

WHERE RESPECT, RESPONSIBILITY, AND HONESTY ARE PARAMOUNT

CAVALIER

NATION NEWS

Vol 1. Issue 4

LEARNING MORE ABOUT BLACK HISTORY

By Melanie Squires Staff Reporter

February is Black History Month, and while we know some big figure heads who have changed Black History forever, like Martin Luther King Jr., Rosa Parks, and Malcom X., other influential people can easily go unnoticed. Here are some figure heads that changed the way people looked at Black History.

James Durham was the first Black doctor. He was born into slavery in 1762. However, he bought his freedom, and studied medicine. This marked a momentous occasion for Black culture.

James Durham



Painting by Jeremy Paten, Fair use image

We all know that Barack Obama was the first Black President, but who was the first Black Politician? In 1870, Senator Hiram Revels became the first African American to serve in Congress.

While we see a modern day cast of all types of actors and actresses, who were the first to break the illusion and show their face to all? Stepin Fetchit was the first Black actor with a successful career. Hattie McDaniel was the first successful actress and comedian.

While everyone wants to go to space, it is really hard for anyone to get there. Guion Bluford was the first African Ameri-Senator Hiram Revels



Photo Source: MPI/Archive Photos/ Getty Images

Hattie McDaniel



Photo Source: Creative Commons

can astronaut to go to space. While it's everyone's dream to be a star at something, he actually became one!

1947: OUTSTANDING YEAR FOR KENNY WASHINGTON

By Ryder Parker Staff Reporter

Kenny Washington was on the Rams as a running back and defensive back in 1947 and recorded one of his best years in the NFL. Kenny Washington was one of the first African Americans to break the color barrier in the modern NFL. In 1947 he recorded an astonishing 444 rushing yards. With his longest attempt being a 92-yard touchdown run. He also scored five touchdowns this year in both rushing and receiving. Nowadays these stats might not be as exciting but with him being one of the first African Americans to be in modern day NFL these were extremely good stats and quite frankly groundbreaking.



Cavalier Nation News

ROBERTS, FAULKNER MAKE IMPACT IN REPORTING, BROADCASTING

By Angel Vitela Ambriz Staff Reporter

Deborah Ann Roberts has worked as a talk show host, anchor, and a reporter. She became famous in 1990. Roberts has won two awards, an Emmy award and a Clarion award. She currently works for ABC news and has currently been working there for 28 years. Roberts has become one of the top black women in podcast journalism.

Harris Kimberly Falkner



Photo Source: Creative Commons

Harris Kimberley Faulkner became famous in 2014. She is an American newscaster and television host. She has won 6 Emmy awards and in 2005 she won an award for best newscaster and best news specialist in Atlanta, Georgia. She is an anchor at The Faulkner Focus and co-host of Outnumbered. Harris Faulkner has won several awards and she is the perfect example of strength, elegance and focus.

Deborah Ann Roberts



Photo Source: Creative Commons

GUMBEL. LEMON BROADCAST GREATS

By Tronte Ballard Staff Reporter

Bryant Charles Gumbel is American television journalist and sportscaster, best known for his 15 years as a co-host of NBC's today. He is also known for Real Sports with Bryant Gumbel. Real Sports with Bryant Gumbel won a Peabody Award in 2012. Braynt has been all over the place with his career. He hosted a lot of sporting events for NBC including Major League Baseball, college basketball, and the Nation Football League.

NBC news made Gumbel the principal anchor of the Today show beginning September 27, 1982, and has broadcast from Vietnam, Vatican City, Europe, South America, and much of the United States between 1984 and 1989. He stepped down from the show on January 3, 1997, after 15 years. The legendary sports anchor announces that he has lung cancer but has told the media that he is currently fine and looks forward to playing golf again.

Bryant Gumbel



Photo Source: Wikimedia Commons

Don Carlton Lemon is an American television personality most well known for being a host on CNN. He is an anchor of CNN This Morning. Lemon was born March 1, 1996, Baton Rouge, Louisiana, the son Katherine Marie Bouligney and Wilmon Lee Richardson. His father was a prominent attorney, who was part of a lawsuit successfully challenging segregation of public transportation in Baton Rouge. Lemon attended Louisiana State University and graduated from Brooklyn college in 1996, majoring in broadcast journalism.

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COLLINS: PIONEER IN PHOTOGRAPHY

By Lashae Carroll Staff Photographer

Florestine Perault Collins was born in New Orleans in 1895. She was known as an American Photographer. In 1909 Collins began practicing photography at age 14. At the beginning of her career, Collins had to pass as a white woman to be able to assist photographers. In 1920, Collins eventually opened her own studio for people who wanted to be photographers.







Collins pictured above. To the right are examples of Collins' work. Below graphic created by Lashae Carroll

B L A C K P O W E R

THE PRICE OF BEING DISABLED

By Kaitlynn Snell Staff Reporter

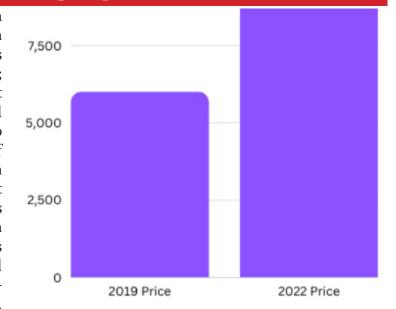
26% of the world's population is disabled. That adds up to 2,080,000,000 people, but of amount 33% have unmet medical needs due the inability to afford them. That is 686,400,000 people who have unmet medical needs. The majority of time the reason they cannot afford medical expenses is because insurance does not deem it necessary, so therefore they won't cover it.

Research estimates have shown that disabled people need an average of an additional income of 28% annually to live the same way able-bodied ple would; that's about \$17,690. That cost doesn't even cover the initial cost of getting care. Initial costs are getting mobility aids (wheelchair, crutches, walker, etc), making one's house accessible if it already isn't, installing adaptive equipment, getting an adaptive car, or any other related equipment. The additional 28% mainly goes towards doctors appointments, different types of therapy, caretakers, and maintenance of equipment.

Basic hospital wheelchairs can cost between \$150-\$300, and most insurances will not cover this purchase. Customized manual wheelchairs Cavalier Nation News

can easily cost between \$1,000-\$12,000, and can take between six months to a year to be finished; insurance also might not cover the full price, and most people still have to pay \$1,00-\$3,000 out of pocket and that is even if insurance covers it at all. Electric wheelchairs can cost up to more than \$78,000. Shower chairs can cost \$100 each, and they often need to be replaced every few years. Even hearing aids are insanely expensive; typically costs \$3,000 per hearing aid, that's \$6,000 for a complete pair. To make things worse, prices are only going up. A wheelchair that cost \$6,000 three years ago is now easily worth \$9,000.

So, why won't insurance cover it? Insurance does not view medical necessities the same as you and me. Hearing aids are often not covered because they are not seen as medically necessary, but as a cosmetic device. Ambulatory wheelchair users often face the same ambulatory issue. An wheelchair user is someone who can still walk but uses a wheelchair to help manage symptoms medical conditions. This is common in Ehlers Danlos Syndrome(EDS), Postural Orthostatic Tachycardia Syndrome(POTS), **Functional** Neurologi-



cal Disorder(FND), and more. Many of these people can walk, but their disability leaves it as an unsafe option. Although a wheelchair is vital for their independence, health, and safety insurance often does not see it as a medical necessity.

When talking to a girl named Tina she said,"[The] majority of my personal money goes to medical supplies, and none of it has been covered by insurance. I've had to adapt my house and even the classrooms I'm in so they are accessible and safe for me. I'd say around £900(\$1095) for my home and around £400(\$487) for my classrooms." A girl named Adeline added,"There are no resources for accessibility in the world. Maybe there could be nonprofits in closing this gap of medical needs for those who need it. Or the companies

begin to recognize the issues and lower their high prices (though I find that unlikely). In the end, life is hard living with disability, not to mention, whilst struggling with money." She also says,"I don't have any of the financial information BUT I do understand mobility aids are largely inaccessible. I'm not sure it's intentional, yet it's very unfortunate when these resources are unavailable for people in need. And I would hope change could someday." Please note the full names of these people have been eliminated to protect their identities.

With these insane prices, insurance either not covering it or only partly covering it, and increasing prices it is no surprise disbaled people's needs are not being met. The rates of people being unable to afford their medical necessities will only

IN MEMORIUM: MAVERICK IN INDUSTRY, BARBARA WALTERS

By Hayden Alldredge Staff Reporter

The news world lost one of its greats on December 30, 2022 with the passing of broadcast journalist and television personality, Barbara Walters.

Barbara Iill Walters was born in Boston on September 25, 1931, and she spent her childhood living in Boston, Miami, and New York City. She had two elder siblings: a brother named Burton who passed away at a young age from pneumonia and a sister named Jacqueline who had developmental disabilities and died of ovarian cancer in 1985. Lew, her father, was a well-known nightclub proprietor who had a glamorous life full of adventure, fame, and wealth. Barbara attended both public and private schools, and from early adulthood until her late twenties, her early years were marked by considerable riches. After that, Walters concentrated on finding work and providing for her family.

In addition to being a pioneer for women in media, Barbara Walters was a true legend in the field of journalism. She was a unique journalist who secured many of the most significant interviews of our time, including those with leaders of state, the biggest stars, and sports legends. Walters was a true trendsetter and expert, well-known for her sit-down interviews with famous people from over the globe and a dogged hunter of elusive news figures. From Richard and Pat Nixon to Barack and Michelle Obama, Walters spoke with every incumbent president and first lady of the United States during her remarkable

Despite Walters' extended reign at the top of her field, it took a while for its gatekeepers to accept that she was a genuine journalist with genuine skills. She didn't use the unofficial playbook too often. She created newsworthy situations by enticing and charming her

DISABLED CONT'D

go up, but how can we stop it? Sadly, the only thing we can do is call attention to the problem. Many companies often sweep the issues under the rug because it means that they get more money. If we call attention to the

problem, the companies will no longer be able to ignore it for their benefit. Who would've thought that we would live in a world where companies are making disabled people suffer for their benefit?



guests instead of taking an initially indifferent or hostile stance, as her wellknown male predecessors frequently did. She gave them the impression that she was primarily there to provide them a platform to tell their version of events. Then she presented a question that none of them had anticipated nor could be answered with prepared remarks because Walters' demeanor and phrasing had rendered it useless.

Without a doubt, Barba Walters blazed a trail for both men and women news reporters today in the field of journalism. Walters was able to demonstrate to us the impact a news reporter can have on the globe through both her numerous achievements. Many of the biggest honors in the broadcasting profession were won thanks to her persistent journalism. In 1975, the year she won the first of her four Emmy awards, she was honored with the National Association of

nized as the International Radio and Television Society's Broadcaster of the Year (1970, 1980, 1982, 1983).

In the following years she received the Overseas Press Club's President's Award in 1988; she was later honored with the Lowell Thomas Award for achievement in journalism and inducted into the Television Arts and Sciences Hall of Fame in 1990. She was honored with lifetime achievement awards from the National Academy of Television Arts and Sciences in 2000 and the International Women's Media Foundation in 1991. In 2007 she was given a star on the Hollywood Walk of Fame, and at the 30th Annual News and Documentary Emmy Awards in 2008 she was given the Lifetime Achievement Award.

Walters was truly a master in her field, and one who will continue to make an impact for years to come.

CAVALIER NATION <u>NEWS</u>

CARNIVAL IN GERMANY CELEBRATES LAST DAY BEFORE LENT

By Marissa Jungk Staff Reporter

Every year on Dreikönigstag, which honors the Epiphany and marks the end of Christmas celebrations, carnival-time starts in the Swabian area of Germany. This goes by many names such as Karneval or Mardi Gras. People dress up in what Germans call the Larven or Schemen which are overly expensive types of masks that are usually made of wood. Around this time nearly every town has parades where they represent their town in their traditional "Hääs" or costume, which they never change. One town has more than one costume, and all of them have different names. They are accompanied by their town's music association. To see those parades people dress up as whatever they want and stand on the side of the road. The people participating in the parade give out candy to the children and alcohol to the adults, much like in the United States.

For some, the highlight of carnival-time is the Schmozige Dunnstig, which is the day before Aschermittwoch, otherwise known as Ash Wednesday, or the first day of Lent. A traditional food on that day is the Fasnetsküchle, which is a type of lard pastry, similar to a donut. It is not a public holiday in Germany, but it is a time where businesses will let their employees take off to go to church, and when political parties hold their meetings. For many, it is a time for eating rich foods, partying and fun, before the fast for Lent begins.



The celebration of the last day before Lent is celebrated with parades in the streets.



During Carnival, or Karneval, people dress up swith elaborate masks.

WHAT DO YOU KNOW ABOUT MARDI GRAS?

Top 10 Foods To Eat At Mardi Gras:

Mardi Gras King Cake
Shrimp Po' Boys
Jambalaya
Beignets
Muffuletta Sandwich
Copycat Moon Pies
Good New Orleans Creole Gumbo
Heathers Crawfish Etouffee
Authentic New Orleans Red Beans and Rice
New Orleans Barbeque Shrimp

Top 10 Activities To Do At Mardi Gras:

Attend The Parades Make a "Throw" Bucket List Eat King Cake Tour Mardi Gras World Join The After Party on Bourbon Street (New Orleans)

Pick Out a Mardi Gras Mask At The French Market Try Authentic Cajun And Creole Attend a Mardi Gras Ball Dress Up In Mardi Gras Fashion Have A Nice Mardi Gras Exotic Drink

FUN THINGS TO BE EXCITED FOR IN 2023

By Eric Jordan Staff Reporter

Movie: Spider-Man: Across the Spider-Verse.

Spider-Man: Across the Spider-Verse is an upcoming movie releasing on June 2, 2023. It will be featuring the Marvel Comics character Miles Morales/Spider-Man. It is a sequel to Spider-Man: Into the Spider-Verse (2018) and is set in a shared multiverse alternate universes called the "Spider-Verse". This film will be directed by Joaquim Dos Santos, Kemp Powers, and Justin K. Thompson.

Game: Atomic Heart

Atomic Heart is an upcoming FPS action video game developed by Mundfish and published by Focus Entertainment and 4Divinity. The game is planned for release for Microsoft Windows, PlayStation 4, PlayStation

5, Xbox One and Xbox Series X/S on February 21, 2023. Atomic Heart takes place in the Soviet Union in an alternate 1955. Advances in robotics in the 1930s enabled the USSR to defeat Nazi Germany in 1941, although with a much more severe loss of life. This resulted in the automation of Soviet labor and the development of a proto-Internet called the "Collective 1.0" linking these robots to a collective hivemind, vastly increasing productivity and advancement scientific by the end of the 1940s. The main protagonist is a mentally unstable KGB special agent called Major Nechaev, nicknamed P-3, who is sent by his contractor Sechenov to keep the situation at facility 3826 from deteriorating. P-3 is challenged with combating robots that went haywire, failed biomechanical experiments and his own, ever-deteriorating mental state.

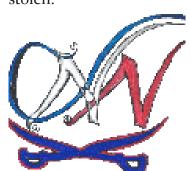
Game: Final Fantasy XVI

Final Fantasy XVI is an upcoming game developed and published by Square Enix and is the sixteenth installment of the Final Fantasy series. Final Fantasy XVI is set for a worldwide release on June 22, 2023 and will be a playstation 5 exclusive for six months.

TV Series: The Last Of Us

The Last Of Us is an upcoming post-apocalyptic drama television series created by Craig Mazin and Neil Druckmann for HBO. It will have nine episodes and is based on the 2013 video game of the same name. Developed by Naughty Dog, the series will follow Joel (Pedro Pascal), a smuggler tasked with escorting a teenager named Ellie (Bella Ramsey) Who is immune to the Cordyceps brain

infection (CBI), a parasitic fungal infection that has devastated mankind in The Last of Us series across a post-apocalyptic United States. Although this show is hated by some of The Last Of Us community due to the actors looking nothing like the characters from the game, the show was released on January 15, 2023 on HBO Max. This show will most likely be pirated to other apps and websites due to its popularity and hatred towards the actors. If you are planning to watch this show, be sure to watch it on HBO Max if you can. Otherwise, be careful of where you watch it as you will be at risk of getting a virus or your information stolen.



SENIORS: PLAN FOR FUTURE NOW

By Jack Bruso Staff Reporter

It's officially January, which means we're one month closer to the conclusion of the school year, Seniors: with graduation comes many emotions, sadness, nervousness, happiness, but most of all, excitement, whether your plans are college,

the military, or otherwise. Graduation brings opportunity for all. As seniors, it can be hard to decide what route we want to take. Luckily, CHS has plenty of resources for graduation, college, and everything else.

Here are two resources for college information:

Lori Hummer - Germanna Community College Advisor

Kaleigh ShortridgeCollege Advisor

Along with the school counselors, our college advisors are here to help you whenever you need. Plan now for your future, and thank yourself later!



URBAN LEGENDS: WHY THEY ARE IMPORTANT TODAY

By Traci Worth Staff Reporter

There are many traditions that have been passed down through generations that we don't celebrate today. There are some, however, that are still some that we celebrate and probably will for a long time. One of those traditions are urban legends. Urban legends are modern stories that have been passed down from person to person by social media, newspaper, news apps, or emails. These stories can be either scary, humorous, or one of those and cautionary. These types of stories are popular among teens and young adults.

Despite the name, these stories don't exactly come from urban areas. They can come from anywhere at any time in the world. This term is actually trying to differentiate these modern stories from traditional folklore and ancient myths. So because of this, sociologists and folklorists seem to prefer the term 'contemporary legends' when talking about urban legends. So, in a certain case, folklore, myths, and urban legends are kind of the same thing. They are meant to make people laugh, make people scared, make people think about their actions. and/or all of the above. As well as teens and young

adults, these stories are useful to parents and elders. They tell their children these stories to scare them into doing or not doing something. A good example is an old story about a woman who was killed because she had an over-the-top hairdo but little did she know there was a nest of spiders in her hair. She must have died because the spiders kept biting, which was poisoning her. This could be told to someone who is petty and only cares about themselves and not others.

There is an urban legend for almost if not all countries. They have become so popular that each state has one or more urban legends. Sometimes even cities or towns have their own urban legend. Our own state of Virginia even has one. The legend is called "Bunnyman Bridge" and this story starts in Fairfax County. It all starts in 1904 with a group of mental asylum patients riding the bus to a new asylum. It says that on the way there, the bus swerved and crashed. They were able to find all the patients except one, Douglas Griffon, who disappeared into the woods after the crash. Weeks passed and they were still not able to find him but they did find a lot of bunny corpses. It was believed that Griffon started eating rabbits after he ran into the woods weeks prior. This went on until one Halloween night, a group of teens were hanging out under and around the bridge. It was said that they must have seen a random bright light or an orb, but we don't know for certain. This is because shortly after they saw it, they were gutted and hung from the bridge. It is said that if you go there on Halloween night at midnight, you will have the same fate as the bunnies and those teens.

Another interesting legend is from the state of Michigan. This story is called "Knock Knock Road" or "The Little Girl on Knock Knock Road". The legend says that all this started when a man

killed a little girl on that road. Now, it is said that she goes up to drivers windows, knocking on them to try and find her killer. So unlike other urban legends, it seems like she does not want to harm anyone. The only person she wants to hurt is the man that killed her and she goes up to cars, knocking on the windows, so she can see the person. This may be her way of making sure she does not hurt an innocent person.

Urban legends are traditional or modern stories that have or will be passed down for generations. They can be scary, humorous, warnings or all of the above. No matter what it is, urban legends seem to have interested the world in the supernatural.

Top 17 popular urban legends 16. Slenderman 1. The Hook 17. The killer in the 2. Naala Baa backseat/High 3. Teke Teke 4. Rat King Beams 5. The Roommate 6. The Vanishing Hitchhiker 7. The Spider Bite 8. La Horona 9. Bloody Mary 10. Chupacabra 11. The Goatman of Maryland 12. Mothman 13. The ticker 14. Bunny man 15. The Black-eyed Children

NATIONAL CHOCOLATE CAKE DAY IS SWEET TIME

By Ricardo Rivera-Guerra Staff Reporter

National Chocolate Cake Day is a nonofficial holiday which is celebrated on January 27 each year. People trust that chocolate cake has been around for centuries. The historical Egyptians were the first to bake desserts and chocolate was first discovered by the Aztecs over 3,000 years ago.

The chocolate and baked desserts pair didn't happen until approximately mid 18th century in America when Dr. James

Baker and a chocolate maker teamed up to make the first chocolate cake in 1765.

The inventor of National Chocolate Cake Day continues to be unknown. Americans drank chocolate cakes as a beverage until the 1830s. But at time the flavors that we are used to nowadays didn't exist. Other research shows that chocolate cake was born when a medical doctor and a chocolate maker teamed



up in anvintage mill in 1765. They made chocolate cake by grinding up the cocoa beans between two large milestones to make a thick syrup. Then they poured the liquid into molds to make fash-

ioned cakes. As the day is going on it become modified right into a beverage for the American people.

So indulge in the cholocate goodness that is chocolate cake, and celebrate all year long.

MAKING A HABIT OF NATIONAL HOBBY DAY

By Angel Foderingham Staff Reporter

How we spend our spare time varies from person to person. Every January, during National Hobby thousands Month. Americans celebrate their favorite hobbies and try out new ones. From outdoor activities like swimming or hiking, to artsy projects like painting or knitting, most of us have go-to pursuits. During this month, don't just stick to your regular routine. Expand your list of hobbies and share the ones you love.

The meaning behind the word hobby can be traced back to the 16th century work 'hobyn' meaning "small horse and pony." The term "hobby horse" was a toy horse pur-

chased in Reading, England in 1557. Originally called a "tourney house," this toy horse was made of a straight stick with a small horse's head made also of wood or stuffed fabric. Hobbies are often referred to as a "pastime," derived from the use of hobbies to pass the time. From "hobby horse" came the expression "to ride one's hobby horse" meaning "to follow one's favorite pastime." Over several centuries the term "hobby" grew to be associated with recreation and leisure. While in the 17th century it was generally perceived as a childish pursuit, with the growth of the industrial society, hobbies took on greater

respectability by the 18th century. Over years, hobbies are now an activity that is a regular practice serving a worthwhile purpose to individuals. Hobbies can be practiced for pure enjoyment or interest, and sometimes even financial reward.

Today hobbies are embraced all over the world and people's passion for their hobbies has taken them places they never would have thought possible. From reading, writing, and collecting, to art and video games, whatever it is that gets your gears going, this new year is your opportunity to kick it into full swing and let your inner hobbler out!

What are some hobby month activities:

1. Share one of your favorites.

Whether it's hiking, tennis, or yoga ~ find a friend to share your hobby with and teach them something new.

2. Try out a new one.

Get out of your comfort zone by trying out a new hobby. If you're a little scared, bring a friend!

3. Take a class.

Or start a Meetup group. There are probably people nearby who share your passion. It's a great way to find new friends with similar interests.

AN INSIDE LOOK AT CHS WINTER ATHLETES

Abe Williams

Abe Williams is a freshman who has been playing JV Boys Basketball for 4 years. He enjoys that it's a fun sport to play even if you are by yourself. He was inspired by his dad to play and have a good time, and his favorite athlete is Ja Morant. He likes listening to music before meets and games. This season, he's looking forward to winning a championship

Celina Blanco

with his teammates.

Celina Blanco is a junior who's been running indoor track for two years now. She says that she enjoys everything about the sport. The person that has inspired her the most is her family. The thing she likes to do right before the game is stretch and tell her team to do well, her favorite athlete who runs indoor track is her close friend Abby Lepp who is on the team with her. The thing she most looks forward to this season is success and she also plays spring track.

Borje Aljean Mae

Borje Aljean Mae is a freshman who has been playing JV Girls Basketball for around a year. She enjoys being able to meet new people, and she plans on playing the sport postgraduation.

Kennedy Jones

Kennedy Jones has been running Indoor Track for two years now, and she is a freshman. When Jones was asked what they like the most about the sport they said,"I like winning and running relays." The person who inspires them to play is Sha'Carri Richardson. Before a meet Iones will block starts and sprint outs and stretch. Jones' favorite athlete is Sha'Carri Richardson. and this season she looks forward to making it to states. Jones is not just an Indoor Track runner, she also plays football.

Abigail Taylor

Abigail Taylor is a junior who has been swimming for two years now. What she enjoys most about the sport is the familial aspect of the team and the camaraderie they have. The people who inspire her to do well in this sport are Coach Shawn and Coach Hale because they've helped improve her swimming since she's started. The thing she likes to do right before a meet is stretch and drink lots of water. Her favorite athletes who play the sport are Lilly, Kaylee, and Alex because they always hype her up before a meet and are very proud of her. She looks forward to cutting her time on everything and getting her endurance up.

Leah Wiser

Leah Wiser is a freshman who has been playing JV Girls Basketball for two years. She enjoys that the team has good sportsmanship and is like a family. Before games and meets, she prays and hypes up her teammates. Her favorite athlete is Kobe Bryant, because "he was really inspiring and was really good at basketball." Leah is most looking forward to a team win, and she also plays soccer and track.

Terrell Tavare

Terrell Tavare is a Freshman who plays JV Boys Basketball and has been playing for five years. When asked what he enjoys the most about the sport he said, "I like getting to know my new teammates and learning new things." He said his dad is the one who inspired him to play basketball. Right before a game he warms-up by shooting free throws, and he works on his lay-ups and ball handling. His favorite athlete is Ia Morant because they play the same way. He plans on playing basketball beyond high school. This season he is looking forward to winning a championship. Terell also plays Outdoor Track and Field.

Raygan Parkinson

Raygan Parkinson is a freshman and has been running Indoor Track for two years now. Parkinson says the things she enjoys the most about the sport are the people there and the challenges she faces throughout the season. The people who inspire her are her family and boyfriend. As for what she does before a meet, she sleeps and listens to music. What she looks forward to the most this season is having fun and showing out. She also plays Field Hockey.

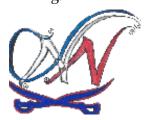
Jacari Tiller

Jacari Tiller is a junior, and this is his first year participating in Indoor Track. Tiller said his favorite thing about the sport is the "family-like teammates". The people who inspire him to play are his coaches and friends. Before a game he stretches with Issaiah Reid and practices blocks. He says he doesn't have any favorite athletes because he loves them all. For this season he is looking forward to qualifying for states in the 55 meter. Jacari is not just participating in Indoor Track, he is also in Soccer.

AN INSIDE LOOK AT CHS WINTER ATHLETES

Bryant Carneal (pictured below)

Bryant Carneal is a freshman who is on the swimming team. He has been swimming for six years. The thing he enjoys most about the sport is his friends. Right before a swim meet he spends his time eating. To the question about what he's looking forward the most Bryant stated that he just wants to get better at swimming.



Bradley Martin (pictured right)

Bradley Martin is a freshman and just started indoor track for his first year. About the question of what he enjoys most he said, "It's very straightforward if you don't want to be there, leave." The thing that most inspires him to play is the rivalry with friends and acquaintances. To prepare for competitions Bradley eats pasta the night before and goes to bed at 9 pm. He is most looking forward to his growth as an athlete into next year. In total this year he's done cross country and indoor track.



Faith Beazley

Faith Beazley is a freshman on the swimming team and has been swimming for six years. She enjoys most about the sport is the strokes and different activities they do. Her mom encourages her to keep on swimming. The three things she does before a swim meet is eat food, hand out and warm up. What Beazley is looking forward to the most this year is swimming different strokes and in relays with friends. She also participates in field hockey.



Steven Thompson

Steven Thompson is a freshman who's been swimming for six years now. He says he just enjoys the act of swimming. The thing he likes to do right before a meet is sleep.

AN INSIDE LOOK AT CHS WINTER ATHLETES

Tinyia Terell

Tinyia Terell is a junior who plays varsity girls basketball; she has played for three years now. She said she enjoys the sport because she likes "being able to enjoy the games with [her] teammates and cheering them on." The people who inspire her the most to play are her mom and dad. The thing that she likes to do right before her games is listen to music and think about the game. Her favorite athlete who plays basketball is Ja Morant, and the thing she most looks forward to this season is winning a championship with her teammates.

Jalen Haney

Jalen Haney is a junior at CHS who plays Varsity Boys Basketball. Haney has been playing basketball since he was five years old. He says that his inspiration for playing is his papa. Haney enjoys the competitive nature of this sport, and is "looking forward to making it to the states." He likes to warm up with jokes and get some shoots up before games.



Gavin Davis

Gavin Davis is a junior at CHS who plays Indoor Track. This is Davis's second year of running for indoor track. He enjoys being able to get good placements in his events. Davis is looking forward to being able to go to states and nationals. He says he likes to prepare by "eating enough food and staying light enough to run with ease." Davis also participates in Esports and soccer.



Jeron Morris

Jeron Morris is a sophomore who plays JV Boys Basketball. Morris has been playing basketball for almost nine years and says that his inspiration in the sport are his coaches David Ware and his Uncle Chad Carter. "I love the competition the sport gives me, and it makes me work harder then I already do," he states. His favorite athletes are Magic Johnson and Jason Williams. Morris is looking forward to getting another championship under their belt. He says he likes to prepare by listening to music and calling his uncle before the game to get a pep talk. Morris also plays baseball.

Trish Maples

Trish Maples is a senior on the swimming team and has done it for nine years. "It's not about beating your teammates," she states. "It's about beating yourself." Her mom and dad umpire her in the sport. To prepare herself for swimming, Maples takes a 30 minute nap and drinks coffee before the game. She plans on swimming recreationally in college but not on an actual team after. This season she's looking forward the most to setting her new PR's. At CHS Trish also plays field hockey.

Korryn Parker

Korryn Parker is a junior at CHS who plays Varsity Girls Basketball. Parker has been playing basketball for six years. She says her inspiration is her older brother because he is also passionate about basketball. "I love the competition and the family that you make," she states. Her favorite athletes are Bradley Beal, Te'a Cooper, Candance Parker, and Jayson Tatum. She is looking forward to playing James Monroe, and she likes to prepare for games by resting, especially on away games, and getting shots up.

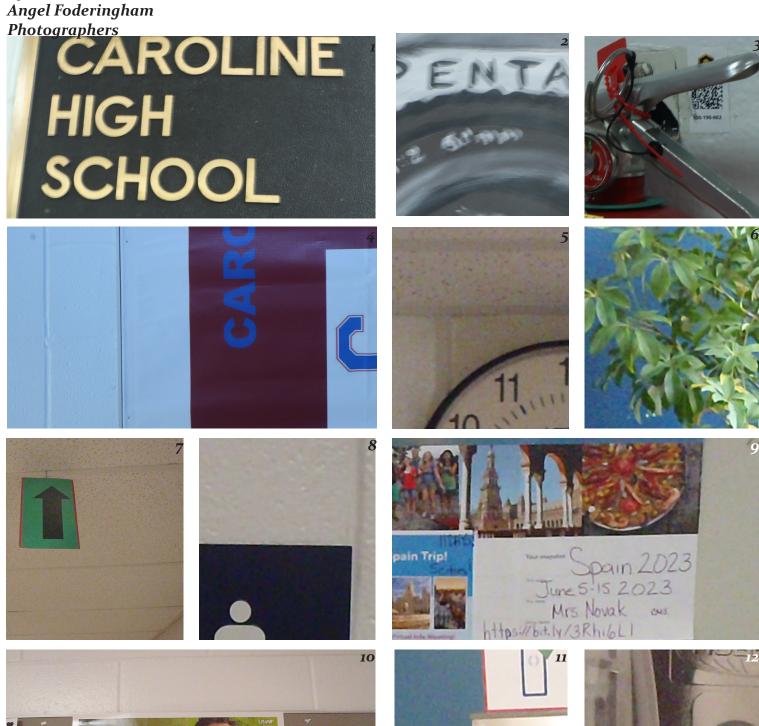
CAVALIER NATION FEATURES

WHERE IN CAV NATION?

How well do you know your school? Take a look at these pictures, and see if you can identify its location in this school. Look carefully, and be specific!

By Lashae Carroll and

fore I made it BIG in Howelestled.



Submit your answers to CAVALIERNATIONNEWS@CCPS.US to win a prize!

CAVALIERS REACH TRIPLE DIGITS IN ROUT OF CULPEPER

By Nick Drotar Sports Reporter 1/24/23

Led by 24 points from ace Gabriel Campbell, the Cavaliers stormed to a 101-56 blowout victory over the Culpeper Blue Devils, in a game which saw Caroline reach the 100 point mark for the first time since 2018.

Just a year prior, Caroline welcomed the Blue Devils back to the Battlefield District with a 39 point thrashing in the teams' first meeting in nearly a decade. However, when the squads met again, Culpeper answered with a narrow upset victory against a depleted Caroline lineup. While Culpeper proved time and again that they could hang with the best of the best last year, this season has been a different story. The Cavaliers made that obvious early on.

From the moment the Culpeper basketball team stepped foot into Caroline, they knew they would be in for a long night.

Caroline roared out of the gate, scoring the first 13 points of the game and giving Culpeper almost zero breathing room with the ball. Jimmy Blanton Gymnasium erupted with energy after Campbell slammed the ball into the basket for a fast-break dunk which put the Cava-Cavalier Nation News



liers up 13-0 before the Blue Devils called a timeout. Caroline abruptly ended the first quarter with a Christian Tingen snatch block, which allowed them to maintain a 15-2 lead after a dominating start.

Caroline began the second quarter almost identical to the first, opening with a 10-2 run to now put them up 25-4. Culpeper gained a little bit of traction when point guard Nate Amos cashed in three three pointers in a row, but the Cavaliers still led immensely.

Amos brought the Blue Devils back to life with a strong second quarter, but Caroline still safely sheltered a 39-23 lead at halftime.

With the Cavaliers backups now playing the majority of minutes, Caroline's bench seemingly upped the intensity, pushing to a 29 point third quarter, their highest scoring quarter of the night. With leading 78-40 with eight minutes to play, the Cavaliers showed no intention of taking their foot off the gas with 100 points in sight.

Fresh off the bench for iust the fourth time this season, TJ Frye swished four of his five three point attempts in the fourth quarter to score a career high 12 points, outscoring three of Caroline's five starters. Inching closer to 100 points, Malik Beasley was sent to the free throw line to shoot two free throws with the Cavaliers locked on 98 points. Beasley swished his first attempt, but narrowly missed his second, allowing Dennell Douglas the opportunity to cash in a put-back layup for Caroline's 100th points of the game.

When all said and done, the Cavaliers cruised to a 101-56 blowout win over the Culpeper Blue Devils, their highest margin of victory so far this year.

Campbell led the Cavaliers with another dominant performance, totaling 24 points, 13 rebounds, six blocks, and five assists. Frye, Tingen, Douglas, Jayden Freeman, and Jalen Haney all totaled double digits points. Amos paced the Blue Devils with a 20 point performance.

Caroline improves to 9-6 on the year, with a 7-1 district record. Caroline will continue their season with a road battle at Eastern View on Tuesday. Culpeper falls to 6-10 on the season, with an abysmal 1-7 district record. The Blue Devils will be back in action on Tuesday with a home battle against King George.

CAROLINE STARTS OUT HOT, SMOTHERS JAMES MONROE

By Nick Drotar Sports Reporter 1/15/23

Led by another commanding performance from senior forward Gabriel Campbell, the Cavaliers took advantage of a dominant first half performance to topple their rival foes, the James Monroe Yellow Jackets, 70-53.

Early on, Caroline governed the match with ease. A packed Blanton Gymnasium would roar with joy in a sign of what was to come after Jalen Haney drained a three pointer on the games' very first shot. The Cavaliers jumped out to an 11-2 advantage early on before Coach Chuck Ellis was forced to call a desperation timeout for his Yellow Jackets. While the Jackets finally started scoring following the game's stoppage, they still struggled to slow down Caroline's high tempo offense.

Haney and Campbell combined for 13 of the Cavaliers first quarter points to give Caroline an early 17-9 lead headed into the second quarter.

Even with the sound of the buzzer, the Cavaliers showed no signs of slowing down in the game's second frame. Caroline started the second quarter on a 9-2 run, surging

to a 15 point advantage before James Monroe began to tighten up. Even though Cavalier starters **Exavier Smith and Carson** Lyons running into foul trouble early on, juniors Adam Tathum and Malik Beasley delivered impressive play in their absences, with Tathum leading all Cavaliers in scoring in the second quarter. Despite the Yellow Jackets performing marginally better than they did in the first quarter, they still trailed, 35-22, with the second half left to play.

Just as they had struggled in the first half, the Yellow Jackets came out of the locker room looking even more uninspired early in the second. Campbell completely took over the game, scoring nine of his game high 23 points in the third quarter while leaving James Monroe with zero answers for stopping him. On one particular play, Campbell spun past two Jacket defenders and layed the ball into the hoop for a spectacular bucket which left the Blanton Gymnasium in utter awe. The Cavaliers jumped out to as high as a 23 point advantage before the Yellow Jackets managed to claw their way back, bit-by-bit. Still, the Cavaliers led comfortably, 53-35, with just one quarter left in what had been a



one-sided rivalry match.

With much of Caroline's bench now in the game and James Monroe playing with utter desperation, the Yellow Jackets opened the quarter with more composure and skill than they had previously possessed throughout the match. James Monroe opened the fourth quarter with a 12-3 run, decreasing the Cavaliers lead to single digits for the first time since the game's opening frame. Caroline was drowning in

foul trouble, and James Monroe entered the double bonus early into the fourth quarter, netting all six of their attempted free throws while desperately trying to spark a comeback. However, with all of the momentum on the Yellow Jackets' side, senior guard Jay Freeman slammed the door shot on a potential comeback, draining a three which pushed the Cavaliers lead back to double digits. From there, Caroline did not look back, ending the

Cavalier Nation News

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CAROLINE STARTS OUT HOT, **SMOTHERS JAMES MONROE**

game on a 14-6 run to propel them to a 70-53 victory over their rivals.

Campbell led the way for the Cavaliers with 23 points and 21 rebounds in yet another stellar showing, while Haney additionally scored 16. Tremon Adams paced the Yellow Jackets with a team high 22 points, including nine in the fourth quarter.

Caroline improves to 6-5 on the season, with an important 4-1 record within the **Battlefield** District, narrowly trailing Courtland for first. James Monroe falls to 6-8, including an abysmal 1-5 district record. The Yellow lackets have now lost five straight district matches since their December upset win over King George. The Cavaliers will be back on the road on Tuesday, traveling to Spotsylvania to face the Knights, while the Jackets will turn their attention to Chancellor at home on Tuesday.



Photo By Nick Drotar







CAMPBELL'S DOMINANT PERFORMANCE PUSHES CAROLINE PAST CYCLONES

By Nick Drotar Sports Reporter 12/11/22

Led by 27 points and 22 rebounds from senior forward Gabriel Campbell, Caroline topped the Eastern View Cyclones 77-68 in their Battlefield District opener.

In recent years, the Cyclones have become a force to be reckoned with in the Battlefield District. Eastern View has a 22-2 record in the past two seasons in District play, and coming into Friday's clash with Caroline, had not lost a district match in nearly two years.

In addition, Caroline and Eastern View have shared a bitter rivalry over the past few seasons. In 2018. Caroline finished first in the District and Region with a 21-4 record, as well as a 40 point victory over Eastern View in the Battlefield District Championship. But in the first round of the postseason, the #1 seeded Cavaliers met the Cyclones once again, and 8th seeded Eastern View pulled off an improbable upset to slam the door shut on the Cavaliers best season in over a decade.

The two squads also met in last year's Battlefield District Championship, with Caroline's late comeback attempt falling narrowly short as Eastern View clinched an undefeated District season.

Caroline carries a slight advantage in head-tohead play as of late, leading the series 7-6 in the past five seasons. While the Cavaliers had lost four in a row versus Eastern View, their fortunes against Coach Thornhill and his squad changed on

Starting out slow on offense, the Cavaliers were forced to claw themselves back into the match. Initially, both teams looked sloppy, but the Cyclones caught fire first. Eastern View opened the game on a 7-o run, en route to building an early double digit lead. The Cyclones lead 20-12 at the end of the first quarter, after a late Cavalier push.

After an opening quarter filled with turnovers and missed shots, Caroline finally managed to find their stride. The Cavaliers opened the second quarter with a 13-4 run, taking their first lead of the night after an energizing Campbell and one. In addition to Campbell's 11 first half points, Carson Lyons ended the half on fire, sinking two threes including a half-ending buzzer beater.

Thanks to Lyons' late buzzer beater, the Cavaliers led 33-31 headed into the second half.

Piling on to their second quarter dominance, Caroline opened the third quarter with a 13-4 run. But it took little time for Thornhill's squad to claw their way back in, with the Cyclones decreasing their deficit to 55-51 ahead of a lively fourth quarter.

Shortly into the game's final frame, Eastern View re-grabbed the lead for the first time since the second quarter, producing a shooting surge that came out of nowhere. But Caroline's response was spontaneous, and the Cavaliers went on a run to jolt their lead to six with only 1:02 remaining. Down the stretch, Campbell's perfection from the free throw line was vital in the Cavaliers victory. Campbell shot a perfect four for four from the line

in the closing minutes, sealing a nine point Caroline win, 77-68.

Finishing the game with 27 points, 22 rebounds, five assists, and three blocks, Campbell was Caroline's shining star on Friday night. In addition to Campbell's brilliance, Jalen Haney and Carson Lyons netted 15 and 14 a piece to elevate the Cavaliers past the Cyclones. Jase Jackson led Eastern View in scoring with a 15 point performance.

Caroline improves to 2-1 on the season, and opens District play 1-o. The Cavaliers will continue regular season play with a clash against Culpeper on Tuesday, on the road. Eastern View falls to 3-2, with their next match away against the Colgan Sharks.



Photo By Nick Drotar

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CAVALIERS OPEN SEASON STRONG WITH BLOWOUT WIN **OVER KING WILLIAM**

By Nick Drotar Sports Reporter 12/6/22

Led by five Cavaliers who scored in double figures, Caroline opened their season hot with a 97-42 road triumph over King William.

From tip-off to final whistle, King William stood no chance. Caroline's offense began the contest scorching, outscoring the homestead Cavaliers 27-11 in the first quarter. Things did not get much easier for King William after that, as the visiting Cavaliers opened the second quarter with a 14-2 run, increasing their advantage to a whopping 28 points. By halftime, Caroline led 54-20, and did not look back from there.

Simply put, Caroline was dominating in all cylinders of the game. King William consistently struggled to hold possession, smothered by Caroline's high press which forced an array of Even when turnovers. King William managed to build a look they favored, their shots simply weren't falling.

After the half, Coach Johnson left his starters in for a little longer before rotating in a young Caroline bench.

Senior star Gabriel Campbell put the excla-Cavalier Nation News



Photo By Nick Drotar

mation point on an impressive performance with a third quarter dunk that sent Caroline's bench into a frenzy.

At the end of the third quarter, Caroline led 79-31, with the Cavaliers starters enjoying the end of the game resting on the bench.

Dennel Douglas and Exavier Smith impressed many in the fourth quarter, scoring eight and ten points respectively off the bench.

With the game far out of sight for King William, the Cavaliers main goal of the fourth quarter was to avoid giving up triple figures in points. While Caroline barely fell short of

scoring 100, it required a late change of heart from King William coach Eddie Freeman to do so. Before the game, due to the continuous clock rule, Coach Freeman had the option to allow the refs to continue running the game clock when the ball was not in play, if his team were to go down by 30 points. Freeman initially declined, but with 40 seconds left in the fourth quarter and Caroline inching closer towards 100 points, he backtracked on this, allowing King William to drain the final 40 seconds of game clock.

However, Coach Johnson and the Cavaliers likely could care less about the

lack of three more points, as they drained seven three pointers en route to a 97-42 victory.

Jalen Haney led Caroline in scoring, netting 15 points. Additionally, Jayden Freeman scored 14, Carson Lyons scored 11, and Campbell scored

Tre Robinson led King William and the game in scoring, cashing in 18 points in the losing effort.

Caroline opens the season strong, moving to 1-0 with the victory. King William remains in search of their first victory, falling to o-3 on the season ahead of their next game versus Middlesex.



Photo By Nick Drotar

CAVALIER NATION OP-ED

CONSIDERING RESOLUTIONS IN NEW YEAR

By Cyrus Ryan Staff Reporter

With the new year comes new choices and decisions for everyone at Caroline. The second half of this school year is not just a time to ignore, it's a time for improvement and change so that we can all be where we would like. Every new year masses of people decide to focus on one thing to change for themselves that they would

like to focus on moving forward. These resolutions can be as small or large as you want, whatever goal is best suited for you is what's important. Many people decide not to participate but it is an extremely encouraging experience to see yourself attain goals you set every day and can be very beneficial to the one setting them.

Going into 2023, we all have something to learn.



We need to make the most of our time and continue to persevere throughout the year. This year is ours and we need to make that a point every day.

Happy New Years Caroline, let's get what we want.

MAKING SENSE OF GRADING SYSTEM

By Grace Coker Staff Reporter

One would be hardpressed to find a student who hasn't missed at least one day of school. Anyone who has ever been absent knows the struggle to complete make-up work is real. The current grading system isn't the most conducive to students working to complete make-up assignments.

CHS late work grading system states that if a student submits school work one day late without an excused absence the highest grade possible is a 85% or a B. The second day late without an excused absence the highest grade possible would be a 70% or a C. Beyond two days, the highest grade possible is a 50%.

Having a standard grading system has created a more stable school environment. All teachers are required to follow the same grading system. The variance in how teachers chose to grade late work has been reduced. Additionally, students also don't have to worry about their late grades varying from MAGIC OF

teacher to teacher.

However, the current standardized grading system has its own set of problems. Some students feel as though the late grading system is too drastic. Students feel as though an F being the highest possible grade for work being two days late makes turning in work more stressful.

From a teacher's perspective, grades are meant to represent how well a student retains and understands the information taught in class. With a student's grade drastically going down every day, it

is late, the grade does not accurately represent how well a student understands what is being taught.

Some students have proposed the idea of grades going from an A being the highest grade possible to a B, C, D, then an F for each day it is late. This grading system would provide students more leniency if they are unable to submit their work, causing a student's overall grade to be less affected.

MAGIC OF YOUTUBE

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By Kamal Rogers Staff Reporter

YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos. The video service can be accessed on PCs, laptops, tablets and via mobile phones. The benefits of having

a YouTube channel It's a video-sharing website that lets you publish, share, and view videos. One of the biggest benefits of YouTube for your business is that it allows you to share your content in real time. Unlike other social media platforms,

there are no limits on how much content you can upload or how often you can post new videos. The videos can be about anything you like as in football, basketball, games, and movies. Some people make YouTube videos for money and content, but

some do it because they love seeing people watch them and positivity helps a lot.

Need help with You-Tube? Follow me on my channel at @tygloxs. I post music, basketball and football, and I interview a lot of people.

CAVALIER NATION OP-ED

WHY WE SHOULD REMEMBER WORLD AIDS DAY

By Destiny Arnold Staff Reporter

AIDS is caused by a virus that has affected many people in the world, it continues to affect and kill many people to this day. In 1970, there was a sickness spreading which continues till this day. If a person has HIV, and if they are not appropriately treated, it can cause death or extreme medical illnesses. Scientists have stated that AIDS traveled from Africa to New York in the early 1970s, which caused the sickness to spread like wildfire. HIV was spread from Chimpanzees and then to humans during the 1800s. Humans hunted Chimpanzees for their meat, and in the blood of the animal contains the HIV virus.

When learning about HIV and AIDS it is important to understand that not only can it be deadly, but one would have to be prescribed a lot of medication to keep one alive and healthy.

When a person has HIV/AIDS and is living with it, it is important to keep in mind that this sickness is not just any type of sickness. To help prevent HIV/AIDS, it is important to get tested before and/or after any intercourse. People should always use protection and NEVER share needles. The expo-



PUTTING OURSELVES TO THE TEST

Achieving Equity to End HIV

sure of HIV/AIDS can be body sexual fluids, mouth ulcers, and fatigue, for example. The most common ways to get HIV are sharing needles and other drug equipment. Something people should know about HIV is that a cold or flu can be risky due to someone with HIV. So, it is very important to be tested and know your status.

Women, teenagers, and people of color are the fastest-growing segments of the popluation to contract HIV. It is estimated that 1.2 million people are living with HIV/AIDS. There is still no cure. Some medications allow patients to get better with the disease and to reduce transmission. When HIV develops further, it causes the body to develop AIDS.

The care for HIV/AIDS

has gotten better than when the virus first came out. When the HIV/AIDS outbreak started there were barely any good medications to keep people alive. HIV/AIDS medication has now progressed, and now that people have better medication, it can help patients to live longer and helps to prevent infection of others with illness.

World AIDS Day is a day of remembrance, it was first celebrated on December 1st, 1998, and it is celebrated worldwide every year. The anniversary of HIV/AIDS has now been around for about 32 years.

It's important to remember world AIDS day because the year when HIV came out people thought it was an illness that only came from gay

men. Many medications have come out for the illness later in the years to help control the spread of the illness. Any gender can get HIV/AIDS.

I learned about HIV/ AIDS when I was about 9 years old, I was surrounded by many great people who knew and had HIV. My aunt (Heather Rivasplata) is a Family Nurse Practitioner (FNP) with 18 years of experience. When I contacted her. she said "emphasizing the importance of preventing new infections by taking medication known as PrEP". PrEP is an HIV medication that came out in 2012. The medication helps reduce the spreading of HIV, and makes it safer for people living with it.

CAVALIER NATION FEATURES

PAUSE FOR POETRY: THE MISSING PIECES

Senior Cyrus Ryan is a prolific writer of poetry, and is now featured weekly on the Cavailer Nation By Cyrus Ryan

By Cyrus Ryan Staff Reporter

The pieces lay astrew along the blank sheet atop the table, lying still, seemingly never to be moved or put back together again. The outside border lying on the table, untouched, waiting for its center to be put back in place making it whole as it should be. They are scattered waiting to be used, to be fit into one another, it seems as though it's been a lifetime that they have sat here, but only the border formed was laid out on the tabletop. Untouched, unmoved, and unfulfilled. Why must this puzzle sit empty and broken, nobody there to pick up it's pieces. Can't it just be finished you ask? It is not time however for it to be made whole, nobody can begin to know when it will be finished or completed all it may do is wait. Wait for its marvelous picture to be fixed. It is grand, wonderful, and full of potential but not for today or tomorrow or even the next day... some time yes, but not now. Good things take time, if they weren't challenging and mind boggling they wouldn't be wanted, but this is complex, extravagant, and large at a first glance. The different sizes and shapes lie there unheard and silent as all puzzles are, waiting for the hand that moves them into place. The parts are missing and who knows when all will be found making them whole again, some may say that is the beauty in hardship, but this long awaited project would not say the same, it would just like to be made whole, the way it was meant to be.

PAUSE FOR POETRY: LOVING LIFE

The creation of a soul, a beautiful swimming soul, a wondrous thing that leaves one's mouth gaping in awe.. The infant crying and screaming a storm, lies in its crib across the room, calling out to anyone that may hear it, anyone at all, it is scared, scared of the dangerous world surrounding it's safe space. Scared of the outside world that may come, the impending future and growing up that comes with life. The beautiful, yelling little creature is breathtaking, the reason for love being found in a stretch of the earth, beyond the confinement of our crib, the baby cries out, heard by all, giving motivation and fight to the weak. Only but a life it takes to move our hearts and minds across the world, anything we'd do to shelter our infant, anything at all, if it takes the will out of us, the infant stops crying and screaming for but a second, it's caretakers, awaiting the next alert to assist the helpless young child, fighting sleep, tearing through agony, perseverance in the slightest, all for our infant, we cherish, we love and care for the child above all, anything absolutely anything we say to give this baby a loving life.

PAUSE FOR POETRY: LOVE

Light reflects off the lake shining like a beautiful pearl, the sand beneath our toes is burning hot but it feels great, your body tight against mine as though nothing else matters, it melts my heart into a molten lava, as I hold you close and glare into your glistening golden brown eyes it feels as if I can't let go, knowing no matter how hard I fall a single look from this one girl will hold me up forever, wherever I go she shall be with me, whatever I face she will be facing it too, I'm holding her, however she holds me up so much stronger than I ever thought to be possible. Three words, only three and my heart is popping out of my chest right into your hands. I -Love -You, so simple, yet so perfect, the way every letter rolls off her tongue and through her elegant curve in her lip, they make my soul come out of my body with excitement. Love, it feels full of life, nothing could ever be fought harder for, the feeling grips your chest, it fulfills your heart and mind, but love in the truest, it makes you feel like you never have, I'm on top of the world when she's with me because God, I am so in love, and I shall never let go.

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CAVALIER NATION FEATURES

HAVE FUN WITH "A" VALENTINE'S WORD SEARCH

By De'Shaun Morton Staff Reporter

| N | I | Т | Е | Т | U | В | I | R | Т | Т | Α | K | J | Α |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Α | 0 | S | N | U | М | U | М | J | Р | K | K | М | D | M |
| 0 | Р | I | Α | Е | J | V | Р | В | Н | I | D | 0 | Z | X |
| U | M | Р | Т | D | D | 0 | K | F | S | Р | R | F | Α | R |
| M | G | N | R | С | М | R | В | R | Υ | Е | В | I | Р | В |
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| L | D | I | Υ | I | С | F | R | Χ | W | Ε | Υ | Α | R | С |
| Α | M | 0 | U | R | С | I | F | Ε | L | D | S | D | Е | W |
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| D | V | С | Е | V | 0 | Т | L | R | Е | Н | V | Α | Α | R |
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| G | L | В | S | S | Χ | M | K | В | F | Н | K | I | I | Q |
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| Ε | V | I | Т | Α | I | С | Ε | R | Р | Р | Α | N | N | F |

Word Bank:
Admire
Adoring
Amorous
Appreciation
Arrow
Adoration
Affection
Amour
Appreciative

Attract
Adore
Always
Appreciate
Ardent
Attribute

