

Colonial



COURIER

Senior Issue 2023

Photo by Slade Jackson



Seniors Mahagoni Hill and Dominic Davis were crowned Prom Queen and King on May 20. Prom, which was held at the Appomatox Event Center in Old Towne Petersburg, was coordinated by Class of 2023 sponsors Mrs. Gretchen Galderise and Ms. Jaime Smith.

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Jones selected to be May Senior of the Month

Photo courtesy of Jahnesa Jones



Jones has been a devoted member to different clubs and activities. She has enjoyed her experiences of volunteering through many of her clubs.

by Seth Jackson

"I was surprised since I didn't expect it, and I'm very honored that I was chosen for it," said Jahnesa Jones, who was named the May Senior of the Month.

Jones found out that she was selected for the honor when she was escorted to the main office to see Mr. Mike Nelson, principal, by Ms. Kristin Crowder, gifted resource coordinator.

Jones will be attending Howard University in Washington, D.C., as an

architecture major.

While graduation is a time of celebration, seniors often reflect on past trials and tribulations and the growth they experienced during those times.

"The biggest challenge for me was deciding who my real friends were and how to become more outspoken," said Jones. "Letting go of the worries and learning that being sociable would help me become the best version of myself helped me ease into that mindset. Becoming aware of how others treat you and knowing that being alone with yourself is better than spending time with people who damage your mental health."

On a lighter note, Jones has been involved in many activities and events during her time here at CHHS. She has been a valued member of the National Honors Society and is highly respected for her academic drive and friendly personality that brightens the school

atmosphere.

"I have done competitive dance and cheerleading," said Jones. "I've taken dance classes since I was a little girl. Dance is very expressive and helps me release stress and maintain peace. It is the most rewarding when I've been working on a dance all year, and I finally get to perform and celebrate with my classmates."

"I loved volunteering with my clubs and some of the biggest laughs I've had was bonding with my friends and teachers in class," said Jones. "Homecoming week was also always so exciting!"

Jones cherishes every one of these memories she spent in high school but looks towards the future with hope after graduation.

"It is definitely bittersweet," said Jones. "I am excited to move on in my life and discover and learn new things. I am sad that I have to leave my friends and family behind, but I know that it'll help me evolve as a person."

Jones has grown alongside friends and family, but also attributes some of her success to the teachers who have guided her through her high school experience.

“Ms. Crinkley and Ms. Crowder are some of my favorite teachers here,” said Jones. “They have inspired me to become an educated woman and have guided me since I was a tiny freshman.”

Just as she has been inspired by the school environment and the wonderful teachers and staff that make it possible, she wishes to continue to inspire and influence others in her life.

“I want to influence my younger siblings and encourage them to become the best version of themselves,” said Jones. “I also want to become the best version of myself and accomplish my dreams and goals.”

On the note of influence, Jones leaves underclassmen a message she’s learned from the culmination of her high school experience.

“School is so important,” said Jones. “Whether you decide to go to college or not, education is very useful to all aspects of life. Not only should you work hard, but take this time to enjoy being a teenager.”

Ms. Sarah Crinkley, Honors Biology and AP Biology teacher, admires Jones’s remarkable spirit and academic aptitude.

“She is a great role model

for younger students,” said Ms. Crinkley. “She is academic along with being an involved member of her class. She makes those around her better and holds herself to a high standard. Underclassmen, if you are reading this, you should strive to be like Jahnesa!”

Photo courtesy of Jahnesa Jones



Jones's experiences through her medical problems have helped her grow and adapt as a person. She has been with her brother and mom throughout everything she has had to go through, so she never truly felt alone. Jones always had people to turn to who were experiencing the same events.

Tuck honored as June Senior of the Month

by Nathan Frazier

Being called to the principal's office probably isn't an average day for Ellie Tuck, 12, but this is when she found out she was going to be the June Senior of the Month.

"I remember being in second block, taking a statistics quiz," said Tuck, "when Mrs. Green came on the loudspeaker and asked for me to come down to the office."

She was unable to go to the office until she finished her quiz.

"I was sitting there for the next 30 minutes with anticipation, wondering why I was going to the office," said Tuck. "I was nervous, but at the same time, I knew I wasn't in trouble."

In fact, it was the complete opposite. She was excited to find out that she had been named the June Senior of the Month.

"I felt a sense of self pride and accomplishment," said Tuck.

Over the years, Tuck has worked diligently to ensure that she not only makes herself proud, but others as well, especially her family.

Photo courtesy of Omnibus



Looking back on memories from high school, Tuck realized that she changed in a multitude of ways from her freshman year to her senior year.

This work ethic includes having good grades, developing strong relationships with teachers and being involved in the school community.

"It was fulfilling to know that hard work does pay off, and that my teachers noticed my hard work and dedication as well," said Tuck.

Her biggest motivator is making her Nana and her

mother proud.

"My Nana, my mom's mom, is a significant role model in my life, and I lean on her for validation. Making her proud, as well as my mom who passed away, is all I ever want in life."

Being involved in the school community is a great point of pride for Tuck.

"I have been a part of NHS, NEHS, NTHS, Interact Club, JOI Club, Key Club, SCA and FCA," said Tuck.

In fact, one piece of advice for freshmen from Tuck would be to get involved in extracurricular activities.

"Being involved within the school creates friendships and amazing opportunities," said Tuck. "Being a part of sports and clubs helps build leadership skills and also impresses colleges."

Another bit of advice for freshmen is a reminder that grades -- even in freshman year -- do matter.

"I unfortunately didn't apply myself to the best of my

Photo courtesy of Ellie Tuck



Throughout high school, Tuck has been involved in a variety of clubs and organizations. Some of these clubs include NHS, NTHS, NEHS, SCA, FCA, Interact Club, Key Club and JOI Club. All of these clubs have impacted Tuck in a multitude of ways, but, most importantly, they helped shape her into the person she is today.

abilities freshman and sophomore year, and I regret that," said Tuck. "If I tried to my best abilities freshman and sophomore year, my transcript would be even stronger."

Her most rewarding activity is being a part of the National

Honor Society.

"Ms. Crowder played a significant role in building my role as a leader," said Tuck. "She believed that I could be an important asset to the National Honors Society as well as the school."

Ms. Kristin Crowder, NHS

sponsor and gifted resources coordinator, went on to support Tuck and Olivia Harrison, 12, in hosting the Little Pink Houses of Hope fundraiser, which was one her most rewarding moments.

Another teacher who helped inspire Tuck was Mrs. Terri Moody, English 9 Honors teacher. After finishing her English 9 Honors class with an 80 B, Tuck wasn't very happy with her performance. In fact, she talked to Mrs. Moody about dropping honors altogether, but Mrs. Moody wasn't having it.

"She told me that she knows I am smart enough to be in Honors English and that I just need to work on applying myself," said Tuck. "From there on out, I finished English 10 Honors with a 95 A, English 11 honors with a 92 A-, and English 12 AP with a 97 A."

Throughout the years, there were challenges, but one of Tuck's biggest challenges was during her sophomore year of high school.

"I went through a rough

patch in my life," said Tuck. "I was struggling in school as well as my personal life."

Tuck had amazing friends and family that helped her through the tough times. The thought of college was also a huge motivator for her.

After high school Tuck plans to keep working hard and go to college. She will attend James Madison University in the fall and will major in nursing.

Tuck is looking forward to graduating because it has always been her dream to go to college.

"I am excited to start a new chapter in my life, meet new people, and grow as an individual," said Tuck.

With all the exciting things to come, Tuck is going to miss her friends the most next year.

"It is bittersweet knowing that the people I have been going to school with since elementary school will not be following me to this next chapter of my life," said Tuck.

Tuck has not just completed four years of school at CHHS,

Photo courtesy of Ellie Tuck



Something that Tuck has devoted part of her life to is her job. After receiving her CNA license in June of 2022, Tuck started working at the Petersburg Home for Ladies the following August. Since then, Tuck has spent her time there caring for a majority of the residents. This job has not only impacted her, but also has prepared her for her future to be an ER or NICU nurse.

but she feels as though she has changed a lot since freshman year.

"I have become more focused on my future goals

and school," Tuck said. "I started to apply myself more throughout high school and better myself as a person."

Davis brothers celebrate end of high school together

by Riley Bridgman

Typically, students who are in an exceptional education program graduate when they are 21, but brothers Ashton Davis, 12, and Dominic Davis, 12, will be celebrating the milestone of graduating high school together.

Mrs. Kathy Davis, mother of Ashton and Dominic, decided to withdraw Dominic from high school two years early so that he could graduate with Ashton.

“Initially I was going to have Dominic remain in school a little longer and graduate in two years; that way they would have their own special day,” said Mrs. Davis. “When Ashton found out, he told me that he was looking forward to the two of them graduating together. When he told me that, I had to change my mind, and we’ve all been excited since.”

Ashton is not the only one who is looking forward to graduating with his brother.

“I am excited for graduation, and I get to graduate with

Ashton,” said Dominic.

Throughout their lives together, both Dominic and Ashton have supported each other along the way.

vibrant and positive. He helped me keep friends, find friends or leave the bad friends behind.”

Likewise, Dominic stated

Photo courtesy of Kathy Davis



Throughout Dominic's involvement with the Special Olympics, Ashton has volunteered his time to help Dominic and others learn and develop skills at their events.

“He has helped me keep my head up and made me laugh through rough times,” said Ashton. “He got me back into sports after all the injuries and challenges I've faced. He's supportive, helpful and his attitude is always so

that Ashton always watches out for him and is always there when he needs him.

Although they have been together for their whole lives, Ashton and Dominic are going their separate ways

after high school. Ashton will be attending Bluffton University in Ohio, where he will play football, and Dominic is beginning a program called Project Search.

"I'll miss him pushing me to keep playing sports and hearing him scream what comes to mind when he is cheering," said Ashton. "I'll also miss his contagious smile and laughter and him always wanting hugs whenever he sees me or anyone."

With any siblings, the relationship can have its ups and downs.

"The only thing that was bad was dealing with people bullying him," said Ashton. "I couldn't go anywhere without hearing people thinking he's

Photo courtesy of Kathy Davis



Growing up, Dominic would do the coin toss or throw the football at Ashton's football games.

weird or that he shouldn't be there, but even when I wasn't able to protect him, he had amazing friends who did when I wasn't around."

Ashton and Dominic have made many memories together, especially involving sports, and learned from each other growing up.

"Dominic has watched Ashton play many sports, and Dominic has learned how to play them by imitation," said Mrs. Davis. "Dominic, I think, has taught Ashton how to be humble and enjoy life. Through Dominic's involvement with the Special Olympics, Ashton has been able to volunteer his time and help Dominic and others learn and develop skills at their events."

Ashton believes it is important that people understand that it's not a bad thing if someone is different.

"Don't think just because they are different that it's a bad thing, especially kids on the spectrum," said Ashton. "When I finally figured out why he was different, I didn't treat him differently and

Photo courtesy of Kathy Davis



Dominic stated that he will miss his friends after graduation when he is gone.

neither did my older or younger brothers and sisters. We would include him in everything, and he was always the winner no matter what."

After all the years, Ashton stated that Dominic has become his number one best friend, brother and fan.

"I know Dominic can't comprehend me going to college much, but I will miss him more than anything when I go," said Ashton. "I'll miss waking up to him giving me a hug and always having a smile when talking to me or anyone. If there is anything to take from this, it's that no matter how different they are, they can always be the best supporter and friend you could ever ask for."

Thayer devotes 13 years to competition cheer

by Arianna Wooldridge

Competition cheer is a very competitive and difficult sport. While some may disagree that cheerleading even is a sport, Zoey Thayer, 12, takes it very seriously.

In 2010, Thayer started her competition cheerleading career with All-Star Cheer, and continued to compete in competition cheerleading for 13 years. At school, she participated in football sideline cheer, basketball sideline cheer and competition cheer team from her freshman year through senior year of high school. This school year, she was captain of the football sideline cheer team.

“Cheer has affected my life by taking over all my free time,” said Thayer. “But almost over half of my friends are from my sport, I wouldn’t have had as many friends as I do today if it wasn’t for cheer; even my best friend Madison came through cheer.”

Thayer has also faced some challenges through

cheerleading.

“The toughest challenge I’ve probably faced in my whole cheer life is when I broke my hand my senior year and couldn’t compete on the mat with the high school competition team,” said Thayer. “I partially dislocated my shoulder from a stunt and was out for two weeks right at the beginning of the season, and then I came back for just a week and was excited to get started with my

Photo courtesy of Zoey Thayer



Throughout her years of cheer, Thayer has made lifelong friends who have stuck by her no matter what. One of these friends is Briahna Boundurant, 12. Together they have been through the highs and lows of high school cheer careers.

Photo courtesy of Zoey Thayer



Thayer began her competition cheerleading career in 2010 and continued for 13 years. At school, she was a member of various cheerleading squads at both CHMS and CHHS.

during the season when I'm doing football sideline, high school competition cheer, All-Star cheer and some cheer camps all on the same day or week," said Thayer. "But getting my school work done before I have cheer is how I balance it."

Mrs. Mary Vaughan, college/career counselor and cheer coach, has coached Thayer all four years of high school. Vaughan admires Thayer's positive attitude and commitment toward cheer.

"Zoey is enthusiastic and encourages others to have a positive attitude," said Vaughan. "She is known to have fun but knows when it is

time to get serious and get the job done."

Not only is Thayer admired by her coach, but also she is admired her fellow teammates. Mikayla Tiller, 9, has cheered with Thayer since the beginning of this year and credits Thayer always for helping new cheerleaders whenever they need it.

"[Thayer] has taught us a lot about cheer and school this past year and has always been there for anyone who had a question about anything," said Tiller. "She is kind, she is a good friend, an amazing cheerleader and a great role model."

Another cheerleader, Kennedy Saunders, 11, has known Thayer since middle school. She describes Thayer as having a bubbly and caring personality.

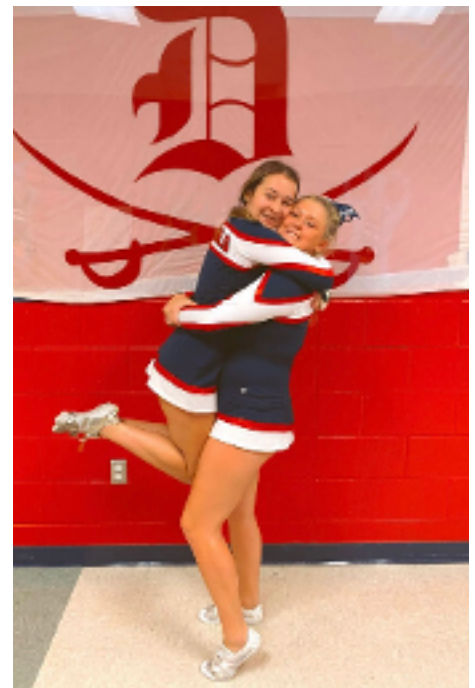
"No matter what is going on on the team or in her life, she is always smiling," said Saunders. "Zoey never fails to make others laugh."

The CHHS cheer teams are always looking for more cheerleaders. Thayer

encourages anyone who is looking to try something new to try out.

"If you've never cheered before, please try," said Thayer. "You never know how you will do and how you will like it. Try out for our high school competition team or even just sideline. They are two different things, and you gotta' find what you like best. Do not judge the sport until you try it yourself."

Photo courtesy of Zoey Thayer



Thayer has balanced school and cheer commitments by being sure to always complete her schoolwork before she goes to practices.

Senior athletes reminisce on their last moments of school sports

by Paris Baldwin

Throughout one's high school career, many students who play sports go through many challenges, whether it be injuries or balancing practice with school work. These three particular seniors have done just that.

William Fitch, 12, also known as Will, has played soccer since he was five years old. Having played this sport since he was little, just like his dad did, he has experienced his fair share of achievements and adversities throughout the years.

Photo courtesy of Slade Jackson



Ruxer served as goalie and captain for the varsity soccer team.

Having been named 1st team all region 21-22 and second team all region 20-21, Fitch was challenged with trying to balance school, soccer, travel soccer and AP classes.

"[Always] try to make the most out of your games regardless of the result," said Fitch.

Fitch tore his hip flexor at the beginning of the season, causing him to miss multiple games and not being able to play his best.

"It's sad that it's my last year playing for the school, but I couldn't ask for a better team for my last year," said Fitch.

Another fellow member of the CHHS soccer team Dylan Ruxer, 12, most commonly known as Ruxer, was goalkeeper and captain of the CHHS varsity soccer team. Having been playing since he was 6, stopping a couple of years during middle school, he was second team all regional sophomore year and first team all regional junior year.

Even though he experienced breaking and fracturing multiple fingers, including his pinky, during games throughout his 8th grade travel season, he likes

Photo courtesy of Will Fitch



Fitch has played soccer since he was only five years old.

playing as a senior on the soccer team because he is in control of how the game goes.

"If I play bad the team plays bad, but if I'm playing good, then the team is winning," said Ruxer.

Two of his favorite moments while playing with the team this year were when they beat Matoaca and then Prince George during their senior night, which is

important for many seniors.

"I'm more passionate now than when I was younger because I care more about winning now than I did then," said Ruxer. "Senior night was a big game going against what I believe to be our rival team, and all the seniors getting the recognition for us playing so long."

Like Ruxer, Ryan Ayi-Bamah has devoted many years to his sport.

Ayi-Bamah, 12, received two time all region track and field honors and set two school records for 300m and 4x200m.

He began with just using the sport for conditioning, but later realized he had "untapped potential," so he made track & field his main sport. He started practicing with the varsity team in 7th grade and later started competing during his freshman year.

"The other teams didn't really take us seriously so it messed with my confidence, but as the years went on and I got faster, they eventually had to show us some

respect," said Ayi-Bamah.

Ayi-Bamah's confidence was not the only adversity he went through. He faced shin splints, pulled hamstrings and patellar tendonitis, which is overuse of the knee.

"It made me take recovery more seriously to strengthen my body and prevent those injuries from happening again," said Ayi-Bamah. "It's kind of bittersweet because I

and focus on what I have been able to do in the time I had."

During his years of running, he learned many lessons and he has one piece of advice to leave for future runners of CHHS.

"Always be ready to put in as much as you can during practice and not to slack off," said Ayi-Bamah. "When you step on the track, you gotta'

Photo courtesy of Ryan Ayi-Bamah



Ayi-Bamah started conditioning with the track team just to stay in shape. Once he realized his potential, track became his primary focus in athletics.

really only had three years, and even though I always wonder how much faster I'd be now without COVID, it's better to not think about it

carry yourself like you're the fastest even though that might not be the case because the battle starts from within your mind."

Castillo named varsity soccer MVP

by Gavin Jarvis

Senior year for soccer players is their final year to make their mark on their high school soccer career. Through determination, practice and leadership, Jacinto Castillo, 12, has made his senior soccer season one for the books.

Jacinto is one of the team captains for the varsity boys soccer team. He has been playing soccer since he was four years old, and he has been awarded the boys varsity MVP for the 2023 season.

"It's been a bowl to be an outlet for my emotions and just thoughts so it's also been there for me from when I needed it," said Jacinto. "Also, it's super fun to make memories with a bunch of friends."

Carrying his team to the top three in the district/region, Jacinto scored over 20 goals during his senior season. Jacinto's performance has been noticed by many,

especially Mr. John McNulty, boys varsity coach.

"He is smart, quick and understands the game," said

Mr. McNulty. "He knows when to slow it down, when to move forward, and he is great on the ball. He can create his

Photo courtesy of Jacinto Castillo



Castillo is one of the captains for the boys varsity soccer team. His performance during his games are reflected through the more than 20 goals that he's scored.

own shot and shoot from anywhere.”

Mr. McNulty has only coached Jacinto for his senior year but has known him already by watching him from the sidelines. He recognizes Jacinto’s leadership traits with only just one season with him.

“His leadership abilities have become much more apparent to me this year watching him daily in practice and during the games,” said McNulty. “He is very vocal with his teammates and holds them accountable.”

Jacinto shows his soccer talent through his games, but he didn’t get as good as he is overnight: he had to practice.

“One thing I do is I dribble the ball through my house a lot,” said Jacinto. “I have a ball at my feet a lot, but also juggling the ball outside helps with ball control.”

Practicing for soccer may help Jacinto, but the support of his brothers, one being Julian Castillo, 12, is a big part as well.

“I enjoy having Jacinto as my twin because he helps me see

things from a different perspective, and I have someone who can understand me without having to say much,” said Julian.

Julian is also on the boys varsity team with Jacinto. They support each other by critiquing one another’s skills, on and off the field.

“It’s tough sometimes,” said Julian. “We can be a little rougher or more critical of each other, but it helps us improve each other.”

Julian tries to help Jacinto with soccer by talking to him about the game so that he can understand what to do differently in games. Jacinto returns the favor by encouraging Julian as well.

“Jacinto has been helping me improve my game since we were kids but especially this season with confidence on the ball and my touch,” said Julian.

Fortunately, all of Jacinto’s siblings play soccer. With four siblings, it’s convenient for them because they have enough people for two versus two, and it makes memories

between Jacinto and Julian.

“Watching the World Cup this past year with him was amazing,” said Julian. “We spent a lot of time together just laughing and talking

Photo courtesy of Jacinto Castillo



Castillo practices outside of school by dribbling or juggling a soccer ball to gain the upper hand during his soccer games.

about something we enjoyed.”

Jacinto will be attending Old Dominion University. Even though he has decided to leave soccer out of his main focus, his leadership abilities, relationships with teammates and noticeable soccer skills have made his senior soccer season a memorable one.

Sprouse strives for success on, off field

Photo by Raising Angels Photography



Sprouse played one year of JV and three years of varsity in the in the striker position.

by Emma Knode

Jessica Sprouse, 12, is pushing through her last year of high school as a senior. Sprouse has made many good friends and made so

much progress to get where she is today.

Sprouse credits several people that have helped her grow through the past four years. The first person is Mrs.

Dana Barefoot, chemistry teacher.

"Mrs. Barefoot has always given me advice and has looked out for me over the past few years," said Sprouse.

Mrs. Barefoot has noticed a lot of growth in Sprouse.

"When I first met Jessica, she was very shy and reserved," said Barefoot. "I feel that now I see a stronger woman who is willing to express her feelings."

Mrs. Barefoot predicts many opportunities for Sprouse.

"I see Jess entering a field of engineering, which is a male-dominated career," said Barefoot.

Sprouse will continue her education after high school.

"I plan on going to Virginia Tech and double majoring in building and construction," said Sprouse.

Sprouse has made some close connections with people on the soccer team. One of her closest connections has been with Kayla Buffalow, 10.

"Jess has affected me by being another source of not only a teammate but as a coach as well," said Buffalow. "She's always there to support and teach me and others."

Buffalow admires several of Sprouse's personality traits

"She is so funny and can make you laugh forever, and she is one of the easiest people to talk to that I have met," said Buffalow. "She doesn't judge but cares at the same time."

Sprouse's soccer coach, Ms. Sarah Crinkley, has made sure Sprouse is working hard and putting her best foot forward.

"I feel like she was a player

who lacked confidence, and it was so fun to see her build it up," said Ms. Crinkley. "Each game she gets better, and we see new skills every game."

Ms. Crinkley loves to see Sprouse improve and get better every game and practice. Ms. Crinkley notices when Sprouse is inspired and motivated.

"One of my favorite things about Jess is when she hits a speed that you never know she had," said Crinkley. "You can tell when she is goal hungry and ready to go."

Sprouse has also been playing field hockey since her freshman year in high school. She has made close friendships and connections

Photo by Raising Angels Photography



Both Sprouse's soccer and field hockey coaches describe her as dedicated and hard working.

with her teammates. Her coach, Officer Wayne Moody, school resource officer, has helped her improve and has seen those improvements.

"Jessica is a team player, dedicated, and always wanting to improve and get better," said Officer Moody.

Sprouse has a bit of advice for incoming freshmen to make it to their senior year.

"Make sure you get involved in sports and clubs because it will help you get into a good college," said Sprouse.

Photo by Raising Angels Photography



Sprouse was escorted by her parents at Senior Night in May.

Lynch aspires to create his own brand after graduation

by Landon Lopez

If you ever feel out of place or unmotivated doing something that includes your future, it could be that you're going the wrong direction.

A huge question that looms in the mind of every senior is, "what am I going to do after high school?"

There are many opportunities available, such as college, trade school, work force and military. Seniors are adults and should be responsible for their own decisions.

Ryan Lynch, 12, had a plan to go to Central Carolina Community College in North Carolina.

"My plans after high school were kind of forced on me as far as college and school goes, and now I found something that I want to do and followed that instead," said Lynch.

It's always good to get a job and/or stay in school, but some people have been more successful than ever because they followed their passion.

Photo by Landon Lopez



Lynch had a unique junior year. During this time, Lynch went on a trucking road trip with his brother and took virtual classes. While being on the road, he was exposed to new cultures and experiences.

College isn't for everyone, and that's okay.

"As much as you don't enjoy school or want to be here, it'll help in the long run," said Lynch. "I think high school is the minimum you need, and then, after that, it's your

choice."

Lynch wants to experience the workforce as soon as possible to provide for him and his family in the near future.

He wants to be a motorcycle

technician, and if he works hard enough, he would like to open up his own motorsport brand and shop.

Support from teachers can really encourage a student more than they know.

“Ryan is quiet, but I can tell he works hard and is always on top of his assignments,” said Mrs. Laurie Melis, Spanish teacher. “He’s a good kid, and I know he’ll have a bright future!”

Lynch wasn’t afraid of transitioning to CHHS in 2021 but was more afraid of meeting new people and making friends.

Since then, Lynch has come to the realization that there was nothing to be afraid of and has made some

memorable moments in his high school career.

“My senior year Homecoming was my favorite night,” said Lynch. “I’m excited about graduation.”

You may not be able to find yourself in the present or future, but that doesn’t mean you failed or you should give up. The attitude of a student can really affect the aura in the room, and it’s always important to stay positive and remember your origin whilst reminding yourself why you’re chasing your dream.

“You can always better yourself to not only benefit you, but others as well,” said Lynch.

Lynch has realized who he has for motivation and has

absorbed and put it to good use by turning in all his assignments and putting more thought and effort into his work.

Some students may not be the most talkative person, but that doesn’t mean they aren’t afraid to share their own opinions and perspectives. All it takes is a conversation and positive words to change someone’s mood and encourage them to try harder, do better and improve socially and mentally.

“My greatest accomplishment as a senior is being presented the Presidential Award for obtaining a 3.5 GPA,” said Lynch.

Samuels dedicates four years to yearbook

by Aurora Lee

The yearbook is something that many people wait for all year round. While receiving the yearbook may be easy, the process of making it isn't.

"The process of yearbook normally is, sometimes you choose your templates, sometimes you don't," said Samuels, yearbook staff writer. "When you have to make your template, it just depends on the subject you have. You set it up, you go out and write a list, put people you may want to interview. You have to write your questions and make sure they are checked by Mrs. Puckett. After that, you go out and interview the people, then form pictures."

Yearbook can be very hard, but it can also be easy and fun. Samuels states that picking out pictures for the spread can be easy and not so time consuming while choosing a quality headline and subhead can be very hard.

"By communicating with

staff and students, the year-long process. yearbook staff can easily

Photo courtesy of Shauntel Samuels



Samuels will continue her education at Brightpoint Community College, where she plans to study nursing with a goal of teaching after she becomes an RN.

collect information and great memories with other staff and students," said Samuels.

Yearbook takes dedication, hardships, and, most importantly, it takes patience. Creating the yearbook is a

"It takes time, dedication and hardwork to make the yearbook," said Samuels. "Before we finalize the books, there's many corrections we have to make, especially with names."

Photo courtesy of Shauntel Samuels



Samuels has been a part of the yearbook staff since her freshman year.

“Writing my copy or choosing a great mod” can be a long process of yearbook, according to Samuels. While writing or creating a mod can be a very long process, “dropping pictures in the template” is one of the shortest processes of yearbook. There is much

more that goes into the yearbook than many think.

The yearbook community is a good environment for kids to be in. Whether you are very quiet and calm, or loud and energetic, yearbook is for everybody.

“When I realized I wanted to

go into nursing and teaching, I thought I needed more people skills to succeed in those fields,” said Samuels.

“Yearbook did help me with ‘being an introvert.’ Now I feel as if I can talk to anyone about anything if needed, and it made me very open minded to everything,” said Samuels. “Join if you feel like you need a change of scenery.”

Everybody who invests time and/or money into the yearbook is excited to finally receive their book, but is receiving the yearbook as exciting as finishing it?

“It’s a relief when it is over and just good all around because we made the book to make students happy,” said Samuels.

Mrs. Taylor Puckett, yearbook advisor, has seen growth from Samuels during her four years with yearbook.

“Shauntel is a creative, hard-working individual who is a team player and is always willing to accept any tasks given to her,” said Mrs. Puckett.

Seniors reflect on benefits of drama program

by Whitney Williamson

For seniors, there may be some classes that they will not think twice about after they graduate high school, but for Gabryela Wolfe, 12, Mikayla Heermace, 12, and Maria Sorensen, 12, drama is a class that they will deeply miss.

Wolfe is just one senior that has been involved in CHHS's drama program for all four years of her high school career.

"My drama experience while at CHHS has been wonderful," said Wolfe. "I started as a freshman in 'Newsies' and ended as a senior in 'Animal Farm.'"

From Wolfe's first performance in 'Newsies' as a freshman, to her latest performance in 'Animal Farm' as a senior, she feels as though she has come a long way in terms of personal improvement.

"Overall, being a part of the program has helped me grow as a person and a leader," said Wolfe.

Sorensen, another senior, has also been involved in drama for all four years of her high school career. Similar to Wolfe, Sorensen has had a moving experience whilst being involved in the drama program at CHHS.

"Doing drama at CHHS has been such a positive experience," said Sorensen. "It has helped me get out of

my shell and create close relationships."

In addition to Wolfe and Sorensen's opinions on CHHS's drama class, Heermace, another senior involved in drama, has been positively affected by the class.

"I've always felt welcome," said Heermace. "Even if I had a bad morning, once I step

Photo courtesy of Andrew Bryce



Maria Sorensen played the lead role of Dorothy in the April musical production of "The Wizard of Oz." She plans to study theater education and continue to perform at Christopher Newport University.

into the doors of the classroom, everything is at ease.”

The drama industry may not be for everyone once they graduate high school and are preparing themselves to begin their adult lives, but for Wolfe and Sorensen, it is one activity that they are looking forward to pursuing in their post-high school lives.

As for Sorensen, she is interested in furthering her

knowledge in theatre whilst attending college.

“After graduation, I’ll be attending Christopher Newport University, majoring in theatre studies,” said Sorensen. “I hope to continue being involved in college productions and to learn more about theater.”

Once Sorensen becomes a college graduate, she desires to focus on the educational aspect of theater.

“After graduating college, I’d like to have a drama-based career, like teaching of that sort,” said Sorensen.

Mr. Andrew Bryce, drama teacher, has just recently started teaching at CHHS but has already made close connections with his graduating students. Mr. Bryce feels as though the seniors in drama have made his first year at the high school memorable and rewarding.

“I’ve been very lucky to have this senior crew during my first year at Colonial Heights,” said Mr. Bryce. “They’ve made it very easy to learn the club’s traditions and history and have set an example of how to enjoy your time on stage for future classes.”

Mr. Bryce is hopeful that his graduating students will succeed in whatever ventures they choose to pursue after high school.

“I wish them all the best of luck in whatever future theater endeavors they pursue,” said Mr. Bryce.

Photo courtesy of Andrew Bryce



In his final performance with Colonial Players, Forest Oldmixon, 12, played the role of Tin Man in the musical production of “The Wizard of Oz.” Due to the renovations of the fine arts wing, the shows were performed in the CHMS auditorium.

Chorus seniors, director begin new life journeys

by Ethan Leininger

Through her passion for music and love for students, Mrs. Cynthia Breckenridge has touched the hearts of her graduating seniors. Since Mrs. Breckenridge is retiring at the end of this school year, she and her seniors will be leaving together.

Mrs. Breckenridge is the choir teacher/director and has always had a serious love and passion for not only her career, but also for all of her students and close staff members.

"Mrs. Breckenridge helped enrich my learning experience by being so passionate about what she teaches," said Nicholas Sprinkle, 12. "I went into Music Appreciation just to get a college credit, but because of her, I learned to appreciate music and its history."

Her efforts in music education really help students want to learn about music and appreciate it; however, music appreciation isn't the only thing these

students take from their classes.

"I have learned leadership skills and how to showcase myself," said Arriyah Carson, 12. "Whenever I feel like giving up, I feel like I need to push harder instead."

Even the COVID years of the school didn't stop the students from learning what they could from Mrs.

Breckenridge. Their passion for music was unbreakable even through the thickest mud.

"She operated through multiple years of COVID," said Mr. James Burnett, assistant principal. "She had innovative classes, she always had work-arounds and worked through it; it was hard at that point in time for music teachers."

Photo by Terri Moody



Senior chorus students Arriyah Carson and Gabryela Wolfe will graduate as their director Mrs. Cynthia Breckenridge retires.

There are many skills to learn by taking the chorus class. Not only do you get the chance to learn about music's history and take the time to really understand it, but you also get to learn crucial skills that could be used in the real world.

"I learned how to work well with others and the technical terms and techniques involved in being a singer," said Gabryela Wolfe, 12. "Mrs. Breckenridge is a great teacher, teaching more than just music. She builds a safe

space in her room, allowing the students to be themselves."

These students made very fond memories in their classes and had a great time with the people they met along the way. With the social skills they learned, as well, it will be a lot easier for them to succeed after high school.

Of course, none of this would've been possible without Mrs. Breckenridge. Chorus seniors Carson and Wolfe have some gratitude and retirement wishes for

their beloved "Mrs. B."

"I'm going to miss you and your class as you're one of the best teachers I've had the pleasure of knowing," said Wolfe. "I hope your retirement treats you well and you get all the happiness and peace you deserve."

"I will miss you truly, and it was the best experience with you, and I hope you enjoy your retirement, and thank you for everything you have done for me," said Carson.

Photo by Terri Moody



Carson and Wolfe appreciate the life lessons that Mrs. Breckenridge taught them throughout their years in the choral program. "I have learned vocal anatomy, meaning how to showcase my talent the correct way and how to work with others," said Carson.

Band, color guard members reflect on skills, lessons learned

by Alissie Harvey

Mr. Zachary Conley, band director, wanted to give students the same opportunity that he had when he was in high school. Some of these students who have benefited from Mr. Conley's passion for music education are the graduating seniors of the band program.

Mr. Conley said he is proud of the seniors, and he wishes them nothing but the best as they get ready to graduate and move on to the next chapter of their lives.

A few of the seniors from marching band and color

guard reflected on their time in the CHHS music program.

Gavin Shelton, 12, has been playing the french horn for five years.

"The horn was extremely difficult to get the hang of," said Shelton. "Last year was the year I genuinely started to feel comfortable on the instrument and could hit notes consistently."

Shelton credits the band program for developing not only his musical skills, but also his character.

"Being the marching band's drum major for the past two years and getting to play

mellophone my 8th and 9th grade years taught me dedication, leadership and responsibility," said Shelton. "Being a part of this program has made me really grow to be a better and more sociable person."

Additionally, he has learned leadership skills.

"I have learned that hard work and dedication definitely pay off in the long run, leadership is more than being in charge of others and that humbleness gets you further than hubris does," said Shelton.

Kendra Cowart, another senior, plays the flute and piccolo. She has been playing the flute for eight years and piccolo for two years.

"It takes at least four full months to be able to make an at least nice sounding note in the beginning" said Cowart of her commitment to learning to play her instrument.

She developed a strong work ethic and sense of loyalty.

Photo courtesy of Keandra Cowart



The senior members of marching band and color guard are as follows pictured from left to right. Back line: Delaney Stratton, Donovan Milton, Mackensie Stratton, John Jackson, Robert Kline, Rylan Waller, Emma Morgan, Nick Haskett, Immanuel Muhammad; front line: Gavin Shelton, Allyson Gilmore, Beecher Powers, Keandra Cowart, Emily Jones, Lily Zheng, Helen Duke

“Participating in the marching band really taught me perseverance and how to work with others,” said Cowart. “Being a section leader for the flute section has helped me be able to take control in desperate situations and to be relied on.”

She also learned some life lessons along the way.

“Always be early for everything,” said Cowart. “Skill can’t be rushed and takes a lot of time. Not to be egotistical, there’s always someone better. To be respectful and kind, even when you don’t want to be. To always work to be the better version of yourself.”

Seniors Lily Zheng and Helen Duke have similar sentiments and gratitude about their time participating in color guard.

Zheng has been in the color guard for her whole high school career, and during her senior year, Zheng was honored to be named captain alongside Duke.

Zheng had a lot to learn when she first started.

“Since I didn’t have any dance experience, it was definitely difficult learning basic dance techniques, and it was especially difficult learning how to spin and toss equipment,” said Zheng. “The most excruciating part of guard for me was having to build the arm strength and endurance necessary to perform our shows.”

Zheng is grateful for all that she has learned through her

lovely instructors and sharpened my work ethic and skills. Thanks to my time in the color guard, I have learned to step out of my comfort zone, be a leader and to never stop improving.”

Giving less than 100 percent has never been an option for Zheng.

“Self improvement and always giving your all are big values to me, and throughout

Photo courtesy of Gavin Shelton



The marching band and color guard seniors practiced countless hours for halftime performances and competitions. Many noted that they learned valuable life lessons and developed positive character traits through their participation in the program.

participation.

“Being a part of the color guard was the first time I had ever joined a team, and I am so thankful for the second family I found through the marching band program,” said Zheng. “I met so many amazing friends, worked with

the season, I always practiced until the sky started spinning, and I learned that the work you put in truly gets reflected in every single performance,” said Zheng.

Duke has participated in color guard for three years, with one of those years cut

short due to COVID.

“This sport is very special to my heart because it brought me closer to my love for the arts, dance, art and winter guard,” said Duke. “I’ve made lots of friends along the way to help with getting through high school with lifelong memories and friendships

that have brought me out of the once very shy person I was when in 9th grade.”

Along with those memories and friendships, Duke has picked up skills to handle the ups and downs of life.

“It has taught me that even when times are stressed, not to give up and just continue

to believe in yourself and your team and the beautiful outcome that the ending will have,” said Duke. “Have faith, be responsible, be a role model, and to always be kind to others even when they aren’t. Teamwork makes the dream work!”

Photo courtesy of Gavin Shelton



Pictured from left to right are the seniors of the band program at their last concert.

Back line: Gavin Shelton, Donovan Milton, Zacharyeah Tanner

Middle line: Robert Kline, Rylan Waller, Beecher Powers, Mackensie Stratton, Delaney Stratton, Emily Jones

Front line: Emma Morgan, Nicholas Haskett, Immanuel Muhammed, Keandra Cowart, Allyson Gilmore

DECA seniors ready to apply life lessons

by Logan Buck

As the year comes to an end and clubs come to a close, the seniors are saying their final goodbyes to their time in high school. Although the students are leaving high school, the members of DECA, a co-curricular club that relates to the work done in marketing class, are ready to apply the lessons they have learned outside of school.

"In DECA, you learn a lot of things that you're going to take with you in life," said Eliza Chiodo, 12. "You learn a bunch of things like how to send an email, how to demote somebody, how to promote somebody, how to respectfully fire somebody and who you're going to fire."

Throughout their time in DECA, seniors Jerry Dong, vice president; Chiodo; Olivia Harrison; and Zoey Thayer have experienced the challenges that come with DECA. Although competing was stressful, Dong believes qualifying for states was rewarding.

"I believe my biggest achievement regarding DECA was getting our members to district and state competitions," said Dong.

Mrs. Susannah Oates, marketing teacher and DECA advisor, believes her seniors have accomplished more feats. Aside from becoming state qualifiers, she is proud of them for overcoming the challenges of having a new teacher, assisting in recruitment post-COVID and

exhibiting leadership skills.

"The seniors have done an amazing job leading underclassmen by supporting and mentoring the younger students," said Mrs. Oates. "They have been supportive and cheered the students on during times of stress."

Mrs. Oates is not only proud of their achievements in the club, but is also proud of them as human beings.

"I am proud of my seniors and wish them all of the best in their futures," said Mrs. Oates. "These seniors were patient with me and showed true character in their leadership roles. The world is a better place because of these young men and women."



Seniors choose out-of-state colleges

by Kiyah Wilson

Traveling into new states could always be fun, but balancing a new state and school could always have a few challenges. Near the end of the 2022-23 school year, there are many students who have decided to further their education. Many seniors have decided to go to an in-state school, but there are a few that have a different mindset.

One CHHS student that has decided to further her education in a different state is Eliza Chiodo, 12. Chiodo has decided to continue her education at the University of Alabama in Tuscaloosa.

She is going to pursue a degree in communications with a concentration in sports media. She has never moved states before so she is excited to venture out.

“Don’t set any limitations for yourself,” said Chiodo. “If there is something that you wanna’ do, do it, and don’t look back.”

One other soon-to-be CHHS graduate is Issac Perez, 12. He will travel across the country to pursue his college life. He has decided to go to Central Washington University to major in sports medicine and minor in video editing.

Photo by Emily Chiodo



Eliza Chiodo will start her college career in the fall at the University of Alabama at Tuscaloosa. She plans to major in communications with a concentration in sports media.

He feels pretty confident about being able to adapt to moving to a different place.

“My dad is in the military, so I’ve moved around a lot,” said Perez. “I haven’t had much

trouble adapting in the past, so this time around I should be fine.”

Although he is moving there, this isn’t his first time visiting the state. He has been there once for vacation with his family.

There aren’t many staff members who have been out of state for college, but one had decided during high school where she was going to pursue her education. Mrs. Dana Barefoot, chemistry teacher, pursued her career at East Carolina University. While she was originally born in Wisconsin, she was too young to remember anything, so she considers Virginia her first home. She offered some advice to seniors who are going away to college.

“I would suggest persevere and push yourself to stay on campus,” said Mrs. Barefoot. “Try not to come back home very quickly: it will make you more independent.”

Seniors enlist in the military

by Micah Wilkerson

Some of our CHHS students would like to improve the world by enlisting in the military.

"I would like to join the military," said Gabryela Wolfe, 12. "I always wanted to do something important, but I never wanted any kind of fame or mass recognition. I also always liked the lifestyle and the family atmosphere that came with joining."

"I enlisted in the Army in December for multiple reasons, the first being that they gave me the best deal," said Wolfe. "The main reason is that one person in every generation of my family has gone into the Army. The last reason is that I wanted to be the first female in my family to join."

While in the military, she might try to take some college courses.

Dillion Osbourne, 12, is also joining the military.

"I wanted to join the military because I didn't want to attend school right after high school," said Osbourne. "I wanted to start my life."

He also mentioned he's going to the Marines.

"I'm going to the Marines because I like challenging myself, and they are known as the hardest branch to join," said Osbourne.

He also thinks he wants to be an officer.

"I'm going to the reserves," said Osbourne. "I'm coming back to Virginia after boot camp to start college in January. Going to college is a

part of my plan to become a fighter pilot. I need college so I'm able to become an officer so I can start my flight training."

In contrast, Arriyah Carson, 12, would like to join the Army.

"My family, this has been a family tradition, and I'm just continuing the family tradition," said Carson.

"The Army is a great branch, and also my family was in the Army," said Carson.

She plans to serve for 20 years.

"I will be going in for nursing," said Carson. "I will be doing 20 years, and I will be attending college while in the military to do my nursing."



Seniors anticipate transition to college

by Caroline Woodward

Now that we're approaching the end of the school year, seniors are about to accomplish one of the many exciting milestones in their lives: graduation. Some seniors may feel ready to head out into the real world, while some may be a bit apprehensive. Although pursuing a college career may not be for every high school graduate, a majority are planning on attending either a community college or a four-year university.

As the month of August rapidly approaches, many incoming college freshmen may feel nervous and unsure about the start of their new academic journey. College freshmen can expect a lot of changes in their lives as college is often used as an opportunity to find oneself and discover what kind of people they want to be in the world.

With this new experience, it is normal for students to have some worries and fears about

heading to college. Some trepidations can include choosing the right major, making new friends to surround yourself with and missing home and the old normal we all once knew as high school.

Mr. Peyton Townsend, an admissions officer at Christopher Newport University, said that adjusting to college life can be a difficult task for some freshmen as they are leaving what and who they know to experience an entirely new setting and group of people.

"Some incoming freshmen may worry about leaving behind their friends and family for a new environment, but keep in mind that going to college is a transitional period for everyone involved," said Mr. Townsend.

Adrianna Minor, 12, will be attending James Madison University in the fall, and she's excited about beginning a new life for herself; however, she is worried about meeting new people

and finding a new group of friends.

"I am very close with my friends, and none of us are attending the same school, so I'm really worried about having to make new friends and being in an unfamiliar environment," said Minor. "While I'm afraid of new things, it's also what I am most excited for -- having my own life and making my own choices in a school I chose to attend."

Gavin Shelton, 12, will be attending Bridgewater College and is nervous about living on his own for the first time. Even though he is anxious about the new environment he will be in, he is still looking forward to the many opportunities he will have while attending college.

"I am most worried about the new environment and living space because this will be the first time I have ever officially lived away from home," said Shelton. "I am most excited to join the strong music program

because it will help me further my music career and meet others that are heavily involved in music.”

To make the adaptation to campus life easier, many college students are encouraged to get involved with campus-related activities. Participating in new clubs and organizations is a great way to meet new people and to discover hidden interests.

“[Freshman can get to know

their school and campus better by] finding ways to get involved on [their] campus and in the local community,” said Mr. Townsend. “Take advantage of involvement fairs, say ‘hi’ to your peers, schedule a weekly meal with new friends and volunteer with service sites who are looking for extra help.”

Although the transition to college can be a tense at times, rising freshmen have much to look forward to in

their college careers.

“Rising college freshmen can look forward to meeting new people, taking on new responsibilities and learning so many new skills every day,” said Townsend. “Everyone says it, but college goes by quickly. My greatest advice would be to savor every moment, and don't forget to take time for yourself when you need it while also making an effort to step outside of your comfort zone.”

10 HIGH SCHOOL TO COLLEGE TRANSITION TIPS

- 1 SHARPEN YOUR STUDY SKILLS
- 2 DEVELOP **TIME** MANAGEMENT SKILLS
- 3 WORK ON READING SKILLS
- 4 BE READY TO WRITE A LOT
- 5 TAKE CARE OF YOURSELF
- 6 BE **ASSERTIVE**
- 7 DON'T ALLOW PROCRASTINATION
- 8 LEARN TO **LAUGH AT YOURSELF**
- 9 LEARN HOW TO BUDGET
- 10 **DON'T BE AFRAID OF HELP**

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Senior Spotlight: Paris Baldwin

Photo courtesy of Paris Baldwin



Baldwin enjoys attending soccer games to watch her friends play, reading and "just trying to enjoy our senior year."

by Terri Miles Moody

If Paris Baldwin, 12, could change anything about her high school experience, she would have transferred to CHHS sooner.

"It is honestly one of the best schools I've been to," said Baldwin, who has attended many schools due to her mother's military service.

"CHHS has been so welcoming since I joined," said Baldwin. "I've made some of the best connections

with not only the students, but the teachers and staff as well."

"I wish I could've come to this school sooner," said Baldwin. "It's one of the best I've ever been to. Each staff member has made this place feel like home."

Several teachers and staff members have made a positive impact on Baldwin. First, her counselor, Mrs. Darby Wheeler, helped her get involved in a sport during the summer.

"Mrs. Wheeler, my amazing counselor, helped me join a sport before school even started so I had friends," said Baldwin.

That sport -- cross country -- introduced Baldwin to two coaches: Mr. Mickey Alderson and Mr. Tim Ralph.

"My two amazing coaches, Coach Alderson and Coach Ralph, during my two running years, always pushed me to do better," said Baldwin.

Another coach, Mr. Jacob Crowder, didn't necessarily inspire Baldwin as she ran over the wooded trails, but he lifted her spirits during the school day.

"Coach Crowder with his sarcastic and fun talks during lunch always helped me laugh even when I wasn't feeling good," said Baldwin.

Mrs. Dana Barefoot aided her during chemistry class.

"Mrs. Barefoot understood that I was a transfer student and always made a point to ask if I needed any help," said Baldwin.

Finally, Mr. Hoffer always got her day off to a good start.

“Coach Hoffer, my VA/US History teacher, with his Disney music first thing in the morning for class always got me in high spirits,” said Baldwin.

The next steps for Baldwin will be Fayetteville Technical Community College and then military service.

“I plan to attend FTTC in Fayetteville, N.C., to get my general studies out of the way, then transfer to a university to study social work and minor in children's education and after, enter the military as an officer in the Air Force,” said Baldwin.

She draws inspiration to achieve her goals from “every teacher I’ve ever had throughout my life.”

“Each and everyone I’ve met has inspired me to do what I do, especially CHHS staff,” said Baldwin. “They’ve all been a joy to be around.”

For the underclassmen who will remain at CHHS after she graduates, Baldwin has some advice.

“Do everything,” said Baldwin. “Time in high school goes by fast, and you may never see your friends again, so join everything, participate in school activities and enjoy your high school years.”

During her time in high school, Baldwin ran cross country and was a staff writer for *Colonial Courier*. Her time in the journalism program has helped her meet new people.

“I have gotten to know more of the CHHS students and staff through this class,” said Baldwin. “Not to mention, it's fun to take.”

Among Baldwin’s favorite memories of CHHS include the “end of year picnic or any type of activity where the whole school participated.”

As she begins her post-high school life, Baldwin has some fears and some ambitions.

“Life outside of what we know right now is scary,” said Baldwin. “We have bills and more responsibility, but I guess I can say I’m looking forward to learning more -- not only about the people but the world as well.”

Photo courtesy of Paris Baldwin



During her two years of running cross country, she was motivated to “do better” by Coach Alderson and Coach Ralph.

Senior Spotlight: Riley Bridgman

by Terri Miles Moody

Even though she spends much of her time in the water, Riley Bridgman, 12, is more than just a swimmer. The two-time VHSL state swim champion practices when most of her classmates are still snuggled up in their beds and travels across the country to compete; however, she is also a top-notch student, volunteer and aspiring elementary school teacher.

During her junior year, Bridgman committed to swimming for James Madison University, a Division 1 team. In addition to her three years of swimming for CHHS, she has competed for nine years with Quest.

"I have multiple program records for different age groups," said Bridgman. "I have qualified for Winter Junior Nationals and Summer Junior Nationals, won events at our Florida nationals meet, and finished top 8 a lot at our state championships."

Photo courtesy of Riley Bridgman



To relax outside of her many time commitments, Bridgman enjoys spending time with her family and shopping.

"Quest is the reason I am as accomplished as I am today, so I really owe everything to my coaches and teammates for helping me achieve what I have," said Bridgman.

Among her many swim experiences, winning the

VHSL state championship for 100-yard breaststroke during her sophomore year was especially meaningful.

"I think that even though I had a lot going on in my life, winning states my sophomore year was one of

my favorite memories,” said Bridgman. “That was during a time when my dad was having surgery again with his leg. That is my only big swim meet he wasn’t able to attend. He is always at my swim meets cheering me on, so it was hard not having him there. I know he was supporting from home, but it

wasn’t the same.”

“I think winning that year meant a lot to me because of all the bad times that year had brought,” said Bridgman. “It may have been the worst year that I could have ever imagined, but at least I was able to have one thing go my way and turn out okay.”

While at JMU, she plans to

study elementary education.

“I plan on doing their 5-year master’s program for teaching so I can graduate with my master’s,” said Bridgman. “I don’t know what I want to minor in yet. After I graduate I want to come back to CH and -- hopefully -- work at Lakeview Elementary.”

Bridgman wants to become a teacher because of her positive experiences with her own teachers and classes at CHPS. The journalism program, in particular, has helped her grow as a writer and as a leader.

“Journalism has helped me so much,” said Bridgman, who has served as both a features editor and co-editor-in-chief of *Colonial Courier*. “Coming into high school I was scared of talking to people I didn’t know. Journalism has helped me branch out and strengthen my communication skills. I can go and talk to any student or teacher without getting nervous. I also think that my writing has gotten better.”

In addition to her writing

Photo courtesy of Riley Bridgman



Bridgman committed to James Madison University's swim team during her junior year of high school. She will pursue a master's degree in elementary education.

skills, Bridgman believes her inter-personal skills have also improved.

“Finally, I think that my mentoring and patience has gotten better,” said Bridgman. “Sometimes mentoring is tough. The [Journalism 1 students] are still learning everything and are not as comfortable with how we do things. It is hard to be patient and remember they are still learning, but it has helped me realize what being a teacher is going to be like.”

The journalism program, in which Bridgman has spent five semesters, will be what she misses the most about CHHS.

“Throughout all of high school, that class was my safe space,” said Bridgman. “No matter what was going on I would feel like everything was okay if I was in class.”

Bridgman credits two teachers for helping her to navigate her high school journey.

“The staff member that has helped me the most is definitely Mrs. Moody,” said Bridgman. “She has been with

me since freshman year. She has seen everything that has happened. I wouldn’t be the woman I am today if it weren’t for Mrs. Moody.”

“Another teacher that has helped me a lot is Mrs. Barefoot,” said Bridgman. “Although I didn’t get close to her until 10th grade, she impacted my life a lot. She was also someone I trusted completely with anything I

ever needed. Both teachers were like my school moms.”

Despite its obstacles, her time at CHHS has been meaningful and productive.

“Colonial Heights has been my home forever, so it will be hard leaving,” said Bridgman. “I am thankful for all the connections and relationships I have formed throughout my years here. I used to be one

Photo courtesy of Riley Bridgman



Bridgman's parents, Alan and Amber Bridgman, have been her biggest fans throughout her nine years of swimming for Quest and three years of swimming for CHHS.

of the kids that would talk about how they can't wait to get out. I still can't wait to go to JMU, but I don't think I could ever leave CH completely. No matter how hard I try, CHHS will always have a place in my heart."

Bridgman looks forward to creating a space in her heart for Harrisonburg, Va., and her new swim teammates.

"I can't wait to be at a place I love 1000%," said Bridgman. "I will be on a team where I am supported no matter what. I will be understood by 30+ girls who are all in the same boat. I also will be at a place where I can academically strive. I will be at an amazing college, where they create many amazing teachers. JMU is going to be the fresh start that I have wanted."

As excited as she is to start anew at JMU, she will miss her mom, her biggest inspiration.

"My mom is the person I admire the most," said Bridgman. "To start, her childhood wasn't the best. As she has gotten older, she has

lost a lot in her life. Out of her family, she only talks to her sister. She basically raised my aunt, my brother and I. She has done a lot without having the support of her own mom or dad."

"She inspires me because throughout all of this, she has stayed the best mom I could ever ask for," said Bridgman. "She is my best friend in the whole world. She takes care of everyone and still works a full-time job. I hope when I am a mom, I can be half the mom that she is. I know that no matter what happens, I will always have her."

Bridgman will also miss seeing her baby cousin Salem.

"I look at her as my baby sister," said Bridgman. "She is my best friend, and I see her every day. It will be hard not seeing her or having her come wake me up from my nap every day."

When she takes a break from swim, school work and family, Bridgman loves nothing more than to experience live music.

"Taylor Swift has definitely

been the best," said Bridgman. "I have seen her twice, but both of her shows are still top two. The Eras Tour is definitely #1."

"I like to go to concerts because I enjoy experiences," said Bridgman. "I like being able to make the memories and see my favorite artists in person."

In addition to swimming and studying, Bridgman has been a member of JOI Club, Beta Club, SCA and NHS, in which she serves on the executive board. She encourages all underclassmen to get involved in school activities and prioritize their own happiness.

"One piece of advice I would give to underclassmen is to do what makes you truly happy," said Bridgman. "You probably won't talk to half the people you talk to now after high school, so stressing about friends and relationships is not worth it. You need to do what makes you happy, even if it means making other people unhappy."

Senior Spotlight: Eliza Chiodo

Photo courtesy of Eliza Chiodo



Chiodo has been involved in many clubs and activities while at CHHS and encourages others to get involved to make the most of their high school years.

by Terri Miles Moody

When she took the chance to take a new elective, Eliza Chiodo, 12, had no idea that she would discover what she wants to do with her life.

"I have benefited from journalism more than I could ever imagine," said Chiodo, who served as a staff writer during her junior and senior years. "I found what I want to

do with my life and in my career. I learned how to interview people and talk in front of many people. My writing skills also skyrocketed."

The path to a career in sports media will take her to the University of Alabama this fall. She will major in communications with a concentration in sports

media.

"I am looking forward to finding a career that I enjoy!" said Chiodo.

Even though she has some hesitations about going to college several states away from home, she knows her family won't be too far behind.

"I'm scared of being so far from my family at school, but I know they will come visit," said Chiodo.

Despite the mileage that will be between them, Chiodo has no doubt that her mom Mrs. Emily Chiodo, CHMS reading specialist, will continue to be her biggest supporter.

"My mom inspires me every day," said Chiodo. "No matter what she has going on, she is always there to lend a helping hand. She really is what I would describe as perfect."

As Chiodo is taking a big step away from home to attend college and pursue her dreams, she encourages others, also, to step outside of their comfort zones.

“Don’t be scared of anything and make big plans for yourself,” said Chiodo.

This advice applies to not only life after high school, but also life during high school. Chiodo would like to see students participate more in school activities.

“I would change people’s involvement around school,” said Chiodo. “I think being involved and getting to know people and the community at your school helps to enjoy your high school years.”

Chiodo certainly took her own advice. She has been a member of NHS, NTHS, DECA, FCA and Quill and Scroll and served as the president of Beta Club. She also played varsity basketball during grades 9-11.

During her time at CHHS, one special event stands out as a favorite memory.

“One of my favorite CHHS memories is Bring Your Kid to Work Day,” said Chiodo. “I enjoyed that day so much. It was so interesting to see a different side of our teachers. I feel like the energy in the school these special days is

unmatched.”

The people of CHHS are what Chiodo will miss the most.

“I am going to miss the sweet teachers and admin.,” said Chiodo.

One teacher, in particular, is Mrs. Terri Moody, Chiodo’s journalism teacher.

“She is such a genuine person and really wants the best for each student,” said Chiodo. “She goes out of her way to make her students feel successful. I enjoyed

every class I had with Mrs. Moody. She was a breath of fresh air from everything that was overwhelming.”

Outside of school, Chiodo works at a childcare center and spends as much time as she can around water.

“My favorite things to do all include the water,” said Chiodo. “I love spending a day on the boat. One of my favorite things to do is to go wakeboarding. I enjoy riding jet skis and fishing as well.”

Photo courtesy of Eliza Chiodo



Chiodo will continue her education at University of Alabama, where she plans to major in communications with a concentration in sports media.

Senior Spotlight: Jenna Mason

Photo courtesy of Jenna Mason



In her free time, Mason enjoys hiking, cooking, baking, reading and creative writing.

by Terri Miles Moody

When Jenna Mason, 12, transferred to CHPS from Louisa County Public Schools at the start of her freshman year, she didn't know a single person; however, she didn't let her fears keep her from diving in to the CHHS community. The activities she chose to get involved with

started her path of school and community involvement that she would follow throughout all four years of high school.

"When I first moved here the summer before 9th grade, I was really scared and worried about being in someplace new," said Mason. "Although I was scared, I'm

really glad that this happened because I've loved my time here, and I don't think I would have had a better time anywhere else."

Among Mason's favorite activities are the journalism program, National Honor Society, Mu Alpha Theta and the High Tunnel. She also worked with the KAP program after school at Tussing Elementary School.

"I don't think I would change anything at all from high school," said Mason. "I'm glad I participated in as much as I did because it made me be more dedicated and find things that I've become in love with doing, like volunteering and writing for the school newspaper. I've also loved all of the friendships I've made throughout the years, and even the ones that didn't last that long, I still learned and grew from them, so I'm happy I was able to learn from the mistakes and mishaps from high school."

Friendships and class

camaraderie created her favorite high school memory.

“My favorite memory from CHHS is probably winning the spirit stick at the pep rally for the first time as a senior,” said Mason. “I just think it was so amazing how we all came together to show our school spirit, and no matter who you were, we were able to just have fun with one another.”

Mason also values the relationships that she has formed with teachers.

“The one thing I’m going to miss most is the relationship I have with my teachers,” said Mason. “I’ve had some incredible teachers throughout these four years of high school, and I’ve gotten so close to some of them, so leaving is a bittersweet feeling. I’m happy to have them see me start a new chapter of my life, but I’m also sad because they won’t be in my corner as much as they have been.”

Out of these adults that Mason has connected with, two teachers and a counselor stand out.

“I have many people

throughout the staff who have helped me during my years at CHHS,” said Mason. “Some of the people who’ve helped me the most have been Mrs. Moody, Mrs. Sam Smith and Ms. Crowder. They have been people who I have been able to confide in and

who’ve been there for me for everything. I don’t know what I would’ve done without them, and I’m grateful for everything they’ve done for me.”

Mason credits the journalism program for helping her find her passion

Photo courtesy of Jenna Mason



Mason will continue her study of English and journalism at Virginia Tech in the fall. She plans to write for "The Collegiate Times," a student-run newspaper.

and the major she plans to pursue at Virginia Tech.

“The biggest way I’ve benefited from taking journalism is finding my passion,” said Mason. “I had struggled a lot with figuring out what I wanted to do when I was older, and it took me having to give up an honors class versus having to give up journalism. At that moment, I realized that this is what I loved, and it’s what I want to do for the rest of my life.”

Within the journalism program, Mason held editorship roles during all four years, including serving as co-editor-in-chief during her junior and senior years.

“Other ways that journalism

Photo courtesy of Jenna Mason



Mason has enjoyed working with children and volunteering throughout her four years of high school. On Bring Your Kid to Work Day in April, she entertained one of the babies and conducted interviews with several of the older children.

has benefited me was learning more communication, leadership, editing and writing skills,” said Mason.

Mason plans to attend Virginia Tech to double major in English and multimedia journalism. Her goal is to earn Bachelor of Arts in journalism and a Master of Arts in English so she can teach high school English and journalism. She also plans to continue newspaper writing.

“The top thing I’m looking forward to is writing for the Virginia Tech student-run newspaper, ‘The Collegiate Times,’” said Mason. “I’ve gotten into contact with an editor there, and she said that I could start as soon as I get there.”

Even though she is looking forward to getting started at Virginia Tech, Mason will miss seeing her family on a daily basis.

“One fear that I have is that I won’t stay as close to my family since I’ll be four hours away,” said Mason. “I don’t want to miss any important thing in my nieces’ lives, and I

don’t want my relationship with my mom to become distant. Other than that, I’m really excited for what’s to come and I can’t wait to begin this new chapter of my life.”

Her mother and grandmother are among the people who have inspired and motivated her.

“My mom has meant so much to me throughout my life,” said Mason. “She has been there to support me with all of my academics and hobbies. Really anything I’ve ever wanted to do, she has always been there. I’ve also seen how hard she has worked to provide for the things that I want, and I think that’s where my work ethic comes from, too.”

“My grandmother inspires me in so many ways, too,” said Mason. “The biggest way she inspires me is to always be myself. Whenever I’ve talked to her about something, her advice is to always listen to my inner self and go with my gut. That is advice that I will take with me to wherever I go.”

Senior Spotlight: Shaquira McKoy

Photo courtesy of Shaquira McKoy



McKoy loves to read, draw, paint and watch documentaries when she has some downtime.

by Terri Miles Moody

Even though she didn't spend all four years of high school at CHHS, Shaquira McKoy, 12, formed strong bonds during the short time she had; her "amazing teachers" are the people she will miss the most once she graduates.

"When I was a new transfer student, they made me feel welcome and at home," said

McKoy. "It wasn't as hard to adapt with their help."

Two English teachers, Mrs. Amanda Creasey, and Mrs. Terri Moody, made a positive impact on McKoy during her junior and senior years.

"They both helped me out of a really dark place when my stepdad passed," said McKoy. "They gave me the motivation to even just simply get out of bed because I

couldn't do it alone. I'll love them forever for those very reasons alone. They are great, caring teachers, and they genuinely care about their students."

The death of McKoy's stepfather was a defining moment in her life. She continues to draw inspiration from him.

"My stepdad inspires me the most," said McKoy. "He motivated me. He saw so much potential in me that I didn't see. He never gave up on me. Regardless of any mistake I made, he never made me feel less of a person."

"He was such a genuine soul, and he prepared me as much as he could for the real world," said McKoy. "Our graduation day is his birthday. I know he'll be proud of me."

McKoy's stepfather would certainly be proud of her post-graduation plans, which will start at Virginia Commonwealth University.

“My plans are to attend VCU, majoring in Criminal Justice to eventually be a crime investigator,” said McKoy.

“I hope that eventually I will be financially stable and can support my family,” said McKoy. “I am also looking forward to being the first generation to graduate in my family.”

If she had the opportunity to change anything about her high school experience, McKoy would join some new clubs and organizations.

“I would be more involved with school activities,” said McKoy. “Sometimes these activities help form amazing friendships.”

She advises underclassmen to take advantage of opportunities before time slips away.

“Do everything while you can,” said McKoy. “Don't overthink or second guess anything because your high school years go by very quickly, and you'll regret it.”

An activity that McKoy did participate in was *Colonial Courier*. As a Journalism 1-2

student, she served as a staff writer.

“Taking journalism helped me with my social skills and my writing skills,” said McKoy. “It helped me form some amazing bonds, and it gave me knowledge that I could also use in the real world.”

As she heads out into that real world, McKoy has some concerns.

“The responsibilities are my worst fear,” said McKoy. “Being an adult is hard, and it

comes with a lot of hard work and maturity.”

Before she steps into adulthood, McKoy has some advice to share with those who remain at CHHS.

“Make the best of your high school years because it'll be over before you know it,” said McKoy. “Make good memories. Being a good person is more than just an act. Be someone who everyone will remember many years from now.”

Photo courtesy of Shaquira McKoy



McKoy will continue her education at VCU starting in the fall. She plans to study criminal justice to become a crime investigator.

Senior Spotlight: Alyssa Reynolds

by Terri Miles Moody

Alyssa Reynolds, 12, offers this advice to underclassmen: “Don’t cool yourself out of fun just because getting involved and participating in things like spirit weeks seems corny. It really is a memorable experience.”

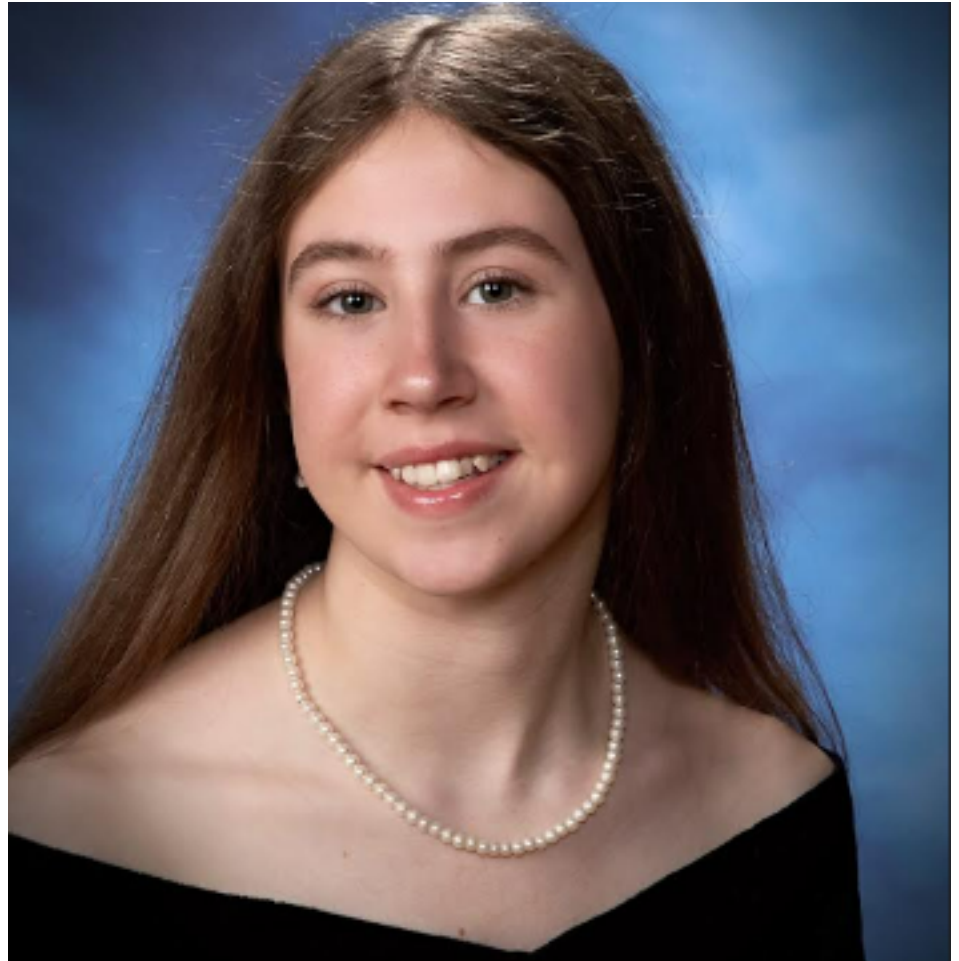
Even though she has been involved in clubs and organizations, including being the president of FBLA and a member of Beta Club, NEHS, Quill & Scroll, NHS, NTHS and SNHS, Reynolds wishes she had taken part in more school-wide spirit events.

“I would get more involved and participate more in school events,” said Reynolds about her high school experience. “This year was really my first time going all out, and it was a lot of fun.”

This participation became her favorite memory from her high school years.

“My favorite memory from CHHS was the Homecoming Spirit Week from this past October,” said Reynolds. “It was my first time really

Photo courtesy of Alyssa Reynolds



Reynolds enjoys reading and being outside when she isn't in school or working at Boil Bay, where she has been employed since August.

getting involved and was a great experience to be a part of. Seeing all the support from students of our school was wonderful.”

Reynolds will transition this fall to James Madison University to double major in English and Secondary Education and minor in Spanish. She plans to become a high school English teacher. When she leaves her

hometown of Colonial Heights, she worries that she will miss her friends and familiar surroundings.

“I am going to miss getting to see all my friends every day,” said Reynolds. “I am also going to miss the small and close environment Colonial Heights is compared to college.”

She is also concerned about

missing her family.

"I fear that I am going to have a really bad case of homesickness at college," said Reynolds. "I am really close with my family, especially my sisters, and having to adjust to not seeing them all the time is going to be hard."

Reynolds credits her mother for inspiring her to succeed.

"My mother inspires me greatly because my entire life I have watched her push through struggles, and she's always found a way to be resilient about every obstacle thrown her way," said

Reynolds. "Even with dealing with my sisters and my difficulties, she's still encouraged me to do my best and excel at what I am good at."

One subject in which Reynolds has excelled is journalism. She served as a staff writer for *Colonial Courier* during grades 11-12.

"Journalism helped me with being able to find errors in my papers and become a better proofreader," said Reynolds. "It also helped me learn different styles of writing."

Through the journalism

program, Reynolds connected with teacher Mrs. Terri Moody, journalism teacher.

"Mrs. Moody helped me a lot during school because I always felt like if I needed to talk about something or just needed someone to help me through stress, she would be there," said Reynolds. "Not only would she give great advice, but she would also have a York or a Dove Dark Chocolate Promise to cheer me up."

As she reflects on the ups and downs of her high school journey, Reynolds realizes that she appreciates what she has experienced and learned.

"High school was kind of rough, but now that it's over, I am going to miss it a little," said Reynolds.

With high school in her rearview mirror as she heads to Harrisonburg, Va., in the fall, Reynolds is excited for the road ahead.

"I am looking forward to becoming more independent and pursuing my dreams," said Reynolds. "It feels like one step closer to the rest of my life."

Photo by Terri Moody



Reynolds has served as a staff writer for *Colonial Courier* for two years. She is pictured here with fellow journalists Jenna Mason, 12; Hendrix Harris, 12; Riley Bridgman, 12; and Heather Claytor, 11.

Senior Spotlight: Caroline Woodward

by Terri Miles Moody

Caroline Woodward, 12, will soon trade her comfortable high school routine for a college routine, a change that leaves her both excited and nervous.

“A fear that I have about leaving high school is discovering a new normal,” said Woodward. “Just like any other senior, I’m a bit apprehensive about leaving what I have only ever known, but I know that I am about to begin a new, yet exciting chapter of life.”

This new chapter will begin at Christopher Newport University, where Woodward will major in biology on a pre-medicine advising track and minor in both leadership and political science. She hopes her studies and career will include time not only in Newport News, but also in cities around the world.

“What I am looking forward to most after high school is not only going to college and beginning my career, but also

Photo courtesy of Caroline Woodward



Woodward will attend CNU in the fall to study biology on the pre-medicine track. She plans to minor in both leadership and political science.

traveling the world,” said Woodward. “I have always aspired to study abroad and travel the globe to meet new people, experience different cultures and make memories that will last a lifetime.”

Woodward has spent her time at CHHS taking classes and being involved in

activities that will provide the foundation for her future success. She has been a member of JOI Club, FCA, SODA, NHS and NEHS. Also, she has taken four semesters of journalism and has served as the features editor for *Colonial Courier* for two years.

“I have benefitted in many

ways from taking the journalism class, but I believe I have benefitted most communication wise,” said Woodward. “Being a journalism student, communication is an important skill to possess in order to conduct interviews, meet deadlines and write a story effectively. Communication is a useful skill that students will use in both this course and later in

the real world.”

Other classes that have been beneficial and meaningful to Woodward have been Speech and Power Research. Through these classes, Woodward found a mentor in Mrs. Kathleen White, teacher and media center specialist.

“I had her my junior year for Speech and again my senior year for Power Research,”

said Woodward. “She has always inspired me to strive for success and has always given me the encouragement I need to push through. She has been a teacher that I could confide in and go to with any struggle that I may be experiencing, and she would always try to find a way to help me in any way she could.”

“I appreciate not only her kindness, but also how she provides a secure learning environment where her students can be themselves and express themselves fully while still obtaining crucial skills needed in everyday life,” said Woodward.

Another role model in Woodward’s life is her mom.

“My mom is the person that inspires me the most,” said Woodward. “Her courage, kindness, immense determination and genuinity are some of the qualities she possesses that motivate me to be the best individual I can be. She is someone that I definitely model my life after, and I hope that I continue to make her proud in all that I

Photo courtesy of Caroline Woodward



Woodward counts all of her senior year Homecoming week as her favorite high school memory. In addition to enjoying the spirit days, pep rally, football game and dance, Woodward represented SODA on the Homecoming Court.

do.”

Woodward’s favorite memory from high school spanned the week of Homecoming in October of her senior year.

“My favorite memory from my time at CHHS was this year’s Homecoming week,” said Woodward. “Since we haven’t had an official Homecoming since my freshman year, it was nice to finally see some normalcy. The fun spirit days, exciting pep rally, the football game and the dance tying it all together made it one of my favorite memories from my time as a senior and in high school.”

Reflecting on her past four years of high school, Woodward wishes she had branched out a bit more.

“If I had an opportunity to change anything from my high school years, I would definitely have stepped out of my comfort zone more and tried some new things that I never would have thought to try before,” said Woodward. “I think it is important to test your limits and boundaries

because it is how we learn and grow as individuals.”

She encourages younger students to take advantage of all that CHHS offers.

“A piece of advice I would give to an underclassman would be to take everything in while you can,” said Woodward. “These four years really do fly by, and you can never get this time back. Enjoy it.”

Woodward will miss her time with friends but looks

forward to all she and they will accomplish after graduation.

“Seeing my friends every day will definitely be what I miss most about high school,” said Woodward. “Now that we have all been accepted to college, everything is beginning to feel more real, but I know that we will all do great things with whatever we decide to do in life.”

Photo courtesy of Caroline Woodward



Outside of school, Woodward enjoys spending quality time with family and friends. She is pictured here with Madi Cates, 2022 CHHS graduate.

Seniors choose Staff Superlatives for 2023

Male Most School Spirited:



Mr. Tracy Boyd

Female Most School Spirited:



Mrs. Katherine Rudolph

Male best listener/advice giver:



Officer Eric Allen

Female best listener/advice giver:



Mrs. Dana Barefoot

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Male most likely to attend a game:



Mr. Brennan Hoffer

Female most likely to attend a game:



Ms. Sarah Crinkley

Male Best Dressed:



Mr. Mickey Alderson

Female Best Dressed:



Ms. Skylar Ward

Male most likely to have a side hustle:



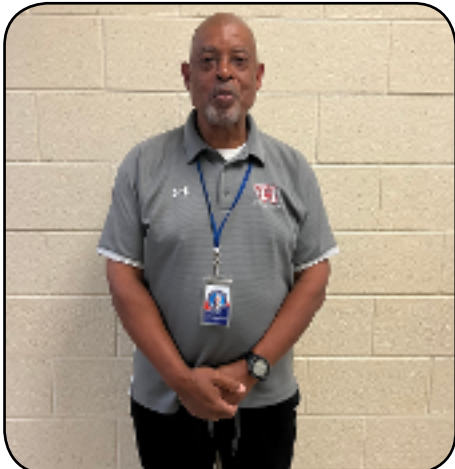
Coach Amaris Dixon

Female most likely to have a side hustle:



Ms. Cassie Damon

Male with the best sense of humor:



Mr. Columbus Shackelford

Female with the best sense of humor:



Mrs. Samantha Smith

Male most likely to be a game show host:



Coach Correy Watkins

Male most likely to be found at the gym:



Mr. Jacob Crowder

Male most likely to keep students' attention:



Mr. Micheal Smielecki

Male Best Friends:



Office Wayne Moody & Officer Eric Allen

Female Best Friends:



**Mrs. Laurie Melis,
Mrs. Samantha Smith
& Mrs. Katherine Rudolph**

Female most likely to be a game show host:



Mrs. Jennifer Carmichael

Female most likely to be found at the gym:



Mrs. Misty Gunder

Female most likely to keep students' attention:



Mrs. Christina Major

Senior Survey: What are your plans after high school?

Ryan Ayi-Bamah: "Go to college and maybe work for Google"

Samuel Batista: "College and then the rest of life"

Arriyah Carson: "College/Military"

Elana Chapman: "Brightpoint for a year and then radiology school"

Shanae Chavis: "College"

Daniel Dietz: " Tech foundation"

Jerry Dong: "Attending Virginia Tech to study Business & Economics"

Gabrielle Edwards: "I'm not sure yet"

Gray Ellenburg: "Playing baseball at Marymount University"

John Jackson: "Go to Mary Baldwin University to study Environmental Biology"

Nyx Little: "College"

Keagan McNulty: "I plan to pursue a double major in Business/Communications and Leadership at the University of Richmond."

Renijah Meekins: "To make my own clothing brand"

Emma Moody: "I am attending Virginia Wesleyan University to major in nursing and minor in biology as well as continuing to play field hockey"

Cameron Myers: "Military"

Kensleigh Ramey: "Nursing"

Leena Rios: "Moving in with my

boyfriend"

Gena Rios: "Go to Mary Baldwin University and study Environmental Biology"

Shauntel Samuels: "Nursing"

Abigail Sierra: "Richard Bland to take psychology"

Aj Simms: "Gamble with life"

Austin Shelton: "Coast Guard"

Gavin Shelton: "I plan on attending Bridgewater College to study psychology and music. "

Zoey Thayer: "Attend CNU"

Angelena Thomasson: "To become a BSN, or a Bachelor of Science Nurse"

Gabryela Wolfe: "I am pursuing a career in the military."

Senior Survey: What is your favorite memory from high school?

Ryan Ayi-Bamah: "Running track with all my friends"

Samuel Batista: "Meeting the people close to me"

Arriyah Carson: "My favorite memory is the pep rallies and events that we get to help the little kids"

Elana Chapman: "Playing field hockey with the people I love"

Shanae Chavis: "Homecoming"

Daniel Dietz: "Just being with friends and talking to teachers"

Jerry Dong: "Getting dumped with ice cold water during senior night after winning our tennis match"

Gabrielle Edwards: "Meeting new people"

Gray Ellenburg: "Sophomore year baseball team"

John Jackson: "My favorite memories have got to be anything marching band related. I have a huge heart for the marching fine arts! Other than that, I loved attending the 2022-2023 Homecoming Dance."

Nyx Little: "Hanging out with

friends"

Keagan McNulty: "Playing cards at lunch for two consecutive semesters this year, Grayson's quote book where he takes weird sentences out of context, 9th grade Latin 1 where Mr. Gelven explained what defenestration was (the act of throwing someone out a window), Power Research class with Mrs. White, I cannot choose one singular favorite memory from high school."

Renijah Meekins: "When I was in weight training everyone was singing along with the music Coach Keeler

was playing while we were doing our training rounds."

Emma Moody: "Making new memories every day"

Cameron Myers: "marching band"

Kensleigh Ramey: "Cheering"

Genavieve Rios: "Ring Dance"

Leena Rios: "Being with friends"

Shauntel Samuels: "Building the yearbook"

Abigail Sierra: "Playing soccer"

Aj Simms: "All of them:)"

Austin Shelton: "Culinary

class in 10th grade"

Gavin Shelton: "My favorite memory from high school is when I was first able to be Drum Major during my junior year."

Zoey Thayer: "Pep Rallies"

Angelena Thomasson: "Meeting new friends in cross country, such as Axel, Paris, and my team."

Gabryela Wolfe: "My favorite high school memory is when I met my best friend Paris at the back to school bash in August. She is the reason I learned to stop, have fun, and find what truly makes me happy."

Senior Survey: What is one piece of advice that you have received during high school that you will carry with you for the rest of your life?

Ryan Ayi-Bamah: "Don't wait for the opportunities to come to you. Sometimes you gotta get at something you want."

Samuel Batista: "Try to get better every day."

Arriyah Carson: "Not everyone is your friend. You have to get through high

school by yourself and push your self to succeed."

Elana Chapman: "Kindness goes a long way."

Shanae Chavis: "Don't go into school thinking you run the school. School is very humbling. You lose friends and you make friends. Always

put your school work first before anything."

Daniel Dietz: "Your mind will always be smarter and have more drive than you think."

Jerry Dong: "Don't take high school too seriously and enjoy the ride."

Gabrielle Edwards: "It's hard to beat someone who never gives up."

Gray Ellenburg: "Don't procrastinate"

John Jackson: "The one piece of advice that I will forever hold on to is to reach out and expand my horizons and social groups. Doing so will build learning skills and will ease anxiety in trying new things and meeting new people in the future."

Nyx Little: "Don't ever let people tell you what you can or can't do - Mr. Boyd"

Keagan McNulty: "Why compare yourself when that steals away your happiness? You need to live life to the fullest of joy and to do that you cannot let comparisons bring you down."

Renijah Meekins: "When things get tough, it's a sign that your doing the right thing. Keep going and make good of yourself."

Emma Moody: "Make smart decisions and get involved"

Cameron Myers: "It takes a village to raise an idiot, everyone should be there for

everyone."

Kensleigh Ramey: "Don't wait last minute to do your work and you will make new friends and lose friends through life."

Genavieve Rios: "Wherever you go, you'll be okay."

Leena Rios: "Always make sure you're happy and taken care of."

Shauntel Samuels: "Being positive creates all the pathways for you."

Abigail Sierra: "It goes by fast and cherish every moment you have"

Aj Simms: "Mr. Boyd's Wise Words, 'you can never be too great at something. You can always get better.'"

Austin Shelton: "Mr. Shep always helped me out when I was at my lowest every piece of advice he gave me will stick with me."

Gavin Shelton: "Always take the opportunities that are presented to you."

Zoey Thayer: "To be yourself"

Angelena Thomasson: "Never give up, you can always get better grades,

make new impressions, and find new pathways. One door can open another one for you. Love your young years while you're young, but also plan for the future early, because we never know what prices will raise, or when we will have another pandemic."

Gabryela Wolfe: "One piece of advice I learned in high school that I will carry with me for the rest of my life is to remember to have fun. You don't have to be serious 100% of the time, you have to be able to stop and relax, laugh a little, and make time for the things that really matter in life. Don't sacrifice your happiness by doing something that you think will make other people happy or proud of you. In the end, their opinions no matter who it is won't fulfill you in life, only doing what truly makes you happy will ever leave you satisfied."