

This year in our rearview



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A Letter From the Editor

As the school year comes to an end and everything is wrapping up it is sometimes hard to see how great the year was in retrospect. In this last push, it's hard to acknowledge how wonderful the blur that the school year was.

Through the ups and downs of this year, we made it. Through mid-terms, stressful projects, AP tests, and big games **we** made it. Through the background sounds of active construction, and through the wild weather **we made it**. Whether we made it with straight A's or straight D's **we made it**. No matter who we are or how we got here we did it, and that is cause for celebration in of itself. It can be hard to see how wonderful our year was when it's leaving us behind. So take a step back and reminisce on how good a year this really was.

These final months are the hardest to get through.

Whether you're a senior who is counting down the days until they leave or a freshman who is experiencing finals for the first time, this time of year feels like swimming upstream for most of us. This fact alone makes it hard to look at our achievements. But it is during this time that we need it most. Looking back on how well we've done can inspire us in the final stretch.

This issue explores some of the highs of our year, but more importantly, this editorial encourages you to look back on your personal highs. Getting an A on that test, putting out four newspapers, getting a lead in the play, passing that class, or simply getting to this point.

Remember Tigers: "It's almost over, it's just begun" - Bo Burnham.

-izzy cornelison



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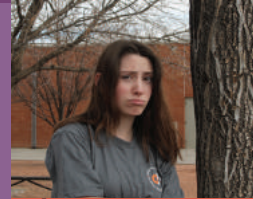


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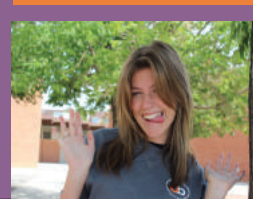
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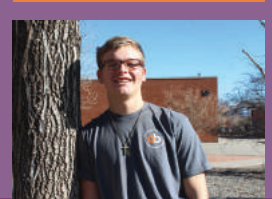
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Advice for Freshmen

Upperclassmen give their best advice to incoming GJ students

story and photo by serenity **schmidt**

Many incoming freshmen don't know what to expect in high school, and they're not always given the best advice.

Many upperclassmen at Grand Junction High School wish someone would have given them better advice when they were a freshman, because not all advice that your elders give can be very helpful.

"I wish someone would've told me that change is a very good thing. You're going to meet new people, you're going to change who you hang out with in high school. It's a good thing," said GJHS junior Macy McComb.

With change being a good thing, friends aren't the only thing that will change in four years of high

school. Experiencing new things is a huge part of the GJ experience.

"Be super involved and try out a bunch of things your freshman year, because you can always stop joining things," said McComb.

Others also have their own advice for incoming freshmen about classes.

"Get the boring classes out of the way first. Take P.E. your freshman year, take your computer classes freshman year, so you're not stuck taking those in your junior and senior year. Something I would also say is focus on the fun, try not to stress yourself out," said junior

GJHS senior Carli McConnaha gives freshman Russel White advice.



Kaylee Kraft.

Other than this, next year's freshmen, and many more to come, do have to experience some things themselves.

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Academy reality

GJHS will be seeing a new education model in the 23-24 school year

story by miah **hines**

Grand Junction High School is incorporating an academy model to provide more intentional advising and relevant experiences and education for students' college and career goals.

In this new model there are four academies: Arts and Humanities; Business, Communications, and Entrepreneurship; Environmental Science, Technology, and Engineering; and Health Sciences and Human Services.

Grand Junction High School will be the first Academy model school on the Western Slope.

Academies at GJHS are designed to empower each student with a specific education with lots of opportunities to explore college and career options as well as technical education, industry certifications, and work-based learning opportunities, according to the GJHS academies website.

GJHS teacher Jen Campbell-Wilson is on the coordinating team for academies and oversees the health sciences department.

"My hopes are, we can provide opportunities for all students of Grand Junction High School to have a meaningful high school experience that relates to their post secondary goals," Campbell-Wilson said.

The Arts and Humanities academy helps students express creativity, and dive into philosophy, history, literature, religion, art, music, and language.

The Business, Communications, and Entrepreneurship academy equips students with interpersonal skills, financial literacy, leadership, and international perspectives.

The Environmental Science, Technology, and Engineering academy focuses on innovation, analytical skills, and creative problem solving. Those who enjoy math, science, and technology concepts are encouraged to try this academy.

The Health Sciences and Human Services academy helps students develop problem solving skills, critical thinking, communications, team work, service learning and leadership. These skills will shape the future leaders in high demand careers.

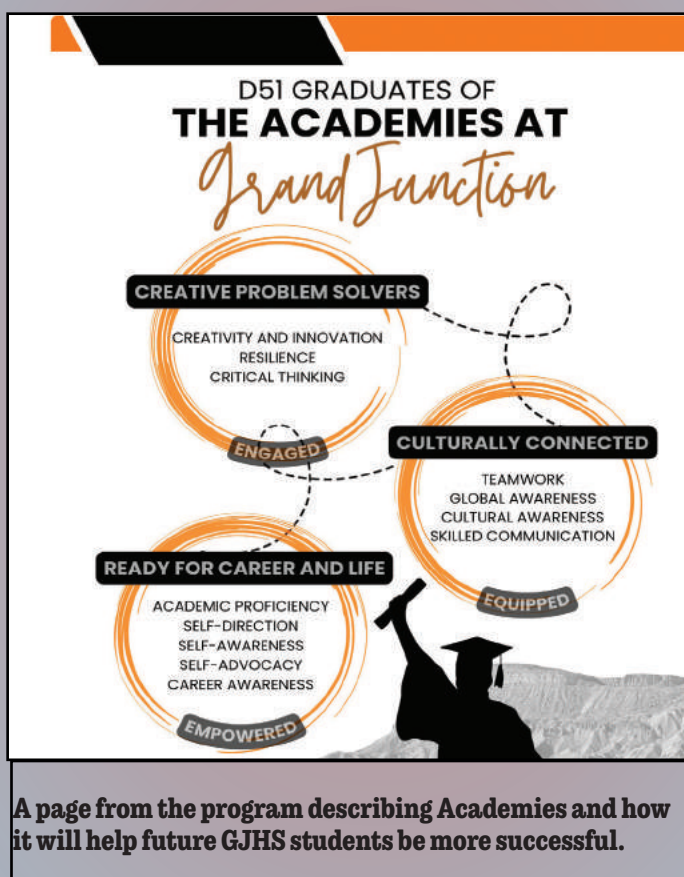
This year, underclassmen have been put into advisories matching their academy. When the model is implemented, Thursdays will still be Study Time, but Wednesdays will be Academy Time.

"We are going to use that time for lessons on skills that prepare you for life after high school and to provide experiences for you to learn more about different careers within your Academy," said GJHS teacher Meghan Foster, representing the Business, Communications and Entrepreneurship academy.

Academies are able to be switched if the academy does not seem to be fitting a student's goals or passions for their future careers.

At graduation students will have the opportunity to receive endorsements like chords and pins specific to their academy that they are graduating from.

There are resources and more information that is updating frequently about next year's academies on the GJHS website.



Top Competitors in Spring Sports

Spring sports are at the heart of their season

By far the biggest spring sport is track, which has 87 total members including managers and five coaches and two college students who also help coach. The coaches are Dustin Giesenhagen, Michelle Oberndorf, Reece Fledderjohn, Sydney Brandon and Sean Mulvey.

The top placer on track is senior Miller Jones, who has placed 1st in almost all of his events at all of the meets so far. Jones is nationally ranked in the top 50 in the triple jump. His personal record for triple jump is 46-10.5 and his long jump is 22-6.5

There are several young standouts on the team as well, including sophomore Mason Anderson and junior Katelehn Abbath. At the Franklin Woodburn Invitational meet on April 8th, Anderson finished in 3rd in the boys' 100 meter dash and Abbath finished second in the girls' 100 meter dash.

"What's wonderful about track is that the kids come to you because they want to learn. Teaching kids who are really excited to learn what you have is awesome," Giesenhagen said.

The girls golf team has six members and the coach's names are Michael Meyer and Mary Harrison. The top players are junior Stefani Mendez-Gutierrez, and sophomores Kylee Mull and Jayelyn Capehart.

Mason Znamenacek and Evan Pipkin jump over 300 meter hurdles.



The boys varsity baseball team is doing well, with a record of 11 wins and 5 losses. Against Durango in their last game, they won 11-3. They are ranked 41st in the state out of 258 teams overall. Some of their best players are senior Jase Satterfield, who bats an average of .419 and has 18 hits, and senior Landon Scarbrough, who bats an average of .415 and has 22 hits.

"[I love] being able to play and meet with new people every time we play at a new course," Mull said.



Gavin Walsh runs the 400-meter dash against competitors from North Fork High School and Montrose High School.

The girls tennis team continues to get better. Their record this season is 5 wins and 7 losses. The coach's name is Brandon Gregg, and it is his first year. They have 27 total players. Some of their best players are junior Emma Thompson and she has a record of 4-3, and sophomore Abigail Curl who has a record of 5-4.

story by kate **davis** photos by o&b staff and friends

The girls soccer team had a record of 2 wins and 13 losses last season. The team lost seven seniors last year, creating a young team for future years. This season, the girls are hoping to achieve more with a talented freshman class and second year head coach Lindsay Icenogle. Their varsity record is 0-11-1 this season. They only have four seniors this year- Michelle Del Cid, team captain Alondra Sanchez, Nikki Maas and Keyla Gonzalez.



Alondra Sanchez kicks the ball down the field during a game against Central High School.



JV soccer girls huddle around each other as they get ready to play Glenwood.



GJHS lacrosse team warming up for a match.



GJ junior Gavin Mottram (9) faces off against Palisade High.

The boys lacrosse varsity team has a record of 4 wins and 7 losses. They are 4-2 in their league, the 4A Mountain League. They lost their last game against Ralston valley 14-1. They are ranked 58th in the state out of 178 teams overall. Some of their best players are junior Gavin Mottram, who averages 1.5 goals per game, and junior Maddox Caster, who also averages 1.5 goals per game.

Top Competitors in Spring Sports

Understanding Senioritis

Insight on GJHS seniors and the struggle to keep focused until graduation

story by hailey **shane**

The end of senior year is often described as stressful and exhausting. Once spring hits for many high school seniors the countdown to graduation is on.

One thing in their way is senioritis: A term seniors and their teachers use to describe the lack of motivation and attendance in classes in the final months of high school.

Many people don't think it is a real problem and consider it laziness but here at Grand Junction High School students think differently. The standard symptoms of senioritis include skipping class, a drop in grades and just overall lack of attentiveness in the work assigned to them.

"Not turning things in on time, not worrying about things and being lazy," said GJHS senior Hunter Birch.

A GJHS senior who asked to remain anonymous noticed that they do not attend their classes as much this semester. The consequences to this can vary, depending on how long it's been going on.

"It affects my grades and work ethic," admitted Birch.

One of the straightforward ways to cope with this is setting goals. Short-term and even long-term, this can be really helpful in making sure students don't lose motivation.

"If I go, I listen to music in most of my classes, and you could try to get releases in your schedule," said an anonymous GJHS senior.

Birch added, "Try and turn things



The effects of senioritis in the 4th quarter leaving classrooms with few seniors.

in on time."

Attendance at GJHS has significantly dropped for many seniors starting at the beginning of the final semester.

"I can see the change in most of our seniors hitting almost right before winter break. They know the change is coming and some are excited, others completely

overwhelmed and scared," said GJHS attendance advocate Kelley Shane.

Shane, who also experienced senioritis in her high school years, said, "It's like you are so excited it's hard to stay focused on what is happening right in front of you."

Talking from experience she believes that senioritis is very real.

"I guess the seriousness will depend on your actions. If you don't go to school then yeah you could face not graduating, but if you power through and go to your classes everything will be fine," Shane said.

Future seniors may want to listen to fellow students and staff on how to deal with senioritis when they reach that point.

Birch said, "The advice I would give is try not to get stuck with it and if you do, try and turn things in and at the same time have fun with it since it's your last year."

An anonymous senior said,

"The advice I would give to upcoming seniors is to only take classes you really want to take."

Although Shane doesn't do much work with seniors she said, "I would just advise them to overcome this emotion so it doesn't create a roadblock for their future. A whole new world is out there waiting, keep going to school, and finish the year strong with great memories because before you know it you're looking back at your time at high school."

Social media is exceptionally present in today's society and is used by most Grand Junction High School students.

Social media has many negative aspects when it comes to mental health, and for that reason, I am opposed to the bullying aspect of it.

It "causes lots of added stress and struggles on top of what people are already going through," GJHS sophomore Addie Boss said.

Social media influences today's society tremendously, to the point where it can be detrimental in ways such as cyberbullying, hacking, false information, fraud, fluctuating reputations, health issues, and suicide.

Social media gives easy access for people to constantly be bashed with hate, rude comments, and rumors which may affect your reputation and mental health. These types of situations not only influence your online life but also your daily life. When children or parents hear rumors or see rude comments, it can determine how people view and act around you.

When I was younger, I downloaded Instagram. I was so excited to post pictures and see what others posted. This excitement disappeared when I got a message from somebody I did not know. They were extremely harsh and said rude comments about my appearance. This was devastating for me. I was extremely upset and insecure. I constantly looked at my reflection in the mirror, questioning if what they said was true. Those hurtful words stuck with me for years and the reassurance of my family and peers helped me get through it.

Although social media has many downsides, it also can be beneficial, such as allowing accessible communication, awareness, and a place to look for answers. People can gain closure when contacting family or friends and learning about incoming information using social media. Many people can earn commissions, sell their products, and even get paid to share their knowledge on these platforms. These types of jobs are used frequently and can be a person's full-time job and only source of income.

"Social media is a unique and beneficial invention, but people can cause this platform to be very negative and hurtful," Boss said.

Social media might affect what others think about you and how you feel about yourself. Constantly receiving negative feedback about your personality, physical appearance, or actions can make you question if their words

are valid. This negativity can affect your confidence, make you overthink, become quiet, and be indecisive about your choices since you do not want people to look down on you or think you are stupid.

Hate speech about race, religion, or even sexual comments are found on many platforms such as Instagram, TikTok, Snapchat, and Twitter. People feel freer to say derogatory remarks on social media rather than in person. These comments can become dehumanizing, personal, and targeted against students in school. People should uplift each other instead of putting others down.

Social media can cause a lot of drama. It is so much easier to say things online rather than in person. It takes away empathy. Social media can turn into a negative space that can cause a lot of negative attention among people.

"Social media brings a stereotype regarding what bodies should look like and how a person should act," GJHS sophomore Mason Bunce said.

These expectations are never realistic and can cause severe mental health issues.

"People tend to think that their life isn't as good as everyone else's because they don't get to do the stuff people post about or don't have the looks everyone else does," said Boss.

A comparison between others can make you feel jealous, not good enough, or even left out.

Social media is sometimes only a distraction. Pulling out your phone while driving, at the dinner table, or even during conversations can blur what is

happening around you rather than focusing on what could be a crucial conversation or situation. For many students, social media is a place to procrastinate instead of being productive, which can be unfortunate for your future. In order to fix hate speech and bullying on social media, platforms need to oversee and block more derogatory content and comments.



OPINION: Effects of social media

story and graphic by maddie **berhman**



Superstars

The students that stand out among the rest

Celina Hildebrand is a senior at GJHS. She arrives at school at 7:30, and goes to the library to work on any homework she didn't finish the night before. She starts her day with ALT, where she helps create a better experience for underclassmen. Following that she has AP Literature, which she says is one of her favorite classes, CMU Government and Politics, and finally Economics. Then she goes to lunch where she will continue to work on anything due in the second half of the day or any missing work if she needs. After lunch she has AP Spanish, AP Statistics, AP Psychology, and rounding out the day with Chemistry. But Hildebrand's day is not over when school ends. She goes home and takes a power nap to recover

from the exhausting day of learning she's had. Then she'll start to prioritize her work by what is due first, decide what is most important to work on. And finally she'll go to sleep at around midnight once she is finished with all her work. Kids like Hildebrand are passionate about their area of expertise. These are the kids that are leading our school.

Artistic:



Seniors Corran Gandy and Kaitlyn Akers performing in Elf, December of 2021.

Corran Gandy, senior, has been in the performing arts since he joined his church choir at 3 years old. Since then he has been a leading role in many recent theatrical productions and has made it into Colorado All-State Choir twice.

Q: How did you join the performing arts in high school?

A: For choir, it's become a habit to be in it because I've been a part of it for so long. But for theater, a lot of my friends and a lot of close people are a part of theater which is what influenced me to join theater. Originally I wasn't going to be a part of Elf or anything like that, but a lot of my friends pushed me to go for it and it became a home.

Q: Can you talk a little about Colorado All State?

A: I auditioned last year for all-state, and I was convinced I was not going to get in. However when I was told that I did get in I freaked out. I worked with the upperclassmen, who hadn't been in it because of Covid, but had experience. And it was such an amazing experience, just being in Denver and singing with such a big crowd, I decided I had to do that again. So this year it was all hands on deck. I must get this again, and then I did, which is awesome.

Trinity Bellgart, senior, has always enjoyed art classes. Doodling on her assignments during math class when she was bored.



Watercolor painting by senior Trinity Bellgart.

Q: How many art classes have you taken?

A: When it comes to art credits (.5 each) I have like 3 altogether-ish. I wanted to do more, but my councilor at the time kept putting me in unnecessary classes, only giving me Art 1 my sophomore year, until my junior and senior year where I took Art 2, Draw and Paint 1&2, and Ceramics 1&2.

Q: Can you talk a little bit about your honors you've received?

A: I don't really ever put my art in competitions or get honored for anything other than the Youth Art Month Competition where I won first place in the high school division in the State! Ever since then I have been able to showcase my art at an open gallery event downtown, and show one of my favorite paintings at the Avalon where they held a Black History month movie during February 2023. Other than these things I haven't received honors in or out of school, I think due to the lack of art classes until my last few years. I was always shy with my art until recently as well.

Of GJHS

story by izzy **cornelison** photos by o&b staff and friends

Athletic:

Miller Jones, senior, represents GJHS in Track, Football, Cross-Country, and ski and board club. He is top-ranked for 6 different events in the state: long jump, triple jump, high jump, 110m hurdles, 300m hurdles, and 4x100 Relay.



Seniors Annie Feather and Miller Jones with the Scott Lambuth Memorial Award.

Q: How long have you been playing sports?

A: Like my whole life, since I was like 10.

Q: How do you balance sports and school?

A: Time management skills, you know?

Q: What do you plan to do after high school?

A: Go to college for sports, for track.

Annie Feather, senior, represents GJHS in Cross-Country, Basketball, Girls Dive, and Track. Both Feather and Jones received the Scott Lambuth Memorial Award for outstanding Jr. athlete for the 21-22 season.

Q: How long have you been playing sports?

A: I did cross-country for 4 years, basketball for 3 years, diving for one year, and track for four years.

Q: How do you balance sports and school?

A: It's definitely a lot of work. You've got to put in a lot of work. I'm definitely not a big fan of homework. I do more [of my] homework at school. So I guess it's important to take study halls and releases in your schedule to get the extra work done.

Q: What do you plan to do after high school?

A: I plan on attending a college, I haven't decided which one, but it'll be somewhere in Arizona to study business.

Alex Chang, as of April 8th, 2023, has the 2nd highest GPA of the school. He is on the GJHS Academic A-Team, in the German Club, and the president of the National Honors Society.

Q: How do you balance school and your extracurriculars?

A: I don't have time for anything else.

Q: What do you plan on doing after high school?

A: Going to college.

Q: What was your hardest class?

A: AP Seminar.

Q: How many AP classes have you taken?

A: 6 or 7 APs, and 2 CMU classes.

Celina Hildebrand, as of April 4th, 2023, has the 12th-highest GPA of all the seniors. Hildebrand is not only the previous secretary of the National Honors Society, but will graduate in the Millenium club, an honor not many achieve. She is also an ALT leader and Spanish honors society

Q: Do you have any study tips?

A: I would say, put your priorities straight and find out what classes you need to work on the most. Like if I have a really important test in one class and I also have homework for another I'll focus on the test.

Q: What do you plan to do after high school?

A: I plan to go to CMU and get a degree in math. I want to be a teacher.

Q: What is the hardest class you have ever taken?

A: I would say AP [calculus] because of the rigor and the discipline that you need. It's a fun class though, it's super fun but it's very disciplined.

Q: How many AP classes have you taken?

A: I've taken 5, and this year I'm taking 4.

Academic:



Celina Hildebrand and Alex Chang studying the periodic table.



Dutch Bullock and Josie Winn celebrate with the sophomores taking the win at the prom pep assembly.



Riley Applegate, Austin Music and friends get down on the dance floor at prom.

photos by mountain roots photography

Night in the MYSTIC GARDEN



An overview of the dance floor with the lights on the tent lighting up the night for all the students to have a great time.

Brothers, Jack and Garrett Stafford go against each other during the prom pep assembly.



Seniors Jake Stanfield and Keith McCloud run together for the pep assembly senior run.



Junior prince and princess, Alex Warburton and Jaelyn Hansen, pictured with senior Queen Kylee Ricks and King Matthew Silzell.



Becca Nedohon and Izzy Corneilson host bachelorette at the prom pep assembly.



From left: Easton Holt, Carter Stehman, Moraya Howard, Evan Severs, Brock Hale, Piper Marshall, Kameron Wilson and Jack Kaul pose for a picture on the dance floor during prom.



Students pose in action while dancing their heart out on the dance floor at prom.

OPINION: Is school a better place to learn about today's times or social media?

story by conner **kinser** photo by maddy **parkhurst**

One time in advisory, I was talking about South Park and how I have learned more about what is going on in today's world from that show than I have from school. To my surprise, my advisory teacher agreed with me. He fully agreed with the statement that South Park was a better educator about modern times.

Whether it's what the president is saying, recent controversy, what's happening in Ukraine, civil rights, "wokeness," Democrats, Republicans, social norms, climate change and gun safety. You would expect to learn most of what's going on in today's times from a place that is centered around getting an education.

Many young people rely on social media to learn about the world. But there's a lot of misinformation that can come about on social media. I know there have been a couple of times I believed a TikTok or youtube short that convinced me of one thing only for me to think about it for more than 5 seconds and realize it was false.

I feel like if a school taught us current events, the teachers could get rid of a lot of misinformation. Teacher's whole job is to teach and educate us. I feel like a majority of what I currently learn in school would be better if it was replaced with learning what's actually happening in today's world. I would honestly prefer to learn from a teacher than to look up what I want to learn on the internet or by watching South Park.

Teachers can help students learn facts about the world and help the students think for themselves. As well as provide a reliable source for them to learn.

The problem is that many parents are a big cause

of why we don't talk about the real world in school. Some parents don't want the teachers to tell them their political or world views. They don't even want teachers talking about important social topics.

For some parents it scares them that school could possibly be teaching something against their ideals. They are afraid their kid might begin to think that way because of the teachers. In these years of our lives, we are supposed to learn new things and think for ourselves. We should not just be a clone of our parents and what they think. I think if teachers were allowed to say their opinions then maybe we could have more progressive thinking.

If you have a teacher with a political opinion that differs from yours, then draw your own thoughts about what the teacher says. Maybe you could talk to your teacher about their way of thinking and compare it to yours. You can even talk to your parents about differing views. You can then make your own views and your own ideology.

As the next generation we shouldn't have to rely on social media to help us form our world opinions. If we only hear our parents' way of thinking then our own world view can be very similar to theirs. This is not necessarily a bad thing but future generations can have a better understanding and a wider view of the world than their parents.

So at this point if you want to learn stuff about today's world and form your own opinion you have two options. You can either learn from your parents or from an Adult Comedy. Or a third potential option if we were to allow forward thinking in schools we could actually learn from the place that is dedicated to learning.



VS



Getting better every day

What are GJHS athletes and coaches doing to improve sports programs?

story and photo by eli schultz

Grand Junction athletes and coaches join in off-season workouts and camps in order to build better sports programs.

Many GJHS athletes take classes such as weight training both during the sports seasons and also during the off-season.

GJHS head football coach Landon McKee said that weight training everyday and going to team camps can help contribute to improving performance on the field. Improvement happens even during the summer and off-season.

“I think the first thing comes down to mental toughness,” said McKee.

Nearly every school sport, such as wrestling, has summer practices in order to improve and maintain conditioning and skill during the off-season.

GJHS sophomore Jayelyn Capehart, a girls basketball and golf athlete, said that whenever she needs to work on anything from golf she can contact her coach in order to improve.

Capehart said, “For basketball there are open gyms, and with golf I can contact my coach.”

McKee said future freshmen interested in GJHS athletics should be willing to adapt and to be dedicated to the sports you are in.

“Be prepared to be in the best athletic program in the valley,” said McKee.

Steve Woytek, the athletic director at GJHS, said that next year’s freshmen should also focus on schoolwork first before sports as part of any successful program.

“It doesn’t matter how good you are if you do not have good enough grades to play the sport you are in,” said Woytek.

Grand Junction High School freshman Elijah Luque uses the weight room during sixth period.



School safety on GJHS campus

How the district is dealing with the safety of students and staff

story and photo by maddy **parkhurst**

The school district takes threats of any nature that are reported very seriously. They will work closely with local law enforcement and the school security officers to determine how serious a threat is.

Mesa County Valley School District 51 will send a text, call, or email to parents when there is an emergency near or at a school. The District website has a messaging app for parents to sign up in order to receive emergency messages.

When students are stuck in a lockdown many times they will turn to social media to try and understand what's going on. This sometimes will lead to misinformation or outdated information, which can cause panic. During lockdown drills the teachers don't even know that it's only a drill.

"We have plenty of days for instruction. Sometimes I think it might be a positive [to have lockdown drills] because it's giving a day off for students," Russell Gregory said. Gregory is a math teacher here at Grand Junction High School.

The school has at least one lockdown drill per school year. To start a lockdown or lockdown drill students and staff will hear an announcement on the intercom system. Then teachers check the halls for any students and bring them into classrooms.

Students are then instructed to sit huddled together, quietly waiting until an officer opens the door and lets everyone know it's just a drill. Drills can last more than an hour, depending on how long it takes for security to work through the buildings.

According to an article on K-12dive.com there have been 89 school shootings in the United States this year as of March 27. There have been a total of 75 injured or killed. By the same time last year there were 80 school shootings and 65 victims.

Tom Lefebre is the GJHS dean of students and he helps enforce the rules on campus.

When Lefebre was asked how the school can prevent weapons from being brought on campus, he said, "[students] all know that it's a very serious violation of school and district policy. So any behavior like that will result in expulsion."

GJHS has had no credible school threats this year. There have been threats made against the school and the school district ultimately deemed them to be uncredible. The most recent known threat made against GJHS was April 5.

GJHS sophomore Jayden Martinez said, "It feels like the threats and stuff that happen are happening too often."

In an April 5 email sent out to GJHS families the district said safety was their top priority and they work very closely with local law enforcement. They have local law enforcement investigate every report made in order to determine how credible and serious the threat is.

If a threat is unable to be deemed credible and they cannot determine how serious it is, the district will cancel school like it did for Central High School on April 5. That threat was later also found to be not credible.

For more information, go to the school district website at www.d51schools.org and click on the drop down menu for "Parents" and then the tab for "Parent Tools" and choose "Emergency Information."



It is common to see a police vehicle parked near the 5th Street entrance to GJHS.

The SHEIN Problem

Fast fashion and its consequences

story and photos by lila **mottram**

When shopping online, specifically for clothing, some of the first sites you'll find after your search are "fast fashion" brands like SHEIN, Pacsun, H&M, Forever 21, and more.

Recently the term "fast fashion" has been used more and more both in the fashion industry and in media. Since the pandemic quarantine, the term has been used even more as fast fashion has become more popular. While it is easy to find what you're looking for with cheaper prices on these sites, you've also probably heard you should stay away from fast fashion.

Many students, including the ones at Grand Junction High School, do not have a clear idea of what fast fashion even is. GJHS sophomore fashionista Alexa Stanfield said she thought fast fashion was "quick fashion trends," and that, even with the media coverage that fast fashion has, she didn't know that companies were fast fashion, not products. "I will definitely avoid them [in the future], though," Stanfield stated.

Fast fashion is used to describe companies that produce cheap, trendy clothing quickly. Fast fashion has been around since the 1990s, but has especially become popular recently due to easy access via the internet, and because trends are now lasting much shorter than they used to.

"Early on, trends could last a few years. Now, trends can last as short as a month or a fashion season (6 months)." Colorado State University assistant professor of design and merchandising Kevin Kissel said. This change is, in part, due to the rise of fast fashion.

Fast fashion has affected the entire fashion industry in multiple ways, mostly negatively. "The fashion industry is the second most polluting industry in the world, just behind petroleum," said Kissel. "Fast fashion takes advantage of developing countries and their people and governments. Bangladesh is a common country for low-cost clothing production. There have

been two devastating disasters in clothing and textile factories. In fact, a large fire just happened there."

Due to the rise in fast fashion, the quality of textiles in clothing has decreased exponentially. "We are seeing poor quality in garment construction. Our clothes do not last as long as they once did - increasing textile waste in landfills," said Kissel.

But the impacts of fast fashion don't stop at just the industry, fast fashion causes many negative environmental impacts. "Massive water consumption, river and groundwater pollution. Natural resource overuse - growing massive amounts of cotton, fertilizers and pesticides for cotton fields, plus more water. Everything is made of polyester (which is petroleum based) so more oil is needed. Most of our polyester clothing cannot be recycled, so this ends up in landfill,"

are just a few Kissel named.

But even with the large size of the fast fashion industry, it is still absolutely avoidable.

"We have to

be mindful of what we buy, where we buy it, and why we buy it...Are we buying things because we need it, or are we buying things because we can?" Said Kissel.

According to Kissel, some of the best ways you can avoid fast fashion are: "First, knowing what your clothing is made of. Is it renewable, regenerative, or recyclable? For instance, wool is the most sustainable fiber because the sheep can re-grow their hair. Wool is carbon-based so it is compostable! Also knowing where your clothing was made and by whom? Make sure that your polyester clothing can be recycled. Wear your clothing longer, or donate or re-sell it. Don't buy so much per year. Instead, invest in a few good quality pieces that you can wear for a long time."

"You, your friends, your parents, me, my students... WE have to stop shopping at H&M, Forever 21, Target, Wal-Mart, Zara, Mango, etc. Consumers are the only people who can break the cycle," Kissel said.

"The fashion industry is the second most polluting industry in the world, just behind petroleum,"

A look back on the school year

Recap of the 2022/23 school year

story by kori **antonides** photos by izzy **cornelison** and friends of the o&b

This school year was full of memorable and important events at Grand Junction High School.

There were many new events that were introduced this year like the career day and Serves for Sophia. There were also many traditional events that have continued to be held such as pep assemblies and the powder puff game. Many people attended dances, sports games, assemblies, performances, and much more.

“It became an idea after we began talking about how we could assist Sofia, and we decided it would be best if we did a fundraiser for her,” said GJHS junior Macy McComb, who helped plan on Serves for Sophia in support of GJHS student and volleyball player Sofia Grasso who suffered a serious medical emergency in the Fall.

There were also many achievements throughout the year. The GJHS marching band went to state. The Tigers academic team dominated state by winning 1st and 2nd place in the Quiz Bowl and went on to win a national title for Knowledge Bowl led by junior captain Sam Guddat. Wrestlers on the GJHS team got the opportunity to go to state led by freshman Rya Burke and seniors Colton Romero and Landon Scarbrough. The GJHS cheer team



The final scoreboard of Serves for Sophia fundraiser held on Jan. 18, 2023, in the GJHS gym.

also went to state finals and got third place, missing second by just 3 points. There were many achievements this year through sports, academics, the arts, and others

However, with the many highs of this year there were a few lows. An abundance of mice nests were found around the school causing the vending machines to be emptied and the Library to stop selling snacks to students. There were also rumors of a lice outbreak, when many of the cloth chairs around the school were removed. On Jan. 20, 2023, many GJHS students gathered in front of the school to participate in a protest about alleged abuse by a GJHS teacher.

But even still, the good things definitely outweighed the bad in 2022-23. Construction began this year on the new \$145 million GJHS building. Along with that, new furniture was placed in the library and a few classrooms to test for the new school.

GJHS social studies teacher and Student Council advisor Mark Wilson said, “The most memorable event from this school year was seeing the very first of the construction go in for the new school.”

Many students looked forward to school dances. Favorites included homecoming and the color dance.

GJHS sophomore Camille Ficklin said, “I feel like the overall spirit and participation improved so much from last year.”

To the many students of GJHS the past school year has changed from years in the past.



The GJHS academic team was invited to the state capitol after winning the March 13-14 State Knowledge Bowl Championship. The team consisted Sam Guddat, Cailan McKim, Alexander Chang, Jamison Whiteford, Logan Jochim, Maddie Kawasaki, Stewart Collins, Megan TerLouw, Athena Quesenberry, Anna Stone-Ewing, and Macy McComb.

Try something new in the kitchen

Some easy recipes to try out if you are new to cooking

story and photos by spencer penkaty

I first got into cooking when I was 8 years old and my mom started to give me all these amazing recipes to try. Here are some recipes to try as the school year ends and we all get a little more free time on our hands.

The German pancakes are a great way to start off your day with a quick and easy way to impress your family with a nice breakfast. These are pretty easy to make and there's not a lot

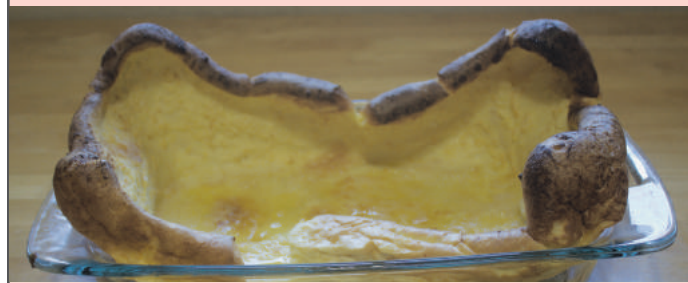
that goes into them. Just don't get worried about it puffing up. Add fruit or other fun toppings and enjoy.

If you're in the mood for something sweeter, then the "worst" chocolate chip cookies are just what you need. These cookies, contrary to their name, are some of the best cookies you'll have. But be careful not to bake them for too long. It's all about preference if you want them to be crunchy.



German Pancakes

- Place 6 tablespoons butter or margarine into a 9 x 13 inch pan and place in the oven to heat while preparing the batter
 - In a mixing bowl or blender
 - 6 eggs
 - 1 cup of milk
 - 1 cup of all-purpose flour
 - 1 tsp of salt
 - Beat well then pour into the hot butter pan
- Bake at 450° for 25 minutes



The Worst Chocolate Chip Cookie

Ingredients:

- 1 cup unsalted butter melted and then cooled for at least 5 minutes and until no longer warm to the touch (see note) (226g)
 - 1 ½ cups light brown sugar packed (300g)
 - ½ cup granulated sugar (100g)
 - 2 large eggs at room temperature preferred
 - 1 teaspoon vanilla extract
 - ¼ cup maple syrup² (60ml)
 - ¾ cup all purpose flour (415g)
 - 2 teaspoons cornstarch
 - 1 teaspoon baking powder
 - 1 teaspoon baking soda
 - 1 teaspoon salt
 - 2 cups chocolate chips (I used half regular semi sweet chips and half mini semisweet chips)

Instructions

1. In a large bowl, stir melted butter and sugar.
2. Add eggs, one at a time, stirring until combined.
3. Stir in vanilla extract and maple syrup.
4. Whisk together flour, cornstarch, baking powder, baking soda, and salt in a separate bowl.
5. Gradually add flour mixture to wet ingredients, stirring until completely combined.
6. Stir in chocolate chips.
7. Cover bowl with clear wrap and allow to chill for at least 30 minutes (chilling!? I told you, this recipe is the worst.)
8. While the dough is chilling, preheat the oven to 350 F and prepare cookie sheets by lining with parchment paper (if you don't have parchment paper, you can bake directly on an ungreased cookie sheet).
9. Scoop about 2 Tablespoons of cookie dough and roll into balls, making them slightly taller than they are wide. Place them at least 2 inches apart on the prepared cookie sheet.
10. Bake for about 13 minutes (cookies will appear to be a bit underdone, but edges should be just beginning to turn golden brown).
11. Allow cookies to cool completely on the cookie sheet. If desired, gently press a few chocolate chips on top of the warm cookies.
12. Keep unbaked cookie dough in the fridge while waiting to put the next batch in the oven. Do not place cookie dough on a hot cookie sheet.

Summer Bucket List

story and graphics by marie **calkins**



- Picnic
- Volunteer at animal and homeless shelters
- Design clothes
- Take a road trip with friends
- Go camping with friends and/or family
- Try new recipes
- Paddleboarding
- Lake days
- Go for shaved ice
- Make bouquets from flowers you pick
- Bonfire
- Asparagus and mushroom hunting
- Go to concerts
- Start a blog/podcast with a friend
- Foster animal shelter animals
- Plant a garden
- Thrift a new wardrobe
- Get a gym membership
- Movie marathon
- Build a fort in the woods/blanket fort
- Make mocktails (non-alcoholic cocktails)
- Get a penpal



Ways to Earn Money

- Sell old clothes
- Babysit/Petsit
- Offer your family, friends and neighbors services like yard work and car washing
- Yard sale
- Sell old formal dance dresses
- Online surveys
- Learn to referee for kids' sports and ref their games



Honored Scholars

How our school district changed the way the top academic senior is chosen

story by becca **nedohon**

Historically, the student with the top GPA in their class is systematically chosen as Valedictorian, and they would get to speak at their graduation ceremony, a special moment in the spotlight to celebrate their hard work, dedication and excellence through the last four years of high school.

The last few years, however, all schools in District 51 have changed the way this is decided, to allow the senior class and teachers more of a voice in who gets the chance to be what's called "Honored Scholar".

This new procedure selects the top 10 seniors with the highest GPAs in their class. Those 10 have the choice of pursuing a chance to speak, or they may decline. GJHS's class of 2023 had five seniors who were interested in potentially delivering a speech in May: Jake Stanfield, Riley Applegate, Olivia Hicks, Kailan McKim, and Noah Pearson.

"I think it gives more equal representation into who's chosen as top student, especially because there's a lot more things that reflect a person who should represent the top student, more than just a grade point average," said Pearson.

The senior class voted on their choice at their April Senior meeting,

and the vote was tallied up and counted once the teacher's were finished voting. This year's Honored Scholar student is Jake Stanfield.

"I'm really excited to give a speech. I've wanted to give a speech at graduation ever since I was a freshman," said Stanfield.

According to GJHS Assistant Principal Jared Burek, this change was collaborative. Central High School was doing something similar before District 51 asked all high schools in the valley to make the change.

"Administrators coordinated with the seniors in the class of 2021 to get a student's voice and opinion on how a new procedure would be implemented," Burek said. "I kind of like it as it allows us to honor more



GJHS senior Jake Stanfield was selected the Honored Scholar by a vote to speak at graduation.

photo by **jeremy poland**

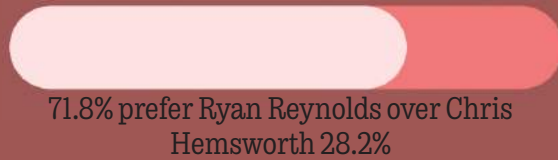
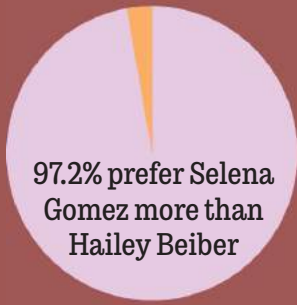
students and celebrate those who went above and beyond."

Even though the remaining nine seniors will not speak at graduation, students with a cumulative GPA of 4.0 or higher will be asked to stand so that their diligence and academic success can be honored and celebrated.

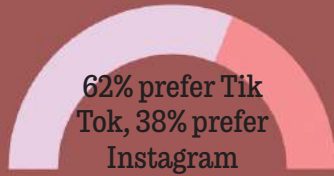
Let's debate

story by alondra **sanchez**

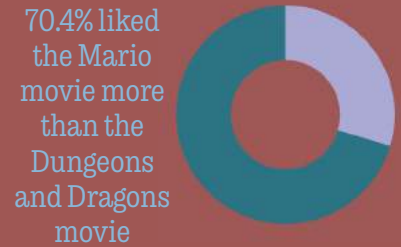
The Orange and Black staff sent out a survey to the GJHS student body to see what students prefer more. More than 70 students responded and showed a variety of answers.



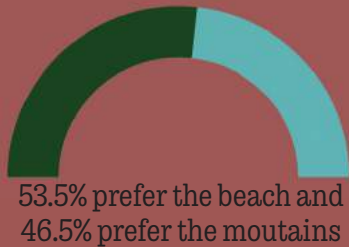
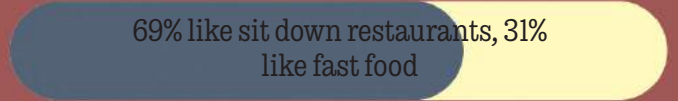
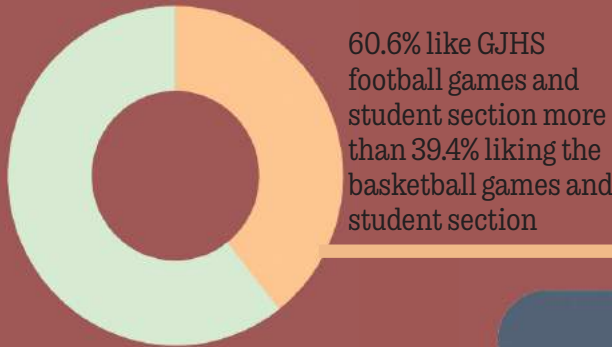
83.1% like summer more than winter.
16.9%



Who is the Goat?
78.9% Messi
VS
21.1% Ronaldo



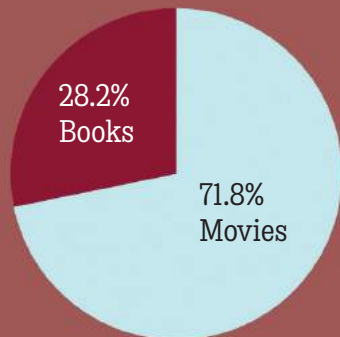
57.7%
42.3% like the night time more than the day time



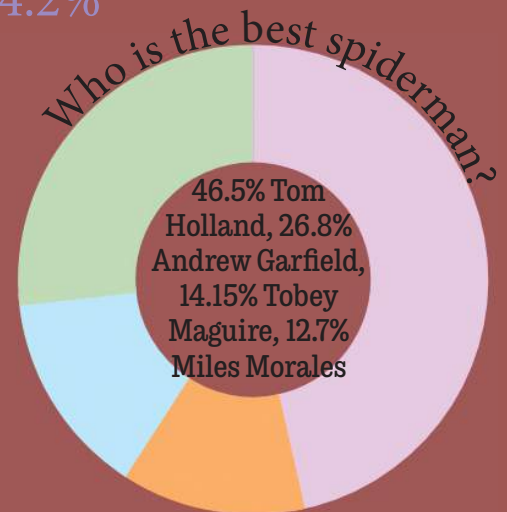
85.9% <<<Netflix Hulu>>> **14.1%**

How do you say it?
SODA or **POP**
95.8% 4.2%

83.1% Like Marvel more than D.C.
16.9%



67.6% Coffee
32.4% Tea





GJHS CLASS OF 2023

Seniors share what they have enjoyed about high school and what will come after

This year's class of seniors have had an enjoyable time in high school, but they are looking forward to starting their life after they graduate.

Grand Junction High School holds 287 enrolled seniors, this is not the number of seniors who are graduating. The last day of school for the class of 2023 is May 12. Seniors will graduate on Thursday, May 18, 6 p.m. at Stocker Stadium.

"I have enjoyed it to the fullest of my ability. I think I'm ready to go in the nicest way possible," said GJHS senior JoHanna LaDuke.

Senior year can be fun and enjoyable but when it comes down to it most of the seniors are just ready to graduate.

"I am looking forward to a new area. I am looking forward to a new city, a new state,"

said GJHS senior Jaden Phillips.

High school provides many experiences for the seniors to remember and go back on in the future.

"I really like all the clubs and especially the classes you can take and spend with extracurriculars and electives," said Phillips.

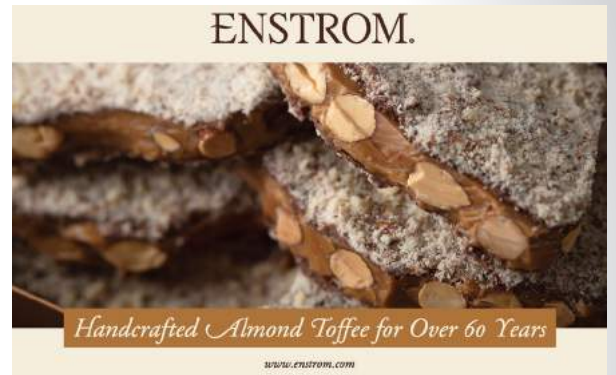
Many events throughout the last week of senior year are going on. Thursday, May 4, is the senior awards ceremony from 6 p.m. to 7:30 p.m. in the GJHS auditorium. Friday, May 12, in the auditorium is cap and gown pick-up from 8 a.m. to 12:30 p.m., then the seniors will move to the West Lawn for the senior picnic and spring fest.

story and photos by mercedes **candland**



Accomplished seniors JoHanna LaDuke (left) and Jaden Phillips (right) are among the upcoming graduates looking forward to what comes next.

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