February 2024

Colonial Courier



Colonial Heights High School



The new fine arts wing, entrance and front hall renovations are complete and open to students. These renovations include bigger and more modern spaces for classrooms, office spaces and collaborative spaces. After being closed off for more than a semester, students can now explore the new and improved changes.



Colonial Courier



Colonial Heights High School

Faculty Advisor: Mrs. Terri Miles Moody



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New CHHS entrance open for business

by Seth Jackson

Recently, **CHHS** has undergone massive renovations have that remodeled. completely reformed reshaped and portions of the school into a much more efficient and welcoming environment.

From the fine arts wing's new art, band, chorus, PE and theater classes to the front hallway's new main and counselor offices, Functional Academics classrooms and collaborative spaces, many students and staff are marveling at the renovations.

A lot of effort and emphasis has been placed accessibility and the safety of CHHS students. For the example, with the double-locking front doors office the renovated intersection, students' and teachers' lives are now safer.

"The front of the building. . . needed a 'face-lift,' said Mr. James Burnett, assistant principal. "We wanted things to be as secure as possible

Photo by Seth Jackson



CHHS's main entrance's double-locking door mechanism were designed to protect students and faculty members.

for our students, so, as previously stated, the double-locking door mechanism is something we wanted to put in place."

In fact, there is now a school ID card scanner for school events, dense glass that separates the operator of the front entrance from those outside and a tight airlock in between the school and the actual front entrance.

"With some of the areas in the front, it was more advantageous to remodel and then with the functional academics, to move them closer," said Mr. Burnett on the matter of students' ease of access to facilities. "Some things to put in place and, thankfully, we had the financial ability to do it."

There is a term coined for the temporary space the main office and counseling office staff were inhabiting during the times renovation for the building: The Cafetoffice. This location was a fascination to those who did not have to face the difficulties but a challenge for those working out of the space; however, even with trials and tribulations, it was still а relatively good



An exit built into the side of the new fine arts wing opens to School Avenue.

experience for some of the staff.

"Having an office in the Cafetoffice was a humbling experience," said Ms. Deona Guy, school counselor. "There were times when I truly enjoyed it, but there were also times when I could not wait to be in my own office. I appreciated the easy access students had to me and other counselors because absolutely love all my interactions, check-ins and conversations with my students. They are the best! However, privacy is a big issue, and confidentiality is a huge thing when it comes to

counseling."

Another counselor also commented on the limitations imposed by the Cafetoffice.

"Some limitations were NOISE, temperature issues due to the ovens and dishwasher, and the smell of lunch food!!" said Mrs. Tara Seely, school counselor. "It was also difficult concentrate with so many people being in one open space with nothing to separate us but cubicles."

Mrs. Seely also said that she was "excited to move into the new school counseling office and will be happy to finally

feel like I can make that space my own."

Even though the construction has brought a space that is more efficient and enjoyable for the main office and counseling staff, comfort and student privacy are at the core of the renovation.

The Functional Academics class also experienced a translocation.

"I am so excited about the windows!" said Ms. Kristina Adams, Functional Academics teacher. "The sunlight and fresh air is wonderful! I am grateful for also the bathroom within our classroom. Moving into the new classroom gives me an opportunity to sort out items we no longer need and organize classroom supplies in a way that makes more sense."

One focus for the renovations was accommodating the needs of students and teachers to make school a more well-rounded place.

"When they talked about renovating the front of the

Photo by Seth Jackson



New collaborative spaces are available to be used for class projects and club meetings.

building, they thought it would benefit me and Ms. Adams to move us to a bigger, updated space and add a bathroom to our room due to the needs of our students." said Ms. Nici Duncan, Exceptional Education teacher. "I am excited to be in the front hall because I love to see the faces of all the students and I love the look of our new space. It is new and freshly painted, but it is also much smaller so we lost some space that we were used to. I am very grateful for the school and the school board for updating our space and giving us new furniture and

appliances for our students to learn."

Another new edition is the collaborative spaces by the library. These spaces will offer teachers and students a new place to relax while working on group projects and other class activities.

"Personally, think collaborative spaces are a place well. great to. collaborate," said Brandon Charles, 11. "The collaborative spaces are a great place to get school assignments completed while being in а refreshing environment. It also has a pleasant and spacious atmosphere. It's a nice breath of fresh air the school needed!"

The spaces are also available before and after school for meetings.

The most massive remodeling and new construction CHHS underwent was with the expansion of the fine arts wing.

"I think the big thing now is you definitely want to look at what you want achieve," said Mr. Burnett. "[We] want [our] students to have the best possible facilities to be educated in. some instances. it's upgrading existing facilities; in others, it's adding new additions. On this one, we felt that it was time for our fine arts students to really have that new facility that matches where we're at in 2024."

The theater arts, band room and arts classrooms received a massive upgrade to their respectives spaces and in-room facilities.

"My old space was small and dark; it lacked light, storage

and usable workspace," said Mr. Mickey Alderson, art teacher. "We now have tons of rooms to properly store our materials, many outlets for power supply, countertop space and multiple sinks for cleaning our art supplies. Our new studios are bright, fresh and inviting. It is a joy to teach and work in this amazing space."

These renovations give teachers more options and ideas, which in turn allows them to create more intricate and creative lesson plans.

"We were able to do most projects before, but now we have the right equipment and adequate space in which to complete them," said Mr. Alderson. "In addition to our new art studios, Mrs. McBride

and I have a shared space that houses our pottery wheels, kiln, a spray booth and additional storage room. These are exciting times for the fine arts!"

For a more in-depth look at the physical layout of the renovations, see the school's video located on the Colonial Pride Canvas page for Feb. 5.

Photo by Terri Miles Moody



An open house was held on Feb. 21 from 4-6 p.m. to offer the community a chance to tour the new and renovated facilities.

Mr. Boyd, students collaborate with NASA

by Ethan Greenwald

NASA scientists and engineers work day and night to work out some of the toughest problems and questions. **Among** these questions is this one: how do we grow food on the moon? Mr. Tracy Boyd, science teacher and Plant the Moon Challenge team leader, has asked this question to his students.

The Plant the Moon Challenge (PTMC) was started by the Institute of Competitive Sciences in collaboration with NASA and promotes brainstorming ways to get plants onto the Moon and methods to plant them so food can be grown there.

"The Plant the Moon Challenge is a universal competition between teams of up to 10 people," said Mr. Boyd. "The goal is to create challenging experiments that involve growing food on the moon."

PTMC helps students get into leadership roles and learn how to work together and

Photo by Tracy Boyd



The PTMC helps students get into leadership roles, work together and think independently. Mr. Boyd leaves it up to the students to brainstorm their own ideas instead of just doing it for them.

teaches students how to think independently.

"I allowed them to just brainstorm and come up with their own ideas," said Mr. Boyd. "I don't tell them what to do. I give them an idea and let them brainstorm. I'm not the sage on the stage; I'm just the guy on the side."

Mr. Boyd's first-semester Scientific Research and Design

class inspired him to get involved with PTMC.

"These kids are smart," said Mr. Boyd. "Let's see what they can do."

This is certainly the case because while only being in the beginning stages of PTMC, these students have already come up with creative ideas on how to accomplish their goal.

"We have already talked about making 'weathering machines' that would make the moon 'dust' in which we plant less likely to compact," said Mr. Boyd.

Among the many fascinating parts of this project, Mr. Boyd's favorite part of it is the project's association with NASA.

"It's cool to say 'yeah, we work on a project for NASA,"" said Mr. Boyd.

PTMC isn't just a school project; it's а national challenge, which means that working on PTMC requires real research could that potentially create actual advancements in the engineering field.

"One of my favorite parts of this challenge is that we will be conducting real research that matters," said Parker Hanshew. 12. Scientific Research and Design student. presents us with an amazing opportunity that could possibly make difference in the future, which is exciting to think about."

PTMC and other projects like it help motivate students to think critically and challenge themselves.

"This project is teaching me to think outside the box," said Hanshew. "With a new unfamiliar set of problems, we have to think about everything we're doing with a new approach."

This challenge may spark interest in people who may not think they want to pursue a path in science. Who knows? PTMC could be the catelyst to make the next generation of NASA engineers and

"Plant the Moon Challenge is a challenge that has brought out amazing intellectual creativity amongst everyone in the team," said Gifford Scott, 12, project manager. "One of the challenges with this project is simply just putting together the team organizing how the project is going to function on a weekly basis. A lot of times I spend my weeks and weekends thinking about what needs to happen with the project in the upcoming week. At the end of the the day, love collaboration I see between the student researchers within the team, and I love watching this project come together as whole." а



NASA Space Grant Expansion Project

Scott honored as December Senior of the Month

by Ashy Pillai

"I had never even heard of Gifford Scott until this year, which is unique, because he is one of the smartest kids I've ever taught," said Mr. Tracy Boyd, Biology 2 teacher.

Gifford Scott, 12, was named the December Senior of the Month for his achievements throughout his high school career.

After being called down to the office to see Mr. Nelson

a normal day, on recalled being surprised to be announced as December Senior of the Month.

"It was really exciting," said Scott. "You know it's very selective. There are only so many months that you can pick people for, so, you know, it was cool."

Scott's dedication in school activities outside and school were some of the determining factors in his title.

Activities like the marching band, jazz band, and Tri-M, a music honor society, have all taught him valuable skills and aided him in his high school career.

"I was in the marching band for two seasons," said Scott, who plays the alto saxophone. "That kind of just gave me insight into how working hard just pays off. Marching band is a lot of hard work."

His music-related activities have helped him express himself and show his leadership qualities.

Photo courtesy of Gifford Scott



Scott plans on studying earth sciences, particularly geospatial science or seismology.

"I'm in Tri-M right now, which is our music honors society, and I am the secretary in that," said Scott. "That helped me with my organizational skills."

His activities let him showcase his talents and also gain memorable moments and experiences. His favorite memories were made during his time in jazz band.

"There were a lot of happy memories through jazz band," said Scott. "People express themselves through music, and I was able to do that with jazz band."

Scott's analytical personality captures the attention of those around him. One teacher that Scott is specifically close with is Mrs. Christina Major, VA/US History and A.P. Government teacher. She appreciates Scott's interest in learning and his attention to detail.

"My favorite quality about Gifford is his curiosity," said Mrs. Major. "He loves to learn new things just for the sake of learning new things."

Scott is also acknowledged for his empathetic and

mature personality that displays his open mind.

Mr. Boyd joked that his favorite qualities of Scott's are "his cool little round glasses" or "his curly hair." In seriousness, Mr. Boyd admires Scott's characteristics.

"I really enjoy talking with Gifford, as he is very mature, but I can still act like a kid a bunch of different ways; he doesn't just have one view of something," said Mrs. Major. "He can look at it multiple ways and with multiple perspectives, and I think that makes him very empathetic because he can think about it in different kinds of perspectives and viewpoints."

With all his experiences in school and activities, Scott

Photo courtesy of Gifford Scott



Scott participates in activities like marching band, jazz band, and Tri-M music honor society. These activities have taught him skills that have been valuable to him.

around him," said Mr. Boyd. "We just get each other."

Scott uses both his curiosity and analytical personality with problems or situations he observes in the real world.

"[Scott] can look at things in

advises freshmen to seize the moment and ignore negative external influences.

"Once you get to your senior year, you look back and feel nostalgia, and you wish you could relive memories," said Scott. "I feel like a lot of people spend too much time worrying about what other people think of them when if you just be yourself, it's just the key to happiness."

While Scott appreciates his past experiences, he's also looking forward to his plans for post-high school years. He plans to go to Richard Bland Junior College, studying earth sciences, and then transfer to The College of William & Mary.

Scott has one main goal: happiness.

"I would like to be able to travel around the world, so that motivates me to succeed," said Scott. "I want to go into earth sciences, and that's a field that allows you to travel. My main point is I just want to be happy. At the end of my life, I just want a fulfilling life."

According to Scott, his

Photo courtesy of Gifford Scott



Scott is going to miss the easy connections made in high school but looks forward to the new experiences he will have in college.

plans could change course depending on what happens in his life. Mrs. Major believes he has the potential to end up in a variety of places.

"I can't wait to see what

Gifford does in the future," said Mrs. Major. "He has a very bright future. There are a lot of different paths he can take, and I just can't wait to see what he ends up doing."

Sroufe awarded January Senior of the Month

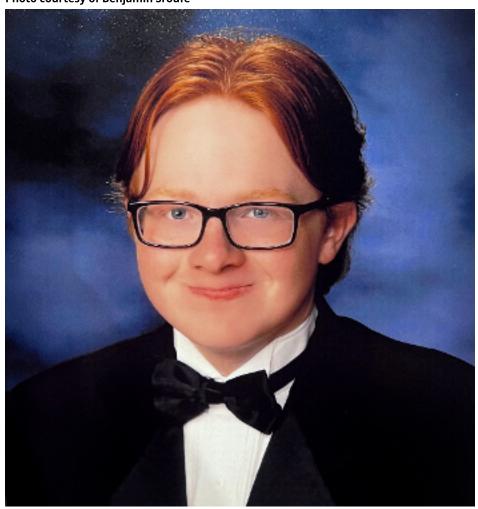
by Savannah Stephenson

"I can 100 percent say that you have to fail to become better, " said Ben Sroufe, 12. "All my failures made me work harder to achieve what I wanted."

One of these achievements that Sroufe has now reached is the honor of Senior of Month. He was having a normal day of school when he was called down to the office to see Mr. Mike Nelson, principal, to be named the January Senior of the Month.

"I felt happy," said Sroufe. "I didn't really think I'd be recognized in that way, but I felt glad that the teachers thought of me when they were selecting somebody to be honored as Senior of the Month."

Sroufe has a deep love for the game of golf: so much so that he is playing at the next level in college at Saint Vincent College in Latrobe, Pa. He is planning to study cyber security and sports management in hopes to eventually work in the NFL. **Photo courtesy of Benjamin Sroufe**



Sroufe believes that his failures have made him work harder to achieve his goals.

"My grandfather got me into golf, and it means a lot to be good at it because it is a lot more rewarding to be better at a hard sport because it is a lot more difficult than others," said Sroufe.

Mr. Brain Seely, Algebra II teacher, is Sroufe's golf coach and one of Sroufe's greatest inspirations. They have built a close bond that started during Sroufe's freshman

year while the school was learning virtually.

"I taught him virtually, and he has played golf for us for the last four years," said Mr. Seely, "so we have a different relationship than just student and teacher."

Mr. Seely has inspired Sroufe in many different ways: on the golf course and in the classroom. Sroufe takes what he learns from Mr. Seely and puts it into everything he can.

"He taught me how to push through, especially in golf because it is such a mental game, which transferred into being a student," said Sroufe.

The COVID-19 pandemic affected the education many students. During their freshman year, some seniors were learning virtually, which difficult. made learning Sroufe stated that the virtual learning environment was of the toughest one challenges he has faced during high school.

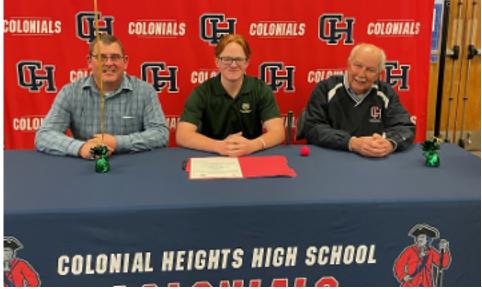
"I paid attention the best I could and did the work as if I was in person, but learning virtually was a huge challenge for me," said Sroufe.

Photo courtesy of Benjamin Sroufe



Sroufe first became interested in golf because of his grandfather.

Photo courtesy of Benjamin Sroufe



Golf Coaches Brian Seely and Jim Crinkley attend Sroufe's athletic signing. Sroufe plans on going to Saint Vincent College in Pennsylvania, where he will play golf and study.

Every senior thinks about the day when he/she finally gets to walk the stage and move onto the next chapter of his/her lives.

"I am excited and nervous," said Sroufe. "It's the true end of our childhood, but it is really exciting finally moving on."

Mrs. Laurie Melis, Spanish III teacher, has also inspired Sroufe because of her warm and welcoming personality. Mrs. Melis was always there for Sroufe when he wanted to talk, and she always knew what to tell him.

"I'm super proud of him and who he has become as a person from when I had him as a sophomore to now, a senior ready to leave and do great things," said Mrs. Melis.

Sroufe has a great work ethic and is willing to work hard to get what he wants. He maintains his good grades while playing golf and basketball and having a job.

"Proving others that I can is what motivates me the most to keep doing what I'm doing," said Sroufe.

In many ways, Sroufe has grown from who he was during his freshman year. He has grown in the classroom, on the golf course and as a person.

"He has come a long way," said Mr. Seely. "He has become a lot more mature."

Bryant, Dorton compete in roller skating

by Julianna Sheridan

Many people have heard of or even watched people ice figure skating, but what they may not know is there are also people who compete on roller skates. Isabella Dorton, 9, has been roller skating for about three years now.

Dorton first got into skating because other sports were Photo courtesy of Isabella Dorton

not her strong suit but wanted to get involved in something new.

"I've always sucked at sports, and I wanted to try something new," said Dorton. "My mom's friend recommended it, so, I tried it and ended up being kind of good at it."

Alima Bryant, 12, also

competes in roller skating. Bryant skated in England before moving then restarted a few years ago.

"I started skating in England for two-three years. Then, I moved and had a roller skating hiatus for six years before I started skating again when I moved to America," said Bryant. "Now I've been skating here since 2019-2020."

In these competitions there is more than one category of roller skating.

"There are many kinds of such skating, as speed skating, roller hockey, roller derby, aggressive quad skating and figure skating," said Dorton. "Each type has lots of subcategories, but some of the more popular ones for figure skating are freestyle, figures, dance and more."

Dorton currently focuses on two styles of skating.

"There are lots of kinds of competitions," said Dorton. "The ones that I'm currently competing in are figure and



Dorton recently earned a first place medal at a skating competition in Ashland, Va.

freestyle."

What exactly might a typical competition look like?

"For figures, we wait on the side in our age and skill groups," said Dorton. "They let us practice for about five minutes in a group, and then we individually skate our figure. They grade our performance and give us ranks."

"In freestyle, all the competitors get on the floor and warm up the jumps, spins or footwork they want to work on beforehand," said Dorton. "After, each skater will be called by name and number and will skate to their starting spot and wait for the music. The judges analyze form, strength and other aspects and give us ranks."

What qualities might one need to win one of these competitions?

"Good qualities to have are strength and leg good stamina to help build up jumps and spins. Some flexibility is also good, but it's not crucial for lower-level skating," said Dorton. "Confidence is also important.

Photo courtesy of Alima Bryant



Bryant is pictured here with her mother, who supports her during competitions.

My coach always tells me not to be afraid and to just go into jumps and not be too cautious. Also, don't be scared to fall. It doesn't hurt that much, and it helps show improvement."

Being a good skater doesn't just require physical skill but it takes a lot of mental skills, as well.

"Learning new skills in skating takes a lot of time,

and it's important to not compare yourself to other skaters, especially if they are many years more advanced than you," said Bryant.

Anyone who wants to get into skating should go to the Chester Skateland website.

"If you want to start skating, go for it!" said Bryant. "Worst thing that could happen is you fall, and nobody will judge you for falling."

People give, receive love in different ways

by Teresa Forehand

The concept of love languages was developed by Gary Chapman, Ph.D., in one of his books, "The 5 Love Languages: The Secret to Love That Lasts." In this book he explains the five ways of communicating love through the knowledge he gained from his experience in marriage counseling and linguistics, according to mindbodygreen.com.

According to "The mindbodygreen.com, five love languages are five different ways of expressing

and receiving love: words of affirmation, quality time. receiving gifts, acts of service physical touch. Not and everyone communicates love in the same way, and likewise, people have different ways they prefer to receive love."

different including ways, texts, frequent "I love you"s, media engagement, social

verbal encouragement, compliments and words of appreciation.

"Words of Affirmation is typically the language someone who appreciates knowing their partner paying attention to them, notices what makes them tick and appreciates what makes special," them said relationship psychologist Maryanne Comaroto, Ph.D..

The second love language is quality time. People whose love language is quality time feel most adored when their partner actively wants to spend time with them and is always down to hang out. People who love spending quality time specifically appreciate eye contact, active listening and time that is set aside for paying full and undivided attention to the person or matter at hand.

"This love language is all about giving your undivided attention to that one special without the person, of distraction television. phone screens or any other

The first love language is words of affirmation. Words of affirmation are words that communicate a person's love, appreciation and respect for another person. These words can be said or shown in many

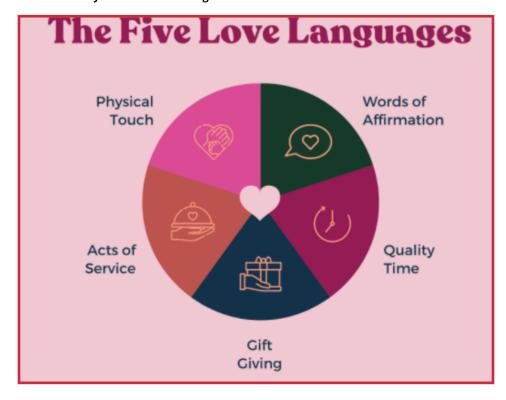


Photo courtesy of datesnmates.org/uk

outside interference. They have a strong desire to actively spend time with their significant other, having meaningful conversations or sharing recreational activities," said Dr. Sunny Motamedi.

The third love language is acts of services. If a person with an acts of service love language, then they deeply value the time their partner takes to go out of his/her way to make life easier for them. It could include simple things, like their significant other bringing them soup when they're sick, checking on them after having a stressful day at work and making them a cup of coffee in the morning.

"This love language is for believe people who that actions speak louder than Unlike those words. who prefer to hear how much they're cared for, people on this list like to be shown how they're appreciated. Doing the smaller and bigger chores to make their lives easier or more comfortable is highly cherished by these folk," said

Dr. Motamedi.

The fourth love language is gifts, which is pretty straightforward: People feel loved when others give them "visual symbols of love," as Dr. Chapman calls it. It's not about the money, more so the symbolic thought behind the gift. People with this kind of love language recognize and value the gift-giving process, including the emotional benefits from receiving the gift, the careful reflection and the deliberate choosing of the gift to represent the relationship.

"People whose love language is receiving gifts enjoy being gifted something that is both physical and meaningful. The key is to give meaningful things that matter to them and reflect their values, not necessarily yours," said Dr. Motamedi.

The fith love language is physical touch. People with physical touch as their love language feel loved when they receive physical signs of affection, including holding hands, sitting close together,

cuddling and hugging.

"Physical intimacy and incredibly touch can be affirming and serve as a powerful emotional connector for people with this love language. The roots go back to our childhood," said Dr. Motamedi. "Some people only felt deep affection and love by their parents when they were held, kissed or touched."

"People who communicate appreciation through their this language, when they consent to it, feel appreciated when they are hugged, kissed cuddled," said Dr. or Motamedi. "They value the of feeling warmth and comfort that comes with physical touch."

Many people identify as having more than one love language. Also, many people show love and receive love in different ways. Are you curious about which love language is yours? Go to 5lovelanguages.com/quizzes to take the quiz and find out for yourself.

REVIEW LEGO Fortnite: LEGO, Fortnite and a side of Minecraft

by Gavin Jarvis

In Fortnite Chapter Five, Season One, you might not be dropping tilted towers or risky reels, but with a legendary collab, you will 100 percent be dropping into the new world of LEGO Fortnite.

Imagine this: Minecraft thrown in a pot with LEGOs and a huge bucket of Fortnite. Mix it up, and you get Lego Fortnite.

LEGO Fortnite is pretty self explanatory when you pair up Minecraft with it. Break rocks, chop down trees, make tools and build what your heart desires. You may encounter a few hostile enemies, but as long as you have the basics down, there will be no such thing as a hostile enemy.

The game has the same idea as Minecraft, but don't think of it as the block building knockoff because it has its own style and features that makes LEGO Fortnite appealing and some weaknesses that may ruin the

Photo courtesy of ign.com



In collaboration with Lego, Lego Fortnite was the one out of three new game modes added to Fortnite's Chapter Five update that is a must play for those who want a new alternative Fortnite experience.

experience for some.

When you play the game, you will have to collect materials for a variety of features, like tools, buildings and different crafting structures. These features make obtaining materials a little tedious because for some materials you have to

go through one crafting process, and then another for another material. It may be attractive for some people, but it also allows for longer play time.

Though obtaining materials may be tedious, it doesn't take away from the experience from the game

because there are still more features to explore, especially the building mechanics.

In LEGO Fortnite you can build a variety of structures. The game gives you a few structures that you are assisted with building. This assistance may give those who have ever had experience with building LEGOs a familiar feeling.

LEGO Fortnite may promote building to your heart's content, but there is one problem that has upset players: a high complexity error that doesn't allow you to build at a certain height.

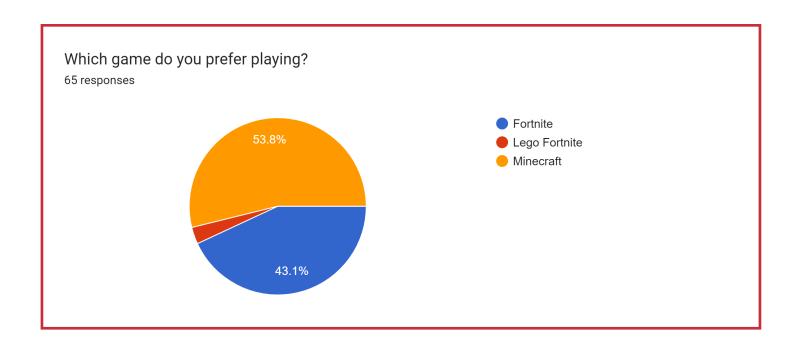
Those who want to build the Burj Khalifa are, unfortunately, out of luck. That setback doesn't mean that the game is unplayable because it still has many features to explore, like the village system.

The village feature allows you to create your own village and recruit NPCs who stumble across your village. It not only requires you to build shelter for yourself, but for your villagers, as well. Your villagers are able to also help you throughout your time playing the game.

Another plus to LEGO

Fortnite is that while the game rewards you inside the LEGO world, it also rewards you in the base game of Fortnite, giving you a chance to complete tasks to level up your character and get those levels you've been grinding for.

Not only this, but this game is completely free, so the only thing you'll be spending money those on are expensive LEGO sets that keep you occupied for hours. The hours you don't spend building those Lego sets will definitely be spent in the of LEGO world Fortnite.



Survey Question: "What has been your go-to song recently?"

Interviewing and photos by Aleena Williams



Megan Rosenberg, 12: "Revival" by Zach Bryan





Ms. Sarah Crinkley, science teacher: "Now That We Don't Talk" by Taylor Swift







Mr. Mickey Alderson, art teacher: "In My Life" by The Beatles



Blanche Koudalo, 11:
"Miss Independent" by Ne-Yo

