

# the pack

The Student Voice of Monarch High School

**Life didn't end on March 12**

BANDS STILL PLAY. CLASSES STILL MEET.

WE ARE **creating**  
**persuading**  
**improving**

WE ARE CHANGING IN WAYS WE NEVER KNEW POSSIBLE

WE <sup>are</sup> **advancing**  
TOGETHER

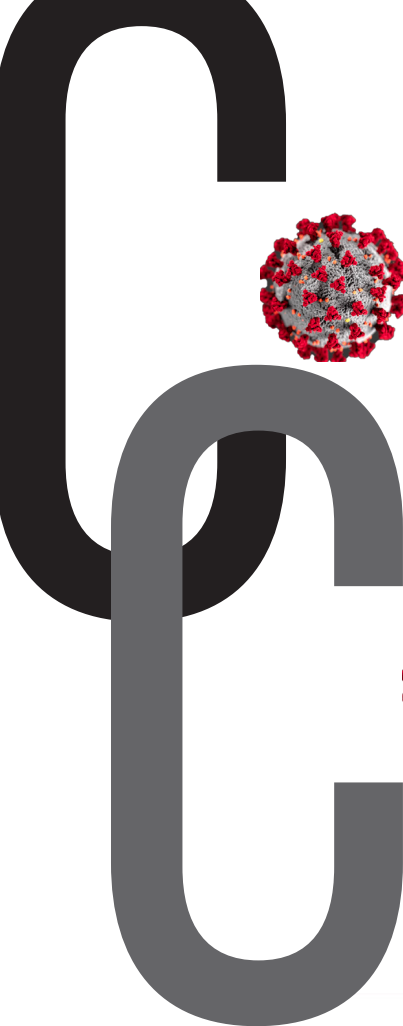
**LIFE GOES ON.**

329 Campus Dr. | Louisville, Colorado | 80027

Volume 22 Issue 5

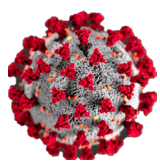
May 2020





# COVID

WITH



TIME CAPSULE OF LIFE  
DURING THE CORONAVIRUS  
by India Turner

First case of coronavirus  
in Colorado is reported.

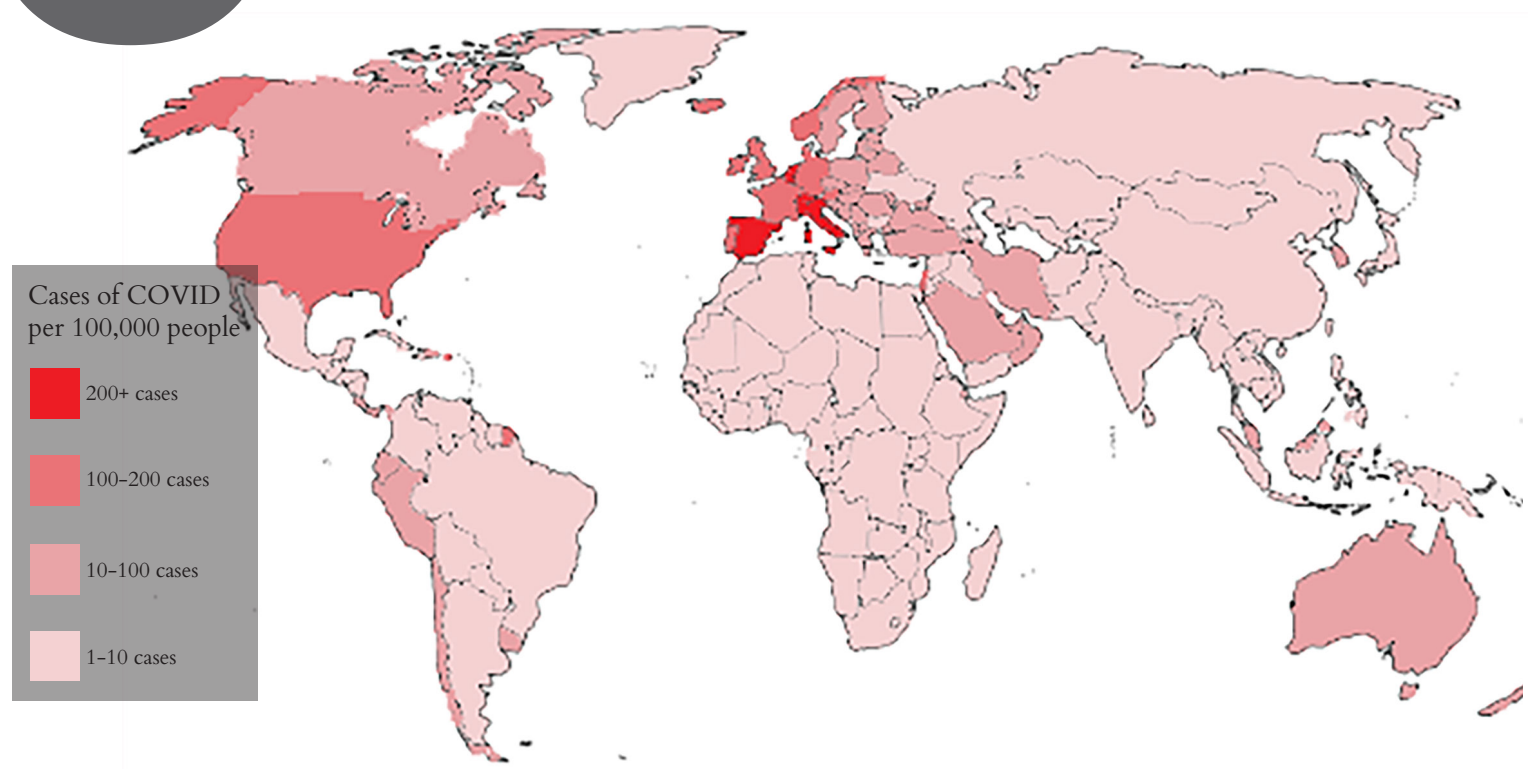
Classes are cancelled through-  
out Colorado until March 23.

MARCH 5

MARCH 13

MARCH 12

CHSAA cancels all sports and  
BVSD cancels all activities.



All content based on information from the CDC, World Health Organization and New York Times as of April 12, 2020.

## NEW WAY OF LIFE



"I ACTUALLY HAVE TIME TO  
INTERACT WITH MY PARENTS  
NOW. I'M ODDLY GRATEFUL  
BECAUSE IT FORCED ME TO  
SLOW DOWN."  
-ELYSE DEBARROS '20



"I CAN'T INTERACT WITH PEOPLE  
OUT OF THE HOUSE. I CAN'T  
TALK TO FRIENDS OUTSIDE OF  
SNAPCHAT. LIFE IS A LOT MORE  
BORING IN QUARANTINE."  
-WILLIAM JONES '20



Polis issues state-wide stay at home order through April 11.

Polis extends stay at home order to April 26.

MARCH 25

APRIL 6

MARCH 18

MARCH 30

Colorado school closures are extended to April 30.

BVSD's new online learning program begins.

## WAYS TO HELP



### DONATE AND MAKE MASKS

Help hospitals by making and donating masks. If you don't know how to sew, post on a community page (such as the 0027 Facebook) saying that you have extra fabric/elastic for someone to use.



### SUPPORT LOCAL BUSINESSES

Order takeout food, tip service workers extra and buy gift cards for restaurants that you can use later. Just make sure to decontaminate any containers that enter your house.



### HELP THOSE WHO CAN'T WORK

If possible, continue to pay any tutors, cleaners, hair stylists, nail salon workers, etc. as you normally would. These people likely have no income and need the community's support.

## MYTH

## FACT

- COVID-19 can't be transmitted in places with hot weather.
- COVID-19 has similar symptoms to the flu and therefore people are overreacting.
- Mosquitoes can transmit COVID-19 to humans.
- Packages shipped from overseas are contaminated and could infect the buyer.

- Conditions in Australia show that heat does not slow COVID-19.
- While it has some similarities to the flu, COVID is new and therefore unpredictable.
- Currently, the CDC has found no evidence showing that mosquitoes can spread COVID-19.
- Due to shipping time, the probability of packages transmitting COVID-19 is low.

## LETTER FROM THE EDITOR

This was the magazine that could have been. That *should* have been. These two pages were supposed to be our spring sports spread. On Thursday, March 12, the last day of "normal life," there were vague discussions of students not coming back after spring break. That night, however, we were told we wouldn't go back the next day. Later we found out we wouldn't go back at all. Our staff struggled over how to proceed. We debated whether it was ethical to publish this issue as if life was normal, even though it very clearly was not. But I couldn't let go of the people within these pages, all of whom, especially the seniors, have already lost so much. These people opened up to us, let us into their homes, their hospital rooms, their garages. They deserve to have their stories told, now more than ever. These stories remind us of what we have to come back to and honors those who have lost things they cannot get back. We know that this time is not normal, that some of the events in these pages can't currently occur. But we need to recognize what could have been. This is the issue that needs to be. For everyone in its pages, for our staff, and for me. - India Turner, Editor-in-Chief

"IT'S WEIRD TO SEE EVERYONE OUTSIDE WITH MASKS ON BECAUSE IT'S NOT NORMAL FOR US, BUT WHO KNOWS, IT MAY BECOME THE NEW NORMAL."  
-LEAH PRING '20





# the pack

**The Student Voice of  
Monarch High School**

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@mohimix



@mohimix



@mohimix





photo courtesy of the CDC



31

12



20

## Foreword

I am simultaneously the most open person you will ever meet and the most private. You ask me a question about myself and there's a 99% chance I will answer with complete honesty. However, I'm also the person you would never know is struggling... unless you ask.

During the fall I struggled. A lot. My parents knew. My best friends knew... sort of. My aunt knew... sort of. My grandparents, other friends, and teachers had no idea.

This isn't because they didn't ask how I was. I am just extremely good at covering things with a forced smile when I want to.

Every time I thought about telling people, fear would overtake me. Before senior year I'd always been known as the happy, bubbly one, and I didn't know who I would be if I wasn't this person all the time.

I didn't want people to see me as broken. I didn't want people to see me as a burden.

After I got through the hardest times, I started to open up to people about it. Not everyone by any means, but to my friends and family that knew me best.

The crazy thing was, almost overnight, people started sharing things with me that they never had before. Deep personal things they said they'd never felt comfortable telling other people.

Sharing the things that made me feel vulnerable made other people feel comfortable doing the same.

In high school we like to walk around under the pretense that we have everything together. We want to look composed and confident. We don't want people to see the hard parts of our lives.

But we all have struggles and flaws that we think will alienate us. Hiding our struggles doesn't get rid of them.

I realized we hadn't talked about mental health in the magazine since August, a year and a half ago. Yet mental health is one of the most prevalent issues within both our journalism class and the whole school. It was almost as if we were avoiding the issue subconsciously, as well.

But some things aren't better left in the dark. That's why we started talking about mental health again in our opinions section this issue.

The hard parts of life can't be ignored. They can't be covered up. It doesn't help anyone. Rather, ignoring it helps build the stigma around mental health into a larger, seemingly insurmountable wall.

Each time we disguise our own struggles under a smile, we affirm that our issues are something to be ashamed of, to keep hidden, and we make it more difficult for others to share their own struggles with us.

We can stop pretending to be perfect if only we have the courage to share our vulnerabilities.

- India Turner, Editor-in-Chief



photo by Karen Pring



MOHI



**Monarch High School.  
MOHI students set trends  
across Boulder Valley.  
What we wear, what we  
say. Everyone wants to be  
a Coyote. Here are nine  
things that set us apart in  
the pack.**





# Sharing Stories

NEW ORGANIZATION RAISES OVER 3000 BOOKS FOR IMMIGRANTS

By India Turner and Lindsay Haight

For Monarch alum Laura Zhang, immigration is personal. “My parents are immigrants, and I feel very passionate about immigrant and refugee [issues],” Zhang said. “I was born in the US, and I didn’t experience even close to what [other immigrants] have experienced, but I always felt disconnected from my own identity.”

After only a semester of college, Zhang decided to take the spring semester off from American University in Washington, D.C. to start a project close to heart called Sharing Stories. The organization is dedicated to collecting books for immigrants in the United States and educating teens about how they can better human rights.

Studying at American University opened her eyes to the plight of many immigrants. “I actually got to attend a lot of events in D.C. regarding undocumented immigrants who are actually college students who couldn’t afford to go to private universities because of financial reasons,” Zhang said.

“I think we want to combine being able to serve refugee and immigrant families with advocating for more advocacy in our community as well,” Zhang said.

In order to accomplish this goal, students in Student Council, Spanish Honor Society, and the Sharing Stories organization held a book drive in early March at Monarch

and collected over 3000 books. While the organization was unsure of how successful the drive would be, they exceeded their goal within just the first week of the two week fundraiser.

“We wanted to raise 1700 books, which is one per student because I think the power of one book is really important,” Zhang said.

Alongside this goal, Zhang started a social media platform to educate more privileged teens about human rights issues in the United States.

“We live in a community that’s privileged for the most part, and we have access to a phenomenal education, and we’re lucky enough to have these resources,” she said. “And sometimes I see that prevents us from seeing the bigger issue.”

Although the book drive has concluded, the organization plans to continue its efforts of educating teens about how to advocate for human rights through their social media platform on Instagram and online.

“We chose the name Sharing Stories, because we want to create a platform where anyone can share their story and feel empowered enough that they can be a changemaker,” Zhang said. “I think there’s a lot of power in people sharing whatever they’re going through and their own personal story to make a difference in our community.”



Following

For You

## Tiktok Playlist

THE TRENDS OF 2020

hot girl bummer - blackbear

Truth Hurts - Lizzo

Roxanne - Arizona Zervas

Say So - Doja Cat

Wait a Minute! - WILLOW

Sunflower, Vol 6 - Harry Styles

Lucid Dreams - Juice WRLD

Get Up - Ciara

No Idea - Don Toliver

Lottery - K CAMP

Yellow Hearts - Ant Saunders

Tunnel of Love - haroinfather

# Road to recovery



AFTER WEEKS OF RADIATION TREATMENT, JACKSON HOWELL '21 IS OFFICIALLY CANCER FREE.

photo donated by Jackson Howell

## A foot in two countries

WHAT LIFE IS LIKE FOR DUAL-CITIZEN  
NINA GARCIA



"RECOVERY HAS BEEN PRETTY GOOD. I FEEL LIKE I'M ALMOST BACK TO MY ORIGINAL STRENGTH AND DOING ALL THE ACTIVITIES I LIKE TO DO. I JUST GOT THE RESULTS BACK FROM MY MRI AND I'M CANCER FREE! MONARCH HAS BEEN AMAZING AND PROVIDED SO MUCH SUPPORT SINCE THE BEGINNING. THE CARDS AND CARE PACKAGES THAT WERE SENT TO ME DURING CHEMO MADE ME REALIZE THAT I HAVE A WHOLE ARMY BEHIND ME. I NEVER KNEW THAT THERE COULD BE SO MUCH SUPPORT FROM A SCHOOL WHERE I DIDN'T KNOW MANY PEOPLE. THANK YOU FOR HELPING ME GET THROUGH THIS MONARCH, IT MEANT A LOT TO ME."

— JACKSON HOWELL



Nina Garcia '21 moved to the US from Mexico when she was only eight years old.

"We try to visit Mexico every year, but I still miss a lot of people there," she said.

"My mom and brother were first to get naturalized as citizens, then a couple months later, my sister," she said.

"Mine was the last to get processed, and it came just a couple of months before my eighteenth birthday."

It took Garcia nine years to gain citizenship.

## Quarantine Life

HOW STUDENTS LIVES CHANGED DURING THIS UNPRECEDENTED TIME

Based on a survey of over 200 Monarch students

DO YOU WEAR A MASK OUT IN PUBLIC?

17%

YES

NO

83%

WHAT HAVE YOU DONE DURING QUARANTINE?



@johnrec60

Destroying my sleep schedule



@gful\_nar

Making balloon animals

photo by Bronwyn Clair

HAVE YOU REDECORATED YOUR ROOM?

40%

YES

NO

60%

HAVE YOU WISHED YOU COULD GO BACK TO IN-PERSON SCHOOLING?

17%

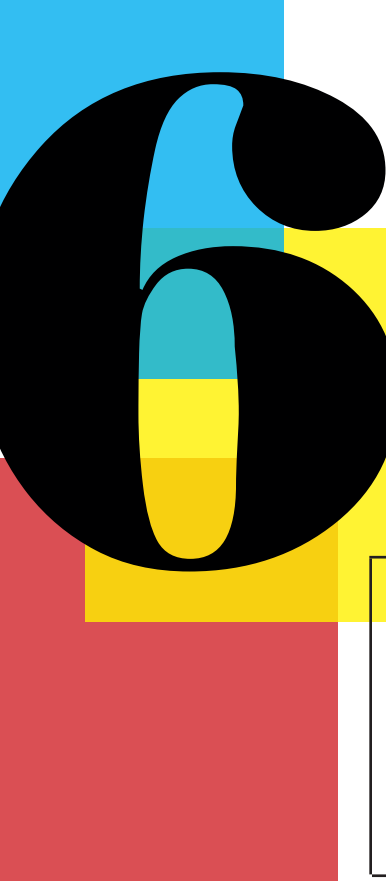
YES

NO

83%

May 9





# Liminal spaces

A LIMINAL SPACE EXISTS BETWEEN THE "WHAT WAS" AND THE "WHAT'S NEXT." IT'S A PLACE OF TRANSITION AND UNKNOWINGNESS. IT IS A CERTAIN PLACE AT A CERTAIN TIME WHERE A FEELING OF DISORIENTATION AND SURREALITY OCCURS. HERE ARE OUR FAVORITES:

## Summer rain

It's 5:00 p.m., and the pavement smells like grass. The sky is an improbable mix of cloudy gray, pale blue, and the earliest signs of the summer sunset. The suburban air smells strangely fresh compared to the usual artificial scents, but nobody is outside. You walk down the dark pavement alone, and the quiet, timeless calm seeps into your bones.



## Awake alone in a friend's house

The morning after a sleepover, the early bird faces a dilemma. It's 7:00 a.m. You're the only person awake among the sea of pillows and blankets, and you're too nervous to go up and get breakfast. You don't want to talk to your friend's parents, and you don't want to wake up your friend, so you spend three hours on your phone in a time warp until someone else joins the ranks of the conscious.



## The school hallway at night

Walking faster and faster, cautiously, just to get out of the school as soon as possible. If you've ever stayed after school for a club, or sport, you will understand this feeling. School hallway at night feels nothing like it does during school hours. Especially, when your mind starts to wander. What do the teachers do after school? Is there any scary history happening here? Is there a kidnapper in the school? Is our school safe? These thoughts make it even more weird and creepy. And the hallway usually full of people turns into only you and the feeling of terror.

## MORE SPACES BEYOND TIME:

- Empty stairwells
- Inside of a dark walk-in closet
- Gas stations at night
- Coming out of a late night show downtown
- Walking down empty streets late at night
- Lighting section at Home Depot
- Taking an Uber in the middle of the night
- Hotel hallways



## Vets of Monarch

JOCIE WILLIE '20 HAS THE BEST JOB OF ANYONE AT THIS SCHOOL

As Jocie Wille '20 sits at the front desk, a myriad of animals enter.

Exotic birds with long burgundy plumes. Scaly lizards with pink, forked tongues. Ferrets whose smell makes her nose wrinkle.

At the North Boulder Companion Animal Hospital off Glenwood Drive, Wille spends her afternoons surrounded by animals, giving shots and monitoring vitals.

"I'm technically a technician's assistant," Wille said. "I help out and do whatever needs to be done. I usually monitor vitals: their heart rate, respiration, their temperature and a couple of other things."

Wille works alongside the veterinarian, holding dogs gently and glancing up at vitals on a screen, furrowing her eyebrows in concentration. Every so often she gives a shot to a trembling animal and brings supplies to the veterinarian in the room during a surgery.

"There's still a lot of stuff I don't know because we see a lot of exotic animals," she said. "They just teach you as you go."

After being hired by her friend's mom, the owner of the clinic, in the fall of 2019, Wille has worked at the clinic four or five days every week.

"[The four other teens I work with and I] all keep our horses at the same place, which is how I know the owner of the clinic," Wille said.

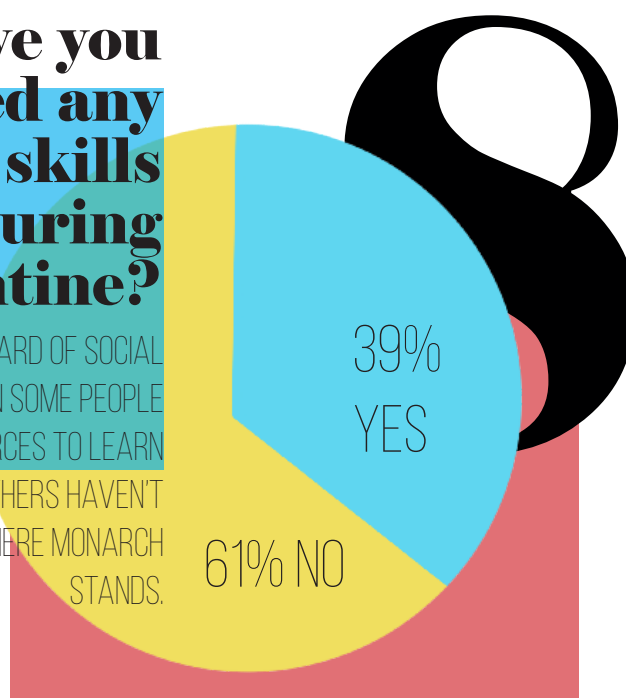
However, her current job is not merely a means of making money for Wille, but the first step in her path towards being a veterinarian.

"I'm doing my degree in animal sciences," she said, "but it'll be under the pre-vet track."

Wille will be attending South Dakota State University next year, competing on the university's equestrian team, and continuing her path to being a veterinarian.

## Have you learned any new skills during quarantine?

THE NEW STANDARD OF SOCIAL ISOLATION HAS GIVEN SOME PEOPLE THE TIME AND RESOURCES TO LEARN NEW SKILLS, WHILE OTHERS HAVEN'T BEEN ABLE TO. HERE'S WHERE MONARCH STANDS.



## A tale of two

Tattoos are a fun way for people to express themselves. Along with being great conversation starters, they can be silly, deep, and they can help connect people together.

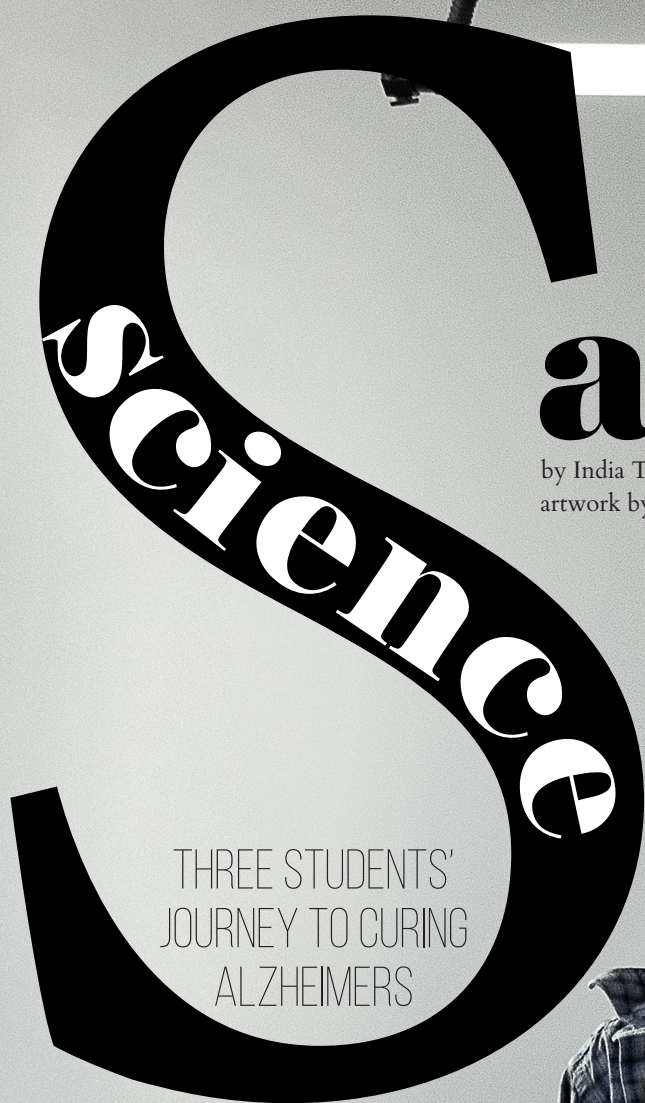
Trinity Jones '22 and Taleea Jones '21 have matching tattoos, along with their four other siblings, some of whom are Monarch alumni. Trinity and Taleea are the youngest in the family.

"My siblings and I have been wanting to get a matching tattoo for a while," Trinity said. "After Christmas, we all decided to do it."

The matching tattoos are on their arms. "We all got six dots on our arms to represent us," Taleea said.

The sisters enjoy having something to always remind them of each other and their older siblings, too. "The tattoo is fun, simple, and meaningful," Trinity said.





# aving

by India Turner, Evie Cuffaro and Sam K. Saliba  
artwork by Akasia Zamastil

THREE STUDENTS'  
JOURNEY TO CURING  
ALZHEIMERS







While Cooper Hanley '21, Liam Barnes '20 and Cosmo Mitchell's '20 Science Research Seminar Project seems like something out of a science fiction novel, the science they are doing is very much real.

And could be the beginnings of a cure for Alzheimers.

"My grandmother was diagnosed with Alzheimers and I decided to dedicate myself to search for a cure," Hanley said.

After joining Science Research Seminar (a project-based science class), Hanley started to research what sort of experiment he wanted to conduct, when he stumbled upon recent cancer research used with the same gold nanoparticles he would later utilize.

Hanley, Barnes and Mitchell twisted this idea and decided to use a similar technique, but to target Alzheimers.

"We're trying to stop Alzheimers from forming by destroying a protein that's critical to it," Barnes said. "We are using gold nanoparticles to try to denature the protein that is believed to cause Alzheimers."

"What makes the gold nanoparticles so special is that they have this ability when you shine infrared light to them, they'll start to vibrate and heat up, and we're using that heat to basically destroy proteins which are characteristic of Alzheimer's disease," Hanley said.

Using a wooden box decked out with wires, cables and a light, the three tried to attach gold nanoparticles to a certain protein to prevent it from splitting. While there are a few theories for the origins of Alzheimers, one is that the splitting of a certain protein causes the disease.

Aided by the graduate students at the University of Colorado and Dr. Kaar, the three have been going to the lab every week to continue their research.

While the boys see much room for growth, the three have been greatly rewarded by professionals in the field. At the Science Fair (that all Science Research Seminar Students attended) in February, the three qualified to go to Internationals in Anaheim this May.

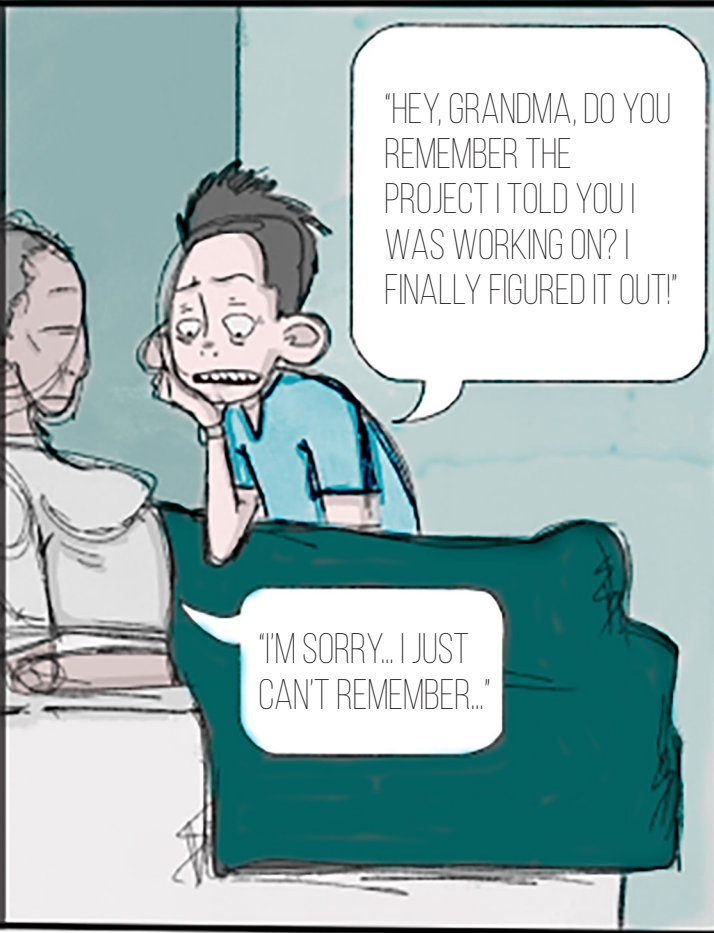
"We ended up winning first place in chemistry, and we were sent straight to the international science fair," Mitchell said.

While this is a large step forward medically, especially for a group of high school students, there is still years of research to be conducted.

"We would need to do tests on a neuron and make sure that using the gold nanoparticles doesn't hurt anything around the enzyme when they're activated," Barnes said. "Then we would move on to doing so in mice."

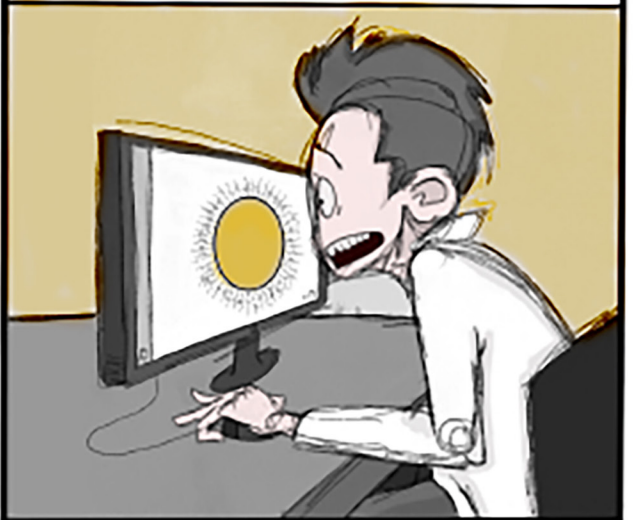
Barnes says that this crucial step is still a couple of years off, as more initial testing needs to be done first.





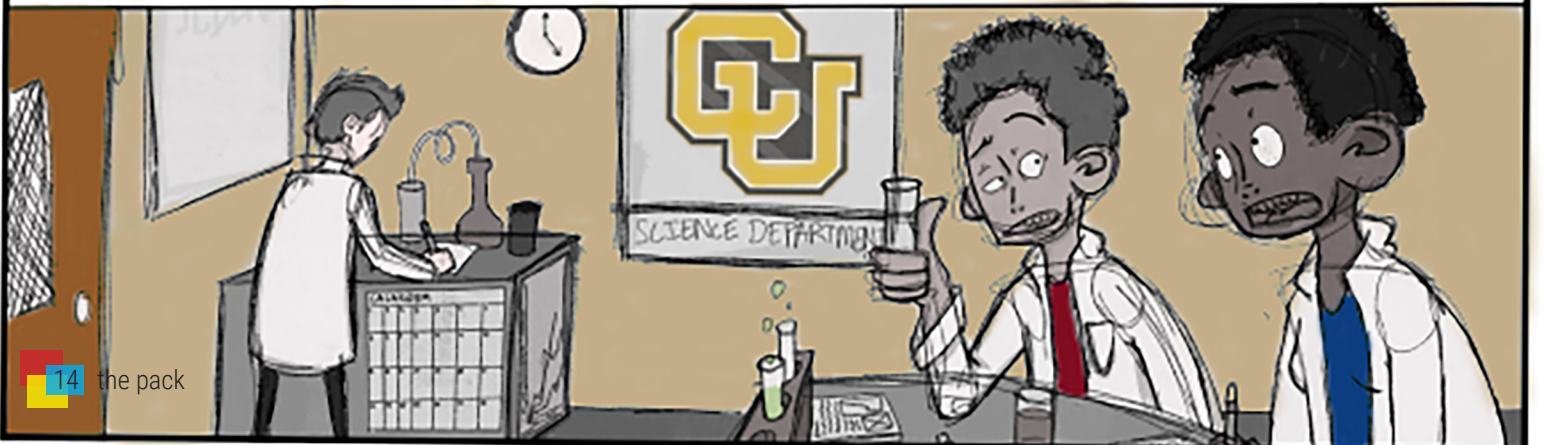
COOPER'S GRANDMOTHER HAS ALZHEIMERS, A CURRENTLY UNCURABLE DISEASE. COOPER WISHED HE COULD DO SOMETHING TO HELP, BUT DIDN'T KNOW HOW.

AND THEN THE PERFECT OPPORTUNITY AROSE: SCIENCE RESEARCH SEMINAR. COOPER JOINED THE CLASS AND BEGAN HIS RESEARCH. HE FOUND SOMETHING PROMISING: RESEARCH ON HOW GOLD NANOPARTICLES HAD BEEN USED TO TRY AND CURE CANCER. HE WONDERED IF HE COULD USE THE SAME THING TO REMOVE THE PROTEIN THAT CAUSES ALZHEIMERS.



COOPER KNEW HE NEEDED HELP IN ORDER TO BRING HIS PROJECT TO LIFE. HE NEEDED A TEAM. SO HE CALLED ON HIS FRIENDS FROM TENNIS, LIAM AND COSMO, TO GET THE JOB DONE.

AFTER WEEKS OF SIGNING PAPERS AND CLEARANCE FORMS, THEY WERE FINALLY ABLE TO GET INTO A REAL LAB. WITH THE HELP OF DR. KAAR, THE THREE STARTED THEIR RESEARCH IN A LAB AT UNIVERSITY OF COLORADO BOULDER. COOPER'S VISION WAS BEGINNING TO FORM.





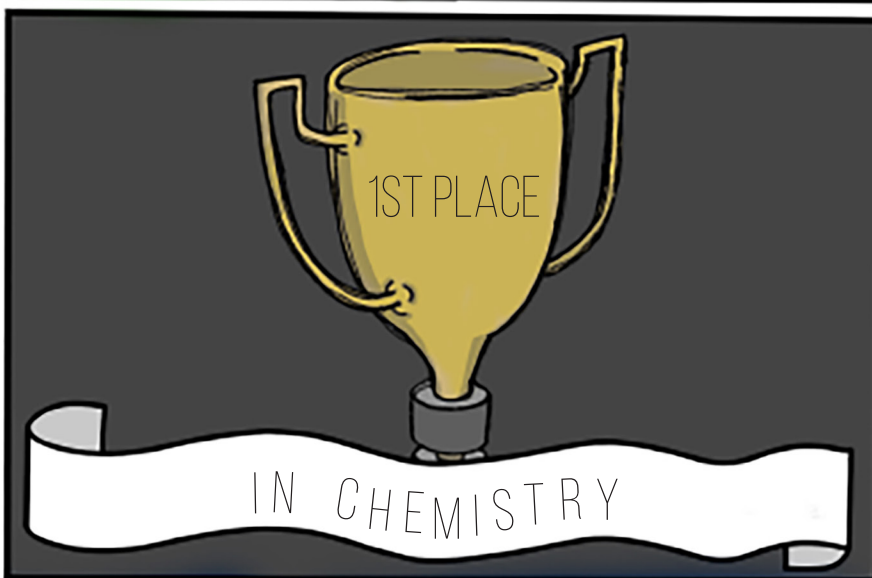
THE TESTS BEGAN. THEY TOOK A CARDBOARD BOX AND CUT TWO SMALL INSERTS TO THREAD WIRES THROUGH AND TAPED A LAMP TO THE TOP OF THE BOX. THE THREE CROWDED AROUND THE EXPERIMENT. THEY HOPED WITH THE RIGHT WAVELENGTH OF LIGHT, THEY COULD ATTACH THE GOLD NANOPARTICLE TO THE PROTEIN TO PREVENT IT FROM SPLITTING.



THEY BASED THEIR EXPERIMENT OFF OF THE THEORY THAT ALZHEIMERS IS CAUSED BY THE SPLITTING OF A SPECIFIC PROTEIN. HOWEVER, BASED ON RESEARCH DONE WITH GOLD NANOPARTICLES AND CANCER, THE BOYS BELIEVED THEY COULD PREVENT THE PROTEIN FROM SPLITTING.



LIAM, COOPER AND COSMO FINALLY FELT THEY HAD FOUND SOMETHING. IN THEIR TRIALS, THE GOLD NANOPARTICLES WERE ABLE TO STRIP AWAY THE PROTEIN THAT CAUSES ALZHEIMERS, JUST AS THEY HAD HOPED. IT HADN'T BEEN TESTED ON RATS OR PEOPLE, BUT IT WAS MERELY THE BEGINNING OF THEIR JOURNEY. EVEN THOUGH THEIR RESEARCH WASN'T FINISHED, THE THREE BOYS TOOK THEIR PROJECT TO THE SCIENCE FAIR. ON THE DAY OF THE EVENT, THE BUILDING FILLED WITH STUDENTS FROM ACROSS THE STATE. THE BOYS SET UP THEIR POSTER, TOOK A DEEP BREATH, AND BEGAN. THEY RECEIVED THE RESULTS A FEW DAYS LATER.



THE THREE BOYS DON'T KNOW WHAT THE FUTURE HOLDS, BUT THEY QUALIFIED TO GO TO THE INTERNATIONAL SCIENCE FAIR IN CALIFORNIA. WHILE THE EVENT WAS POSTPONED DUE TO CONCERNS WITH COVID-19, THE BOYS HOPE TO EVENTUALLY GO TO INTERNATIONALS.



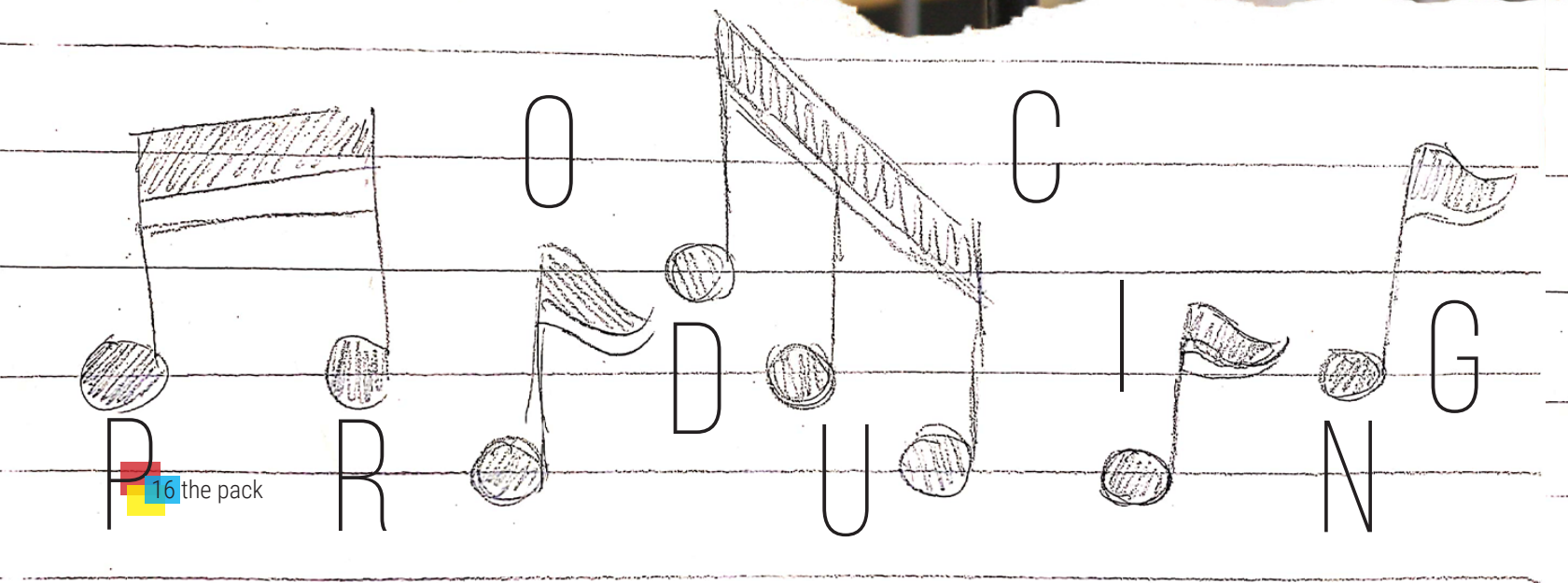


AIDAN

BENTON

# TALES OF A ROCK BAND

By Lindsay Haight, India Turner and Maria Ruscitto





# GODS OF MARS

Album by Paradox Band CO • 2019

o o

## SHUFFLE PLAY

### Carnelian Dune

Paradox • Gods of Mars

...

### Gods of Mars

Paradox • Gods of Mars

...

### Inner Machinations

Paradox • Gods of Mars

...

### Power Trio

Paradox • Gods of Mars

...

### Black Powder

Paradox • Gods of Mars

...

### Malicious Intent

Paradox • Gods of Mars

...

### Farewell

Paradox • Gods of Mars

...

### Phoenix

Paradox • Gods of Mars

...

When you stand outside of the unattached garage, you wouldn't know it was home to a rock band, except for the slight reverberations and intermittent symbol crashes that make it through the soundproofing.

Amidst whispering fields of tall grass, two dogs laze in the yard, and the house feels separate from the rest of reality. It is almost as if

time has stopped. The air is still.

The feeling is that of a humid, summer night with the windows open and the lights low, although it is neither humid nor summer. Serene.

Until you enter the garage.

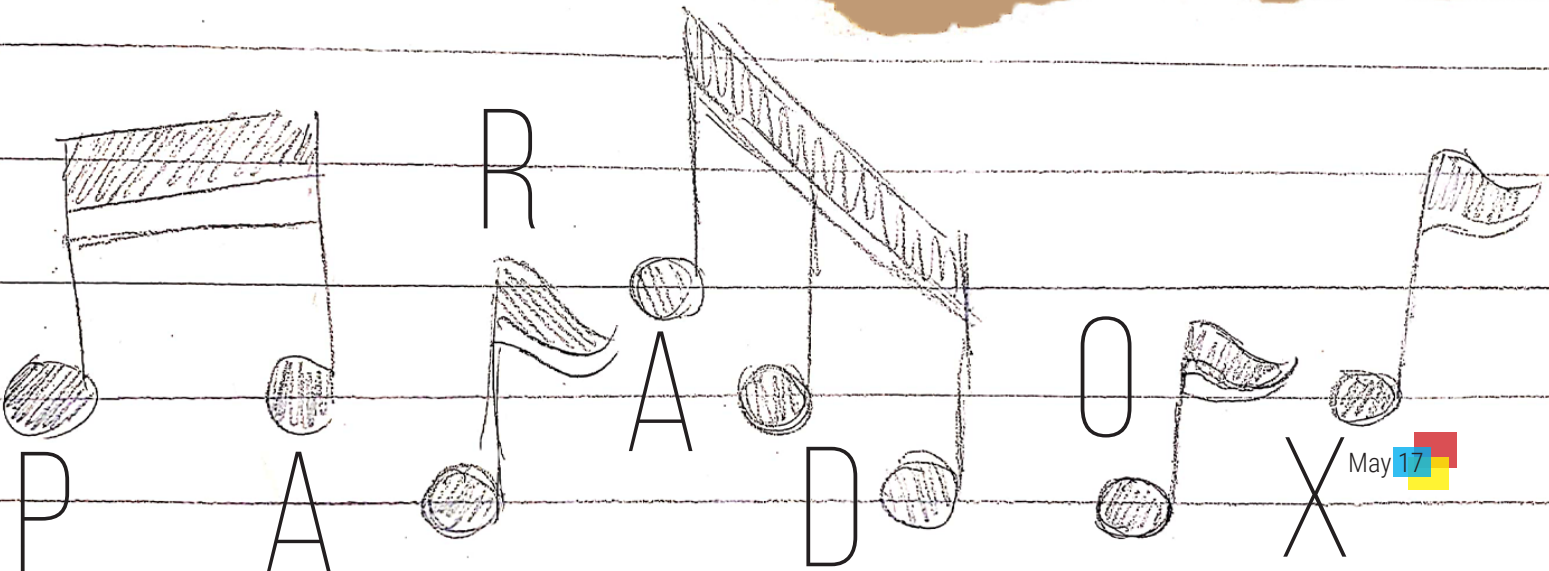
On the inside, everything buzzes. Three boys, instruments in hand, play amidst a hurricane of cords and amps that shake the concrete floor.

Vintage gas pumps line the walls. Hooks and screws are strewn throughout the three car garage. And near the door, lies a permanent fixture: a drumset and two guitar amps.

As the headphones go on, the first guitar strum rings against the cement floors. They begin.

This is the home of the rock band Paradox.

HSOF



May 17





## FORMING PARADOX

Sitting in a garage, scribbling notes on paper, Paradox throws out new ideas for songs. They collaborate, working to create instrumental masterpieces.

While Paradox existed previously with members Josh Kochevar and Benton Roswell '20, the current band formed when Aidan Cassells '20 joined his sophomore year. Less than a year later, the three boys had performed at venues all over town.

"I'm working on writing more, but Josh and Benton are the big contributors right now," Cassells said.

From the minute they enter the garage, they layer their instruments together to create a song.

"I would show up ten minutes late, and they were like, 'Hey we already have a song,'" Cassells said.

Kochevar finds his muse at night. "I play the guitar and then if I think something's cool, I'll play it a few times and then go to bed," he said. "If I remember it in the morning, it's worth pursuing. After that I bring it to the garage and we chop it until it's a song."

They also have fun creating names for the songs, such as "Ben and Jerry's."

"One of us said that we could eat a pint of Ben and Jerry's ice cream in the time that this song took to go from start to finish," drummer Roswell said.

Once the music is finished, it is time for it to leave the garage.





A photograph of a young man with vibrant purple hair, wearing a black t-shirt with a graphic design, playing a light-colored electric guitar. He is looking down at the instrument. The background is blurred, showing what appears to be a stage or rehearsal space with some equipment.

## PRODUCING MUSIC

When it comes to finding gigs, Paradox always finds a new way to book them.

Sometimes they reach out to local venues for bookings, and other times it's just the regular gig at Herman's Hideaway in Denver.

Occasionally the band's reputation precedes itself and other bands reach out to them.

"Sometimes we'll get offers where there's bands coming in town that need an opener," Cassells said.

Other times, it's signing up for a battle of the bands, but no matter what, they always try to stay with their regulars.

"It's a combination of seeing the opportunities and sending our info. And also trying to keep up with venues that we know," Cassells said.

No matter what they always have local supporters around them to come and enjoy their shows.

"Last summer, at Tier Two is probably the most fun show we played because it's much more local, and we got a bunch of people since Benton and I are both in Indoor Percussion, a bunch of people from Indoor Percussion came and they were going nuts," Cassells said.

The band performs every couple of months at venues throughout the area.

"Music is just one of those things that doesn't transfer over when you listen to it on your phone," said Benton Roswell '20.



# Strange things are afoot at the DIA

By Lia Farrell, Kate Muldoon, Logan Lair, and Ruby Cervantes

Not everywhere can claim a connection of local conspiracies, all leading back to one place. But in Colorado, there's one thing every local knows: if you want to talk conspiracy theories, you need to know about DIA.

Denver International Airport is big. It's the fifth busiest airport in the United States, and the top four could all fit into DIA's property. In fact, it's larger in size than the cities of Manhattan, San Francisco, Boston, and Miami. It employs 35,000 people. It donates three to four tons of toilet paper a year. By all definitions, that's one upstanding airport.

But if you talk to a conspiracy theorist, there's more than just a little funny business going on beneath the iconic white tents. For one, the airport is a graveyard for five previous buildings, built before the current DIA and buried underground when DIA was built in 1995. Not torn down, but buried under. Meaning they are still there today. So what could those buildings be housing? Or waiting to house? Is DIA an apocalypse bunker? A meeting place for the New World Order? Only time will tell, and maybe Alex Renteria, the Public Information Officer for DIA we interviewed.





# THE MYSTERIOUS MUSTANG

photo by Denver International Airport



NEW YORK CITY HAS THE STATUE OF LIBERTY. ST. LOUIS HAS THE GATEWAY ARCH. AND DENVER HAS BLUCIFER. OFFICIALLY TITLED "BLUE MUSTANG," THE 32 FOOT, BRIGHT BLUE, FIBERGLASS HORSE REARS UP OUTSIDE DIA. NICKNAMED BLUCIFER FOR ITS RED EYES, THE HORSE GLARES AT VISITORS AND LOCALS AS THEY DRIVE ALONG PEÑA BOULEVARD TO ENTER THE AIRPORT. HE STANDS OUT AGAINST THE BACKGROUND OF THE FLAT PLAINS IN MORE WAYS THAN ONE. NOT ONLY IS BLUCIFER ELECTRIC BLUE, BUT HIS EYES GLOW RED WHEN THE SUN GOES DOWN. ITS SCULPTOR, LUIS JIMÉNEZ, INSTALLED RED LED LIGHTS IN THE MUSTANG'S EYES AS AN HOMAGE TO HIS FATHER'S NEON WORKSHOP HE WORKED IN AS AN ADOLESCENT. IN ADDITION TO THE CREEPY RED EYES, A CHUNK OF BLUCIFER'S HEAD CAME LOOSE AND LANDED ON THE SCULPTOR'S LEG, PINNING HIM AGAINST A STEEL SUPPORT AND ULTIMATELY KILLING HIM.



**Those tunnels are for our baggage cart to carry luggage from the plane to the baggage carousels where folks pick up their luggage."**

**-Alex Renteria  
Public  
Information  
Officer  
for  
DIA**



photo by Denver International Airport



**“We love that there’s these crazy conspiracies that surround the airport, and although I think most of us know that those conspiracies aren’t true, we just like having fun with them.”**

**-Alex Renteria**

## Inside the mystery

WHILE THERE’S CERTAINLY A LOT OF RUMORS SURROUNDING THE MASSIVE, MYSTERIOUS AIRPORT, DIA’S GOT AN OPINION TOO. HERE’S WHAT THE AIRPORT STAFF HAVE TO SAY.

The Denver International Airport’s mysteries have enraptured many, but as they say, where there’s smoke, there’s fire. All the rumors surrounding DIA have some basis behind them, but unfortunately, those bases aren’t quite as exciting as one would hope.

The infamous time capsule stationed at the Southern entrance of DIA to be opened in 2094 contains many things, including a signed opening day ball from Coors Field, coins, and Blackhawk casino tokens. Is that all, though?

“We don’t really know,” Alex Renteria, a Public Information Officer with DIA, admitted. “I mean, we know that there’s newspaper clippings from when it was put in, but I think that’s the fun of it all.”

The capsule is also frequently used as evidence for the theory that the New World Order, more commonly known as the Illuminati, has a heavy hand in the dealings of the airport. This theory stems from two inscriptions on the capsule: one proclaiming “New World Airport Commission,” and the other the symbol of the Freemasons, a philanthropic organization frequently accused of ties to the Illuminati.

“[The Masons] are a philanthropic organization,” Renteria said on the topic. “And they did help the airport install our time capsule. So that’s why their logo is on there, and then another part of that is that on the time capsule it says New World Airport, and so people kind of align that with the New World Order, the Illuminati. But really, New World Airport was inscribed because 25 years ago, Denver International Airport was, you know, the global point for Denver to the world.”

Another major area of speculation is around the construction itself of DIA, and on the

surface, that’s reasonable. With pictures of the original construction process incredibly hard to come by and the end product going \$2 billion over budget, it’s suspicious. However, as far as the budget goes, the mere fact that DIA is larger than several major US cities must be taken into account – building an airport that comprehensive over an area that large is going to cost a ridiculous amount, no matter how you look at it.

“25 years ago, there wasn’t really an internet,” Renteria said when asked about photos of the construction. “So, those photos live in libraries and stuff like that now. [The public] does have access to them, but they’re not as easily accessible... and we were looking for photos ourselves, it may take us a while to kind of nail them down but they exist, I promise you.”

The last serious point of contention around the airport revolves around claims of tunnels and bunkers under DIA. The story goes that the bunkers are there for the members of the Illuminati to take shelter when the apocalypse comes calling, but for now, they serve as the Illuminati headquarters. And, admittedly, that would be really cool. However, the airport is a lot more boring than that.

“So we do have a tunnel,” Renteria said. “We have a tunnel that wraps around the airport and under the airport. And those tunnels are for our baggage cart to carry luggage from the plane to the baggage carousels where folks pick up their luggage.”

However, for Renteria herself and the airport in general, it’s just fun.

“I think I can only speak for myself, but anecdotally, I think that we love it.” She said. “We love that there’s these crazy conspiracies that surround the airport, and although I think most of us know that those conspiracies aren’t true, we just like having fun with them.”

Photo by Denver International Airport



**“Hey folks, what’s with the horse? I have two children, and I could not explain to them some things about the horse. It’s huge. It’s ... blue? And it has glowing, evil red eyes.”**

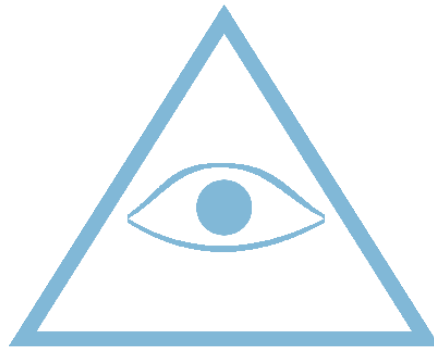
-TRAVIS MCELROY, EPISODE 438, MY BROTHER, MY BROTHER, AND ME

**“I think the blue horse is kinda creepy, but mostly I think it’s kind of funny and interesting to have him.”**

-EVALINE BEARICE '20

**“My funny theory is that the tunnels under DIA were supposed to be an exact replica of the labyrinth with the minotaur and every year a cow is let loose into the halls as an offering to some old god.”**

-ERIC MESECK '20



**“I think it’s plausible, and if it were real I wouldn’t be surprised.”**

-ZOE HUNT '21

**“I think that honestly there’s some truth to it, but I think that it’s probably built by the government as a place to hide if the world really did start falling apart.”**

-LUCIENNE LEBEK '20



# I'm Still Standing







ORIGINALLY GIVEN THREE MONTHS TO LIVE,  
MONARCH STUDENT,  
**NYAH PURIFY,**  
DEFIES THE ODDS  
AND CONTINUES HER  
THREE YEAR  
**BATTLE WITH BRAIN CANCER.**

By Amelia Krueger, Sam Saliba, Evie Cuffaro, and Minh Anh Le

When Nyah Purify '23 was eleven years old, she was given three months to live. It's been three years now, and she's thriving.

Purify was in elementary school when she was diagnosed with a glioblastoma, an aggressive brain tumor that forms from star-shaped cells in the brain called astrocytes. Since then, she has been fighting for her life.

On May 24, 2017, Purify was officially diagnosed with rare terminal cancer. She had previously been misdiagnosed 13 times at Avista Adventist Hospital in Louisville and was told by doctors that she was just experiencing anxiety.

However, after her eye doctor found severe swelling behind her retina, Purify and her mother immediately went to an emergency room where an MRI revealed a "tumor the size of a grapefruit" behind her right eye.

"I was in 6th grade, so I'd just turned 12," Purify said. "So I was really little, and I really didn't understand. I was having black outs,

double vision, really bad headaches, and dizziness."

Upon receiving her diagnosis, Purify began treatment at both The Children's Hospital and Anschutz Medical Center. Over the past three years, she has experienced three surgeries and four rounds of radiation treatment.

"My first week of treatment was scary because I had no idea what to expect, and I was getting poked with a needle everyday, Monday through Friday," she said.

Fortunately, Nyah has never had to fight the battle against cancer alone. "The most important person to me during the treatment was my mom," she said. "She was my doctor. And we did everything holistically." Alongside her radiation and surgeries, her mom started using holistic cancer treatments, such as a diet change, acupuncture, and an ionic foot bath.

"My family got me through it because I didn't want to die and leave them. We need each other, so I fought, and I'm still fighting for my life," Purify said.

This fight can be exhausting for Purify.

"I can't eat regular food. I have to take around 60 medications a day to keep me healthy, and I get seen as an outcast because I'm different," Purify said. "Treatment really wipes me out sometimes."

She's currently on her fourth round of radiation, but the drug she is being treated with, Avastin, comes with even more significant risks for her health.

"The Avastin can shrink the tumor, but it has and can make my liver fail. Radiation works with drugs and helps shrink the tumor, but it can and has made me go bald," she said.

While most people show her sympathy, Purify faces her own emotional struggles as a high school student battling cancer. What hurts most are the cancer jokes she hears from her classmates.

"I want people to understand that it's not a joke. People die from this disease every day. And it's not funny where you are being faced with a death sentence," said Purify.

Through every comment and challenge that comes her way, she continues to enjoy her life.

"I'm a self-motivated person, and I want to live my life to grow old because they only gave me three months to live," she said. "I don't really know how to overcome things. I just have faith and hope."

With every new surgery or treatment, she continues to be herself. If she's able, Purify hopes to be a public speaker or a doctor, to help other people like herself.

"If I help other kids with cancer, I can share my story with them and hopefully give them some kind of faith and knowing it's not the end for them."

For now though, she is focusing on fighting her own battle, and staying close to her family.

"My goals in life are to live and thrive and grow old like everyone else."



# ALTERNATIVE CANCER TREATMENTS NYAH HAS TRIED

## Acupuncture

A form of pain control by using needles in a target area, acupuncture is used to shorten tissue swelling and lower the use of medication in cancer treatment. According to the American Academy of Medical Acupuncture, it is not popularized in cancer institutions, but is being used by more over time.

## Ionic Foot Detox

Ionic foot baths are a more alternative form of cell detoxification. The body cleanses itself of toxins through the feet, which are “connected with all the body through our lymphatic and peripheral nervous system,” according to biomedicenter.com.

## Medicinal Cannabis

Medicinal cannabis has not been officially approved by the FDA for cancer treatment, but is used for treating side effects of other cancer treatments, such as radiation. Cannabinoids activate receptors that produce effects through the immune system and nervous system to aid in pain control through radiation and chemotherapy.







“My everyday life has changed dramatically. I can’t eat regular food. I have to take around 60 medications a day to keep me healthy, and I get seen as an outcast because I’m different.”

—Nyah Purify





Our monthly question...

## What's better than sliced bread?

The best thing since sliced bread... is sliced bread. The majority of people have never needed to cut their own bread, myself included. The menial task of hand slicing bread sounds difficult and time consuming, and I know I couldn't make thin or evenly cut slices. Can you imagine spending the time to cut off a slice of bread for a simple piece of toast, only to have it be too thick to fit in your toaster? I would be devastated. Even worse, imagine a perfect sandwich ruined because of uneven slices of bread. Sliced bread is the greatest invention of all time, and it shouldn't be compared to anything else.

Evie Cuffaro - Sliced bread

Imagine getting up in the middle of a test to sharpen a pencil only to have the sharpener rattle like the sound of fingernails on a chalkboard. Then, you have handwriting scrawled with a wooden pencil. So unsatisfying. It's messy and has no consistent line. Mechanical pencils are life-changing and make my life so much easier. Without having to worry about the tedious task of sharpening my pencil ever again, I can make my handwriting much cleaner with the added bonus of being environmentally-friendly because it's reusable and not made from trees. I don't know what my life would be like without mechanical pencils.

Minh Anh Le- Mechanical Pencils

As I exit the B hall doors at 3:31 everyday, there is one game on my mind. Fortnite. The endless hours of joy and excitement are unmatched by any game I have ever played. Every season is new and exciting, further enticing me and millions of other players to continue playing. The comradery between my teammates and me is something I cannot find anywhere else. Every time I get a Victory Royale, a jolt of adrenaline shoots through my body as I dance on my deceased opponent.

Logan Lair - Fortnite

On the surface, it's average. It has a semi-appealing purple color, an admittedly weird texture for a juice, and the last sip is always grainy. But that's just a cover for something that's in the top ten of humanity's inventions. Acai juice is absolutely the best thing since sliced bread, and no, I will not take constructive criticism. Delicious without being sickly sweet like most juices, the flavor just hits you perfectly after a long day. It's super filling, and on top of that, it's ridiculously healthy for you. Acai juice is easily the best juice out there, and I'm willing to throw down with anybody who disagrees.

Lia Farrell - Acai juice

Most people probably haven't heard of it, but everything bagel seasoning is so much better than sliced bread. It's a beautifully blended mix of sesame seeds, onion, poppy seeds, and salt. The ratios of each are perfectly portioned and elevate any savory dish. This seasoning is delicious on bagels, but it's perfect on so many other foods. Just a few shakes on top of your favorite food and you will see how amazing it is. Next time you are at the grocery store, make sure to pick up a jar of everything bagel seasoning

Kate Muldoon - Everything bagel seasoning

Frozen yogurt is the only thing sustaining me. Yes, it may be horribly bad for my health, but it brings me a great deal of joy. If I'm stressed about school, I get froyo. If I have a rough day at work, I get froyo. If my family is getting on my nerves, guess what? I get froyo. There is so much you can do with frozen yogurt. There are an overwhelming amount of flavors and toppings. The possibilities are endless. Sometimes, the only way I can keep myself productive is if I reward myself with froyo. I am ALWAYS craving frozen yogurt. There is literally no problem frozen yogurt can't solve.

Haley Breit - Frozen yogurt

The best thing since sliced bread has to be backup cameras on cars. Every time I drive, I feel just a little bit more safe. They make everything so much easier, like checking to see if you are in the lines when you park or just making sure you don't hit anyone when you are in reverse. If I had a dime for every single time my backup camera saved me from getting into a car crash, I would have over five dollars. Still, even if you have a backup camera, don't forget to also use your mirrors and stay safe while driving.

Lindsay Haight - Backup cameras



# Using Dark Humor

TWO WRITERS TAKE SIDES ON THE EFFECTS OF SELF DEPRICATING JOKES

## Keeping it positive

By Ruby Cervantes

Let me just preface this by saying, I was there once. This isn't me being blind and ignorant to the reality of the struggles with mental health. This is me telling my story and making a case as to why I don't think making jokes about killing myself is the way to go.

By my freshman year I had already been to the mental hospital and was taking three different medications every single morning.

All the jokes I ever made to my friends were about how much I hate myself, "Haha I'm the worst." "Haha I'm literally so ugly." "Haha I should kill myself."

There was no way to escape it either. It seems that no matter where I went--the internet, my friends, my family--no one was really supporting me. It simply turned into a mutual agreement or a competition as to who could talk more about how much they hated themselves. It was kind of like some weird cynical competition.

Everyone has an inner voice. What ultimately became my saving grace was the fact that I retrained that inner voice. When I see a girl prettier than me, it's no longer, "I'm so ugly compared to her," but instead a "She's so pretty. Good for her."

Of course this didn't happen overnight. It was a slow process of retraining myself. It was creating a new "water shed" and making new instinctual ways of thinking, something I definitely didn't accomplish by telling everyone how much I hated myself.

It's extremely important to remember that the way we talk about ourselves, whether out loud or inside, drastically affects the way we feel about ourselves. Of course, when I struggled with my mental health, it was important for me to not take things too seriously. I made light of the situation I was in. But, I also had to keep in mind, making jokes about how much I wanted to get hit by a car wasn't what helped me conquer my mental illness.

## Laughing it off

By Haley Breit

Self deprecating jokes have become the backbone for all Gen Z humor. Although frowned upon by a great deal of people, saying "mood" when you see a meme about depression or laughing about how screwed up we all are is common--and healthy.

As someone who struggles with depression, I've found that self deprecating humor and jokes about my mental health help me cope with the reality of depression. It helps me express myself without feeling exposed.

Vulnerability is terrifying. The thought of people around me knowing what's going on in my head or what I've been through makes me want to throw up.

My entire life, I've bottled up my feelings. I've isolated myself because I was afraid of people knowing about my situation. Due to that, my mental health only deteriorated. The more I isolated myself, the more self destructive I became. However, jokes about such serious subjects gave me a pressure valve to release the tension.

I felt relief.

I'd finally found a way to open up about my struggles without the fear of people judging me hanging over my head. It gave me an opportunity to be vulnerable but still have a wall built up. The wall was humor.

Since I started utilizing humor as a coping mechanism, I've become a better version of myself. I'm able to talk to people and share my experiences with them. I can have close friends because I'm able to tell them about what's going on with me without breaking down in tears.

Every once in a while, I'll drop a joke about how I used to be self destructive and people around me will shoot me a look of disgust. Yes, they may be scared by my coping mechanism, but what they don't understand is that jokes about my mental health in the past (or lack thereof) have helped me climb out of the pit that I call depression.

IS DARK HUMOR  
A GOOD COPING  
SKILL?

GAVIN VARNER '21

"What's better than exploiting your own weaknesses to make others laugh and ultimately feel better?"

MAGGIE GARDNER '21

I think sometimes it is okay to use dark humor to cope with things because it can make light of the situation. However, I believe that someone using dark humor a lot is a bad thing and could show that they are dealing with darker issues below the surface."

SOPHIA MIRANDA '21

"Self deprecating humor is good because sometimes it's fun to be able to make fun of yourself and laugh it off. But make sure to use it wisely, just for comedic purposes! I think it should just be taken and presented as a funny joke and it's all in good fun with your friends."

SEAN SIEDEM '20

So personally, I am a humor guy, but everyone is different. It depends on the person and the problem. Sometimes I will joke about certain problems and sometimes I won't. But everyone deals with issues differently, I just believe in whatever will get you through it.



# It's okay to ask for help

SEEING A THERAPIST IS VERY COMMON, YET THERE IS STILL A SOCIAL STIGMA BEHIND IT.

Opinion of the staff editorial board

SEEING A  
THERAPIST IS  
MORE COMMON  
THAN YOU  
THINK

40

40% of teens in America see a therapist

70

70% of teens who struggle with mental health don't reach out for help

20

20% of teens in America struggle with mental illness

Four out of ten teens go to therapy. And no one talks about it.

The word "therapy" is either whispered or shouted. There is no in between.

Some wear therapy on their sleeve for everyone to see, paired with a self-deprecating smile and an ironic peace sign while others whisper the word "therapy" as if the sound of it could burn.

And it feels like there isn't a way to win. Broadcasting it seems like asking for attention, but hiding it feels like lying.

Especially in places like Superior and Louisville, which have a reputation of being economically stable and happy, therapy seems to immediately make people say, "But you have good parents. You have good grades. You have a good life."

So, therapy becomes a taboo subject. When someone has the courage to say they are getting help from a therapist, the first reaction they get is one of dismissal.

We like to hide our struggles beneath a forced smile and a supposedly satirical self-deprecating joke. We like to pretend we have it all together, but we don't.

That is okay.

A therapist is merely another source. A source that usually has better advice.

Talking to parents, teachers, friends, about problems is considered healthy and encouraged, and therapy should be considered in the same vein.

Therapy may not have been as common ten or twenty years ago. However, times are changing. The world even ten years ago looks so different from today. Reliable sources across the board, from US News & World Report to the Centers for Disease Control and Prevention (CDC), agree that rates of depression and anxiety are rising, and it is mainly due to the fast-paced society we live in.

While this struggle is felt throughout

the world, America's attitudes towards independence tend to make mental health issues worse. The combination of a hyperactive social and work life and Americans' attitude of "suck-it-up" and "figure-it-out-by-yourself" only aggravate the mental health issues that already exist in this country.

This editorial isn't going to reach those who have the power to give workers more vacation time or decrease stress and workload

for students. This editorial won't take away all the distractions and consequences of a digital world. Those are things that are relatively out of our hands. Changing an entire country's culture takes an entire country of people pushing for change.

However, there is one thing we can control. And that is how we deal with all of the stress and activity that is inescapable in today's society.

Stress happens. Anger, sadness, frustration, anxiety. These are all valid emotions that are going to happen.

It's not something that we can avoid. While decidedly less pleasant, these emotions are just as valid as joy, excitement or contentment.

Therapy doesn't magically make those emotions disappear, but it helps you learn how to manage them. Not to bottle them up, but to feel the emotions in their full intensity and then be able to move on. To make peace with all of the emotions we feel.

Choosing to go to therapy is one thing we can control. Something we can change in our lives to help deal with our crazy world.

It is not shameful. It doesn't mean you are weak. It means you are a human who doesn't have all the answers.

The word therapy is not a curse word. Use it.

**"Choosing to go to therapy is one thing that we can control. Something we can change in our lives to help deal with this crazy world."**



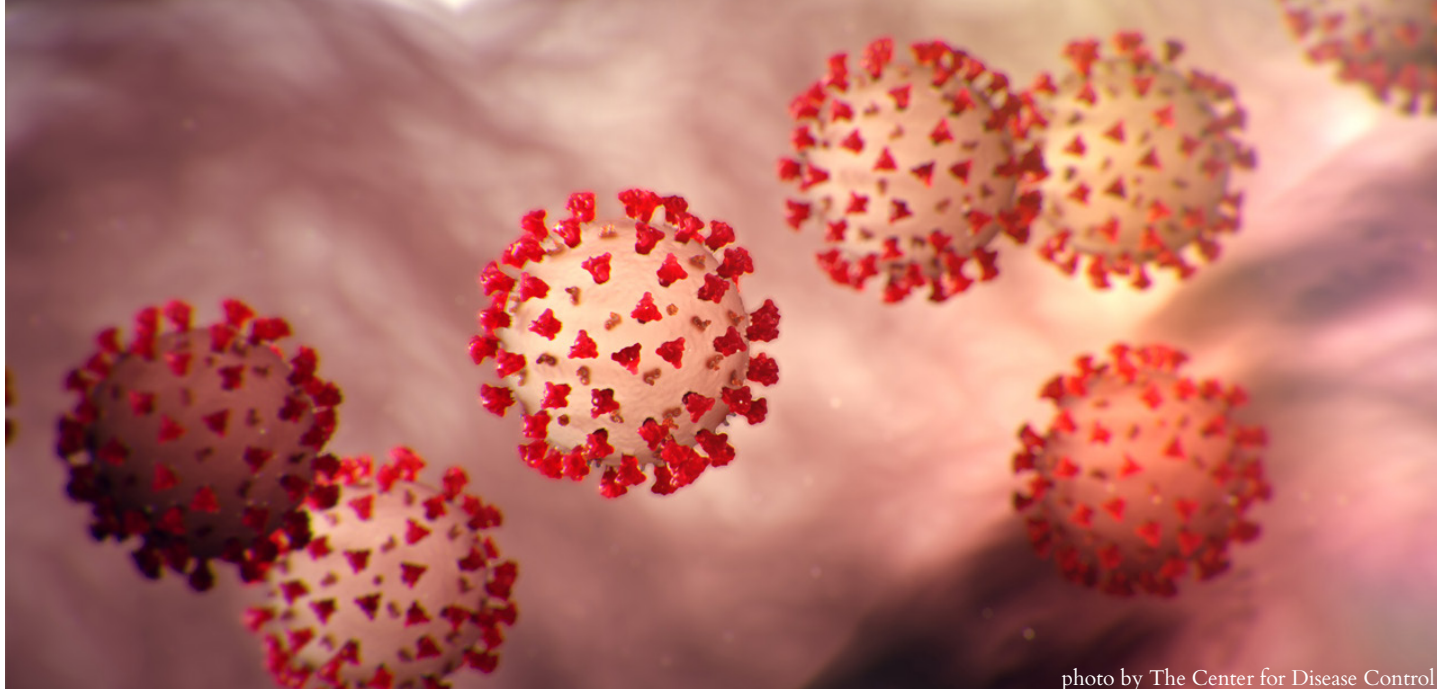


photo by The Center for Disease Control

This time is hard.

Not like a calculus test or doing thirty push-ups hard. It's like doing push-ups while taking a calculus test while being stuck in a box. For two weeks.

The hardest part is the not knowing.

Whether this will last two months or one year. How much of our lives this will impact. What about... prom? Graduation? Class? Sports?

There are so many questions and what-ifs that have no answers and seem to change each day. It seems like every hour some huge revelation or new prediction had been made, and it's exhausting and scary.

So if you need to pretend that this will all be over in one month, do that.

If you need to let out your anger on a punching bag, do that.

If you need to rant in a journal, do that.

Do whatever you need to do to get through.

I know that for me the idea that this lasted until the end of the semester is too much.

Missing graduation, senior prom, last dance competitions, making the magazine, and even calculus (which I notoriously complain about) is just too much for me to handle right now.

After all it's my senior year. I don't get a do-over. I don't get another season of dance competitions, I won't get another prom, another graduation. If these things are cancelled, I won't get a second chance. All the "maybes," "probablys" and "coulds" about the future make my head whirl.

So I take it in pieces. For me I just have to assume that this will end soon.

It's what keeps me going. It may be

# During these hard times

A REFLECTION ON LIFE DURING QUARENTINE

By India Turner

unrealistic, but it doesn't matter. It is what I need.

I ignore all the people predicting the worst (even if they're right). I take it one day at a time.

I had my day to wallow. In typical teenager fashion I said I didn't want to talk, ate a ton of cookies and sat in my bedroom for a couple of hours. I needed to mourn everything I could be losing: dance, newspaper, friends.

But then I got up.

I created an "arts academy" in my basement

and made a sign saying "India's Underground Art Academy" and everything. I piled my guitar, dance floor, tap and pointe shoes, painting supplies and karaoke machine downstairs and created a space where I could escape and do all the things I loved.

Every day I create a twenty second dance video for my studio's daily video challenge.

It makes me feel like I'm still connected to that community even when I can't be at the studio. I do my calf raises and stretches. I create a routine.

I set up a table and paint. I learned how to play "When Will My Life Begin" from Tangled on my guitar. I say that I'm going to learn how to write with my left hand (even though I know that won't happen).

I walk to the park with my dad and take photos of nature. I create fake magazine layouts.

It makes me feel like I can still do journalism even though I'm missing the class.

I play Mario Kart with my family. I work on writing my novel. I write letters to my friends. I bake. I make the most of the present time and try not to worry about what next week will look like.

I keep moving.

Wallowing does nothing. Anger, similarly, does nothing. It didn't bring my dance classes back or make the coronavirus go away.

It just made me feel worse.

It's okay to feel those feelings, but don't stay there. Be relentless in your pursuit for happiness, even during these hard times.





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## ***ENJOY A TASTE OF ITALY TONIGHT***

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