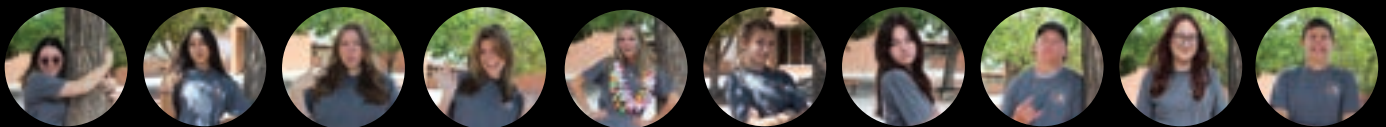




Orange & Black newspaper
Grand Junction High School ~ 1hr late



TigersBeReal.

Caption: GJHS tigers gather in class for the daily BeReal.



Volume 105 | Issue 2 | Dec. 2022

Table of Contents

04

BeReal:
See how BeReal
is the new best
thing at GJHS

06

Foreign
Exchange:
Get to know
more about the
exchange students
at GJHS

08

GJHS caught
in 4K:
See how the
lack of slwvp
is affecting
students

10

Halloween at
GJHS:
We see how
students and
staff dress up for
Halloween

12

Winter Sports:
A look ahead at
the upcoming
season and a
Fall all-league
wrap

14

Rainbow
Fentanyl:
The dangers
of rainbow
fentanyl around
Grand Junction

16

Student
Opinions on
School:
What do
students really
think about
school?

18

Girls are Crazy
and Guys are
Jerks:
See the O&B
staff opinions on
girls and boys

Policy

The Orange & Black, a legally recognized public forum for student expression, is published four to six times a year by the digital publishing and news magazine class for students of Grand Junction High School. Expression made by students in the exercise of the freedom of speech or freedom of press is not an expression of District ⁵¹ school board policy. The views expressed in The Orange & Black do not necessarily represent the views of the entire staff, adviser, GJHS administration or the Mesa Valley School District administration. Board policy regarding student publications (JICE, JICE-R) is available in the journalism room or in the principal's office.

Letters to the Editor

The Orange & Black welcomes and encourages letters to the editors. This is a chance to express your viewpoint on important issues. Letters should be limited to 250 words. They will be edited for space and legal considerations, but not for inaccuracies, grammar or spelling. Letters must contain information pertinent to the students of GJHS. The staff retains the right to not publish any letter not meeting these requirements. Unsigned letters will not be published. Please submit typed letters in person to Room 140-141 or via email or to steve.fox@d51schools.org

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A Letter From the Editor

Tigers are being real all around the school. With the stress of the end of the semester, the tired students wandering the building, and the mental health awareness week we recently experienced, us Tigers are getting real with how we feel.

With the shift to more 'real' forms of social media, Tigers are expressing how they feel in a more authentic way. BeReal, as frivolous as it may sound, has encouraged greater transparency for students. Allowing all Tigers to see their peers as who they are, in all their laying-in-bed-watching-Netflix glory, as real people, and not just their filtered social media personas.

With the end of 2022 approaching - with final exams, big concerts, seasonal depression, winter sports, holidays, family gatherings, and new year's resolutions - there's naturally a lot for us to stress about. Even though these things truly have a reason to elicit stress, sometimes we're just stressed for no

reason. Currently, writing this editorial, I'm stressed. With the mental health week GJHS Student Council hosted as an attempt to bring awareness to the fact that every student goes through similar challenges, we as Tigers were able to find community in our common stressors.

Often one the biggest stressors for many teens is comparing ourselves to other, often heavily edited or idealized, social media personalities. So with the shift of emphasis onto more honest social media this source of stress is able to be mitigated, by the acknowledgement that we are all just real people.

Tigers being real is bringing a larger sense of community to our school.

-izzy cornelison

Meet the staff



Alondra Sanchez
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Reporter

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Editor in Chief



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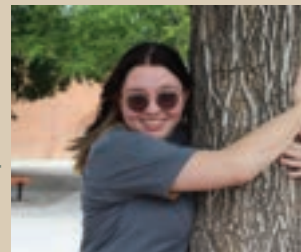


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Reporter

Miah Hines
Promotions Director



Maddy Parkhurst
Photo Editor



Becca Nedohon
Online Editor



Hunter Birch
Reporter



Serenity Schmidt
Reporter



Corrections from Issue 1

Two names were spelled incorrectly in the October 2022 edition. The GJHS librarian is Pam Middlemas. GJHS senior Luiz Aguirre is a member of the boys soccer team.

The Orange & Black strives to produce a publication that is free of errors and also understands that is a lofty goal few achieve. Please contact Editor-in-Chief Izzy Cornelison by email at icorneli@d51schools.org with information regarding corrections.

story by becca nedohon and
marie calkins

pictures from featured Tigers

Teenagers

BeReal is a new app that became popular this past summer. With the goal of helping people create a more authentic online persona, BeReal instructs users to post once a day, at a random time - with no filters.

The app sends out a notification once a day at an unpredictable time with 2 minutes to snap a photo of yourself

and what you were doing at the moment. There is a feature to react to friends BeReal posts, and post a live or saved photo.

Many Grand Junction High School students have utilized the app to show friends who live far away what they're up to, as well as interact in a more authentic way with their friends.

Continued on Page 5



Seniors and cheer team pose for a BeReal at the Construction themed football game with Stocker Stadium in the background.

GJHS cheer team members Morgan Johnson (12), Jenalee Posta (12), Bethany Tuck (12) and Meleah Montoya (9) pose for BeReal during a football game.

GJHS seniors Theresa Crosslin (12), Nikki Maas (12), Cam Ochoa (12) and Jake Stanfield (12) pose for a BeReal during the Homecoming Rough N' Tough volleyball game.

Alondra Sanchez (12), Kaylee Kraft (11), Riley Applegate (12), Annie Feather (12), and Kylee Ricks (12) pose for BeReal at a FNL football game.



get REAL

GJHS students utilize a new app

Continued from Page 4

“I think it’s a cool concept for people to connect by seeing other people’s lives,” said GJHS senior Braya Redlinger.

However, not everyone - students AND teachers - see the benefits of another trendy social media.

“I barely use it, only like once a month,” said Redlinger.

Others have found issues with the functions of the app itself.

“My BeReal has a habit

of malfunctioning. I don’t think it’s worth the malfunctions,” said GJHS sophomore Keiona Sanders.

Some feel that teenagers would probably be better off social media in general more often.

“I think people need to learn to take a break from social media in class and just be present,” said ASL teacher Lauren Mack.



Orange & Black Managing Editor Alondra Sanchez captures her daily BeReal after seniors take the win at powderpuff. Also pictured: Annie Feather, Nikki Maas, Keyla Gonzalez, Keith McCloud, Jake Stanfield, Cameron Ochoa, Teagan Wilkins, Lexi Heley and Colton Romero.

The student section takes their daily BeReal to show support to the football team in “neon out” gear.



GJHS teacher Joe Meinhart poses in front of the sophomore student section at a pep assembly to take a BeReal in their PJ's.



Cora Donelly (12), Declan Lake (11), Kaylee Kraft (11) and Jordan Queen (11) pose for thier BeReal at school.



Welcoming foreign students to GJHS

Multiple foreign exchange students are enjoying their new experiences

story by serenity **schmit**

photos by **O&B staff**



Students from Germany spent two weeks in Grand Junction as part of an exchange program.

This year at Grand Junction High School, we have a great variety of foreign exchange students.

Students have come to Grand Junction from all over the world this year. We have students from the United Kingdom, Japan, Colombia, and even Germany.

"It's my first time being an exchange student. You learn about what it's like going to a new country, but you don't get really prepared to leave," said Colombian foreign exchange junior, Lorna Mosquera.

There are obvious ups and downs to being a foreign exchange student, according to most.

"I am 16, so it's the first time I have traveled out of the country, and I'm so far from my family, so it's really hard sometimes. I think that this is a new experience for me. I really



A group of German exchange students wait to go mountain biking on the amazing trails around Grand Junction.

like America, and I enjoy everything here. All the people are cool and I go to new places," said Mosquera.

Recently, a large group of students from Germany arrived at our school for a two-week exchange program. According to Coady Shawcroft, a teacher at GJHS, the group was supposed to come in 2020, but Covid-19 hit and they were unable to come.

"We established it [the exchange program] in 2001. There are 17 of our partner students that are here with their teachers, nine boys, eight girls," said GJHS German teacher Ralph Wahlers.

These foreign exchange students have been loving their experiences in Colorado, and hopefully they will continue to enjoy being here.

GJHS Wrestlers welcome new coach

Ridgway moves over from Palisade to lead Tigers on the mat

The Tigers will be welcoming a new wrestling head coach.

Tanner Ridgway is to head the Tigers wrestling program. Ridgway has spent the previous nine years with the Palisade High School wrestling program.

“My main goal is to continue to build the wrestling program by having our athletes work extremely hard to be the best they can be. I want to make sure we are winning on the mat but also representing GJHS and the community in a positive way,” Ridgway said.

Junction has a very strong wrestling heritage including many state champions.

GHJS senior Colton Romero and junior Murphy Harris ranked in Class 4A will both be returning this season. Romero was ranked 12th. Harris was ranked 11th.

Harris said, “I hope this new

head coach can provide me with new opportunity, to better me as not only a wrestler but as a person.”

There will be five total coaches this year: Assistants Sean Henry, Nate Lozano, Christian Hafey, Colter Bentley and head coach Ridgway.

Ridgway said, “The existing assistant coaches agreed to stay on staff and I am extremely excited to

work with them, learn from them, and for them to learn and coach my system as well.”

Ridgway’s goal is to continue to build the wrestling program, and to have his athletes work extremely hard.

story by Miah Hines



photos by connor kinser



Above, new GJHS wrestling coach Tanner Ridgway discusses wrestling strategies. Left, junior Murphy Harris returns as one of the top wrestlers for the Tigers.

OPINION: GJ students caught in 4k

Sleep deprivation in teenagers

Story and graphics by becca nedohon

The most common phrase said in school by teenagers isn't a confusing new slang word or "please and thank you" - it's "I'm so tired."

It's a never-ending cycle of missing sleep for activities, homework and socializing only to make a feeble attempt at "catching up" on sleep over the weekend. I've been told it continues into college. And as amusing as it can be to joke about dark under-eyes and your friends falling asleep in class - most teens don't really know how detrimental losing sleep can be.

According to the Child Mind Institute, teenagers and young adults actually need more sleep than little kids: 8 to 10 hours a night is a healthy amount of time to rest. Despite this, more than a third of teenagers sleep only 5-6 hours most nights.

Multiple factors play into the reason why teenagers stay up so late. Many teenagers don't get home until 5:30-6:30 p.m. or later. Considering homework, studying, dinner, showering, and texting friends, it's no surprise why most aren't going to sleep until midnight or later.

It's not completely our fault, though. The biology of a teenage brain dictates that melatonin is produced at a different rate and time compared to young children and grown adults. We're essentially in a different time zone than everyone else, according to Dr.

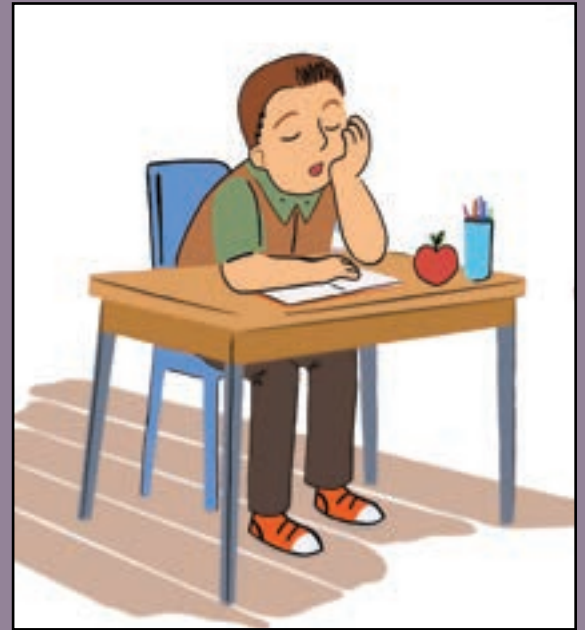
Max Van Gilder, a Manhattan pediatrician.

Here lies part of the issue. Because teenagers' brains naturally produce melatonin later in the evening, we're biologically rigged to sleep in, and naturally wake around 10 or 11 a.m. Schools starting early in the morning don't allow for the last few hours of sleep in the morning, cutting us off. Consequently, the teenage brain isn't awake and prepared to learn or retain information until at least 9 a.m. This can cause difficulty in morning classes, as well as tardiness or plain ditching.

In fact, the issue is so common and so widespread that there are Instagram pages dedicated to sharing photos of high school students caught napping at school. The Instagram user @gjhscaughtin4k has shared a variety of humorous photos of students at GJHS sleeping in class, around the school, and on the bus.

"I think we could improve [sleep deprivation as a whole] by establishing a later start time for school, and less lengthy homework to the point where students are extremely stressed out," said the anonymous owner of the Instagram account.

Most teens don't know that there are major health consequences from depriving themselves of sleep. Short-term side effects of chronic



sleep deprivation include anxiety, irritability, emotional turbulence, stress, headaches, and cognitive issues. More seriously, long term effects are evident in serious health issues like cardiovascular disease, diabetes, depression, decreased fertility, and memory loss.

Many schools across the country (primarily elementary schools) have transitioned from an 8:00AM start time to 8:30AM or even 9:30AM. This allows nearly an extra hour or so of sleep for students, to improve their academic performance. I think high school and middle schools should follow. Our own school transitioned from beginning at 7:30 to 8:00 in the 2019-2020 school year.

By improving environmental factors and with effort from both adults and teenagers, sleep deprivation could be decreased in schools. Treating struggling mental health and bettering quality of life begins with consistent sleep and dedication to letting your body rest.

GJHS students get to work

Common jobs that work around high schooler schedules

story and photo by maddy parkhurst

Many students work at jobs that are flexible with high school schedules to earn extra money.

Grand Junction High School helps students find jobs they can work at that are flexible with school schedules. A survey taken of GJHS students showed that 12 out of 160 responders indicated they worked at fast food. Most, 104 students to be exact, are looking for work or are not currently employed.

GJHS senior Lexie Stump said, "Taco Bell is really flexible with school schedules and your hours." Stump has been working there for almost a year and found out about this job through the career fair.

Having the Workforce Development Day helped some students find jobs. The first-year Workforce Development Day was an all-day school activity on Sept. 21. There were businesses on hand trying to hire students and give them applications. There were also other places who would allow students to work while earning a degree in that field.

Students also are trying to find jobs that are flexible with their school schedule. This is very important for kids so that they can do their homework and still be able to maintain schoolwork.

In the state of Colorado the law states: "No employer shall be permitted to work a minor more than forty hours in a week or more than eight hours in any twenty-four-hour period. On school days,

during school hours, no minor under the age of sixteen shall be permitted employment except as provided by a school release permit."

"It's not that difficult having this job and staying on top of my school work," said GJHS freshman Mercedes Miller. Miller has been working as a youth soccer referee for two years.

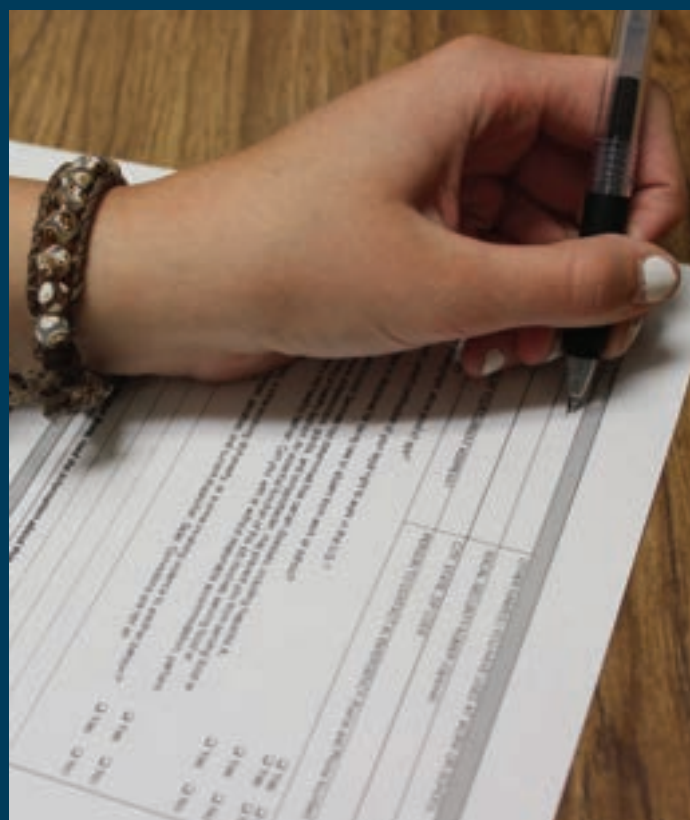
Having a job is important for some students. It helps them pay for gas, lunches during the school week and other important things. A job also allows kids to feel more independent due to the fact that they are buying and paying for their own stuff.

One of the other places students have found jobs is at events. Some work at the concession stand at Stocker Stadium and others are working at movie theaters.

Another common job students have is babysitting. Babysitting is a popular job amongst teens due to the fact that parents are looking for youthful people to watch their kids. This job pays cash and students are often able to work nights and weekends.

GJHS sophomore Tessa Egge said, "I liked the face-painting and petting zoo at Studts Pumpkin Patch. I only worked there during the month of October." Egge found out about the job by going to the website of Studts and applying for the job.

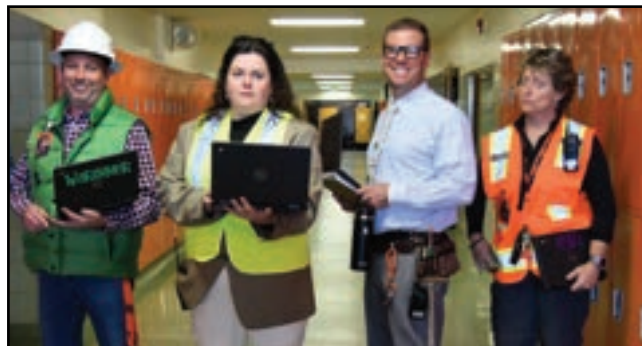
Students can also find seasonal jobs. Some might work a summer job at Graff Dairy or at a seasonal store like Spirit Halloween. Seasonal jobs are beneficial for high school students who are looking for a job that you won't have to work year-round.



A GJHS student fills out a job application. Many students look for work at jobs with flexible schedules.

HALLOWEEN AT GJHS

Administrators, from left, Josh Warinner, Meghan Roenicke, Jared Burek and Heather O'Brien, wander around the school in their construction Halloween costumes in spirit for the new school being built.



Students were allowed to wear Halloween costumes at Grand Junction High School for the first time since the 1990s.

GJHS principal Meghan Roenicke and the staff decided on permitting students to wear costumes to school this year. The change came after Keaghan Hays-Clark, a freshman at GJHS, courageously talked to the board of teachers.

"I checked the school's dress code, and I found that costumes aren't allowed; and quite frankly, this was unacceptable," Hays-Clark said.

He said he was able to convince them pretty easily, but it was a process. His reasoning was his love for Halloween.

Roenicke said, "There has to be a chance for us to have fun at school."

She added that it didn't seem fair to punish current students for mistakes that were made decades ago. Her goal was for all costumes to relate to content the student is clearing about in school, as well as no face coverings, no gore or blood, and no weapons.

Roenicke said, "I can't just let it be a free-for-all right out of the gate."

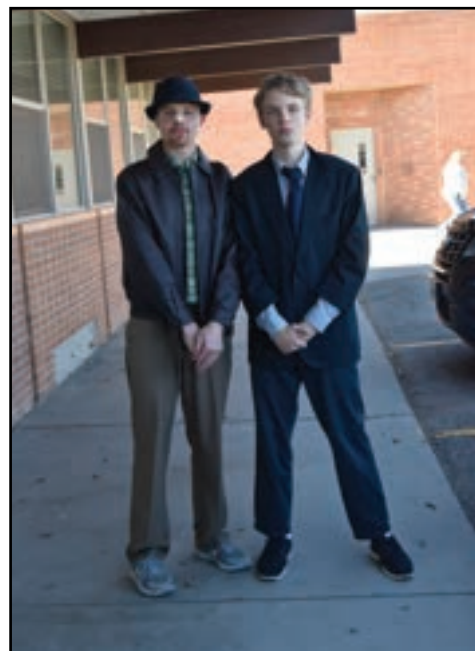
She was ready for push-back from students. If five people got sent to the office on Halloween for their costume, she said they won't be allowed again the following year. However, this didn't happen so Halloween costumes will be considered next year.

Hays-Clark himself planned on going as a rendition of The Other Mother, from Coraline. He was able to relate his costume to theater. However, this costume fell through so he put together a last-minute unknown costume.

The results of a poll of GJHS students show that this year's trending costumes amongst students include Winnie the Pooh and Tigger, Count Dooku from Star Wars, Velma from Scooby Doo, Mike and Sully from Monsters Inc., Andrew Tate, Prisoners, Morticia Addams from The Addams Family, Spiderman, Walter White from Breaking Bad, and Elvis Presley.

Students found many creative ways to relate their costumes to their classes and classwork.

Maddy Sites, a Senior at GJHS, went as Winnie the Pooh and was able to relate it to classic literature because of her AP Literature class. Sites personally had no problem with the requirements. She believes they're fair and pertain to keeping it school-friendly and still allowing students to have fun with it.



Above, Connor Kinser and Hayden Jordheim dressed as Walter White and Saul Goodman from Breaking Bad. Below, Jay Kirkland dressed as the Once-ler from the Lorax movie.



Continued on Page 11

Continued from Page 10

fair and pertain to keeping it school-friendly and still allowing students to have fun with it.

Payton Flebbe, a freshman at GJHS, dressed up as Spider-Man. He wrote a paper where he mentioned the

superhero and was able to relate it to school that way. Flebbe said the costume requirements are unnecessary. He thinks it's fun for students to have more freedom for a holiday like Halloween.

Many students happily took advantage of their new freedom for Halloween.

story by **marie calkins**

photos by **Orange & Black staff**



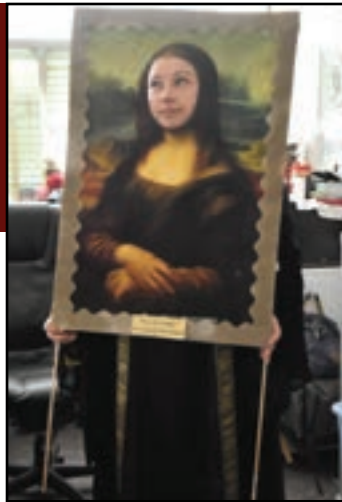
Above, teacher Coady Shawcroft dressed as a knight. Below are Adam Wilson and Corbin Phillips dressed as Teletubbies.



Keaghan Hays-Clark, above, and Jacob Feller dressed up for Halloween while following the school dress code.



French teacher Jody Cronk was the "Mona Lisa" for Halloween.



Above, Keira Reuss and Madelyn Woodring went all out for Halloween. Below, Maddy Sites as Winnie the Pooh.



Winter sports preview

Girls basketball gets new head coach

The GJHS girls basketball team had a record of 1 win and 22 losses last year and hope to improve with new head coach Sydni Brandon.

Coach Brandon is one of the new gym teachers here at GJHS and was a star player as a GJHS graduate. She went on to play for the CMU women's basketball team and led the nation in assists-to-turnover ratio in the team's 2018-2019 season as a defensive standout. Brandon was a starter for each game and led the team with an average of 7.2 rebounds per game.

GJHS senior point guard and forward Riley Applegate is excited for the upcoming season with the new head coach. Applegate led the team with 4.8 points per game and 3.4 rebounds per game last year.

"Coach Syd's specialty was defense

when she played. She told me that we will be the best defensive team in the valley," Applegate said.

The team will have its first home game against Pueblo South on Dec. 1.



photo by becca nedohon

The GJHS boys basketball team had a record of 15 wins and 9 losses last year. The team lost six seniors to graduation.

This year five seniors are expected to return including: Cameron Ochoa, Andon Tow, Jase Satterfield, Jake Stanfield and Zahir Fuller.

The Tigers will be led by head coach Isaac Madison with assistant coaches Andrew Hansen, Dan Schmalz, Jeffrey Hansen, and Trenton Soriano.

Tow has been on the team all four years and led the Tigers by shooting 53 % from the field last year.



photo by becca nedohon

Last year the team was ranked second in the 5A/4A Southwestern League. "I feel like some other players are going to have to step up if we want to have a chance of winning the league," Tow said.

Tow said the team wants to step things up and make up for losing their last year's seniors with another successful season.

The team has an early season tournament from December 1st through the 17th. The first home game will be played on January 7th. The two big rivalry games against Fruita will be on Jan. 31 at Fruita and Feb. 10 at GJHS.

story by hunter birch

Boys Cross Country**2nd Team:**

- Connor Kinser
- Tycen Lefebre

Boys Tennis**1st Team:**

- 1 singles - Evan Gear
- 2 singles - Matthew Silzell
- 3 singles - Evan Severs
- 1 doubles - Jase Satterfield and Bailey Rubinstein
- 2 doubles - Nick Silzell and Jameson Boyer

- 3 doubles - Liam Pomrenke and Christian Tuttle
- 4 doubles - Isaac Boyer and Jack Welling

Boys Soccer 1st Team:

- Luis Aguirre
- Angel Mendez

Boys Soccer 2nd Team:

- Victor Fuentes
- Gerardo Hernandez
- Mason Sanders

photo provided by **tiger yearbook**photo provided by **tiger yearbook****Softball 1st Team:**

- Jaxon Clark
- Kiah Thompson

Softball 2nd Team:

- Alexis Walpole
- Jada Renova
- Lindsey Cooley
- Kaylie Kellerby

Boys Golf State Qualifiers:

- Landon Scarbrough
- Jack Kaul
- Hunter Simmons
- Ky Korte

Boys Golf 1st Team:

- Hunter Simmons
- Jack Kaul

Boys Golf 2nd Team

- Ky Korte

Football Second Team:

- Will Wharton
- Tanner Roerhig
- Austin Curfman
- Will Applegate

The GJHS girls swim team continues to be better each year. This season the team will have to deal with losing their top two seniors from last year.

Senior Rylee Flanagan said, "The main goal is to have as many people as possible get into state

and succeed and go to conference."

Flanagan is excited for this season and hopes to improve and make it to state. This year the team has a lot of fast lower classmen including sophomores: Witney Stortz and Kylee Mull which will play as a huge advantage for the team.

The GJHS boys swim team hopes to grow in size this year. The team is composed of Palisade High School, GJHS, Central High School and Fruita Monument High School.

Last year the combined team had 13 swimmers. Out of the 13 boys, junior Noah Pudlewski was the only GJHS student on

the team. Pudlewski looks forward to seeing everyone on the team again.

"I hope for a bigger team this year," Pudlewski said.

Pudlewski hopes to see the team win state in the future.



Rainbow Fentanyl

story by maddy parkhurst

A drug called rainbow fentanyl has gained attention and reputation for a number of reasons and has already taken the life of 12 people in Mesa County.

Rainbow fentanyl looks similar to many popular candies according to students on Grand Junction High School campus. This is dangerous due to the fact it looks appetizing to younger kids. With the holidays around the corner there is some worry about this drug becoming more popular.

On GJHS campus there hasn't been any rainbow fentanyl reports of this particular drug on campus according to counselors. Although there has been an increase in other drugs on campus, a decrease in aggression referrals as well. In Mesa County there have been reports of powder fentanyl in Mesa County as well according to the school resource officer.

"We as counselors don't do addiction therapy, we are more of a bridge. We are able to help kids over a certain age who are willing to deal with these addictions and help them contact a professional," said GJHS counselor Chris Mack.

The school district provides counselors with a resource book with different helpful resources to offer to kids.

Another program the school district provides is the Pathways program. Pathways is more of a reaction program for when a student is caught with drugs. The program is about two weeks long and students can do this program instead of getting suspended for multiple days.

Rainbow fentanyl has taken the lives of 12 people so far this year in Colorado as of Sept. 1 and one life of a Grand Junction resident. According to the Drug Enforcement Administration another name for rainbow fentanyl is illicit fentanyl - it is also considered to be a synthetic opioid. Fentanyl is so deadly that just two milligrams can kill a person. That is equivalent to as much as 10-15 salt grains. Fentanyl has also been used to lace other commonly used drugs such as marijuana.

GJHS student resource officer Brian DeGrange said, "We do have plenty of fentanyl cases (in Grand Junction) that usually comes in the form of oxycodone pills, or the M30 pills. It can be referred to as blues." DeGrange is one of the school resources officers from the Junction police department that students can find on campus.

The most common color of rainbow fentanyl is blue. Some of the other colors include red, yellow, green,

purples, and pink as well. Due to the fact that this drug is so potent a person can be affected by it from very small contacts other than ingesting it. It can be inhaled in the powder form or even touching it can lead to overdose.

There have been reports of marijuana being laced with fentanyl around the Grand Valley. While this may not look like a major problem for GJHS students there are definitely some worries. A handful of students have been known to smoke marijuana on and off campus and there is always the risk of it being laced.

"If we get a report of anything we legally search the students to make sure they don't have anything illegal," said DeGrange.

Students are able to report drug-related incidents in order to keep their school and friends safe. They can report on Safe2Tell so they can keep their name anonymous. They can also report to the office or one of the school resources officers on campus. The school is trying to increase the presence of officers on campus to prevent drug usage on campus.

Resources in our community

Safe2Tell

1-877-542-7233

Substance Abuse and Mental Health Services Administration Hotline

1-800-662-4357

In a case of substance abuse that results in an overdose:

Narcan or Naloxone is a life saving drug. Administered when a person has slowed, labored or completely stopped breathing to encourage the body to stay awake and functioning. D51 schools all have Naloxone in nurse's offices in case of an emergency according to a KKCO article published on Oct. 14, 2022, and confirmed by the GJHS nurse's office.



The Lost Junction Band

Student band makes sound waves

story by izzy **cornelison**
photo by friends of the O&B

In every movie about high school one of the characters starts a band. Either out of their garage or their high school band room. And then that band somehow makes it big, making these movies seem unrealistic: How can a bunch of teenagers make a successful group?

Four teenagers in Grand Junction are doing just that.

GJHS students Elijah Bishop, Tori Long, Derek Lynch, and FMHS student Gavin Ross comprise The Lost Junction Band, a local country-rock band. Their performance, on October 1st at Edgewater Brewery was a huge hit.

"We sold out of merch, and sold Edgewater out of food," Lynch, drummer and social-media manager for the band says

They had a "big lively crowd," agreed Long, bass guitarist and second vocalist.

The members of the band have a lot of musical inspirations, who not only guide their taste but also how they approach music.

"My dad is the one that really got me into music," said

Bishop.

"Music as a whole is kind of my personal inspiration, because I'm a solo artist as well, and I get most of my life experiences through music and the places it takes me and the things I do with it," said Long

The Lost Junction Band was formed between Lynch and Ross at a Barbeque. Lynch said they were just throwing around ideas and ended up creating a band out of it.

Both Long and Lynch were in the Tiger pride Marching Band this season. The marching bands show this year was titled "Unlucky", they qualified for state but ended up getting 18th out of 40 bands. Many of the Marching Band's Members feel as though they were robbed of a win and that they deserved a much higher place.

The Lost Junction Band has not planned any future gigs at this time, but are currently focusing on studio time.

Photo above: The Lost Junction Band performs at Edgewater Brewery on Oct. 1.

Students Opinions on School

What are students' opinions on school really?

story by connor **kinser**

photos by maddy **parkhurst**

School has always been seen as a chore, that every student hates school and only 'nerds' enjoy it. But despite that stereotype there are a lot of students who say they do enjoy school.

One of the reasons students like school is because they can interact with other students. School is a great place to meet new people instead of going out in the world or meeting them on social media.

"It's just the connections for people, and it gets you around others," said GJHS junior Breccan Sparks.

Life is about people and the bonds you share with them, which is why some students like school. Even if you're not naturally sociable, you will have to be when you have a job or if you choose to go to college.

On the other side, a reason why students dislike school is the teaching style. Education is important but it's often the way teachers go about teaching where a disconnection can form. Teachers can make or break the high school experience with their teaching methods.

"The teaching styles aren't good...I think teachers should adapt more to how students learn rather than the student adapts to the way the teacher teaches," said GJHS senior Ryan Ficklin.

"I dislike certain classes, especially the teachers in those classes," said GJHS sophomore Charles Riley.

This is also not so black and white, not all students have the

same experience with teachers.

Their experience can either be very positive or negative.

"The teachers are nice. I pretty much like all of the teachers I have this year," said GJHS junior Sebastian Buell.

Also students could have the opinion that what their learning and not going to be used in the real world,

"I wouldn't say I am learning anything important in any of my classes, at least stuff that's not applicable to my life," Riley said.

But there's also a certain exclusivity to high school. High schoolers only spend 13.36 percent of their life in school by the time they turn 18. And once you're done with school, all other schools are optional. It really is a once in a lifetime thing.

"Because it's a one time experience," Ficklin said.

Another disconnect that students can have is if the school has a safe environment. If a student doesn't feel safe they could ditch school or not want to interact in class.

"School can be good or bad for people," said GJHS sophomore Camile Dowuona.

Students can become overwhelmed with classes. For example, Spanish is a hard class when you're learning a new language and you have to memorize a lot of stuff. That's easier said than done but the fact remains you have at least 7 different classes to study for and get ready.

"I'm just burnt out by the end of the day," Ficklin said.



Top photo: Anthony Paradiso walking out of school with a smile on his face.

Bottom photo: Sydney Crawford walks into school looking unhappy

How body positivity impacts GJHS students

Students at Grand Junction High School are working on being more body positive.

Many students at GJHS are working towards the body positivity movement. The students were polled and asked if they would be comfortable talking about their personal body positivity.

They listed several aspects of body positivity and how to increase it.

“You should never talk badly about your body; you should always have positive things to say about yourself,” Lakshmi Rai, a sophomore at GJHS said. She added that it’s important for people to talk positively to themselves, and to say good things to yourself in the mirror.

“Just walk with confidence, and don’t care what other people think,” Emma Ellis, senior at GJHS said.

“I think a way you can boost your confidence is to do something about your insecurities,” GJHS senior Cash Simpson.

Simpson also said social media has had a significant impact on the way he sees himself. He added that social media has affected the way he sees himself by seeing people who he wants to look like. Simpson said he is much more confident in his body than he used to be.

The other students that were interviewed had the same idea, that social media has a big negative influence on their body image.

Ellis said specifically that social media has absolutely affected the way she sees herself.

“Every single post you see there is like these models, and



they are promoting weight loss and things like that.”

Beauty standards are brought up higher and higher on social media making teens feel inferior to others.

Standards like:

“less is more,” “be more lady-like,” “small waist,” “be taller,” “more muscular,” and “flawless skin” are what is essential to be “perfect” in the year 2022.

Teens are given these unrealistic beauty standards and are required to fit into them when in reality no one is perfect.

Rai said that to her, breaking standards and a positive body image means that you are confident in yourself, and you carry yourself with confidence, you are not afraid to show and do things others would not.

Simpson said, “A positive body image means to me that you are confident with the way your skin is portrayed, and your body and who you are.”

Ellis said, “A positive body image means to me is being confident in yourself and not caring what other people think of you and what you look like.”

Many people are striving towards a positive body image, this means many different things for many people. Students at GJHS are working on uplifting themselves and each other in terms of the body positivity movement.



story by hailey **shane**
graphics by alondra **sanchez**

♂ “Girls are Crazy

An opinion piece by connor **kinser**

Men have always been seen as the provider for a family. They are told to shove their emotions down and rise above it for their family.

“A man, a man provides. And he does it even when he's not appreciated, or respected, or even loved. He simply bears up and he does it.” Giancarlo Esposito, a character from the show Breaking Bad.

I have been taught to work hard, get a good job and provide for my family. I see this in my own father. When he lost his job, in the summer of 2022 he felt like he couldn't provide for us and that he had failed. I personally didn't care that he lost his job. I didn't care because him being my dad was enough. Eventually, he was able to find a job and I could see the stress and shame flee his face. It was so important to him to be able to provide for me and my brother.

If I were to ever have a family I would also want to provide and give them everything they could want.

I also strongly believe this is a two-way street, look at how we view people based on how many people they have sex with. If you're a guy and you hook up with a lot of girls you're a person to be praised by your peers. But if you're a girl, you're a 'slut' or 'undignified.' I've heard people say: “If you have a master key it's a good key but if you have a master lock it's a pretty crappy lock.” If you're using analogies as your only point against gender equality and you're being serious about it maybe you shouldn't have a say on the matter.

One thing I think us guys suffer from is how oblivious and just dumb we can be. I know that I have seen signs that something is wrong and just didn't pick it up. We can also just be jerks to one another. I am always joking around but sometimes I go too far without realizing it.

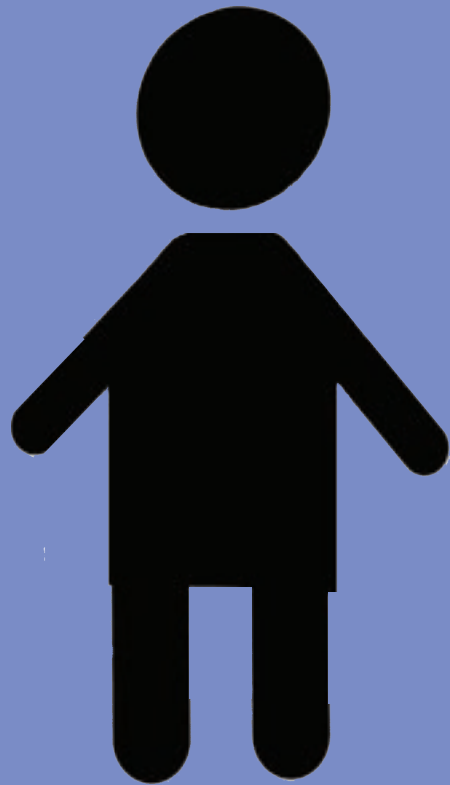
Guys are also not the best when it comes to emotions. We can be rash and hot-headed and not think when we are angry. We also just stuff our emotions down and don't deal with them. This can lead us to become super angry and hot-headed all the time.

If we are angry most of the time we will just stuff it down to where it becomes unhealthy and it just all comes

out at once.

It is also seen that if a guy is emotional they are weak and not a real man. But I don't think that's true, maybe back in the day but not by modern standards. I think guys in the year 2022 no longer have to oppress their emotions down. I think in modern times no matter what gender or what you identify as, you have the right to do whatever you want as long as it is not hurting or bullying anyone.

So if you're a guy and your emotions are good for you, then good for you. If you're pushing your emotions down and that's healthy for you then that's okay. Who am I to judge your lifestyle? I think just because you have emotions that doest make you weak, not in the slightest.



Jerks are Guys”



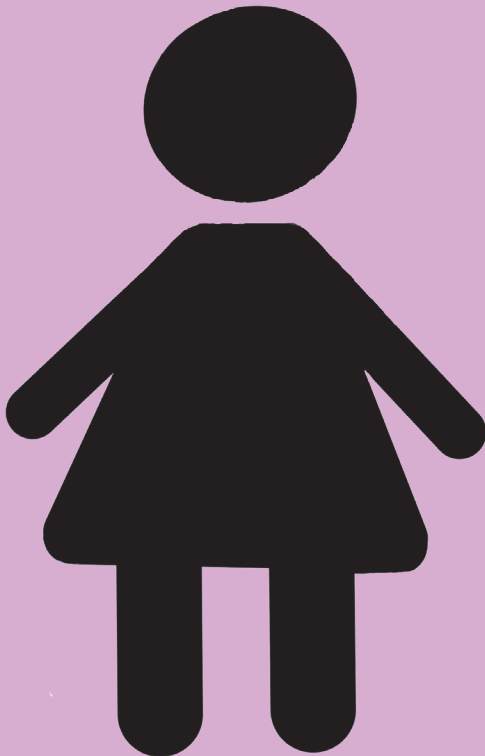
An opinion piece by izzy **cornelison**

I was raised to never take a walk after dark, to tell my friends where I’m at, and to never find myself alone with a man.

I am afraid of what men could do to me. I strongly believe the root of the problem is boys not being taught when they are young to behave themselves around women and that teaching this in the home and at school could drastically change how women feel about men, as well as how safe women can feel.

Even in the 21st century women are often raised to protect themselves against men, rather than men being taught how to conduct themselves.

Senior at GJHS Emi Black recalls that the first time they felt objectified by a man was when they were 11 years old, playing outside with their mom and grandfather. They were wearing a V-neck shirt. They then noticed their grandfather staring at them intently. When their mother noticed, she ushered Emi inside and ordered her to change.



I distinctly remember one of the scariest times I’ve been objectified. It was summer of 2020, I was 15, I was walking to go get coffee in a bright yellow crew neck shirt and some almost knee length shorts. I was just about to the GJHS track when a truck going the same direction as me slowed down, rolled down their windows and whistled at me. It wasn’t the first time I experienced this so I just kept my head down and continued walking, with a faster pace. A few minutes later the truck had made a u-turn and came back to where I was walking, this time slowing to a stop, opening their door, and encouraging me to get in. At this point my walk hastened to a run. The man in the car looked to be in his mid 20s, maybe older. I was a sophomore in high school, who looked younger than I was.

Too often women are shamed for their bodies rather than men being shamed for their bad behavior. Parents should be teaching respectfulness when they are teaching reading and writing. Being respectful should be something everybody learns and practices from a young age. We cannot stop boys from seeing other men exemplifying this behavior or social media egging them on, but we can teach them how to act in these situations.

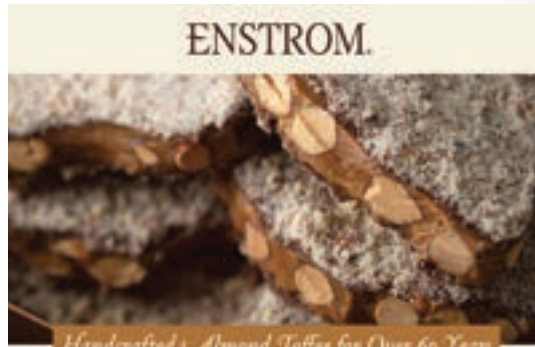
“And ever since then I’ve felt kinda shameful whenever I’m wearing a spaghetti strap [top] or a V-neck shirt. I feel like I need to cover up. I think that’s like a really sad way to grow-up, imagine you’re going through puberty and you don’t know what’s going on in your head or anywhere. And suddenly you have to dress ‘appropriately’ around your family,” Black said.

GJHS senior Corran Gandy retells how, as a trans-man, often other men will objectify or cat-call him in public when he is acting more ‘traditionally feminine.’ And when he points out that he is a man they flip a full 180, yelling and becoming aggressive towards him, calling him names and shouting slurs at him.

Men have been objectifying women since the dawn of time. And that will never stop until we teach them to be respectful. In order for me and my peers to feel safe at school boys need to be taught in school as well as at home how to interact with women.

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