

Colonial



COURIER

June 2022



Seniors Alex Chini and Tatem Shaffer were named Prom King and Queen during the Senior Prom at The Reserve at The Highlands on May 21. Prom was coordinated by Class of 2022 sponsors Ms. Deona Guy and Ms. Skylar Ward.

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Janssen takes opportunity to advance career at central office

by Jenna Mason

Starting off as a student teacher 28 years ago at CHHS, Mrs. Kristin Janssen will step down as principal and step up as the Director of Curriculum and Assessment at Central Office.

Photo by Tim Gueusquin



Mrs. Janssen counts graduation day as her favorite moment of each year. She feels honored to be able to present diplomas to graduates.

From a young age, Mrs. Janssen has always been a naturally quiet and studious person. She has always had an interest in school and has viewed it as her safe place for a long time now.

Viewing school as a safe place, Mrs. Janssen had

always wanted to be a teacher. When she was in high school, she took a creative writing class, and with the help of her teacher, she became a “decent writer.” If it weren’t for the lack of opportunity at Longwood,

Mrs. Janssen would have become a Latin teacher. Instead, she became an English teacher.

Being in the building of CHHS since the age of 19, Mrs. Janssen has fulfilled many roles. Starting as an English teacher, she climbed

her way to the top as principal. Throughout her years, she held the positions of English teacher, gifted coordinator, CTE director, assistant principal and principal.

While being an English teacher, Mrs. Janssen taught many different short stories, plays and novels. Out of everything she taught to her classes, *Great Expectations* was her favorite to teach. “I think it has life lessons that are applicable in particular to ninth graders,” said Mrs. Janssen. “I feel like everything goes back to it because we all go on this journey. It’s a story about a boy making mistakes and going on a journey, and I feel like as ninth graders, in particular, maybe Dickens should have condensed it some, but I think that the message resonates with young people, that you go on this journey and you change and you evolve and you grow. I like that narrative a lot.”

When Mrs. Janssen became

an administrator, what she missed most about being a teacher was the connection with the kids.

"I remember when I was making the switch, that my mentor at the time told me that the net was going to be broader and wider," said Mrs. Janssen. "It's not the same. That's the selfish piece that at some point I'll get back to: you just like having that relationship with your kids. When those same kids become adults, they have all of these memories and funny stories. You realize they don't remember Great Expectations, but they remember how you made them feel in class,' and that's the piece that you miss."

Out of her years of being principal, Mrs. Janssen's biggest success is not just one achievement or event, but all of the graduation days. The feeling of giving students their diploma and being able to know that they made it is like no other.

"It's not one thing, and I know y'all think this is silly, but it's graduation day," said Mrs. Janssen. "It doesn't

matter who the kids are, but it's that I get to hand the diploma and say 'you have done it.' So, every graduation day is a celebration and just something that I'm very proud of."

Taking a look at CHHS itself, Mrs. Janssen views this school as a very special place.

"I just think the sense of community and the smallness," said Mrs. Janssen. "I think with COVID that was the piece we were all missing so desperately, so it's just the sense of community. Now, I love the smallness of it. I love that piece of our school; that aspect of our school I think is very special."

While Mrs. Janssen prepares to walk into her new position at Central Office, her role there is evolving. As of right now, she will be in charge of professional development for the entire school division, testing, new teacher training and looking out for the middle and high schools.

As the world changes, many people start to realize a change within themselves. Mrs. Janssen never really

thought about her transition

Photo courtesy of Tim Gueusquin



Always a fan of a theme, Mrs. Janssen often persuaded Mr. Burnett and Coach Thomas to dress up for school openings and spirit days.

as being her time to go. She viewed this change as being an open door to a new opportunity.

"I think sometimes opportunities just present themselves, and then things happen," said Mrs. Janssen. "I've always been interested in the transition from middle school to high school and how we can make that smoother. So orientation happened here, where the eighth graders came up, and I think that that was the moment where I was like, 'yes, this would be good because I understand high

school and it would give me an opportunity to understand middle school and maybe help with that transition for everybody.”

Photo courtesy of Tim Gueusquin



Mrs. Janssen has spent her entire career so far at CHHS: student teacher, English teacher, gifted coordinator, CTE director, assistant principal and principal.

As Mrs. Janssen leaves her position as principal, she realizes that there isn't just one aspect that she'll miss about her position that have helped shape her career.

“The people, that's probably what I'll miss the most, just the relationship I've built with the kids, teachers and family,” said Mrs. Janssen.

Stepping outside of school, Mrs. Janssen is a wife and a mother of two boys. To the eyes of students and teachers, Mrs. Janssen may

look straight and narrow, but at home she is just like everyone else.

“I mean, there's always activity in my house,” said Mrs. Janssen. “It's loud sometimes in my house. I would say our boys would say that our house is fun; I don't know if that's a good thing. I'm probably strict. Yes, I'm probably strict, but fun. We're a tight little crew, and we like spending time together.”

As Mrs. Janssen says “goodbye” to the students and staff at CHHS, many may think about her legacy. According to Mrs. Janssen, her legacy at CHHS wouldn't be something too heavily contemplated.

“The legacy doesn't matter, for me, even as a teacher,” said Mrs. Janssen. “It's you kids: that's your legacy because if you've done your job correctly and you've steered people correctly, a little piece of you lives on through all these other people, and so that's your legacy.”

Thinking about the current seniors of CHHS and the

bumpy road that they've traveled, Mrs. Janssen has some wishes for not only this graduating class, but also future graduating classes.

“Oh I just want them to be good people who give back in their way to the world,” said Mrs. Janssen. “It's very basic; it's the same thing I had when I taught English. I didn't really expect anybody to be an English major, but I just wanted you to be a good person, be a productive member of society and give back.”

As Mrs. Janssen leaves CHHS, a new principal, Mr. Mike Nelson, will take her place.

“It's hard to think about not being in this role because I've done it now for 12 years,” said Mrs. Janssen. “It's been an honor. Mr. Nelson is very lucky. CHHS is a very special place.”



Press Release: Mr. Nelson to be new principal

Mr. Mike Nelson was named the new Principal of Colonial Heights High School on May 24, 2022.

A native and resident of Chesterfield County, Mike Nelson gained most of his 26 years of experience in education in Prince George County Public Schools. After earning a B.A. in history from the College of William and Mary, Mr. Nelson taught high school social studies for 15 years before moving into administration. Passionate about student engagement not only in instruction, but also in school activities and community, he served as Student Government Association advisor for ten years and was the Director of the Virginia Student Councils Association from 2012 to 2014. After earning a Master's of



Education in Administration and Supervision from Virginia Commonwealth University, Mr. Nelson worked as assistant principal before being chosen as principal of Prince George High School and serving in that role for seven years. With a focus on strong instructional leadership and concern for giving voice and support to his students and staff, Mr. Nelson led the school out of accreditation difficulties and through the pandemic before accepting a position in 2021 as a School Quality Specialist

with the Virginia Department of Education. In that role, Mr. Nelson became an expert in the Comprehensive School Improvement Plan (CSIP), monitored schools in the implementation of their plans, and provided training and support to school leaders across the Commonwealth.

Mr. Nelson is thrilled to return to the high school environment and honored to contribute to the tradition of excellence in education in Colonial Heights as principal of Colonial Heights High School. When he isn't engaged with his school family, Mr. Nelson enjoys spending time with his wife and three daughters, is active in church and a variety of community activities, and relaxes through exercise and not-frequent-enough trips to the Outer Banks.

Seniors dance, celebrate, play at Prom, After Prom

by Ryan Bell and Shaquira McKoy

Prom is such an anticipated event that seniors always look forward to and signifies that seniors are steps closer to graduation. Prom is a time when seniors can all get together and have fun for the last time before everyone goes their separate ways.

One of the traditional moments of the night is the crowning of Prom King and Queen. This year the honor went to Alex Chini and Tatem Shaffer.

"It means so much to me," said Chini. "It's definitely a memory I will never forget. I felt really happy and excited. It's just a feeling I can't describe."

"I am the type of girl who dreamt about Prom since the second grade, so me winning Prom Queen was so shocking," said Shaffer. "It made me feel really special."

Dressing up, dancing and celebrating with friends were the highlights for many seniors and their dates.

Photo courtesy of James Burnett



Students dance to music played by Damon Talley, former CHPS transportation director.

"At Prom I liked dressing up and dancing with my friends," said Anna Moore, 12.

"The music around the end of Prom was good," said Starrius Mungro, 12. "We had a group circle, and people were going in and dancing."

Not only the seniors but also the staff, including Class of 2022 sponsors Ms. Deona Guy, counselor, and Ms. Skylar Ward, history teacher, get excited for the milestone event.

"I think I get excited for the event as well as the students," said Ms. Ward. "It is pretty

cool to see an idea materialize into an event. From experience with other dances, my favorite thing is seeing the students dressed up and having a good time."

Prom was held at The Reserve at The Highlands, which was the same location as last year. Class sponsors worked long hours for Prom to be an unforgettable experience for seniors.

"Planning for Prom has been a tad stressful, but it has also been a good stress for a good cause," said Ms. Guy.

The goal of making Prom a night to remember kept the sponsors inspired.

"I know it was tough last year, but I want to thank [the sponsors] for doing what they

Photo courtesy of James Burnett



After Prom was held at Swader's for the second consecutive year.

did to plan Prom," said Mungro. "I know they put a lot of effort into it."

Many seniors and their dates continued the night at After Prom. As it was last year, the event was held at Swader's and included not only the Swader's games and activities but also a hypnotist show.

The planning and fundraising for After Prom involves the time and dedication of the parents of seniors and CHHS staff.

"My very first involvement with the After Prom was back in 2012 when I helped work during the event for one of my nieces," said Mrs. Carol Bennet, seventh grade science teacher and mother of senior Mason Bennett. "In 2016, Carolyn Crinkley and Kay Rowe asked me if I would help with the After Prom that year planning a bazaar as a fundraiser. This was the first year we held the CHHS After Prom Bunny Bazaar."

Continuing the annual Bunny Bazaar fundraiser is crucial for the After Prom committee to fund their expectations for the event.

"I continued to coordinate the Bunny Bazaar each year up until this year - for our sixth annual bazaar," said Bennett. "In 2018 my oldest son, Chase, was graduating so I became much more involved in the entire process of the After Prom, from fundraising, decorations, donations, set up and working the event."

The Bunny Bazaar is one of many ways the After Prom committee raises and solicits funds to pay for the venue,

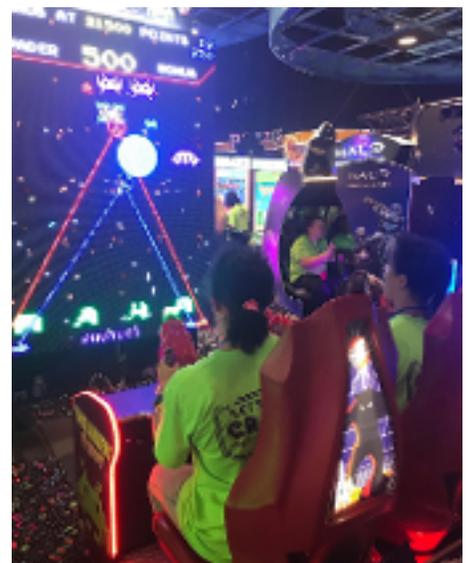
decorations, food and the extravagant prizes for which After Prom is known.

"Each year the CHHS After Prom sends out numerous donation letters to local businesses requesting donations of money, gift cards or items such as TVs, printers, refrigerators and laptops," said Mrs. Bennett. "This year we also held two Brunswick Stew sales as well as two Boston Butt sales."

Volunteering her time and energy is something Bennett has done throughout the education of her three sons.

"I chose to get involved because I enjoy volunteering," said Bennett. "I have been involved in elementary,

Photo courtesy of James Burnett



Most Swader's games were free to After Prom participants.

middle school and high school PTOs, and honestly I never really considered not helping with the After Prom."

A highlight of After Prom was the hypnotist show. David Wynn was among the seniors who were hypnotized on stage.

"I danced with a stuffed bear and played fake guitars," said Wynn. "I thought my name was Rocko."

Justin Campbell, 12, was also a part of the show.

"At first I was like very scared; I didn't think it was going to live up to the potential," said Campbell. "I actually had a ball; it was really interesting."

Mattie McLaughlin danced, rode a roller coaster and played guitar and clarinet. "I knew what I was doing, but I couldn't tell myself not to do it," said McLaughlin. "I remember some parts of it but not everything. It was the first time in a while that I wasn't worried about pleasing everyone. I felt like I was there alone."

In addition to the hypnotist show, many games and

Photo courtesy of James Burnett



Seniors gather at Prom to celebrate as a class before graduation sends them their separate ways. Prom was held outside for a second consecutive year at The Reserve.

activities filled the time during After Prom until the students were released at 5 a.m.

"My favorite activity at After Prom was laser tag because it was so much fun and it brought me back to when I was a kid; it brought back many memories," said Wynn.

"My favorite thing was laser tag," said Campbell. "I got to run around like a little kid for the first time in forever with no cares at all."

"My favorite part was playing the games because I liked the freedom of it," said Meenakshi Jha, 12.

After Prom is well known for the grand prizes that many

seniors win. Mungro won a 50-inch TV.

"I was kind of surprised by the fact that a company would actually donate a TV to give away," said Mungro, who will be attending Oakland University in Michigan. "I'm going to take it to college and use it there."

Wynn appreciated all of the parents and staff members who coordinated After Prom. He enjoyed having a night to forget the stress of graduation and future plans and just act like a kid again.

"Thank you for bringing back memories that I thought I was going to lose when I go to college," said Wynn.

Chini recognized as June Senior of the Month

by Eliza Chiodo

As Alex Chini, 12, was on his way down to the main office to have a meeting with Mrs. Kristin Janssen, principal, he was nervous as he thought he was getting in trouble. When he found out he was the June Senior of the Month, he was excited and happy.

After Chini graduates from high school, he is going to continue his academic and athletic career even though he is unsure where yet.

Chini is described as a leader, selfless and hardworking by his teachers and coaches.

“He is a great student and versatile,” said Coach John Thomas, assistant principal and head boys’ basketball coach. “He plays three sports and is a stand out in all three. He works hard, and no one has to tell him how to work.”

Chini models what is expected of his teammates and classmates.

“I played volleyball, basketball and baseball,” said

Photo courtesy of Omnibus



If Chini were to give advice to underclassmen, it would be to soak in all of the memories and have fun.

Chini. “The most rewarding sport was baseball because I

Photo courtesy of Alex Chini



Being a multi-sport athlete puts a lot of pressure on a student. Some things that Chini does to help combat stress are listening to music and thinking about the current positives aspects of his life.

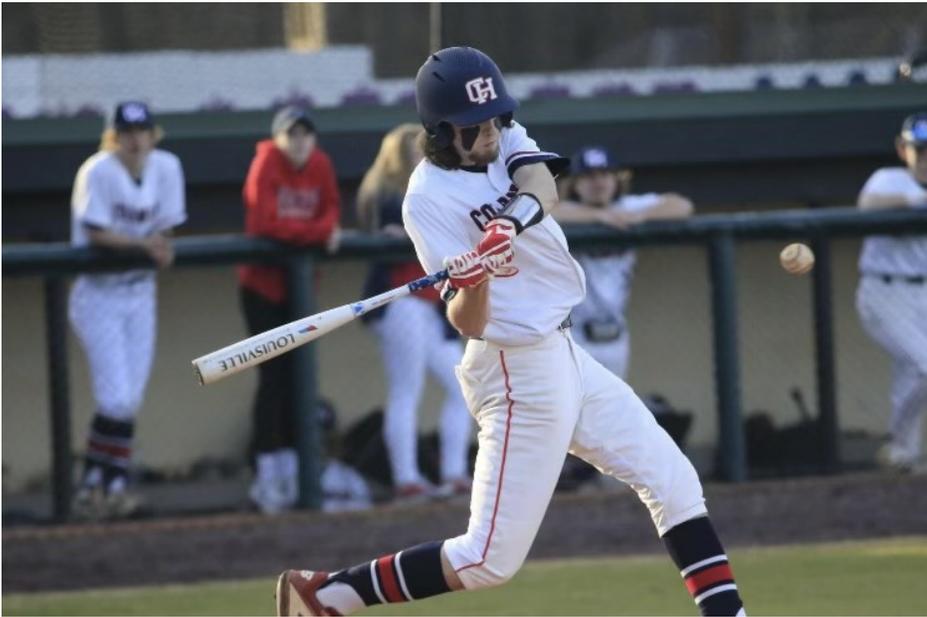
grew up playing with my team ever since we were eight years old, and it means something to me.”

Chini has grown by his accountability: he owns his mistakes.

“Mr. Hoffer has inspired me to become the best person I can be,” said Chini.

Coach Brennan Hoffer, head varsity baseball coach, and Coach Thomas have coached Chini since he was in eighth grade.

Photo courtesy of Alex Chini



Chini views baseball as one of the most meaningful sports to him because he grew up playing it. He has made many lifelong friends along the way. Being a part of a team for many years has made a huge difference in Chini's life.

"Chini has blossomed into a great pitcher for us," said Coach Hoffer. "He has always been the guy to get the ball in the big games since eighth grade. He is comfortable with the pressure on him, and he makes those around him better."

Coaches and teachers are proud to know they have made such a huge impact on this successful student.

"He models what is expected," said Coach Thomas. "Some people talk about what needs to be done, but he gets it done."

"I cannot say enough good things about him; his parents have done an incredible job

raising him to be mature, responsible, accountable and respectful," said Coach Hoffer.

Chini enjoys hanging out

Photo courtesy of Alex Chini



Outside of school, Chini enjoys participating in activities with his friends and family. He also likes to watch sporting events, like basketball and baseball.

with his friends and family and watching sports.

He will really miss high school sports but mostly will miss playing with a group of guys he grew to recognize as family.

"Work ethics and moral standards come to the forefront of him," said Coach Thomas. "He is a team player and never lowers his bar of achievement. He's a leader by nature and very well mannered."

Ragab shows involvement throughout his high school years

by Gavin Jarvis

Committing to a college can be the most important decision of a student's career. Leaving behind an old school life can be difficult, but is needed to follow the path you choose. Fares Ragab, 12, already has it planned out for him at The University of Virginia.

Fares is graduating this year and plans on going to UVA to study architecture. Ragab has always wanted to be an architect ever since he was a kid.

"I was fascinated by an architect's job: drawing and designing what then goes to be a physical, real-life building or structure," said Ragab. "The architecture was my little shiny seashell I found on the beach of careers."

Ragab's second choice apart from UVA was Virginia Tech. His confidence was set more toward being accepted into Virginia Tech because of UVA's low acceptance rate; however, Ragab was accepted into UVA

and waitlisted at Virginia Tech.

Photo courtesy of Fares Ragab



Outside of school Ragab takes interest in games, anime, time with friends and soccer.

"I had already set my mind on what I wanted to study, so I was looking for a highly rated and respected university that had the program I wanted," said Ragab. "And through research, UVA became my number one choice. So after getting accepted into UVA and getting a good financial aid offer, it was a no-brainer to commit."

Ragab is nervous about graduating at the end of the year; time moves so quickly and university is at his front doorstep with new

responsibilities that he must embrace.

"The fact that I'm going to be meeting new people, good people, interesting people, and making new friends excites me," said Ragab. "At the end of the day, thinking about all the new experiences I'm going to have, and the fun times I'll be spending, helps me get through all the anxiety and fear."

Once Ragab moves onto the university, he will leave behind all of the clubs he participated in, one of those being The Technology Student Association, with which he went to Hampton with Mr. Grant Hunnicut, tech drawing teacher, and Grant Collins, 12, to partake in an architecture competition held by the Virginia TSA.

Ragab will also be leaving his teachers and counselor throughout his time at CHHS, including Mrs. Elizabeth Roberts, math teacher and Mrs. Betsy Johnson, guidance counselor.

"Fares is an outstanding

student because he works hard, is very intelligent, seeks opportunities outside of school to further his education, and is willing to help fellow classmates if needed," said Mrs. Roberts

Mrs. Roberts has taught Ragab in Algebra 2, Honors Calculus, AP Calculus and Dual Enrollment Statistics. She has taught Ragab that working hard and putting his all into everything is how you succeed.

Ragab's teachers are not his only motivation for success; living comfortably, being able to do what he likes and what he wants also pushes him to success.

"Fares gives 100 percent effort to everything he does," said Mrs. Betsy Johnson, school counselor. "One of his teachers told me that it doesn't matter if it is a test, daily assignment, or even ungraded work, Fares completes it with excellence."

Ragab is going to miss various elements about the school: from his favorite teachers and friends, all the way to the chicken alfredo the

Photo courtesy of Fares Ragab



Pictured from left to right: Fares Ragab, 12; Mr. Grant Hunnicut; and Grant Collins, 11. Ragab attended the Technological Student Association Championship architecture competition in Hampton with Collins and Mr. Hunnicut.

cafeteria staff makes.

Ragab has learned many lessons from teachers throughout the years, giving him an early start to dealing with the responsibilities that he will deal with at UVA and possibly for the rest of his life.

"Fares has a unique upbringing as he has lived in the United Arab Emirates, Egypt, and the United States," said Mrs. Johnson. "He adapts well to his environment and makes the most of opportunities. We are lucky

to have Fares as a fellow CHHS Colonial!"

Photo courtesy of the University of V.A.



After high school Ragab plans to attend the University of Virginia to study architecture.

Daniels excels in the fine arts classes at CHHS

by Riley Bridgman

Art is a way for people to express themselves in a way that is different from the usual ways of communicating. Art has inspired Abigail Daniels, 12, throughout her life.

“Art has always been a hobby of mine ever since I was a little kid,” said Daniels. “I would always doodle or color in books or on sheets of paper.”

“Art is important to me due to how one can make a world from just the imagination, and it creates a fun thing to do,” said Daniels.

Daniels has taken art classes outside of school to advance her art skills.

“I love art because it's basically writing a story without words or prompts,” said Daniels. “It's always been difficult for me in English classes to put my mind on paper so I found different ways to put it on paper.”

“For starting any piece of art, I usually go for a ‘will it

Photo by Eliza Chiodo



Art has been a big part of Daniels's life ever since she was a little girl.

work on paper?’ Then, I try references and rough drafts to get more ideas for a piece, then try it,” said Daniels about her creative process.

Some of Daniel's favorite kinds of art are animations and painting. She enjoys animations because she is able to see her art come to life.

For Daniels, art was a comfort for her when she moved to CHHS in during her eighth grade year.

“I moved here from Chester and didn't know anything or anyone, and me being a shy

person, I stayed quiet and mostly to myself,” said Daniels. “Art for me was mostly a hobby.”

One person who has inspired Daniels and helped her throughout her years is Mr. Mickey Alderson, art teacher.

“Mr. Alderson was and still is a big inspiration for me due to the warm personality he gives and the welcoming presence in his class,” said Daniels.

Mr. Alderson believes that Daniels, in turn, inspires others.

“Abby inspires others in the class with her caring and loving attitude,” said Mr.

Photo courtesy of Abigail Daniels



Daniels practices her rough draft art on paper before proceeding further with her ideas.

Photo courtesy of Abigail Daniels



Mr. Mickey Alderson, art teacher, commends Daniels for taking risks in her artwork.

Alderson. "She always puts a positive spin on things when they seem a bit gloomy. Abigail has a very giving side, too. She will often give friends, classmates and even teachers small gifts she has either bought or made. For example, I have one on display in my classroom, an Abby original...she

handcrafted a dragon from Sculpey clay with amazing detail. I will always cherish this work of art."

Daniels' hard work has paid off: she received the Optimist Club Art Student of the Year.

"Abby Daniels is the type of artist that is not afraid of taking risks," said Mr.

Alderson. "She loves a good challenge and working hard to creatively find a solution. Abby is always actively engaged with me and her classmates. She collaborates well and accepts thoughts and criticism from others in a mature manner."

After graduation, Daniels will study art at Virginia Commonwealth University.

"I plan to focus on growing my skills to possibly become a storyboard artist for animation or do animation itself or become a tattoo designer after schooling," said Daniels.

Mr. Alderson believes that Daniels will accomplish all of her goals.

"I would like to wish Abby Daniels all the best in the future," said Mr. Alderson. "I have no doubt that whatever she puts her mind to, she will achieve. She has come a long way since that quiet and shy little girl I taught at the middle school. She will be missed in the art department for sure! Good luck, Abby!!!"

Male nurses defy stereotypes in the medical world

by Shaquira McKoy

Male nurses are an upcoming profession in the workforce in today's society. According to Xavier Munoz, 11, previous nursing student, being a male nurse in an industry dominated by female nurses is tough but not impossible.

"The most challenging part is the fact that most people are less accepting of males being nurses, because some people are used to seeing females as nurses," said Munoz.

In the past a nurse was considered a female's job because the female is known to be a caregiver, but as the years have passed, many people now realize that men could be caregivers as well.

"During my career as a nurse, I have frequently worked with male nurses," said Mrs. JoAnn Moody-Parham, nursing program teacher. "It adds to diversity in the workforce and gives patients options in male or female caregivers if

Photo by Terri Moody



Munoz will study nursing at Longwood University in the fall.

needed."

"As far back as Ancient Rome, nurses were primarily men," said Mrs. Moody-Parham.

Mrs. Moody-Parham has been teaching the nursing program since 2008; she loves the experience as well as motivating and helping future healthcare workers.

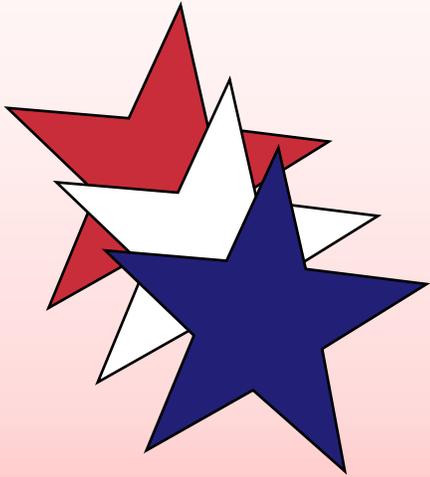
"I have been a nurse for several years working in various specialties such as med-surg, ICU, cardiology,

and psychiatry before teaching, so I wanted to help develop future healthcare workers," said Mrs. Moody-Parham.

Munoz believes that a desire to make a difference by caring for others is the common thread among nursing students.

"I want to help as many people as possible," said Munoz. "We are all in the program to eventually be in the medical field."

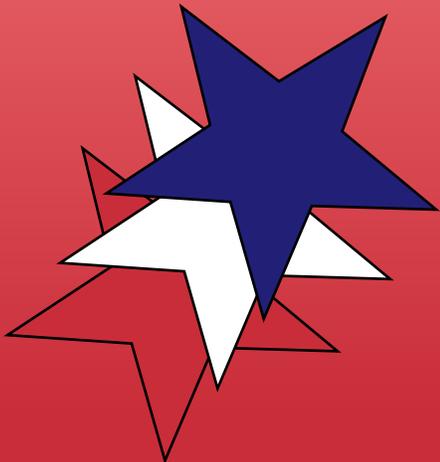
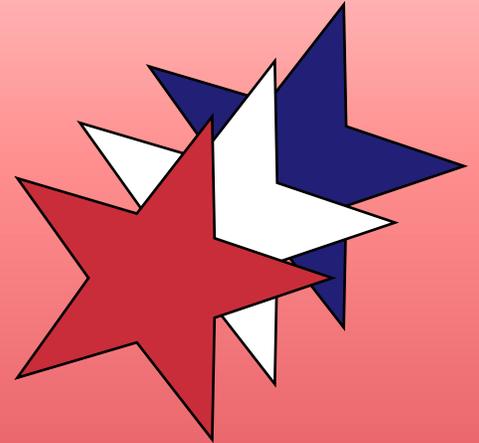
Seniors reminisce about favorite elementary school teachers



Emmanuel Sampson's favorite teacher was Mrs. Deborah Izo from Lakeview Elementary. Sampson liked the way Mrs. Izo was rational throughout the year with his mischievous behavior, while still making things fun, which gave him motivation to improve his behavior. "I would like to tell her that I am making the best of my studies and excelling where I place myself," said Sampson.



Morgan Erner's favorite teacher was Mrs. Young from North Elementary. She liked how Mrs. Young really listened to the class and how she showed her kindness. Something Erner learned from her and still remembers to this day is how to sign "wait," "toilet," "yes" and "no" in ASL. If she could say one last thing to Mrs. Young, it would be "thank you."



Letaz Jones's favorite teacher was Ms. Moring from Tussing Elementary. "She is funny and the life of the party," said Jones. Something that Jones learned from Ms. Moring was Patrick Henry's speech. If he could say one last thing to Ms. Moring, it would be that he misses her.



Senior dancers compete at national level

by Heather Claytor

According to www.britannica.com, “dance is the movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself.”

Dancing allows many friendships to be built and memories to be made. Throughout the nine years of Camille Adenauer, 12, dancing at East Coast Dance Company, the hardest adjustment for her after graduation is going to be

Photo courtesy of Dalton Jenkins



Jenkins has dedicated 12 years toward his dancing career.

missing her dance friends and teachers.

Seeing many groups dance on YouTube videos and

Photo courtesy of Patty Ackerman



Ackerman experienced her favorite competition in the most recent one she competed in. Not being able to compete for two years because of COVID was hard, so the excitement of the most recent competition made it all worth it.

movies lures people in to give it a go. Friends and family also have a big impact on how teens start their dancing careers. Having friends who dance also have a way of getting their other friends into the experience.

“I started competing when I was 5 or 6, and I think I wanted to do it because it was what all of my friends were doing,” said Ella Ackerman, 12. “I later realized

that I enjoy competing because there is more talent and passion in those that compete than in those who just do it as a hobby.”

When it comes to dancing, there are many types of styles along with different levels. One popular style that motivated Ackerman to pursue dance was hip-hop.

Dalton Jenkins, 12, has dedicated 12 years of his life to dancing, and seven of those years he has danced at East Coast Dance Company. Jenkins saw big hip-hop groups on YouTube, which motivated him to start his

dance journey.

Spending years to practice and succeed, Ackerman, Adenauer and Jenkins have all competed at national competitions. Jenkins won a national title twice, and once scored the highest out of the whole competition.

To become a great dancer, having motivation and support through it all is a big help. Having motivation helps dancers get mentally prepared before going out in

Photo courtesy of Patty Ackerman



In addition to dancing and competing, Ackerman has been teaching younger dancers since she was 15. She loves sharing her passion with the children.

front of a crowd.

"I was motivated to start competing because I wanted

Photo courtesy of Dalton Jenkins



Jenkins competes in the highest category, which is usually the advanced category in the senior division, at every competition.

to take dancing to another level and see how well I could place compared to other dancers," said Adenauer.

Traveling is a big part of dance competitions. Not only do competitors have the chance to compete, but they also have the chance to travel and experience new places.

"My favorite competition was a nationals competition at Myrtle Beach," said Adenauer. "This was my favorite competition because it was like a vacation and competition all at once."

Ackerman has made her best memories at her competitions with Angel DeSouza School of Dance for a total of 10 years. The

farthest she has traveled is to Disney World. Car rides while traveling can be boring and feel like forever, but as soon as Ackerman arrived at Disney, she had the time of her life with her dance squad.

Moments before going onto the stage is what gave Ackerman, Adenauer and Jenkins the adrenaline and excitement to win many of their placements.

"Going to practice with my friends and going on stage and getting that crowd cheering is just an awesome experience," said Jenkins.

Color/Winterguard gives seniors unforgettable memories

by Jenna Mason

Throughout the years of high school, many students try a multitude of activities, sports and clubs. One of the many sports that students have the ability to be a part of is Color/Winterguard.

The seniors who have stuck with Winterguard and Colorguard are Tiffany Dice, Morgan Erner, Katie "Giselle" Villalta Flores and Aiden Slavik.

"We call it 'the sport of the arts,'" said Villalta. "It consists of performing choreography, including tossing flags and weapons, utilizing props and floors/tarps."

Colorguard takes place during the fall season and goes along with the theme of the band. The students portray the theme of the band by being in costumes and dancing choreography using flags, digital images, rifles and sabers. They are coached by Mr. Robert Custer, Color/Winterguard director.

Winterguard is the

Photo courtesy of Robert Custer



The Winterguarders placed second place out of 11 teams at their most recent competition, the AIA Championships in the A2 division.

off-season of Colorguard. It focuses more on the actual guard aspect itself. Mr. Custer chooses the music, themes, costumes, props and the overall concept. The team competes in regional competitions.

A student being a part of a sport/activity for a large amount of time makes a huge impact on his or her life. The seniors who have participated in Color/Winterguard have not only grown as teammates, but also as people.

"All I can say is that we have

all missed out on so much during the past few years," said Mr. Custer. "My seniors were just spectacular this year. Hardworking and really set the tone for our success. Their growth in just a few months took us from barely having a team to a silver medal. I couldn't be more proud of all of them."

Color/Winterguard is an extremely important aspect to a marching band as well. Providing another visual element to the marching show, they heighten the watching experience of the audience.

Photo courtesy of Robert Custer



Color/Winterguard involves a lot of focus and movement. The team practices regularly to get down the dance choreography to perfection.

“Here, again, our seniors do a fantastic job of committing to a high level performance so that the group can have continued success,” said Mr. Zachary Conley, band director. “They also are very committed to the recruitment aspect of the guard program here; the seniors are always willing and ready to help guide a younger generation with respect, positivity and a true love for what they do.”

Belonging to a team and family for so many years will make the seniors really cherish the times and memories that they have created and shared.

“My favorite part is teaching the new kids and seeing how far they’ve come from the beginning to the end of the season,” said Dice.

Being in Color/Winterguard provides a sense of comradery and also has given the seniors a multitude of enjoyable experiences.

“My favorite part of guard has to be right after we perform,” said Erner. “There’s a sense of completion, and it’s amazing when we come off the floor knowing we did well.”

The teammates of Color/Winterguard have not only been through

unforgettable experiences with each other, but also have created memories that they will cherish forever.

“My favorite memory is when we rode the bus to our competitions,” said Villalta. “We multitasked: we got our makeup and hair done for the performance all while having fun and growing our bond as a team and between friends.”

Being a member of the Marching Colonials, Slavik joined Winterguard shortly after the marching season was over. Although this was his first year, he found it easy to jump right into the family of the Color/Winterguarders.

“My favorite part was the size of the team because there were so few members that it made it easy to fall into the family,” said Slavik.

Overall, the seniors who have been a part of guard for so long will miss and cherish all of the great times they had. As a part of being a senior, it’s their job to say “goodbye” to the friends they have made and to be able to look back on everything in the future.

Seniors devote many years to band and the Marching Colonials

by Riley Bridgman

According to Mr. Zachary Conley, band director, the Class of 2022 band seniors are leaving behind a legacy of perseverance and excellence.

“They have performed at a high level all four years in shows and concerts that will be remembered for a long time,” said Mr. Conley. “They fought to keep the band program great, and we will continue to do so in their honor.”

This year, there are 17 band seniors graduating. These students include Teagan Best, Laura Bridges, Tiffany Dice, Emma Dube, Alish Heatherly, Dillon Longnecker, Elliot Loucks, Matthew Maitland, Cindy Orellana, Tyrique Payne, Tatem Shaffer, Aiden Slavik, Gabrielle Snead, David Taber, Giselle Villalta and Heather Williams.

For many students, the band has left an everlasting impression on their lives and has helped them open up and be a part of something that is important.

Photo courtesy of Gavin Shelton



Pictured from left to right: Morgan Erner, 12; Tiffany Dice, 12; Gavin Shelton, 11; Alish Heatherly, 12; and Piper Palmer, 12. The CHHS band maintains a solid reputation in the high school band community.

“Band has been an important factor in my life since I was in sixth grade,” said Bridges. “It opened me to a group where I feel accepted.”

Most of the students who are graduating have been in the band since middle school. Due to this, the band has created a strong community for many.

“Without a doubt, the thing

that I’m going to miss the most about the band is the family,” said Slavik. “The sense of community is so meaningful to me, and I fully expect a lot of my friendships I’ve made over the course of the last seven years in band to last my entire life. There’s something about the shared love of music that unites everyone in a really beautiful way.”

Photo courtesy of Gavin Shelton



Pictured from back to front and left to right: Matthew Maitland, 12; David Taber, 12; Dillon Longnecker, 12; Tyrique Payne, 12; Tatem Shaffer, 12; Matteo Musso, 12; and Brennon Gilmore, 11. The band holds fall and spring concerts for the school. They take the time to rehearse songs for weeks at a time. The diligence and strengths of not only the students, but also the conductors is paid off through the hard work from everyone.

The Class of 2022 seniors have set an example for the underclassmen to strive and succeed.

“They demand the most from themselves, both musically and as students, and the younger students

have seen that and latched onto that idea,” said Mr. Conley. “They also strive to succeed at a high level because that is the precedent being set by the seniors.”

Band seniors have all noticed the way the band has

changed them and shaped them into better people.

“It's impossible to describe completely how the band has shaped me over the years,” said Slavik. “I don't think I would be half the person I am today if it wasn't for Mr. Flohre. My time management skills are definitely one of the first things that comes to mind. We have a saying in band that goes like this: ‘To be early is to be on time, to be on time is to be late, and to be late is unacceptable.’ We live by this phrase. Band teaches you respect, patience, and resilience, but most of all, band teaches you to believe in your ability to conquer anything, no matter how impossible it may seem.”

While not all the seniors are pursuing band in college or in the future, the CHHS band will stay in their hearts.

“Doing hard things together leaves the most memories, so cherish it all,” said Shaffer.

Senior drama students take their last bows

by Amari Pelham

The senior drama students -- Nasjir "Remy" Clark, Josiah Nunez and Trent Kirchoff -- experienced their last curtain call on the CHHS stage with the musical "The 25th Annual Putnam County Spelling Bee," which was performed in late April.

Kirchoff enjoyed the complexities of his final character, Leaf Coneybear.

"I love how even though Coneybear is a fun, loveable character to the audience, in flashbacks you can see how hard his life has been," said Kirchoff.

"Building a bond with others" was Clark's favorite part of the musical. Clark played the characters of Chip Tolentio and Olive Dad.

"Being able to act all big and tough to intimidate a bunch of children," said Nunez about his favorite aspect of playing his characters, Mitch Mahoney and Jesus.

Nunez and Clark both plan to go to John Tyler

Photo by Jenna Mason



Trent Kirchoff, 12, will continue to study theater with either a major or a minor when he starts classes at CNU in the fall. He also plans to take prerequisite classes for medical school. He credits Ms. Fehlner's belief in him for his successes in the drama program.

Community College. Kirchoff will continue to study theater with either a major or a minor at Christopher Newport University while also completing prerequisites for medical school.

Clark and Nunez agree that feedback from the audience

is what makes any drama performance worthwhile.

"Being able to interact with audience members while performing," said Clark about his favorite aspect of theater.

"My favorite thing will always be the audience," said Nunez. "All those months of



Setting and achieving major goals in drama, Clark played a feature role in "The Chair Play" one-act competition along with playing the characters of Chip Tolentio and Olive Dad in "The 25th Annual Putnam County Spelling Bee."

effort would be nothing without them. They make what we do worth it. Hearing their laughs, seeing their faces of shock, it's all so motivating to keep doing our best."

Kirchoff is motivated by his fellow cast members.

"My favorite part about the musical was being able to be together to put on a great show and learning more about each other in the process," said Kirchoff.

If the seniors had been given a choice of performing

a different musical instead of "The 25th Annual Putnam County Spelling Bee" for their final show, Nunez would have chosen "Dear Evan Hansen" or "Be More Chill," and Clark would have chosen "Dear Evan Hansen" or "Hamilton."

"I have fallen in love with 'Spelling Bee'; however, if I had to pick a different musical to do I would choose 'Waitress,'" said Kirchoff.

Ms. Natalie Fehlner appreciates what each senior has contributed to the drama program.

"Nasjir Remy Clark is currently our International Thespian Society president," said Ms. Fehlner. "He played in the ensemble of 'Little Shop of Horrors' as a freshman and has continued to be a leader in the department ever since. He played a large part in 'The Door' one act production his sophomore year, and he also made a large effort to try to keep the drama club alive during COVID."

"This past fall he played a featured role in 'The Chair Play' competition one act," said Ms. Fehlner. "He is now graduating this year with the Optimist Award for Drama."

"Trent Kirchoff is currently our Colonial Players Drama Club President and a member of ITS," said Ms. Fehlner. "He has been involved in drama since his freshman year when he took Drama 1 after excelling at improv in middle school."

"He then went on to star in our comedic one act his sophomore year, and continued to make us laugh hysterically as Leaf Coneybear in 'The 25th

Annual Putnam County Spelling Bee' this spring," said Ms. Fehlner. "Trent's range, however, is wide, and he is also able to portray serious and dramatic moments as well as keeping his characters three-dimensional. He is graduating with the departmental award for drama."

"Josiah Nunez has taken drama classes every year of his high school career placing him in the repeatable class: Advanced Theatre Arts three times or more," said Ms. Fehlner. "He volunteered to help with backstage work his freshman year for 'Little Shop of Horrors,' but because of his talent in the classroom, he found himself starring in our competition one act 'The Cages We Build' his sophomore year, which went on to win second place at Regionals and qualify us for States. His senior year he played a featured role in our competition one act 'The Chair Play' and also starred in 'The 25th Annual Putnam County Spelling Bee' as Mitch Mahoney."

"He is also a member of ITS

Photo by Jenna Mason



Taking drama classes all of his high school years, Nunez finalized his drama career with his lead performance in "The 25th Annual Putnam County Spelling Bee" as Mitch Mahoney."

and was always reliable to work with sound and lights on top of his performance talent," said Ms. Fehlner.

As Ms. Fehlner transitions into a new career, Kirchoff wants to express his gratitude for all that she has done for him and his fellow drama participants.

"I would like to thank Ms.

Fehlner for believing in not only me but all of her students because it means so much to all of us," said Kirchoff. "Also, I would like to thank her for making all of the magical memories that I will cherish forever."

Chorus seniors leave legacy of leadership

by Omar Aboustet

This year's chorus seniors, Hannah Chapman, Nasjir "Remy" Clark and Tatem Shaffer, have been courageous and all in all helped shape the choral program as part of their legacy, according to Mrs. Cynthia Breckenridge, chorus teacher.

"I am very proud of all three of my seniors this year," said Mrs. Breckenridge. "We had small groups and everyone of

Photo courtesy of Gavin Shelton



According to Mrs. Breckenridge, senior Tatem Shaffer, along with the other seniors, demonstrated leadership within small groups this year.

them -- Tatem, Hannah, and Remy -- stepped-up to the plate and were leaders in

Photo courtesy of Cynthia Breckenridge



Senior Nasjir "Remy" Clark has shown his courage and used his leadership skills to help shape the overall choral program.

their small groups."

"I had so much fun at my first concert and getting to sing all the songs I have learned," said Hannah Chapman, 12.

Involvement in the choral program has many benefits other than learning how to sing. Special friendships are formed, and the class helps students grow as people.

"I was a shy girl coming in, and coming out as my last year and I became a bubbly, interested teen," said Chapman.

COVID-19 has altered all kinds of activities and classes, and this program is no different. The choral program

has been recovering from the COVID season and only just started doing concerts without masks.

"It has been hard," said Mrs. Breckenridge. "Last year we couldn't sing together at all. This year up until recently, we had to wear masks to help prevent the spread of COVID. It is nice now to relax that requirement and be able to sing without masks."

All students -- regardless of their vocal skills and talents -- are encouraged to take a chorus class.

"If you like to sing, come join," said Mrs. Breckenridge. "I will work with you to develop your talent, and the

group will work together to be the best we can be.”

Mrs. Breckenridge cherishes the bonds that she creates with her students.

“I have learned as much from my students as I have taught them,” said Mrs. Breckenridge. “Every one of them is valuable, and as you develop relationships with students, it changes you to be a better person.”

Chapman is grateful for all that she has learned from her

Photo courtesy of Cynthia Breckenridge



Chapman and Shaffer take time during class to practice control over their voice range.

chorus teacher.

“I would like to add an appreciation to my teacher, Mrs. B., for helping me

become a better singer in those two years I have been in the classes,” said Chapman.

Photo courtesy of Moseley Architects



Pictured above is the sketch for the new construction site for the soon-to-be renovated fine arts portion of CHHS. Over the course of the summer of 2022, construction workers will be doing their best to bring this sketch to life. Dr. William Sroufe, superintendent, and the school board have been planning for this construction since before COVID, and now it is finally time to bring it into reality.

Champions Together seniors partake in final practices

Photo courtesy of Kristina Adams

People in photos are pictured from left to right



Champions Together is an organization that gives special needs athletes the opportunity to participate in sports events. These events include tossing a ball, catching a ball and running. The group has been practicing since the beginning of March. Some seniors who have had the opportunity to be a part of these practices are Jayric Johnson, Alicia Price, Cody Fisher and Eric Fisher.

Senior Staff Spotlight: Madison Marchant

by Terri Miles Moody

Having the same teacher five times may seem excessive, but for Madison Marchant, 12, room 207 has served as a second home during her four years at CHHS.

Marchant, who most recently served as editor-in-chief for Colonial Courier, was my student for English 9 Honors and Journalism 1 during her freshman year; she went on to take Journalism 2-4 during grades 10-12.

"I have had [Mrs. Moody] every single year, and I've had her for five classes," said Marchant. "She was my first block of my freshman year, helping me figure out how to get through high school, and now it's my senior year, and she's helped me tremendously through the process of applying to college to move forward to the next chapter of my life."

In addition to her role as editor-in-chief during first semester of her senior year,

Photo courtesy of Madison Marchant



Marchant has held multiple leadership positions in journalism since her freshman year.

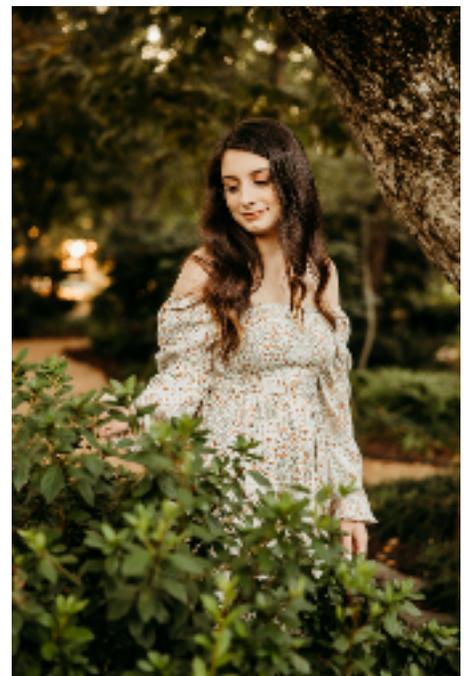
Marchant also served in these roles: lead photographer, features editor and deputy editor. She believes that journalism classes have helped her to develop as both a student and as a leader.

"I have become more open to talking to new people and not being so extremely introverted," said Marchant how she has grown during her time in the journalism program. "I used to be so scared of talking to people that I don't know, but this class made me. Another aspect that I improved on in my life is being more assertive with people."

After graduation, Marchant plans to enroll at John Tyler Community College and then transfer to VCU after two years to study psychology. Her long-term goal is to obtain her master's degree in psychology. She currently works several days per week at Outback Steakhouse and spends "a lot of time and money shopping at Marshall's, Ulta and PetSmart."

In addition to studying journalism, Marchant devoted a few semesters to studying Latin.

Photo courtesy of Madison Marchant



Apart from journalism and Latin, Marchant also played on the CHHS JV Softball team during her freshman and sophomore years of high school.

Photo courtesy of Madison Marchant



Outside of school, Marchant is very devoted to taking care of her pets. She currently owns multiple fish and a reptile.

“Madison was a hard working student who rose to the challenge of Latin and excelled at it,” said Mr. Matthew Gelven, Latin teacher. “She always had thoughtful questions and a keen insight. She had a great sense of humor and got along well with her peers. Her behavior was always respectful and mature. I’m proud to add that she’s a member of Latin Honor Society and will be wearing the purple and gold cord at graduation.”

Along with academic lessons, Marchant learned some life skills along the way.

“When you need help, ask

for it,” said Marchant. “Trying to figure out every single step on your own causes more stress than it needs to. I used to do that, and there were many nights I was up extremely late stressing out, trying to figure out how to do something, when all I needed to do was just ask. This is especially relevant when applying to colleges and scholarships because it is not just a cut and dry process.”

Marchant advised underclassmen to make the most of their time in high school.

“Don’t take these next four years for granted,” said Marchant. “I know that

everyone preaches about how fast high school is going to fly by, and you kind of don’t believe them, but it really is true. Getting up really early in the morning isn’t the best, but all of those good moments that you have with your teachers and your friends really will stick with you.”

Out of her four years, an unusual day from her sophomore year stands out the most.

“The memory that sticks with me the most is when I was a sophomore, and we had to go on lockdown because there was a man running from the police, and he decided to hide in the swamp behind the school,” said Marchant. “Mrs. Janssen went over the intercom and told us the ‘crazy swamp man’ had been caught. It was pretty scary in the moment when we weren’t sure what was going on, but it actually turned really funny after everything was over, and it gave all of us a good story to tell.”

Senior Staff Spotlight: Madison "Madi" Cates

by Terri Miles Moody

Many high school graduates don't have clear plans for their futures; however, Madison "Madi" Cates knows exactly what she wants to be: a nurse.

"Mrs. Moody-Parham's class has helped me decide to be a nurse because I'm already knowledgeable about basic healthcare," said Cates, who took both the Introduction to Nursing and Nursing classes.

"I want to be a nurse because I feel like I belong in a healthcare setting," said Cates.

Mrs. JoAnn Moody-Parham, nursing teacher, believes Cates has the right attitude and motivation to be nursing student.

"Madison has been enthusiastic and engaged in in her basic nursing studies and seems committed to learning all that she can and doing the best that she can to advance in the field of nursing," said Mrs. Moody-Parham.

Photo courtesy of Madison Cates



Cates works at Olive Garden and enjoys her busy work schedule and friendships she has made there. She plans to pursue a career in nursing.

In addition to her nursing elective classes, Cates also took Journalism 1 and 2.

"Taking journalism has helped me come out of my shell," said Cates. "I am more outgoing than I could've ever imagined."

Some of Cates's favorite

high school memories involve Volunteer-a-Thon activities.

"I remember painting rocks there," said Cates. "I liked how everyone came together to do better for the community."

Cates credits Mrs. Darby Wheeler, counselor, for guiding her through her high



Cates's Nana made a huge impact on her life, always pushing her to be the best version of herself.

school journey.

"Mrs. Wheeler has helped me a lot," said Cates. "Even though it's her job, she went above and beyond to make me feel understood. I hope to be like her eventually."

The appreciation is mutual.

"Madi Cates has matured into a thoughtful, kind and confident young person," said Mrs. Wheeler.

Watching her parents persevere through difficult times has motivated Cates to pursue her goals.

"I am most inspired by my parents, who have both overcome things I couldn't imagine," said Cates. "They have been with me through everything."

Another family member, Cates's aunt, has influenced

her career goal to become an RN BSN.

"I am also inspired by my aunt because she is a nurse, and that is why I want to be a nurse as well," said Cates.

Cates currently works at Olive Garden as a hostess. She enjoys her busy work schedule and the friendships that she has made there.

While she continues her Olive Garden job and begins her college experience, Cates will strive to reach her ultimate goal of becoming a nurse. Mrs. Wheeler believes that this profession will suit Cates.

"I feel like Madi has always known she wanted to be a nurse," said Mrs. Wheeler. "Even though she is small, she is mighty. I believe she encompasses the perfect mix of kindness and business to be a successful nurse. I've loved working with Madi these last four years. Her wit and spice have kept me on my toes. I wish her the best and know she only has good times ahead!"

Senior Staff Spotlight: Ryan Bell

by Terri Miles Moody

Senior Ryan Bell is a self-taught musician who plays the drums, guitar, bass and piano.

"I make music," said Bell. "I'm currently working on finding a way to publish it."

"I hope to do something with my music," said Bell. "I wish I could be on stage like my idols, but, if not, I'm okay with that."

Among his rock music idols are Adam Jones and the late Eddie Van Halen.

"Ryan loves his music - especially good ol' rock and roll," said Mr. Tracy Boyd, Biology 2 teacher.

Bell took electives Journalism 1 and Journalism 2 during his junior and senior years and served as a staff writer for *Colonial Courier*.

"I have [benefited from journalism classes] because it's nice to write about a certain topic, and it's relaxing," said Bell.

During his sophomore year, Bell was a member of

Japanese Culture Club. Outside of school he enjoys playing paintball.

Among Bell's favorite

"Ryan sits right up front in front of me - not because I need to keep an eye on him, but because he wants to

Photo courtesy of Ryan Bell



Bell plans to study biology and philosophy at Richard Bland College after taking a gap year.

memories of high school are being in Mr. Boyd's science class and listening to Mr. Boyd tell stories.

learn about the human body," said Mr. Boyd. "He is my Kahoot! champion! He wins almost every time. He is a

Photo courtesy of Ryan Bell



Bell enjoys playing the drums, guitar, bass and piano.

very hard worker, and I'm very proud of how well he has done in Bio 2."

As he nears graduation, Bell has some advice for those he will leave behind.

"When you do your work, give it your 100 percent because when you don't and only give it 50 percent, then only half is done," said Bell. "When doing your school work, always put forth the effort even when you don't want to. It will pay off in the long run."

"When I first came to CHHS, I didn't care about paying attention because it was just 'school,' but I soon realized that paying attention is key to making your four years go by really quickly," said Bell.

Bell's mom has been his

biggest inspiration and supporter.

"She's pushed me to always do well even if I don't want to," said Bell. "She's always had my back and supported me and what I do."

Bell's future plans involve getting a full-time job, getting his driver's license and moving out of his parent's house. After taking a gap year, he is hoping to study biology and philosophy at Richard Bland College.

"The only fear I have is if I'm going to remember to pay the rent when I move out and get my own place," said Bell.

Important Senior Dates

Monday, June 6

7:30 - Senior Breakfast

7:45 - Senior Cap and Gown Picture

8:30 - Parade of Graduates

6 p.m. - Senior of the Month Reception

Wednesday, June 15

11:00 - Graduation Practice @ football field

12:30 - Senior Class Picnic

Friday, June 10

11:33 - SCA Picnic

Thursday, June 16

8:00 - Graduation

What are your plans after graduation?

Ariana Smith: I plan to attend the University of Mary Washington to study english with a concentration in creative writing. I will most likely double major in something else like political science.

Crystal McCall: I will be furthering my education at Virginia Tech. I will be majoring in Psychology, in hopes to become a child psychiatrist.

Jayla Stith: I will be attending Johnson and Wales University in North Carolina in Charlotte.

Tiffany Dice: I plan on taking a year off from school in order to travel and save up for college. I would like to go to Richard Bland or John Tyler.

Anna Moore: I will be attending Virginia Tech in the fall with a possible major of Residential Development and Investment.

Maurice Harmon: I plan on attending Hampden-Sydney College. I'll be going on an athletic football scholarship. I plan on majoring in

government.

Emmanuel Sampson: I plan on going to William and Mary then double majoring in physics and philosophy. I mostly want to see where the wind takes me or see what I can do with the skills I have or will gain. For right now the firm plan is college then working my way through a company while enjoying myself by writing books, playing instruments, and doing what makes life fun while holding true to my ambitions for achieving my highest potential.

Laura Bridges: I am doing online school with John Tyler and majoring in criminal justice. While doing school, I got offered a job as a "ride along" with the police and making \$40,000 a year. Saving up, I will then pay to transfer to VCU and get my Bachelor's.

Hannah Chapman: My plans after night school is to attend Longwood University in the fall of 2022 to advance my studies on becoming an

elementary teacher one day.

Ava Cavey: I will be attending George Mason for civil and infrastructure engineering.

Dalton Tharpe: I am going to Virginia Tech to major in Computer Science.

Madison Marchant: I plan on going to John Tyler for the first two years, to get an associates degree in psychology, then transfer to VCU to get my Master's in psychology.

John Mendola: Radford computer science

Dillon Longnecker: I plan to attend Radford university.

Corey Williams: I'm going to be in the workforce.

Zanae Clark: Going to ESU

Noemy Espino: Criminology

Tyrese Seabron: Air Force/ Loadmaster

Jenny Yang: I plan on attending Vanderbilt University and majoring in Medicine, Health, and Society and minoring in Business on a pre-med track.

Ava Foulkrod: I plan to go to

Richard Bland and transfer afterwards to a four year college!

Letaz Jones: I want my career to be an Elementary School Teacher Assistant. I decided not to go to college, so, instead, I decided I wanted to do a internship at a elementary school so I can see what it's like to be at that field.

Anna Auders: After high school I will be working full time at a local pet grooming salon "That Pet Shop" to hopefully get experience into the field of pet grooming.

Faith Hollimon: Going to college and if that doesn't work I'll start working or go

into acting.

Victoria Patton: My plans are to attend VCU for Painting and Printmaking for four years.

Starrius Mungro: I'm going to college at Oakland University in Michigan

Breeann Newman: I ask that same question everyday and still don't know.

Lilliana Patrick: I will be attending Radford University, and getting my BSN in nursing.

Jae'den Richardson: I want to get into fashion modeling, and work on getting real estate licenses.

Logan Wilson: US Navy

Nakiya Gee: John Tyler

Samantha Freeman: John Tyler Online; studying in accounting

Morgan Erner: Attend Richard Bland for two years, graduate with an AS then attend a college like VA Tech and get a Bachelor's Degree in Biochemistry.

Mikayla Harris: I'm not really sure. I have ideas of what I would like to do but still not completely set on something.

Toby Phelps: military

Ernest Royal: Navy

Jaden Falbee: I plan to go to Richard Bland.

Which teacher made the most meaningful impact on you?

Ariana Smith: Ms. Jaime Smith. She's a math teacher. I personally never had her as a teacher, but she was my JV soccer coach and was the field hockey's assistant coach. She always said "hi" to me and asks how I'm doing. She has went out of her way to make me and other people feel liked. She is also not afraid to be herself even

when other people disapprove.

Crystal McCall: Mrs. White, she cared so deeply for each and every student. She once walked in class and said that we stress her out because COVID made it difficult to add a lot to college applications. She wanted every student to do incredible things and she saw incredible things within

each student.

Jayla Stith: Ms. Johnson and because she talks to me like a regular young adult while also caring about what I have to say.

Tiffany Dice: Mr. Shepp made the biggest impact on me by encouraging me to keep pushing through school and take things a day at a time.

Anna Moore: Mrs. Melis has had a great impact on me throughout my high school career. She taught me for Spanish 2 my freshman year and again my senior year for Senior Seminar. Having a connection with a teacher that you can go to really helps, even if you end up not needing it!

Maurice Harmon: Coach Keeler made the biggest impact on me. It was on and off the field because when it came to the football aspect of it he gave me more confidence than I already had which let me know I was kinda "that guy". In the classroom he said that I needed my gpa and he put me in front of college coaches which was my goal to go play college football.

Emmanuel Sampson: I had absolutely amazing teachers throughout my years, but the teacher with the most meaningful impact on me was Mrs. Moody. Everyday I passed by her classroom, she would check on me and give me a positive take on things.

Laura Bridges: Mr. Flohre definitely. He has taught me a

lot of valuable things about life. Like how to be respectful even if you don't like the person. How to bond with a big group of people. He taught me leadership. He taught me a lot of other things.

Hannah Chapman: The biggest impact that a teacher has had on me would be Mr. Ridpath at the middle school just having a blast getting to sing memory tricks and songs was such fun.

Ava Cavey: Mr. U from middle school made the most significant impact on me. During those years I wasn't very confident in myself, but he pushed me in his English class and helped me realize that I am capable of doing anything I set my mind to.

Dalton Tharpe: Mrs. Smith (Spanish teacher) had the most meaningful impact on me. She taught me so many things and a main one about respect. Since I have had her class I have had a positive outlook towards life and she has never failed to be someone I can count on.

Madison Marchant: Mrs.

Moody made the most meaningful impact on me because I had her all four years of high school and she helped me out with more than just my school work. She helped me achieve my goals for the future and through personal stuff as well.

John Mendola: Mr. Boyd because he's the only nice teacher.

Dillon Longnecker: Mr. Flohre, without band my life wouldn't be the same.

Corey Williams: Mrs. Melis, She's made me wanna be successful and wanna help others like she helped me.

Zanae Clark: Mrs. Young because she always has a positive attitude and encourages me.

Noemy Espino: Not a teacher but a counselor Mrs. Wheeler

Tyrese Seabron: Mr. Boyd/He is one of the kindest and best teachers at this school. I think a lot of teachers should be just like him. He is such an easy going teacher and so nice and takes the extra step to become great friends with all his students.

Jenny Yang: Ms. Crowder has made the most meaningful impact on me because she is always there for me when I need help and her support means the world to me.

Ava Foulkrod: Ms. Unger has always been the teacher I feel closest to. I always have been able to depend on her whenever I am stressed out, or just need someone to talk to throughout my last three years that I've had her as an art teacher. She has always been so welcoming and I know I can always go to her when I need it!

Letaz Jones: Ms. Young made the most impact on me because she has been giving me good advice whenever I have bad days at school. She has also been guiding me to my career. I had to experience the preschool program in her class, and I really enjoyed it. She is like my school mom to me. When I'm with the preschoolers, it almost looks like I'm a dad or a parent to them. I'm going to miss her when I graduate! Thank you, Mrs. Young!

Anna Auders: I've had multiple teachers that I've

liked, but the Best one that has stayed with me, and I have generally have liked has been Mrs. Major.

Faith Hollimon: Mrs. Unger, because she taught me to going out of my limits and pushed me to be a better artist and I love her so much as a teacher.

Victoria Patton: Mrs. Unger, she gave us a very comfortable space to create art and grow. She works incredibly hard to make sure we succeed and we're happy with our work.

Starrius Mungro: The teachers that made the most meaningful impact on me are Mr. Boyd and Mrs. Melis because they both made their classes fun and I understood all of their work which was able to let me pass their classes.

Breeann Newman: Mrs. McBryde made the most impact on me because she always listened to me when I needed it and always wanted to help. I will forever be grateful for that.

Lilliana Patrick: Ms. Ward, she made a big impacted

because she was always honest to any questions that I had school related or not. She was also really good at making sure her students understood their assignments and material.

Jae'den Richardson: Mr. Smielecki, because I had him for both semesters and he was very helpful and I enjoyed being in his class.

Logan Wilson: I went to Matoaca my first 2 years of high school, but the teacher who impacted me the most at Matoaca was Mr. Desalvatore. At Colonial Heights Mrs. Barefoot was the teacher who had the most impact on me. Mrs. Barefoot is always there to talk. She always asked me if I was okay when I was late on an assignment. She overall is just an amazing and caring person.

Nakiya Gee: Mrs. Galderise, Mrs. Rush (older one), Mr. Bartholomew, Mrs. Vaughan, Mrs. Duncan, Mr. Hunnicutt (I think I forgot some teachers), but they helped me with so much.

Samantha Freeman: Mrs. Lingenfelter or formally

known as Ms. Pecile because she has become like a mother to me. I had her for English 10th grade year and Yearbook 11th grade year. She has helped me through a lot of complicating times, for giving me advice to just listening to what I have to say.

Mikayla Harris: Mrs. Young

in ECE because she's taught me a lot in childhood and has always been there for me when I needed her. I've learned a lot from her, and she's a really good role model.

Toby Phelps: Ms. West, I just like political subjects

Ernest Royal: Mrs. Melis, She always compliments me in my manners and clothing!

Jaden Falbee: Mrs. Henry, she was the first teacher I felt close to and was the reason I actually enjoyed going to school.

What advice would you like to offer to rising freshmen?

Ariana Smith: Don't rush growing up.

Crystal McCall: You shouldn't focus on how popular you are because in a few years it's not gonna matter. What is gonna matter is how well you did in school because that determines your future.

Jayla Stith: Take that extra class to make your senior year easier.

Tiffany Dice: I would tell rising freshmen, and really anybody in high school, to just not overload yourself. You don't have to take hard classes in order to be successful. You don't have to go to a big college in order to be successful. Make sure you don't exert yourself with

studying. Hang out with your friends, travel, find a fun hobby, or try a new sport! You're only a high schooler for 4 years.

Anna Moore: To get very involved!! Getting involved not only helps you as a person but exposes you to so many different clubs and opportunities!

Maurice Harmon: Please be yourself and don't think you have to dress this certain way or act a certain way to impress any upperclassmen.

Emmanuel Sampson: Drop out (just kidding!) Focus on each assignment. Let things go. Find something meaningful to you and stick with it. Have fun. Lighten up

every classroom. Be respectful. Watch YouTube videos for classes you're struggling with. Take every opportunity you can get. Do each project or assignment as soon as you're able. Make good memories!

Laura Bridges: Don't stress over anything. Take your time with everything but get it done. Join clubs and sports. Make as many friends but pick the ones who will support you.

Hannah Chapman: I would give the advice of work for classes to better your career and to just have fun in high school but keep with grades and better relationships with teachers as well.

Ava Cavey: Be sure to get involved in clubs and aim for officer positions if you can and don't pressure yourself to have everything figured out for what you want to do for the rest of your life.

Dalton Tharpe: Most people say that you should get involved and I always ignored it as a freshman. As time went on I eventually came to regret not getting involved as that is probably the most important thing that you could do. Getting involved is mainly what you need to do.

Madison Marchant: Ask for help when you need it. You are going to need it more than once throughout your high school career with school work, and planning your future whether it's college, trade school, or going straight to work. I used to be afraid of asking for help or advice, but when I finally did it made my life so much easier.

John Mendola: Don't take anything serious.

Dillon Longnecker: Enjoy your time here, because it'll fly right past you if you don't.

Corey Williams: Make friends and form bonds.

Zanae Clark: Keep your head up high and you can go to college and become anything you want to.

Noemy Espino: Good luck

Tyrese Seabron: Focus on yourself, always do your work and always try to have fun when you can

Jenny Yang: Take time to know yourself, be open to try new things, and always have an optimistic attitude!

Ava Foulkrod: Take care of yourself, and make time for yourself! Freshman year can be a overwhelming with all the new people, places, and activities. You can easily get caught up in school, social life, etc. Making your well-being a priority is super important in high school!

Letaz Jones: Do something that makes you happy and be yourself. Don't let other people get to you or spread negative stuff to you. Find what you want to do when you become a senior and graduate. Treat people the way you want to be treated!

Anna Auders: School is more important than you think it flies by in the blink of an eye.

Faith Hollimon: Just be yourself, don't listen to what everybody tells you, because you are your independent you.

Victoria Patton: You're younger than you think you are, let yourself grow as you should.

Starrius Mungro: To rising freshmen, I want to say that make every moment count.

Breeann Newman: Prepare yourself for one of the best and worst experiences of your life.

Lilliana Patrick: Listen to the teachers and do your work if not you will just make high school harder on yourself.

Jae'den Richardson: Have fun, join as many clubs, have school spirit, enjoy high school because it goes by fast.

Logan Wilson: Don't stress. When school work over loads you, don't hesitate to take a break. Also, not everyone goes to college. There's so many other options in careers

than college.

Nakiya Gee: Don't miss any days, you'll regret it.

Samantha Freeman: High school isn't like the movie portray it to be, but you do have fun. That you learn more than what the teacher teach you. I would tell them to enjoy there times as high schooler and make small mistakes and learn from them, because is the time to make mistakes. I would also tell them it's okay not to know

what you want to be in life and where you want to go, so don't stress about it.

Morgan Erner: Learn how to study and focus on your education. Don't get me wrong— having a social life is also important, BUT your education will help your own future. Also, please take a computer class, they'll help you save A LOT of time in the future.

Mikayla Harris: be yourself. don't change yourself for

anyone.

Toby Phelps: Make the most of your time even though school isn't fun. You will miss it.

Ernest Royal: Let school be school and don't hold yourself to such a high standard. GET INVOLVED. nothing is a mistake!

Jaden Falbee: just don't stress too much and enjoy the years

What's the most important life lesson you've learned?

Ariana Smith: That nobody truly cares about what you're doing. Everyone is too worried about themselves to be looking at you. So be yourself, because being someone you're not is not going to make you happy in the long run.

Crystal McCall: You should keep your circle small because a great time with a few friends means a lot more than with a whole bunch of fake friends.

Jayla Stith: Life goes on whether you're ready or not.

Tiffany Dice: I learned that not everything you hear needs to be repeated and that sometimes it is better to keep things to

yourself. It truly makes things less stressful.

Anna Moore: Don't wish it away, because once it's gone, you'll miss it.

Maurice Harmon: Stay true to yourself, don't change yourself for anybody, find something in high school that you'll like doing for 4 years and it'll make high school fly by.

Emmanuel Sampson: The important lesson I learned was that I have to challenge myself to be at my best even when things become overwhelming.

Laura Bridges: Relax

Hannah Chapman: I have learned the life lesson to take

things at a pace that is good for you and keep up with emails to know what is going on. And to get involved.

Ava Cavey: I am not perfect and that is okay.

Dalton Tharpe: If you have the right people around you any situation can be turned into a great one. Meeting so many new people and becoming close with so many has made high school very enjoyable.

Madison Marchant: I learned that time flies by really fast. The last three years went by so fast even though I thought that it would never end. I've learned to take my time and enjoy the

moment instead of worrying so much about the years to come because it's over before you know it.

John Mendola: sleeping helps

Dillon Longnecker: Everything changes over time

Corey Williams: If someone wanna leave out your life do not force them to stay.

Zanae Clark: You can do anything you put your mind to.

Noemy Espino: That self control, is empathy for your future self & have patience.

Tyrese Seabron: That I should have only kept to myself

Jenny Yang: In order to get, you have to give.

Ava Foulkrod: One of the most important life lessons I've learned during high school would be the realization that you don't have to be friends with everyone! Surrounding yourself with good, genuine people really does make a

difference on your views, actions, and mindset!

Letaz Jones: Stay away from negative people and be with positive people.

Anna Auders: life sucks live it to the fullest

Faith Hollimon: Be whoever you want to be and don't let nobody tell you differently.

Victoria Patton: Your friends are incredibly important, don't take them for granted.

Starrus Mungro: Pay attention even if you already know the material

Breeann Newman: Not sure still learning

Lilliana Patrick: Just listen and be kind

Jae'den Richardson: You have to stay on top of your responsibilities or they'll be in top of you.

Logan Wilson: To turn things in on time. Do the work when it's assigned, not when it's due.

Ava Cavey: I am not perfect, and that is okay.

Nakiya Gee: It taught me to apply myself more.

Samantha Freeman: I think the most important life lesson I learned is always put yourself first, meaning before school, work, etc.

Morgan Erner: Nothing is as serious as it's first made to seem. Take a step back, relax, and assess the situation from a logical angle.

Mikayla Harris: that not everyone is your friend like they make it out. You learn who to trust and who to stick with.

Toby Phelps: Hard work pays off.

Ernest Royal: Being focused on being cool in high school is not worth it!!

Jaden Falbee: Grades aren't everything.