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Senior Unrest Senior year is categorized by privileges, providing an enjoy-

Senior Unrest

By: Gianna Gagliano

Senior Year: a time every student eagerly anticipates. This is a year categorized by special traditions and privileges, providing an enjoyable culmination of the very memorable high school journey. However, many seniors have recently been displeased with the decisions surrounding the milestones of their senior year.

The first milestone involves dissatisfaction with the selected graduation song. Many seniors are unhappy with the song choice of "Life is a Highway," igniting a movement among the students who are eager to see this change. Although the seniors voted on the song at the beginning of the school year, they seem to have changed their minds and wish

to have a song that encapsulates their high school journey more effectively than the song they previously voted for.

"I do not think students were fully prepared to choose the graduation song earlier in the school year," said senior Maisy Harris. "Recently, it seems that they put more thought into it, but placing a whole new song is difficult because programs have already been made. A potential solution could be playing the new song at a different senior event."

The seniors were hoping to change the song through a petition. This petition aimed to gather support for the change in graduation song. They were hopeful that this support would provide a collective effort to push the reconsideration of the selected graduation song.

"I started my petition for the main reason of trying to change our senior walk-off song for graduation," senior Tyler Fix explained. "I did this to gather support from our senior class to make my idea possible. While I did tally 70% of our senior class's names on the petition, I was told that it was too late to be changed due to other circumstances."

Regardless of the outcome of the song change petition, the ability of the senior class to speak up for what they believe in is undeniable. The seniors have demonstrated their commitment to shaping their senior year into a memorable experience and leaving a legacy that reflects the personality of the grade as a whole. "Although I did not accomplish my goals of changing the graduation song that I set out for, I am very satisfied that I gave it my all to try and create the change," Fix stated. The second milestone involves the longstanding tradition of a senior prank. Recently, it has come under scrutiny due to concerns over safety, property damage, and disruption to the school environment, therefore, it is no longer supported by the school.

"I can see how a senior prank could be disruptive, especially with past pranks creating water damage or property damage," mentioned senior Connor Scarboro. "However, I still think it is a super fun tradition for seniors, but it would be better if we did it in a more considerate way that gives back to the school without causing any damage."

While traditionally viewed as a rite of passage, the senior prank has unfortunately been a source of negativity within our school environment. deepening the divide between teachers and students. This divide stands in stark contrast to the fundamental principles of our school, which prioritize the promotion of positivity and unity.



supporting the senior prank because I do not want to encourage an event

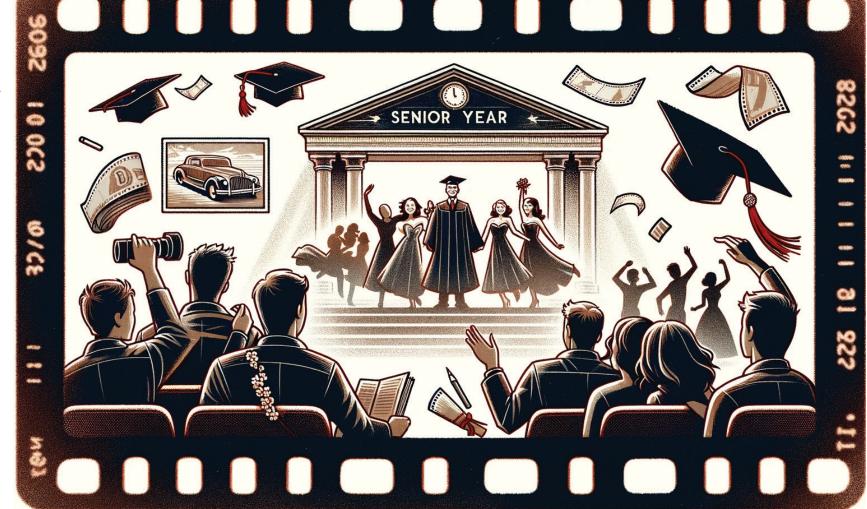
that creates animosity in the school," said Principal Stadler. "I want to enhance a more positive culture. When a student graduates, I want that student to be remembered for all the good things that they did at JA, not the one bad thing they did during the senior prank. For example, when a student walks across the stage, I want them to be remembered positively for winning the state championship, not negatively for hiding a teacher's important family photo."

Although Jefferson Academy must bid farewell to the senior prank, it makes room for a more positive tradition: a senior surprise day. This new senior event will pave the way for healthier forms of student expression in the years to come that give back to the school community.

"I am very disappointed that we cannot do a senior prank this year because it has been an important tradition throughout the years for seniors," stated Scarboro. "But I do think that a senior surprise could be a great replacement that makes everybody happy."

Among all these changes, one tradition remains: senior assassin. Crowns and tiaras paired with magic wands make for a deadly combination when playing this game. This end-of-year event creates an opportunity to make some final memories with classmates that will be cherished for a lifetime.

"I am very happy that the tradition of senior assassin still stands," mentioned Scarboro. "It brings excitement to the end of the school year. It's a great last activity to have with each other before we graduate high school."



Absurdly Busy

By: Mackenzie Estep

High schoolers have expensive lifestyles: from getting lunch with friends to simply paying for gas, all these costs add up. To support these outings, many students get part-time jobs during the school year.

Senior Dustin Reidy is one of those students. "I work in the produce section at Target," he says. "It can be quite boring working there... It is nice though because you can save up money and get nice things that you want."

Fellow senior Kate Rock, who works at a wedding venue, added that "not only does having a job in high school allow you to have disposable income, but it is also a great way to escape the monotony of everyday life." Though there are a lot of benefits to having

a job, it can also negatively impact students' grades because they have less time to complete homework.

"It can be really stressful especially when you have a lot of homework that just so happens to end up on a night where you have to work right



after school," Reidy sighs. "It can also just be exhausting because the last thing I want to do after a long day at school is go right into work for another 4 hours. You have less time to focus on school, friends, relationships, etc. You can fall behind much easier in classes and work can almost start to feel like a bigger priority in your life than school because you become dependent on the money you get to have the same lifestyle."

High school students have a lot of things on their minds to stress about and having a job can add to that stress. There is a slight downside when having a job, but it can also be a good experience for them to gain a bit of independence and responsibility.

"You develop a good work ethic and understand what hard work is worth," Reidy shares. "It's nice to have money to buy things I want as well as save up for college and when I'm out on my own."

Though there are both pros and cons to working during school, many students

would recommend it.

When asked if he would advise upcoming high school students to get a job, Reidy responded, "Yes, absolutely, but only if you can stay on top of your school work. Having that extra cash on you all the time makes life so much more fun because vou can buy the things you want as well as go to the places you want with your friends, which is a really great thing to have in high school."

Rock agreed, but she emphasized how it can depend on the student and their ability to handle responsibility.

"Personally, it is nice to have some spending money and I enjoy working, so for me, it's a good choice. However, I know it is not always the priority for everyone, and that is perfectly fine too. You just have to decide for yourself if getting a job is the right option or not."

Electric Electives

By: Hannah Strumpher

Everyone scrambled to check their inbox as the anticipated email finally arrived and students could start filling up next year's classes. During the months that Ms. LeValley helps students schedule their courses for the next year, she is swamped with meeting after meeting, and she loves it.

"It's about two months of my life, where I will meet with every single 10th, 11th, and 12th grader and I love it," explained Mrs. LeValley. "For a lot of these students, it truly might be my only opportunity to spend 15 minutes with them, and I get to talk with students one-onone, which again, I don't always get to do. It creates an opportunity for a relationship or to kind of get to know each other, so if something else arises through the school year, they can then feel comfortable to come and see me for them. So I love it. It's a lot of energy. It's a lot of happens every once in a while...we have a lot puzzles, but I find it genuinely pretty exciting.' Many brand new courses are being offered for next vear.

"We got a lot of new classes for next year," mentioned Ms. Adams, "but I will say that I'm very excited about them because they're based on student demand and classes that teachers created with the hopes that it would get kids excited for some new things. It's fresh for the students."

Classes are chosen by a survey sent out to the student body, where students can choose from the classes predetermined by teachers.

"The first thing we do is we ask teachers to propose new classes or to approve the classes that are already on the docket and they want to keep teaching," Ms. LeValley explained. "And once we have all of those ideas, then we compile them into the survey and based on the results of the survey, the electives that have the highest demand are the ones that will build sections for... If there are electives where there is little demand, those are electives that won't be offered for the next year, so we really want

While new classes are being offered, some people felt that the options were more limited.

it to be student-driven."

"A lot of the classes I had already taken," sophomore Claire Pillow said. "Like I can't take Freshman Seminar, I'll be a junior next year. I took Teen Choices freshman year, so there's just not very many options. I think that it also just comes with being a small school. As a smaller school, we're going to have fewer class options and fewer teachers to teach those classes so you have to work with them, but at the same time if you're trying to take honors courses or if you're trying to take specific things, you're going to have a hard time getting all the classes you want without sacrificing other things, especially when it's offered in such specific places."

Some struggled to choose between courses that were only offered once a year.

"The College Biology 2 and Calculus, and this of overlap of those," mentioned Ms. Ferb. "I think it would be better for our kids who need these classes for college to have them offered at different times so that kids don't have to make that choice of which class they're going to take, or offer them different semesters."

Ms. LeValley shared that our unique school schedule makes it harder to choose classes. "I think the most challenging thing is we're on a block system, which means students only have four classes in a day," shared Mrs. LeValley. "With that comes limitations. Additionally, each class has a capacity, and not everyone gets exactly what they want always and that's the trickiest thing. Classes will fill up!"

Many people are excited for next year, and can't wait to start their new classes. "I'm excited about and additionally students seem most excited about is the Intro to Sports Medicine class," said Ms. LeValley. "That's a D block class that's taught by trainer, Jake Dyer. I'm just super excited because a lot of students are interested in exploring sports medicine, and to give Jake the opportunity to teach that class is pretty exciting."

Down to the Core

By: Jordan Leschuk

Immersed in the excitement of a Kahoot game, passionately debating historical events in a classroom reenactment, or engrossed in cinematic analysis for an assignment are all things that are included in JA's core classes.

These are the elements that bring students joy during their stressful school week. JA as a community always has the best core classes from a simple math class to our AP classes. There are a lot of amazing teachers and classes to choose from.

Among the content-rich core classes that JA has to offer are the Immersive History classes. These classes provide students with the opportunity to learn from knowledgeable instructors such as Mr. Page.

"My favorite class right now is History with Mr. Page," said freshman Noah Coleman. "The assignments are so fun and I like the people. Mr. Page generally makes it a good time. One of my favorite assignments was the one where we made skits. I feel like you never get to do that a lot."

Freshman Lily Rector continued, "I like how [Mr. Page] does separate things every day, and it's not just the same notes and lecture and then a worksheet."

Another one of the engaging core classes at JA is English. Ms. Larsen and the English department always seem to be interactive and keep



students
on their
toes with
legendary brain
breaks or
sarcastic
humor.
"My favorite core
class is English with
Ms. Larsen," stated
freshman

Anna Waters. "It is always insane and you have no idea what is happening next. I really do like the brain breaks. I think it is good to get a break, which is kind of the definition of Ms. Larsen. You have no idea what is coming next and how it is going to turn out in the end." When you think of Ms. Larsen, you think of her legendary brain breaks she gives such as her yoga.

"I really do like [the yoga]," mentioned Waters. "It is good to get a break, which is one of the reasons that Ms. Larsen is such a fun teacher." The next teacher has been described as "just a goofy guy." Do you know who this is yet? It is Mr. Purcell! Senior Olivia Saenz's favorite core class is Mr. Purcell's English class. She really likes writing papers and Mr. Purcell just makes it more fun.

"He always whips out some random sarcastic humor," commented Saenz.

Math at JA is a whole different experience from middle and elementary school. It is a major switch but at the same time, we have amazing teachers to teach it. Mrs. Thacker is one of our amazing math teachers and is one that makes us look forward to it every day.

"My favorite core class that I am currently taking is Math with Mrs. Thacker," said freshman Maya Nayberg. "I have Algebra 2 and I really, really love her class. She's really approachable and she's really great at answering questions when we have them and she helps us work through and solve our problems."

Lastly, one of the favorite college classes at JA is one of the most difficult classes but the teacher makes the whole class. Valyn Highley, a senior, says her favorite core class is College Biology with Mr. Kirkley. Mr. Kirkley's classes are always a blast and you should take them whenever you can.

"I think it's really cool to learn about the world around us and how life works because that's something that you can really apply and like to think about on a daily basis," stated Highley.

AP: Too Much?

By: Madeline Scoggins

Advanced Placement classes are meant to give high school students an introduction to collegelevel work before graduating. These classes give students more information about a specific subject such as English, History, Art, Math, and more.

"[AP classes] challenge my thinking and force me to push myself academically," says junior Natasha Paul. "This helps me advance my critical thinking and information processing."

AP classes push students to the next level to prepare for more advanced learning in college. It helps students process more information than a standard high school class offers. "They help prepare you for the next level of your education," states junior Hana Greenzweig. "I think they allow you to expand your knowledge on topics you otherwise wouldn't know. I would say that sometimes they can be worth it, but it depends on what you want to take."

A lot of students take Advanced Placement classes to feel prepared for college. They teach you more

in-depth subjects you might not have learned about in a normal class. Staying on task is an important part of any class, but in AP classes it's crucial.

"I'm successful in AP classes by studying, reading, taking diligent notes, and not procrastinating," says junior Madeline Lowe. "They're super stressful though, and your whole grade is based on one test. An AP test is not much different from a standardized test." While standard classes have finals, a lot of the time they don't make or break your grade.

On the other hand, AP tests are considered to be very similar to standardized tests. There are different opinions on whether or not AP classes are worth it.

"I would say that AP classes can be worth it depending on what you're taking and what it could help you do later in life," says junior Samantha Trujillo.

Each student is choosing their path after high school, and not every AP class is beneficial to their future career. AP classes are meant to prepare you for college, yet in some cases, they aren't worth the time.

"After taking one AP [class] I've realized I don't think AP or standardized tests

are beneficial for my future," Lowe comments. "These expectations hat students need to get a perfect score on

that students need to get a perfect score on these difficult tests are not justified, and we shouldn't have to stress over these tests."

JAGWIRE

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Secret Admirers

By: Benjamin Schumm

If you use Instagram, it's almost certain that you've seen some of the student-run Jefferson Academy pages. From bad parking to bad posture, there have been Jefferson Academy pages for almost everything. One of the most popular pages lately has been the JA Secret Admirers page, where students can anonymously submit their crushes to be

their crushes to be posted on the account. "I have seen the account. It's pretty funny, but I feel like it's something that should be left in middle school," says sophomore Troy Brown. He knows the account well - he's been posted, both jokingly and genuinely, more than a few times on the account. Brown mentioned that he doesn't mind the account, and even though it can be a bit embarrassing, he knows that it's all in good fun. "It's kind of funny that I've been on the page

and my friends have

really mind," Brown

stated.

given me a bit of a hard

time about it. but I don't

"I don't think admin needs to get involved or anything," explained Brown. "It should just be left by itself." Brown isn't worried about the account; he stated that he thought it was funny, and hoped that the page would continue to grow.

"I just want to find the mastermind behind the account," Brown stated.

Like many others, he's curious about who runs the account. There are all kinds of theories going around, ranging from what grade the account's owner is to the exact person behind it.

The owner, who want to stay anonymous, took the opportunity to chime in about the account. They provided some insight on everything from why they opened the account to their criteria for posts on the account.

> "The inspiration for this page was one of my friends, who said she had a crush and wished that our school had a secret admirer page like some other schools," they said. The owner tried to explain why the page was created, shedding some light on the reasoning behind its existence. Many other people at JA wanted a secret admirer's page, as the account has reached over 200 followers.

> "We've decided to include every submission, as long as it meets our guidelines for the page and isn't mean," they stated. "Unfortunately, people are mean sometimes, but that's kind of just the nature of a page like ours."

The owner of the page also shared a bit about the unfortunate nature of the page; sometimes, people just want to be

mean and an anonymous Instagram page is the best outlet.

While nobody knows who they are, we at least have some more information on the Jefferson Academy Secret Admirer's page. Luckily for everybody involved, it seems like the page is all in good fun.



Untamed Lands

By: Kris Kientz

Voices ring across the auditorium and lines are highlighted as the high school Drama Club prepares for the unique performance of a lifetime.

Drama Club has been preparing to perform The Trail to Oregon, a comedic musical that depicts a family traveling along the Oregon Trail in the 19th century.

"It's like an improv comedy musical," senior and director AJ Jett said. "I've always loved Team StarKid, which is the company that produces it. It's just a fun, PG-13 comedy." For the first time in JA theater's history, a play involves interacting with the audience! As sophomore Hannah Strümpher explains, the ending of the production depends completely on audience participation and decisions.

"[Trail to Oregon] is an interactive play, which I really enjoy," Strümpher commented. "The family members get their names from the audience, and the audience chooses which family member will die. I find that inclusive because then you're not just sitting there and doing nothing, and you're invested in the musical even more."

While underclassmen like Strümpher are appearing as actors, seniors Jett and Sophie Kent are directing the musical.

"I'm a big part of directing the play and choreographing the dances along with the music," Jett explained. "I'm really excited because it's the first show I've ever directed, so it's like a whole new perspective in theater for me. I'm excited to see how that pays off and how everything turns out!"

Despite the long-standing tradition of a high school springtime show directed by seniors, this year's production includes a few middle schoolers as well. While this has created some controversy, nearly all of the cast members remain supportive and welcoming of their younger peers.

"Trail to Oregon is a very PG-13 show," Jett restated, "so there's some concern with middle schoolers being in the show because of the



content. It was originally supposed to be high school only, but there weren't enough people so we opened it up. They're doing a great job!" As the performance dates of April 18th and 19th draw near, rehearsals are picking up; however, the stress of a deadline has not affected the cast's camaraderie.

affected the cast's camaraderie.

"We're all friends in this club," Strümpher revealed. "We all know each other, so there aren't any reservations between us and we all get along. If we weren't doing anything for a rehearsal, we'd still be having fun. I'm really enjoying it, and I know that everyone else looks forward to coming to Drama Club after school. It's an awesome experience."

Queen of the Slope

By: Sabrina Madruga

Racing through the snow can now be done in innovative style, all thanks to Maya Ross and her big win at this year's annual snowboard competition at Warren Tech.

Ross' title of "Social Media Favorite" at the competition came through the dedication to

work hard towards her goals and come up with a design for a snowboard, along with the positive attitude of each of the designers at the twoyear Warren Tech Graphic Design program.

"Everyone is really excited," stated Ross. "Who wouldn't want a snowboard with their designs on it?"

While the benefits go on, the process leading up to the final design can be a rollercoaster with many exciting ups and downs. "I really wanted to play

around with a new medium," declared Ross. "I hadn't seen any done on concrete before, and I didn't want to do the same thing two years in a row. I really wanted to think outside of the box"

Creativity came into play in this case while determining how to go about completing the project.

"I did the mural in two stages; one part was in the summer, and the other part was just trying to find the ideation and inspiration," specified Ross. "I had to email the chairman and get a ton of people's opinions, and that was very time-consuming. I wanted it to be polished and rideable going from a medium that is otherwise really raw and rough."

With that being said, sometimes the key to success can lie within building up weaknesses and turning them into strengths that can be used to excel.

"I typically struggle with photography," admits Ross. "I took a lot of time to work with the studio lighting; I went into Photoshop and I color corrected. I think it made the board a step above what it would have been if I hadn't done that."

Accompanying any big challenge, there are improvements that can be made to reach the

best possible outcome. Ross was able to overcome those obstacles in order to execute her exciting final design. "I probably would have started a little bit earlier so I could take my time," said Ross. "There were a few messy processes I had to get through. I worked with alcohol markers on concrete with finger paint, and it was definitely a lot of layering and experimentation because I didn't know how it would look or how it would dry. Overall, though, it went pretty well."

Working outside of your comfort zone and experiencing new things while having fun doing it can excite many people and encourage them to look to their bright future.

"I take a lot of pride in my artwork and this is an industry I want to go into when I'm older," stated Ross. "That sort of community is something I would love to be a part of, and being able to have that on my resume and have those connections is really important to me." The road to achieving those dreams comes through reaching for the motivation to complete any task with continuous hard work, along with a positive insight from someone who is important to the journey.

"My dad was the biggest inspiration behind this board for athletic prowess," Ross mentioned. "He is the person I look up to as an athlete the most. This board was inspired by skill and quiet confidence, and that's what describes my dad. He also gets the board this year."



Take to the Skies

By: Abigail Stephens

A fellow student takes to the sky! Junior Elijah Huang flew in his first solo flight on December 29th, 2023, a major milestone in earning his private pilot's license.

"When I was six years old, I had a family friend that worked for FedEx who gave me a toy FedEx airplane," recalls Huang. "I thought it was cool, so I started going to airshows and talking to pilots."

His dream of becoming a pilot started with a small toy airplane, but the end goal involves a much larger vessel.

"I started ground school, which is the classroom portion of flying, in eighth grade," Huang recounts. "It has been lots of studying and lots of tests. It's a very structured type of course. Then there's the flying portion, which I'm currently in."

Huang recounts the countless hours of work and studying he's had to do to get this far, and that hard work is paying off.

"Right now, I'm working towards my private pilot's license," he shares, "which will let me fly single-engine planes in good weather without hire. So one of the big milestones in getting the license is your first solo flight; a supervised flight at an airport you're familiar with, but you're the only one in the plane."

Every step along the way has been difficult for the young pilot.

"There were financial challenges; it's not cheap at all, so I've had to apply for scholarships and save up money," Huang reveals. "Motivation was also an issue, especially with all the tests and studying."

Despite the challenges, this young aviator is just getting started.

"This first license is the most basic one," clarifies Huang. "I need to get a whole bunch of other 'ratings' before I can fly commercial planes. So, the next one is the 'instrument rating,' which allows you to fly in bad weather, and the 'commercial rating,' which allows you to fly planes and make money for it."

Huang's accomplishment at such a young age is inspiring. It's not every day that a junior in high school gets to fly a plane when they should've just gotten their license for a car. Dream big, work hard, and the results will follow.

Sliding Start

By: Cass Carpenter

Swing, batter batter, swing! The high school Junior Varsity and Varsity Baseball teams are in full gear and off to a hot start this season. Junior Varsity is coming in strong with an outstanding record, and Varsity is right behind them due to facing harder teams in the early parts of the season.

"This year, the team is much more dynamic," sophomore Bentley Nielsen shares. "For one, we all have become a lot more confident in

our play and can perform much better. Last year didn't always feel like a complete team. We struck out a ton and could never eke out a win, and everybody seemed to focus on themselves rather than the team. This year, I feel like everyone on the team is much more supportive of one another. When you're winning, it helps lift everyone else up to become a team player."

Having that great team dynamic can do wonders mentally as well as physically for teams. Junior Riley Prevost has some things to add about team dynamics and how that looks for the Varsity Baseball Team.

"There is definitely more of a collective team effort this year because we realized if we want to win and make it far in State, we have to win as a team and lose as a team," Prevost remarks. "This differs from the last couple of

years because it was a bunch of individuals and now we are a strong, well-bonded team that is going to make it very far this year."

Although Prevost and Nielsen have a few more years left to play for the team, seniors Dustin Reidy and Lance Anderson aren't so fortunate. Anderson and Reidy have similar views on team effort and what needs to be done to win.

"The team has come together after tough losses and discussed what we need to do in order to win and what we need to change about our mindset and our actual play on the field, but we also pick each other up and support one another," Reidy comments.

The team is attempting to foster camaraderie amongst its players, much like how a messy family would act.

"Our coach has said to be more like brothers to



each other," Anderson reveals. "When you are close with each other like we are, it makes a huge difference on the field because we know we're all in it together and if one person messes up, it's not just that person's fault. We all love each other, and having each other goes a long way."

Rushing for Gold

By: Lucia Mott

Clods of grass fly through the air as the Girls' Golf Team swings into their current season. While golf can be a demanding sport, it isn't enough for some players. Some girls on the team have other sports that they are passionate about to fill their time. Three girls in particular, Sarah Otterstetter (freshman), Sydney Murphy (sophomore), and Paige Danforth (freshman) all have different points of view on managing their time while being dual-sport athletes.

"I don't find it hard personally because baton isn't as demanding as other sports and I only have one practice a week which doesn't conflict with golf," states Otterstetter.

While Otterstetter doesn't find it hard to manage her time with golf and baton, Murphy is



always working hard in the two sports she plays during this busy season. "I enjoy golf too much to quit," Murphy says, "but I get stressed with soccer

and golf. However, I can do it and be my best in both

areas."

Like Murphy, Danforth plays both soccer and golf. She has been less stressed out, though, and is enjoying both sports thoroughly. "I have enjoyed the challenge of playing both golf and soccer," Danforth explains. "I have been putting in a lot of work to make sure that

I am present in both sports and continue to

grow in my golf and soccer skills. My coaches have been very supportive and I feel lucky that I can play both sports that I love."

The golf season so far is going well. There have been many good tournaments where the teammates are cheering their team on and being very encouraging.

"I think the season's going well so far," Otterstetter reflects. "We've all definitely made some improvements in our playing."

Danforth, being a freshman, is new to the team. She likes to think about the social aspect when it comes to the season overall.

"I have become great friends with all of my teammates and Coach Severance makes practice fun!" exclaims Danforth.

Otterstetter agrees with the support and the bond she shares with her teammates.

"The best accomplishment I would say has been teamwork, whether it's cheering someone on or trying to get everyone in a positive headspace," Otterstetter states.

Freja Hampton is a senior on the Girls' Golf Team. This will be her last year playing with the teammates she has formed strong bonds with over the past four years.

"It's definitely sad," Hampton laments, "but I'm excited to finish out the season with the team and hopefully finish strong."

The Girls' Golf Team has made many big accomplishments. Danforth has noticed exceptional performances in both herself and the team.

"The best accomplishment so far has been placing in the top 10 in the majority of the tournaments," Danforth reveals. "Also, it was cool getting mentioned in the Broomfield Enterprise newspaper. As a team, our greatest accomplishments would be developing and working well together to get better."

Hampton is proud of her and her teammates' achievements, too.

"My biggest accomplishment is probably making it to State each year. I hope to make it again this year and play with some of my teammates as well."



Racing for Place

By: Rylan Mills

With the weather improving, it is time to get outside and enjoy the springtime! Many students have taken the initiative to get outside and have joined the High School Track and Field team. Track and Field have started up their season with a bang, and both meet and school records have already been shattered! "I feel like the track and field culture is super supportive and everyone has a drive to improve," stated senior Emilee Harding. "I don't feel like it really matters if you're good or bad, everyone supports everyone." Harding has been running track for four years now and isn't the only senior running their fourth year. The Track and Field team consists of many students from freshmen to seniors. The Track and Field team allows for a significant number of students to join the team due to the different disciplines that are involved in track and field. Students are allowed to choose sprints, hurdles, distances, jumps, or throws, allowing for diversity between students and coaches.

"Training for all [events] is very different, however, for all of those events, strength is

really important, so I focus a lot on improving that," said senior Levi Hinson. "Hurdles and high jump have a ton of technique with them." The Track and Field team spends every weekday attempting to perfect their technique for their discipline, and almost every Friday or Saturday, these techniques are put to the test in track and field meets, and in these competitions, JA Track and Field refuses to go unknown. After only three track meets, a school record has been broken as well as a few meet records. In the first meet of the season, senior Mark Leoni shattered the boys' 400-meter dash time with an impressive 50.81-second performance. A few weeks later, the girls' 4 x 100-meter relay team (Monica Slusser, Emilee Harding, Jessica Schaffer, and Sierra Buzick) would crush the Arvada City Championships' meet record with a 50.97-second event!

The Track and Field team has already hit the ground running (literally) and in the next few months, the Track and Field State Championships will start, hopefully with a variety of JA athletes.

Ground Ball Battle

By: Hayley Smith

Spring sports are in action with the Boys' Lacrosse Team hitting the field.

"The season has gone better than we expected," explains Rocco Purnell, a senior on the team who has been playing lacrosse for 12 years.

His teammate Harrison Gillings, a senior who has been playing lacrosse since his freshman year, agreed the season is going well, adding that the "team has improved exponentially since last year because of the incoming freshman. The bigger size of the team allows for more drills, and, most importantly, more people to have on the bench during games." Another player, Kaleb King, a junior who has been playing for 8 years, stated, "It's been pretty good. We've played a cou-

ple of decent teams. There are a lot of learning opportunities for us. We are just having our ups and downs right now and if we steady that out we'll have a good season."

Team chemistry is always important to a team's success. "I think we have pretty good team chemistry," stated Purnell. "Everyone on the team spends time together outside of practice, which helps a ton."

King elaborated, explaining, "We didn't graduate any seniors last year so we have been playing with the same people throughout high school which is nice. It does help; we know where everyone is on the field, where to pass to, what hand they are to shoot."

Additionally, Gillings stated, "The team chemistry is good because of the team dinners with the coaches and players." He also added, "The new captains are making team communication better as well."

Despite how good a team's chemistry is, there are many challenges to overcome in a season.

When commenting about the team's challenges, King explained, "I would say our confidence is a challenge. People get down after a goal and we have to overcome that. We kind of struggle with passing right now." He stated that his size

> is a challenge. "You know, how big I am, there are kids on other teams that are 6'4, and lacrosse is a real physical sport."

> Gillings explained, "The biggest challenges for me were the injuries the team had to play through [in the previous season]. Because we had such a small team, we had a small bench or not one at all. In lacrosse, having a bench is crucial and players could not come off the field when they were tired or injured, so we had to play through that."

Finding motivation

throughout a long season can be challenging. Purnell explains that one of the biggest challenges for the team is the lack of effort and motivation, specifically with the off-season. "Players don't like to play in the off-season, which is where most improvement comes from." Purnell finds motivation through having fun. "I've always prioritized having fun in the sport, which has kept me going. I'm close with most of my teammates, so it always keeps practices fun." Some players have fond memories or specific things that have happened to make them fall in love with the sport. Purnell explained that he has loved the sport since his first game. "I love how the sport is played and how you can be endlessly creative." King stated, "I was playing for a small club down in Littleton, and we were having a good season. The entire team appointed me as a captain and I felt like I could lead; I felt like I could do something with the sport."

