Our Thompson Valley Eagles Cheerleading Team made the decision to go co-ed this season adding male cheerleader David Perez. This decision helped the Eagles earn the 4A State Championship this season.

The honor was redemption for the team who finished in second place the last three years. The team was determined to earn a different outcome this year and finished in first place in every competition this season.

After the win, Head Coach Shari Robinson said, “I had so much faith in this team, and they worked extremely hard. I am extremely proud of this team’s hard work and dedication.”

With 10 seniors on the team, and four of them being a part of the team for all three second place finishes, this last run for a state title was bigger than just a trophy to each and every one of them.

Senior cheerleader Becca Sviar had specific ideas about her final trip to state with her team. She stated, “My main goal was to enjoy my team and last moments at state, and luckily, we walked away with a win!”

When asked if she accomplished her goal at state, she stated, “Absolutely! Our dreams came true and there’s no other team I’d rather share that moment with.”

Starting a new sport in high school is not easy in the slightest, especially when you join a team that already has a chemistry and a solid foundation. But senior David Perez did just that and ended this season as the only male on the team.

Perez experienced a lot of pressure, but he wasn’t going to faze him. He stated, “I had a whole lot of pressure going into state because, since I was the only boy, if I messed up I could blow it for the whole team. I get very very nervous during competitions because I feel all the pressure.”

You would expect there to be somewhat of a learning curve coming into a new sport where most of the other athletes have been competing since they were practically toddlers. Perez stated, “I think the biggest obstacle I had was having to learn the technique faster from scratch and master them before competing at the varsity level.”

Our Eagles will be competing at the national cheer competition in Orlando, Florida this February. The team has worked hard to accomplish everything they have done thus far and are on the road to doing something special.

The 2019 co-ed cheerleading team was crowned State Champions in the 4A co-ed division at the State Competition at the Denver Coliseum on Saturday, December 7. The team is undefeated in competitions this season.
Brooke Wagner- Staff Writer

Thompson Valley had a successful 2019. There are some events that have made this year better than the previous years. We have had improvements in all aspects of our school, including sports, education, faculty, security, and more. There were so many good moments to choose from, but we narrowed it down to the top 10 best moments of 2019 for Thompson Valley.

#1 Winning our homecoming football game and our first home game in five years. The football team really stepped up this year and had a great overall season. Junior Jasen Shaffer says, “There were a lot of improvements this year. The team dynamic was better overall and the hard work we put in made a difference.”

#2 The new security updates for the school. There are new regulations to keep students safe such as security officers wearing uniforms to be identified and officers completing new emergency training. This helps keep the students and staff safe so everyone can be in a comfortable learning environment.

#3 An established theatre program that provides entertainment for our school. The program has been very good at creating innovative and fun ideas to draw a crowd. Each play is done very well and the actors and actresses are very talented.

#4 The safer environment at the school dances. Our student council members and leaders did a good job at providing a good example at the Homecoming dance. People had a good time at the dance and everyone remained safe.

#5 The cheer team’s success throughout the year. Last season they placed second which is very impressive. This year they have improved a lot and are undefeated so far. They recently won the State title.

#6 The tennis team successfully made it to state this year. They had a good season and qualified for state which is not an easy thing to do. It is very impressive and leads to a good image for our school and students.

#7 The new principal Ms. Cruickshank. She was previously our vice principal and in May she became our head principal. She is doing an amazing job with the changes at our school and making it a safe and fun environment. Last year before finals week she organized a dance party during advisory to relieve students’ stress. This is an example of the effort she puts in to make our school enjoyable.

#8 Dylan Schubert winning State Track in the 2 mile. Dylan is a very talented athlete and one of the best runners in Thompson Valley history. He represented our track team and school very well. Winning this was a big accomplishment and the staff and students were very proud of him.

#9 Mike Burkett becoming the new boys basketball coach. He previously coached at Berthoud High School and is now taking over the position of head coach here. We are excited to see the improvements of the team this year and how well they play.

#10 Lifting the freshman lunch policy. The class of 2023 is very lucky to not have the lunch policy anymore. This makes the schedules easier because there are not two different lunches anymore. It is now better for teachers and students during the school year.
We Want Mental Health Days

**Jenny Andrueski - Staff Writer**

If you take AP classes or even if you don’t, school can be extremely stressful and overload your brain and leave you thinking how in the world you will get all of your work done. The topic of students being allowed to take mental health days to stay home and catch up on work or just relax has been a recently discussed topic.

“I believe so, I mean I take mental health days once a year. I feel like we could just have like two or three of them every year. I think that would really help because I truly believe that you can perform better the next day if you are in a better mental state than going to school when you’re not feeling good”, said senior Zoe McMaine. Parents allow their children to stay home every so often whether it’s because they’re not feeling well or they just need a break and most parents will gladly make a call to the attendance office to call their child in.

“I think it would be a good idea because a lot of students get stressed out with school and other situations that may be occurring in their life and I feel like they may need a day to relax and not worry about all the homework they may have missed,” said sophomore Emily Owens. I personally think that it is necessary to stay home every once in a while, and it does truly help one’s mental health and help clear their mind a little. Senior Valeria Torres said, “Well, yeah, I think not just students but also teachers should. Like everyone needs a mental day to just relax and just breathe because school is very stressful.” I also think that teachers need mental health days as well as they are the people constantly planning and grading papers and it’s a bit of an overload for them. They deserve a day to just relax and spend time with their family members. This is definitely an important topic considering mental health in this day and age and should be carefully thought about for the sake of students and teachers as well.

Lockdown Leaves Students Rattled

**Hannah Algeo-Staff Writer**

On November 4, 2019 in the early afternoon, Thompson Valley High School was put under lockdown for an alleged second-hand reported weapon on campus. This drill not only caused mass confusion but also multiple rumors spread around the subject as well. A majority of the upperclassmen who often leave for lunch were already gone by the time the lockdown started, leaving mostly freshmen and sophomores in the building from 12:15 p.m. to 1:30 p.m.

Police officers and school district staff members thoroughly swept the school and lifted the lock down after an hour and fifteen minutes due to “no credible threat.”

An email sent out to parents in the early stages of the lockdown included no precise detail on the lockdown, not speaking upon an alleged gun or how the information was collected in the first place. An email, sent out about an hour later after the lockdown was lifted, stated that once again, there was no credible threat and that the experience was “likely a stressful and scary experience for many of our students and personnel.” However, students were still expected to come back to school following the ending of the lockdown.

Brooke Wagner, sophomore at Thompson Valley, was inside the building during the lockdown and when asked whether or not she feared for her own or others’ safety during it and replied, “Not really, we never really got any extra information on what was going on other than it was outside, but I felt safe in the classroom I was in.”

Parents were concerned about rumors that spread quickly over Facebook and through text messages of students in the building.

Rumors included the possibility of shots being fired within the building, and many outsiders who were not allowed back in the school showed concern to this allegation.

Danna Nash, a senior who was not in the building during the lockdown, stated, “I was worried about my sister, and parents around Facebook kept saying shots were fired and I didn’t know what to do.”

It was announced, however, that there was absolutely no harm to any students or staff and no shots were fired.

TVHS Gets New Intercoms

Students were welcomed back from Thanksgiving break with noisy intercoms that no one is a fan of.

**Jordan Tyler-Staff Writer**

The Monday after Thanksgiving break is always hard for everyone, trying to adjust to waking up early to even get up. It was something that took a little longer to adjust to that students didn’t see coming.

In each classroom new intercoms lined the walls. The new intercoms came complete with flashing blue and red lights, blaring bells, and notifications of when class is ending and when class is starting. Some of the students as well as staff have been less than thrilled with this change.

Senior Abbey Mikesh states, “They’re alarming, and I don’t see the point of the lights. It feels like a prison.”

**Macy Lasher-Editor in Chief**

Have you ever heard of living a minimalist lifestyle? Minimalism is all about living with less. Many people are reverting to this lifestyle, wanting to have less, spend less, and need less. Minimalism can range from cutting down the amount in your closet, to less financial burdens, to even cutting toxic people out of your life. It’s all about living a life of experiences and learning how to use your time wisely.

Marie Kondo, a Japanese organizing consultant is an advocate for getting rid of unnecessary items around the house that no longer make you happy. She is the creator of the KonMari method, a system of simplifying and organizing your home by getting rid of physical items.

So what are the benefits of being a so-called minimalist? Joshua Becker, a popular minimalist blogger said, “Minimalism has many amazingly-practical benefits…” arguing that “desiring less is even more valuable than owning less.” He says that clearing out your schedule provides greater opportunity to pursue your true passions. Becker explained that over the years of being a minimalist, he was able to remove himself from the desire for more.

You will also have extra money. Of course buying less and trying to minimize impulse purchases will result in extra change in your pocket. This is obviously a benefit because money can be spent on other things that may be more worth it in the long run. Fewer things in the home also makes for an easier cleaning routine. Less knick knacks, less to dust. With a more manageable routine, you may be more consistent cleaning which makes for a happy environment.

Sarah Therese, a YouTuber and minimalism made a video about 25 things she no longer buys as a minimalist. Within the video she talks about many everyday items that she either found better alternatives for or cut out altogether. She explained that although she likes having items, everything in her life must serve a great purpose.

“Now being a little bit more educated about my buying choices, I realized I don’t need a lot of this stuff,” she said. Minimalism is a way to put a stop to some of the gluttony around us. The idea of adopting this lifestyle is to cut out the things you don’t need so you can better focus on the things that are more important. Having a place for everything you own cannot only be very efficient, but also reassuring knowing you are organized.
Spreading **HOLIDAY CHEER** Before Finals

All Was Merry and Bright, and There Were Even Some Reindeer Games

The marching band leads kids out of class and into the holiday assembly.

The upper classman work quickly to wrap senior Dylan Shubert like a present.

Science teacher Sam Miller and sophomore Avry Kennison pose in their matching sweaters.

Reindeer games! Students partake in assembly fun—trying to throw rings around the their other classmates' antlers.

Santa's helper joins in the dance party.

The Grinch appears out of nowhere to challenge Santa to a dance battle.
Choir teacher Bryan Kettlewell (aka Santa Claus) knows that the best way to spread holiday cheer is to sing loud for all to hear!

A dance party is quick to break out after the dance battle.

Santa bids farewell to the students as they headed back to class; full of holiday cheer.

The state champion cheerleaders hype up the crowd by performing stunts.

The crowd sings along to Christmas songs.

Photos provided by Austin Kolm
The Golden Eagle Marching Band Represents at State

Alyssa Shawver - Staff Writer

On Monday November 4, our TVHS Golden Eagle Marching Band got to show their talent at the state competition and placed seventh overall. Members Celine Hernandez, Anneliese Metzger, and Alexis Escandon all agree that the marching band put their all into state and delivered one of their best performances.

With this being freshman Celine Hernandez’s first time in the marching band, she was super happy that they got to go and participate in the 2019 state competition.

“That was probably one of the best performances that we’ve done, and we did really well with the choreography added just in the past two weeks, so I feel like we did really well,” she stated. Even though our TVHS marching band had some really tough competition, they still gave state their best shot.

Senior Anneliese Metzger is the drum major for the marching band.

“I think we did well. I’m proud of how we did and even though we didn’t go as far as we hoped - we didn’t get to go to the finals - but the experience just going to state and everything, it’s still a good one and a good way to end our senior year,” she stated.

Senior Alexis Escandon stated, “I think we performed really well at state. We had a lot of confidence going in, and we practiced the Sunday before performing on Monday. And I don’t know, I just think we went in with a lot of confidence, and Mr. Poston told us just to have fun. And that’s when we performed our best, when we’re loose and when we’re having fun.”

As well as Metzger, this is Escandon’s last year being a part of the TVHS marching band.

“I’m going to miss so many things. For me, personally, I like how diverse the band is. You’ll get people that have played basketball their whole life, people that have been in debate and whatever and people that have never been in a school club or function before, and then we all come together and we all have so many different personalities and interests, and that’s my favorite part about it,” Escandon stated.

Every year our marching band goes out and spends hours on end working on making sure that they display the best performance and they got to show just how great they are at state.

Former Theatre Teacher Jill Tjardes’ Impact as the New Social Emotional Specialist

Brooke Wagner - Staff Writer

Jill Tjardes is a very talented teacher at Thompson Valley, and we are very lucky to have her on our staff. She currently teaches speech and theatre. Recently, however, Tjardes was offered the position of Social Emotional Specialist.

Tjardes explains, “My new position is a social emotional specialist, and it’s a new position this year districtwide. So far there’s not a lot of consistency across the district. Altogether we’re figuring out what’s going to be the most helpful and what’s going to be best for our students. We are currently interviewing people for my teaching position and then I will take the full role of social emotional specialist next semester.”

The social emotional specialist role involves many things that will benefit our students. Tjardes adds, “I can tell you that one of the things we know for sure is that we are going to develop a class. Right now we’re calling it ‘Eagle 101.’ Ideally it’ll start next fall and it will be a class that every freshman takes. It will be helpful for them to transition into high school and there will be some academic skills that involve a social emotional part. We’re going to talk about things like work ethic and perseverance. We’re really gonna focus on emotional management. So asking questions like how do you exist here? And how do you live amongst all the emotional stuff? How do you deal with all of the drama that exists around you and how do you build yourself a little force field so it doesn’t come in and get you? We have a lot of students coming in that already have a lot of damage and baggage. We will learn how to support each other and how to make this a place where people can be their best. Also how can we protect ourselves and hold ourselves accountable? So we don’t let our emotions get the best of us and we can be rational human beings.”

With starting in a position that is new to the district and our school, there are still many details that need to be managed before Tjardes begins.

“I can’t really tell you anything else specifically, I can tell you that I have about 45 ideas of things that I want to do. But I need to be in that position and reach out to faculty, students, and admin and see what’s feasible. But the whole point of the SEI specialist is the same goal that everybody has in the district, which is to do the best for our kids. So they can focus on what they need to do to succeed.”

Tjardes will be leaving her old post as a theatre and speech teacher. Her students are very sad to see her go but are happy for her with her new position. Freshman Kainoa Niko says, “My tears run like waterfalls because I’m going to miss her so much, but good for her.”

Freshman Mackenzie Malone says, “I’m happy for her because it’s a good opportunity but I’m also kind of sad because we won’t get to see her as much.”

There will be more information on Tjardes’ new position later this year, and we are excited to see the new changes that she brings to the school.
TVHS’ Students Favorite YouTubers to Follow

Jenny Andrekis - Staff Writer

In this day and age, YouTube has been a huge platform for mainly teens to explore different types of content in their free time or maybe even research for school. In the past couple of years, there has been a boom in popularity in certain creators and even teens starting YouTube themselves. This has helped some teens gain fame from the public eye and even become icons in society today.

“I wouldn’t say I have a favorite Youtuber, but I feel like some do have impact a little bit,” said freshman Celine Hernandez.

Like Hernandez, a lot of people don’t have a favorite creator but there’s usually a certain type of content they watch. Since teens spend a lot of time on YouTube, it isn’t very surprising that they develop a liking two a few of them as they watch them go through their everyday lives as “normal” people. “Probably the Dolan Twins because they’re like so young and I’ve been watching them since like sixth grade and they’re pretty influential. I think it’s a healthy thing and they idolize them because they’re just kinda like regular people and they’re just doing something they enjoy and other people might want to do that too,” said sophomore Tehgan Rice.

There are many creators who have massive followings on the platform. Freshman Lila Harris’ favorite creator is Pewdiepie who is the most subscribers out of any individual creator with a following of over 102 million subscribers.

When asked why teens want to become YouTubers, Harris responded, “I think it’s because they look up to it and it’s like easy, they make good money. It’s just fun.”

Many adults and even fellow teenagers don’t think being a social media influencer is a suitable career, but they are taking over the world and pop culture and things tend to change over the course of many years.

There are a lot more ways to get a job and get paid nowadays while doing something you love and still having fun while you do it.

What It’s Like to Be a Substitute Teacher in Our District

Macy Lother - Editor-in-Chief

Have you ever wondered what it’s like to be a substitute in our district? Abigail Karp has been a substitute teacher for about three years. She recently moved from New York to Colorado where she is now a substitute for our district.

“I can make some comparisons about what it’s like to sub here versus what it was like to sub back in New York... and I have to say that it is a much nicer experience here,” Karp explained.

Karp says the biggest difference here is that everyone seems to appreciate substitutes.

“The administration, the other teachers, and even the students. They are welcoming and civil and respectful.” She goes on to explain that the teachers back in New York showed no respect for substitutes, made fun of, and looked down upon them. Karp was forced to put up a wall when it came to her job and did not engage with the teachers who rarely showed her kindness.

“The kids [at my old school] would go out of their way to just shock me, or rul me up. There was always an element of trying to get away with what you could.”

Karp had barely any complaints about her job. She did say that in some districts, substitutes are left pages and pages of lesson plans and information to try and navigate.

“This is a great district. I find that the Thompson School District is a little less rigid in the way they instruct us,” she said.

She also admits she gets anxiety when she has to call roll.

“I believe a name is important, and I try my best to pronounce them correctly. I don’t want anyone to be upset.”

The thing Karp enjoys about being a substitute versus a full time teacher is that she does not have to put up a boundary between herself and the students.

“As a teacher, you kind of have to [put up that boundary]. If you want them to get their work done, if you want them to do well, you can’t be their friend.”

Karp, however, feels more able to connect with them and she finds it very rewarding to help kids find what they want to do in life, instead of just being the purveyor of information.

She ended her interview sincerely with, “kids are great everywhere,” truly expressing how much she cares.

So if you’ve taken anything from this article, I hope it’s to show some appreciation for our substitutes. Not only are they important, but everyone should be treated with kindness.

Sophomore Ben Dwight Earns Highest Honor of Eagle Scout

Kiara Domare - Hard News Editor

Sophomore Ben Dwight has been a Boy Scout for about nine years now.

He has made his way through the seven ranks and was promoted to Eagle Scout after facing a committee comprised of scout leaders and educators on Monday, December 9. Only about four percent of Boy Scouts earn the Eagle Scout ranking, and Dwight is now one of them.

Our Eagle Scout ranking was created in 1911 and is the highest honor a Boy Scout can receive. In order to become an Eagle Scout, it is required that a service project is completed. For his project, Dwight placed two benches outside of Thompson Valley.

In order to do so, he needed approval from the principal, the district and his troop. He was in charge of the entire project, including managing adults and peers through the installation.

With the success of the benches, he was able to become one step closer to his goal.

“The biggest takeaway I’ve gotten out of being a Boy Scout is the relationships I’ve made and the great people I get to meet. I even met my two best friends through my troop, and we have made so many great memories.”

Dwight spent this semester working on the final requirements that are given by the Boy Scouts of America, and he proved himself worthy of joining the very few people who have earned the Eagle Scout badge.

He now has something in common with those people who include astronaut Neil Armstrong, Olympian Willie Banks, and actor and director Sheldon Leonard.

With that being said, by working hard and receiving this honor, Ben Dwight has quite the future ahead of him.
**Opinions**

**Student Fees Are Taking All Of Our Money**

Jordan Tyler - Staff Writer

For many of us, high school can be the best, yet most stressful time of our lives. Something that doesn’t make it any easier is student fees. While it’s understandable for a few fees here and there, it’s very frustrating when at the end of your high school experience you then have to pay $150+ for a cap and gown that you don’t even get to keep.

Senior Jayden Schatz feels the same way. “I think the fees we have to pay through our school are ridiculous. I think that they are way too expensive and that it’s unreasonable to be charging us for classes we are required to take.”

The frustration doesn’t stop there, unfortunately. For such massive fees, there is no warning for the eighth graders or their parents who are signing up for classes of how much exactly classes will cost and which ones are more expensive than others. In return, this results in many shocked faces at registration from the parents of the incoming freshmen of how much classes will cost.

When asked about class fees, freshman Bella Holcomb said, “To be honest, I don’t actually know anything about how much my classes cost. No one ever told me they cost anything at all.”

Once again the frustration does not stop there. Many parents are frustrated with all the student fees as well.

Thompson Valley parent Summer Tyler was recorded saying, “I know they are necessary because they are providing important classes for you in order for a good education, but the schools are not given enough funding.”

There are a few ways around ending up with a list longer than your arm in fees your senior year. Anyone who qualifies for free or reduced lunch can have their fees either reduced or completely wiped.

Unfortunately, free and reduced fees have a very strict eligibility list. According to the Clark Howard education board, the maximum for a household of two the yearly income cannot be over $30,451 a year.

This can make qualifying for even the average middle class member a little difficult.

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**I’m “Chili”**

Dane Thompson - Opinions Editor

So it’s cold. Like really cold. I know I’m skin and bones, but oh my Lord, it is cold. In rooms like Jill Tjurdes’ (Verbal Hyphen) Garcia or Ryan Stillahn’s auto shop (It’s actually Shooter’s shop. I don’t know a Stillahn), it is very chilly. Like I shiver every time I’m in there. I am repeating that it’s cold so many times to try and be annoying but also to emphasize it.

Tjurdes’ room has blankets and couches, yet I somehow happen to freeze to death every time I’m in there.

In other rooms, however, such as Kristi Mutter’s room, the temperature is actually fairly moderate and comfortable to be in. Like I pass out in those classes almost every day because of the temperature. It doesn’t help that I sit in the back of the room where it’s darker than the front.

When asked about well, her room, Mutter responded with, “Well, when it comes to my room, I find it pretty comfortable because my room’s sorta alone, but when I walk through the library - man does it feel like I need to put on a winter coat. But, yeah, in general my room is pretty consistent compared to others.”

But then there’s the woodshop. It reeks of sawdust and other unpleasant things. It is way too hot in there yet sometimes it’s still cold at the same time. I don’t get it. Like, I could die of heatstroke in there while I freeze to death, which doesn’t really make all that much sense, but when do I ever do that? Pretty sure it’s never.

Anyways in the auto shop, the heater thing had a messed up valve or something that pretty much cut off all heating in the entire shop. So that blows because I get to freeze to death in there on a fairly moderate day. It also doesn’t help that this one kid always brings his super cool car and all, but not cool enough for me even to remember what it is. Like I’ve seen it a million times, man, I get it now. Please remove it before I remove your kneecaps. Anyways!

A recent bond meeting shows there is apparently a plan meant to fix that soon though. So that would be super to not freeze to death down there once that occurs. So as a whole I don’t understand what HVAC means or how it works at all, but I’m cold and stuff so can we fix that BEFORE we put in new weird clock things that re-rupture my eardrums every time they ring, that’d be great.

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**I just wanna be warm**

Dane Thompson himself; chilly

Student Fees are Taking All Of Our Money

Opinions
Real Friends vs Fake Friends

Jenny Andreski and Aleva Shavers - Staff Writers

Without having to take a class, high school teaches you many social cues such as how to not stand in the middle of the hall (yet some of us did not learn that) as well how to walk fast in the hall (yet again some of us did not learn that), but it also helps you learn and discover the difference from a real friend versus a fake friend.

Most of us have gone through it. We’ve had a friend that we thought was a real friend and would always be there with us but then they go and stab us in the back.  It’s gotten so bad that many of us have started to develop trust issues and have lowered our friend group down to just a few.

If you’re not sure if you are experiencing a fake relationship, here are a few signs that fake friends tend to do:

1. They want to force you to do:
   -  They use you to get what they want.
   -  Sophomore Cheyanne Moser said, “Umm, yeah, I’ve just experienced them like not being able to kind of handle my personality and stuff like that, and just they like to avoid conflict and stuff, so when we had some issues it would just not be solved and that just created a bunch of tension. Since I got to high school I just left that friend group and found better friends.”

   In high school it’s amazing if someone hasn’t had fake friends because it’s almost impossible to avoid them. They’re everywhere. “Uh no, I have not experienced fake friends, and they don’t impact my daily life because I’ve never experienced them,” said Junior Kaiitan Vanderhoff who clearly knows who to hang out with and who to not hang out with.

   If you think you might be a fake friend, you probably are one, so please just don’t be. For the sake of all us, stop spreading rumors and being an energy drainer. “Well, how to tell a real friend from a fake friend is a real friend always has your back and sometimes a fake friend just uses you for stuff and will always ask for stuff or expect you to do stuff for them. And I have had toxic relationships. I had a friend who always wanted stuff, and then I would do it for her, and then she wouldn’t do anything back. She’d just be really mean,” said sophomore Kaylin Healy.

   Seniors Sierra Dallabetta and Maddy Blair only have one friend remaining that they have been friends with since freshman year. For freshman Cheska Lavata and Erik Stern they are very hopeful that the friends that they have now will be their friends in senior year.

   High school can change a person for better or for worse which can result in why some friends seem to grow apart.

   “I feel like experience changes us, and when we have more experiences, then we drift away from the people that we were close with,” states Dallabetta. For Blair she tries and stay as far away from fake friends as she can. “I just don’t really deal with them anymore. I kind of just let them do whatever and sit back and watch them.” For many of us, our fake friends were also our most toxic friends. A toxic relationship is one of the worst relationships that you can be in.

   When being in a toxic relationship there are many things you can expect, like the feeling of being used, or that you tend to give more than you are receiving. You even begin to lose your feeling of trust for this person, but most importantly, you begin to hate the person and you become when you are around them. If you are experiencing any of these signs in any of your relationships and you don’t want to lose that friend then you can try and have a talk with this person and give them a little “reality check”, maybe even telling them the limits of your relationships.

   And if that doesn’t work, then the best thing for you to do is slowly try and fade out of the relationship.

Free Advice

Jordan Tyler - Staff Writer

Asking for advice when you need help can always be difficult. Lucky for you, I’m going to give you all the advice you will ever need. I’ve noticed a lot of the student body struggle with how to walk on the right side of the hallway without stopping in the middle with a group of your friends.

First, let’s start with the basics. When standing in the hallway, take the time to locate the left and the right side of the hallway. I know what you’re thinking, how am I supposed to know which side I should be on? Well, lucky for you, I am here with a little tip. The RIGHT side of the hallway is the RIGHT side to walk on. This may seem like a lot to process right now, but after a few laps I’m sure you will be able to master your lefts from your rights.

Don’t worry my advice

doesn’t stop there. I know the 45 minutes between each class is such a long time to go without seeing your bestest friends. This extreme time lapse can make you feel the need to stop in the middle of the hallway with a few of your friends to catch up and spill some tea from last class.

No matter how tempting this is, do not stop. Here are a few tips on how to avoid making everyone else’s lives miserable.

Some great places to catch up with your friends in between class are the cafeteria, or while walking down the hallway (walking is the key word), or in your next class, or the best option… through your phone as far away from any hallway as you can physically be.

I hope this advice was beneficial to you in this very clear time of need. Best of luck!

Complaining About Complaining

Mason Clow - Staff Writer

Working in the fast food industry can be challenging when you have 15 people in line waiting to order or you have a long day with so many people coming in and out of the restaurant. It’s worse if you got the order wrong and the customer comes up to you and yells at you and curses you out. It can be really difficult and annoying, but nothing is more annoying when customers complain just to complain. Nothing can get more annoying than a person calling you or coming up to you not to complain about the food or the service - no, my friend, they complain just to complain.

Junior Ryan Wiggins who works at McDonalds says, “Yeah, we have a lot of people come in just looking for something to complain about just to get free food.” There seems to be negativity in all types of food service.

Junior Aiden Trujillo who works at Rock Bottom says, “Somebody complained about the steak, and complained that he shouldn’t have to pay for the food...”

Voices in the Halls

What is your favorite Christmas tradition?

Sophomore Emily Rollins states, “Me and my family have a Christmas Eve party which is fun.”

Freshman Katie Buchanan states, “Probably just being with my family.”

Freshman Zaida Riggert states, “I like driving around looking at Christmas lights”
Opinions

Why Are You So Negative?
Local Idiot Thinks His Opinion Matters... Again

Dane Thompson - Opinions
Editor

Why are people so pessimistic? I really don’t get it. I get the idea you may be having a bad day, week, year, or life, but I don’t think that should ever constitute taking your anger out on someone entirely unrelated to your problem. Ionic.

Due to totally awesome past run-ins where I decided to be a jerk for no reason, I think I actually have a proper say in something for once. Wowza! Due to these run-ins, I have come to realize that things really aren’t as bad as they seem.

If you look at it negatively, all you can see is that it went as expected so there would be no reason to get your hopes up. And... that’s how you fall farther down the Sadness ****hole™. I’ve been told my credibility is ruined by vulgar words but I don’t think many would trust the opinion of a sixteen year old idiot. Tell me I’m wrong.

Anyways! The SS™ is a wonderfully horrible place where all you do is dwell on negative thoughts and think how horribly things can go. All it does is make those things more likely to happen because one can sometimes do everything they can to make the situation worse, just so they know they were right about it not going well.

But, surprise surprise, being negative and all that jazz literally just makes situations worse.

If you don’t hope for the better, “the better” won’t ever happen because you’re too busy sulking and caring about not caring. And that’s the magic of the SST™. Something totally awesome is just learning to be nice to people you’ve never even met instead of... threatening them?

OH WAIT! I forgot I’ve never met you so that must mean we have to hate each other...

I get it, the amount of edge to your ego must be finely sharpened every day, but I swear every time I hear a joke about a baby defecating itself or a person being thrown into a barrel of radiation I find that my brain slowly tears itself apart more and more. Whoa! Now that’s edgy! Right fellas? Fellas...? Being optimistic to me means that you just hope for the best.

Because why not? If it goes your way, then you feel pretty rad.

But if it doesn’t then due to your awesome and totally tubular and radical optimism, you dust yourself off and keep dreaming.

I almost gagged writing that.

Review of Revolt Against The Modern World

Daniel Magnusson - Staff Writer

Recently I read the book Revolt Against the Modern World by Julius Evola.

The book is considered Evola’s manifesto of sorts. It is the complete guide to his philosophy.

He believes that there was once an ancient society, and the term used for this society is “Primordial.”

From this society all religions and cultures were born and this does hold some truth as many of the same symbols and themes are seen all over the world.

He believes also that as we move into modernity, which is full of decadence and a quality over quantity philosophy, we degrade and fall far from the greatness of more traditional societies.

The last main part of his belief is that there is more than just a material world and that there is a lot of proof in traditional societies that people once had a stronger belief in this metaphysical world.

That this metaphysical world is higher and greater than the material world and love for the material world is the main reason for all evils in this world.

Evola is a very controversial character coining himself as a “super fascist.” It is said that Mussolini himself was scared of his magical powers.

I do not agree with Evola’s beliefs 100 percent. He argues that ancient traditional societies had a much higher reverence for the metaphysical than the natural, but it is my argument that ancient people believed the physical nature is the result of metaphysical forces and while the spirits behind all is the ultimate truth, natural forces were still held at a divine status because these forces like thunder storms and even death were the result of the gods.

Though no matter how controversial he is, he is still one of the most studied people on the subject of ancient societies, and in the book he cites many sources to back his claims.

No matter how controversial he is, he should still be listened to. I leant the book to fellow Thompson Valley sophomore Aurora Sanchez to see what she had to say about the book.

She told me that before reading she “expected the book would be mainly about revolutions throughout history.”

I can see that misconception but Evola did agree we needed to have a revolution of sorts against modernity by going back to tradition. I asked after reading it a bit what her first impression was.

Her response was, “I thought the author was delirious.”

She also recommended the book to those interested in psychology.

I can see this as Evola is a hard read, especially as his views can be so radical. I wondered what she thought of the idea of the book as a whole and she said,

“I disagree with the author’s “philosophy” but in general “yeah, it was a pretty good book.”

Evola is not for everyone and is not that accessible, but if you are really interested in different world views, no matter how radical, or even if you are just looking for something to read, I recommend this book.
I Couldn’t Think Of A Better Headline. I’m Sorry.

Dane Thompson - Opinions Editor

Oh wow, you’re gonna read another garbage article written by a professional buffoon. Okay. Cool. So this one is about how music can affect people’s moods and kind of why they choose to listen to what they do. I have listened to a wide range of music from depressed cowboy to metalhead on crack; so I have a mild say in something again. I dunno, we’ll see as we go along. Hopefully it’s not too awful.

So... music stuffs. What do I listen to? A lot, to say the least. This is due to the fact that my tiny brain’s mood is HEAVILY affected by what I listen to. So to keep my awful personality in check I listen to a lot of happier music or just relaxing stuff. Like if the music is sad, I am sad. If I listen to something happy or relaxing, my mood shifts to whatever the song is, respective to it. Doesn’t matter what I’m doing in that moment in time either. I could be on a rollercoaster for God knows what reason and be listening to a sad song, and I’d be sad. Granted, I hate rollercoasters and they are the bane of my existence, but I often get annoyed. Like my body is all adrenaline-y and I just get annoyed. Like I refuse to explain the last instance in which my mood was fairly terrible, even for me.

When questioned about how music affects him, sophomore Aaron Villalobos stated that, “It definitely affects my mood and that’s why I tend to listen to happier or upbeat music to stay in a good mood. I don’t necessarily like sad music and I tend to listen to lo-fi or hip hop to keep my mood up.”

And then I thought about how this could maybe tie into sex (THE BODY PARTS, YOU NASTY) and how either side is affected by music. And there’s a lot actually. It tends to be connected to more so our emotions and how some can tend to bottle it up, let it out, or to deny it and believe you are okay. Some women however were found to listen to happy music and have a form of denial towards however negative they feel at the time. Some women however were found to listen to whatever, didn’t matter what mood they were in. Where they wouldn’t try to change it with music and more so just listen to whatever while being happy, sad, etc. From my experience though, it seems that You Just Cannot Cry to an actually good, cheerful song. Or be angry. Or be upset. Or whatever negative mood I can’t think of right now because I have the mental capacity of an electrical outlet. So now here’s some really awkward interviews that I conducted and then some more mindless rambling, enjoy.

Freshman Jose Carmona-Basaldua, when interrogated about his mood towards music states that, “Well, my mood is mostly happy most of the time so I enjoy listening to inspirational music because I like the message most of them send. What matters to me is the message and rarely the beat. If I’m sad I listen to more upbeat music to try and make myself feel better.” When asked whether or not music plays a large role in his mood, he stated, “More often than not, yeah.” However, there are some instances in which my mood only wants to agree with one type of music or else I just feel like a trash bag that’s been rifled through by a family of chubby raccoons. Those instances include working out, driving, or screaming like a baboon. I refuse to explain the last one. But the first two I will because I am being graded on this and am being threatened by The Man™ so I need to write a good story for once.

So when it comes to the first mood. Also known as the self-esteem time mood. Or working out as I so previously put it. What about it? Oh, right. I can only listen to heavier types of rock, as it seems when I’m working out. I listen to anything else and I just get annoyed. Like my body is all adrenaline-y and stuff so it just decides it does not like anything other than metal. I can’t keep focus when I listen to something like Billy Idol or Jack Stauber or Def Leppard. Which is my regular for maintaining my sanity. I feel… soft? Like when I listen to them, like it’s some little-girl-playhouse type stuff. Which is pretty awesome and radical but not according to my brain at that moment in time. The moment I’m done working out though and I rest, my brain gags at the music being sent into it and I immediately change the music or turn it off altogether.

When freshman Kainou Niko was asked the same exact question as the previous lads, he responded with, “Well if I’m happy, I can’t be productive listening to a sad song. Can’t listen to those when I’m happy or I’ll get sad. And if I am sad I listen to upbeat music to make myself feel better. So yes, I’d say my mood is heavily affected by music.”

Junior Addison Clause was also asked the exact question, to which she responded with, “It’s amazing listening to the lyrics and hearing a phrase that matches you or understands you. Depending on the day my music helps me smile and be confident while other times I need to listen to a certain song when I feel down.”

So all in all it seems like music affects everyone’s mood and you could’ve read a horrible Buzzfeed article to figure it out. But hey! You read my equally awful one! At least it doesn’t have ads. How touching right? Okay that’s my article.
The MASKED Staff Member

Mason Clow - Staff Writer

Can you identify the staff member based on the following clues?

- I graduated from Jenks Oklahoma High School.
- I played football and also wrestled in high school.
- My favorite color is blue.
- My favorite soft drink is Coca Cola.
- My favorite team is the St Louis Cardinals.
- I grew up in Tulsa, Oklahoma.
- I love to travel to the beaches of Mexico.
- My favorite thing to do is hanging out with my kids.
- I have shaken hands with two presidents - George Bush and Bill Clinton.
- My favorite actor is Robert Redford.
- My favorite kind of music is classic rock and roll.
- I have never been to a concert.
- My favorite movie is The Natural.
- My worst subject is English.

The Fads of 2019 That We Should Forget for 2020

It’s time to make like Elsa and “Let it Go”

Aleya Shavers-Staff Writer

Every year, for some crazy reason, we tend to hype up some of the worst things like fancy packs in 2018 or homemade slime in 2017. Let’s not forget about the water bottle flip challenge in 2016 and the fads of 2019 have been no different.

Why do we as a society follow trends? Is it because it is seen as acceptable if you follow what is hot and not? Is it because we see a lot of people following that trend so we want to do the same? Freshman Kaia Childers believes that people follow trends to look cool and make sure that they are not being left out.

Can following trends be bad? Well, in some circumstances, following trends can lead to bad endings, like vaping.

We all know that vaping is not good for anybody, yet many do it anyways because it is seen as socially acceptable. Madison Heitzman believes that following trends aren’t that bad.

“Trends are kind of what’s new know days for other people to follow.”

Here are some of the worst trends in 2019, in my opinion:

1. Vaping: Vaping is gross and stupid. Just because your best friend or whoever does it doesn’t mean you have to do it too. Vaping is actually really bad for you. Not only does it affect your heart and your lungs, but it also affects your gums and teeth, which are all things that you need to continue to be healthy and living.

2. Air Pods: Contrary to popular belief, just because you were able to go out and purchase the new air pods does not mean that you are superior to everyone else. Honestly, besides the fact that every time you want to listen to music you don’t have to spend hours on end trying to untangle the things apart and that you can get away with listening to music in class better, air pods are pretty useless.

3. Metal straws: I am not the only one that can abide by the fact that metal straws is one of the worst things invented. Don’t get me wrong. I get it; we all want to save the turtles, but turtles are going to die anyways whether it’s from a plastic straw or climate change. Also, using plastic cups are just as bad as using plastic straws.

4. Crocs: It had to be said. Crocs are some of the most tragic shoes ever. I remember when I was in elementary school and kids got picked on for wearing them, and now everyone has them.

Thompson Career Campus Wants You

A variety of opportunities await at TCC. Don’t let them pass you by.

Macy Lasher-Editor in Chief

How much do you know about the Thompson Career Campus (TCC)?

This campus is an opportunity to prepare students for college and future careers. It is not a high school per say, but a program where students attend part time, while continuing to take classes at their school.

Courses available at the career center “align with the industry standards for four in-demand and growing career pathways” according to the Thompson Career Campus Career & Technical Education website. These courses include advanced manufacturing, construction skilled trades, health science, and information technology.

A TCC schedule includes morning and afternoon sessions. There is an application process which can be found by visiting the TCC website. Most courses are designed for 10th-12th graders and each course may have specific requirements.

As far as transportation goes, there are buses available to transport Thompson School District students to and from their high schools if needed (bus schedules to be determined). Students who have a valid driver’s license may drive themselves and are allowed to park on campus.

If you are college bound, or are looking for a great opportunity to increase skills as well as gain job experience, consider training at TCC.
Star Athletes Continuing on to College to Participate in Their Sports

Three Athletes have already signed letters of intent to continue their athletic careers into college.

Damon Nash - Features Editor

Every year Thompson Valley sends off a handful of athletes to compete at the collegiate level in the class of 2020 three students recently committed to compete in their respective sports.

Student athletes Luke Bierman, Kenadi Krueger, and Dylan Schubert all signed their national letters of intent solidifying their decision of being collegiate athletes.

Kenadi Krueger has committed to run as Jayhawk at the University of Kansas next fall.

As a Jayhawk, Krueger plans to have fun and enjoy the college experience. I feel lucky that I get to compete in college, and I’m definitely going to give it my all - but I want to continue to enjoy what I’m doing or what’s the point? College is an amazing opportunity and I’m so excited to see what the future holds!”

As a Jayhawk, Krueger will be running for coach Stanley Redwine who is one of the most prominent running coaches in the country, a former all-American himself and responsible for 73 All-America honors, 139 Big 12 individual titles, 20 individual national crowns, two Big 12 team titles and one NCAA team championship, as a coach. It will be exciting to watch Krueger get to work as a Jayhawk next fall.

Luke Bierman has committed to play NAIA baseball for the University of Concordia baseball in Seward, Nebraska.

After asking Bierman what the leading contribution to his commitment was he stated, “The decision to commit took a while. But the passing factor had to be my coach and the right program they have at Concordia. My coach helped me through everything and made it as smooth as possible. Also, the school offers what I’m going to study and also takes care of their kids.”

Concordia has formed a prominent program over the years under Coach Ryan Depict. They have achieved a five year stretch of 146-109 which is the winnigest stretch in the program’s history. Bierman expressed great excitement to get to Nebraska and get to work saying, “I am very excited to get there and just start. I’ve been waiting to play in college basically all my life and I can’t wait to get there.”

Concordia has all the tools and assets to be a great landing spot for Bierman and his future goals.

Bierman states, “My future has to consist of playing baseball and getting a secondary education degree. I hope to finish college with a degree and to play all four years of baseball during college.”

Coming off a 33-20 season, a 23-5 conference record, conference player of the year, and a conference title, Bierman is looking to fit right in as a bulldog.

Both Bierman and Krueger have been exceptional student-athletes and have made their marks here as Eagles and have both been granted all the tools to be successful at the next level and we are all excited to watch them get to work and solidify themselves as collegiate athletes.

Winter Sports Preview: Eagles have positive outlook for this season

Max Records - Sports Editor

As the winter sports season begins, there is a lot of talk and hype around the different sports coming up this year. From wrestling, to both girls and boys basketball as well as girls swimming, there is a lot of excitement for winter sports.

In boys basketball, returning seniors Trey Kreikemeier and Andrew Wiersema look to lead the charge with help from last season’s leading scorer, junior Jaromy Morgan. The team looks to have a great season with new coach Mike Burkett coming over from Berthoud to help the team.

For their first game of the season, they played against Berthoud, where they won convincingly by a final score of 88-38. Junior Jaromy Morgan led all scorers with 26 points, while being one of three Eagles players to grab 9 rebounds during the game.

For girls basketball, all but three players return from the previous 19-6 season, including leading scorer senior Sydnee Durtsche. The team looks to make a deep playoff run this year, and have the personnel and the coaching staff to do so.

In their first game of the season, they took on the Boulder Panthers, and won the game by a final score of 38-23. The girls played really well overall, locking up the Panthers to just 1 point in the whole of the second quarter, and stifled the team the whole game.

In Wrestling, the team has everyone excited, being preseason ranked number 8 in the state, and has one of the best returning senior classes in the state. They look to make a deep playoff run, and to dominate the conference once again.

For Girls Swimming, they look to build off of their season from a year before, where they did not have a great season, but a very solid one. Almost their entire roster returns, including last year’s captains Senior Arden McCauley and senior Devin Denkers.
Boys Basketball versus Berthoud Becomes a New Rivalry

The home opener with a story behind it

Kiara Demare- Hard News; Editor

No matter the season, no matter the sport and no matter the athlete; the first game of the season is always nerve wracking.

So you can imagine the pressure the Thompson Valley boys basketball team felt when their home opener just happened to be against the team that their new head coach, Mike Burkett had just coached last year.

“There’s a little added pressure, you know, the fact that it’s Burkett’s old school and the fact that he wants to beat them,” junior Jeremy Morgan said about the pressure of the game. “We’ve been working really hard at practices- it may be a little sloppy but for the most part we’re ready,” Morgan added.

The hard work paid off, as Morgan had 26 points, 9 rebounds, and 1 assist in the game.

Junior John Barnhill began the game with a massive dunk and scored 12 points. Unfortunately he had an early exit due to a concussion scare.

Before the game Barnhill had said, “Burkett definitely wants us to dunk on Berthoud. If I get the chance, I’m going to.”

The opportunity presented itself very early on. Andrew Weirsema got the ball on a breakaway and passed up the lane for a slam by Barnhill.

“I’m really excited and ready to go,” Coach Burkett said on game day. “We didn’t get enough practice in with the snow storm, so I’m not too sure how ready the boys are. But either way I’m excited and it’ll be a good game for sure.”

When asked if the history with Berthoud and Burkett was going to change anything he said, “No. Berthoud made their decision. It’s the way it is and I enjoyed my years down there. They have some good people. But destiny said this is where I’m supposed to coach and now here I am.”

The game was one for the books. The final score was 88-38 with Thompson Valley dominating. With a beginning like that, the rest of the season will be a very fun and entertaining one.

Girls basketball prepares for a successful season

Brooke Wagner- Staff Writer

The girls basketball games are starting up and they are preparing to have a successful season. The varsity team has seven full time members with many freshmen stepping up to the plate and swinging. Rebecca Wiersma is a freshman that is swinging on varsity.

She says, “It’s cool that I get to see how I perform against other players and not just my grade. In high school basketball, you have to work a lot harder. For middle school you could take it easy but in high school you have to work for the spot you want.”

The team dynamic this year seems very good. Sophomore Amelia Solt says, “I feel really good about this season. We’re looking really good. The team dynamic is awesome! We work really well together and are really good at moving the ball.” Senior Kate Gentrup, “I think we will have a very successful season. I love playing with this team. We all mesh really good even with the freshmen.”

The team has been having a good season so far and will hopefully continue to be successful.

The game that the players are most looking forward to is the Loveland rivalry game. Freshman Rebecca Wiersma says, “I get to watch my brother play and because I get to watch all of the girls play, and I’m excited for that.”

Senior Kate Gentrup says, “I’m excited to play Loveland because they’re crosstown rivals and it will be a good game this year.”

The team had a very good season last year and made it to the playoffs. Paul Arrington (head coach) is very talented and will hopefully lead his team even farther this year.
Kiara Demare- News Editor

The Thompson Valley girls swim and dive 2018-19 season ended on quite a decent note. The team placed third in their conference and twentieth in state.

Three swimmers and two divers competed in state and there were two conference champions- Arden McCauley for the 50 free and Ryley Williams for diving. And with the 2019-20 season upon us- they can only go up from there.

Arden McCauley plans to mainly swim sprints such as the 50 free, 100 free, 100 fly, 200 and 400 free relays for her fourth and final year.

“My goal for this season is to make state in as many events as possible and go for a repeat conference win in the 50 free.” And when asked how this season will compare to last she said, “I think we will have a lot more depth this season. We’ll be even stronger than we were last year. We’re all around sound including the divers which helps a lot.”

Senior Carly Newberry said, “I don’t know what events I do until the day of the meets. It keeps me on my toes.”

When explaining her main goal, she said, “Honestly I want to have fun. It’s not something super competitive for me, it’s more to stay in shape and be involved with the school.” And her response to how this season will compare to last was, “This season will probably be similar to last year, personally, but I hope to improve on all the strokes even if it’s just a little.”

The refs watch a backwards dive into the pool.

The swimmers prepare for their race on the starting blocks.

John Burnhill pulls up for a free throw after being foaled.

Swimmers Carly Newberry and Paityn Saldane pose by the pool.
It’s Finally Your Year, Class of 2020!

Megan Hohosh, Dallas Davis

Mia Beck, Taylor Sinclare, Kristen Cotton, Madeleine Boyle, Lincon Solt,

Melia Ramirez and Bailey Bottoms

Tanner Jacoby, Maria Von-Lintell, Mattie Kissam, Abbie Stoner

Shawn Hursting, Max Records, and Luke Bierman

Skyla Saenz, Alicia Prodoccini, Tara Walker, and Sage Olguin,

The Riehl twins, Aidan Schultz, and Griffin Stoddart

Sydney Hurst, Samantha McGinness, Kate Gehring.