

Photos courtesy of Riley Bridgman



Junior and senior girls show their school spirit by facing off in the 2022 Powderpuff game. The juniors' team consisted of: Catherine Alderson, Rylei Buck, Heather Claytor, Alondra Martinez Bejarano, Hannah Mitchell, Hope Molina, Dasia Parham-Owens, Megan Rosenberg, K'liyah Ruffin, Savannah Stephenson and Lillian Zervakis. The seniors team included Briahna Bondurant, Riley Bridgman, Faith Brigner, Eliza Chiodo, Madison Faries, Olivia Harrison, Brooke Hartman, Jennifer Hersee, Emma Moody, McKenzie Morris, Madison Munford, Alyssa Reynolds, Jessica Sprouse, Delaney Stratton, McKenzie Stratton, Zoey Thayer, Angelina Thompson and Ellie Tuck. Juniors were coached by Kevin Jiang, Ben Paul and Ben Sroufe. Seniors were coached by Jacinto Castillo, Markell Jefferson and Keagan McNulty. In a face-to-face battle, the seniors took the win with a final score of 14-6.



Gavin Jarvis

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## Mrs. Moody awarded 2022-23 Teacher of the Year

by Riley Bridgman and Jenna Mason

"I don't remember making a conscious decision to become a teacher," said Mrs. Terri Moody, English 9 and journalism teacher. "I just was always going to be a teacher."

After teaching at CHHS for decades, over two Mrs. the Moody was named 2022-23 Teacher of the Year. Once a year staff nominate teachers and vote for who they believe should be recognized with this award.

"When I first started here there were so many teachers here who had taught me," said Mrs. Moody. "They were just legends in my mind. To be equated with some of them wouldn't have been something that would have ever crossed my mind."

Since graduating from Randolph-Macon College, Mrs. Moody has spent a total of 26 years teaching. While 22 of those were spent at CHHS, she also spent three years at Thomas Dale High School and one year at Midlothian High School.

Although teaching at larger schools has its benefits, Mrs. Moody is appreciative that she is able to teach at such a small and close-knit school.

#### Photo by Timothy Gueusquin



Mrs. Moody taught at Midlothian and Thomas Dale High Schools before returning to CHHS to teach English 9. Having graduated from CHHS in 1991 and teaching at CHHS for 22 years, she has spent over half of her life in the building.

"Having taught at larger schools, I really appreciate small size and the the closeness that we have with our community," said Mrs. Moody. "I think we are much better equipped than some larger schools are to notice and take of care our students."

Throughout her teaching

journey, Mrs. Moody has accomplished many goals. An accomplishment that Mrs. Moody is most proud of is the free dress shop.

"The first time we opened the dress shop was a big deal," said Mrs. Moody. "It had been in the planning stages for a long time, so being there and seeing the girls come in and actually get to shop for the dresses, and have them be so surprised and pleased that they could just take them and didn't have to bring them back, that was really special."

Another accomplishment Mrs. Moody is most proud of is her first issue of Colonial Courier as the faculty advisor.

"It wasn't great," said Mrs. Moody. "If we looked back at now, we would really it criticize it, but coming in after another teacher and advisor, I didn't want to make too many changes right away. I tried to step back and let the students lead it and show me what they were used to doing, and then we made some

changes."

While Mrs. Moody stated teaching that she thinks literature is great because it gives her the opportunity to talk about real life and teach life initial lessons, her intention was to teach journalism.

"I think I decided I wanted to teach journalism before I wanted to teach English," said Mrs. Moody. "English was just the natural thing to pair with it."

During her time here at CHHS, Mrs. Moody has made deep connections with many teachers around her. Some of her deepest connections are with Mrs. Christy Major, U.S. history and government teacher, and Ms. Kristin Crowder, gifted resources coordinator.

"I have known Mrs. Moody since I started teaching at CHHS in 2005," said Mrs. Major. "We were on the transition team together the first year I taught, and I was super fortunate to be part of such a wonderful team with such amazing teachers."

Mrs. Major admires the

Photo courtesy of Terri Moody



Mrs. Moody traveled to Boston with long-time friends Ms. Kristin Crowder and Mrs. Christy Major in June. While in Boston, they ate and shopped a lot and visited many historical sites. An especially memorable part of their trip was being in the city when the Supreme Court overturned Roe v. Wade and watching an impromptu protest walk by as they were eating their last meal before heading to the airport to return home.

balance that Mrs. Moody has created with caring and discipline.

inspired me to be caring when it comes to my students," said Mrs. Major. "She strikes the perfect

"Mrs. Moody has always

balance between caring and discipline. She cares a lot about her students, but she demands respect. I strive to strike that balance."

Mrs. Moody has been viewed as the "mama bear" of the staff. She also is admired for all the projects she does for the community and CHHS.

"I think of Mrs. Moody as the 'mama bear' of our staff and the student body," said Mrs. Major. "She cares about everyone and is willing to help anyone. There have been so many times in the last 17 years that she has Photo courtesy of Terri Moody

offered friendship, me encouragement, prayers, love and chocolate. If you think about some of the things she does, like running the free dress shop for Homecoming, Ring Dance and Prom, it's so evident that she cares for others. That sort of altruism can be contagious and inspire others to go out and help, too."

Having been friends since they were in the seventh grade and having been colleagues for 22 years, Mrs. Moody has not only impacted Ms. Crowder, but also the entire CHHS community.



Mrs. Moody enjoys building relationships with students that she taught when they were freshmen by encouraging them throughout their four years of high school. 2022 graduates Matteo Musso and Emmanuel Sampson are two of her former students.

"She impacts everybody in a positive way because she is always looking to help others and find ways to influence the students and the school in a way," positive said Ms. Crowder. "She's а mother-figure to the students and welcomes them into the school, and she teaches them how to navigate the school in a loving way."

Ms. Crowder believes that one of Mrs. Moody's best traits is her loyalty to her friends, family and community.

"She never stops trying to improve herself, and the school, and her students," said Ms. Crowder.

Working alongside someone for over 20 years can show how much people have grown in their position. One way that Ms. Crowder believes Mrs. Moody has grown is by experience and perseverance.

"I think that we've all grown up together in the school; we looked at things that need to be changed and have worked together to improve things," said Ms. Crowder. "She never shied away from work, and she's just become wiser and has used her experiences to become better every single year."

Mrs. Moody's colleagues and friends are not the only people who have supported her and been there for her throughout her teaching journey.

"I appreciate the support and encouragement of my family," said Mrs. Moody. "There are many times that I need help at home because I have to sit down and grade essays, or I can't go out and do something fun on a Saturday because I have schoolwork to do. They are very supportive and encouraging of me and what I do."

Mrs. Moody is very appreciative of her family; her family is also very appreciative and proud of her. Her son, Evan Moody, a sophomore at James Madison University, is proud of his mom because he believes she truly deserves the recognition.

"I'm proud of my mother for receiving this award because I know she truly deserves it," said Evan Moody. "Growing up, my mom has set examples of dedication and thoughtfulness through her work, and seeing her devotion being recognized is both inspiring and exciting."

Photo courtesy of Terri Moody

Mrs. Moody stated that the most rewarding part of teaching is the students and the relationships she has built. She also stated that being a good teacher means not being afraid of showing students how much they're



Mrs. Moody lives in Chesterfield County with her husband of 27 years, Scott Moody, her daughter Mallory Moody, her son Evan Moody, and their two Shih Tzus, Sammy and Stella. As a family, they enjoy traveling, going out to eat and watching movies together.

He also stated that he is appreciative of his mom because of her interest in the betterment of her family and students.

"Throughout my life, she has always pushed me to become a better person, and I know she constantly pushes others in the same way at the high school," said Evan Moody. loved.

As for the Teacher of the Year award, Mrs. Moody is thankful for the recognition.

"It sounds so cliche', but it's such an honor to be recognized like that among such a fabulous faculty," said Mrs. Moody. "Everyone here is pretty amazing, so it's an honor."

## Ms. Brown named 2022-23 Staff Member of the Year

by Savannah Stephenson

The work of Ms. Melissa Brown, behavior specialist and ALC coordinator, has not gone unnoticed as she has been named this year's Staff Member of the Year. Ms. Brown has been working at CHHS for 12 years and was surprised to receive this title.

"I was overwhelmed, excited, and I cried," said Ms. Brown. "To be honest, I never thought of being Staff Member of the Year because I just like to work."

Ms. Brown was raised to have a solid work ethic. She works hard all day to show her commitment and her love to the students.

"Believe it or not, I love working with the students, I do, so coming to work and just hearing 'Ms. Brown, Ms. Brown' from the students: I love it, I love it," said Ms. Brown.

Mrs. Brenda Taylor, paraprofessional/ instructional aide, along with Mrs. Jennifer Carmicheal, Driver's Education/P.E. 10 Photo by Timothy Gueusquin



During Ms. Brown's 12 years of working at CHHS, she has created many loving bonds with coworkers and her students. The love for her students grows each and every day.

teacher, are two of the many friends that Ms. Brown has made during her time here. They also recognized Ms. Brown's love for her work and students.

"She loves her role in the

high school, as the lead in 'The Palace,''' said Mrs. Taylor. "She wants her kids to strive, reach and succeed in what they were attempting to accomplish in her class."

Mrs. Carmichael has also

Photo courtesy of Melissa Brown



Ms. Brown loves to spend her time outside of school watching Netflix and being with her close-knit family, including her daughter, MiMi.

noticed Ms. Brown's dedication to her students and the school.

"She is definitely deserving of this award because of her hard work and dedication towards her students and job as well...she has a can-do attitude," said Mrs. Carmichael. "She always tries to see the best in people."

Ms. Brown gained a lot of her love for the students from her mom fostering kids while she was growing up. Her mom was an inspiration to her and helped her get to be the person she is today.

"When I was growing up, my mom was a foster parent, and she adopted four kids, so we always had a variety of different kids and people in our home, and they brought me up to look out for students," said Ms. Brown.

She is always trying to be the best person she can be. Ms. Brown believes in always being a role model, whether it is in or out of school.

"I'm not going to just say it out of my mouth," said Ms. Brown. "I'm also going to be a role model and say what I'm going to do."

The students make Ms. Brown's day and are why she loves coming to work. She tries to make the school a little better every time she comes in.

"I just love what I do, and every morning when I wake up, I ask God to give me a reason to give somebody else a bigger, better picture of what they can be and have a different outlook in life, so I come here every morning knowing that when I leave, I know that I've done what I'm supposed to," said Ms. Brown.

# Mrs. Bailey inspires students, staff

#### by Alyssa Reynolds

In a world filled with computers and technology, there is much to learn and experience. Teachers like Mrs. Cathy Bailey are here to help students find the way and understand different aspects of Microsoft Office

Mrs. Bailey teaches three consecutive courses at CHHS that lead to a Microsoft Office Specialist certification. These are Digital Applications, Computer Information Systems (CIS) and Advanced Computer Information systems (ACIS).

Photo courtesy of Cathy Bailey



Mrs. Bailey's son and his girlfriend, Jessica, just recently graduated from JMU.

#### Photo courtesy of Cathy Bailey



Mrs. Bailey believes that each set of skills that students learn in her class are useful in many different ways and places, especially when applying for various jobs and colleges.

"These classes are beneficial because they teach you essential computer skills for school, for work or just everyday life," said Mrs. Bailey. "They are essential skills for all jobs today because computers are part of every occupational field."

Mrs. Bailey has been teaching at CHHS for the past 35 years and even did her student teaching at the school. She graduated from Longwood University in Farmville, Va., after going to Thomas Dale High School. Outside of school Mrs. Bailey enjoys spending time with her friends and family.

"I like to spend every possible second I can with my granddaughter, Nora," said Mrs. Bailey.

Although Mrs. Bailey teaches these classes now, teaching was not always in her plans. After promising her father one year of college, she decided with her advisor at Longwood University to study business education.

"I was going to directly go

into the workforce after I graduated from high school, but my father said to give college one year," said Mrs. Bailey.

She thought that this career path would be perfect for her because she would get to teach students something that she is passionate about, just as her business teachers had taught her.

"Mrs. Bailey's class is involving, hands-on and interesting," said Brittany Slattery, 10, who takes CIS.

Photo courtesy of Cathy Bailey

different semesters, and because of this, Mrs. Bailey finds that she loves getting to know her students on an individual level during this time. Her favorite part about being a teacher is being able to see how her students grow and learn.

"My favorite part of her class is talking to her and Excel," said Slattery.

Mrs. Bailey not only teaches a set of courses, but also helps out with Future Business Leaders of America



During the third course of Mrs. Bailey's program, ACIS students take a series of tests that lead to certifications in Microsoft programs like Word, Excel and PowerPoint. During these tests, students use sets of skills that they learned throughout Mrs. Bailey's classes.

These classes are taken (FBLA). over the course of three "We

"We would love students

Photo courtesy of Cathy Bailey



Whenever Mrs. Bailey has free time, she loves to spend time with her family.

that are enrolled in business to become active with us in Future Business Leaders of America," said Mrs. Bailey.

Mrs. Bailey's colleagues appreciate her leadership.

"She has served as our department lead for several said Mrs. years," Angie Anderson, finance and accounting teacher. "Mrs. Bailey is very knowledgeable in CTE as a whole. She is always available to help her colleagues with whatever they may need."

"She is the face of our CTE Department," said Coach John Thomas, CTE director. "I could not do what I do without her."

# Shelton honored as November Senior of the Month

#### by Piper Howison

"I was extremely excited and was very honored to be chosen for this out of so many other seniors," said Gavin Shelton, November Senior of the Month, about when Mr. Nelson called him into his office to talk about his achievements.

Being involved in band, marching band, NHS, Beta Club, SNHS, Mu Alpha Theta, JOI and AgriProject, Shelton is an active student in CHHS and strives to take every opportunity he can get to.

"I hold the leadership position of drum major in the marching band, and the leadership role of executive committee in NHS," said Shelton. "I would say band and marching band have been both the most rewarding and the most meaningful to me."

Though he is an exceptional band student, Shelton continues to work hard for his skills.

"He is always practicing even after I have dismissed Photo courtesy of Gavin Shelton



Shelton plans on attending Bridgewater College after high school. He wants to study psychology.

class for the day," said Mr. Zachary Conley, Shelton's band director.

The biggest challenges he has faced throughout his high school career are dealing with the passing of his father and the management of his grades and extracurricular activities. Shelton had a very close relationship with his father.

"He told me that he would always be there for me no matter what and would support any decisions I made in my future career," said Shelton. "It really helped me feel supported by him." In addition to Shelton's father, Mr. Kyle Flohre, former high school band director, and Mrs. Dana Barefoot, chemistry teacher, have inspired and guided Shelton during high school.

"Mr. Flohre inspired me by showing his passion for music and band to us, which instilled the same passion into me," said Shelton. "Mrs. Barefoot inspired me by always advocating for us to be positive through even the toughest of times, which I find admirable."

Shelton is a hard worker and is determined to obtain his goals.

Photo courtesy of Gavin Shelton



After working alongside Mr. Flohre for years, Shelton is now led by the new band director, Mr. Conley.

#### Photo courtesy of Gavin Shelton



Being a part of a community like marching band helps students gain lifelong friends. Two of Shelton's closets friends are Donnovan Milton, 12 (left), and John Jackson, 12 (right).

"Knowing that I control my own future and that I want to have a great career ahead of me are probably the two prime factors that motivate me to try to succeed," said Shelton.

Mr. Conley wholeheartedly believes in Shelton's ability to succeed.

"I am fully confident that Gavin will be successful after high school," said Mr. Conley. "If he continues playing music, then I am sure he will become a leader of the collegiate music program that he ends up with."

Shelton plans on attending Bridgewater College and studying psychology after graduation. He is not only excited but also nervous for his time in high school to come to an end.

"For the first time in my life, I will have all of the freedoms of an adult after graduation, but I will also have all of the responsibilities, as well," said Shelton.

Along Shelton's journey he has matured, become more responsible and relaxed; these are a few of the qualities that he has picked up on his road to success.

"Do not sit around and wait for opportunities to come to you," said Shelton. "Try to find opportunities and take them."

Photo courtesy of flglacrosse.com



## Varsity football works towards first winning season since 2005

Photo courtesy of Amaris Dixon

#### by Eliza Chiodo

The CHHS varsity football team is making history in the city by having the first winning season since 2005.

"The players know we believe they are winners and that we can win here," said Coach Justin Keeler, head varsity football coach.

The Colonial Heights football team has rarely been in the spotlight in recent years; this year there has been a shift.

"I had faith in myself that I know what I'm doing, and I had faith that I could hire good football coaches and run a program that eventually

#### Photo courtesy of Amaris Dixon



Mason has been playing football for almost 10 years. This year was his first year playing on a varsity football team.



This season has been a huge success for the entire varsity football team, especially the seniors. During the time of the pandemic, seniors on the football team lost valuable practice time. They have come out of the COVID-19 era stronger and more victorious.

could become consistently competitive," said Coach Keeler. "I felt that if we got buy-in from everybody, that we can win here. It happened a little sooner than I probably thought at first, but that's because the buy-in and alignment from everybody happened so quickly."

There is something in the air that has not been felt recently: students walking in the halls excited to support the football team.

"It becomes an adrenaline rush when they get touchdowns and when the game is close," said Zoey Thayer, 12, varsity football cheerleader.

A very large turnout of supporters attended the home games. Not only did players have to learn what it takes to win after the pandemic, but also the students of CHHS had to learn how to show support for their fellow Colonials after a hiatus of many activities during COVID.

"They had the ability to become a winning team; they just had to learn what it takes to win games," said Coach

Photo courtesy of Amaris Dixon



Coach Keeler has put in numerous hours outside of school for the boys on his team. During his short time at CHHS, he has shown how much passion he has for not only football, but also the players' successes.

Keeler. "A lot goes into winning a game, and they had to understand the sacrifice, toughness and competitive stamina it takes to become a winning team. Confidence is just demonstrated performance, and winning against good football teams early in the season gave them confidence."

Players and coaches say there has been a dynamic change.

"I respect the grind that these young men have put into it," said Coach Correy Watkins, offensive coordinator. "It requires a lot of time, dedication and sacrifice to be a successful football team, and these young men did and are doing just that."

Colonial Heights started a first-year varsity player, Za'Marion Mason, 10, as quarterback for the 2022 season.

"I have been playing football for nine years, but this is my first season on varsity," said Mason.

"He has become tougher from a physical standpoint, and his dedication to getting better has improved in the last 12 months," said Coach Keeler.

The football team feels great about their season and cannot wait for more success in the future.

"This team will go and can go as far as the student body allows," said Watkins. "With hard work and more athletes coming out giving football a try, the team can continue to grow."

## Oates commits to Hampden-Sydney College for baseball

#### by Lamoni Jordan

Deciding what college to go to was easy for baseball player Jackson Oates, 12: Hampden-Sydney. According to Jackson, there are plenty of reasons why he would love to go to Hampden-Sydney.

"My brother is currently on the team there, and in recent years I've heard about how great of a school it is," said Oates, "so when given the opportunity to go to school there and play baseball, I couldn't turn it down."

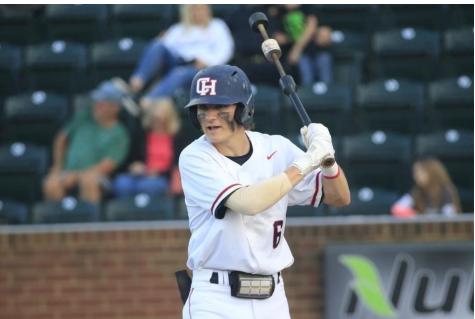
Jackson is not just an excellent student but also a dedicated student-athlete, according to Mr. Brennan Hoffer, head varsity baseball coach.

"He is a good ball player and an even better kid," said Mr. Hoffer. "He has great leadership ability and expects a lot out of himself."

Growing up, Oates has always been around baseball. His grandfather Johnny Oates was a major league player, coach and manager. "I grew up around it, hearing stories from my dad about my grandfather's journey through the major leagues," said Oates.

According to Mrs. Susannah Pulling-Oates, marketing teacher and Oates's mother, Oates is indeed very passionate about a lot of know for sure is that Jackson needs a career that involves a lot of fresh air."

Being on a team means putting others before yourself and keeping a positive attitude at all times. Oates manages to put the team before himself and help his teammates achieve their



Oates plans to go to Hampden-Sydney College to play baseball. His brother currently plays on the HSC baseball team. Oates looks forward to not only the athletic program, but also the academics at the college.

different majors, but he is still unsure which one is perfect for him.

"He is passionate about criminal justice and environmental and agricultural sciences," said Mrs. Oates. "One thing we goals, as well.

"He has bought into the 'we>me' philosophy we have here and really believes in his teammates," said Mr. Hoffer.

"Jackson is a great teammate and will do anything to help his

Photo courtesy of Jackson Oates

Photo courtesy of Jackson Oates



Oates is admired and complimented by many of his friends and family members. He is described as a "great teammate" by his fellow baseball player Will Cimburke, 12 (right), and as someone who will do anything to help out his fellow teammates.

teammates out," said Will Cimburke, 12.

Playing sports requires a lot of dedication and time. According to Mr. Hoffer, Oates has not missed a single practice or workout in two years.

"He has improved by working hard in the off-season," said Mr. Hoffer. "He has dedicated himself to transforming his body in the weight room."

Oates has played many different positions, but his favorite is third base. Playing third isn't the easiest position, but Oates has developed the required skills. "I like to be able to make different types of plays, and I feel the most comfortable there," said Oates.

Oates is admired by many

Photo courtesy of Jackson Oates

of his friends and family members.

According to Cimburke, Oates is described as "[a] leader, humble, athletic and outgoing."

"He is a great guy," said Zachary Miller, 12, varsity baseball player.

Oates has a plethora of gratitude towards his baseball coach, Mr. Hoffer.

"Thank you for everything you have done for me to grow into the person and player I am today," said Oates. "There is no way I could be here without you."



Oates mostly plays third base, and even though he has played many different positions, third base is his favorite. Some say that third isn't the easiest position, but Oates has developed the required skills in order to feel comfortable there.

# Ackerman balances academics, athletics

#### by Grace Newton

Many people struggle with being able to balance school, sports and activities; however, Kendall Ackerman, 11, is able to balance all of the above. Ackerman has been running cross country for the past three years at CHHS.

Ackerman said she does not have her future planned out yet after high school, but plans to keep running.

"I am not sure what I want to do after high school yet,

Photo courtesy of Mickey Alderson



After a long and hardworking season, Kendall Ackerman, Catherine Alderson, Nassara Kolor, Paris Baldwin and Caitlyn Bahn had an amazing run at districts.

but I do know that I want to continue to run," said Ackerman.

Ackerman and Catherine Alderson, 11, have been running together since their freshman year. "We're both competitive and want to win," said Catherine Alderson. "I think it's good to have one another because we push each other. Having someone to push you makes you faster and a better runner overall."

"In the past three years, we have always finished first or second," said Alderson. "We have both been district champions, finished top 3 in the region and made it to states. It has been great to experience all of those things together."

Ackerman has achieved major improvement in her cross country placements. Even though she didn't even make it to states freshman year, in 2022 she was ranked 20 in the state.

Ackerman is known for being a hard worker and spending a lot of her time training.

When Mr. Mickey Alderson, cross country coach and art teacher, was asked about his favorite part of coaching Ackerman, he told about her Photo courtesy of Mickey Alderson



Last year, Kendall Ackerman and Catherine Alderson both had a great run at the Region 3A cross country meet. Both ladies qualified for the 3A state meet.

consistent effort toward any task given.

"[My favorite part is] knowing that she is not going to cheat herself or the team," said Mr. Alderson. "If the runners are sent out to log 5-6 miles in practice, I know that Kendall will put in the effort to complete this task."

Mr. Alderson credits Ackerman's growth to her work ethic.

"Coaching Kendall is very simple," said Mr. Alderson. "She wants to do her best in every activity she works in. Kendall follows directions the first time they are given."

## Building Trades students renovate the public skate park

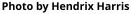
#### by Gavin Jarvis

A skate park with rotting ramps and aged half-pipes is not the new trend that has surfaced on social media. With that in mind, Mr. Bartholomew, Michael Building Trades teacher, and the Building Trades class is trying to change that by renovating the skate park behind the technical center for safer use.

Building Trades is a class focused mainly on the elements of construction, including electrical, plumbing, carpentry, masonry and HVAC.

"The main vision of the program is not only to rebuild the construction ministry, but also to help rebuild the community, as well," said Mr. Bartholomew.

Previously the Building Trades students worked together in the community build of Maddie's Magnificent Play Park at White Bank Park. Mr. Craig Skalak, the head of the Colonial Heights Parks and Recreation department,





As part of a new project, Building Trades students are working together to rebuild the Colonial Heights skate park. They are using what they've learned from their class to benefit the community.

contacted Mr. Bartholomew with a new project in mind.

Mr. Skalak could've easily contacted construction а company to do the renovations at the skate park; instead, he wanted to involve CHHS students. Mr. Skalak this saw as а win-win situation.

"In early 2022 we were approached by a local Boy Scout who expressed interest in working with us on a community project," said Mr. Skalak. "After some discussion, and our desire to enhance the skate park, the decision was made to proceed."

In early spring Mr. Skalak ordered two components, a half-pipe and an A-frame. While the scouts continued to raise funds for the project, the first phase was underway.

The current phase of the project will cost approximately \$12,000. lt includes demolition and disposal of equipment that was in disrepair, the two new components, repairs to current equipment and removal of the perimeter fencing.

**Photo by Hendrix Harris** 



Mr. Bartholomew and his students have banned together and started to rebuild a significant part of the community. The renovations of the skate park will not only make it safer for citizens, but also make it look more appealing.

While going off-site with a big group, Mr. Bartholomew had to make sure everyone was doing what they were supposed to be doing. With all the hazards from the previous demolition of the skate park, Mr. Bartholomew had to make sure everyone was safe, as well.

"It's actually easier to work on a project when it's just a few people, but when you have a lot of people, you have to learn how to work together very efficiently so that you can get the project done quickly with the people that you have," said Mr. Bartholomew. Scotty Runyan, 11, contributed to the renovations as a student in Mr. Bartholomew's Building Trades class. With the help of his other classmates, Runyan removed rotted material from the ramp and assembled the new ramp that was put in.

"The renovations help keep safe structures for people in the community to use for recreation, giving the community some safe areas to play and have fun while in a place away from creating hazards to the public doing so," said Runyan.

The skate park was neglected and created an

unsafe environment. These hazards give students like Runyan the experience they need to know what it may be like to be in the actual construction field.

With only fencing to be removed and two quarter half-pipes to be installed, the skate park is open to the public thanks to Mr. Bartholomew and the Building Trades class.

"I'd just like to thank Mr. Bartholomew for his hands-on leadership and the students for their work

Photo by Alyssa Reynolds



Steven Cruz, 12 (left), and Brayan Beltran, 11 (right), are just a couple of the students who are helping rebuild the skate park.

efforts. Well done!" said Mr. Skalak.

# Key Club collects toys for military children

#### by Ethan Greenwald

The holiday season is a time to be with family and friends, but some families are not fortunate enough to afford toys. CHHS's Key Club is holding a Toy Drive to help struggling families.

Key Club is an international, student-led organization that focuses on service projects that help develop students' character and encourage leadership through helping others. Madison Faries, 12, Key Club president, believes that Key Club not only helps people in need, but also helps students of CHHS.

"We are building life skills, like leadership, kindness, serving our community and setting an example for others," said Faries.

Last year, Key Club collected items for Toys for Tots, but this year Key Club members wanted to focus the drive to specifically benefit local families.

Key Club is sponsored by Ms. Kaylie Melanson, Environmental Science & Biology 1 teacher, who Photo by Terri Moody



The last day to donate toys to the Key Club's Toy Drive is Wednesday, Dec. 14.

believes these types of drives are important.

"[The drives] give back to the community for people who may be in need of nonperishable food, toys for the less fortunate and blood with the shortage in the U.S. at the moment," said Ms. Melanson.

Ms. Melanson also hopes that Key Club can make people's holiday season a bit brighter. She hopes to "bring the joy of Christmas to children who may be less fortunate children by collecting toys and donating them to local shelters before Christmas."

The last day to donate toys is Dec. 14. The toys should be unwrapped and placed in a box near the tardy station.

# Students, staff help solve crime one day at a time

by Julianna Sheridan

Every last Wednesday of the month right after school at 2:30 p.m, the Crime Solvers club gathers for its monthly meeting.

The club is sponsored by Ms. Grace Hogan, English 9 teacher. Crime Solvers was a thing in the past, but just this year it started back up again.

"I started up the Crime Solvers club again because there was an email sent out asking if anyone was interested," said Ms. Hogan. "Since it is my first year teaching here, I thought why not be a part of a club? Plus, I love true crime."

Why should people consider joining the club? It's a way to teach teenagers the ways of law. Crime Solvers is also a way to get teens comfortable around law enforcement.

"The goal with Crime Solvers is to get students to come to an understanding about the law," said Ms. Hogan. "It gives kids in the community an opportunity to Photo courtesy of facebook.com



After multiple years of not having a Crime Solvers club, the organization is back in action. Meetings are monthly and normally occur on the last Wednesday of every month in room 208.

deal with law enforcement and understand what they do."

"I think people should try out the Crime Solvers club because you get to do fun little experiments," said Rosalia Vidals, 9, club member.

The law enforcement officer that coordinates Crime Solvers plans activities to do with the club members. There could be DWI goggles one meeting, and then at the next they might have therapy dogs and K-9s.

"My favorite thing about Crime Solvers is that I get to do fun, little activities," said Vidals. "I'm really looking forward to the end of the Crime Solvers party." The club is different from most other clubs. One of many reasons is it is more accessible to students is because they don't have to pay dues to be in the club.

"The Crime Solvers club is one of the only clubs without dues, so I think it's a great thing for students to do instead of sports or other extracurricular activities," said Ms. Hogan. "Join us at our next meeting."

## Staff incorporate different cultures into holiday traditions

by Riley Bridgman and Jenna Mason

Christmas is a religious and cultural holiday that is celebrated all around the world; not only is Christmas a time to spend with close friends and family, but it's also a time to bake, cook and decorate all different kinds of foods.

The celebrations and traditions of Christmas are different for every country; for example, Christmas in Peru is celebrated by staying up all night on Christmas Eve cooking and decorating until the clock hits midnight. Once Christmas Day finally arrives, people gather around for a meal, which includes: turkey, garbanzo beans. salad. paneton and hot chocolate.

"It's [paneton], a fruit cake that's fluffier and lighter," said Mrs. Samantha Smith, Spanish and ESL teacher. "It's like a fluffy bread that has gummy candy and raisins."

Paneton is a huge part of Christmas in Peru. According to Mrs. Smith, one of the biggest traditions for Christmas in Peru is having paneton and chocolatada.

"It's really disgusting the first time you try it, but once you get used to it, it's delicious," said Mrs. Smith. "Like, I love it now, but the first time I was like, 'what is this?""

Photo courtesy of Daniel Pulskamp



Mr. Pulskamp's wife is from the Dominican Republic, so his family enjoys many different foods from there.

Paneton not only gave Mrs. Smith memories from eating it, but memories from the orphanage, where she used to work and live.

"At the orphanage, people wanted to bring the children Christmas joy every year," said Mrs. Smith. "Twenty parties in the month of December, sometimes two or three a day. They brought chocolatada and paneton, and the kids would have to eat it all the time."

Another country that celebrates the holiday season in a different way is the Dominican Republic. Mr. Daniel Pulskamp's, lead teacher for Special Education and child studies chairperson, wife is from the Dominican Republic, and they celebrate Three Kings Day on Jan. 6.

"Three Kings Day is related to Christmas," said Mr. Pulskamp. "In the Bible story, it celebrates the arrival of the Three Wise Men to see the Baby Jesus."

According to Mr. Pulskamp, children in the Dominican Republic get their Christmas presents on Three Kings Day. After presents and gifts are given out to the children, families gather around to have a meal. They have soup or salad, picadillo meat and tres leches cake.

Photo courtesy of Martina Smith



Sisters Ms. Martina Smith and Ms. Melissa Smith feast on traditional German foods during the holidays. A normal Christmas dinner for them contains German potato salad, beef and pork fondue, almond crescents and bee sting cake.

"One of my favorite memories is when we had two years where we had foreign exchange students living with us, one from Brazil and the other [from] Senegal; that was cool," said Mr. Pulskamp.

Moving a little bit more western on the globe, Ms. Melissa and Ms. Martina Smith, paraprofessionals, have some German holiday traditions and celebrations.

Spending some of her childhood there, Ms. Martina Smith celebrated nine Christmases in Germany. She said that there aren't many different traditions in Germany than there are in the United States; one of the main differences is when children put shoes outside their doors in hope to get candies from St. Nicholas.

Although there aren't many differences in Christmas traditions in Germany, there are a multitude of differences in the foods they eat on Christmas Day.

Ms. Melissa and Ms. Martina Smith grew up eating German potato salad, beef and pork fondue, *vanillekipferl* (almond crescents), and *bienenstich* (bee sting cake).

Similarly, France also has traditions that are close to the United States. One of the main differences is that Christmas isn't as big of a season in France as it is in the U.S.

"I feel like the Christmas spirit is much more important here in terms of how people decorate their homes, it's much earlier here, and it's way more than what we would see in France," said Madame Stephanie Yon, French and Senior Seminar teacher.

Madame Yon explained that many families in France celebrate Christmas with a dinner on Dec. 24, and after the dinner, children open their presents. The next day, Dec. 25, people come back and gather around for lunch.

The food they eat on Christmas in France is also very different from traditional American holiday foods. Traditional foods are *foie gras* (duck liver) on toast, *chapon* (poultry) with chestnuts, and as a dessert, there would be either ice cream logs or cake logs, which come in different flavors.

Even though you may not be able to travel around the world during the holidays, you can still experience new cultures by trying different foods from around the world. From chocolatada to dessert logs, there are many different and new foods you and your families can attempt to make.

# Chocolatada (Hot Chocolate)

#### Prep Time: 5 min

Cook Time: 15 min Total Time: 20 min Serve: 4

#### Ingredients:

- 4 oz chocolate de taza, or semisweet chocolate, chopped

- 3 cups water
- 4 cloves
- 2 sticks cinnamon
- 1 can unsweeted evaporated milk

- Sugar to taste

- 2 teasponns vanilla extract
- ½ teaspoon nutmeg, grated
- 1 cup of whipped cream (optional)

#### **Directions:**

**Step 1.** To make the infusion, in a heavy saucepan bring the water to boil with the cinnamon and cloves, lower the heat and simmer for 10 minutes. Discard the spices.

**Step 2.** Add the chopped chocolate, stirring until melted. Add evaporated milk, sugar to taste, nutmeg, and vanilla essence.

**Step 3.** Serve immediately with a dollop of whipped cream, if desired, and a sprinkling of ground cinnamon or grated chocolate.

**Note:** If you like a thicker chocolate, stir in 1 teaspoon cornstarch diluted in 1 tablespoon water, before turning off the heat. If something lighter is preferred, add more hot water or regular milk.





# Tres Leches (3 Milk) Cake Recipe

Prep Time: 15 min Cook Time: 30 mins Additional Time: 15 mins Total Time: 1 hour

#### Ingredients:

- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ cup unsalted butter
- 1 cup white sugar
- 5 eggs
- ½ teaspoon vanilla extract
- 2 cups whole milk
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk
- 1 ½ cups heavy whipping cream
- 1 cup white sugar
- 1 teaspoon vanilla extract

#### **Directions:**

**Step 1.** Preheat the oven to 350 degrees. Grease and flour a 9x13-inch baking pan.

**Step 2.** Sift flour and baking powder together; set aside.

**Step 3.** Beat sugar and butter together in a large bowl with an electric mixer until light and fluffy. Add eggs and vanilla; beat well. Add flour mixture, about 1/2 cup at a time, mixing until well blended. Pour batter into the prepared pan.

**Step 4.** Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes. Pierce cake all over with a fork; let cool to room temperature.

**Step 5.** Mix whole milk, condensed milk, and evaporated milk together in a bowl; pour over the top of the cooled cake and allow to soak in.

**Step 6.** Whip cream, remaining 1 cup of sugar, and 1 teaspoon vanilla in a chilled glass or metal bowl with an electric mixer until thick. Spread over the top of the filling. Keep cake refrigerated until serving.

**Tips:** Serve this sweet cake topped with homemade whipped cream.





# German Bienenstich (Bee Sting Cake)

#### Ingredients:

#### Make the cake:

- 1 3/4 cup flour
- 2 Tbsp sugar
- 2 1/4 tsp yeast (1 packet)
- pinch of salt
- 1 egg (at room temperature)
- 1/4 cup melted butter
- 1/3 cup milk (at room temperature)
- a few drops of oil

#### Make the Topping:

- 1/4 cup butter
- 1 Tbsp honey
- 6 Tbsp sugar
- 1 1/2 Tbsp heavy whipping cream
- 3/4 cup sliced almonds

#### Filling:

- 2 cups heavy whipping cream
- 1 packet vanilla pudding mix (3.4 oz)

#### **Directions:**

**Step 1.** Mix flour, sugar, yeast, salt, butter, egg, and milk together. Knead dough a few times until it becomes

**Step 2.** Take dough out of the bowl, add a few drops of oil to the bottom of the bowl (spread it around with your fingers), and then put the dough back in the bowl. Cover with a towel and let it rise for 30 minutes.

**Step 3.** While the cake dough is rising, make the topping. Melt butter, honey, and sugar in a saucepan over medium heat. When the butter has melted, add cream and then mix until sugar is dissolved. Remove saucepan from heat and stir in sliced almonds

**Step 4.** Butter an 8x8 baking dish and then place a sheet of parchment paper inside so edges hang over. Roll out dough and then press into pan. Prick dough several times with a fork. Pour almond topping onto dough and spread evenly. Bake for 35 minutes in 350 degrees. The topping will be golden brown when done.

**Step 5.** Let the cake cool for a few minutes. When you can touch the topping with your fingers, use a long serrated knife to cut the cake in two layers. Place the top layer on a sheet of parchment and use the same long serrated knife to cut the top layer into 9 pieces. It's much easier to cut the top layer when it's still a bit warm.

**Step 6.** Add pudding powder to heavy cream and then whip to stiff peaks. Spread filling on bottom cake layer. Place top layer on the cream filling piece by piece. Chill in the fridge for 1 hour or until the filling is set.

**Step 7.** When you're ready to serve the cake, be careful not to not press down too hard on the top layer when cutting the bottom layer because the filling will spill out. Enjoy!





# Vanillekipferl (Almond Crescents)

#### Ingredients:

- 1 cup butter, softened
- 1/2 cup granulated sugar
- 1 3/4 cups all-purpose flour
- 1/4 cup cornstarch
- 1 teaspoon vanilla
- 1 1/2 cups ground toasted almonds

- Chocolate Glaze (recipe follows) or powdered sugar

#### **Directions:**

Step 1. Preheat oven to 325 degrees.

**Step 2.** Beat butter and granulated sugar in large bowl until creamy. Mix in flour, cornstarch and vanilla. Stir in almonds.

**Step 3.** Shape tablespoonfuls of dough into crescents. Place 2 inches apart on ungreased cookie sheets

**Step 4.** Bake 22 to 25 minutes or until light brown. Cool 1 minute. Remove to wire racks; cool completely.

**Step 5.** Prepare Chocolate Glaze; drizzle over cookies. Allow chocolate to set, then store in airtight container. Or, before serving, sprinkle with powdered sugar.

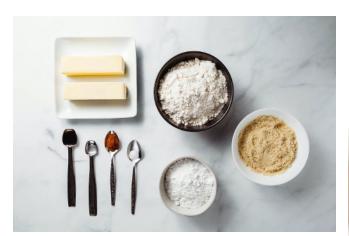
#### **Chocolate Glaze:**

**Step 1.** Place 1/2 cup semisweet chocolate chips and 1 tablespoon butter in small resealable plastic bag.

**Step 2.** Place bag in bowl of hot water for 2 to 3 minutes or until chocolate is softened. Dry with paper towel.

**Step 3.** Knead until chocolate mixture is smooth.

Step 4. Cut off very tiny corner of bag. Drizzle chocolate mixture over cookies.





# Bûche au Nutella (Nutella Log)

#### Ingredients:

- Nutella
- 4 eggs

- ½ cup of granulated sugar

- <sup>1</sup>/<sub>3</sub> cup of flour
- Pinch of salt

#### **Directions:**

**Step 1.** Preheat oven to 355 degrees.

**Step 2.** Break the eggs and separate the yolks from the whites.

**Step 3.** In a bowl, beat the egg yolks with the sugar.

Step 4. Add the flour and whisk.

**Step 5.** In another bowl, add a pinch of salt to the egg whites and beat until solid.

**Step 6.** Delicately incorporate the whites to the first mix.

**Step 7.** Spread the mix on a baking sheet and bake for 10-15 minutes

**Step 8.** Delicately roll the "biscuit" into a humid dish towel and let sit for a few seconds so the "biscuit" takes the shape of a roll.

**Step 9.** Unroll and spread nutella before rolling again keeping the "biscuit" tight.

**Step 10.** Cover the log with Nutella and decorate as you please.

Bon appétit! 🎉 🎄 袾





## Students who participate contribute more to school morale

by Heather Claytor

According to SchoolSpecialty.com, experts in child advancement suggest that participation in \_extracurricular activities on a regular basis has been the best way to help children their individual grow enhance personality and social or academic skills that could lead to a brighter future. Psychologists even after-school recommend activities, such as volunteering, sports and jobs, as the preferred choice.

"Participating in school activities adds to the atmosphere of education," said Mr. Gerald Carsley,

#### Photo courtesy of JOI Club



Clubs are a great way to get involved and become an active member of the community.

Photo by Sarah Davis



Pep rallies are another big event that many students should participate in. Students get to interact with the whole student body by participating in games and competing for the famous spirit stick.

director of student activities. "People gain enjoyment through activities along with discipline, responsibility and teamwork. There are lots of different skills that can be used outside of school for the rest of their life."

When given the opportunity to try something new, some students tend to shy away from the opportunity. This may be because, throughout the COVID years, students haven't been able to explore new options and socialize with new people.

Low self-esteem or not feeling valuable is what some students most fear when trying new activities, so getting involved in activities in high school holds a challenge for some students.

"I think joining something new or trying a new sport with a friend is always helpful," said Mrs. Darby Wheeler, school counselor. "If you have a buddy with you, you are more likely to try new things."

Trying new activities in high school helps students gain a sense of belonging and connection. Not only do students gain skills, but they also gain connections and friendships throughout the experiences.

"Students gain a connection with teachers that you may not receive in a classroom setting," said Keagan McNulty, 12. "These activities are opportunities to meet new friends and further your education in an out-of-school setting."

Being involved in school

Photo by Terri Moody



At many pep rallies, sports teams gather together and boost the morale of students. For example, at the Homecoming pep rally, the varsity football team got together to start chants and create more school spirit in hopes of winning the Homecoming game.

activities can give students something to look forward to at school. Participating is also helpful for college very applications. Colleges love to students who see are involved within their community.

"You only go to high school

once," said Olivia Harrison, 12. "You are only a teenager once. Don't grow up and regret being the kid that was 'too cool for school.' It's not worth missing out on the little things and building memories!"

Show some school SPIRIT!







# Astrological signs tell personality, character traits

by Hendrix Harris

What makes us the way we are? Your genes and life experiences are said to be the most major contributors to your personality and values, but could there be another factor? I believe the effect our birthday has on us is seriously underestimated. Astrological zodiac signs play significant role in а personality development and need to be recognized more frequently.

According to replogleglobes.com, astrology and zodiac signs were introduced between 409 and **N** 398 BC, highly influenced by ancient Greece and ancient Babylon. In addition, zodiac history is primarily derived from the mathematician and astronomer Ptolemv's Tetrabiblos, a text on the philosophy and practice of astrology. The original purpose of astrology was to predict the course of an individual's life on the basis of the positions of the planets and of the zodiac signs (the Photo courtesy of telegra.ph



Astrological signs and horoscopes not only bring comfort to those who believe in them, but also give people a purpose to be a part of a new group and hobby.

12 astrological constellations) birth or conception. at the moment of his/her Over time, astrology

developed into a system of horoscopes that purport to explain aspects of a person's personality and predict significant events in their lives based on the positions of celestial objects. Many pass off this system as unsubstantiated, but could it be possible that the position of the stars and planets at the moment of birth have a direct influence on person's а development?

Signs are given elements based on the traits that typically accompany the people assigned to them. For example, fire signs are said to be bold, brash, creative and daring, water signs are said to be deep and emotional, and earth signs are said to be stable, pragmatic, and unwavering. The way I see it, it is only natural that people born around the same time share similar qualities.

The first year of your life has the most impact on your psychological development compared to any other time period. Since this is the case, the position of the earth in stars in relation to seasons absolutely has an effect on who you will become. People who are born in summer tend to be more optimistic and outgoing, while those who are born in winter tend to be more shy and secretive.

Each sign has a set of stereotypes that are based on the personality predicted for those who fall under said sign; most of generalizations are the result of environmental factors associated with the time of birth. vear of These stereotypes obviously have exceptions, and at the end of the day your genes and life experiences what are determine the majority of your personality; however, I believe that astrology is a fantastic pattern to look at if you want to predict what lies in store for a person at their birth.

# Science doesn't support astrology, horoscopes

by Gavin Jarvis

In light of Generation Z, beliefs have branched off into an array of different groups, one of those being zodiac signs. Though zodiac signs might be enjoyable for some, it is mentally/physically degrading for others.

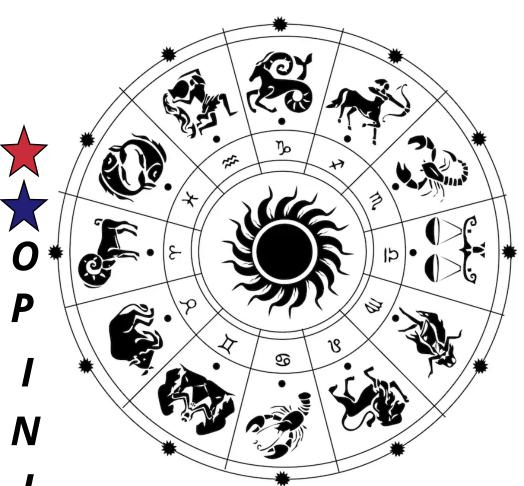
Zodiac signs are part of a study called astrology and a

little bit of astronomy. According to howstuffworks.com, astrology is the study of the influence that distant cosmic objects, usually stars and planets, have on human lives.

Digging more deeply, there are 12 signs of the zodiac: Capricorn, Aquarius, Pisces, Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius. A person's zodiac sign is determined by his/her day of birth.

In zodiac, it is believed that your personality/actions can be predicted depending on the zodiac sign that you are considered. This is where the controversy lies.

For example, according to



Although many people are interested in their horoscopes and astrological signs, scientists disprove the accuracy of most horoscopes. Scientists have also proven that astrology is not related to astronomy.

dictionary.com, those who are Aries are confident and fiery people; however, they may butt heads with others because they are infamously impatient and honest with their opinions. How do you determine this? There is no evidence whatsoever to prove that every single Aries in the world is confident but impatient.

It is understandable that some people believe in the personality aspect of zodiac signs. In their mind, it makes it easier to single out different types of people and their personalities using signs that exemplify predetermined characteristics, but to assume that someone's personality is the exact same as their zodiac sign, is a silent attack to one's character.

John is a Capricorn. Capricorns are known to be ruthless and fearful when achieving a goal. Sarah is a believer in zodiac signs and has been wanting to be friends with John. Hold on: John is a Capricorn. Sarah doesn't want to be friends with someone whose sign is claimed to be ruthless when shooting for a goal he's trying to achieve, so instead of being friends with John, she's going to avoid him.

Isn't that crazy? Imagine if that were an actual scenario that had happened. It's more bullying than anything. What if John was actually a kind and genuine individual? Sarah will never know because she based her judgment off of a zodiac sign.

Zodiac signs project an unspoken amount of hate toward others. Imagine if the everyone in world believed that zodiac signs were real. It would be a continuous cycle of hate because supposedly each sign has a flaw that others people may despise.

Everyone has his/her own flaws, but those flaws should not be determined by a falsified sign that is backed up by broken evidence.

Another claim about zodiac

signs are that two specific signs aren't compatible with other. each The same question can be asked again: how do you determine this? Countless people and websites can claim that two signs don't belong in a variety of combinations, but different evervone has opinions, so who is to be believed when two specific signs are claimed not to be compatible with each other?

Now, zodiac signs are based on constellations that are definitely real. The claims that these signs reflect off of personality, however, is not real.

lsn't that bold а assumption? Not at all because NASA, the famous space agency who beat the Soviet Union to the moon, denies the claims of zodiac signs according to in their own children's website. A children's website? Why would NASA go far enough to debunk astrology on а children's website? Probably because it is childish.

Anyone can present as

many articles with "proof" to create an argument about why zodiac signs are real, but famous science agencies like NASA can just use a few fancy science terms and totally debunk the zodiac controversy.

The zodiac sign controversy will be an on-going battle between two sides with different opinions. No matter the evidence, both sides will forever butt heads because of the stubborn tendencies that are present in human nature.

# 

# Interested in learning about zodiac signs?

History of zodiac signs - https://time.com/5315377/are-zodiac-signs-real-astrology-history/

Find out your big three - https://www.astrosofa.com/horoscope/ascendant

**Personality traits of different zodiac signs** - https://www.allure.com/story/zodiac-sign-personality-traits-dates

Astrology in different cultures https://www.yoair.com/blog/astrology-in-different-cultures/

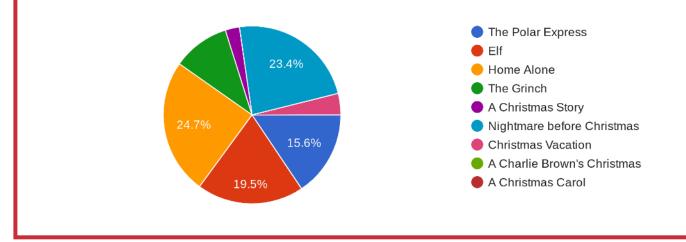


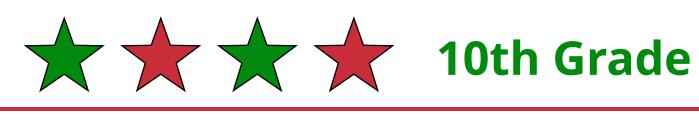
# What is your favorite holiday movie?

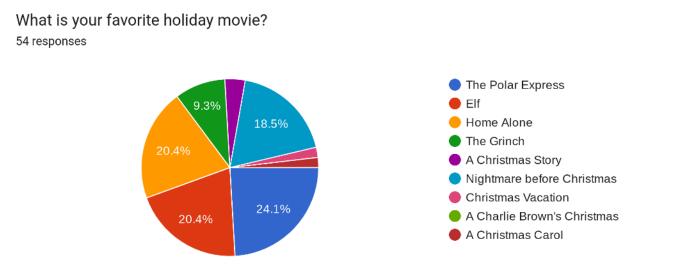


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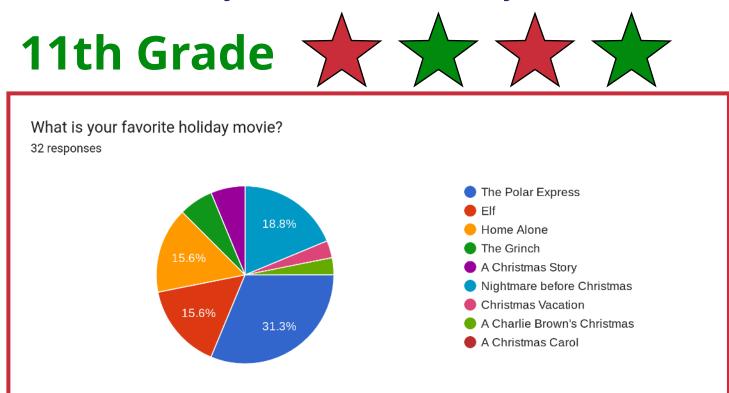
77 responses

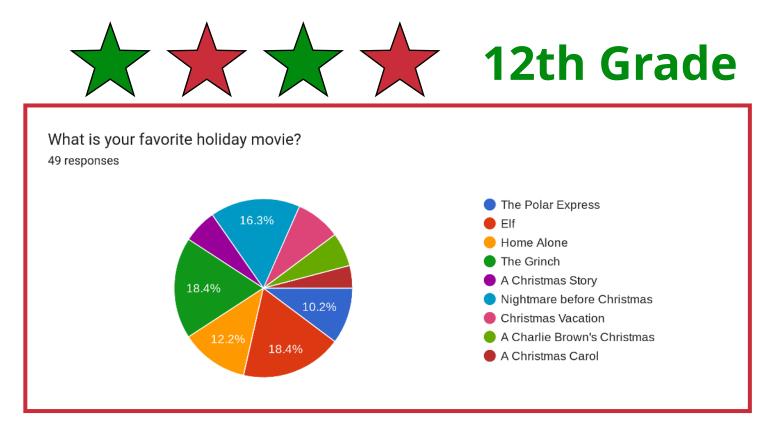






# What is your favorite holiday movie?





# What is your favorite holiday movie?



What is your favorite holiday movie?

72 responses

