

MIX

The Student Voice of Monarch High School

IT'S BEEN ONE YEAR
SINCE THE MARSHALL FIRE
RAVAGED OUR COMMUNITY.
THIS IS HOW WE CONTINUE
TO REBUILD.

visiting

from the
ashes

the mix-up

- 4 SMASH CLUB
- 5 SHORT READ
- 5 COYOTEA
- 5 THE YELP
- 6 HALLWAY GOSSIP
- 6 BABY BLANKETS
- 7 UNIQUE STYLE
- 8 MOUNTAIN SURVIVAL GUIDE

sports

- 10 MIX & MATCHES
- 11 TATUM BODY BUILDING
- 11 MAINLAND SOCCER STORY
- 12 GIRLS BASKETBALL
- 13 BOYS HOCKEY

ON THE COVER

Photo by David Maxwell and Mars Smith

Design by David Maxwell



16

features

- 14 MUSIC PROGRAM
- 16 CAR STORY
- 18 UKRAINE
- 22 MEDICATION

opinions

- 26 BEST BINGES
- 28 HEALTH
- 29 TAXES/AGE
- 30 POLITICAL AFFAIRS
- 31 DEPRESSION MEDICATION



FROM the editor

After our first issue of the year was released, the Mix's editor team and adviser had a long talk. We needed to do better. In more ways than one.

We needed to be more organized.

We needed to make sure everyone on staff, all 18 of us, had something to do during every minute of every class.

We needed to dive deeper just like MJ Macias '23.

We needed to dive deeper into our stories and have more purpose.

And I would personally say we succeeded. Maybe I wasn't *that* organized, but as a staff, we found more purposeful stories in our community.

From the first day of brainstorming, we knew we had to start and end Issue 2 with one thing: The Marshall Fire.

We needed to dive deeper into our community and see how things are being handled just one year later. The community has been healing and doing much better.

But after reading all of the other stories in the magazine, I think we, as a community, still need to do better. In a different way.

We dove deeper into a discriminatory event in our very own school.

On Dia de Los Muertos, an incident occurred in a Spanish class involving multiple students and black and white face paint, which was meant to be used for painting skulls on their faces.

Photos, videos, and rumors circulated both on the internet and by word-of-mouth regarding the incident.

We dove deep. Deeper than we ever have before as a staff to find each side of every story.

We faced the facts.

We faced the fact that we, Monarch, need to do better.

Maebly Aleo

MAEBY M. ALEO



WEBSITE
MOHIMIX.COM



INSTAGRAM
@MOHIMIX

our staff

EDITOR-IN-CHIEF

Maebly Aleo

MANAGING EDITOR

Arianna Bergman

DESIGN EDITORS

David Maxwell
Brenna Severson

COPY EDITOR

Zoey Perrine

OPINIONS EDITOR

Minh Anh Le

SPORTS EDITOR

Zoey Perrine

SOCIAL MEDIA EDITOR

Josh Huyg
Brianna Sandoval

SOCIAL COORDINATORS

Abbey Elalouf
Ben Lehman

STAFF WRITERS

Sofia Blair
Cas East
Abbey Elalouf
Maren Holecek
Josh Huyg
Ben Lehman
Zach Mirviss
Clay Mustoe
Alex Randle
Brianna Sandoval
Mars Smith
Matthew Sprattlin
Maya VanVleet

ADVISER

Ben Reed

our policies

Opinions or expressions made by students in this publication are not expressions of Boulder Valley School District Board policy. The district and its employees are immune from any civil action based on any expression made for or published by students. The Mix is an open forum for and by the students, faculty, and community of Monarch High School. The Mix is willing to accept and publish any appropriate articles. We will not print letters sent to us without a name and signature.

TRASH talk

TRASH OVERTAKING STUDENT PARKING LOTS GETTING OUT OF HAND

By Josh Huyg and Alex Randle

Students scurry from their cars into the school to start their classes. Between the conversations and laughter, they avert their gaze away from the blacktop of Junior and Senior Lots.

Old, half-eaten burgers sit inside soggy paper containers, covered in a cloak of coffee, spilling out of the trash cans and onto the asphalt. Not even the birds dare brave the stench that the trash emits.

To Colin Folsom '23, seeing trash on the ground is unacceptable. "There's a lot of trash in the parking lot from lunchtime and people's cars," Folsom said. "It's bad visually and for the environment."

In the parking lots, trash can be found underneath cars, crunched near the curbs, and on the ground near the trash cans.

Folsom blames the apathy of students for the problem. "You can't fix laziness," he said. "We're young adults. It's not hard."

After school, the custodians are busy cleaning the inside of the school. This means outside maintenance gets difficult.

"The school is divided into five areas: The gym, the main halls, and the academic wings," a custodian who wished to remain anonymous said. "It takes about an hour to take out the trash, but it takes hours to clean each area."

Folsom feels keeping the campus clean is a community effort that starts with the students. "Take the extra two seconds to find the trash can and put it where it goes," he said. "We know better."

A pile of trash festers by the knocked-over trash can in Junior lot. Everyday, garbage is thrown into and around these bins.



COOKIE crumbles

THE MIX STAFF RATED CRUMBL COOKIES' WEEKLY MENU. HERE'S WHAT WE DECIDED:



the YELP

STUDENT REVIEWS OF NETFLIX'S WEDNESDAY

"I thought the writing could use some work, but the pacing and characters were something special, and the mystery was captivating from start to end."
— Skyler Friar '23 🌟🌟🌟🌟🌟

"The show was really well made. All the smallest details were there and the CGI for different characters was higher quality than other shows. Plus, Jenna Ortega is a wonderful actress."
— Keirra Kernan '24 🌟🌟🌟🌟🌟

"I liked the twist on the original story and felt they kept Wednesday true to her character. Jenna Ortega was the perfect person to play her."
— Jordan Pineda '25 🌟🌟🌟🌟🌟

"It was very well done and enjoyable, although the ending wasn't my favorite. Overall, it had a good storyline and was entertaining to watch."
— Grace Hartmann '26 🌟🌟🌟🌟🌟



Photo from Netflix

COYOtea

WHAT GIVES YOU THE ICK?



"If they are annoying or don't pay attention to you."



"When they chew loudly, or continue to do something I told them I don't like."



"When they only want to talk about themselves and don't think about other people's needs."



"When they wear shoes that don't tie."

WOULD YOU survive?

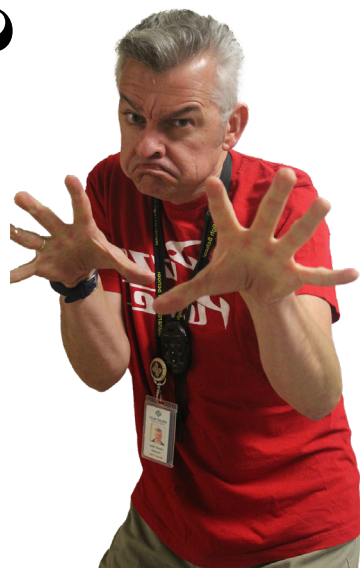
TEACHERS SHARE WHO IN THEIR DEPARTMENT WOULD SURVIVE A ZOMBIE APOCALYPSE



“ I would say Prassa because she’s just got grit. You know, she could scare the zombies probably. And yeah, Mr. Duncan because I know he coaches and stuff.”
— Language Arts teacher, Miranda Lee



“ I think Mr. Kelpy because he has the best hunting and fishing skills. I think he’d be the only one able to catch and kill some of his animals and food, and his shot might be more accurate.”
— Social Studies teacher Matt DiCarlo



“ I would go with Mr. Vass because his knowledge of biology and how to make things work is beyond, I think, anyone else in the department. For all I know, he teaches the anatomy of zombies in his class.”
— Science teacher Kathy Ellis

5 STEPS to get a job

WALMART GIVES TEENS TIPS AND TRICKS

1. Get a feel for potential jobs by going into their stores. If you don’t like the place, you will be able to tell.

2. When asking for an interview, get the time, and be there 10 minutes early. Dress nice but casual.

3. Be nice, and respect your interviewer. Don’t be afraid to ask your own questions about the job. It shows confidence.

4. Stay curious about whether you got the job or not. Do this by calling your interviewer—it will show you want to get the job.

5. Once you get a job, show up to all shifts on time, and be calm and friendly. If you don’t get the job, don’t stress and try again.

it stuck WITH ME

WHERE DID YOU GET YOUR STICKERS?

“I found it at a store on Pearl Street in Boulder.”
— Lauren Hall ‘24

“I got this octopus off of Redbubble.”
— Tessa Awald ‘23

“I got it at a little coffee shop in Buena Vista.”
— Jules Curry ‘23

“My mom made this sticker for me.”
— Dominic Spacone ‘24

“My friend gave it to me.”
—Lacy Thompson ‘25



WINTER survival guide

NEW YEARS resolutions

STUDENTS SHARE THEIR NEW YEARS RESOLUTIONS

- ◆ "I want to stop letting my chapsticks go through the washer" – Ellie Ruppel '26
- ◆ "I want to spend more time outside." – Teagan Lear '25

SKI or snowboard

278 STUDENT RESPONSES FROM A @MOHIMIX POLL



64%



36%



holiday TREATS

THE MAXWELL FAMILY SHARES THEIR SUGAR COOKIE RECIPE

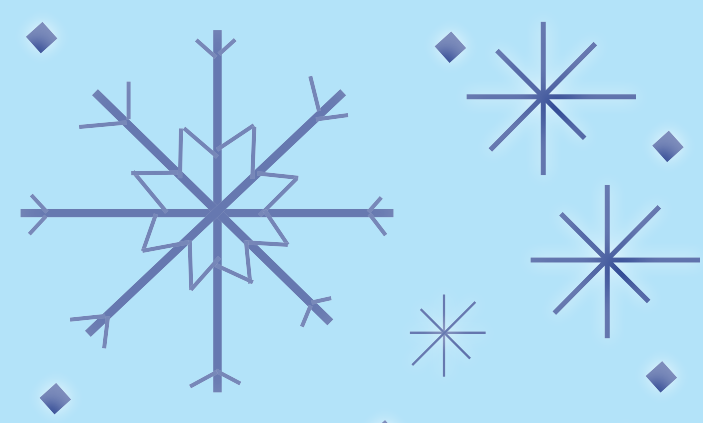
ingredients

- 2 1/2 sticks of butter
- 1 1/2 cup sugar
- 1 teaspoon salt
- 3 cups flour
- 3 teaspoons baking powder
- 4 teaspoons vanilla
- 2 teaspoon grated lemon zest

1. Mix butter, sugar, eggs, and salt. Slowly add flour and baking powder.
2. Mix vanilla and lemon zest and chill.
3. Preheat the oven to 375 degrees.
4. Roll out dough and cut into desired shapes. Once done, let chill in the fridge.
5. Bake on a sprayed cookie sheet for 7-9 minutes.
6. Let cool and enjoy!



"I love the frosting because it is very sweet but not too much."
– Elliot Maxwell '26



CHILLY playlist



mix & matches

Tyler Carlson '24



BOYS BASKETBALL

"We're just trying to get a better record than we did last year and make it further in the playoffs."

Jamie Byther '23



GIRLS SWIM

"I'm looking forward to the relays at the swim meets because they are exciting and have a lot of energy. It's fun to swim with a group instead of just individually."

Natalie Guanella '23



GIRLS BASKETBALL

"Since it's my senior season, I'm excited to end on a high note, make it deep into the playoffs, and make this year the best so far."

Dominik Gendreau '23



WRESTLING

"I'm excited for the rush of State, just being able to go to Ball Arena for the last time and to look up at the crowd."

Gavin Rowen '24



HOCKEY

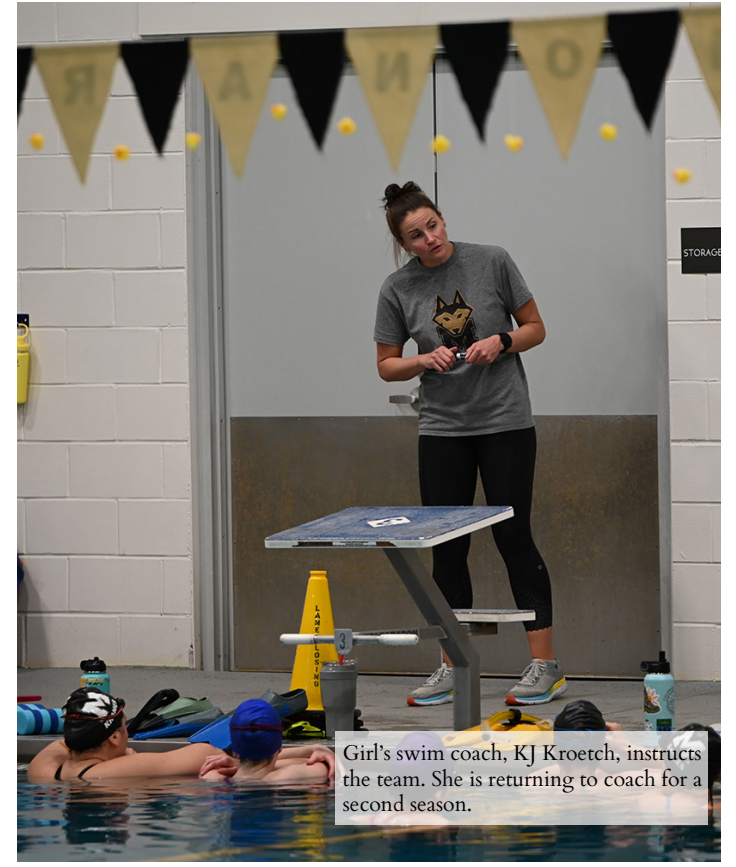
"We are in a great division, and I'm hyped to play competitive teams."
— Holden Lindgren '23

stroked TO BE BACK

RETURNING SWIM COACH EXCITED FOR SEASON

By Maya VanVleet

KJ Kroetch is a true novelty. Over the previous four years, the girl's swim team had four different head coaches. Breaking that streak, Kroetch, the newest head coach, is determined to stay and help grow the program for her second consecutive year. Swimming has always been one of Kroetch's passions. She's coached swim teams for 15 years, but never at the high school level. "I wanted to be able to share that knowledge and hopefully pass it on," Kroetch said. The coach moved to the Louisville area last year, and when she saw the job was available, she jumped at the chance to coach Monarch's team. "I realized it was a great opportunity for me, not just to coach, but to grow a program," Kroetch said. "Especially with the history of coaches leaving." The opportunity fit perfectly into her love for coaching. "Coaching in general is fun," she said. "Getting to watch kids learn so much over the course of many years is really appealing to me." Sierra Crean '23 returned to this year's swim season with something she hasn't had before—the same coach from the previous year. "She is very connected with the team," Crean said. "She stays connected through team activities as well as swimming in practice." Though Crean is happy her coach is staying, the prior inconsistency of coaches brought other benefits to the team. "I think it made our team a lot stronger," she said. "We stayed connected because our coach was never really there."



Girl's swim coach, KJ Kroetch, instructs the team. She is returning to coach for a second season.

Kroetch is excited to continue coaching the team for the coming year, but it's time to focus on the season ahead. She hopes to continue to help swimmers get better with every stroke. "I'm really looking forward to the season," she said. "I'm really excited for the year, it's going to be great."

DUNKING on Duncan

BASKETBALL FANATIC RETURNS AS A COACH

By Abbey Elalouf and Benjamin Lehman



Basketball coach Sean Duncan leads after-school practice. This is his first year coaching basketball ever.

Growing up, Sean Duncan's neighbors said he would be the next Michael Jordan. But the truth is, he was never great at basketball. "I've loved basketball since I was a little kid," Duncan said. "I would practice outside all of the time." Duncan's mother watched him practice basketball all throughout his childhood. She joked with neighbors and friends that he would grow up to be an NBA player. Duncan's childhood love for playing basketball didn't have a chance to last through middle school. He tore his ACL twice, and his spark for basketball slowly fizzled out. When the doctors told him his basketball career was over, he was devastated and turned to football instead. Eventually he found another true love in teaching literature to high school students. Now, 15 years later, he has found his way

back into basketball as the boy's C team basketball coach at Monarch. "They're just looking for someone who's passionate," Duncan said. The second he heard about the position, he knew he would be perfect for the role. "I watch a ton of basketball," Duncan said. "I'm the type of person to read up on strategies and such." Duncan has been observing the program and players as the season begins. A new player, Lukas Rosin '26, is thrilled to have a coach like Duncan. "He's really supportive," Rosin said. "He doesn't yell at you, and he also doesn't make you run all the time. If you mess up, he tells you what to do right." Duncan is looking forward to being a part of Monarch basketball. "I'm really excited," he said. "I think it's going to be a great learning experience."

GHOST BOXING

FRESHMAN FINDS NEW INTEREST IN BOXING

By Sofia Blair

Ghost Whitehall '26 jumps up and down, dripping with sweat. Pulled into the middle of the ring to face their opponent, with one look and a smirk from Whitehall, the match begins.

When quarantine began in the spring of 2020, Whitehall realized they wanted



Ghost Whitehall '26 throws a punch during practice. They're preparing for their next sparring match.

to become a part of a community. Inspired by a classic boxing film, they acquired a newfound passion.

"I watched the movie Rocky, and wanted to be a part of the background he came from," Whitehall said.

They understood boxing would be a transformative period of their life and would take a lot of work.

"Working out was not one of my priorities until I found what it took to become a boxer," Whitehall said.

Their parents were afraid of the negative aspects of the boxing community, but Whitehall knew what they were getting themselves into.

"I love to see Ghost grow and learn from each match with such dedication and willingness to learn," Whitehall's mother, Jessica Whitehall, said. "However, it's very scary watching them practice, even more during matches."

Whitehall was determined to pursue a boxing career, even with doubts from their parents. Whitehall's first practice was nerve racking, but they knew this was the start of everything.

"I started my career with a coach and boxing gloves. That's it," Whitehall said.

It took effort, bodybuilding, and patience to progress as a boxer.

"I practiced every Monday, Wednesday, and Friday and quickly became part of a competitive team," Whitehall said. "I now practice every day of the week."

Whitehall's coach, Bailey Kramer, not only thinks they are an aggressive athlete but have what it takes to go far.

"Ghost has shown a very high level of perseverance, resilience, and humbleness," Kramer said.

Whitehall uses they/them pronouns, which opens the door to boxing against both girls and boys. They aren't afraid to compete against anyone, and are up for the challenge no matter who their opponent is.

"I would fight against anyone because I spar against all the dudes at my gym, and very few females," they said.

Whitehall's team takes salsa dancing classes as a cross-training workout because it teaches boxers flexibility, self control, and helps improve their balance.

"Salsa is great to learn how to move your feet a certain way," Whitehall said.

Boxing has assisted Whitehall in finding the courage to try new things, and working towards bettering themselves at something they love.

"Boxing is something I never thought I would have gotten into, but I'm now ready to move forward into the future with it as my career," Whitehall said.



MJ Macias '23 performs a front dive at swim practice. After moving from Mexico, she now dives for Monarch.

INTO DEEPER waters

SKILLED DIVER STRUGGLES WITH MOVE TO U.S.

By Maeby Aleo

A young girl, no more than eight years old, stood 33 feet above glittering blue water, her knees wobbling as she looked down. MJ Macias '23 had been waiting for this moment for almost four years.

When she was only four or five, she her soon-to-be idol, Mexican diver Paola Espinosa, on television.

"She was diving off of a ten-meter, and she was just so good," Macias, a native Mexican, said. "I told my mom I wanted to do that, and she told me I was not going to be a diver because it isn't safe."

After her mom had put her into gymnastics for several months as a safer, dryer alternative, Macias got back to begging for her dream of becoming a diver.

"We started searching for pools, and we found out that five minutes from our house in Mexico was the pool where the Olympic team was practicing," Macias said. "I went, and then I saw the girl I saw on TV, and I realized it was my home."

Macias had found her happy place but soon faced one more problem: her age. After being told she couldn't practice or compete with the professionals at five years old, Macias turned to a kid's coach to gain skills at the very same pool where Espinosa and other Olympic divers practiced.

"They told me if, in a few years, they see I have talent, I could come train with them," Macias said. "I started growing into my sport, and when I was eight, I competed, and then I won."

Shortly after her first competition, Macias had the opportunity to try out for a selective program for little kids to be molded into Olympic divers. Out of around 30 kids, Macias was one of three to make it.

"I started with the one-meter diving board and got all the way to the seven-meter," she said. "And then I got to the ten-meter. When you see the water from that high up, it's insane. I always get worried

about smacking the board or the water."

Macias eventually figured out the key to diving.

"When you put too much pressure on yourself, it's harder to do because you already have fear and pressure is even worse," Macias said. "You have to find your way, have a strategy, and make yourself go for the dive."

But when Macias moved to the United States when she was 17-years-old, diving off the ten-meter became the least of her problems.

"I had to say goodbye to my friends and to my family," she said. "We moved from Mexico because we were having some problems over there with the economy during the pandemic."

Macias had to leave her entire life in Mexico behind, and starting over in the U.S. became more of a challenge than she had expected.

"I remember those first two weeks were so hard," Macias said. "I just tried to distract myself and tried to avoid the fact that we were not in my house or in my country. Making new friends and speaking a different language was kind of hard, but not seeing my dad very often is the hardest."

Macias has begun to embrace the change in her life in a positive light, rather than focusing on the negatives.

"There are good and bad things about every change, and I prefer to see the good ones," she said. "I was so worried about making a mistake, but right now, I feel more comfortable here. Now that I have more friends and I'm more adapted, it's better."

Her international move not only impacted her personal life, but her diving track, as well.

"There is not a good pool near here where I can practice diving," Macias said. "It's so hard because there are not many options. In Mexico, there were good options, but I was under a lot of pressure."

Through it all, Macias has once again focused on the positives within the big change.

"But at least there are two one-meter boards here," she said. "It was a good change because it gives me the opportunity to actually compete here, in the United States."

Regardless of all the struggles she has faced, Macias has embraced them and stuck with her passion for diving.

"In all the years I have been doing this, I feel like it's all worth it," Macias said. "It's like the saying, the brave one is not the one that's scared. It's the one that faces it."

RIP the PEACE

JEWISH STUDENTS CONFRONT DISCRIMINATION

By Maeby Aleo, Cas East, Minh Anh Le, Zach Mirviss, and Clay Mustoe

ALEX TURNER '23 FACES HARASSMENT FOR BEING JEWISH

It was in fourth grade. Alex Turner '23 was only 9 years old. Their friend was doing a sort of roleplaying game, like playing House, and Turner decided to take part.

"We used to play a game where she was an Egyptian king and I was a slave, a Jewish slave," Turner said. "That wasn't fun."

Turner understood that as a kid, their friend had no reason to know the game's offensive qualities. Being Jewish, they were unhappy. Discrimination and hatred followed them as they got older. Two years later, a group of peers refused to listen to Turner about their own religion.

"In sixth grade we were taking a quiz on Hanukkah," they said. "In my group, no one else was Jewish. They said they knew more about my own holiday than me." Belittling Turner didn't help the grades of the students.

"They got every single question wrong," Turner said. "Every single question I answered, I got right."

Students who aren't minorities or don't practice Judaism may think antisemitism is a hate of the past. However, Turner has been constantly reminded, even by their own friends, of the evil remaining in Jewish life.

"I had a friend who would constantly share pictures of Jewish actors and talk about Judaism," Turner said. "All while explaining my own religion back to me."

In public places, school hallways, and the internet, Turner personally understands the hate that is still around.

"I've been talked over," they said. "I've been mocked. I've been put down for being

Jewish, I've overheard things at this school like Jews started eugenics, Kanye was right, and people wishing Hitler was back."

Kanye West, who has changed his name to Ye, has ostracized many venues and corporations for making antisemitic remarks. Turner has recently noticed spiteful comments originating from Ye and his fans.

"Kanye has recently been the main cause of antisemitism," Turner said. "He has this kind of cult following. 'He's my friend,' that's crazy, but everybody listens to him. Marjorie Taylor Greene is an elected, government official and she says Jews have God space lasers."

While students who say comments like this may think they're being funny, Turner fails to see the humor.

"They start saying these things as a joke, and then say it so much they believe it," Turner said.

Standing against hatred of Jews, and against mean-spirited jokes, Turner understands that antisemitism must be eradicated. This only begins when the issue is acknowledged.

"People like to play down antisemitism and say it's not really an issue anymore, when it's very much is," Turner said. "It's become so normalized that most people don't actually recognize it."

Offending someone is not okay, and when Turner sees cruel statements directed at their Jewish peers, they see no purpose. They despise every bit of insolent cruelty.

"People want to have validity to their statements when discriminating against anyone," Turner said. "The truth is, there is no reason to discriminate towards anybody."

is ANTISEMITISM ? WHAT

"Hostility towards or discrimination against Jews as a religious or racial group."

As defined by Encyclopedia Britannica

MAYA VOLKOV BRAUMAN '23 WITNESSES ANTISEMITISM AT SCHOOLS

In her freshman math class, Maya Volkov-Brauman '23 looked out a window, into the wintry fallen snowscape. It was then she saw a symbol etched into the windowsill, representing a hatred against who she was, a symbol of suppressive power. She had seen a swastika.

"I'm sure it's just kids who don't know, and are just goofing off, but it's definitely very hurtful to me," she said.

Being a victim of antisemitism was hard for Volkov-Brauman. When her sister went to Monarch K-8, she faced more direct repression.

"A student had called her a Jewish slur," she said.

When Volkov-Brauman's parents pleaded with the K-8 to separate the student from her sister, Volkov-Brauman said the school refused.

"They continued to keep the student in her class and almost forced her to interact with them," Volkov-Brauman said.

After what Volkov-Brauman described as fierce negotiations with the principal, the student was finally removed from most of her

sister's classes.

"It took a lot of conversations with the superintendent and the principal for them to finally realize this was an actual problem that needed to be solved," Volkov-Brauman said.

Volkov-Brauman has noticed her education being affected as well, specifically when the Holocaust unit came up in the curriculum. When she was taught about the tragic event, she was disappointed.

"My teacher had a slideshow about World War II and two of the slides were about the Holocaust," she said. "He decided to skip those slides because the images, he said, were too graphic for us to see."



ACING

ACTS

STUDENTS PAINT FACES BLACK DURING DÍA DE LOS MUERTOS CELEBRATION

By Arianna Bergman, Abbey Elalouf, Brianna Sandoval, and Brenna Severson

The celebration of Día de los Muertos in Reduoan Bouchta's 5th period Spanish class on Nov. 3 at first seemed to be fun and exciting to Zeke Durfee '26. "We had a traditional Día de los Muertos with snacks and drinks," Durfee said. "[Bouchta] had a table of face paint, and people could just grab whatever they wanted."

On Día de los Muertos, Mexican families celebrate the past lives of others, especially their loved ones. People sometimes paint sugar skulls, flowers, and other designs onto their faces to honor and celebrate those who have passed. Bouchta arranged for a similar activity in his class.

However, what was intended to be a lighthearted and celebratory lesson took a turn for the worse when a handful of students decided to paint each other's faces completely black.

"A few kids decided to do blackface, which is not okay," Durfee said. "They were making jokes about it."

Not knowing what to do in the situation, Durfee said he and other bystanders sat silently as they watched their classmates laugh and fool around.

Blackface is when white people paint their faces black to mock black people, according to the National Museum of African American History and Culture. This was especially popular in the early 1900s and is regarded as racist behavior today.

"No one said anything, but a lot of people were clearly uncomfortable," Durfee said.

Carmen Vigil '24 also encountered blackface painting in her 7th period class.

"There was a group of boys crowding around [a boy whose face was painted black], laughing," Vigil said. "I feel like if it wasn't meant to be racist, no one would have been laughing."

Just as in 5th period, Vigil said bystanders stayed silent.

"No one really said anything about it, even though someone probably should have said something," Vigil said. "It just got left in silence."

While the boys who painted their faces were identified by our sources, we are declining to state their names in order to ensure their safety and avoid tarnishing their futures. Both of



the boys declined to comment on this story or didn't respond to our emails. The boys were not suspended for their actions, nor can we confirm that their the actions were intended to mock black people. Their consequence consisted of a talk with school safety advocate Steve Brown.

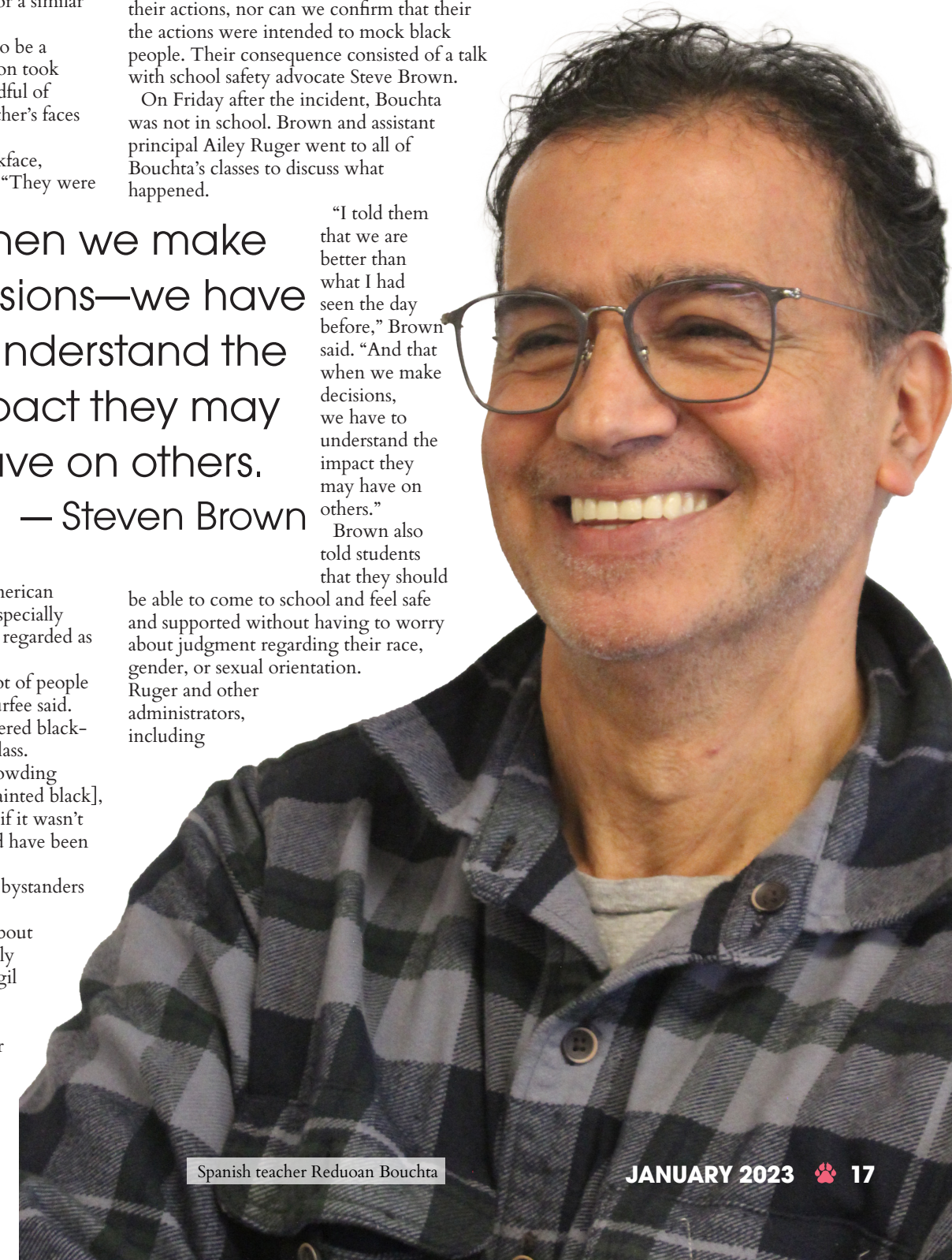
On Friday after the incident, Bouchta was not in school. Brown and assistant principal Ailey Ruger went to all of Bouchta's classes to discuss what happened.

When we make decisions—we have to understand the impact they may have on others.

— Steven Brown

"I told them that we are better than what I had seen the day before," Brown said. "And that when we make decisions, we have to understand the impact they may have on others."

Brown also told students that they should be able to come to school and feel safe and supported without having to worry about judgment regarding their race, gender, or sexual orientation. Ruger and other administrators, including



Spanish teacher Reduoan Bouchta

principal Mark Sibley, declined to comment on this story, citing they cannot comment on personnel matters.

Randy Barber, the Chief Communications Officer of the Boulder Valley School District also declined to comment

“The Boulder Valley School District practice is to not comment on personnel matters,” he said.

One day with a substitute teacher for Bouchta’s classes turned into a week, which turned into two. Lesson plans were created by other teachers in the world language department, like Max Wuestoff.

“I was asked by the administration [to write lesson plans],” Wuestoff said. “They said that Mr. Bouchta was experiencing some personal problems, and he needed some assistance in his classes.”

Rumors circulated about why Bouchta was gone and if he would return.

“There are people saying that he got suspended, people saying that he’s fired,” Vigil said.

Finally, on Nov. 29, nearly a month after the incident, Bouchta returned to his classroom and spoke to each of his classes.

“It’s my responsibility to create a positive, inclusive, and safe environment here. It’s my job,” Bouchta said.

While Bouchta explained to the classes that he would speak to any curious student about his absence, he declined to speak in detail with us.

“I can’t speak on it right now. But maybe in the future,” Bouchta said.

Durfee believes the incident wasn’t Bouchta’s fault, and that he should not have to deal with the consequences.

“I don’t think he knew what was going on because he’s from Morocco,” Durfee said. “He didn’t understand why it was wrong and just thought they were having fun.”

However, Angel Bush ‘23, felt skeptical and continued to question his actions.

“I don’t know how you can honestly look at [the black face paint] in this day and age and not see that as offensive, or that they’re only joking,” Bush said. “I don’t think [Bouchta] was fully aware of the situation, but he was not willing to be confrontational and willing to stand up to the kid, which is a problem in itself. It’s troubling to see that from teachers.”

While Bush was not in either of the classes where the incidents took place, she is the co-president of the Black Student Union (BSU).

“BSU is a club whose main goal is to unite students of all backgrounds to bring awareness to and take initiative against racism in our world and school through discussion, education, and action,” Bush said.

BSU has taken action previously to

assist teachers in making Monarch a more inclusive space for minorities, especially white, according to Bush. She said she still feels the impact the incident has had on the community.

“In some ways, you would never expect something like this to happen here because it feels inclusive, but at the same time, there’s no diversity,” Bush said. “Because we don’t have many students of color in the school, it puts a target on your back.”

Finn Thorsland ‘25, who was in the 7th period class and is friends with the boys involved, said it’s time to move on.

“I think everyone’s pretty much forgotten about it now,” Thorsland said. “The couple of black friends that I do have don’t care. The people that I’ve spoken to about it that would have a reason to be mad, don’t care.”

Thorsland believes that because racism is still prominent in society today, student’s should be prepared to witness it in everyday life.

“Because of the world we live in, people are a lot more sensitive to this stuff, and you just have to realize and plan for that,” Thorsland said.

“I don’t think it should have been as blown up as it was.”

While Thorsland believes that the Monarch community is educated about the history of black face, Bush feels differently.

“While I do believe history teachers teach lessons surrounding racism that are eye opening, there’s such a lack of diversity at this school that it makes it harder for students to connect to the history of their few diverse peers,” Bush said. “People don’t take it as seriously because they don’t see it in their everyday life.”

Bush says BSU hopes the incident raises awareness of racism that goes on in the community, and the incident serves as a lesson to other students and staff members.

“I hope the administrators and students make note of this and start paying more attention to what goes on behind closed doors,” Bush said.

Despite this incident, Brown says Monarch continues to strive to welcome all types of students, no matter their race or gender.

“When we make decisions, we have to understand the impact they may have on others,” Brown said. “Every kid in this building should be able to feel welcomed, no matter what.”

THE history OF BLACKFACE

– White performers blackened their faces and mimicked enslaved Africans beginning after the Civil War

– People of African descent were characterized as lazy, ignorant, and prone to thievery by whites in performances

– Blackface was intended to be funny to white audiences

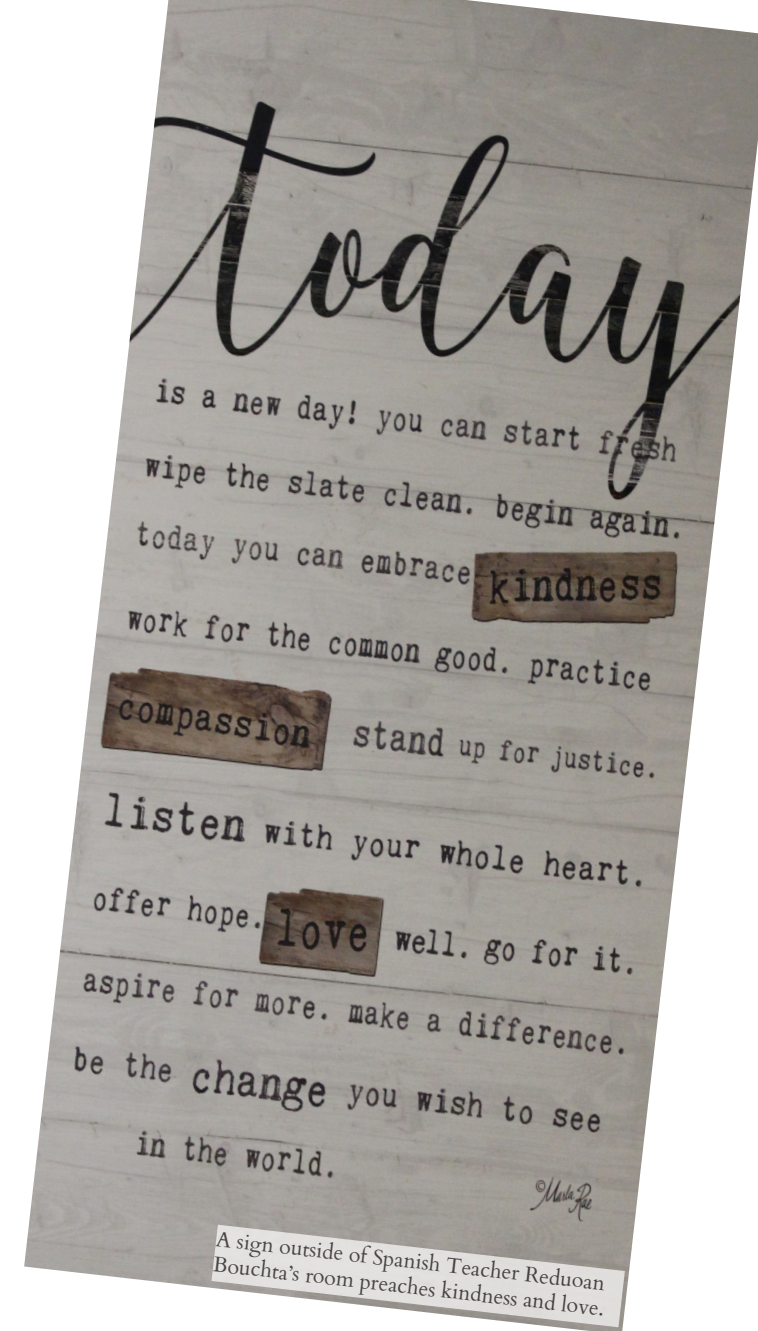
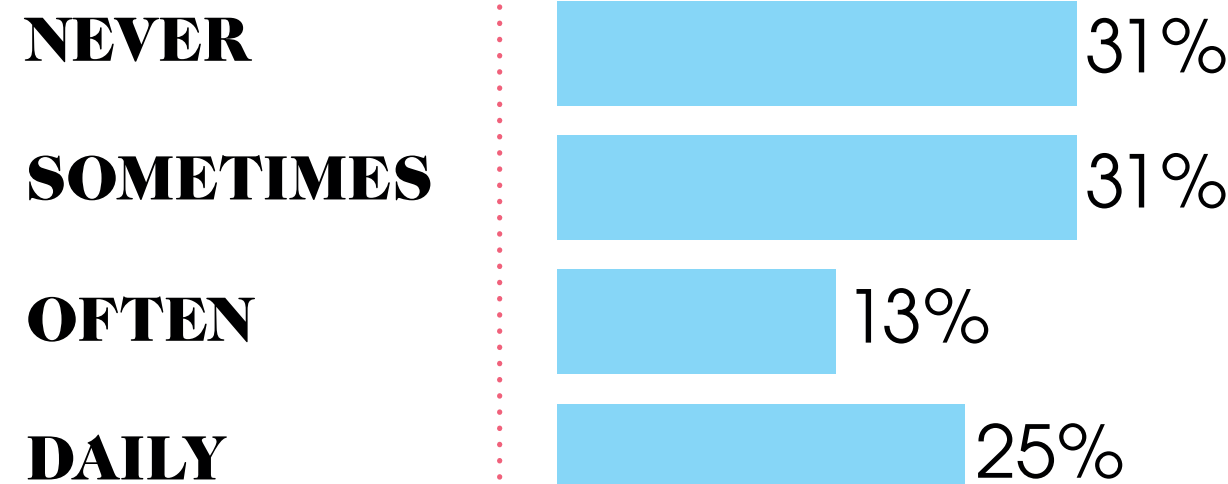
– Degrading stereotypes of black people confirmed white people’s notions of superiority

– It is now seen as demeaning, racist, hurtful, and invokes a painful history of slavery and segregation

According to CNN and The National Museum of African American History and Culture

DO YOU HEAR RACIST REMARKS IN THE HALLWAYS?

903 PEOPLE VOTED ON A @MOHIMIX INSTAGRAM POLL



A sign outside of Spanish Teacher Reduoan Bouchta’s room preaches kindness and love.



Black Student Union Co-President Angel Bush '23

DECEMBER 30, 2022, MARKS THE
COMMUNITY COMMEMORATION
ONE YEAR AFTER THE MARSHALL
FIRES IN LOUISVILLE AND SUPERIOR

By Maren Holecek, Josh Huyg, David Maxwell, Alex Randle, and Mars Smith

rising FROM THE *ashes*

THEN



NOW



&ASH &SNOW

L.A. TEACHER DEALS WITH SMOKE DAMAGE AFTER MARSHALL FIRE

The air inside language arts teacher Taryn Cawfield's house was heavy and thick with cold smoke last winter, her shoes leaving footprints in the thin layer of black ash on the floor. A Christmas tree stood solitary in her living room, ornaments dusted in soot.

Cawfield was one of hundreds Louisville and Superior residents who experienced serious smoke damage from the Marshall Fire on Dec. 30, 2021. Closely surrounded by destroyed homes, her house was vulnerable to the toxic smoke produced by the fire.

"When we came home, it was covered in black ash everywhere," Cawfield said. "We had N95 Masks on because you could smell the toxins and metals."

Cawfield and her family were displaced for weeks while her house underwent cleaning and restoration.

"We lived in a hotel for a month and a half," Cawfield said. "It was hard because we just had one little room."

Unlike regular grass fires, the smoke from the Marshall Fire contained dangerous chemicals found in plastics, textiles, electronics, and other household items because so many homes burned. Tiny smoke particles can enter the lungs and lead to a number of life-threatening health problems, including heart conditions and cancer. In the wake of so much destruction, cleaners and contractors were in short supply.

"I luckily found these guys just from being on the internet for hours," Cawfield said. "They were local and independent workers, and they were really good at proving to insurance that we needed all the insulation in our crawlspace changed out and sealed."

Insurance was one of the biggest challenges for victims of smoke damage. While a house burned to the ground is undeniably unsalvageable, it's harder to get insurance to pay for household items invisibly contaminated with toxins.

"We were very grateful for our house, but we were dealing with insurance every day, and they didn't want to cover any of the issues," Cawfield said.

Some things weren't salvageable. In addition to all of her linens, pillows, and bedding, Cawfield had to replace her couch



Language Arts teacher Taryn Cawfield stands outside of her home with her dog. Her house was one of many in the community to have smoke damage.

and many of her clothes. Insurance didn't help cover all of these expenses.

Besides the surface-level impacts of smoke damage, Cawfield also described how the pain she felt to enter the new year with her own house still standing when many of her friends, colleagues, and students had lost theirs.

"I had the guilt of 'I shouldn't feel bad because I didn't lose my house.' It's that survivor's guilt," she said. "I was telling my students that it's okay to be sad even if you didn't lose your house. And I was trying to tell myself the same thing."

Cawfield knows the fire impacted people in many different ways, and wants her students to recognize that every experience is personal and just as valid as anyone else's.

"When grief is a very broad experience,

people will tend to put grief on some kind of hierarchy," Cawfield said. "Like 'I lost more,' or, 'I suffered more,' and I think that's very problematic."

Looking forward, she hopes to fight for the establishment of better fire prevention measures in Louisville.

"It's something I can see, when I'm in a better headspace, that I will confront and try to change," Cawfield said. "That's how I know we're still in a fragile state, that I'm not even ready to be pushy about it."

Now, a full year since the Marshall Fire, she still feels the long-term psychological and emotional impacts of a disaster shared by the community.

"Hopefully, this experience has taught people to listen to other people's pain," Cawfield said.

100

permits approved for rebuilding homes in Louisville as of Dec. 1

56

permits waiting for approval in Louisville



Wayne Shellnutt smiles with his daughter, River. The baby girl will turn 1 year old in 2023. Photo courtesy of Samantha Shellnutt.

2

number of scholarships offered by the Louisville Fire Protection District's volunteer program to Louisville residents. Each is worth \$1,500.

12.5 mil

Federal funds that are prioritized for Marshall Fire communities for fire mitigation.

SMOKE shack

LOCAL RESTAURANT REOPENS AFTER FIRES

Wayne and Samantha Shellnutt's lives fell out from under their feet on Dec. 30, 2021. The Shellnatts lost their home, their business, and all of their possessions. Their beloved barbecue restaurant in Superior, Wayne's Smoke Shack, was nearly destroyed.

Somehow, Samantha Shellnutt found the good in her situation.

"Despite how crazy and tragic it all was, I've never experienced more love and compassion and generosity from everyone in the community," Shellnutt said.

Many local businesses that were lost in the fire have not considered rebuilding. Yet, the Shellnatts were not ready to give up hope. They launched a Gofundme after the fire, hoping to raise \$5,000.

They didn't receive \$5,000.

They received \$40,000 from the community, and immediately started fixing up their restaurant on New Year's Day of 2022.

When the Shellnatts returned to their restaurant, it was nearly destroyed. The roof had burnt and caved in, water damage had ruined the kitchen, and smoke got into every piece of technology. Samantha, nearly seven months pregnant, shoveled snow and ash out of her restaurant.

In their downtime during construction, the

Shellnatts bought a farm in order to expand the Smoke Shack's sustainability.

"We're putting in a lot of energy to the farm right now," Shellnutt said. "Our goal is to end up having a complete full circle, farm-to-table restaurant. Even though the business has been shut down, we've been working hard during this little break."

The Shellnatts are bouncing back from the fires. Each day, the Smoke Shack grows closer and closer to reopening. The Shellnatts are excited to return to serving the community.

"We are trying to put all of our love and energy into this one place," Shellnutt said. "Wayne always says he wants it to feel like people are coming into his home at the restaurant."

In January of 2023, Wayne's Smoke Shack will reopen. In addition, the Shellnatts have something else to look forward to.

Three months after the restaurant opens and one year after the fire, their daughter, River Shellnutt, will turn 1 year old.

"We have taken this time to try and find a new place to live and rebuild our life here," Samantha said.

As she and her husband turn their focus back to the Smoke Shack, Shellnutt wants to gather the community together.

"Before the Smoke Shack, we would do

these Sunday barbecues where Wayne would just invite, you know, 20 people over to the house and feed them a brisket he'd been smoking for over 24 hours," Shellnutt said. "He wants the Smoke Shack to keep that same vibe and energy where everything is high quality, hormone-free, and has antibiotic-free ingredients."

The Shellnatts have high hopes for the restaurant, and see its growing potential as the reopening date nears. The community means the world to Wayne, and the Smoke Shack represents a landmark of community growth and the Shellnatts' perseverance.

Slowly but surely, both Louisville and Superior will heal from the trauma of the Marshall Fire, and the Shellnatts will nourish both the stomachs and the souls of their community once again.

"We just love feeding people, love breaking bread with our friends and family, and we're really excited to finally be able to do that again," Shellnutt said.

12-30-2021
Marshall Fire

6-6-2022
**First house begins to
rebuild in Louisville**

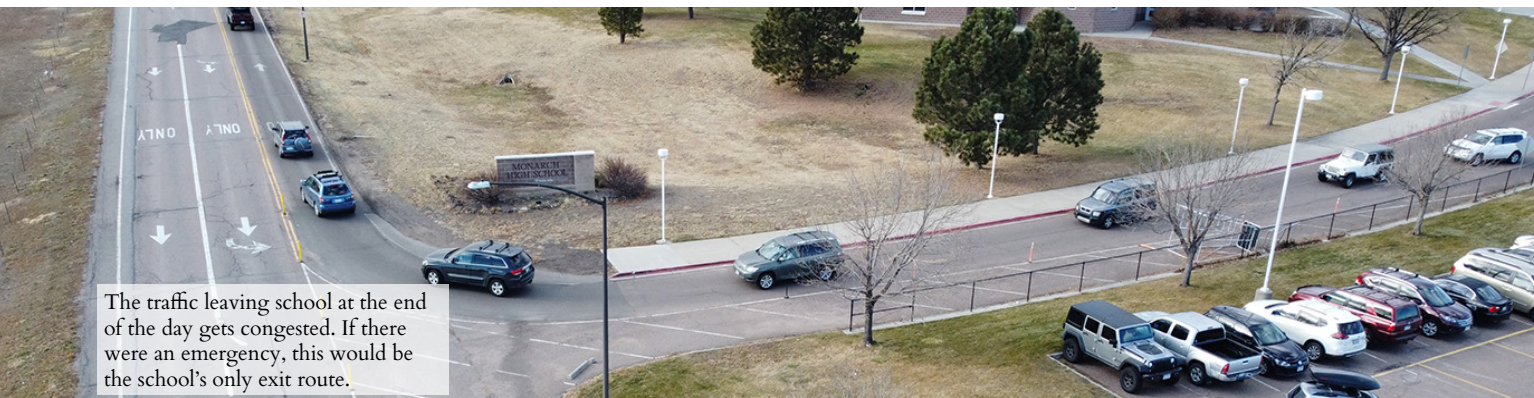
11-27-2022
**Marshall Fire Louisville
Christmas Market**

12-30-2022
**Marshall Fire
1 Year Later**

**Joe Biden comes
to Louisville**
1-7-2022

**Burn debris clean-up
is completed**
8-24-2022

Marshall Fire Remembrance Week
12-3-2022



The traffic leaving school at the end of the day gets congested. If there were an emergency, this would be the school's only exit route.

in the ZONE

Social studies teacher Kristin Kerr Gannon's stress-relief exercise routine

Rocking

Rocking back and forth on your feet relaxes sympathetic nervous system

Head Tapping

Tapping stress zones on your temples releases endorphins

Breathing

Breathing in for 3 counts and breathing out for 3 calms heart rate

Go on a walk

Stretching and getting fresh air clears your mind

PROBLEMS

Neighborhood Evacuations

24% of Boulder County residents were signed up for alerts on Dec. 30, meaning not all of the people affected were warned of the danger around their homes.

Public Evacuations

Campus Drive, the entrance and exit to Monarch K-8 and Monarch HS, is a dead end, posing a safety issue.

SOLUTIONS

Neighborhood Evacuations

The WEA (Wireless Emergency Alerts) that sends an alert to phones within a certain distance of a fire has been upgraded in Boulder County Office of Emergency Management.

Public Evacuations

Redtail Ridge promised to improve access connecting Monarch K-12 and 96th Ave. Plans have not been finalized.

PASSING DOWN the torch

FIRST RESPONDER REMINISCES THE DAY OF THE MARSHALL FIRE

A year has passed since the Marshall Fire ravaged Louisville and Superior, and firefighter Kevin Epperson still jumps when the wind blows a little harder.

That day, wind speeds reached 115 mph. He stood in the middle of West Mulberry Street, watching as every house surrounding him was engulfed in flames.

Epperson feels the firefighters at Station 1 are a bit more on guard. "I think we're all a little more diligent," Epperson said.

Although they manage calls the same, the impact of the Marshall Fire has left its mark on stations all over Colorado in one way or another.

"I think each of us that was on that fire is either affected, impacted, or saw it," he said. "You know, we all carry memories from that, but I don't think it changed my day-to-day life."

Epperson's colleague, firefighter Ryan Christ, said that driving around reminds him about how devastating the fire was.

"It makes us even more diligent in making sure that we're keeping tabs on everything," Christ said. "Not that we weren't before, but just as a reminder all the time."

They did everything they possibly could with the resources available, given the unprecedented fire conditions.

"We were very much at the mercy of the weather, specifically the wind," Epperson said. "We do wish we had more ability to impact that, but we just didn't. The wind was too much."

Despite the wind, Epperson believes they did well with the resources available.

"We had everything engaged in every way we could," he said. "We had over 100 other departments that responded either on the first day or two."

Other departments from all over Colorado came to assist in putting out the colossal fire tearing through Superior and Louisville.

"Everyone within 50 miles to 150 miles sent resources," Epperson said. "Which is typical when we see big events, but it's

usually in the mountains where they'll bring in resources from all over. It takes a little while to get there and get organized. We had lots of people here within hours." It was all hands on deck.

"There were tons of organizations involved, including law enforcement and volunteer groups," he said. "Even large animal rescue groups helped out."

Police, fire, and civilian companies all came together to save what they could.

"We worked together as a unit, with other departments, and law enforcement really well," Christ said. "The community really pulled together."

Epperson's son, Joseph Epperson '23, admires his father's efforts, but he worries about what could happen to him in the future.

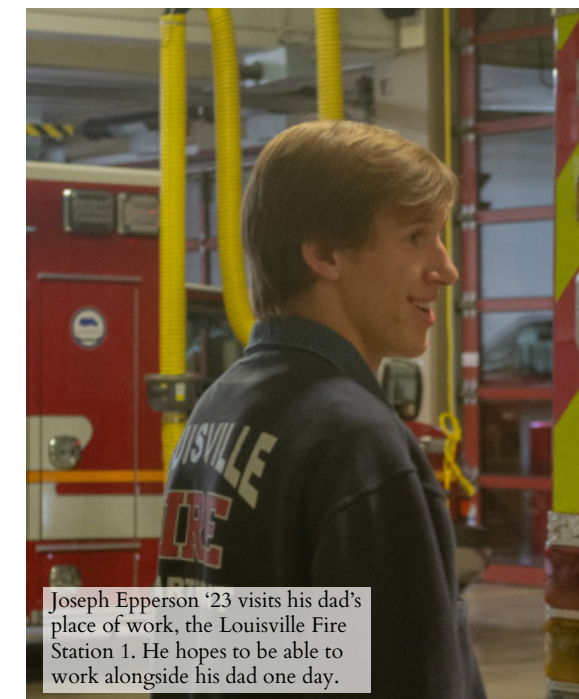
"I'm really proud for sure," Joseph said. "But you never know when that kind of thing might happen again. This was out of the ordinary and terrifying. I'm really proud he was able to help as many people and save as many houses as he did."

The gravity of the situation didn't hit Joseph in the moment, but as soon as he realized the fires were still rampant in Louisville and his father wasn't home yet, fear set in.

Joseph had no idea where his father was. "You just know your dad is there somewhere, but there's no way to know where he might be," Joseph said. "He could be in the middle of it, he could be in a field, he could be in a burning house. He could have been anywhere and there was no way to know."

Joseph has been thinking about following in his father's footsteps by joining the Louisville Fire Department as a volunteer firefighter.

"It was always a thought in my head that I wanted to do it," Joseph said. "But when the Marshall Fire hit, I felt kind of helpless and powerless, like there was nothing I could do to help. That was harder than the actual fire itself."



Joseph Epperson '23 visits his dad's place of work, the Louisville Fire Station 1. He hopes to be able to work alongside his dad one day.



Firefighter Kevin Epperson works at the Louisville Fire Station 1. He was a first responder during the Marshall Fire on Dec. 31, 2021.

you should ●●●●●

Caring

You should stop caring about other people's opinions of you. No, seriously. I've spent most of my life caring about what others think of me, how they perceive me. My worth was based on their opinion of me. But once I learned that I exist outside of other people's perception, that's when I was able to truly live. What others think of you is not worth your time or your tears. Without the crippling weight of worrying about what others think of you, you're free to do so much more. In my life, I was able to express myself through personal expression so much more freely once I understood that some people won't like what I'm wearing, my hair, or my way of speaking, but I learned that's okay. We don't exist for other people's approval, you are your own person and that is okay.

— Cas East

BTS

You should start listening to BTS. Their stage presence is next level stuff. I mean, they can sing all these amazing high notes while performing ankle-breaking choreographies. Their more popular songs like "Butter," and "Dynamite," don't fully represent their musical talent. Those are just basic, westernized songs to appeal to a bigger audience. Ironically, the lyrics get hated on so much because they're too cringy, basic, and poppy as if that's not the same as any other pop song. Most of their songs are actually in the hip-hop and R&B genres, so the argument that they're too pop-ish isn't really valid. The exception for "Butter," and "Dynamite," is that those songs are in a language they're barely familiar with. If you really want to tell me BTS is bad, do it after you listen to some of their many other masterpieces like "Louder than Bombs," or "Pied Piper." Until you listen to those, you have no right to tell me they're not good. I desperately encourage you to listen to BTS. Your life will never be the same.

— Maya VanVleet

College

You should stop worrying about college. It isn't the end all be all of your future career. Although your parents may want to funnel you into college immediately after you graduate high school, this rarely gives you enough time to find out what you actually want to do. Impulsively picking a major will only lead to student debt if you decide to switch later. Even though I'm considering becoming an engineer, I'm planning on taking a gap year. It will allow me to evaluate what I really want to do and what is realistic for me. Life isn't a race nor should it be treated like one. Take time to consider all of your options you may thank yourself in the future.

— Clay Mustoe

Gender

You should stop caring about gender. It shouldn't be a political topic. It takes twenty seconds out of your day to correct someone's pronouns. Gender identity and pronouns aren't anything new. Transgender and gender-queer people have existed since the beginning of time. Ometecuhli, the Aztecs god of chaos and creation, was portrayed without a specific gender. There were concepts of gender fluidity in civilizations predating the Aztecs. Why do you care so much? Contrary to Alex Jones listeners, transgender people are not the downfall of society. The rise of transgender communities means confidence and more thought to your personal identity. We live in an age of free expression, where we can re-examine previous societal constructs. Without questioning ideas that have been put in place for millennia, society would go nowhere. The only possible growth of society is breaking societal norms. If a man wears nail polish and a crop top, it's not the end of the world. You are the "snowflake" for caring so much.

— Mars Smith

Walk

You should walk faster in the hallway. Passing period packs people together. The hallways are always packed with people during the passing period, meaning you can't just stop and stand in the middle of the hall. It's just like driving a car—you can't just stop in the middle of a highway. When you start talking to your friends, you're blocking the hallway. Nobody can get around you, so everyone behind you bumps into each other. Just move to the side! It's really not difficult. It's the same people that just stop and block everyone that walk at about one mile per hour. Come on, people, I have places to be! Pick up the pace! Why are you walking like you're on a leisurely stroll? I don't know why you want to hang out in the hot, crowded hallways, but I certainly don't. The hallways are simply there to get you from point A to point B. They're not there for you to congregate in, so keep it moving, people.

— Zoey Perrine

Oatley

You should add Oatley to your coffee. It's impossible to find anything more perfect than this flawless box of oat milk. The taste is life-changing and impeccable. Since the day I drank Oatley for the first time, it has become my go-to. It's healthy, it comes in recyclable packaging, it won't hurt any cows, and again, it tastes so good! The brand is also way more transparent and sustainable than most. They are also transparent about their energy use and climate footprint. They aim to source 100% renewable energy by 2029, and have successfully reduced 74% of their water use since 2019. They also repurpose their oat residues by turning them into energy, soil improver, and food for animals. Oatley is amazing. It's good for the soul.

— Minh Anh Le

Weightlift

You should try weightlifting. At the age of 13, I quit gymnastics, a sport I had been obsessed with for five years. As soon as I quit, my body begged me to stay active. I began going to the gym. At first, it was doing handstands in the stretching area or only doing exercises I had picked up over the years. It wasn't until gyms re-opened after COVID that my newfound love for weightlifting started. I began to look up to women I would see online lifting hundreds of pounds effortlessly, and I knew I wanted to be like them. A year later, I became stronger than I never knew I could be. I'm now one of the women effortlessly hip thrusting hundreds of pounds. The dedication I have to the activity inspires me to lift up to six times a week. Each night, I confidently enter the weight section of my gym as one of the only women there, unfortunately. My hope is to inspire other women, no matter their age, to try weightlifting and truly discover the power they carry.

— Arianna Bergman



A FLAME apart

By Maya VanVleet

I've been prone to living in fear my whole life. All of my mini-anxiety attacks over time have added up to an unimaginable amount of self-doubt and pity.

I never thought it would get worse than it already was, but one tiny ember sparked a flame that tore my life apart. Literally.

One little fire burned my life to the ground.

Until awhile ago, my house was covered in black soot.

I often think back to the Marshall Fire last December, and how lucky I felt that my house survived. I can only begin to understand what it might've been like for those who lost their homes.

Then this thing happens six months later and I think, "No way, not another fire."

Despite the fact that 1,084 homes were lost, I can barely relate to anyone at all.

I can't explain the exact feeling of hearing a deafening explosion echo through my walls this summer. Then, ten seconds later, how I had to run out of the door and across the street.

I can't explain the horrific sound of my mom's fearful cries as she yelled at 911 on the phone. Or the same dreaded pleas targeted at my dad as he went to remove the car from our driveway.

I remember the exact moment I realized I was watching my house burn. I was watching real flames dance nonchalantly toward my room and burn down every memory it held.

At that same moment, salty streams of water drenched my face as I ran as fast as I could in the opposite direction.

My feet burned on the asphalt because of my lack of shoes, and I couldn't text my friends to tell them what happened because I

only had the t-shirt and shorts I had worn to sleep the night before.

All I could think about was how it was too early and too hot outside for this. I remember my feet hurt, but never said anything because everyone seemed more freaked out than I was.

I hung out at my friend's house and insisted on watching *The Vampire Diaries*. It was a good distraction because I was only focusing on how much I wanted Elena and Damon to get together.

We spent the rest of the day walking to

I've never felt more distant than in the past six months.

Safeway and eating pizza at my neighbor's house. We also watched *Mean Girls* and somewhere in between, I was ready to look at my house.

I honestly didn't know what to expect. I didn't think it was going to look as terrible as it did, but now I feel sort of stupid because it was burnt. Burnt things look really ugly.

Black charcoal covered the whole face of my house, and broken shards of glass littered the front yard. The smell of the lingering smoke filled my nose while chunks of ash tattooed the bottom of my shoes black. The concrete was stained with shades of gray as burnt leaves fell into the driveway.

My room was trashed and full of ash, all the clothes on the floor were soaked. There was

HOUSE BURNS MONTHS AFTER THE MARSHALL FIRE

a weird red stain on my bed. The many BTS posters on my wall were all ripped.

It feels like a distant memory trapped in a barely notable dream. It's not something I deemed to be super real until I drove by my house again a day later.

I was in shock for the rest of the week.

The aftermath has been horrible, too. Every loud sound I hear causes me to jump, even if it's just the initial sizzle of bacon on a pan.

As you can imagine, smoke haunts me. Everything about smoke haunts me. The smell, the weird haziness it creates, and the idea of what it means for something to be smoking.

My worsening anxiety only skyrocketed after this particular incident. I've had more panic attacks in the span of six months than I'd usually have in a whole year.

I'd like to think people would be able to understand how I felt, but it's just so different from the Marshall Fire.

Similar things happened and are relatable, but the difference is, I'm all alone in this situation. I'm not going through the same thing as the rest of the town.

I feel like everyone forgets.

When I tell people about my house, I imagine they think it burned in the Marshall Fire. The only responses I get are blank stares and the occasional, "Sorry, that really sucks."

I can't tell if their responses are genuine, or if they've just sat through that same conversation one too many times and don't want to repeat themselves again.

They never seem to acknowledge the trauma that I went through and survived.

I just wish the attempt was there because right now, I'm still struggling to see their sympathy. I've never felt more distant than in the past six months.

NO means NO

SEXUAL ASSAULT SURVIVOR SPEAKS UP

By Arianna Bergman

Sexual assault robs you of yourself. Not having the courage to use your voice is excruciating. You blame yourself for what happened because, technically, you didn't say no. You're afraid to use your voice because you don't want to seem immature or weird, or because you're afraid you'll be punished by your perpetrator. You're afraid to speak up because you don't think people will support you or believe you.

I believed I'd have the courage to say no.

But I didn't.

Because—in the moment—it's much more difficult.

According to National Sexual Violence Research center, one in five women experience sexual violence in their lifetime, and one in three female victims experience sexual violence for the first time between the ages of 11 and 17. The summer before my junior year, I became part of these statistics, not once, but twice.

Recently, according to CPR.org, Fairview High School students settled a lawsuit against Boulder Valley School District over sexual assault allegations.

"Over the past several years, there have been several students who have pressed charges against Fairview athletes in separate criminal cases. The former lacrosse player at the center of federal lawsuit was sentenced in February to 90 days in jail for sexually assaulting three women," CPR reporter, Jenny Brundin said.

In most cases, women don't speak up due to the fear that they won't be believed. Or they will lose the case, and instead will be rejected by society. When survivors do speak

up, such as the students at Fairview, there is a chance for them to be heard, and for real change to be made.

This past summer, women faced a devastating setback. On June 24, the US Supreme Court overturned *Roe vs. Wade*, the legislation that allowed access to the right to an abortion.

As a survivor of assault myself, I was astonished. And then I went berserk. As a woman who has had her body violated, I couldn't imagine the life women are forced to live without access to abortions.

Overturning *Roe vs. Wade* not only strips women of the right to their own bodies, but it also strips survivors of their freedom.

According to *The Tennessean*, roughly three million women in America experience rape related pregnancies during their lifetime.

We are angry. We want control over our own bodies. We want to be believed. We want to be respected. We want change.

From a young age, we need to teach everyone about sexual assault, all types of cues, verbal and non-verbal, and how to practice consent.

It is equally important for women and girls to find the power in themselves to speak up.

For me, I felt as if I was in the wrong. That because I didn't say no, the boys' actions were validated. It took time to realize that non-verbal cues are just as important as verbal cues.

While saying no is important, so is listening to the quiet voice

in your mind whispering, "I'm not sure about this."

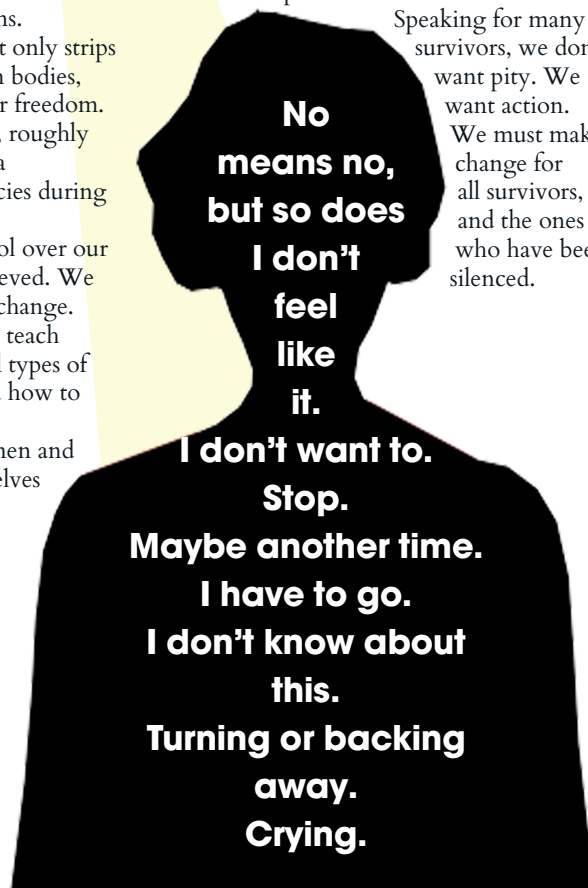
Somewhere along the way, we as women have learned that we must be obedient and soft spoken, and that if we speak up we're "too dramatic."

Instead, we must listen to our intuition that internally screams at us to fight back.

While it is incredibly terrifying to push our ego aside and find the courage to speak up, we must create change. We must raise our voices and speak for those of us who can't.

Speaking for many survivors, we don't want pity. We want action.

We must make change for all survivors, and the ones who have been silenced.





Sustainability Looks Great On Everyone.

fast FASHION

EXCRUCIATING TRUTH BEHIND POPULAR CLOTHING BRANDS

By Minh Anh Le

Waking up to an average brown box on their doorstep seems normal to adults but, for teenagers they light up with the satisfaction of spending their monthly allowance on something they can't wait to arrive.

Waking up to a black pit sky where they exchange tired eyes under the still visible moonlight, women and children who live across the globe face yet another eighteen-hour shift at a run-down factory to earn a wage that barely keeps their family afloat.

Waking up to an all too bright computer screen that stings their eyes, small designers come to realize the idea that they trade sleep just to be robbed by a billion-dollar corporation.

And all of us wake to an ever-increasing temperature that descends our earth into the ocean just further beyond our homes.

A shirt is spun by many strings of life. Some have rougher textures than others. Some are more visible.

Fast fashion, mass production of poor quality clothing, alters the beauty of each garment by turning something most people love into a money-making machine.

According to The Cut, a New York Magazine covering women's lives and interests, workers who make clothes for the company Shein are being paid as low as \$566 per month to make 500 garments a day in a factory filled with toxic chemicals. This is borderline modern slavery.

Of the 100 billion garments produced each year, 92 million tons end up in landfills.

To put things into perspective, this means that the equivalent of a rubbish truck full of clothes ends up in landfill sites every second," as reported by earth.org, a blog promoting environmental sustainability.

Fast fashion brands create a false reality of the time and effort that go into making a piece of clothing by exploiting labor. Simultaneously, they perpetuate overconsumption, as their clothes are designed to be worn once or twice before falling apart or going out of style.

only option they could afford.

My concern is directed toward corporations and how they have constructed a world that is so deeply ingrained in overconsumption.

However, money has power. Each dollar you spend is a vote. So, please, spend it wisely, because one's well-being shouldn't be at the expense of others.

For those who face financial constraints, the best alternative is thrifting to finding new outfits for yourself.

Second, stop overconsumption altogether. Don't let a fifteen-second TikTok video pressure you into changing your entire wardrobe. Find your style and buy staple pieces for your closet.

Until we take action, we are going to live in a world where our happiness furthers the struggles of others.

Sustainability looks great on everyone.

As excruciating as it is, this information is factual. I really don't blame anyone for buying fast fashion because, at times, it might have been the

Each dollar you spend is a vote.

1/2

a million tons of microplastics are produced by garments each year

93%

of fast fashion brands don't pay garment workers a living wage

8%

of carbon emissions are produced by fashion industry

THE LENSES OF privilege

RECOGNIZING RACIAL DISPARITY IN PREDOMINANTLY WHITE COMMUNITY

Privilege is an eyeglass. We wear the lens of the various advantages we possess. As a school, a community, and a staff that is predominantly white, most of our views aren't exceptionally diverse.

Our lenses come in different shapes and sizes, and often the basis lies in the color of our skins. However, in our community, that simple fact is often overlooked.

Without diversity surrounding us, it only becomes easier to forget the privilege that being white brings along with it. We don't see the immediate effects of our entitlement until it becomes too large to contain.

The ignorant comments and microaggressions that most of us have in some way committed seem small and insignificant. It's only when something overtly racist happens, something that we can't help but see and hear, understand that we even bring up the topic at all.

It is then and only then that we reflect for a brief moment and see the vast history of racism that we have only indulged. For a second we are upset, and we look at the behavior around us. Then we move on.

We move on and we forget. We forget that it's not a "one-time-thing." It's everywhere, all the time. We simply push it to the side and forget about it because it's not something that we have to consider our day

to day life.

During the 2020-2021 school year 1,580 students attended Monarch.

19 were Black.

84 were Asian.

167 were Hispanic.

1,210 were White.

Our view of the world is skewed, because the world isn't 77% white.

This lack of diversity makes it more imperative that we are consciously aware of our privilege. We wake up with an advantage for doing absolutely nothing but wearing the skin we were born with.

We will never be able to change the lens we see through. There is no way for us to truly understand the experience of people of color because we don't live it.

By realizing that we live everyday with privilege displayed across our faces, we can make waves of change. Being aware of the lens that we see the world through, and the fact that this is very different for others, we can change the way that we impact our community.

The first step is to simply acknowledge the privilege that we have. Remembering every day that we see and experience the world differently than many of our peers.

As we shift our ideas of the world around us, change will come with it.

We will never be able to change the lens we see through.

WHAT DO THE STUDENTS THINK?

"I believe every school could have white privilege problems, but I wouldn't say Monarch is a school to worry about."

— Millie Barber '26

"I don't think there is substantial amount of white privilege shown at school. But obviously, it is still really present in modern society."

— Bella Groelz '25



MULBERRY STREET
JANUARY, 2022