

# Colonial



# COURIER

May 2022



SCA held their annual Color Wars fundraiser after two years of not being able to due to COVID-19. The event was held on April 20 at the soccer field behind the Tech Center. Approximately 40 students attended along with special guests, including Mr. James Burnett, assistant principal; Mr. Tracy Boyd, biology teacher; and Officer Eric Allen, CHHS student resource officer.



# Colonial

# COURIER



Faculty Advisor: Mrs. Terri Miles Moody

## Editors

Editor-in-Chief:

Jenna Mason

Features Editor:

Riley Bridgman

News Editor:

Heather Claytor



## Staff Writers

Omar Aboustet

Ryan Bell

Eliza Chiodo

Gavin Jarvis

Aysia Gross

Shaquira MCKoy

Amari Pelham

Chloe Russell



# Mrs. Garrett named Teacher of the Year for 2022

by Riley Bridgman

Mrs. Kate Garrett, social studies teacher, was named the 2021-2022 Teacher of the Year for CHHS. After 15 years of teaching, Mrs. Garrett feels extremely honored to accept one of the most prestigious awards possible.

"I am extremely honored, appreciative, and full of gratitude for this award," said Mrs. Garrett. "At the same time, this is probably one of the toughest awards to accept. These past few years have been so challenging. Our entire staff has persevered through some pretty tough obstacles in education."

Mrs. Garrett has been at CHHS for 13 years. Last year due to COVID, Mrs. Garrett was one of the teachers who taught the year fully virtual.

"I don't know if one person is more deserving than another," said Mrs.

Garrett. "In my heart, and based on these past few years, I know that all educators are deserving of this recognition."

Photo courtesy of Timothy Gueusquin



Mrs. Garrett found out that she was Teacher of the Year through an announcement in the weekly email the staff receive.

While Mrs. Garrett believes that all educators are deserving of this recognition, some of her colleagues believe that she is the perfect teacher to be chosen for this award.

"Personally, I can think of no one who deserves it more," said Mrs. Kathleen White, library media specialist. "She represents what we all strive to be in

the classroom and what we want in a colleague. Her willingness to help both students and staff, especially during the time

of COVID, proved that she gives her all to her profession."

Mrs. White is not the only teacher who believes that Mrs. Garrett is the perfect recipient for this award.

"Mrs. Garrett deserves this award because she is one of the hardest working, smartest, most dedicated teachers in our building," said Mrs. Christy Major,



VA/US History and AP US Government and Politics teacher and social studies curriculum lead. "Everything she does for this school is with the end goal of helping our students succeed."

Mrs. Garrett has achieved

Photo courtesy of Kate Garrett



Mrs. Garrett has 8-year-old twin boys, Landon and Lawson Garrett.

many of her goals over the years that have set her up for success to be the winner of this award. One of her proudest moments was the CH20 Showcase Fundraiser in 2012.

"My World Affairs class, with the support of many staff members, put together a fundraiser to

raise money for Charity Water," said Mrs. Garrett. "The students decided to create a school-wide and community initiative to address the global water crisis. This stands out to me because it was a testament

to the idea that not all aspects of learning have to be defined by the Standards of Learning. Throughout the process, the students became unified and built relationships with one another. As their teacher, it was refreshing to watch that unfold."

Mrs. Garrett has always

loved teaching and watching her students grow. Starting from a very young age, Mrs. Garrett would play school with her stuffed animals and teach them how to read, spell and complete math problems.

"In a way, I guess that you could say teaching was 'always in my blood,'" said Mrs. Garrett.

From her teenage years and beyond, Mrs. Garrett would volunteer with children or younger kids. This sparked her interest in a job with education.

Mrs. Garrett graduated from Thomas Dale High School and later went to VCU. She achieved her Bachelor of Arts in history with a concentration in secondary education. She also got her Master's of Teaching degree from VCU.

"Once I decided to work in secondary education, I decided to choose a subject that tended to find its way into an occasional conversation at my family's



dinner table,” said Mrs. Garrett. “I can remember having conversations, and sometimes a little debate, about various historical topics, politics and current events.”

Mrs. Garrett wanted to share that same curiosity she had with other students. One of her main goals was to get students to appreciate the world they live in.

While teaching takes up a major part of Mrs. Garrett’s life, she also has a very important job outside of school. Mrs. Garrett is a mom to 8-year-old twin boys named Landon and Lawson Garrett; she is married to Mr. Lance Garrett.

Many see Mrs. Garrett as a very admirable role model not only to her family, but also to the teachers and students at CHHS.

“The quality that I personally love about Mrs. Garrett is that she unselfishly helps other

teachers whenever they have a problem or need advice on how to do something,” said Mrs. White. “This makes her an amazing teacher to both students and staff.”

Photo courtesy of Kate Garrett



Mrs. Garrett is thankful that the staff has loved her family when they needed it the most.

Mrs. Garrett is proud to be a teacher and respects the sacrifices that all educators have made during the past few years.

“Educators sacrifice so much of their personal time to make sure the educational, social, psychological and safety needs of students are met,”

said Mrs. Garrett. “In the end, educators strive to build nurturing relationships with students they so desperately need. More so than ever before, the value of the work of all educators should be highly respected.”

While she believes that any educator is deserving of this award, Mrs. Garrett is very thankful for her fellow educators for nominating her and voting for her to receive this award.

“I would like to thank my colleagues for nominating me and voting to recognize me with this award,” said Mrs. Garrett. “It is an honor to serve alongside them each and every day! Also, I would like to thank my students. They have provided me with an opportunity to grow into the educator I have become.”

# Staff Member of the Year awarded to Ms. Smith

by Omar Aboustet

Ms. Martina Smith, a paraprofessional, was announced as the Staff Member of the Year 2022. Having been working at the school from 2005, it was a long-awaited surprise to Ms. Smith.

Photo courtesy of Timothy Gueusquin



Announced "Staff Member of The Year," Ms. Martina Smith is the third-ever staff member to be honored with this title.

"I was shocked when I read the email that I won Staff Member of the Year," said Ms. Smith. "There were so many other deserving nominees."

Ms. Smith's journey began in 2005, when she started working with students who

had severe disabilities. Although she started at North Elementary School, over the years she worked at CHMS, and finally the high school.

"Over the years the program moved from the elementary school to the

CHMS and eventually ended up at the high school," said Ms. Smith.

As with so many educators, the pandemic was tough on Ms. Smith. Part of being a paraprofessional means working with students

closely and face-to-face, which was extremely complicated to balance with physical distancing and the masks.

"The pandemic was a big challenge as well because as a paraprofessional, one works closely with students, so finding a way to keep your distance and helping was challenging with the pandemic," said Ms. Smith.

Schedules were chaotic in 2020-21, yet Ms. Smith stayed on top of it all, not knowing she was going to be named Staff Member of the Year soon.

"I feel that [school] is becoming more normal again," said Ms. Smith. "It was really difficult during the pandemic. I felt there was much anxiety. Thankfully this semester my schedule is more consistent."

Ms. Smith credits her co-workers for creating a healthy environment for



her and welcoming her the way they did.

“The teachers and staff members at Colonial Heights High School really care about each other and their students,” said Ms. Smith. “Having people care about each other translates into a protective and safe environment.”

Teachers from all over the school adore Ms. Smith for her optimism, charisma and loving heart.

“Having Martina in my classroom this semester has not only helped me to grow as an educator, but also as a person,” said Mrs. Dana Barefoot, chemistry teacher. “Her loving and patient personality is contagious, and I hope one day I will be as sweet as she is.”

When Ms. Smith is at work, she puts her students above all. She makes her classrooms feel like a second home for her students, making it seem effortless.

Photo courtesy of Martina Smith



Outside of school, Ms. Smith likes to take walks, go out with friends and have dinner with her friends and family.

“Ms. Smith is a delight to work with,” said Mr. Mickey Alderson, art teacher, who has worked with Ms. Smith for two years. “She is the second art teacher in the room. Students feel comfortable asking her for help, and I trust knowing the help she is giving is perfect.”

In her free time, Ms. Smith likes to disconnect from her work by spending time with her family, taking walks and listening to music.

She had a long journey to get to Colonial Heights; she moved from Offenbach, Germany, when she was

nine years old because of her father’s work. Ms. Smith is happy she moved somewhere that has a protective and safe environment.

“I show respect and kindness to my coworkers and the students I work with,” said Ms. Smith. “It is a wonderful honor, and I’m very grateful for having been chosen.”

# Collins places first in TSA Regional Competition

by Jenna Mason

After 15 years since the last win for the Technology Student Association (TSA), Charles "Grant" Collins, 11, won first place in Computer Automated Design (CAD) Architecture at the TSA Regional Competitions at Highland Springs High School on March 5.

The competition was an on-the-spot design contest. Students received a prompt and designed a house based on the prompt that they were given.

Preparing for the competition, Collins practiced in the CAD program. He made

sure that he was able to use the hotkeys during the competition and with all of the practicing, he was prepared for the prompt.

From being in Mr. Grant Hunnicutt's architectural design class, Collins learned how to use CAD programs.

The prompt the students were given at the competition was a design for a trailer house.

"I had a hard time coming up with a design and then staying with the length and width requirements," said Collins.

"I was surprised as I didn't think I would place, or if I did I

thought it would be third place, but I was also very happy and honored that my design was considered the best," said Collins.

With continuous preparation and hard work, Collins did his best and received first place. He also competed in the Flight Endurance section of the competition and came in sixth place for the region.

Collins continued on to the TSA state competition in Hampton on April 30, to compete in CAD Architecture. He will be teamed up with Fares Ragab, 12, to compete in architectural design model building.

Photo courtesy of Grant Hunnicutt



Pictured from left to right are Mr. Grant Hunnicutt; Grant Collins, 11; James Tomlin, 10; Jose Hernandez, 11; Mr. Matthew Reiersen. Grant Collins, 11, won first place for CAD Architecture at a TSA Regionals competition at Highland Springs High School.





# Automotive technology class teaches students useful life skills

by Eliza Chiodo

"We are truly living in a 'world of wheels,'" said Mr. Roy Parham, automotive technology instructor. "Every day, millions of people depend on their cars, trucks, vans and sport-utility vehicles as their primary means of transportation."

As demand for skilled automotive technicians increases, Mr. Parham wants his students to fill those demands.

Three auto tech classes are available to students. According to Mr. Parham, Auto Tech 1 introduces students to the technology, as they learn safety, customer relations, tools, and basic auto owner services, while Auto Tech 2 and 3 build on to their prior knowledge and work toward the Automotive Service Excellence (ASE) certification.

"We study chapters in this

Photo courtesy of Roy Parham



In this class students learn many skills, including how to properly diagnose vehicles, change oil and check fluid levels.

class," said Mr. Parham. "Lab-related tasks are assigned where the students can practice what they have learned."

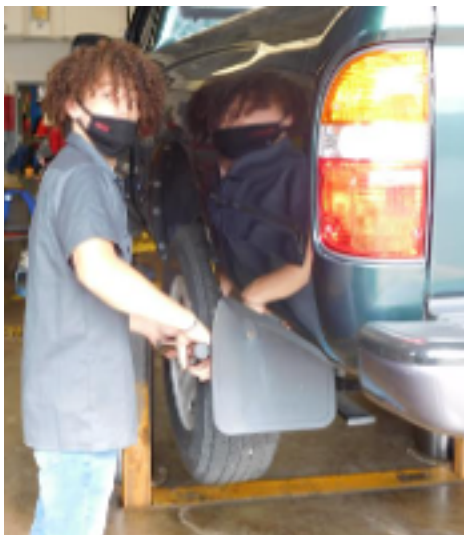
Students are able to take their skills to further their automotive technology knowledge in college or in the field after graduating. For example, Aaron Smith, 11, Auto Tech 1 student, wants to work at a dealership after he graduates. They are also able to take the Virginia state inspection test to earn the Virginia state inspection

license.

"My favorite part of this class is being able to be in the lab and being able to work on cars," said Xander Cathey, 12, "being able to take them apart, figure out what's wrong with them, get them running again and being satisfied that you made something that didn't work at all, run as good as new."

Many students who take this class enjoy the hands-on aspect. The real-life concept engages the students.

Photo courtesy of Roy Parham



The automotive technology classes teach students how to manage their time and solve problems.

“They love learning about vehicles and solving difficult auto problems,” said Mr. John Thomas, Jr., CTE director. “They also love having industry certifications that help them gain immediate employment.”

After working in the field as a master and mentoring technicians for years, Mr.

Parham decided he could make a difference in future technicians and became a teacher.

“He brings industry experience that our students need,” said Mr. Thomas.

## Safe driving is important for a multitude of reasons

by Eliza Chiodo

Over 3,100 people died in car accidents due to distracted drivers in 2019, according to [www.cdc.gov](http://www.cdc.gov).

“Safe driving is important because it helps prevent serious injury and death,” said Mr. Eric Allen, school resource officer. “It also helps reduce accidents, which helps keep insurance rates down.”

Out of all age groups, teenagers are the group who are mostly likely to get into crashes due to their lack of experience.

“My best driving tips are to not use your cell phone while

driving, keep a safe distance between you and the car in front of you, wear your seatbelt and keep your attention on the road,” said Officer Allen.

While distracted driving is preventable, many will still do it. Many states, like Virginia, have taken the initiative to reduce the number by enforcing laws like the hands-free law.

Even when driving with passengers, a set of rules should always be followed.

“A good set of rules for your passengers should be to wear a seat belt, not turn up the radio or talk on the phone so

loud that you can't hear emergency vehicles or other warnings and to be an extra set of eyes on the road,” said Officer Allen.

According to [www.cdc.com](http://www.cdc.com), a passenger in the car with a distracted driver should tell him/her to focus on driving. Passengers can also reduce the amount of distraction by helping the driver with directions or other tasks.

“The best way to be safe on the roads is to follow the signs that are posted,” said Officer Allen. “Studies are done on the roads to determine the safest speeds for that area.”



# Colletti named April Senior of the Month

by Amari Pelham

After working hard all throughout high school, Heather Colletti, 12, has been named April Senior of the Month.

Photo courtesy of Heather Colletti



Colletti is happy that the stress of applying to colleges is over so that she can relax and have fun.

"I felt accomplished and proud because I felt that my hard work had paid off," said Colletti.

Colletti found out she was

Senior of the Month through Mrs. Kristin Janssen, principal, during a meeting they had in her office. After graduating, Colletti plans on attending Virginia Tech for her

undergraduate and possibly for her graduate degree.

"I am attending Virginia Tech in the fall and going to major in business but get my

prerequisites for medical school," said Colletti. "At the end of my undergraduate, I will then decide whether to get my master's in something more specific in business or go to medical school to become a pediatrician."

Colletti states that her biggest challenge thus far is living with her mistakes.

"I am definitely a perfectionist, and I struggled with getting anything less than an A," said Colletti. "However, I did get my first B this year in AP Biology, and I learned it was okay."

Colletti states that she feels accomplished knowing she has worked really hard toward her grade in a class that is difficult for her. Colletti's hard work has not gone unnoticed.

"I have worked with Heather the last four years, and I am impressed at her level of commitment, leadership and genuine work ethic," said Mrs. Mary Vaughan, college and career center specialist and cheer coach.

Mrs. Vaughan is not the only teacher noticing Colletti's hard work ethic.

"She never missed a deadline, and whenever it was possible, she would work ahead," said Mrs. Kathleen White, Power Research teacher and media center specialist. "Heather will do well in college with her gift for organizing and studying."

During high school Colletti has been on the cheer team and served as the captain for the competition team, football sideline cheer and basketball cheer.

Photo courtesy of Heather Colletti



Colletti served as the competition cheer team captain as well as the football cheer team captain for the 2021-22 school year.

Colletti is involved in many clubs, including Interact, National Honor Society, Mu Alpha Theta, National English

Honor Society, National Technical Honor Society, National Science Honor Society and Beta. She is currently secretary of Interact, an executive board member for NHS and a class officer.

After multiple years of hard work, Colletti is happy to finally graduate and move onto the next chapter of her life.

"I am bittersweet about it," said Colletti. "I am so happy to finally graduate, and get the diploma I have worked so hard for."

Although Colletti is excited to graduate, she is still sad she has to leave high school and the way she has done things the past four years.

"I am sad to leave high school all behind," said Colletti. "My sense of normalcy will be changing after high school, and that can be a little scary."

After reflecting on her last four years, Colletti thinks some of the best advice she can give is to make strong connections with staff.

"Make strong bonds with

Photo courtesy of Heather Colletti



Colletti plans to attend Virginia Tech for her undergraduate and possibly graduate degree.

some of your teachers," said Colletti. "There are definitely going to be times in high school where you are going to need a trusted adult to talk to."





# Booth announced as May Senior of the Month

by Heather Claytor

With exciting emotions everywhere, Tucker Booth found out that he was named the May Senior of the Month.

"I was very happy and relieved that I was not in trouble at first; then, I got Mrs. Janssen to call my mom so I could tell her the news," said Booth. "My mom was very happy, and she told me she was proud of me."

Booth has been really involved in school activities, including participating in football for all four years and wrestling for two years of high school. He was a

Photo courtesy of Tucker Booth



Booth has been the captain for the varsity football team for three consecutive years.

Photo courtesy of Tucker Booth



Booth plans to attend Hampden-Sydney College to continue his football career.

three-year captain for the football team.

"I appreciated when I came here how dedicated he was to our team even though the team didn't have a history of success," said Mr. Justin

Keeler, varsity football coach.

Booth made some of his best memories playing the games he loves.

"I had made the game-saving tackle on the last play of the game on a college running back commit while they were on the one yard line," said Booth. "That was the first time I had been so proud of myself after a game and when I started to play better."

Working harder and changing each year, Booth has learned to listen more to others and take on more responsibilities. Booth has also grown as a person by being able to manage his time way better than in years before.

Booth has committed to Hampden-Sydney College. He plans to major in engineering and continue to play football at the D3 college.

"I wish Tucker to achieve all of his dreams and goals," said Mr. Correy Watkins, varsity defensive coordinator.

"I know that wherever he goes, he will have a positive impact on his community and demonstrate his core values daily."

Graduating is a big step in life for some people, but Booth is feeling mostly excited. Booth will be able to gain more freedom as he enters college and gets to go on his own path as an adult.

So many people have mentored Booth and helped him through all sorts of difficulties during high school. Booth knows that he has plenty of people right by his side rooting for him as he accomplishes his goals in life.

"Some teachers that come to mind are Mrs. Breckenridge, Ms. Damon, Mr. Vince, Mrs. Major and Ms. Ward," said Booth. "They always made their classes fun, which made me enjoy learning the material."

Booth has also been inspired by many of his coaches, including Coach Correy Watkins, Coach Wade Thayer, Coach Kyle Krupp and Coach Justin Keeler. He has always enjoyed talking about pro-wrestling to Coach

Photo courtesy of Tucker Booth



Throughout high school, Booth has participated and succeeded in wrestling for two years and football for all four years.

Watkins.

Throughout his years of high school, Booth experienced many highs and lows. He struggled but did eventually regain his work ethic back and get back in shape after the COVID-19 lockdown.

"The number one challenge I had in high school was having school and sports canceled when COVID-19 first started," said Booth. "I had honestly gotten very lazy over those first few months of

lockdown, like most of us did."

Booth believes setting priorities will lead to success. Setting goals and learning from others has helped Booth get to where he is now.

"Tucker is talented, intelligent, and kind to others," said Mrs. Cynthia Breckenridge, chorus teacher. "He is a hard worker, and he helps his classmates."



# Sophomore Savannah Stephenson conquers cancer

by Gavin Jarvis

According to [cdc.gov](http://cdc.gov), every year in the United States 1.6 billion people are diagnosed with cancer, with 600,000 of those dying from it. There are more than 100 types of cancer that people are affected by, one of those being Liposarcoma. Savannah Stephenson, 10, faced many struggles while battling a type of Liposarcoma in her knee and is still affected by it post-cancer.

Savannah was diagnosed with Myxoid Liposarcoma after she tore her ACL and a tumor showed up on her MRI. There was no information on how it got there, how long it was there or how fast it was growing

According to [rarediseases.org](http://rarediseases.org), Myxoid Liposarcoma, one of five types of Liposarcomas, is a rare cancer that begins in fat cells and usually appears in the thigh. About 2,000 people per year are diagnosed with a type of Liposarcoma and are met with a 72 percent survival rate.

Photo courtesy of Ms. Stephenson



Throughout Savannah's recovery process, she missed an entire year of school. She had surgery to remove the tumor and then physical therapy after.

Savannah's Liposarcoma appeared in her knee and halted her athletic career. During her seventh grade year at CHMS, she was absent the whole year because of treatment; thankfully, Sydney Catron, 10, kept her company while the burden of cancer was weighing on Savannah.

"I was worried about her," said Catron. "I didn't know what was going to happen to her."

Catron has known Savannah since her sixth-grade year at CHMS and was someone to lean on

while she was battling cancer, boosting Savannah's determination to keep going.

"Savannah honestly never doubted. She was strong in her faith and that God would get her through this journey," said Ms. Sabrina Stephenson, Savannah's mother. "People would come up to her sad, and she would tell them she would be okay. For a 12-year-old to tell that to sad/crying adults was just something wonderful to see."

Ms. Stephenson was greatly impacted by Savannah's cancer. She was worried about everything physically and emotionally.

Even out of her worry, Ms. Stephenson made sure to be as supportive as possible toward Savannah. To battle the conflict of not being able to go out as much, Ms. Stephenson made sure visitors came by and had movie nights with Savannah.

"A cancer diagnosis can be a defining moment for an individual and a family," said Ms. Sarah Crinkley,

Photo courtesy of Ms. Stephenson



Having cancer at one point in her life, Savannah wasn't really phased. Even though it took a year out of her life to get the surgery done and for a full recovery, the fact that she had cancer never actually set in. To Savannah, it was just another year in her life.

Savannah's soccer coach. "Savannah has a great one, who is very supportive, especially her mother and grandparents."

After the diagnosis, Savannah had to have surgery to remove the tumor and then reconstructive surgery on her knee to fix the damage the tumor

caused. As of Jan. 19, 2019, Stephenson has been cancer-free.

"It didn't phase me mentally, and, honestly, it still hasn't set in that I had cancer at one point in my life," said Savannah.

Savannah is now the starting goalie on the JV girls' soccer team, and according to

Ms. Crinkley, biology teacher, shows perseverance in games, which Ms. Crinkley credits with helping Savannah battle cancer.

"In the last game Savannah played, she sprained her ankle in the first few minutes of the game and had to be pulled," said Ms. Crinkley. "She iced her ankle, got it wrapped, and was ready to go back in for the second half."

Savannah has a variety of key qualities that helped her throughout her cancer. Her determination and perseverance were key factors in helping her beat the malignancy that affected her body.

"Savannah is one of the toughest people you will ever meet," said Ms. Stephenson. "She fights for what she wants. She gives 110 percent at all times when she is doing something. She has a great sense of humor and stays drama free. She is smart. Her faith is most important to her, and she clings to it at all times."



# Charles inspired to start a student pickleball club

by Jenna Mason

During a student's freshman and sophomore years of high school, students will discover the game pickleball in their physical education classes. With the love of pickleball on his mind, Brandon Charles, 9, plans to take his idea of a pickleball club and make it into a reality.

"Pickleball is a combination of three different sports: badminton, table tennis, and tennis," said Charles. "It has some of the rules from the three sports; however, pickleball has some of its own special rules as well."

Charles was introduced to pickleball through his friends. Although he was hesitant at first, he ended up loving the

Photo by Jenna Mason



Charles has been a big fan of pickleball since he was introduced to it, and he is hopeful that he can start a club in the fall.

game and everything it entailed.

Starting at the very beginning of the school year, Charles took the counselors' advice and tried to get involved. Instead of joining something else, he came up with the idea to create something new that is not only fun, but also beneficial for the fitness of students.

"To have a club like this

where all kids can come together, have fun, be outside and get some exercise, will be beneficial in so many ways," said Mrs. Darby Wheeler, school counselor and potential club sponsor. "Kids who need exercise, get it; kids who need friends, get them; kids who need vitamin D, soak it in; kids who need something to do, have something to do."

Charles asked Mrs. Wheeler

Photo courtesy of Darby Wheeler



Mrs. Wheeler has agreed to sponsor the Pickleball Club. Charles asked her because he knows she plays the sport.

Photo courtesy of Darby Wheeler



Pickleball is not only a way for students to get physical activity, but also a way for them to find peers that they share interests with. Ultimately, the beginning of a pickleball club can help students come together and make new friends.

to be the sponsor of the pickleball club one morning. Knowing that Mrs. Wheeler is a part of the group of teachers who play pickleball and seeing her do so made it easier for him to ask her.

As of right now, potential members interested in the



club, along with Charles, are Joshua Archileti, 9; Hazel Bittenbender, 9; Terry Dong, 9; Seth Jackson, 9; Drew Perkinson, 9; Gavin Strubel, 9; Declan Wheeler, 9; and Lucas Williams, 9.

If the club is approved, students would need a VHSL sports physical on file, a paddle and a pair of tennis shoes. The equipment needed for the club is inexpensive, and if students were not able to afford it, there are people who would be willing to help, like Mrs. Wheeler.

Photo courtesy of Darby Wheeler



Pictured left to right: Harvey Dent, Brandon Charles and Seth Jackson are warming up before a game.

Having a pickleball club at CHHS would be a different opportunity for students to take advantage of. Being a lower maintenance sport, pickleball gives students the opportunity to do something

and get active.

“This club’s main goal is to open horizons to other people who think that the sports here are not meant for them,” said Charles.

## Interested in joining Pickleball Club?

### What is pickleball?

According to Usapickleball.org, pickleball is a sport that combines elements of tennis, badminton and ping-pong that can be played indoors or outdoors.

To find out more information about the sport, here is a link to a video that explains it in in-depth detail:

<https://www.youtube.com/watch?v=kqLRRNOpe8U>



### How to join?:

In order to join the club, students would need to have a VHSL physical on file. Joining the club would be similar to trying out for a sport.

If students are interested in joining, they can contact the Mrs. Darby Wheeler, at [darby\\_wheeler@colonialhts.net](mailto:darby_wheeler@colonialhts.net) for more information.

# Juniors express the importance of buying class rings

by Aysia Gross

Each March when juniors receive their class rings, they are carrying on a time-honored tradition that dates back almost 200 years.

"Yes, I did get one," said Keagan McNulty, 11. "I felt like I wanted something to look at in the future to remember my high school memories."

Students can choose their own design and personalize it however they like.

"I chose a silver, female-style ring, a white camo stone with Colonial Heights High around it, a Browning on one side with my first name, the Colonial on the other side with 2023 and my full name engraved on the inside of the band," said Kayleigh Pettite, 11. "I chose this design because I really like it, and it represents me."

According to the International Falls Independent School district website, the Falls High School class ring design is the oldest class ring tradition in the United States.

Photo by Terri Moody



Caroline Woodward bought a class ring to always have memories from high school.

The same class ring has been proudly worn by graduates of Falls High School in Independence Falls, Minn., since 1929.

Unlike many wedding rings that are plated with platinum, many class rings aren't plated. They are made of platinum/silver or platinum/silver alloys. In other words, platinum or palladium is mixed with silver to create shiny, white-colored, corrosion-resistant rings according to [specialtymetals.com](http://specialtymetals.com).

Many stones used in class rings are either genuine gemstones, such as onyx and tiger's eye, or glass and synthetic gemstones.

Complex class rings may even have specially cut stones or metal emblems that are inserted into the middle of the stone, according to [quickjewelryrepairs.com](http://quickjewelryrepairs.com).

Class rings are worn by students and alumni to commemorate and celebrate their graduation from a high school or college. They are a simple way to proudly carry on their memories of high school through the rest of their life.

Photo by Jenna Mason



Delaney McGrath, 11, purchased her class ring through Herff Jones, the company that partners with the school.

"I got a class ring to remember my high school years," said Caroline Woodward, 11. "I hope that in the future I will be able to look at my class ring and remember all the happy memories from my time in high school."



# Juniors celebrate Ring Dance 2022



Grayson Burchard, 11;  
and Ava Galyen, 12



Nina Cloud, 9; and Robert  
Kline, 11



guest of Jahnesa Jones;  
and Jahnesa Jones, 11



Wyatt Allen, 9; and Laci  
Young, 11



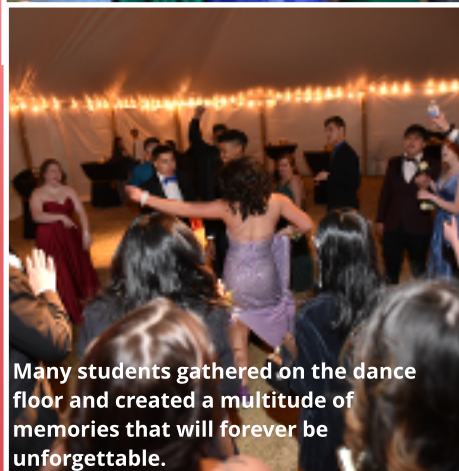
Keagan McNulty, 11;  
and Hannah Brewer, 10



Makayla Ivey, 11; Genavieve Rios, 11; guest of Makayla  
Ivey; Madison Ivey, 11; and father of the Iveys



guest of Mason Warren; Mason Warren, 11; Brent Haden, 11; Kaelie Richey,  
9; Madison Munford, 11; and Gray Ellenburg, 11



Many students gathered on the dance  
floor and created a multitude of  
memories that will forever be  
unforgettable.



Maleeka McLeod, 11; and mother of McLeod



Daviyon Warner, 11; Delaney McGrath, 11;  
Claudia Penedo Legasa, 10; and Marcelle  
Hill, 11



Ariah Lindenfeld, 11; Helen Duke, 11; and Tiffany Dice, 12.



Emily Jones, 11; Emman Morgan, 11; and a guest of Emily Jones.



# Three new coaches step onto the field to coach girls soccer

by Ryan Bell

While the girls' soccer team rosters include both new and veteran players, the roster of coaches includes all-new soccer coaches on the girls' teams.

"I am constantly surrounded by soccer things, whether it be equipment, starting lineup puzzles, or practice plans," said Ms. Haley Branin, girls' soccer coach. "I am also always considering how I can enhance both the skills of the team as a whole, and the skills of individual players through drills, advice and positioning."

Photo courtesy of Haley Branin



Ms. Haley Branin, English 9 and 11 teacher, is a first-year teacher and soccer coach. She coaches the JV girls' soccer team and helps with the varsity team.

Getting a proper workout is a key element of this sport to always make sure the athlete is maintaining good health.

"I tend to get a great

Photo courtesy of Sarah Crinkley



Ms. Kaylie Melanson, assistant varsity coach; Ashlyn Smith, 12; and Ms. Sarah Crinkley, head varsity coach; cheer on the girls' soccer players from the sidelines.

workout in each day by helping demonstrate drills, passing with a player, working with our goalie," said Coach Branin. "While it is quite similar to being a teacher, it is entirely different than being an athlete."

Some of the best players are often remembered not by their names or numbers but by what they do.

"The best player is the one who shows up to practices and games with a positive attitude, a receptive mind,

and an excitement for the game of soccer," said Coach Branin.

The best beginnings come from the smallest sparks.

"I love soccer, and a lot of the girls I had in class were players on the team," said Ms. Crinkley, head varsity coach.

As they say, out with the old coaches and in with the new coaches.

"I was fortunate to be able to assist the new head varsity coach because the previous coaches stepped down from their positions," said Ms. Kaylie Melanson, assistant varsity coach. "The new head coach and I also teach together."

Photo courtesy of Sarah Crinkley



The JV and varsity girls' soccer teams, coaches and managers gathered for a casual group picture after their formal spring sports team pictures. As of publication, the JV team has not yet won a game, and varsity has two wins.

Coach Melanson's love for soccer doesn't stimulate from her being a coach; it stimulates from her love for the sport.

"I played on a travel team outside of school and for my school's varsity team in ninth and tenth grade," said Coach Melanson. "I went to three different high schools, and

my third high school did not have the soccer schedule that worked out with my part-time job."

All sports teams have their ups and downs and pros and cons.

"Some of the pros are learning about the players, getting to help them, and watching them improve as

soccer players; cons dealing with absences," said Coach Melanson.

One of the benefits of being a coach are the little things.

"Teaching new skills that I learned at this age to current players, watching players grow and learn from mistakes, and being someone



## Greathouse takes on new position as food service manager

by Riley Bridgman

After working as a food service worker and the CHMS food service manager for four years, Mrs. Michelle Greathouse has been promoted to the manager of CHHS cafeteria workers.

Photo courtesy of Michelle Greathouse



Mrs. Greathouse likes to mountain bike, hike and garden.

"I initially started here four years ago as a food service worker, as the last year I have been managing CHMS. I was asked to come back here and manage," said Mrs. Greathouse. "It's like being back home."

Mrs. Greathouse graduated from high school and took courses in hospitality management to achieve her certification. Mrs. Greathouse has taken on new responsibilities now that she is manager.

"A manager makes sure

our kitchens are safe and sanitary and that we are following all the many local, state and federal rules that make up our program," said Mr. Aaron Robertson, CHPS food service director. "The manager has to be able to order food and supplies

and ensure that the team is following recipes and standards that give students something they want to eat that also meets their nutritional needs."

Mrs. Greathouse has always had a love for food, but she has not always been in the food business.

"I have always enjoyed food -- love to eat," said Mrs. Greathouse. "I have worked in hotels as a front desk manager, then had a child so the hours were not conducive."

Mrs. Greathouse states that she was excited to find a job that had the perfect hours to still have time to be a mom to her son, Samson Booth. Mrs. Greathouse is married to Mr. Chris Booth, culinary arts teacher.

In her free time, Mrs. Greathouse likes to get outside and enjoy nature.

"After work I usually go for a run or workout," said Mrs.



Greathouse. "I also like mountain biking, hiking and gardening."

Along with nature Mrs. Greathouse likes animals. She has two dogs named Lucy, a coonhound, and Maxine, a beagle. She also has an aquatic frog named Froggy.

While Mrs. Greathouse is busy at home, she also has many responsibilities and stays busy at work. Mrs. Greathouse always has something to do at work.

"There is lots of multi-tasking," said Mrs. Greathouse. "I get to interact with some great people/students."

Mr. Robertson states that Mrs. Greathouse has a great attitude and is always flexible. She has had to learn how to keep students and staff happy through the supply chain crisis and changing laws and regulations.

"I'm very excited that Ms. Greathouse agreed to come to CHHS," said Mr.

Photo courtesy of Michelle Greathouse



Mrs. Greathouse worked as a hotel front desk manager before having her son, Samson Booth.

Robertson. "She has a number one priority, commitment to her team and our students that will serve everyone well. I'm very lucky to have such great managers and employees that really do care about our students and make them their

# Mr. Gelven's interests include many subjects

by Ryan Bell

It takes time and dedication to work one job for 15 years.

"This is my 15th year at Colonial Heights," said Mr. Matthew Gelven, Latin teacher. "I taught for five years before that in Fairfax County, Northern Virginia. So 20 years altogether. It's a lot of hard work, but very rewarding when I see students do well."

Until this year, Mr. Gelven had only taught various levels of Latin.

"This year I was assigned to teach the Freshman Seminar," said Gelven. "It's the first time I've taught anything other than Latin."

Mr. Gelven has wanted to teach many of these subjects during his 11 years here at CHHS: astronomy, cosmology, meteorology, oceanography, zoology, paleontology, geography, ancient and modern philosophy, Medieval, Arthurian literature, romantic poetry, Victorian, Gothic literature, Shakespeare,

Photo by Ryan Bell



Mr. Gelven has many interests in different kinds of studies. Some of these studies include astronomy, cosmology, Gothic literature, Victorian literature and mythology.

Tolkien Studies and classical mythology."

"The nice thing is Latin touches upon many of these subjects," said Mr. Gelven. "I'm not saying I could instantly take up teaching these classes right now. It would take some preparation for me to develop a curriculum and get up to date, but these subjects are certainly my roads not taken."

Many English words and meanings are derived from Latin words.

"So many of our English words have Latin and Greek

origins, and when I encounter a new word, I can often deduce its meaning by its Latin/Greek components. Looking back over these three sentences, I can count at least seven examples of this," said Mr. Gelven. "It's what I majored in in college, so it's what I'm qualified to teach."

Mr. Gelven most enjoys "hearing about the success stories of alumni who were my students, especially when it involves continuing their exploration of the Classics.

"The Classics are all but forgotten now, so I'm doing

my part to preserve them.”

“I know a little bit of Greek, some knowledge of which is required for Latin, and I'm trying to study the Elven languages invented by Professor Tolkien, but it's slow going,” said Mr. Gelven. “Maybe when I retire, I'll have the time to dedicate to this. Learning Anglo-Saxon would be rewarding as well; being able to read the original Beowulf would be quite an achievement.”

A great teacher provides a welcoming learning environment for his students, and Mr. Gelven always makes his students feel at home in his classroom.

“The environment was very laid back,” said Madison Marchant, 12. “The class joked around a lot so despite having more difficult work to do, we were able to have fun with it. We all grew pretty close during the three years we were all in the class together. Mr. Gelven always tried to make it more fun for us, too.”

“For example, every year he would put on a cape and tell

‘The Raven’ by Edgar Allan Poe because he had memorized the entire poem,” said Marchant. “He would dramatically move around the room in the cape telling the story, and it was very entertaining. He also liked to draw dinosaurs on the board with sunglasses to make them look cool.”

Photo courtesy of Matthew Gelven



**Mr. Gelven is not only a teacher of Latin and Freshman Seminar, but also a teacher of life lessons. Teaching such small classes, Mr. Gelven is always able to connect with his students.**

Latin student Georgia Grubb, 11, enjoyed her classes with Mr. Gelven.

“It was always a bunch of fun, and we had so many interesting conversations,” said Grubb. “Mr. Gelven always incorporates different but very unique topics in his

day-to-day lessons, which creates and makes a unique and welcoming environment in his class.”

“Mr. Gelven would always teach us new things about other words/languages, the solar system and astrology,” said Grubb. “He always utilized his knowledge of other things for his lessons, which made the class exciting.”

Mr. Laurie Melis, Spanish teacher, is thankful to have Mr. Gelven in the foreign language department.

“Mr. Gelven is kind, hard working and passionate about his subject matter,” said Mrs. Melis. “We are lucky to have him at CHHS.”



# Special needs athletes gain opportunities to play sports

by Jenna Mason

Ms. Kristina Adams, SPED teacher, and Ms. Haley Branin, English teacher and soccer coach, have been working together to start up a team for the Champions Together program at CHHS. Being in the works since 2018, the program is finally up and running.

Photo courtesy of Kristina Adams



Before the practices start, students warm up with exercises.

“Champions Together gives athletes who have a disability an opportunity to participate in track and field activities,” said Ms. Adams. “This involves walking, running and throwing a softball.”

Starting in Central Virginia, the people who brought this program to Colonial Heights were Mrs. Tracy Lowery, Special Olympics coordinator for Area 16; Mr. Sean Monahan, Special Olympics and James River coordinator;

Mrs. Christy George, former CHPS SPED director; and Mrs. Lisa Kochuba, former CHPS Family Resource Center.

The program had its first meeting on March 14. Ms. Adams and Ms. Branin have high hopes in eventually creating a club for students who are interested in participating and volunteering.

“This is an ongoing process,” said Ms. Adams. “Eventually we would like to start a club that promotes inclusiveness among students. This is also part of the Champions Together program.”

Currently the program consists of 11 students for CHHS and approximately six volunteers. The volunteers are known as “buddies.” They

Photo courtesy of Kristina Adams



Other students are highly encouraged to volunteer in working with the special needs athletes.

Photo courtesy of Kristina Adams



Some of the activities that are held at the practices are running, walking and throwing a softball.

are students who partner up with the team members for practices.

“Practices are every Monday from 2-3 p.m. at the middle school track,” said Ms. Branin. “We are always looking for volunteers to come help out and be ‘buddies’ for our athletes!”

Champions Together gives an opportunity for many special needs athletes who do not have other opportunities to show what they are capable of. This program is a start of something new and inspiring for all students, whether they participate in traditional sports or not.

# Siegfried travels across the world to experience American life

by Gavin Jarvis

Foreign exchange programs open many doors for many opportunities, but that comes with the cost of leaving friends, family and country behind. Lena Siegfried, 11, took this risk to learn more about America and its way of living.

Siegfried was born in Lich, Germany. She moved to Virginia almost eight months ago through participation in a foreign exchange program.

“My whole family is German, and we traveled a lot in Europe, but we never came to the United States,” said Siegfried. “After many YouTube videos and talks with my friends and family, I knew I wanted to learn about American culture and a different way of life.”

Before coming to Virginia, Siegfried had to go through a long process with a company she hired. It took months just to fill out every detail of herself so that her company could send it to an American office to be matched with a host family, and that family

was Debbie Slaybaugh’s, paraprofessional.

Photo courtesy of Lena Siegfried



**Even though Siegfried is a junior, when she moves back to Germany, she will have two more years of high school until she graduates in 2024.**

“I received an email from ASSE, which is the company that coordinates the student exchange,” said Mrs. Slaybaugh. “I went to their website and did some research. I spoke with my husband, and he agreed with me that this would be a rewarding experience.”

Mrs. Slaybaugh was sent nine profiles that the company thought would pair well with her family. After deliberations with her family, they decided to pick Siegfried to live with them.

“My mom was German, and when I realized that I could choose a girl from Germany, I thought it would be great to hear about Germany through her eyes,” said Mrs. Slaybaugh.

When Siegfried came to Virginia, she noticed that there are many differences between Germany and Virginia. Virginia has a lack of transportation compared to Germany, and everything was very compact compared to where she lived in Germany, where everything was more spread out.

“You don’t have to drive endlessly long to go to the beach or to a bigger city or even to D.C.,” said Siegfried. “I often hear that Colonial Heights citizens think it’s a small town; for me it is huge. It is not normal in Germany to have many stores, shops and food restaurants in one city.”

Siegfried had to leave behind her home in Germany to fulfill her opportunity. She misses her dog and her horse and the anticipation of “Bundesliga” games.

"I love to go to 'Bundesliga' games with my brother. "Bundesliga" is the German pro soccer league," said Siegfried. "We only live 40 minutes away from our favorite team, which means we go to almost every game. Soccer in Germany/Europe is like football here."

However, while old things are left behind, new opportunities are projected. As for Siegfried, she had to adapt to the change from Germany to Virginia, including her first American school, which would be easier once she met Mikhala Macklin, 12.

"I feel that our friends and I have helped by being a group of people that she can be herself around," said Macklin.

On top of the excitement with new friends, Siegfried has also been engaged in the Marketing/Advanced Marketing and DECA. Siegfried participated in a virtual business challenge, giving her a chance to go to a leadership conference and proceed to a stage to receive prizes for the two awards she won.

Photo courtesy of Lena Siegfried



Siegfried's host family has welcomed her into their home and made her comfortable during her time in America.

"I traveled with the DECA club to Virginia Beach to attend the state leadership conference, where DECA clubs from all over Virginia come together and compete in person, which I chose not to do," said Siegfried.

Siegfried is very involved in the school and participates in basketball, field hockey and tennis.

"In Germany, we don't have any sports at school," said Siegfried. "This means we don't really have a school spirit and I love to see it here."

The end of the school year is rapidly approaching along

with Siegfried's time here in Virginia. Siegfried plans to travel back to the United States to attend college once she graduates.

"Right now after spending a year here and building a new life, it'll be really hard to leave that behind, but I'm definitely coming back after graduation," said Siegfried.





# What was the highlight of your spring break?

Photo courtesy of Anna Moore



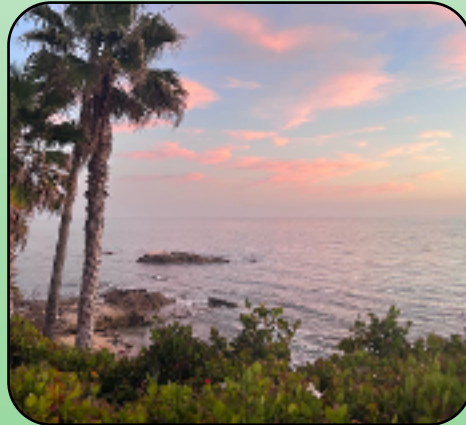
"The highlight of my spring break was all of the Florida sunsets, boats, and palm trees!" said Moore.

Photo courtesy of Christina Major



"The highlight of my cruise was getting to spend time with my boys and all of the delicious food!" said Mrs. Major.

Photo courtesy of Matteo Musso



"The highlight of my spring break was visiting California for the first time," said Musso.

Photo courtesy of Jessica Sprouse

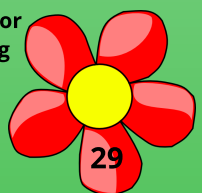
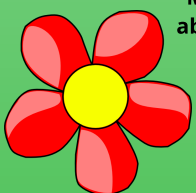


"My highlight of spring break was being able to swim with a dolphin," said Sprouse.

Photo courtesy of Slade Jackson



"The Christian camp, Camp Piankatank, was an absolute blast. As a camp counselor there and getting to spend time spreading the gospel with fourth and fifth graders was great!" said Jackson.



# May is the official month of mental health awareness

by Shaquira McKoy

May is Mental Health awareness month. Having a healthy mental health affects how we think, feel and act; it also helps determine how we handle stress, relate to others and make choices. Focusing on mental health care can also increase productivity, enhance one's self-image and improve relationships.

Promoting mental health not only improves our daily functioning, but also helps control, or at least fight, some of the physical health problems that are directly related to mental illness. For example, heart disease is associated with stress, so managing stress can have a positive effect on heart disease.

Being mentally healthy can have a significant impact on our psychological, emotional and social well-being, and has a direct impact on how we feel and behave on a daily basis.

Mental health is an important factor in making

difficult decisions, managing stress and engaging with others in our world.

The Centers for Disease Control and Prevention (CDC) estimates that one in five adults experience at least one mental health condition every year.

The importance of mental health to overall well-being, regardless of age or gender, cannot be exaggerated. Impaired psychological well-being can lead to negative behavior that not only affects an individual's health, but can also affect relationships with others.

Where alcohol/drugs, isolation, tantrums or fighting may have been adopted to manage relationship disputes, financial woes, work challenges and other life issues, stable mental state can encourage healthier coping mechanisms.

People with good mental health are more likely to focus on goodness on their own and have the ambition to hone these qualities and

generally aim for a healthy and happy life.

Good mental health may provide valuable time, affection and support to friends and family. When you're not feeling emotional distress, it's easier to show up and support someone you care about.

Someone's mental health state can have a profound impact on all areas of their life. If it is difficult to address mental health concerns alone, therapy may be a great alternative.

Photo courtesy of [www.nami.org](http://www.nami.org)



To learn more about Mental Health Awareness Month, visit [www.nami.org](http://www.nami.org). This is the official website of the National Alliance on Mental Health. There are a multitude of resources found on this website from different ways to help yourself or others to ways to take care of yourself.

# Fast-food restaurants offer healthy options

by Omar Aboustet

Thirty-seven percent of adults in America eat fast food everyday, with forty-six percent of Americans leading an unhealthy lifestyle, according to CDC. Most people wish to be healthier, but don't know how to start with all the fast food options distracting them. On the other hand, fast food restaurants are releasing healthier products every year, and eating healthy has never been more convenient.

Many people believe that eating out/eating fast food will wreak havoc on their diet, but there are some tips and tricks to help them eat out in a healthy way.

Firstly, most restaurants like to enhance their menu by providing huge portions of their food. Ordering a regular portion instead of the jumbo ones or sharing the portions with a friend is a great way to cut down on unhealthy food.

Another way to eat more healthily is ordering food that

was baked instead of fried food because baking does not add any additional calories. At a chain that sells a lot of chicken, such as Chick-fil-A, opt for grilled chicken.

According to cancer.org, because red meat is a possible carcinogen, the World Health Organization recommends a healthy eating pattern that limits or does not include processed and red meat. If someone wants to eat a steak or a burger, the portion size should be reasonable.

Try to purchase menu items/meals higher in fiber and lower in fat. Fiber helps keep the gut lining intact and maintains healthy bowel movements. Eating corn, nuts or beans everyday is very beneficial for the body as they are very potent in fiber.

A very effective way to cut down on carbs or fats is using lettuce wraps instead of using bread. The lettuce creates a refreshing and almost carb-less meal. For example,

Wendy's can switch hamburger buns for two fresh pieces of lettuce, if requested by the customer.

According to bhf.org.uk, sauces have excessive amounts of fat, sugar and salt. Over time, eating too many sauces can take a toll on a person's health because it all adds up in calories. Hot sauce is a great way to add flavor without adding too many calories.

Staying away from sodas, coffee or other sugary drinks is an efficient way to decrease calorie intake. Alternatively, diet sodas, unsweetened tea and diet lemonade are great options with a low-calorie count; some may be artificially flavored.

Drinking water is the classic and most efficient way to be healthy. Since water has no calories, it is undeniable that water is the healthiest option as a beverage.



# Taking honors and AP classes gives students opportunities

by Jenna Mason

Many students struggle with whether or not they should be taking honors and AP classes in high school. Students should take honors and AP classes because of the multiple benefits they will earn. The benefits of these classes include boosted GPAs, college credits and college preparation.

Although taking academic classes may be the easier route, AP and honors classes are a great way of strengthening a student's transcript. According to The Princeton Review, many high schools give extra weight to AP grades when calculating GPA. If a student takes an AP class and earns a B, it is often better than earning an A in a

regular class.

Another reason AP classes are beneficial is that a student can earn real college credits. AP classes offer the AP exam in the beginning of May. Depending on what college a student is going to, AP students have the opportunity to bring college credits along with them from earning at least a four on the exam. This would allow the student to earn college credits without having to pay tuition for those classes.

Last, but not least, AP and honors classes are extremely challenging, just as, if not more challenging, than an introductory class in college. Taking these classes will give students extra preparation for what to expect in college.

These fast-paced, rigorous courses can give students a taste of college-level curriculum early on, which could also potentially make the transition from high school to college a lot easier.

Without taking these classes, some students might not know what they're really getting into when they take their first college course. Students should be taking or take at least one honors and or AP classes throughout their high school careers. These classes will give students solid preparation for what to expect and look for in their advancement in their education.

# Honors classes are not necessary for student success

by Ryan Bell

Not all students need to take AP classes to show how smart they are. Students are allowed to show how smart they really are in regular academic classes. I don't

think anyone has to take an AP class just to prove he/she is more intelligent than someone else. AP classes are for smarter people, but just because a student takes an AP class, that doesn't mean he/she is any better or

smarter than someone who takes regular classes.

Parents can choose whether to put their kids through AP classes or not. There are pros and cons to taking AP classes versus normal classes. Pros



to taking AP classes are they're in preparation for college; AP classes can be as challenging as introductory college courses. Students may rise to the top of the class. Students can strengthen their transcript. They study what they love and can get a headstart on college requirements.

The cons to AP classes are that the classes are going to be harder, and more challenging. Although regular

classes don't offer benefits like this, they are easier to take and get through. They're not as challenging as AP classes would be, and they don't give as much work as AP classes would.

Students can achieve in all academic levels even without taking AP classes. AP classes provide credits and benefits, but just taking the regular academic classes will get you through the school year. Credits can help you get into

advanced classes in college and more challenging classes, but they're not considered AP classes.

Academic classes are just as important to students' successes as higher-level classes. They are classes that are for everyone. Success in these classes is just as important as in any other class. Students should make decisions based on what they are comfortable with and where they will excel.

### **Standard Diploma Required Credits and Verified Credits (SOLs):**

- English: 4 credits and 2 verified credit
- Mathematics: 3 credits and 1 verified credit
- Laboratory Science: 3 credits and 1 verified credit
- History & Social Science: 3 credits and 1 verified credit
- Health & Physical Education: 2 credits
- World Language, Fine Arts or Career & Tech Education: 2 credits
- Economics & Personal Finance: 1 credit
- Electives: 4 credits
- Total Credits: 22
- Total Verified Credits: 5

### **Advanced Diploma Required Credits and Verified Credits (SOLs):**

- English: 4 credits and 2 verified credit
- Mathematics: 4 credits and 1 verified credit
- Laboratory Science: 4 credits and 1 verified credit
- History & Social Science: 4 credits and 1 verified credit
- World Language: 3 credits
- Health & Physical Education: 2 credits
- Fine Arts or Career & Tech Education: 1 credits
- Economics & Personal Finance: 1 credit
- Electives: 3 credits
- Total Credits: 26
- Total Verified Credits: 5

For more information visit [sites.google.com/colonialhts.net/chhs-counseling-office/academics-course-selection](https://sites.google.com/colonialhts.net/chhs-counseling-office/academics-course-selection)



# Attending four year universities, colleges are beneficial

by Riley Bridgman

When students are deciding where they want to attend college, one of the main questions is whether they should attend a community college or a four-year university/college. Four-year universities/colleges are a great way to start off your adulthood and careers.

One of the many benefits of attending a four-year university is the exposure and relationships you will create during your time there. Universities/colleges have more extra-curriculars and events that are offered to students. Due to the fact that everyone at the university/college will most likely be there for all four years, you can get to know people and start building your relationships as soon as you step on campus.

"A four-year university is important because it enables me, the student, to interact with people inside and outside the realm of my study, in which I will gain new and valuable knowledge and

information from each one of them," said Fares Ragab, 12.

Interactions and relationships are what help you build a portfolio for your future. The interactions and relationships you form while at a university can be used for important steps into your career after the four years.

Another benefit of going to a four-year university/college is that you get to become more experienced and focus more on your major. By staying at the same school for all four years, you have the ability to take and schedule classes geared toward your intended major.

"A four-year university allows you to further develop your skills while learning and excelling in new ones," said Ragab. "It lets you delve deeper into your major of choice and experience how it is like to have a career like what you're aiming for."

Not only do universities/colleges have amazing opportunities for

you to grow and learn more about the subjects you want to major in or are interested in, but they also have amazing opportunities for sports players.

"A four-year university gives you time to groom yourself into a better athlete with coaches and training staff along the way to help," said Maurice Harmon, 12.

Harmon is committed to Hampden-Sydney College to play football. Universities/colleges have sports teams for athletes at any level between Division III and Division I. These four-year universities/colleges give athletes the opportunity to continue their careers into the collegiate level, club sports, intramurals and sometimes to the professional level.

The pro about four-year universities is that there is one for everyone. These universities/colleges come in many shapes and sizes. There are universities/colleges that have 100 students to 80,000

students, universities/colleges for different religions and even universities/colleges that are geared toward a

majority race or gender. Four-year universities/colleges are in abundance around the United States for

everyone; you just have to find the right one for you.

## Junior colleges give students more time to decide

by Chloe Russell

What to do and where to go after high school is always a topic that is being pushed on seniors. College choices all differ on the person, the time they have in their busy lives and the money they have to spend. Many people side with a junior/community college rather than a four-year college because of the convenience and the lesser expense.

Going to college can be a stressful and uneasy time. Not all people want to leave their family and home to go so far away.

Many junior/community colleges, including local Richard Bland College and John Tyler Community College, allow students to continue living at home while attending classes. This community option cuts back costs of living expenses.

Most college students have busy schedules: working,

school and simply adulting. Junior/community colleges offer classes to better work with your time.

Classes typically do not last more than a few hours each week with additional work being assigned throughout the week. Community/junior colleges are known for having more flexible schedules than four-year colleges have.

The biggest problems high school students face trying to further their education are expenses. College is not cheap and may take a substantial amount of time to pay off, especially tuition for a four-year college.

The tuition for a junior or community college is half of what you would pay for a four-year. Yes, financial aid, grants and scholarships all play a factor in that, as well. Either way you go, you are still getting the degree, so you might as well pay less for it.

The stressful time of

applying to colleges can affect a student a lot. The anxiety of hoping you get into your dream school can be chaotic, whether you are accepted or denied.

That process can be avoided when going to a junior/community college. Most junior/community colleges have a high acceptance rate and do not have as many requirements.

You don't need a high GPA, various activities, and awards achieved as you would need applying to a four-year school. This does make your chances of getting in easier, but nothing is guaranteed.

Attending a junior/community college is a smart way to receive your degree without the hassle of going to a university. If you want to avoid of the stress of a four-year college, cut down on cost and still study close to or at home, then this may be the right choice for you.



# Social media is beneficial for young adults in multiple ways

by Heather Claytor

We usually only hear the negatives about social media, but there are good aspects, too. We benefit more than you would expect by social media platforms and apps in general.

**O** Social network sites are made to help connect people who have the same interests. **P** Finding a like-minded group of people who boost each other's personal growth is one of the best ways to develop your character.

**I** According to [developgoodhabits.com](http://developgoodhabits.com), a social site makes it possible for individuals to showcase talents and attract the right audience who can support their craft. **N** Kind-minded groups are allowed to give

feedback that you need to improve your body-of-knowledge.

When seeing a picture posted by someone who is pursuing their own health goals, it motivates you to go in the same path. We look up to so many people through social media, more than we realize, and they help us see what we may want to pursue as we grow older.

On social media, you are able to learn how to do more activities and are allowed to gain knowledge of simple tasks that you may have not known about before. If someone ever needs to learn how to do something, most people will turn to social media to look for answers there.

For some introverted people, social media is a good escape from the world. The gift of being anonymous on social media allows them to connect with people on deeper levels without showing their identity.

Social network apps allow you to be updated with what is going on in the world, be in touch with friends and uplift your mood.

There are also negative aspects to being active on social media, such as cyberbullying, isolation, and a feeling of inadequacy about your life or appearance.

Overall, social media was developed for individuals to have entertainment and make connections.

## Social media negatively effects society

by Gavin Jarvis

Social media is used by billions of people across the globe who commend the convenience of technology,

but with the comforts of technology at our fingertips, there will always be the unsettling side of the modern innovation.

The security of hiding behind a screen creates temptation that can be used

against others, including cyberbullying. With the rush of degradation and humiliating others on social media, cyberbullying is a crucial part of the mortification of social media, ruining the "safety" of it all.

★  
★  
O  
P  
I  
N  
I  
O  
N  
★  
★

In addition to cyberbullying, validation is another element of social media. Some social media users don't know it, but sometimes they crave validation. I've seen many people post pictures of themselves and then ask themselves why one person has said something about their post but not another person, and this causes them to overthink and question their self-image.

The growing problems of social media cannot be fixed because it is also very addicting. I see myself on social media for hours and hours and have gained absolutely nothing from it. For others who are being harassed, it is a huge problem because they're way too addicted to get off of social media, which can lead to anxiety, depression and extreme mental abuse.

Social media also brings a risk of talking to anonymous strangers who claim to be your friend. These people try to pry into teenagers' minds to manipulate them into giving them what their malicious thoughts want, leaving the teenager trapped with the trauma he/she must endure because of the fear of telling someone what is happening.

## Statistics on Teens Using Technology

Surveys show that 90 percent of teens ages 13-17 have used social media. Seventy-five percent report having at least one active social media profile, and 51 percent report visiting a social media site at least daily. Two-thirds of teens have their own mobile devices with internet capabilities.

- 93% of teens ages 12-17 go online
- 69% of teens have their own computer
- 63% of teen internet users go online every day
- 27% of teens use their phone to get online
- 24% of teens with a game console use it to go online
- 73% of teens are on a social network
- The average teen has 201 Facebook friends
- 37% send messages to friends every day



All of the information listed above can be found from the following websites: [webwisekids.org](http://webwisekids.org) and [aacap.org](http://aacap.org).