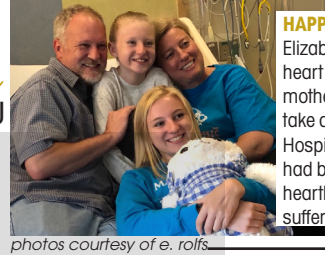


we were
There
FOR YOU

Family members
share memories of
Elizabeth Rolfs



HAPPY HEARTS TODAY. Right before Elizabeth went into surgery for her heart transplant, her father Scotty, mother Janice, and sister Sophia, take a family photo at Children's Hospital on Aug. 5. "Our prayers had been answered. It was so heartbreaking seeing my daughter suffer each day," Janice said.

photos courtesy of e. rolfs



LISTEN TO MY HEART. After her heart transplant, Elizabeth Rolfs '23 sister, Sophia Rolfs '20, listens to her new heart with a stethoscope at Children's Hospital on August of 2018. "When she had her VAD in her body before her heart transplant, her chest sounded like a robot," Sophia said. "Once I heard her heart, it made me so happy."

the moment
I WILL NEVER

forget

story by s. rolfs
design by a. slanis

Elizabeth
Rolfs '23
undergoes
heart
transplant
after surviving
stage four
kidney
cancer



"WHEN I FOUND OUT I WAS GETTING A NEW HEART, I WAS SUPER HAPPY. IT WAS BITTERSWEET THOUGH BECAUSE I COULDN'T HELP BUT THINK ABOUT THE TIME I WAS GOING TO HAVE TO SPEND IN THE HOSPITAL. IT WAS A TOUGH ROAD TO GET TO WHERE I AM BUT I AM FINALLY HEALTHY."
ELIZABETH ROLFS '23



JUNE OF 2017. Elizabeth Rolfs '23 walked in for a normal check up in the Hope Clinic after being 10 years in remission from surviving stage four kidney cancer. According to Rolfs, her family left with news they were not expecting - her heart had started to deteriorate from the chemotherapy that once saved her life.

"I was in pure shock. All I could do was start to cry because I knew it was a matter of time before I would need a new heart if I was able to get one," Elizabeth said.

APRIL 18, 2019. At a doctor's appointment, Elizabeth was told in order to survive, she would need a new heart. In the meantime, she would need a permanent IV called a picc line and a ventricle assist device or a "VAD."

"Actually, I wasn't completely overwhelmed by anything at first given what she had already gone through. Crazy that I wasn't more worried," Scotty Rolfs, father, said. "Later down the line, when things started to get worse is when I started to get more concerned because of the VAD going in and what that meant for us."

MAY 12, 2018. After appointments with different cardiologists, Elizabeth left the following morning with a picc line to give her a constant supply of medicine to keep her heart beating until she got a donor. With no donor, a VAD would be put in.

"The part that made the picc line so hard was she had to have it in 24 hours a day. It made doing every day tasks more difficult. She needed a lot of help. What made that stage so much better was knowing that the picc was keeping her home and healthy," Janice Rolfs, mother, said.

JUNE 28, 2018. The VAD had to be put in. The doctors

had put it off as long as they could but it wasn't an option.

"Being the sibling I think is the hardest part because I care as much as anyone else. The doctors don't talk to you. They talk to everyone but you which made the VAD so much harder because I wasn't even sure what was happening until it happened, and I just kind of had to deal with it," Sophia Rolfs, sister, '20 said.

AUG. 1, 2018. Because the VAD surgery was so hard on Elizabeth, she had to spend two months in the hospital.

"Carrying around the VAD was hard because it weighed down my whole left side since it was on that shoulder and a lot of the time it made me not even want to go out," Elizabeth said. "Because my heart was so small, they had to put my VAD in like they had never done before."

AUG. 5, 2018. Just four short days after finally being home, Elizabeth and her family had to go back to the hospital for the day they had been waiting for.

"My mom was the one that told me I had a heart and she just started crying. At first I thought she got a new job, but then she told me, and we just hugged because I was relieved," Elizabeth said. "I wasn't scared to go into surgery. After surviving cancer, I believed everything would be OK."

AUGUST 2019. Elizabeth and her family all celebrated her one year anniversary of having a new heart with a party. Everyone who visited in the hospital attended the party so Elizabeth could say thank you for their support.

"I have scars on my stomach from the cancer surgery and a scar on my chest from my heart transplant. Though they are daily reminders of what I went through, I choose to remember that they are scars that represent how strong and healthy I am. I can overcome anything," Elizabeth said. photo by a. slanis

"STANDING THERE CENTER STAGE WITH MY PARTNERS WHO WERE CRYING AND HAPPY MADE ALL THE STRESS AND HARDWORK SO WORTH IT."
JORDAN JEWSBURY '20

a brand NEW Block

Students share what they prefer about Advisory Tuesday and Thursday

story by n. chavez

"Advisory can be useful in some ways but it's easy to waste time if you don't have anything to do on Thursdays. On Tuesday's we have curriculum that we have to learn. I like Thursdays because we get to go see other teachers to get help," **Jennyfer Martinez Hernandez '23 said.**



photo by n. chavez

"Some advisory teachers don't really give you enough time for what you need to do. I just think when we had access time last year, it was more beneficial than it is this year. I guess I just don't see the point of what we are supposed to be learning yet," **Joseph Conte '22 said.**



photo by n. chavez

"Advisory has been a good time to get my own work done. Thursday's are good for me and others because we can go in to our teacher's classes and get the help we need that we can't and don't get during class. I think it helps mostly just on Thursdays. Tuesday's is another story," **Matthew Ramsey '21 said.**



photo by n. chavez

"Thursday Advisory days have been very useful for me because we get the opportunity to talk with our teachers about things we are struggling with. We also check on our grades and it's nice because our advisory teachers are more people who support and motivate us to do good," **Arianna Lloyd '20 said.**



photo by n. chavez

WATCH ME PRACTICE. Kloe Eisenbarth '22 rehearses her part of her groups' presentation in the CLC Commons a week before State. "Doing my project with my teammates Rylee and Alexis made all of us closer and learn how to be patient," Eisenbarth said. *photo by j. mahaffey*



STANDING CENTER STAGE. Holding their second place trophy for their Financial Literacy Project, Jordan Jewsbury '20, Crisol Guzman-Corral '20 and Daniela Moler '20 stand together during the Deca State Competition ceremony. *photo by a. slanis*



we are in the Winner's CIRCLE

story by j. mahaffey
design by a. slanis

DECA members win first place in Chapter of Excellence category

Though the DECA state conference took place in late February, members **BEGAN PREPARATION** as early as September. Each member worked in a group to write a manual detailing a project that impacted the community in some way.

One project each chapter has the opportunity to complete is the Chapter of Excellence (COE) Project. In this project, students were required to explain the events and projects completed throughout the year that fit into the five focuses of the COE: the development of leadership activities, social activities, community service activities, competition preparation and recruitment and chapter advocacy activities.

The group who completed the COE started by writing a 20-page

manual detailing projects for each of those focuses, then created a 15-minute presentation explaining three feature projects.

"We spent the last few months putting in a lot of time and effort into COE by coming in outside of school, our off hours and lunches to work on it. It was stressful and frustrating but I just kept reminding myself it was for the whole chapter," **Nayeli Aguirre '20 said.**

The COE chairpeople were Vice President of competition, Aguirre; President Jordan Mahaffey '20; and Vice President Ashley Settergren '21. The group's presentation featured the projects Reel Career Success, Brightonize Your Spending, and Experience DECA. The group won first place.

"When we won all the hard work paid off. We were super happy to represent our phenomenal chapter and it was amazing to see the impact," **Ashley Settergren '21 said.**

Look Closely and get to know

THOMAS WHITEHEAD

"While I don't fully remember skipping first grade because it was so long ago, I remember going to first and kindergarten at the same time for a few weeks so I could get acclimated to the jump in grade levels. After that I was put into second grade," **Thomas Whitehead '23 said.** "I am now glad that I skipped because I got more of a challenge but it was tough when I first skipped because I was also younger than all my peers which made it harder to fit in." *photo e. rawlings*



story by e. rawlings



DRESSED IN OUR TUXEDO. District 7 Representative Benjamin Erger '20 speaks to the audience at the opening of the DECA State Competition Awards Ceremony while standing next to District 11 Representative Trevor Mitchell-Litpon '20 from Chaparral High School. As a DECA state officer, Erger met year round with other state officers to work on the State conference. "It was an incredible opportunity to bring all of the amazing things about our chapter to my position. I loved being a part of such a spectacular team. It was definitely a highlight of my time in high school," Erger said. *photo by a. slanis*

THANK YOU CITY COUNCIL. Shay Thompson '20, Kennedy Waltenburg '21, Kylar Jones '21 and Torrey Gonzales '20 stand next to a city councilmen after their community awareness projects were proclaimed by the City Council on Dec. 3. It was proclaimed that December was "Won't You Be My Neighbor" month and the "Brightonize Your Spending Weeks" was proclaimed for Dec. 1-7 and Dec. 8-14. "My project was dedicated to sparking kindness through neighborly actions and showing respect and care for one another," Thompson said. *hoto by m. white*

we're always IN THIS Together

story by k. burke

ALYSSA ROBERTSON '21 ON KING SOOPERS
"People probably wouldn't think it but it's actually a lot of fun working at King Soopers. It's like a family environment so it's nice and friendly."

WORKING WITH BREE
"Working with my sister makes it an even better family environment."

Bree and Alyssa Robertson '21 work at King Soopers

Byanna ROBERTSON '21 ON KING SOOPERS
"I pretty much handle the checkout line including scanning and bagging items."

WORKING WITH ALYSSA
"I enjoy working with her. We work well together and people get very confused when we are together because they don't know we're twins."



photo by n. chavez

let's build some Sweet HOUSES

Catering 1 classes
compete gingerbread
house competition

story by s. rolfs & t. quarles
design by a. slanis

Students put on their chef coats and gathered their graham crackers and other materials as they competed in Catering 1's annual **GINGERBREAD HOUSE COMPETITION.**

The building and competition took place the first two weeks of December.

Student groups were given one box of graham crackers and one recipe for royal icing. They also were given one trip to what tachev Andrea Flynn and Mattie Becker called "candy land."

"The students were able to be as creative

as they wanted to be. As a group, they came up with their theme and design and then together divided up tasks to build their gingerbread house," Becker said. "We provided materials and different candy options. The students were very competitive and creative."

Students were evaluated on collaboration, problem solving, innovation, execution and overall professionalism skills. According to Flynn, this was a way for she and Becker to measure student's 21st century skills.

"There is more to our CTE class than cooking as we are preparing students for the workforce. These 21st century skills are

important and we will reassess when students do their final in the spring. The idea is as we go through the semester students are developing and mastering these skills so when the go into the workforce they will have the skills to be successful," Flynn said.

When students were finished with their gingerbread houses, the high school staff voted through a google form for their top picks in each class.

"It amazes me how I can give each years group of students the same materials but every year there are new and innovative houses not seen before," Flynn said.

"It really just goes to show BHS has a great amount of talent and ability when given the opportunity."

DISNEY CASTLE

GROUP MEMBERS: Skylar Lange '20, Trysten Shuman '22, Izabella Hawkins '21, Bailee Lucero '20, Alena Dietrich '21

PERIOD: 6

TEACHER: Andrea Flynn

WHAT INSPIRED YOUR GROUP? "We wanted to do a house that was creative and would end up being impressive. For some reason all I could think of was the Disney castle and we all liked the idea so we went with it," Lange said.

HOW DID YOUR GROUP SPLIT UP THE TASKS? "We split up the tasks not necessarily the way we wanted. Two of us were gone when building the structure and two of us were gone when decorating it. It split due to being busy but apparently it worked. We even stayed after school to finish," Shuman said.

WHY DO YOU THINK YOU WON FIRST PLACE? "We won because of how large our house ended up being. It was really hard to build up solid walls with our supplies so it was a lot of work to get a structure that large. We also put a lot of thought and work into the decoration and details of the final product," Lange said.

WHAT DID YOU LEARN FROM THIS PROJECT? "I think we learned a lot about making stuff with what you're given. It was a less than ideal situation because so many of us were gone during the process but we managed to work together to get a cool end product regardless," Lange said.

TITANIC



GROUP MEMBERS: Elise Aho '22, Angela Moreno '22, Sydney Rodriguez '22, Sienna Marcove '22

PERIOD: 7

TEACHER: Mattie Becker

WHAT INSPIRED YOUR GROUP?

"Miss Becker actually helped with the idea but we were going to do some kind of boat anyway to include water because we thought that would be cool," Marcove said.

HOW DID YOUR GROUP SPLIT UP THE TASKS?

"We split up the tasks really by who could do what it needed done. Some built the structure of the boat while some focused on decorating," Rodriguez said.

WHAT DID YOU LEARN FROM THIS PROJECT?

"I learned that teamwork is key and that even if the original idea doesn't look exactly professional, it was more fun to work together creating it than make it look perfect. Connecting with my teammates really made it all come together and that is why we won first place," Marcove said.

GRINCH HOUSE



GROUP MEMBERS:

Dalilah Ortega '21, Rachel DeWalt '21, Tyson Hess '21, Kenia Zubia '21, Susan Ruzgani '21

PERIOD: 1

TEACHER: Andrea Flynn

WHAT INSPIRED YOUR GROUP?

"The day we picked what we were making, Susan and I were the only two at school and so we both agreed to just do some research online and then go from there. We ended up both looking up the Grinch themes and went with that. The rest of the team agreed," DeWalt said.

HOW DID YOUR GROUP SPLIT UP THE TASKS?

"Two of us would cut and shape the graham cracker while two of us were using the frosting to glue them together and try to make them hold," Ruzgani said.

WHY DO YOU THINK YOU WON FIRST PLACE?

"We won first because we were creative in what we made and it was presented well. You can tell that we all spent time making sure it was neat," DeWalt said. "Everything needs planning and with great teamwork anything can be done."

LILO AND STITCH



GROUP MEMBERS: Emma Heller '21, Brenlyn Lewis '20, Keilani Infante '21, Kennedy Waltenburg '21

PERIOD: 2

TEACHER: Mattie Becker

WHAT INSPIRED YOUR GROUP?

"We wanted to do a beach theme but then figured a lot of other groups would be doing the beach so we asked ourselves what could we do for ours to be different. We then decided that we could still do beach theme but make it the Lilo and Stitch house," Infante said.

HOW DID YOUR GROUP SPLIT UP THE TASKS? "Kennedy and Keilani worked on the walls and actual

structure part of the house while me and Emma worked on all the decorations," Lewis said.

WHY DO YOU THINK YOU WON FIRST PLACE? "We won because our house was different. The other groups had a more winter theme and ours was beach house Christmas," Waltenburg said.

WHAT DID YOU LEARN FROM THIS PROJECT? "I learned that when you're working in groups on big projects you really have to plan things out and divide the work so everything can get done. When things go wrong, you can't just give up, you have to work through it and find a good fix," Heller said.

IGLOO HOUSE



GROUP MEMBERS: Dennis Mordecai '21, Jordan Beckwith '20, Gianna Caprio '21, Jacen Lucero '21, Allison Swarr '22

PERIOD: 5

TEACHER: Mattie Becker

WHAT INSPIRED YOUR GROUP? "We wanted to do something that would be challenging and that no one else would make but still keeping a Christmas, winter vibe," Caprio said.

HOW DID YOUR GROUP SPLIT UP THE TASKS? "Two of us built the main structures, someone helped make icing and added details and two others did decorations," Swarr said.

WHY DO YOU THINK YOU WON FIRST PLACE? "I think we won because we did something that was creative and different from the rest," Caprio said.

CHERRY BLOSSOM



GROUP MEMBERS: Torrey Gonzalez '20, Mia Morales '20, Marwa Nawid '21, Jaqueline Padilla Andrade '21 and Gage Davis '20

PERIOD: 3

TEACHER: Andrea Flynn

WHAT INSPIRED YOUR GROUP?

"My group and I before anything started looked at pictures on Pinterest and just got a lot of ideas so we all just pitched in our ideas

and came up with the cherry blossom," Padilla Andrade said.

HOW DID YOUR GROUP SPLIT UP THE TASKS? "We all just helped out on anything. If we knew something had to be done we would do it by pitching in and helping our team," Davis said.

WHY DO YOU THINK YOU WON FIRST PLACE? "We won first because we all made sure the job was done well and we tried making it as neat as possible," Gonzalez said.

WHAT DID YOU LEARN FROM THIS PROJECT?

"I learned that everything needs planning and with great teamwork anything can be done," Padilla Andrade said.