE 2022

Under the Stars

MARCH 26, CHHS

5:30 PM CHECK IN

6:00 PM RING CEREMONY

STUDENT-PARENT DANCE IMMEDIATELY AFTERWARDS

7:00 - 10:00 PM RING DANCE

optional for students.

“All in all, you can’t put a price tag on this experience, but I can encourage you to make sure your class dues are paid,” said Mrs. Galderise.

The sponsors want to have an event that will be gorgeous and fun for all juniors, so they will have a great time celebrating this milestone with their friends and family. Students are ready to host and attend their first upperclassmen school dance.

“Mrs. G. and I are very grateful for all the parents who have already stepped up and volunteered their time to

help us make our Ring Dance dreams a reality,” said Ms. Smith.

This is the Class of 2023’s first school dance since freshman year homecoming. The junior class is finally able to celebrate with their friends and classmates.

“I’m looking forward to having fun with my classmates and getting to bond with them for the first time since ninth grade,” said Olivia Harrison, junior class treasurer. “We haven’t been able to do social activities as a group so this will be exciting and long awaited.”

Ring Dance is full of traditions. The juniors order class rings, which are presented at the beginning of the dance as they walk through a giant ring that has been decorated to match the dance’s theme. Then, juniors share a special dance with their parents.

“I am looking forward to being able to enjoy time with classmates that we have been missing the past couple years, and I can’t wait to take part in the long-lasting Colonial Heights tradition,” said Burchard.

CHHS Senior Prom 2022

Date: Saturday, May 21



Seniors should be on the lookout for upcoming prom information, like theme voting and outside guest information. Starting in a couple of weeks, senior class sponsors, Ms. Skylar Ward, history teacher, and Ms. Deona Guy, counselor, will be sending out information about upcoming fundraisers to help raise money for Senior Prom 2022.

Innovators for Change meet author of "Caesar's Last Breath"

by Omar Aboustet

Not many students are given the chance to eat lunch with the author of the book they just read.

The Innovators for Change met to discuss "Caesar's Last Breath" with author Mr. Sam Kean. The club was founded by Mrs. Kathleen White, media center specialist, and Ms. Kristin Crowder, the gifted resource coordinator.

"We created the Innovators for Change Book Discussion in 2011," said Mrs. White. "We have been meeting for 10 years (we had to skip a year because of COVID). The last seven years the author visit has been held here at the high school."

The club normally meets once a month to discuss the book they are reading, as well as the book they decide to read next.

The club is not an ordinary fiction book club; they specialize in STEM genre books. Because of the nature of the club, the meetings are more fact-based than fictional.

"The books we choose should be STEM-based, meaning the book's topic is geared toward science, technology, engineering or mathematics," said Mrs. White.

Photo courtesy of Kristin Crowder.



The Innovators for Change meet with Mr. Sam Kean, the author of "Caesar's Last Breath" and prepare to conduct an interview with him to learn more about the book and the author himself. Pictured from left to right are Brandon Charles, 9; Michaela Wells, 12; Fares Ragab, 12; Grayson Buchard, 11; Mr. Sam Kean; Emmanul Sampson, 12; Alima Bryant, 10; Kendall Ackerman, 10; and Seth Jackson, 9.

The Innovators for Change club members learn about STEM-related topics, which sparks a flame in their hearts for the sciences.

"Science is my favorite subject, and it touched on many different branches," said Grayson Buchard, 11. "It looked at some controversial problems at a scientific level and viewed them from both sides."

All students get to discuss their favorite parts, while asking questions and receiving answers. The best-selling author of the book, Mr. Kean, was invited to discuss the book with the

students.

Mr. Kean has been the chosen author twice for the book club, first for "The Violinist's Thumb" and for "Caesar's Last Breath." "One of the most impressive things about this author is that he is so knowledgeable about different areas of science, not just one," said Ms. Crowder.

Photo courtesy of Kristin Crowder



Mr. Sam Kean signs Ashton McKenzie's, 11, copy of "Ceasar's Last Breath," along with the other members of The Innovators for Change. The experience is unforgettable for both the students and club sponsors.

His book, "The Violinist's Thumb," is a novel that deals with genetics, while another one of his books, "The Disappearing Spoon," discusses how every element was discovered and their origin.

The club consists of 12

regular members and two sponsors who help students discover their likes and dislikes in science.

The club's form of invitations is recommendations. Current members recommend people who seem to have an interest

in STEM to the sponsors.

"We then expand our search through word of mouth," said Ms. Crowder. "Students who have been in the group the previous year will suggest other students that they think would be interested in joining."

Students are able to gain other perspectives from hearing their classmates' opinions whilst stating their own in a safe environment.

"I think the discussions we had will help me in future classes because it gave me experience with a seminar-type open discussion," said Buchard.

"The relationships between club members was very good, and we had good discussions where we talked through different opinions respectfully," said Buchard. "Some of the people in the group I had never interacted with before this, and it was enjoyable to meet new people."

Smith awarded March Senior of the Month

by Aysia Gross

"I was surprised that I was recognized as one of the few students to receive this title," said Ashlyn Smith, 12.

When she told her family members that she had been named the March Senior of the Month, they were overjoyed and beyond proud of her. It wasn't until she saw the honor in writing that she comprehended that she was indeed Senior of the Month.

Smith is very involved in school activities, including participation in JOI Club, Science National Honor Society, Mu Alpha Theta and Interact Club.

Smith is also very involved in sports; she's been a member of the CHHS swim team since her eighth grade year and qualified for States in grades 9-12.

Smith has also played for the CHHS girls' soccer team since eighth grade and has been a member of varsity since tenth grade.

Smith's former soccer coach

Photo courtesy of Ashlyn Smith



Smith's role models, including former soccer coach Mrs. Colleen Hirn and chemistry teacher Mrs. Dana Barefoot, have taught her both educational and life lessons.

Mrs. Colleen Hirn has seen Smith grow from someone who was shy and quiet to someone who is more confident.

"Ashlyn has grown immensely since I've known her," said Mrs. Hirn.

"In 8th grade, when I first met Ashlyn, she was more shy and timid both on and off the soccer field," said Mrs.

Hirn. "However, as Ashlyn has approached her senior year, she is more confident in who she is."

After Smith graduates, she plans on furthering her education at a four-year university, where she plans to major in biology and minor in business with the intention of becoming a pediatrician.

"I am incredibly excited for

Ashlyn as she moves to her new phase of life," said Mrs. Dana Barefoot, AP Chemistry teacher. "I want her to grow and become the person she wants to be. I also hope her

dream of becoming a pediatrician will come true."

"She will be a compassionate doctor who will genuinely care for her patients and their

parents," said Mrs. Barefoot. "Our world will be a better place because of Ashlyn."

Photo courtesy of Ashlyn Smith



After graduation, Smith is looking forward to the continuance of her education at a four-year university. She is an aspiring pediatrician and hopes to major in biology and minor in business.

Students explore teaching careers in VTfT course

Heather Claytor

“Students build a foundation for teaching; learn the history, structure, and governance of teaching; apply professional teaching techniques in the VTfT classroom and internship; and reflect on their teaching experiences,” said Ms. Tabitha Strickler, English and VTfT teacher.

VTfT is a CTE course that has two parts and prepares students for their future in teaching. Many hands-on experiences and skills help students solidify their choice in pursuing teaching as a career.

This course includes opportunities to hear guest speakers share their information on specific teaching topics. Students gather a lot of ideas and participate in many open discussions when given new information from these guest speakers.

“Mrs. Vanessa Thomas and Mr. Dan Pulskamp have shared information about

special education and the child study process over the past several years,” said Ms. Strickler. “Mrs. Janssen visits during our chapter on teacher effectiveness.”

Not only do VTfT students get the chance to hear from guest speakers, but they also are able to observe other

Photo courtesy of Tabitha Strickler



Corey Williams, 12, and Tatem Shaffer, 12, participated in a simulation to gain an understanding of what children with learning disabilities might feel like on a daily basis.

classes and schools. Wesley Preschool, a CHPS elementary school, CHMS and classes at CHHS are all places where students are able to go and observe.

“Students who complete

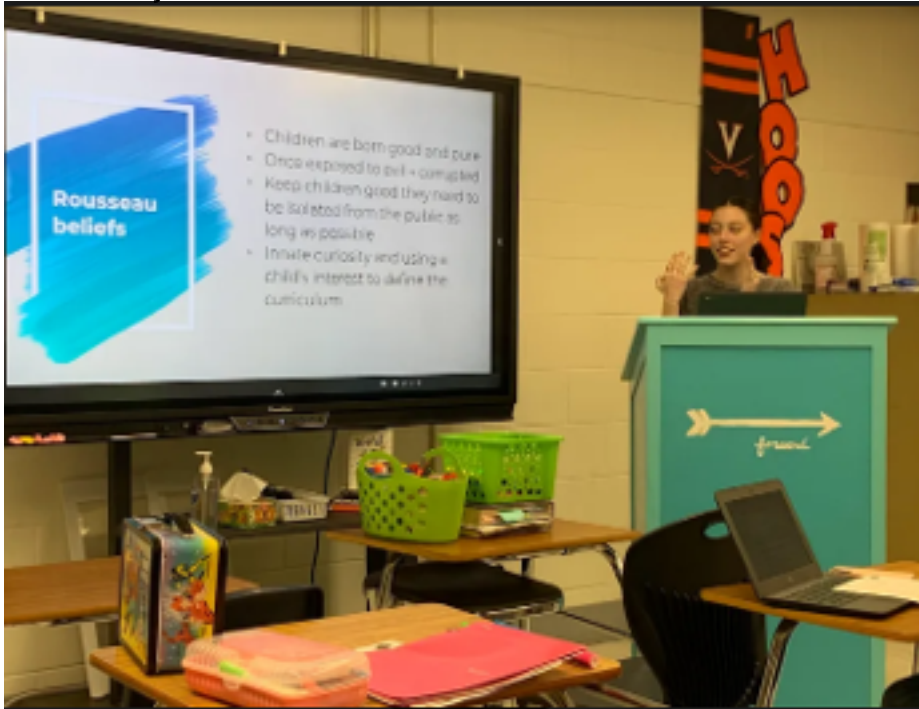
Part 1 have an opportunity to take VTfT Part 2, where they dig deeper into educational topics and have a longer internship in a local school,” said Ms. Strickler.

Part 1 students have a 4-week internship either at CHMS or a CHPS elementary school. After observing the

class for 12 days, they teach one or two lessons before the end of their internship. Part 2 students have a longer internship in a local school.

“My favorite part is getting to prepare and have

Photo courtesy of Tabitha Strickler



Mattie McLaughlin was assigned to research schools of educational philosophy. McLaughlin chose to research romanticism and presents it to the class.

hands-on experience for my future career," said Ella Ackerman, 12, Part 1 Tft student.

This course isn't just a class that prepares students for future teaching careers, but it also allows students to meet

new people and feel comfortable around their classmates. Being close with one another in this course is beyond beneficial because it gives students the opportunity to feel at ease with sharing ideas with open discussions.

"This class is very eye opening to most of the things that teachers will come across and how to handle them," said Mattie McLaughlin, 12, Part 1 Tft student.

Upcoming Bonus Holidays

Dates:

Friday, April 15, 2022

Monday, April 18, 2022

Friday, May 27, 2022



Harner explains the aspects of fame

by Gavin Jarvis

Some people may wonder what it's like to live the life of a popular social media influencer. Gianna Harner, 11, has experienced the benefits and struggles and has learned lessons as she has become a social media influencer.

Harner, who was born in Cape Coral, Fla., has a total of 5.7 million followers on Tik Tok and averages 800,000 to 3 million views per video.

Harner's content on Tik Tok is random; however, she posts a lot with her little sister and will occasionally do a "Words with Ari" segment.

While her popularity has spiked on Tik Tok, Harner has been able to set herself for her future, both financially and mentally.

"Over quarantine, it started off as a silly joke before I came to realize everything I posted started going viral and people like my content," said Harner.

Due to her popularity on Tik

Photo courtesy of Gianna Harner



Harner started posting on Tik Tok during COVID quarantine as a "silly joke." She quickly became serious about her posts when her videos gained great popularity.

Tok, Harner has gained many partnerships, including Nike, a ramen company, and YouTube. On top of these partnerships, Harner has gotten movie opportunities, met celebrities and had travel opportunities.

Mackenzie Mathis, 10, has been a friend of Harner's for two years and described her

as "open-minded" and that her best trait is her personality. Mathis enjoys Harner's "sense of humor."

Although having a social media platform has many benefits, Harner says there are definitely cons to being so popular.

"Having a high platform can be mentally draining for some

Photo courtesy of Gianna Harner



Harner relies on her whole management team to direct her social media career. With the help of this team, Harner is able to balance her school obligations while giving her Tik Tok fans current content to view.

people depending on how they handle it," said Harner. "You can be the most perfect person in the world, and people will still have something negative to say about you and what you post."

Harner also explained how "you also have to be careful what you say/post in general. One thing wrong said, and,

bam, the whole world is against you."

She also noted that "money can get the best of people, and people will take advantage of that."

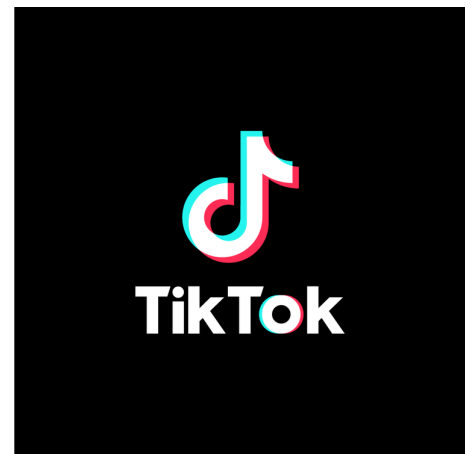
Even though there are many obstacles to having a popular social media platform, Harner has her mom to keep her going on her journey.

"She's been there through it

all and has been the only one who has stuck even before fame," said Harner. "She motivates me to keep going even though she has an odd way of doing it."

Mrs. Nici Duncan, SPED teacher and assistant varsity softball coach, met Harner when she started playing softball for her. Mrs. Duncan described Harner to be "friendly and enjoyable to be around" and "an all-around great person."

"Gianna is a bubbly, happy young lady," said Mrs. Duncan. "She is super sweet and very humble. She is an excellent softball player."



Milan shows creativity through truck photography

by Ryan Bell

Looking deeply into the lives of CHHS students can be eye-opening, just like with Nestor Milan, 11, who is an aspiring photographer.

"I've always loved taking photos, but I took a few photos of my buddy Tommy's truck, and the love for it just sparked," said Milan. "I started taking photos of all my friends' trucks and started posting them for fun. Then, I decided to keep doing it and get better at taking them."

Milan's truck photography has led him to explore other subjects.

"After I started with trucks, I

Photo Courtesy of Nestor Milan



With the help of his devoted friends and family, Milan has started to turn a small passion of his into a potential career.

just tried to take photos of anything to try and get better with taking and editing them," said Milan. "I have taken photos of restaurants and buildings in Petersburg, photos at truck shows, even photos of pickles by

a river."

Milan has invested in equipment to improve his craft.

"I use a Nikon and Sony camera, and I just ordered GoPro equipment and a drone," said Milan.

"This is my favorite photo because it came out exactly how I hoped it would, and lighting and surroundings went together with the truck perfectly," said Milan about the picture to the left. "This is my friend's Waggle's truck."

When doing photography, one needs the drive to keep improving, and Milan has that drive.

"I want to keep getting better at taking them so I try to think of new ideas of photos and try them out," said Milan.

Photo courtesy of Nestor Milan



The photo above is Milan's favorite picture he has taken so far because of the hard work he did to create the finished project.

Munoz ends wrestling career with fourth place finish in States

by Chloe Russell

Starting in the third grade, wrestling has been a big part of Xavier Munoz's life. Munoz's father convinced him to give it a try; since then, now in his senior year of high school, Munoz is still involved with the sport.

Munoz likes competing, but does not favor having to cut weight. During his career Munoz has accomplished fourth place at the Regionals his freshman year, during his junior year he placed third at the Regionals, and during his senior year got first at the Districts, second at the Regionals, and fourth at States, with a final record of 101-43.

Munoz doesn't always have good days. His biggest disappointment was winning a match by 14 points and then getting caught in a headlock.

Munoz values his coaches, teammates and family. They have all pushed him to be the best he can be.

"I credit my coaches for

having the knowledge to teach me so much," said Munoz, "as well as my dad splitting the cost of a club team with me so I could go."

Just days before Munoz was set to compete in States, his father passed away.

Photo courtesy of Xavier Munoz



Munoz finished fourth place at States. Even though he suffered a traumatic experience before going to states, he persevered and did what he knew his father would have wanted him to do.

"I found strength by knowing he would want me to compete, no matter what the outcome was," said Munoz. "I would also clear my mind before my matches, remembering he's right there with me."

After high school Munoz plans to attend Longwood to

major in nursing.

"If I continue to wrestle, it would probably be for a club team with Longwood if they have one," said Munoz.

Munoz gets school inspiration from Mrs. Laura Melis, Spanish and senior

seminar teacher, Mrs. Christina Major, VA/US History and AP US government teacher, and Ms. Deona Guy, counselor.

"They would ask how close I was to the 100-win club because they knew that was one of my top goals," said Munoz.

“He asks for help and guidance when he needs it,” said Mrs. Major. “He’s also got a great sense of humor and is super friendly.”

Photo courtesy of Wade Thayer

had a positive attitude and didn’t give up.”

Mrs. Melis taught Munoz for three semesters. Mrs. Melis describes Munoz as kind, friendly and hardworking.

“His hard work has helped him to be ready for the next stage of life. He’ll do great things in college and in his adult life,” said Mrs. Melis. “His hard work won him 100 [high school] wins and fourth place at States!”

Along with these teachers, Ms. Deona Guy, counselor, also values Munoz as a student.

“He continuously puts people first and offers support to those around him,” said Ms. Guy. “We need more people like that in the world.”

Ms. Guy has not known Munoz for long, but since last year he has been making his voice known.

“Everyone who knows Xavier is rooting for him,” said Ms. Guy. “I am so excited to see Xavier’s success in the future!”

Munoz has been captain of the wrestling team for two years.

With the help of his coach and his teammates, Munoz not only grew stronger as a person, but also grew stronger as a wrestler.

“I expect that he will commit himself to whatever he chooses to do,” said Mrs. Major.

Mrs. Major is aware of his plans for nursing school and thinks he will make an excellent nurse.

Munoz has grown academically as well.

“He learned to express himself better in his writing, and I think he improved his study skills to better prepare for AP level tests,” said Mrs. Major. “The whole time he

Photo courtesy of Wade Thayer



Munoz has become well known as a student and a wrestler since the time he started at CHHS. Being around the teachers, coaches, classmates and teammates, whom he values and who also value him, has helped him succeed in a multitude of ways.

“He has grown into an aggressive wrestler that tries to dominate his opponents,” said Mr. Wade Thayer, coach.

With the passing of Munoz’s father, he was not obligated to compete, but he did so, anyway.

“I told him that if he didn’t feel up to wrestling in the State Championships, I fully

supported his decision,” said Coach Thayer. “I told him that he would have a ‘Guardian Angel’ helping him get on that podium.”

Munoz has teammates who see his growth as well.

“It has been great having him as a teammate,” said Bayron Hernandez, 11. “He has also helped me improve a

lot.”

Teammates with Munoz since his freshman year, Nicholas Sprinkle, 11, counts Munoz as a friend and inspiring wrestler.

“Xavier will succeed at pretty much anything he puts his mind to,” said Sprinkle.

Photo courtesy of Bayron Hernandez



Andrew Davenport, 10, Nick Sprinkle, 11, Tucker Booth, 12, Bayron Hernandez, 11, and Xavier Munoz, 12, gathered together to take a group picture after earning their medals and awards for wrestling. They worked hard throughout the season to finish off strong by going to States and bringing home a number of awards.

White continues to play baseball after being partially blinded

by Shaquira McKoy

Paul “Charlie” White, 11, experienced a traumatic event one day during a fishing trip. Even though he became partially blind, he still manages to have a normal life and do everything he did before, even play baseball.

With his strong love and passion for fishing, it was a regular day for Charlie and his friends. On Sept. 23, 2020, he spent some quality time with his friends and they did activities that all teenagers do.

“It started off well, laughing, smiling, having a good time,” said White. “We got to the spot, and we had just ordered food, but our driver almost left with our food.”

White didn't know what tragedy was ahead of him, all because he looked up at the wrong time, which caused him to lose his eye and slice his nose. The first month after the accident was really tough for him because he felt like he was behind in his school work and he really

Photo courtesy of Charlie White



White has been working hard in getting back into his daily routines. He accomplished his goals in starting to play baseball again. White's hard work has paid off because he was able to play the next season after the accident.

wasn't understanding assignments in his geometry class.

“The class I got added into was so far ahead of my previous class that I just couldn't catch up,” said White. “This led to my grades dropping, adding more stress to my life as I didn't know what was going to happen in the future.”

The hardest part for White was jumping back into how things were before the accident, getting back to his “normal” life and habits that he was used to.

“Relearning how to do the most basic things in life was very tough when I was adjusting to depth perception issues,” said White.



With the help of his coaches and teammates, White has a supportive group of people behind him. According to White, he would not have been able to get where he is today without his supportive friends and family.

Although his coach and his teammates were in disbelief, they have supported him tremendously no matter what. They never underestimated him, downplayed his talent or looked down on him; instead, they used this event to acknowledge what an amazing player he is. Although he lost his eye, White didn't stop doing what he loved; this event made him realize who really loved and supported him after being partially blinded.

With all of the support from his teammates and friends, he felt normal again.

"I met my real friends, grew as a person, got taller and bigger for baseball," said White. "I noticed I was going to be okay the first time I threw again. I threw, and all the stress and wonders went away."

"I believe both Charlie's attitude and motivation have changed," said Mr. Brennan Hoffer, baseball coach. "He is far more motivated to prove others wrong, especially the doctors that told him he would never play the game again."

In such a terrible situation, something good came out of

it: White learned that life gets tough and has many obstacles that seem impossible to overcome, but all that matters is to keep going and make it through because there are brighter days.

"Charlie has grown tremendously through hard work and an admirable willingness to overcome adversity," said Mr. Hoffer.

"Don't ever lose faith and don't stop believing," said White. "If something happens to you, don't lose faith and keep believing."

By not quitting and getting back out there after the accident, White's injury does not change his love for the sport.

"By getting back out there with them on a regular basis, I think it has freed his mind and eased some of the pressure he has been putting on himself," said Mr. Hoffer.

Miss McCullough helps injured players on and off the field

by Eliza Chiodo

A soccer player collapses on the field in the middle of a game. Racing to the player is none other than Miss Symone McCullough, head athletic trainer.

Miss McCullough received her bachelor's at Virginia State University and master's at the University of Virginia. After receiving her master's at UVA for athletic training, she decided to become an athletic trainer.

"This is my first official job as an athletic trainer," said Miss McCullough. "I graduated with my athletic training degree in 2020, so I worked in retail and helped out at restaurants for a year, then started applying for jobs."

Miss McCullough came to Colonial Heights after she knew the area from attending VSU. Another factor in her decision was a fellow classmate at UVA who recommended this position when she started looking for jobs.

Photo by Eliza Chiodo



Graduating from VSU, Miss McCullough knew the area of Colonial Heights very well so she was prepared when she decided to come and work at CHHS.

"I've always wanted to do something in the health field seeing my family have all these health conditions, but wasn't sure what," said Miss McCullough. "Since I ran track from seventh grade up until college, all I knew were sports, so athletic training was the best way to combine both of those ideas."

Miss McCullough was born in Virginia Beach, Va. She grew up running track and field, with her main events being the 400m and 400mH.

In Miss McCullough's free time, she enjoys going roller skating, doing digital artwork and playing with her dog.

"Our athletic trainer's job is

to treat and rehab any injuries that occur throughout the season," said Mr. Gerald Carsley, activities director. "Trainers are a vital part of the rehabilitation process for the treatment of the players that sustain concussions. Trainers monitor heat and adverse weather conditions. Trainers are in charge of documenting physicals and emergency contact information."

Rylei Buck, 10, basketball, volleyball and soccer player, described McCullough as "a very funny and outgoing person," and said Miss McCullough makes her comfortable by being "very welcoming and willing to listen."

"She plays a huge role in my athletic program by making sure that any injuries, no matter how big or small, are always checked out and attended to," said Buck.

Buck described Miss McCullough to be "a very funny and outgoing person."

Tucker Booth, 12, football

player and wrestler, noted that Miss McCullough “filled up water coolers every practice.” Miss McCullough also helps by taping up athletes before and after games to prevent injuries.

Athletic trainers give a sense of security that the athletes are being taken care of.

“I describe Symone as someone who has never met a stranger, meaning she

adapts well to any new environments,” said Mr. Carsley. “We are very fortunate to have Symone as our athletic trainer!”

Photo by Eliza Chiodo



Before a soccer game, Miss McCullough wraps the ankle of an athlete, who suffers from plantar fasciitis and tendinitis.

CHHS expresses uniqueness in a multitude of ways

by Jenna Mason

CHHS may have a relatively small population of people in it, but our school is very unique in multiple ways. We have traditions that we celebrate here that other schools don't really have, like Ring Dance, Color Wars and Powder Puff. From the staff to the community, CHHS really couldn't be a better place.

One of the biggest differences that our school has compared to others is Junior Ring Dance.

"I attended school in four different states and never

Photo courtesy of James Jiang



Mason Bennett, Dalton Tharpe, Dalton Jenkins, Logan Wilson, Sam Moore, James Jiang, Phillip Page and Xavier Munoz attended the COVID-delayed, senior Ring Dance in the fall as a group and created memories that they will never forget.

Photo courtesy of Trent Kirchoff



In 2020, approximately 80 students participated in the SCA sponsored Color Wars. Students were provided a dark gray shirt and given red, white and blue colored powder to throw at one another. The event was not about a certain grade level winning; it was about the memories everyone created and shared.

heard of a ring dance until my job interview at CHHS, which occurred in March during Ring Dance set-up," said Mrs. Amanda Creasey, English teacher.

Also, Colors Wars is put on by the SCA. Students get colored powder and then throw it at their peers, all in good fun. It's something that really brings students together for an interactive activity that isn't necessarily school related.

Another activity our school has is Powder Puff. Powder Puff is flag football with the roles reversed. Junior girls go against senior girls and compete, and junior and senior males take on the role

of cheerleaders. In the end, it doesn't matter who wins but about the memories that we've all created together.

Sports also contribute to why our school is different from most. Since we have a smaller population of students, it isn't very difficult to make it onto a sports team.

"I feel that our kids build stronger bonds with teammates coming from a smaller community," said Mr. Gerald Carsley, activities director. "In larger schools, participation numbers are higher for tryouts, which makes it harder to make teams."

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One more thing that makes CHHS a unique school is the amount of participation and support for spirit weeks. Both teachers and students tend to go all out and show so much school spirit during those weeks.

“I love that we have all kinds of students who participate, too, and everyone is positive

Photo courtesy of Eliza Chiodo



After a long-awaited time, due to COVID-19, the Powder Puff event was held again in the fall semester of 2021. In a friendly battle of flag football between junior and senior girls, the juniors won. Overall, the memories everyone created is worth more than the prize of winning.

and has fun with it,” said Mrs. Samantha Smith, Spanish teacher. “As a two-time spirit queen, it makes me happy to see students having fun together and celebrating their school.”

A different aspect that makes our school unique is the relationships students

make with not only each other, but also the teachers and staff members. Staff members are able to know students very well. There is love, support and encouragement given from the staff to the students.

“The individual attention and small classes students get at CHHS give it a ‘private’

school feel within a public school setting,” said Mr. Justin Keeler, varsity football coach and weight training teacher.

“I’ve watched substitutes cheer students on at basketball games,” said Ms. Kristin Crowder, gifted resource coordinator. “I’ve seen teachers and staff

members purchase food, shoes, clothing, Christmas gifts and school supplies or pay for a student’s field trip to help a student in need.”

Our school system is very community oriented. A lot of funding goes into events for our school from the community, too. For example, the Band Boosters are a group of parents who help fund trips and events for the Marching Colonials. The After-Prom Committee is another group of parents who devote much time and many resources for the benefits of our students.

CHHS is a great school when it comes to being a student. Students really feel loved and supported. Many staff and faculty members truly show how much they care about their students.

Being a Colonial is different from being anything else. When you’re a Colonial, we have another family, people to talk to, who care about us and who will always be there. We’re surrounded by support and love; there really is nothing else better than being a Colonial at CHHS.

Students, staff join in on St. Patrick's Day shenanigans

Photo by Terri Moody



Mr. Kevin Ellis, math teacher

Photo by Terri Moody



Pictured left to right and top to bottom: Alaina Howell, 11; Brayden Beall, 12; Georgia Grubb, 11; Shaniya Roy, 10; Justis Merriman, 9; Hannah Barker, 10; Abigail Daniels, 12; Gabryela Wolfe, 11; Elissa Sorensen, 10; Ms. Natalie Fehlner; Ryan Ramierz, 11; Faith Hollimon, 12; Forest Oldmixon, 11; and LaTaz Jones, 12.

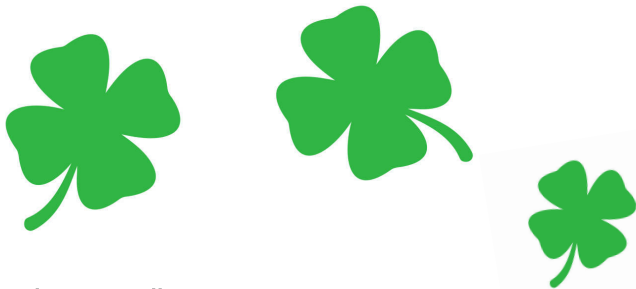


Photo by Ryan Bell



Pictured from left to right: Mrs. Rachel Whitehurst, paraprofessional; Anna Moore, 12; Elijah Anderson, 12; Mariana Martinez, 12; Miss Braden Johnson, English 12 teacher; Justin Campbell, 12.

Photo by Riley Bridgman



Jayric Johnson, 12

