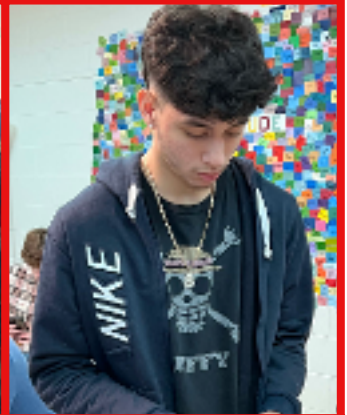


Colonial



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January 2023



English 12 students created and completed service learning projects to fulfill a graduation requirement and give back to their communities. Pictured left to right, first row: Cole Cannon, Ray Lundie, Beecher Powers, Brayden Tomlin, Dakota Cloninger, Jerry Dong, Ryan Ayi-Bamah, Bayron Hernandez. Pictured left to right, second row: Luis Ramirez Chun, Lander Hodge, Maleeka McLeod, Tania Ayala, Noah Laureano Rodriguez, Hodge, Mr. Amaris Dixon, Chun. Pictured left to right, third row: Chun, Hodge, Rodriguez, Ayala, McLeod, Ayala, McLeod, Rodriguez.

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English 12 students take on the new service learning projects

by Heather Claytor

“One of the requirements for schools is that we have a college, career, and civic readiness index, so students have to be a CTE completer, take an advanced class or do something like this community service project,” said Mr. Mike Nelson, principal. “And so we thought, okay, if there is an expectation that students have to engage in something like that, then why don't we have it embedded into a class that all students have to take, like English 12?”

As part of English 12, students are required to compose a research paper. Starting this year, a service project has been combined with the research paper. This is a new project that will be developed throughout the years.

During this project students are going to connect to an interest, research that interest, outline a plan, put the plan into action and publish their results.

“Service learning

Photo by Jenna Mason



English 12 students contributed to the community by asking for donations, picking up trash or volunteering at the food pantry. AP English students Grayson Burchard, Ellie Tuck, Nick Sprinkle, Keagan McNulty, Caroline Woodward and Jennifer Hersee created donation boxes for a supply drive for the Colonial Heights Animal Shelter.

experiences enable students to learn and apply academic, social and personal skills to improve the community, continue individual growth and develop a lifelong ethic of service,” said Ms. Megan Keeter, English 12 teacher. “We want students to think of how they can affect change in the world around them.”

Throughout this project, students will be able to develop a sense of awareness of the needs in their community. In addition to developing teamwork and

collaboration skills, they should also develop empathy.

“We want students to realize that service learning goes beyond participating in community service,” said Ms. Tabitha Strickler, English 12 teacher. “It encourages them to consider areas of interest and how they can create or promote awareness. We want service learning to inspire our students and others to take action to make a change in the world around them.”

Helping the animal shelter, picking up trash and helping

at nursing homes are some of the services that students plan to do during this project.

“We plan to help out at the animal shelter by collecting donations from each of the schools in Colonial Heights,” said Jennifer Hersee,¹². “We care about the health and safety of the animals in our city.”

Students will have the opportunity to develop soft skills, such as collaboration and creativity, and then the more solid skills of research, application and investigation. Along with gaining these skills, students will also be allowed to log what they do as school-sponsored volunteer hours.

“My group is doing a project on domestic violence, trying to bring more awareness to the school,” said Paris Baldwin,¹². “By bringing awareness we hope to minimize domestic violence around us. We are also doing a Purple Out, the color, for domestic violence, on Jan. 13, as well as selling stickers for

\$1 during lunch to put on their hats. All profits will go to James House, an organization helping those who have gone through domestic violence. If everyone in the school knows the signs and how to find them, it could help lower the amount of people who experience it.”



Set aside from gaining skills, students also make memories and connections with their classmates. Majority of the groups put up flyers around the school to advertise their projects.

“My group went to Fort Clifton to pick up trash,” said Jessica Sprouse, ¹². “We helped by making the environment of Fort Clifton cleaner. There were a lot of

bottles, bags and Styrofoam pieces, which are harmful to the environment. We ended up having three pretty full and definitely heavy trash bags. Overall, I believe it was a successful trip, and we picked up all the trash we could find and reach.”

The service learning project is a positive experience that helps both students and the community.

“[The students are] trying to find ways to positively affect one's community, to give back and to understand responsibility as citizens,” said Mr. Nelson. “Part of this relies upon, okay, we discover a problem in the community or the state or nation or something we want to help improve, and then we try to figure out a solution and how we are going to do that. Then, that also involves creativity because you are trying to develop and think of new ways to solve problems that have been with us for a while.”

Lily Zheng grateful for December Senior of the Month

by Alyssa Reynolds

Filled with terror, Lily Zheng, 12, walked down to the main office one day after being called down for an unknown reason. Was she in trouble? Not quite. Lily Zheng was named December Senior of the Month.

"I was just so surprised, and I felt such an immense amount of gratitude and appreciation that my teachers believed that I deserve this amazing title," said Lily Zheng.

Lily Zheng left the office no longer feeling fear, but instead the feeling that she needed to continue working even harder in order to make her teachers and family proud.

After high school, Lily Zheng plans on going to VCU Honors College to major in biology and get her bachelor's degree. She then wishes to go to optometry school to further her education for another four years.

Throughout high school, Lily Zheng has been involved in many clubs, such as NHS,

SNHS, NEHS, Mu Alpha Theta and Interact. She serves as the vice-president of both the Beta Club and JOI Club.

Another leadership role that Lily Zheng deeply values was

her spot as captain of the Color Guard team after being on the team since freshman year. She also participated in the Winter Guard during her junior year.

Photo courtesy of Lily Zheng



After high school, Lily Zheng plans on attending VCU Honors College to major in biology. Following this to further her education, she has a goal of going to optometry school. Lily Zheng wants to continue working hard to make the people around her proud even after receiving this honor.

“Guard and the marching band are so special to me as the team has become my second family,” said Lily Zheng.

These weren’t her only accomplishments: Lily Zheng was also the Homecoming Queen for the Class of 2023.

“One of my favorite memories was definitely the night I was honored with the title of Homecoming Queen,” said Lily Zheng. “I was not expecting to win anything, and I literally thought I imagined hearing my name, and I just stood there until someone pushed me forward. I was extremely grateful for everyone who

Photo courtesy of Lily Zheng



Lily Zheng considers her Color Guard and Winter Guard teammates as a "second family."

Photo courtesy of Lily Zheng



Lily Zheng joined Color Guard during her freshman year, participated all four years of high school and even was captain of the team this year. She also was on the Winter Guard team during her junior year.

voted for me, but I would’ve been happy just being there as I had the guard and marching band by my side.”

Lily Zheng has faced a lot of stress over the past year between Color and Winter Guard while also balancing her academics. Though she was stressed, she had a teacher, Mrs. Kathleen White, who helped guide her through.

“She’s my power research teacher, and I honestly feel like I owe her a car at this point since she helped me apply for colleges and helped me better understand who I

am as a person through her assignments,” said Lily Zheng. “She inspires me with her guidance, and she helps me feel better prepared for the next terrifying step in my life.”

“Lily is very diligent with her work, but she will immediately stop what she is doing in order to help a classmate,” said Mrs. White. “Lily is definitely a giver and will encourage those around her because she knows the power of encouragement and positivity.”

Another teacher who inspires Lily Zheng and helped her realize she

Photo courtesy of Lily Zheng



Lily Zheng was the Homecoming Queen for the Class of 2023 and her Color Guard and Marching Band family stood by her side throughout the voting and the night of the results.

wanted to major in biology and effort to be successful," was Ms. Sarah Crinkley.

"She's such a kind-hearted person, and I love how friendly she is and how she can have a conversation with anybody, and sometimes I look at her and think, I want to be like her when I grow up," said Lily Zheng.

"Lily is extremely driven and is willing to put in the time

and effort to be successful," said Ms. Crinkley. "If she doesn't meet a goal grade-wise in class, she takes the time to evaluate how could I have done this better."

Not only has Lily Zheng had teachers to help guide her through, but also she's had her family. They motivate her to do better than her best, and she also strives to make them proud.

"My family has worked unbelievably hard to make sure that I can have the best in life," said Lily Zheng.

"I admire how selfless and compassionate she is," said Lily Zheng's sister, Lisa Zheng, 9. "She never hesitates to go out of her way to help others even if it burdens her, and she will always do the right thing no matter what."

Lily Zheng encourages freshmen not to let fear hold them back from exploring new opportunities as high schoolers and from growing.

Lily Zheng considers herself to be more outgoing and "appreciative of the little things in life" than she was during her freshman year.

"When I was a freshman, my voice trembled whenever I had to speak, and I found myself being miserable," said Lily Zheng. "I can't remember a single day of my senior year when I wasn't happy, and I'm so thankful for everyone that has made me smile."

Keagan McNulty inspired by January Senior of the Month recognition

by Alyssa Reynolds

“This recognition shows my success but also my failures, and it tells me that I can be successful if I put my mind to it,” said Keagan McNulty, 12, about being recognized as the January Senior of the Month. “This inspires me to be better every single day.”

Keagan McNulty has been involved in multiple different clubs throughout high school and has also played soccer all four years.

“Soccer is a big part of my life and who I am today so that was something that I needed to do in high school,” said Keagan McNulty.

He is currently in FCA, SCA, Beta Club, NHS, LNHS, NEHS, Interact Club, Latin Club and Innovators Book Club. He is also the secretary of Mu Alpha Theta and the vice-president of the Class of 2023.

Out of all of those clubs, the one that Keagan McNulty holds closest to him and has been the most meaningful for him has been NHS.

“NHS is an organization that I volunteer for so I’m able to get out into the community, and I think that is very important,” said Keagan McNulty.

After high school, Keagan McNulty plans on going to either Christopher Newport University or Syracuse University. He wants to go to college to pursue sports broadcasting because of his

Photo courtesy of Keagan McNulty



Keagan McNulty was named January Senior of the Month for the Class of 2023. Keagan McNulty plans to make the most of his senior year, and one way of achieving that has been trying to attend at least one of every sporting event at CHHS.

Photo courtesy of Keagan McNulty



Keagan McNulty has played on the boys soccer team at the high school for the past three years and plans on playing this year to make it a fourth year. Soccer is a large part of Keagan McNulty's life and has been for years.

love for sports.

"Sports have been my entire childhood so I want to be entertaining while also talking about something that I enjoy," said Keagan McNulty.

Keagan McNulty has always been inspired by his parents because they always motivated him to be a better student, and he knows that whenever he falls, they would be there to pick him back up.

Maddie McNulty, 10, Keagan McNulty's younger sister, finds that same inspiration in him and has looked up to him as a role model in her life.

"Keagan is such a hard

worker," said Maddie McNulty. "He always strives

Photo courtesy of Keagan McNulty



Keagan McNulty has found inspiration in his family, especially his parents. He serves as a role model to his younger siblings and wants to set a good example for them before he leaves for school and as they are all growing older.

for the best, no matter what. I look up to that. He pushes himself daily in everything. He never stops trying to improve, and each day you can see how much he works towards his goals."

One teacher that motivates Keagan McNulty is his current AP Government teacher, Mrs. Christy Major.

"This year, Mrs. Major inspires me; she's just so relatable, funny and sassy," said Keagan McNulty.

"He loves social studies classes, and he also really

likes politics,” said Mrs. Major. “That makes him an ideal student.”

Photo courtesy of Keagan McNulty



Keagan McNulty wants to go to either Christopher Newport University or Syracuse University in New York to further his education and to pursue his plan of becoming a sports broadcaster due to his lifelong love of sports and entertainment.

Keagan McNulty also finds inspiration in his past Latin teacher, Mr. Matthew Gelven.

“He inspired me to strive for what I wanted to but also to keep a cool temper and just

relax,” said Keagan McNulty about Mr. Gelven. “He was very down-to-earth and such

a good man.”

Mr. Gelven was the first teacher Keagan McNulty connected with over their shared interests in “Star Wars” and Greek Mythology.

“Keagan is well-liked by all his peers,” said Mr. Gelven. “We all looked forward to Latin class because of Keagan’s cheerfulness and sense of humor.”

Even though Keagan McNulty faced challenges, like virtually learning during COVID while taking advanced and honors level courses, he still learned from these experiences and handled the difficulties well. These challenges helped him with time management and taught him that getting a B in a class wasn’t bad.

Keagan McNulty’s piece of advice for freshmen and other students is to get involved in everything that they possibly can. He believes that if students start pretending that they aren’t at school, then every moment can be memorable and enjoyable.

“Make new friends, enjoy your classes, be engaged, have fun and enjoy it: it goes by way quicker than you think,” said Keagan McNulty.

Yearbook staff keeps annual secret a little while longer

by Piper Howison

Year after year, the yearbook staff surprises the school with a theme that is picked out to represent the school year. The staff enjoys keeping the theme a secret from the students and staff until it is ready to print because they enjoy letting it be a surprise.

Many students love getting their yearbook at the end of the year, but the majority of the school has no idea how it comes to be made.

The yearbook creation process begins with picking a theme that illustrates the school year and will serve as a guide for the rest of the pages. From there the staff uses the method referred to as the “ladder.”

“The ladder is basically the table of contents of the yearbook,” said Mrs. Taylor Puckett, World History 1 teacher and yearbook adviser. “It includes what topics are covered on each page, and it lists the pages chronologically.”

Mrs. Puckett has the staff members select their favorite topics and then assigns them with a “topic spread.”

“A spread is two pages side by side in a yearbook, and the topic is what those two consecutive pages cover,”

Photo courtesy of Heather Claytor



Cadence Martin, Arriyah Carson, Abby Edwards, Heather Claytor, Shauntel Samuels, Ilonah Coleman, Joy Osogu, Alexis Shutt, Timothy Hafford and Noah Laureano Rodriguez are all a part of this year's yearbook staff. Mrs. Taylor Puckett, social studies teacher, advises the staff.

said Mrs. Puckett. “Usually there is a template filled with pictures and captions of the topic on those pages and also a ‘copy’ or story written about whatever topic the pages cover.”

This year's yearbook staff has 11 people working on it this semester.

“The most challenging thing

about yearbook is the writing for sure,” said Ilonah Coleman, senior editor, 12. “Describing pictures is difficult, especially when you're doing a topic you're not so familiar with, such as a sport or club.”

With the large workload and the difficulties, each of the staff grows to be a better writer and develop time-management skills.

“We all usually have a lot to work on due to the number of people in our class,” said Coleman. “Last year, I came in second semester, and I worked on a lot of spreads at once, and I was new.”

Despite having to do more in order to bring the yearbook together in time for spring, Mrs. Puckett likes her current team.

“I definitely think that a quality staff, even if smaller, is better than a large staff that isn't as dedicated or responsible,” said Mrs. Puckett.

Cosmetology students gain career, life experiences

by Julianna Sheridan

Instead of using paper, pencils or a Chromebook, students can now use mannequins, hair-styling tools and makeup brushes in the new elective cosmetology taught by Ms. Omega Berry.

Ms. Berry's mother also does hair, so she grew up around a salon most of her life. She became interested in cosmetology because "my mother does hair and I was raised in a salon my whole life, so growing up it was all I saw."

Some of the lessons that are being taught in that class include haircuts, hair colors, basic structures and the anatomy of the skin and hair. The biggest lesson that Ms. Berry is teaching her students is confidence.

"The most important thing I will teach them is confidence because without that they will not be comfortable doing a color or cut service," said Ms. Berry.

Taking this class opens up many opportunities for students. Some of the opportunities include learning different skin and hair types, earning special certifications,

Photo by Heather Claytor



Cosmetology class is a new, diverse class that is striving to teach students hair and makeup skills. The class is not just going to teach students useful skills, but it'll also teach students the importance of taking care of hair and skin.

but, most of all, being able to start a professional career at the age of 17-18.

"Because this is a career-based

course, once you complete the two-year course and complete the state board, you will be able to have a career at the age of

17/18," said Ms. Berry.

People mainly take this class to learn about beauty. Others may want to learn the best ways to take care of not only themselves but other people, as well.

"I want to learn how to take care of my skin, nails and hair," said Ainsley Parrish, 10. "I also want to be able to help other people who may not know the proper way to take care of their skin, nails and hair. I also will get a head start on it if I decide that this class is something that I am going to take seriously in the future."

As some current professional cosmetologists started their careers through a high school program, current CHHS cosmetology students may

choose to pursue this career path.

"I believe people should join for the knowledge," said Aliyah Ward, 11. "It's amazing to know how to properly take care of your hair and knowing the products that could potentially damage your hair."

"I wanted to get an idea of what working in the cosmetology industry will look like if that is the path I want to take in life," said Parrish.

Not only does Ms. Berry teach cosmetology at CHHS, but she also owns a salon located in Colonial Heights. "HBO Beauty Bar" is the name of the salon. "HBO" stands for "Hair By Omega."

This class is about more than

Photo by Heather Claytor



Hair cutting, hair styling and general coloring of hair, like highlights and low lights, are just some the techniques that are taught in cosmetology.

learning; it is about gaining friends and trusting others.

"This class is not just about doing hair; it's about learning time management, social skills, the ability to have fun while managing to work in a professional setting, and dealing with real-life situations," said Parrish. "Taking this class has made me eager to come to school every day."

Photo by Heather Claytor



Students have been enjoying this new class addition. The class has been a new and diverse way to teach different skills that everyone can use.

Therapy dogs help students process emotions like anxiety

by Ethan Greenwald

Dogs are valuable in many areas of life; they can make loving pets and provide support for people that face everyday challenges. Dogs can help comfort and calm people that may be stressed or have anxiety; therefore, dogs can certainly be useful in a school setting.

“It just feels good to be accepted and loved by an animal no matter who you are,” said Julie Bowles, student data administrator and Alliance of Therapy Dogs tester and evaluator. “For some, that may be the only time they feel that way.”

Mrs. Bowles has brought therapy dogs to the CHHS library several times now for students to sit with and pet. All they need to do is sign up in the library. Students aren't the only ones who can come visit these dogs; staff can come, too.

These animals go through special training to be therapy dogs, making sure they know how to properly sit, lay, come

Photo courtesy of Mrs. Bowles



Therapy dog visits to schools have been shown to help students relieve stress and other built-up emotions.

and stay. It's also important that these dogs stay obedient during visits.

“The first thing I teach my dogs is to not jump on people,” said Mrs. Bowles. “Jaxson, the Great Dane, is

175 pounds and stands over six feet tall on his hind legs. Can you imagine what that would be like if he jumped on you?”

These dogs have also been certified by the Alliance of

Photo courtesy of Mrs. Bowles



Mrs. Bowles brings two therapy dogs to school. Jaxson, a Great Dane, seems to enjoy the visits as much as the students and staff do.

Therapy Dogs and have been awarded the American Kennel Club's Canine Good Citizen Award.

"People should understand that the number one skill a therapy dog needs is to love being with people," said Mrs. Bowles.

Therapy dogs can be very impactful and beneficial to all people. For these dogs in particular, they've helped students feel comforted and calm.

"They can provide comfort and support to people and just help a person calm down," said Brooke Hartman,

12.

Mrs. Bowles's therapy dogs have also been to schools

Photo courtesy of Mrs. Bowles



Students have been taking a lot of interest in visiting the therapy dogs during their lunches. Mrs. Bowles and her dogs will return to CHHS on Feb. 14. Students and staff may sign up in the library starting on Feb. 1.

other than CHHS, like Beazley Elementary School, Prince George High School and also CHMS, to name a few.

The next therapy dog visit will be Feb. 14 in the library during lunches. Sign-ups for this will be available Feb. 1 in the library. Mrs. Bowles hopes that the dogs are able to visit at least once every month if the school's schedule allows it.

Point guard Freeman known as a "hard working team player"

by Lamoni Jordan

Timothy "Tj" Freeman, 11, plays point guard for the CHHS boys' basketball team as well as the Silvestro Basketball Training program. According to Freeman, he has been playing basketball since elementary school, and he will not stop now.

Freeman is expected to serve in several different roles on the court. He supports and helps his teammates in many different ways, including dribbling, maintaining attitude control and shooting the ball.

"Tj is a hard working team player," said Mr. John Thomas, Jr., CTE Director, assistant principal and head boys' basketball coach. "He is continuously improving his game."

"He's a good leader," said Cameron Hartsoe, 9.

Freeman respects a lot of role models; a major role

Photo courtesy of Tj Freeman



Tj Freeman is inspired by NBA players, such as Russell Westbrook, and his cousin. He looks to them to improve his skills and mindset.

model is NBA player Russell Westbrook. His cousin, who encouraged him to take up basketball, is another inspiration. He also has numerous other role models from whom he may draw inspiration for various skills, attitudes and life lessons.

Freeman has many goals that he would like to accomplish in the future. His goals include winning, improving his mindset and

growing closer to his teammates.

Freeman's major goal in high school basketball is to "win the state championship."

Freeman has made many friendships over the course of playing basketball. He has also gotten many opportunities to play alongside other people at different schools. During the summer, Freeman played on an AAU team with other CHHS students, such as Za'Marion Mason, 10, Lashawn Spencer, 11, Deyonte Parham-Owens, 11, and Steven Ackerman, 11.

"He's a cool person, and he's relaxed," said Mason about Freeman.

Over the next few years, Freeman plans to continue to play basketball.

"I'm proud of his improvement and maturity," said Mr. Thomas.

CHHS senior athletes taking it to the collegiate level

by Eliza Chiodo

With signing day coming up, CHHS has four senior athletes choosing to further their education and athletic careers at the collegiate level.

Zach Miller, 12, a baseball player, is excited to take his skills to the collegiate level. Miller is committed to play at Virginia Wesleyan University

Photo courtesy of Zach Miller



"I will miss his sense of humor; he's always making me laugh and making everyone else laugh," said Hunter Santilli, 11. "There's never really a dull moment when around him."

in Virginia Beach, Va.

"I loved the campus and the atmosphere of the college," said Miller.

He has dreamed of playing at a higher level since he was six years old.

"I love the comradery of the sport and how it feels like every teammate is a brother,"

said Miller.

Miller is described by his coach Mr. Brennan Hoffer and some teammates as a happy-go-lucky person, responsible, intrinsically-motivated and a kid that has his head on straight.

"I have had the privilege of watching Zach grow from an eighth grader into a twelfth grader across multiple sports and for multiple teams," said Coach Hoffer, CHHS varsity baseball coach. "He has worked hard to develop leadership attributes that other players feed off of. He is a tremendous young man, and I am proud to have coached him."

Miller's favorite memory of being on the CHHS baseball team was during his sophomore year when he pitched a complete game to move the team into regional finals.

"We will be losing a leader that younger players look up to," said Coach Hoffer. "He is a great kid from a great

family, and he has excelled in school and athletics while at CHHS. He did things the right way."

Another student who is planning to go to Virginia Wesleyan University is Emma Moody, 12. Emma Moody has been playing field hockey since she was 14 years old. She is the goalie at CHHS, and she loves the excitement and adrenaline rush of blocking a shot.

"I loved seeing how much I have improved since freshman year," said Emma Moody.

Emma Moody's coach, who is also her father, is excited for "her to be able to continue playing her sport at the next level because of the passion she has for the sport and seeing her smile as she walks off the field no matter the outcome."

"Emma is an athlete that will always give her teammates 100 percent no matter what the score is," said Coach Wayne Moody, CHHS varsity field hockey coach. "She strives to be the

Photo courtesy of Emma Moody



In addition to playing soccer, Emma Moody is also the varsity soccer goalie and swims for the CHHS team. Field hockey is her favorite sport of the three.

best at whatever she does. Emma has the ability to see the play unfold and is able to direct teammates on where they need to be to stop the offense. With everything she does in athletics, she is still able to perform in the classroom, as well."

She chose to further her athletic and academic career because playing field hockey was something she didn't

want to give up yet.

"I love the campus, how small it is, and how welcoming the students are," said Emma Moody about her chosen college.

Emma Moody's coach is excited to see what she does at the next level.

"Emma has definitely proven to be one of the top field hockey goalies in the area," said Coach Wayne Moody. "She was named to

the 1st team all-region team and then selected to be on the 2nd team all-state team, as well. As her coach and father, I have enjoyed watching her make some pretty awesome goalie saves. I can't wait to see Emma improve so much more while playing for Virginia Wesleyan University. Emma has truly loved playing field hockey with her friends/teammates over the past four years."

Grayson Burchard, 12, a gymnastics all-rounder and vault/high bar specialist, is furthering his academic and athletic career at Greenville University in Illinois.

"I felt that God was calling me to further my education and gymnastics career at Greenville," said Burchard.

He is excited to practice, compete and build bonds with his teammates.

The decision that led Burchard to attend Greenville is how he attended a scholarship day at the school and was selected for an academic scholarship. Not only was it the scholarship that led Burchard to this

Photo courtesy of Grayson Burchard



In addition to gymnastics, Burchard enjoys playing volleyball in his free time even though he does not play at a competitive level.

decision, but also he was able to attend practices and generally enjoyed seeing the dynamics of the team itself.

Considering all that he has learned from it, Burchard believes that men's gymnastics is a very difficult sport compared to many other sports.

"[Men's gymnastics] has taught me discipline, time management, and it has kept me in great shape," said Burchard.

Burchard has been doing gymnastics since he was

seven years old and has many great memories from this sport.

"My favorite moment so far is coming fourth in the country on vault at the 2022 National Championships Finals in Arizona," said Burchard.

"There are only 15 schools in the country that have NCAA men's gymnastics, so even though Greenville is Division III, we will compete against Division I schools, such as University of Michigan, Penn State and

Ohio State," said Burchard.

The last student that has recently committed to a school for a sport is Mason Warren, 12. Warren committed to Averett University in Danville, Va., for baseball.

"I like the small size of the school, the programs Averett offers, and I really like the coaches," said Warren.

Warren mainly plays second base but also plays middle infield. A part of baseball that Warren generally enjoys is the

team itself and being part of a team.

"Mason deserves this because of his hard work," said Coach Hoffer. "He has battled injuries and overcame many obstacles along this road. He is in the best shape of his life going into his senior year, and it can only be attributed to his dedication to the game and himself."

Over the past two years, Warren has been attending showcase tournaments and camps. At one point he was

invited to visit the Averett campus. While there, he met the coaches and absolutely loved it.

"He has a bright future at college," said Hunter Santilli, 11. "He is definitely going to shine when he's down at Averett."

One of Warren's favorite memories throughout his high school baseball career was the bus rides with his teammates.

"Keeping Mason on the JV team as an eighth grader and coaching him every year through graduation (and in the summertime for American Legion Post 284) leads to too many memories to choose just one - morning workouts and weight lifting, practices, bus rides, in-game moments/celebrations, etc," said Coach Hoffer.

Warren is looking forward to developing new bonds with his new teammates.

"I feel very thankful to be able to continue playing baseball in college and for all the lifelong friends I have made over the years," said Warren.

Photo courtesy of Mason Warren



"I am excited for Mason because he has a chance to do what not many others players can, play at the next level," said Coach Hoffer.

Students, teachers express the meaning of their tattoos

by Riley Bridgman

The day one turns 18, he/she can legally do multiple new activities that were illegal to do just the day before. One of the new activities is getting a tattoo without a parent's or guardian's permission. While some will go and get a tattoo for fun, others get something that is meaningful and represents something or someone.

Shauntel Samuels, 12, got her first tattoo during her junior year. Samuels got a snake tattoo with sparkles.

"This is meaningful to me because life has been rough for me, but, no matter what, I keep pushing because I believe life is what you make it," said Samuels.

The snake aspect of the tattoo represents the hardships in life.

"I like snakes because they just slither along," said Samuels. "They kind of like going with the flow of the world."

The sparkles aspect of the

Photo courtesy of Darby Wheeler



Mrs. Wheeler got a tattoo of a daisy to represent one of her former students, Lori Mingloski, who passed away.

tattoo represents the light in the world.

"There's always light in darkness; you just have to look hard enough," said Samuels.

Another student, Ricardo Trinidad, 12, also has a meaningful tattoo. Trinidad has a tattoo of praying hands on his forearm.

"It was a good [tattoo] to get

for your first one," said Trinidad.

Trinidad's tattoo is meaningful because it reminds him "I'm God's child."

While tattoos can be about many categories, like religion and a person's point of view, another common meaningful tattoo people get is a tattoo to represent their family.

Skyler Allen, 11, has the

Photo courtesy of Skyler Allen



Allen has a matching "A" tattoo with her family on her wrist.

letter "A" on her right wrist.

"My whole family has this tattoo," said Allen.

Her family has this tattoo because it's the first letter of their last name.

According to pubmed.ncbi.nlm.gov, eight percent of high schoolers are tattooed. The statistic shows that adults are more likely to get a tattoo.

Mrs. Darby Wheeler, school counselor, has a tattoo of Unalome, which is the symbol for the journey to enlightenment.

"It is meaningful to me because it is a visual reminder that life isn't

perfect, and that I don't have to be perfect and that I shouldn't expect perfection from others," said Mrs. Wheeler. "There is always a reason for things (good and bad) to happen, and I need to remember that I may not have an answer as to why something happened, and I need to accept that."

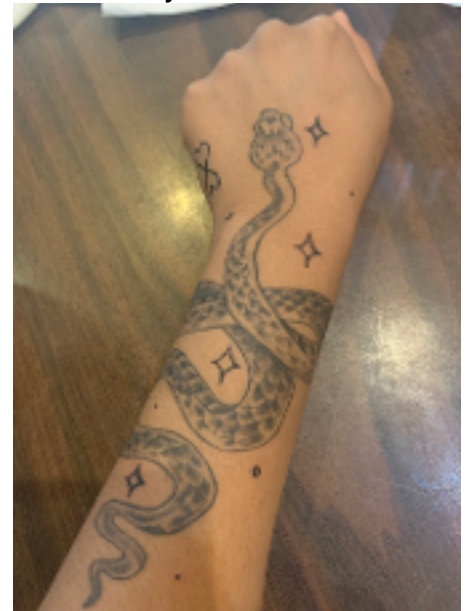
At the end of the path, Mrs. Wheeler has a daisy for a former student of hers that passed away.

"I chose a daisy instead of a lotus flower at the end of the path in memory of Lori Mingloski," said Mrs. Wheeler. "Lori was one of my students, she was my neighbor and my

children's babysitter; she was one of my favorite people in this world. I miss her so much, and the daisy makes me smile every time I look at it."

Tattoos are a way to permanently keep and remember what is most important to oneself in life, and it gives people a way to express themselves and their values of life.

Photo courtesy of ShaunteL Samuels



Samuels got her tattoo to remember where she came from and how far she has gotten in life.

Opinion: Social media has both negative, positive effects

by Hendrix Harris

Smoking cigarettes was thought to be a harmless way to relieve stress. In the past, the youth of the former generations were wrongfully exposed to tobacco products without much consideration for the consequences.

The truth was, society was oblivious to the harmful and potentially fatal effects that smoking cigarettes had on the youth's health and well being. The same can be said about the effects social media has on today's youth. As time progresses, the injurious consequences, as well as the undeniable benefits of social media consumption, are being realized by the younger generations.

Much like smoking cigarettes, social media has addictive properties that keep our youth hooked on its sometimes harmful stigma. According to <https://www.leehealth.org>, using social media can lead to physical and psychological addiction because it triggers the brain's reward system to

Photo courtesy of www.thrillist.com



According to www.mayoclinic.org, social media use can negatively affect teens, distracting them, disrupting their sleep and exposing them to bullying, rumor spreading, unrealistic views of other people's lives and peer pressure.

release dopamine, the "feel-good" chemical.

While this chemical release feels good at the moment, there are multiple side effects to social media addiction, including anxiety, depression, irritability, isolation, distancing oneself from the real world and from family relationships, loss of control and more.

Low self-esteem is also a huge factor in the creation of a social media-addicted teenager. When a teen has low self-esteem, he/she may

seek validation in the form of likes and followers. Due to this factor, social media has become a competition to see who can look the best.

Social media has trapped the youth in a cycle of comparing themselves to each other, causing insecurities, distorted body image and negative self-image to emerge. The results of these effects can be devastating, causing severe psychological disorders, like body dysmorphia, eating disorders and depression.

Social media is just like a cigarette -- an addictive substance that we are yet to know the full effects of. While there have definitely been negative consequences to exposing the youth to social media, such as addiction and distorted self image, social

media consumption by the youth has proved to have multiple benefits, including creating a platform for self-expression.

Social media has also allowed many young adults to connect to people across the country and even across the


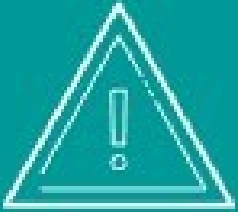

world. Being able to connect with people outside of their own community has allowed for students to access support from like-minded individuals and form a sense of belonging to a community that they could not otherwise form in their school environment.

Social media gives young adults an opportunity to share their expertise and be recognized for their talents. Building a following off of pursuing a passion can prove to be very rewarding and build a sense of pride and accomplishment for young individuals.

Much like smoking was for previous generations, social media consumption is a very new concept that has been received very differently by our youth. While social media consumption does have negative consequences, it is important to remember that social media has plenty of positive effects, as well.

Photo courtesy of smartsocial.com

Positive Impact of Social Media for Students

-  **There are many positive reasons for students to use social media in a responsible way**
- Social media can positively or negatively impact your student's online reputation and Google results** 
-  **Students and parents together can follow our 3-step plan to help students Shine Online**

SmartSocial.com/VIP

According to www.kubboco.com, positive impacts of social media include: staying connected, creating relationships, finding your voice, offering support, bettering lifestyles and showing empathy and kindness.

Everyone can battle anxiety in a multitude of ways

by Jenna Mason

Anxiety can be an enemy for anyone at any point in their lives. From the elderly to children, everyone is capable of feeling the pressure of being anxious by the different factors around them.

According to nimh.nih.gov, an estimated 31.1 percent of U.S. adults experience an anxiety disorder at some time in their lives. Anxiety disorders differ by the objects or situations that induce them, and they can interfere with daily tasks, such as job performance, school work and relationships.

There are five major types of anxiety disorders. The most common disorder is generalized anxiety disorder (GAD), but there is also obsessive-compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD) and social phobia, commonly known as social anxiety.

According to mentalhealth-uk.org, the main symptom of GAD is

Photo courtesy of www.houstonmethodist.org



Anxiety can be caused by anything. Common triggers for anxiety include: experiencing difficult situations in childhood, adolescence or adulthood; going through the stress of trauma; and having other mental health disorders.

excessive worrying about different events and activities. Other symptoms include: having difficulty concentrating, being easily fatigued, having difficulty falling or staying asleep and having headaches, muscle aches, stomachaches or unexplained pain.

The diverse symptoms of anxiety can cause people to struggle during their daily lives. There are medical treatments that can be used depending on how significant the anxiety is. Some medical treatments that can be prescribed by doctors are antidepressants, buspirone, an anti-anxiety medicine, and

benzodiazepines.

Besides medications, there are different lifestyle habits that can help reduce the effects of anxiety. Keeping a healthy diet, being physically active, making sleep a priority and using relaxation techniques can all be beneficial in reducing anxiety in the long run.

According to mayoclinic.org, relaxation isn't only about peace of mind or enjoying a hobby; it's a process that decreases the stress effects on your mind and body.

There are many different ways to relax both physically and mentally. The main three types of relaxation are

autogenic relaxation, progressive muscle relaxation and visualization.

Autogenic relaxation is something that comes from within the body. The technique involves using visual imagery and body awareness to reduce stress. For example, picture peaceful settings, like the beach or a waterfall, and then focus on relaxing parts of the body one by one.

Progressive muscle relaxation is focusing on tensing and relaxing each muscle group. One method of progressive muscle relaxation is starting from the head and working down to the toes, slowly tensing the muscles for

Photo courtesy of www.uniquemindcare.com



There are many different ways to combat anxiety. One way to discover therapeutic methods is by talking with a school counselor or therapist to find ways to reduce anxiety.

about five seconds, and then releasing them for about 30 seconds.

Finally, visualization is a relaxation technique that involves creating mental images to go someplace peaceful and calming. The best way to use visualization is by including as many senses as possible. For example, people who think of the beach as a relaxing place can imagine the smell of the salt water, the sound of the waves crashing and the feeling of the warmth from the sun.

According to mayoclinic.org, other relaxation techniques may include: deep breathing, massages, meditating, yoga,

music and art therapy, aromatherapy and hydrotherapy.

Not only are there many different ways to cope with anxiety, but there are also many different factors that cause it.

“Any kind of stressor that an individual may feel that is at least temporarily out of their control can cause anxiety,” said Mrs. Tara Seely, school counselor. “For example, if a student is experiencing stress at home because of their parents’ relationship, or a pending divorce, it can cause them to feel anxious. The thing about anxiety is that it can spill into other things, like work, education or relationships.”

Anxiety is experienced by everyone on some level. Whether or not it’s constant enough to be considered a disorder, anxiety can still affect people at some point in their lives. Also, it’s important to remember that throughout the troubles and hardships that anxiety could bring, there is always a way to persevere.

Sleep patterns affect the quality of life for students, staff

by Savannah Stephenson

According to sph.umich.edu, sleep is essential to every process in the body, affecting physical and mental functioning the next day, ability to fight disease and develop immunity, metabolism and chronic disease risk.

done,” said Mrs. Jennifer Whirley, RN, school nurse.

Eating certain foods before bed can lead to lack of sleep. Studies have shown that healthy dietary foods have led to longer sleep and a shorter time falling asleep.

“[You should not eat]

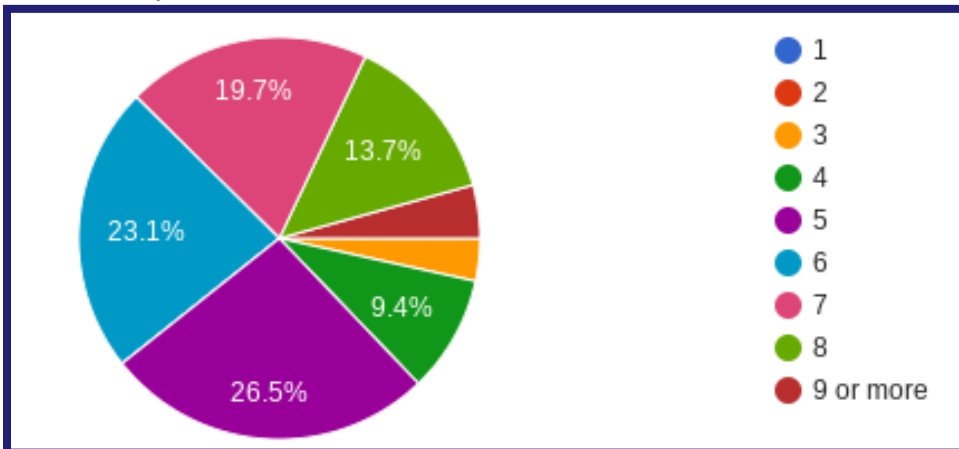
that students should “have a schedule after school to accommodate work, homework and sports and allow you to get to bed at a reasonable time.”

A poor sleep schedule and lack of sleep can lead to sleep deprivation. Sleep deprivation can occur from voluntary choices that create less time for sleep and can lead to possible health conditions if it is a recurring habit in a person’s life.

Getting enough sleep allows students to improve academic performance and concentration. Adolescents and children that get the recommended amount of sleep have a lower risk of health problems.

“I know it’s hard to get everything done, but sleep is so very important for a healthy life,” said Mrs. Whirley.

Photo courtesy of Colonial Courier staff



The majority of CHHS students gets an average of five hours of sleep per night. Only 9.4 percent of the student body gets the recommended eight hours of sleep.

Teenagers need 8 to 10 hours of sleep every night; however, most teens fall short of those numbers for various reasons. People around students who have not gotten enough sleep notice changes in their body language.

“They are tired, not able to focus fully on school, work and tasks that need to be

anything that is going to be heavy on our stomachs to keep us awake,” said Mrs. Jennifer Carmichael, P.E. 10/driver’s education teacher.

The body has a “biological clock” that is set to daylight. It helps the body stay awake during the day and to get tired at night.

Mrs. Whirley recommends