

WHERE RESPECT, RESPONSIBILITY, AND HONESTY ARE PARAMOUNT



CAVALIER

NATION NEWS

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CAROLINE HIGH SCHOOL MASS MEDIA CREW



CLASS OF 2024

Cavalier Nation News is provided to you by the Mass Media class at Caroline High School. If you have any submissions or requests, please contact CavalierNationNews@ccps.us.

Pictured right are the seniors in Mass Media: Brock Shelton, Kaylee Thompson, Kaitlynn Snell, Adam Tatham, and Xaria Burruss.

MEET KAITLYNN

Welcome to the Cavalier Nation News! My name is Kaitlynn Snell, and I'm a disabled and chronically activist in 12th grade. This is my second year in Mass Media. I work as a daycare assistant after school, and I babysit and pet-sit on the side. On a typical school week, I'm pretty busy between work, volunteer work, and all my homework. On the rare occasion I have free time, I hang out with my friends and family and participate in advocating. My friends and I often go swimming, go for drives, or we are

just doing something stupid at one of our houses. My mom and I spend the most time together when we are driving to and from doctor appointments. I love listening to rainstorms, and you can often see me outside during them. After high school, I plan to go to college to earn a Bachelor's and then a Master's in Psychology. I plan to continue my advocacy work well after high school, and I will probably do it for the rest of my life. It is a tough road, and I, and other disabled and chronically ac-

tivists, face tons of push-backs due to stereotypes society has. Many of us are inspired to continue fighting for progress, so the world is more accessible and accepting of the disabled community for future generations. Although you may not see me on camera in Mass Media, I promise I'm still playing a part. I often edit videos, write scripts, write articles, conduct virtual interviews and research, create infographics, plan out how goals will be achieved, and other off-camera necessities. I do

hope you enjoy what Mass Media has to offer for our community!

Did you know? The National Survey of Children's Health states 1 in 4 children ages 12-17 have a special healthcare need. The American Community Survey estimates that more than 1.3 million Americans ages 16-20 have a disability.

MEET KAYLEE

I am Kaylee Thompson, and when I was six years-old my older half sister passed away. From then it was just me and my older brother, and we ended up becoming best friends. Every summer, my grandma would take us to Pennsylvania to visit our great grandmother, and we ended up making friends in the trailer park she lived in. We would always play hide and seek in the dark or walk to the park. We would always do things together and try to be better than one another like in sports. As we were growing up, we grew apart a little, and I started getting into drawing. I would sit in my room and draw everything around me. Sometimes I would sit with my mom and draw because she was really good, and she would help me out with shading and details. When I started drawing more I

got into painting and doing makeup. I thought I was getting good, so at one point I wanted to be a makeup artist as a career. If I wasn't drawing or doing makeup I would be in mud bogs with my dad or going to race tracks and watching all the cool cars. The mud bogs are my favorite thing to do with my dad, because we get to watch all the big trucks race through the mud and almost flip, which was my favorite part. One of my dad's best friends owns a mud truck called 'Mommies Money' so we would mainly go to watch them race.

Recently, we haven't been going to mud bogs as much because no one has time anymore. So, I mainly just draw or watch Netflix whenever I'm bored or I have nothing to do.

MEET BROCK

I'm Brock Shelton, and this is my first year in Mass Media. I'm one of the people who do the morning announcements, and I'm also an editor. I am a senior, and I play baseball for school. Another thing I also do is I'm a part of

the sports medicine student aide program with our athletic trainer LT. A fun fact about me is I love hamburgers. I can't wait to see what Mrs. Gattie has in store for me this year in Mass Media!

MEET XARIA

Hello, my name is Xaria Burruss. I've started taking Mass Media this year because it sounded interesting to me. So far, I like Mass Media a lot; it gives me a way to show my creativity. Some people describe me as outgoing and funny. I've also been cheering for two years now. In my free time I like to read, hang out with friends, and go shopping. My favorite artists are SZA, Frank Ocean, Drake, and Daniel Caesar. I actually went to a SZA concert in February. My favorite food is sushi, and my least favorite food is pizza. I enjoy going outdoors like hiking or going to the beach. After high school I plan to be a real estate agent. I will most likely go to community college to get a degree in business. Although, when I was little my dream job was to

be a surgeon or a singer, but I eventually grew out of those. I am the middle child in a family of five. I have one older sister and one younger brother. My ethnicity is Filipino and Black. I am always trying ways to research and find more about Filipino culture. Most of my family is from Caroline County so I plan to move out of here as soon as possible. My favorite color is pink. My favorite movies are The Notebook and Barbie. I also enjoy going to amusement parks. Usually my family takes a vacation to Florida once a year. I have one dog and two cats. My worst fear is spiders and wasps. I am also very scared of driving but I am slowly overcoming it. I am looking forward to later on this year when I walk across the stage during graduation.



Shelton and Tatham have been friends most of their lives.

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MEET BREEANNA

My name is Breanna Woods. I like to draw when I have free time. I also like to listen to music. My favorite artist to listen to is Rod Wave, NBA Young Boy, Lil Durk. I am very excited this year, and to walk across the stage and know I made it in life and made many people proud. Most of all I want to graduate for my aunt and my boyfriend, because they never gave up on me and believed in me when I didn't believe in myself. My boyfriend and I have been together for four years, and he has been one of my biggest supporters. He's always there for me in the good times and the bad. I have

a niece, Armani, who just turned one on September 20th. She is one of the best things that has happened to me. She has changed my life. She has the sweetest, most goofiest personality anybody can ask for. I am very grateful for her. I also have a nephew who is now one-week old. His name is Rashawn III. He is a precious sweet baby boy, and I can't wait to watch him grow. I'm very big on family. I don't know where I'd be if I didn't have the people who are in my life. I try to keep them close because you never know what you have until it's gone. Sometimes life isn't fair, so I just live my life to be the best.

MEET KAY

My name is Kay, and I use they/them pronouns. I enjoy the color black. My hair is dyed black and magenta. I'm pretty quiet unless I'm bothered. I like to help out in school events and just school things in general which is why I love being a part of CHS. I can be quite goofy and talkative once you get to know me. I like making others smile. What's the point of being sad when there is so much to live for? I believe that everyone deserves happiness because at the end of the day, nobody's perfect. We are all humans, we make mistakes, and we should learn how to change history rather than letting history repeat itself.

MEET CARLY

My name is Carly Powell and I was born in Fredericksburg. I am on the JV field hockey team, and I play left defense. I also play outfield and middle infield with travel softball. I plan on trying out for JV softball this spring. I want to go to college to become a sports medicine physician. If possible, I want to go to college off of a sports scholarship for either softball or field hockey. I want to go to Florida State University, so I can live off the beach. If I like it enough, I want to buy a house in the Florida Keys with my two cousins. I hope to graduate high school with an advanced diploma, so I have a better chance of getting into the college I want.

MEET RYDER

My name is Ryder, and I like to play football and pretty much any other sport except soccer. I am a Commonwealth Governor's school student. I also am in Color Guard, Raiders, and Drill. As you can imagine with all these activities, I am pretty busy! Whenever I have free time I like to spend that time with friends and family. I like to go out somewhere just to get out and have some fun. My favorite thing to do with my friends is going to an arcade like Fun Land in Fredericksburg or just hanging around

at one of our houses. My favorite thing to do with my family is play board games. These games offer a good time to unwind and chat. I can not wait to be able to drive just because I finally won't have to rely on anybody else to do anything and be able to go wherever I want whenever I want. Another thing that I absolutely love to do is travel. I have been to a decent amount of places, but when I grow up and retire, I hope to travel as much as I can. Before then, I plan on going to college and through ROTC enlisting into the

Army. My whole family has always been an Army family. My grandpa was an Army Lt. Colonel, and two of my cousins are currently in the Army. Even if all of them didn't go in, I would probably still go in just because although the Army doesn't pay the best, there are a plethora of benefits and opportunities as long as you're smart and play the cards you're given right.



Cavalier Nation News

MEET DYLAN

Hello my name is Dylan Rice. I am a kind, respectful, responsible, handsome person. In my free time I like to be a leader, and help around the school. I'm also the Junior Class President. I wanted to be class president because I feel like I have the ability to lead and help make the school better for the students who go here. I was voted by my peers because they have entrusted me with representing their voices and opinions. I am also the president of the CHS Chick fil a Leadership Association which is a group of students that help the school with the support of Chick fil a. We have gone on field trips to the elementary schools in the Caroline school district to read books to kids, play games with them, and show them how high

schoolers are leaders and can help them whenever they need it. I am an athlete who runs track for coach Sansberry Harvey. He is a great coach that has taught me a lot, not only running, but things I will use for the rest of my life. I have helped with the annual Feet Meet for kids with challenges. It was a really fun experience helping the kids from my school and other schools play the sport I love. I also really like Monopoly Go. If anyone wants to play they should definitely add me.

*Top Right:
Rice celebrated Hispanic Heritage Month by donning different traditional outfits supplied by Ms. Luciano and Mr. Perkins.*



MEET LAYLA

Hello, my name is Layla Dunnun. I play right side JV volleyball, and I play soccer during the spring season. My parents have really inspired me to play both sports and have pushed me to do my best. I am part of Cavalier Nation News, and Kylee and I interview our teammates before games. I went to Japan this summer with my cousin Kylee. It was so much fun. We did so many fun things: we went rice planting, pottery making, Taiko drumming, and we watched a concert. They have really cool places to eat there. Our favorite place was Myojaku. Their sushi is so good, it is the best I've ever had. Japan is mostly mountains, so there were really pretty views. There was this really funny story where Kylee tried to eat this fake piece of food and we were laughing so hard. There's over 6800 islands in Japan, and we went

to visit two of them. We went to Kyushu and the waterfalls were absolutely beautiful; I wish I had pictures. We also went to Okinawa island. It's cool because it's the site of the last big battle of World War II. We stayed there for about a month, and then we flew home first class! It was an amazing experience. We were exposed to a new culture and made new friends. Their names were Emi and Aya. They spoke very little English so they helped us around and taught us a little bit of Japanese. They showed us their favorite places and spots on the island when we were in Kyushu. We only were there for a week though, so we had to say goodbye to them. We didn't meet anyone in Okinawa because they didn't speak English. Even though we had so much fun I can't wait to explore more of the world.

MEET JAKE

I am a 15 year-old sophomore in Caroline High School. I am a passionate and dedicated individual who loves to play sports and focus on my education while having fun at the same time. I bring a unique blend of skills and knowledge to Mass Media.

Outside of my student life, I am deeply passionate about spending time with friends and family. These activities not only provide me with enjoy-

ment, but also serve as a source of inspiration in my daily life. This 23-24 school year I'm trying to focus on school and keep my grades up. From 8th-9th grade I didn't really care about my grades, but now that I'm maturing and getting older, I now know that these grades are something I need to keep up with and focus on. I went from Cs and Bs to now having straight As. I look forward to a great year!

MEET JAVAR

My name is Javar Brown and I was Born on 1,12,2009 and I like to play and watch football. I am a freshman at Caroline High School, and it has been a fun and interesting experience so far. I like to go to the movie theaters and watch movies with my family and friends, and I like to go outside and ride my bike with my cousins, brothers, and sisters. I also like to drive my go-kart. Over the summer I went on vacation with my cousins and mom. We went to Florida and had a great time. We played basketball there and went to the beach and played football. When we left



Florida a week later, I went to a go-kart place with my cousins and we raced. Afterwards we went to Buffalo Wild Wings to eat. The next day we went to the pool. It was a good summer!

MEET LELAND

Hello everyone! I am Leland Hartley. I was born October 3rd in Manassas, Virginia. I play basketball, and I am a point guard. I played for Caroline Middle School, the Running Rebels AAU Basketball team, and ran track and field. I ran the 100 meter, 200 meter, 4x1, 4x4, and



high jump. I was state ranked number 1 for the 100 and 200. I am a freshman at Caroline High School. I like to listen to music. My favorite artists are Polo G and Kp Skywalka. When I grow older, I want to be a professional athlete and make millions. My backup idea is real estate. I have traveled to New York for a basketball camp. I want to travel to Miami or Times square. I want to go to Miami Beach and Times Square because of the energy there.

MEET KYLEE

Hello, my name is Kylee Marsee, and I play right side in JV volleyball. My mom really inspired me to play, because she thought I would have a lot of fun playing. In Mass Media Layla and I interview my teammates and ask them about volleyball; it's a lot of fun. I went to Japan this summer with my cousin Layla, and we did so many fun things like pottery making, taiko drumming, and parade watching. They have really cool places to eat there. Our favorite place was Myojaku. My favorite item was sushi. It was so good. Japan is mostly mountainous, so there were really pretty views.

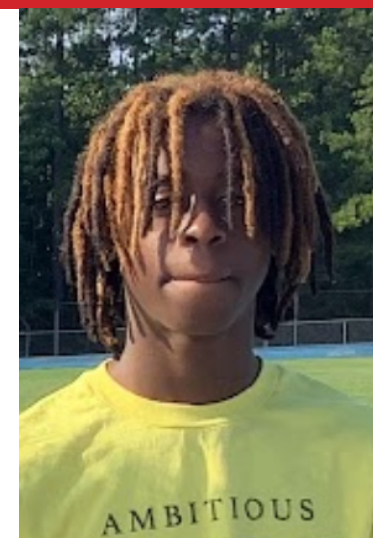
6,800 islands in Japan, and we only got to visit two of them. We went to Kyushu where the waterfalls were absolutely beautiful. Another island we visited was Okinawa Island. The water was so blue and beautiful. Okinawa is the site of a battle during World War II. We stayed for about four weeks then we flew first class back home. It was an amazing trip. We were exposed to a new culture and made new friends, Emi and Aya who spoke a little English; so, they helped us around and talked to us and showed us their favorite places and spots on the island.

I can't wait to explore more of the world!

One day Layla ate a fake piece of food; we laughed so hard. There are over

MEET KYREN

Hello, my name is Kyren, and I'm a freshman on the Mass Media team. I enjoy playing sports, and when I grow up I want to be an entrepreneur or just rich. If I had a billion dollars, I would buy Amazon and lots of houses. My hobbies are being outside and enjoying nature. After high school I hope to live in Hawaii and be a wealthy man.



Brown, Hartley, and Watson are one of the news anchor teams on the Caroline Nation News.

MEET SILAS

My name is Silas Rollins, and I have lived in Caroline County for most of my life. I have two siblings at home. I had just become a freshman this year, and I'm honestly not good with talking to new people that I meet. I enjoy listening to music, play-

ing chess, and reading books. My favorite class I is Freshman Seminar. I'm planning for the next few years to get into mechanical engineering. Some of my favorite subjects are World History I, English 9, Environmental Science, and Algebra I. I play

a few video games like *COD*, *Minecraft*, *Dying Light*, *GTA 5*, and *Modern Warfare II*.

My family is made up of a lot of smart people. Someday I want to help people have a nice functional vehicle. I used to have a pet guinea pig

named Spanky, but he died in 2020. I loved the way his hair was since it looked like mine. He was shy and noisy sometimes, but he was the best pet I had. I look forward to the next four years at Caroline High School.

MEET MAURICE

Hello my name is Maurice. I am taking Mass Media, along with my friend. I love running. It's one of my favorite things to do when I have free time with my dog. I don't travel a lot, because it's way too far for us to go. I'm generally a lazy person unless I'm running around. One of my favorite sports is American football. The only thing I don't know how to play at all is baseball. My dog is an American pitbull, and he has floppy ears. I got a long field to run in so it's like half of a football field. I jog until I get sleepy, and then I go back inside my house. I would probably try to run track if I could

run longer, but I lose way too much air when I run. I went on a two-hour trip when I was sick, and we had to stop about five times so I wouldn't throw up. I have two siblings, one in middle school and one in Madison Elementary School. My favorite food is fried chicken, and when we went on a trip there was KFC, and they did something cool. It was a little kid's birthday. They sang a song and brought out a little chicken mascot that they had. The food there was nice, but it takes awhile for them to complete orders. I hope to make my mark on Mass Media this year!



Rollins and Thomas collaborate together on their media projects in class.

MEET AVA

Hello, my name is Ava. Outside of school I like to workout and play softball. When I get older I want to be an ultrasound technician. My hobbies are softball and working out. I have been playing softball since I was five, and I have come a long way since then. I enjoy working out because I want to

get stronger, so that I can meet my goals. One of my goals is to hit a certain speed with pitching. My other goal is to hit harder and farther than what I do now. I have been to multiple places for travel softball. I have been to Myrtle beach twice. I went to Florida to participate in All American

Softball Youth. It was a fun experience, because I got to play with a lot of girls from other states and countries. I enjoy going to the beach and swimming when I'm there.

*Did you know?
According to Fastpitcher.com, the average high school teen should throw 54-62 mph.*

MEET FITZ

Hello! My name is Fitz Coker. I'm a writer for the Cavalier Nation News. A little bit about me is that I am a freshman in CHS, I have a sister who is a senior and an uncle in this school. I have a very scattered music taste, but I love music. I am an artist and love to doodle characters from shows and movies; those are my favorite things to draw. I enjoy reading, playing video games like Minecraft, spending time with

my family, and watching scary movies. My favorite scary movie is the Fear Street trilogy. My favorite subjects are history and science. I want to study to be a paleontologist. I have a homestead and participate in our family's business. We sell soaps and a plethora of other skincare products that are all homemade. Some of our products include sugar scrubs, body butter, soaps, chap-stick, and lotion bars. We have a cute

little homestead with a lot of sweet and smart animals. We have pigs, chickens, goats, chickens and dogs. My favorite goat is Chomper. He's my goat and eats everything, it's how he got his name. My dogs' names are Mia, Maya, and Sarge. Mia and Maya are rescues, Sarge is my grandparents dog. They're super sweet dogs. Mia is all bark, but she is really sweet when she knows you. She's a mixed breed between a Mali-

nois and Basenji. Maya is the best dog someone can have. She looks like an old lady but she's the youngest of the three, doesn't bark, and is super lovey. She's also a mixed breed between a Corgi and Shiba-inu . Sarge is a very hyper dog. He's a German Shepard, so a big dog compared to my other dogs, but a really loving dog regardless of how big he is. I look forward to a good year on CNN.

MEET FAITH

I am Faith Beazley, and I am in 9th grade. I participate in field hockey and swim. Field hockey is my favorite sport, because I love working together with my team. I am in the Mass Media class because I like doing the announcements and creating things for the school. I am also in all honors classes and Spanish III working towards an advanced diploma. I am starting the Career Cohort Program to learn more about job opportunities. I try to take school seriously though, because I want to go to college and become a teacher. I love traveling and spending time with my family friends. During spring break last year, I traveled to Florida and went to SeaWorld and Universal Studios. This summer, I also went to Pigeon Forge,



Tennessee with my family. I am anticipating traveling to Paris, London and Rome during spring

break this year with my sister, mom, and some friends on the school trip. I am excited for my next

four years of high school and for the opportunities and experiences that will come!

MEET "GABE"

I am Gabriel Wright. My hobbies are football, music, and playing the drums. I have one older brother, and I live with my mom and dad. I have been to Maryland, Washington, DC, and went to see Cracker in Brown's Island. I then saw Interpol and The Smashing Pumpkins. This summer I went to the mountains and stayed at a huge house with a pool, and spent most of my summer playing football and hanging out with friends and fam-

ily. I love to play drums and make music. I also love playing video games. My favorite game right now is Madden. I also play Rainbow Six Siege. I love skating with friends. Hanging out with family and friends is probably the most important thing to me. Doing that gets my mind off of things and also helps my other friends get through challenges in life. I like making people laugh and feel special about themselves, because I feel everyone

has something special and unique in them that makes them glow. I hate when people judge others because someone else is different or not as important as them. I love exploring new places that people don't go to like going through woods to a golf course or abandoned places. I like to motivate people to do their best in things and help them through struggles or something that is bothering them. In the future, I want to help

the earth and make the world a better place by growing more trees, go to poor areas without water or bad weather and help people in need and help give out food, and give people places to stay and stay healthy. I would also like to help all the animals that are endangered. I really love playing football and working on the field. It's like therapy, and it really helps people with mental health issues get through things.

MEET AUTUMN

I am Autumn Cox. I moved to Virginia about two years ago from Louisville, Kentucky. I am in a family of six, but we all got split up because of different moms; so, now I am now just with my little brother and sister. I live in a big house with my mom, aunt, grandma (kind of), uncle, and my little brother and sister. We have five dogs and three cats. I don't play any sports at the moment, but I want to join the Powderpuff team because I feel like it would be a lot of fun for me and my friends. I've been to no countries other than the United States, but the most famous state I've been to is California. I stayed with my older sister because she lived there at the time. It was a lot of fun. I just wish I would have gone out to go see

more of California. The coolest place I've been to was probably Disneyland. That's only because I love Disney. I love music, my favorite artist is Lil peep. I love his lyrics and the way he puts them in with his beats. He was a very talented artist, and I get upset when I remember he can't make music anymore. I want to graduate and get an advanced diploma. I'm not sure what I want to do in life yet, but I know I definitely want to travel the world with someone. I don't know what I want to do in the future at all, really. I might want to help people with mental illnesses later in life because it's something I struggled with when I was younger. For now, I help create the Cavalier Nation News to Caroline.

MEET TINA

Hi, my name is Tina, and I'm from Richmond. I came to Caroline County a year ago, so I am still pretty new here. I am a sister of five brothers and one sister, so that is like a lot of people. Currently, I am living with my aunt and uncle. I have two pets named Sheeba and a parrot. We did not name the parrot. I used to go to Wilder Middle School in Henrico, and it was a pretty interesting school. I

love to paint and listen to music. Those are my two favorite hobbies besides watching scary movies all night, but it's only in October I like doing that. I want to be a fashion designer when I get older, and I'm going to go to college and get my degree. Hopefully, I will make it in that industry. I am a loving student, daughter, niece, and sister and I look forward to this upcoming year.



Caceres-Rios, Beazley, Anderson, and Powell are all new additions

NATIONAL HISPANIC HERITAGE MONTH

The Cavalier Nation News covered several countries during Hispanic Heritage Month. If you're not watching, you're missing out!



By William Rivas
Staff Reporter

Flu season is coming up, and there are ways to stay healthy and still enjoy life during this season. But first of all, what is the flu season? The flu season starts in October and ends sometime around April according to the Center for Disease Control. It peaks around February and dies down once the year progresses. The flu can be caught year round, but there are ways to dodge getting it.

One way to not get sick is to get vaccinated, but there are smaller things you can do everyday to also help you, your family, and people around you. One way is if you are sick, to avoid contact with people. This also applies if you know someone that is sick around you. An-

other way to prevent the flu is to wash your hands. Make sure to use a good soap and wash for 20 seconds. If you're not able to wash your hands, use an alcohol based hand sanitizer. Lastly, a way you can avoid getting sick is to avoid touching your face. Germs easily spread if you touch your nose, mouth, and eyes.

Also remember that COVID is still around. COVID prevention is very similar to flu season prevention. Make sure to get a COVID vaccine as that can help prevent the virus. Those who catch COVID are required to stay in isolation for five days, and to wear a mask while being out for five days beyond isolation.

There are things you can do for yourself too such as improving your immune system. According to



Photo Source: VistaCreate

Harvard Health Publishing, some ways you can improve your immune system are to not smoke, get adequate sleep, have a diet consisting of fruits and vegetables, and to exercise regularly. Keeping up with all your vaccinations can also be a great way to have a healthy immune system.

So to conclude, the flu season and COVID-19

can be prevented. Getting your vaccinations is the best way to avoid the disease, but there are also personal measures you can take to keep yourself and others around you safe. Building your immune system is also important not just for those two diseases, but for all diseases and infections your body has to fight off.

TAKING A BITE OF FALL FOODS

By Tina Yacenta
Staff Reporter

Fall is the time of year where it gets cold and the leaves start to change color and fall foods are abundant. Apples and pumpkins are everywhere, and where there are apples and pumpkins, there are pies, soups, and other delicious baked goods. Now is the time to enjoy these vegetables while they are at their freshest, and when there are the most varieties available.

Why not choose a variety you haven't tried before? Most people who eat apples have probably had Macintosh or Red Delicious apples. But have you tried Honeycrisp, Stayman, or Pink Lady? These are all varieties found in Virginia, that are worth a try. Honeycrisp are juicy and have a honey flavor with a tart bite. Stayman is one of those apples that is good for anything-eating as is, or cooking with it. Pink

Lady is crunch and starts tart, but ends on a sweet note. These apples would make a tasty pie or other dessert.

Squash is also in markets everywhere this time of year. Squash is an edible fruit of a squash plant. There are different varieties of squash such as butternut, honeynut, crookneck pumpkin, and cucurbita. Squash can be roasted, boiled, or sauteed, and they are delicious on their own or

mixed with other ingredients. Squash are also healthy to eat. The saying that an apple a day keeps the doctor away could also count for squash. According to healthline.com, squash is low in calories and high in fiber. Squash also loaded with vitamins and antioxidants, all ingredients that can help us fight off illness this flu season.

So be adventurous this fall, dig into the fall harvest, and try something new and delicious.

THIS GENERATION OF DISABILITY ADVOCATES ARE CHANGING WORLD

By **Kaitlynn Snell**
Staff Reporter

Disabled people advocating for their rights is nothing new. The minority demanding rights is what our country is built on. This generation of disability activists are following in their idol's footsteps by continuing to demand changes and changing the world in the process. Social media has enabled kids and teenagers to spread their advocacy work further than what would've ever been possible. These young kids have seen that change is possible through seeing what their idols achieved with the Americans with Disabilities Act (ADA). They have learned that shoving back is what they need to do when push comes to shove. Although social media has enabled advocating to be more accessible, this doesn't mean the journey is easy. Social media also enables people to be more vocal in their protest against equal rights, and to say just plain old discriminatory things.

Social Media Advocate The_siphonophore_person is one of many teenagers who have decided to start advocacy work. When asked what inspired them to go into advocating they said, "One TikTok account I used

to follow who I followed again here on Instagram (after deleting TikTok), mainly @whatkyrakept." After being asked if disabled and chronically ill people tend to face backlash just for existing, and if they think that is the reason behind the increase in advocacy work, they said, they do, and also people having more access to ways to advocate like social media, helps. When asked about any specific goals they would want achieved by the end of their lifetime their response was, "More laws and regulations in place to protect teens and children in treatment centers and programs living away from home." As for any advice they have for any other advocates they stated, "You'll never feel "ready", don't force yourself but you can always start now and take breaks if you need."

As someone who started my advocacy journey nearly 2.5 years ago, my advice to all the advocates out there is the following: You will ace dozens of obstacles, but rely on what convinced you to start the journey as your motivation.

I started this journey because I didn't want anyone else to experience what I had to go through due to society's biases.



Photo Source: Freepik

That has carried me through all the nasty comments and all the backlash. Most advocates will tell you the same thing, seeing the changes being made makes all the struggle worth it.

Social media has allowed for a whole new method of advocacy that previous generations never thought was possible. We have the ability to interact with law and policymakers at a level that wasn't possible 20 years ago. Social media allows children, of course with the supervision of

a guardian, to advocate for their rights. It allows everyone at any age, any state, any country, any religion, and any language to voice their demands for change. It has allowed for the close-knit disabled community to grow by thousands, even millions, with the improvement in communication.

This generation of advocates has new resources that the previous generations couldn't have dreamed of, and this generation is utilizing these tools while taking the world by storm.

Did you know?

According to the World Health Organization, people with disabilities regularly face discrimination on equal access to healthcare, education, and well-paid employment.

By Ava Anderson and Faith Beazley Sports Reporters

This year's Field Hockey season has been fun and exciting. Our Varsity team is made up of 16 players including our team captains Larkin Shire and Emmerson Smith. The Varsity players are Samantha Moore #00, Ashley Mosonyi #1, Jaden Puckett #3, Kori Black #4, Jaidyn Tingen #6, Zoey Taylor #7, Hope Shannon #8, Emmerson Smith #9, Raygan Parkinson #10, Briyah Powell #11, Larkin Shire #13, Allura Knott #14, Molly Taormina #16, Kincaid Hartsell #18, Rylee Chinault #24, Adrianna Witkowski #99. Their standing scores for this season are 3-10-0 (W/L/T).

Our JV team is composed of 14 players with their team captains Tin-

sley Beazley and Alyssa Bray. The JV players are Avery Serbay #2, Kennedy Jones #3, Faith Haynes #4, Shelby Smith #5, Maranda Dixon #6, Faith Beazley #7, Alyssa Bray #8, Adianela Caceres-Rios #9, Tinsley Beazley #11, Kamden Hartsell #12, Carly Powell #13, Olivia Legaspi #15, Riley Decatur #20, and Evelyn Swift #23. They have been going strong with one loss and one tie, the rest have been wins! The coaches are Dena Kappler (Varsity), Rachel Knott (Both) and Nikki Mahoney (JV).

Some essential skills for playing field hockey are being able to communicate with your teammates and coaches, being committed to playing your best, and being open to receiving help from other players and coaches. This year Caroline had

players from 9th to 12th grade, unfortunately no rising 8th graders. This included 13 freshmen, 10 sophomores, 3 juniors, and 4 seniors. With four seniors leaving this year, the teams are hoping to get more new players next year, especially some upcoming eighth graders.

Our seniors this year included the varsity captains Emma Smith and Larkin Shire, and also Ashley Mosonyi and Molly Taormina. They have all repeatedly shared how much they have enjoyed their many years playing field hockey. Smith, Shire, and Taormina have been playing for five years each, and Mosonyi has played for four years. Taormina plays goalie position, Smith and Mosonyi are both defense players, and Shire plays offense. Senior Night was held on Octo-

ber 5th where all of the players on both JV and Varsity, dressed in pink uniforms, and the seniors got to walk down the field with their families through an archway of field hockey sticks.

Another special occasion during the season was on September 27th, when both teams united to go watch a local college field hockey game. The game was between the local home team of Randolph Macon University and visiting team Southern Virginia University. It was a great experience for the teams to watch them play. Afterwards, the Caroline players were able to meet with and get some great playing tips from the Randolph Macon team.



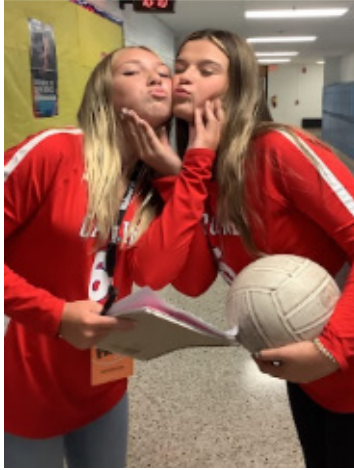
Senior Field Hockey players Emma Smith and Molly Taormina share the highlights of their game with Faith Beazley. Both Smith and Taormina have played field hockey for five years.

CAVALIER NATION SPORTS

VOLLEYBALL TRULY A TEAM SPORT

Girls Volleyball is a sisterhood. Varsity players mentor JV players. Not only does this bonding help team relations, but it helps players develop their skills by learning from each other.

**AVERY ADKINS &
KYLEE MARSEE**



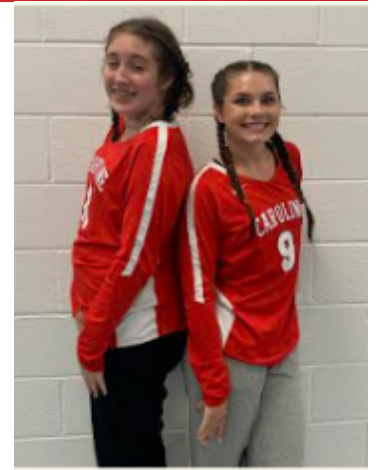
**MADISYN MCCALL &
LAYLA DUNNUM**



**MORGAN DOHERTY &
DESIRAE KRULL**



**CHLOE MARTIN &
ISABELLE FLORES**



**LEILA DEWER &
ALIVIA JONES**



**GABRIELLE BRISTOL &
MACKENZIE WHITE**



BRADLEY MARTIN

Bradley Martin is a sophomore at Caroline High School. He runs for cross country and has been running cross country for two years. He enjoys running with his friends and rivals in competitions. Before his meets he prepares by doing extra

stretching and drinking lots of water and some Propel. Someone who inspires him to do well is fellow runner Matthew Dudenhefer. "I'm looking to break a nineteen minute 5k which is equivalent to 3.1 miles."

JORDAN SOMERS

My name is Jordan Somers. I'm a junior, and I run cross country. This is my second year participating in this sport. I like the peacefulness of running in the woods; the nature is calming and takes my mind off of run-

ning. The night before a meet I make sure to drink a whole bottle of water at minimum. An hour or two before meets I eat two protein bars and drink Gatorade. I look forward to breaking improving my times.

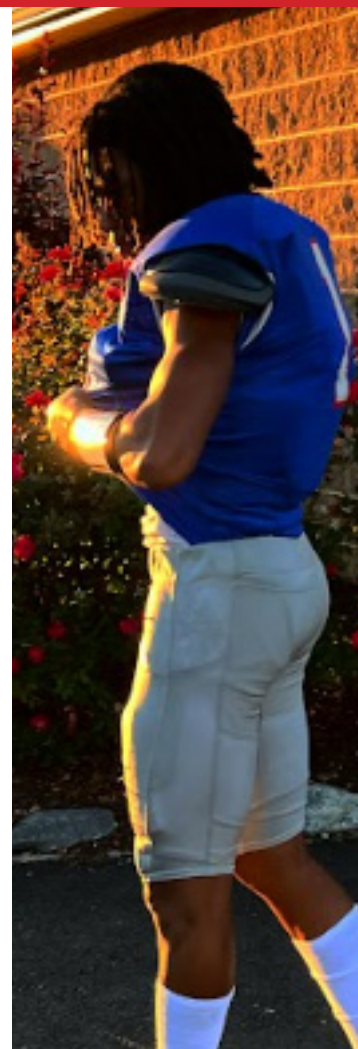
CHOLE MARTIN

I'm Chloe Martin. I'm a sophomore and I play JV Volleyball. I've been playing volleyball for four-years, of which I've gone traveling and been on school teams. I love volleyball and the quickness and the adrenaline you get from playing. I like to be moving at all times when warming up. I like to pepper with people or

pass with myself as well. I'm really looking forward to becoming closer with my teammates but also improving and focusing on my own skills

MALIK JOHNSON

I am Malik Johnson and I am a junior at Caroline High, I play on varsity for the football team, and I have been playing for 10+ years. Playing football is like an emotional release. I play to overcome obstacles and fears in my life, and I just like the whole aspect of this sport. The people who most inspire me to play are my dad and Coach Johnson and before the games I like to rewatch film and get a nice pre game meal in. I also make sure I listen to music to get into the right state of mind. My favorite athlete, who also plays this sport, is Isiah Pacheco. He gives it his all on the field for his sister. I am most looking forward to getting touchdowns as a running back and getting fumble recoveries.



JADA BOLDEN

I'm Jada Bolden. I'm a junior at CHS, and I play varsity field hockey. I have been playing for three years because I enjoy the competition and being pushed to my limit. Before the games I usually make tik toks with people or take pictures to get all the nerves out. The

person who most inspires me to play this sport is my cousin Mya and my favorite athlete Erin Maston who also plays field hockey. She shows that if you drive yourself to do something, you can always do so. I have fun winning games with my girls.



CODY SWANTON

My name is Cody Swanton, I'm a sophomore at CHS, and I play varsity football. I've played since this summer. I most enjoy kicking in football. My dad inspires me to do well

in football. Before games and meets, I practice kicking. I have fun kicking for my team.

JORDYN WILERSON

My name is Jordyn Wilerson, and I am a sophomore at CHS. I have played varsity volleyball for two years. I love how fast paced volleyball is, and I love the rush after getting a kill. I enjoy listening to music before my games and I am most looking forward to making it to regionals this year with my teammates.

SAMANTHA MOORE

My name is Samantha Moore and I am a sophomore at CHS. I've been playing field hockey for three years. I enjoy playing with my best friend Briyah the most. Before my games I like to get ready for the game, and my teammate Briyah cracks my back for me. I wasn't inspired to play, I was more than less told to play, but I look forward to getting better at the sport and making memories with my team.

BRIYAH POWELL

My name is Briyah Powell. I'm a sophomore, and I play varsity field hockey. I have been playing for three years. What I enjoy most is playing and

laughing with Samantha. Before every game I will ask Sam to crack my back. I love winning games and having fun with my teammates.



My name is Aden Mynhier. I am a sophomore, and I play JV and varsity football. I started playing football when I was three, and I just have so much fun playing it.

My mom and dad inspire me, even though they have never played football. They're the ones who made me start, and I just fell in love with the game. My favorite athlete who plays this sport is Josh Jacobs. He's a good running back and I would like to be like him one day. I enjoy winning and being around the people that play with me.

NATHAN SYROWIK

My name is Nathan Syrowik, and I am a freshman at CHS. I play JV football, and I have been playing for a year now. Someone who has inspired me is Ray Lewis and OBJ. I enjoy hitting people on the field, and before every game I usually listen to music.

ARIYA BOLDEN

I am Ariya Bolden. I'm a junior, and I play Varsity Volleyball. This is my first year playing. I really enjoy how technical this sport is. My grandma and Coach Anderson inspire me to do well in this sport. I like listening to music before a meet or game. I look forward to learning more about the game.



AUDREY EDWARDS

I am Audrey Edwards, and I am a senior at Caroline High. I play varsity field hockey, and I have been playing this sport since I was in 8th grade. I enjoy My friends who also play this sport and before every game I usually make sure I am stretching and getting enough sleep. I mainly play for fun or like a hobby. Field Hockey is fun to play, especially at the beach.

OLIVIA POWERS

My name is Olivia Powers. I'm a senior at Caroline High School. I'm a cheerleader, and I've been cheering for seven years. I love everything about cheerleading, especially I love to stunt, fly, and dance. My coaches tell me that I should pursue cheerleading in college as well. I want to cheer for college football teams,

but I'd love to cheer for the Dallas Cowboys or the Washington Commanders. Before meets my routine is to get ready, stretch, and warm up. The people I look up to in this sport are Xaria and Malayla, I always looking forward to being a senior cheering with them along with my other teammates.

GRACELYN EDWARDS

I am Gracelyn Edwards. I'm a junior, I play varsity volleyball, and I have been playing for four years. The thing I enjoy most about my sport is how high en-

ergy it is. My sister and I play it together. I like to drink an Alani or Prime before meets and games.

ISABELLE FLORES

I am Isabelle Flores. I am a freshman, and I play JV volleyball. I have been learning since the 5th grade but have been on no prior teams. I love working with my teammates. The person who inspires me the most is my sister, because she loves volleyball, and she is also the one who taught me to play. Before games I

like to warm up my serving and talk to my friends and family. I don't have a favorite athlete, but I do favor the University of Nebraska Nebraska team mainly because of how well they function. I am also looking forward to getting some real game experience and getting to become better with my team.

MALAYLA COURTNEY

My name is Malayla Courtney. I'm a senior at CHS, and I am a cheerleader. I've been cheering for two years. I love being on a team and love the trust we have in one another. To put someone in the air you need to have a lot of trust. Most of my aunts were cheerleaders, so they inspired me to be a cheerleader.

Before every game Olivia and I go get food,

mostly at Taco Bell. When it comes to my favorite people who play this sport I have to compliment my stunt group, like Nevaeh Mines; she's a great base. Nyliah Harris, is great too. She always gives tips on how to improve and always catches the flier. And of course my flier Olivia Powers. She's a good flier and helps me be a great back spot.

LAYLA DUNNUM

My name is Layla Dunnum. I'm a freshman, and I play JV Volleyball. This is my first year playing. I enjoy having to work together and helping each other out. Avery Atkins inspired me to play this sport. I like to listen to music and lock in before games and meets. I'm looking forward to improving my skills in volleyball.



DESIRAE KRULL

My name is Desirae Krull, I am a sophomore at Caroline High, and I play JV volleyball. I have been playing for a year now and I enjoy the trust you have to have with your teammates and learning new things such as how

to hit and block. Before the games I like to associate with my teammates and my coach about how we are going to play this game. I look forward to getting to know my teammates more and being successful with them.

ABBY LEPP

I am Abby Lepp, and I am a junior. I play varsity volleyball, and I have been playing for two years. I love the team and the people; they are the best, and I feel so at home around them. Before the games I finish any homework I may have so when

all my work is finished I feel relieved of all that stress, and I am not carrying that on me during the game. My favorite athlete who plays volleyball is currently Nishida Yuji because I need to better my hits and his are beautiful. I look forward to improving my skills.

My name is Hope Shannon, I am a sophomore at CHS, and I have been playing field hockey for three years. I am on the varsity team this year. I most enjoy being able to run up and down the field and being very competitive. The person who inspires me is my older brother because he plays baseball in college, and he encourages me to keep going no matter how tough it gets. Before every game I like to sleep so I am not tired during the game, and so I can do my best. I don't have a favorite athlete who plays this sport, but I do like to watch college games during my free time. King George is my rival and I like to play them and James Monroe because I like to play against tougher teams.



THOMAS FORTUNE

My name is Thomas Fortune, and I am a freshman. I play JV football and this is my first year. I enjoy everything about the sport including my teammates and my coaches. Before every game I like to warm up. My favorite athlete who also plays this sport is CeeDee Lamb. He's a good player to study and learn from.

I plan on playing throughout high school. Then after high school I want to play at LSU. Those who most inspire me are my coaches because they encourage me to keep pushing and get better every single day. I am most looking forward to dominating other teams when we play.

VLADIMIR JOACIN

My name is Vladimir Joacin. I'm a junior at Caroline High School. I play varsity football and have been playing for 10 years. I most enjoy hitting people. Gerard Johnson is someone who inspires me. I'm looking forward to a championship some day.

KAMAL ROGERS

My name is Kamal Rogers. I'm a sophomore, and I play JV football. I just started this year. I most enjoy being physical. Tyi'er is someone who inspires me to be a better player. Before meets and games we watch a film. My favorite athlete is Tyi'er. He's one of the most hard working players I know. I'm hoping to get scholarships in the future.

CRAVING MORE ATHLETES?

Winter athletes will be featured in our next issue of your Cavalier Nation News!

Want to send your own submission? Email a bio and a picture to Cavalier-NationNews@ccps.us.

KEAYSHA WHITE

I am Keaysha White, I am a sophomore, and I am a cheerleader. I have been a cheerleader for two years in school but 11 all together. I enjoy the spirit that you have to give when you cheer. The person who most inspires me is my old cheer coach and my mom because they want to see me do something that I love and that I am good at. Before every game I like to pray and do a lot of stretching.

CAMERON JOHNSON

My name is Cameron Johnson and I'm a junior at CHS. I play varsity football, and I've played for three years. I enjoy stepping on the field knowing I've worked hard and I'm going to give my competition a challenge. My coach, Gerard Johnson, inspires me to work hard. I listen to music before games and practices. My favorite athlete is coach Gerard Johnson because he's always trying his hardest and everything he has he worked for and earned it. I'm looking forward to dominating other teams and winning.

*Did you know?
Donoven Swinney, CNN
and Yearbook Photogra-
pher is the man behind
the camera taking
pictures at many of our
sports events.*

