

ROCK CANYON HIGH SCHOOL

Black & Gold

2020

17

WHAT YOU
make
OF IT

ROCK CANYON HIGH SCHOOL
2020
Black & Gold



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WHAT YOU
discover

FROM START TO FINISH, FIND THE PEOPLE, MOMENTS, AND MEMORIES THAT
MADE YOUR YEAR AND THE PROCESS OF HOW IT WENT DOWN **IN IT**



what you make of a loss

With less than two minutes left in the third quarter, Jalen Ashley '20 shoots a free throw, with a sea of blue Wish Week shirts behind him in the first round of playoffs against Rocky Mountain Feb. 26. The boys battled back and forth to make it to overtime but lost 68-64 in the end. "After losses I always just remain positive and keep moving forward looking to improve regardless of the outcome," Ashley said. Photo: M. Brown



oaa-pinch-pot

During Ceramics I, Alex Durbin '23 sculpts a pinch pot in the shape of an octopus March 9. He started by making a bowl, then used pinching motions around the edges to make it bigger. "I started out with little to no faith but as I started working on it I had more and more," Durbin said. Photo: E. Sheldon



blankets build connections

As part of Senior Studies class, Sophia Sobota '20, makes fleece blankets with the elderly at Brookdale Senior Living Nov. 3. Sobota and her pod group were assigned a project to organize an event in the community to learn more about others and practice service through outreach. "I learned how important it is to get involved in your community and put a smile on those who need it most," Sobota said. "It was so sad to see those afflicted with illnesses, but hopefully we could bring some joy to them." Photo: E. Shea

WHAT YOU make OF IT
ROCK CANYON HIGH SCHOOL 2020

taking the lead

At Praying Hands Ranch, Lexi Hershberger '20, volunteers by helping take care of horses Aug. 28. Her and her classmates groomed horses, guided tours, and took care of the ranch, which is dedicated to providing therapeutic riding to individuals with special needs. "I loved volunteering there because every time I felt so helpful and left feeling so good about what I did," Hershberger said. "My experience was very eye opening." Photo: L. Moote



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made it LOUD

Since the time she could talk, Morgan Cruz '20 remembers constantly singing, and she continues to pursue her passion as a member of Mixed Select Choir March 12. She plans on studying music business and hopes to one day become a record label manager. In February, Cruz and Cherokee Trail High School student, Andrian Bright, released a new single 'It takes Two,' and in November of 2019 released an album, 'Soul Set on the Afterglow.' They were also featured on Indie 102.3 radio station. "Singing has always been a huge part of my life, and I am so grateful for what it has brought me," Cruz said. Photo: R. Mathieson

WHAT YOU make OF IT



"WE TRIED TO MAKE THE MOST OF THE SITUATION BECAUSE ALL OF THIS WAS OUT OF OUR CONTROL AND THERE'S NOTHING WE CAN DO ABOUT THAT, BUT WHAT IS IN OUR CONTROL IS BEING ABLE TO KEEP PRACTICING TO GET BETTER," DAWSON SAID. "WE HAVE EACH OTHER TO LEAN ON WHEN TIMES LIKE THESE ARE A LITTLE ROUGH."

Photo: K. Rex



JAGUARS PROVED THEMSELVES TO EXCEED EXPECTATIONS AND DISSOLVE REPUTATIONS, BECOMING MORE THAN "THE BUBBLE," THE PRIVILEGED, OR THE PERFECTIONISTS. TO THOSE WHO COUNTED BASKETBALL OUT, THEY MADE IT TO PLAYOFFS. TO ANYONE WHO UNDERESTIMATED THE POWER OF MUSIC, MARCHING BAND QUALIFIED FOR BOTH STATE AND NATIONALS. FOR THE PEOPLE WHO DOUBTED THE FUTURE OF JAGUAR FOOTBALL, FRESHMAN PERSEVERED TO BECOME UNDEFEATED. 16 ATHLETES SIGNED AT THE COLLEGIATE LEVEL. 11 INNOVATORS WON FIRST PLACE AT TSA STATE. WITH OPPORTUNITY, DETERMINATION, AND GRIT COMES A CHANCE, A TIME TO EARN AN AP 5, TO EXPERIENCE WHAT IT MEANS TO BE A CANYON CRAZY, TO COMPETE WEARING THE BLACK AND GOLD, AND TO MAKE IT MATTER.

made it to PLAYOFFS

In the first game of playoffs, Nick Fallin '21 shoots a free throw during the fourth quarter against Rocky Mountain Feb. 26. The game went back and forth, with neither team leading with more than six points, and eventually went into overtime. The Jaguars lost 64-68, ending their season with 13 wins and 11 losses. "A lot of us felt we almost had a better, more talented team this year, so we weren't satisfied with just making playoffs," Fallin said. Photo: M. Brown



made a HYPOTHESIS

As part of their Biotech 2 research, Olivia Gibson '21 and Anna Meunier '21 trap flies in a petri plate during access Dec. 12. The students transferred the flies into the petri plates in order to manually track their movement after filming them. "In our research we used this trapping technique to quantify anxiety in fruit flies to basically determine if CBD has the ability to mitigate this anxious behavior; thus fruit flies would be useful for future CBD research," Meunier said. Photo: M. Provost



made it to the END

The Recruits, the senior class's team at Powder Puff finals, take a break from warm-ups Sept. 18. The Recruits played together at Shea Stadium their junior year and returned as seniors to try to win it all. Although they beat the freshman, they lost against the juniors. "This will be another last of senior year because we'll probably never get the chance to experience something like this again," Kristina Darbe '20 said. "Who gets to say that they played powderpuff in high school... not a lot of people." Photo: E. Shea



made you LAUGH

In the stands of Shea Stadium, Izzy Bartos '23 supports the freshman team at powder puff and laughs with her friends Sept. 18. "To make the most of high school, I do my best to show up to all the events and games," Bartos said. "I try to be present and not on my phone to make it the best experience I can. To make the most of a bad situation, I do my best to be optimistic and look at the bright side." Photo: E. Shea



made it to NATIONALS

Hailey McDowell '20 and Claudia Swiecki '21 jump into each other's arms during their last time on the sidelines together Feb. 26. Throughout the season, they commonly referred to their team as the "dream team," who won third place in medium pom, third place in gameday, and tenth place in medium jazz at UDA Nationals Feb. 1, the best Rock Canyon Poms has ever done. "This year's team was something so special," McDowell said. "Every other season my team worked so hard but never got the placements we were hoping for so this year it was relieving to see all our work finally pay off." Photo: M. Brown

swim made it with the **MOST**

During the dual meet against Regis, Nora Hopfer '22 takes her mark before the 100 yard backstroke, Jan. 16. Hopper finished 2nd place in the JV heat with a time of 1:11.83. "I like the 100 back because it's not super long and not super short, so it's the perfect distance," Hopfer said. The swim team had the largest team in history make it to A-Leagues, with 36 athletes in total. They went on to finish third at A-Leagues and sixteenth in state. Photo: R. Matheson



MADE IT TO **state**

Ranked first in state and third in the nation, varsity softball took on the Ralston Valley Mustangs Oct. 25. They lost the game 7-4 in the end, losing for only the second time of their season. "I think everyone had hyped it up way too much, and we were all so nervous we couldn't even play well," Reimers said. "It was a team we had beaten before, but we had kind of overlooked them, and started worrying about who we would play next before we beat them." Photo: E. Shea

XC MADE IT FOR THE **baby**

To welcome Coach Emily Tremaine's new baby, Bobby Scott '21 designs a custom bib as part of the cross country baby shower Nov. 16. Coach Tremaine's baby girl, Riley, was born Christmas Eve. "Coach T's baby shower really reminded me of how Coach T has always been there to make everyone feel loved and appreciated during the cross country season," Scott said. Photo: M. Provost



cheer made **HISTORY**

Aug. 31, varsity cheer makes posters for the senior football players to prepare for homecoming. The cheer team has continued the tradition for the senior boys and decorates their houses each year with posters, streamers, and chalk the morning of the homecoming football game. The varsity cheer team made history by going straight through to finals at nationals in Orlando, Florida and placed fourth in the nation. Photo: A. Fletcher



made it to the **COLLEGIATE**

Libby Goodman '20 and Sophia Sobota '20 sign alongside their coach, Angela Nylund, during Signing Day Feb. 5. Both girls committed to play volleyball at the collegiate level, Goodman will play at the University of North Alabama and Sobota will play in Granville, Ohio for Denison University. "It's really exciting being able to play at the collegiate level because everyone is really driven and wanting to play at a higher level than you get in high school or club sports," Goodman said. Photo: M. Provost



FLIP THE PAGE, FILL IN THE BLANK, READ THE STORIES, AND SEE

WHAT YOU **make** OF IT



FRESHMEN MADE US **proud**

Freshman football player, Ryland Mills '23, high fives Coach Chazz Burney during halftime in their last game of the season against Mountain Vista Nov. 2. The freshman went undefeated after winning against the Eagles 49-6 at Shea Stadium. Photo: E. Shea

"WE WORKED SO HARD TO GET THERE AND TO START A NEW LEGACY AS A TEAM," MILLS SAID. "FINISHING MY FIRST SEASON AT CANYON UNDEFEATED HAS FELT AMAZING BECAUSE I FEEL LIKE THIS IS JUST THE BEGINNING FOR SOMETHING BIGGER."

MADE IT IN **35**

Jan. 31, Theatre four and five students, including Reese Cruz '20 and Jimmy Lam '20, perform and direct 'Too Much Light Makes a Baby Go Blind' Jan. 31. The theatre tradition consists of an allotted amount of time, this year being 35 minutes, that challenges the actors to finish all their scenes before the start of Winter One Acts. The audience yells out a number from the edge of the stage, which corresponds to a different scene that they then perform. "It was a lot of fun doing TML," Cruz said. "I originally wrote a scene, but we had too many scenes for the time we were allotted so I volunteered to cut my scene from the show." Photo: M. Provost



"MAKING HISTORY MAKES ME FEEL LIKE WE'RE ACTUALLY MAKING AN IMPACT, AND IT GIVES US SOMETHING TO WALK AWAY WITH WHEN WE LEAVE HIGH SCHOOL," KRACKE SAID. "WE HAD NO IDEA WE WERE GOING TO MAKE IT THROUGH, AND IT WAS VERY EMOTIONAL WHEN WE DID FIND OUT. LOTS OF HAPPY TEARS FOR SURE."

starting FRESH

HEADING BACK TO SCHOOL,
CELEBRATING JAG SPIRIT AND
DEFINING THE NEW YEAR.

bringing it home

The Girls Varsity Softball team celebrates a home run by gesturing like they're eating Oct. 7. The team beat Regis 16-1 at home. "Softball defined my fall, it was hard because we had to miss a lot of class but it's always a really good start to the school year," pitcher Anna Reimers '21 said. "We get to help the freshmen assimilate into the school. We became really close."
Photo: M. Brown



keeping IT GOING

STUDIES, SCHOOL SPIRIT,
AND SNOW CANCELLATIONS
CONSUME THE LIVES OF RC
STUDENTS

all wrapped up for winter
JV wrestler AJ Franco '23 takes part in a wrestling tournament against Chatfield High School Dec. 19. Franco has been wrestling since 7th grade. "I enjoy wrestling because it keeps me active and I've made a lot of friends," Franco said. "The team environment was very welcoming and encouraging."
Photo: M. Provost



made

IT'S THE INDIVIDUALS, THEIR SKILLS, TALENTS, AND JAGUAR SPIRIT THAT MAKE A MEMORABLE YEAR

FOR EACH OTHER

a class undivided

Bringing music to the annual homecoming spirit parade, Ethan Mead '20 leads band to play in unison Sept. 17. They played various songs, along with the fight song, at each feeder school in order to get the community excited for homecoming week. "The Rock Canyon band plays as one because we play our parts each day to get better and Mr. Fruits helps us when we get a new piece or whenever we are struggling," Hannah Lombardi '23 said.
Photo: A. Brauchler



WE FRESHMEN BEGIN THEIR NEW JOURNEY BY DISCOVERING THEIR JAGUAR PRIDE arrived

a fresh start

Freshman Tyler Pratte shows off his new haircut to his peers Feb. 25. Pratte donated his hair during the Wish Week event Dare to Share your Hair. "I decided to shave my head so I could show my respect for people going through life threatening conditions like cancer," Pratte said. "People were very kind and supportive, everyone wanted to touch my head."
Photo: M. Provost

WE WILL BE THE CURTAINS CLOSE AS SENIORS FINISH THEIR
FOURTH AND FINAL YEAR IN THE JUNGLE

remembered

our final boys

Seniors Grace Kimzey, Logan McDonnell, Maddy Zilligen, Dylan Maynor, Dalton Berlene, Kaelyn New, and Mary Katherine Howard perform during their last one act festival Jan. 31. Theater V performed a student written and produced production called "Too Much Light Makes a Baby Go Blind." Scenes were randomly selected by the audience and then performed by the actors. The scenes ranged from one to two minutes totaling the performance to 35 minutes. "It was really rewarding to see what you had written come to life on stage," Zilligen said. "I'm going to really miss the community we built in theater. It's not something you find very often."

Photo: M. Provost



THE PEOPLE WHO **made** IT

BLACK AND GOLD (VOL. 17)

ALL OF THE INFORMATION ON...

The seventeenth volume of the *Black & Gold* yearbook was produced during record and unrecorded periods in the yearbook lab. The high school yearbook lab was closed for the remainder of the 2019-2020 school year due to the Coronavirus quarantine implemented by the state of Colorado and remote learning and the book was completed using Google Drive, Ballour Tools and Adobe Creative Cloud. The book was printed by Ballour Publishing in Dallas, TX. Rob Rathbun was our Publishing Representative and Robert Peter was our Account Executive.

Theme & Design

When deciding a developing our theme for the 2020 yearbook, we wanted to encompass the idea that make of it first defines your high school experience. When brainstorming design concepts we wanted to make the cover, but to also reflect the joy and excitement as demonstrated through the color palette. The stamp was made after developing the creativity of students, as well as celebrate the accomplishments of our fellow learners. The final design was developed at the Henkink workshop and Mile High Journalism Camp.

Cover

The cover is a lithocote printed with Soft Touch matte lamination. Air feature over the wood grain. UV Varnish over the text, and embossed over the theme text on the back of the book. The colors of the 2020 *Black & Gold* were printed on 100# Polar Bear full enamel paper.

Typography & Color

The *Black & Gold* used a color palette that represents the four pillars of Rock Canyon: to empower, to explore,

to encourage and to excel. Everyone at school utilizes combinations to make the most of their schooling. Combining these colors on every page in varying combinations represent the unique range of excellence that Rock Canyon has to offer.

Publishing & Sales

Out of the total 1850 yearbooks ordered, approximately 1750 were pre-sold at a cost of \$72 before the yearbook was printed. The yearbook was sold for \$100. The first 500 yearbooks were sold through the yearbook lab for \$105. The remaining 1250 yearbooks were sold for \$175, and full yearbook orders were made available on Oct. 5.

Photography & Post-Production

Staff photographers used Nikon DSLR cameras. Photographs were edited and prepared for submission to the yearbook lab. Senior portraits were taken by LifeTouch Photography. Senior portraits were provided by Vision Photography and Keespike Photography at their own expense. Senior portraits were also made available on five separate days for all seniors.

Materials & Acknowledgements

The sixteenth volume of the *Black & Gold* yearbook was produced with the following vendors during the 2019-2020 school year: Ballour Publishing, Ballour Gold-Medallist and Silver Crown, NSPA, All-American and Paemaker, Finkat.

THANK YOU TO OUR A-TEAM, EDITORIAL BOARD AND THE STAFFERS WHO DEDICATED HOURS OUTSIDE OF SCHOOL TO THIS BOOK

Thank you...

We would like to thank Kristi Rathbun, our wonderful Editor in Chief, for her leadership and support. We also thank the entire staff of the yearbook, including the editorial board members: Monica Brown at the Yearbook Company, the staff of the Rock news magazine, the entire RCHS faculty and staff, especially Andy Alther, our awesome tech support. We also thank the staff of the yearbook lab for allowing us to spend hours after school and during weekends to make this book, and our staff members for working to produce the 2020 *Black & Gold*.

OOPS WE DID IT AGAIN MEET THE EDITORS

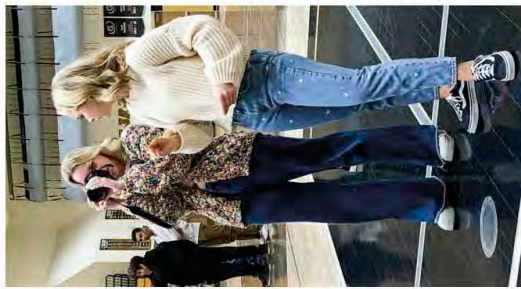


EMMA SHEA '20
EDITOR IN CHIEF



KINLEY REX '20
EDITOR IN CHIEF

Senior Kinley Rex leads the staff through the yearbook lab during the yearbook lab's first week. She has been in the yearbook lab for six years. She started as a staff member and worked her way up to Editor in Chief. Her junior year, she became the Editor in Chief of the *Black & Gold* yearbook. She presented the yearbook to the Student Media Association in 2019 to receive the award for Best Yearbook. She presented the yearbook to the Student Media Association in 2019 to receive the award for Best Yearbook. She presented the yearbook to the Student Media Association in 2019 to receive the award for Best Yearbook.



ENDING THE YEAR IN QUARANTINE, ISOLATED FROM THE NORMALITY OF CLASS, UNCERTAIN OF THE CHANCES TO RETURN, TO PROVE YOURSELF IN THE SAT, TO FINISH OUT YOUR FIRST YEAR OF HIGH SCHOOL, TO SAY YOUR PROPER GOODBYES BEFORE STARTING YOUR NEW JOURNEY, EVERY JAGUAR WAS MET WITH ADVERSITY. SOME STRUGGLED TO WORK ONLINE, TO STAY CONNECTED, TO KEEP MOTIVATED, AND SOME THRIVED BY CREATING A ROUTINE, STAYING ACTIVE, AND RECONNECTING WITH FAMILY, BUT IN THE END IT'S WHAT YOU MADE OF IT

“Quarantine makes me feel anxious because nobody knows what the future really looks like,” Alli Seiffer ‘20 said. “Seniors have had so much to look forward to that may or may not happen and the unknown is scary.”

MADE A NEW **hobby**

“I AM MAKING THE MOST OF SOCIAL ISOLATION BY DOING A LOT OF PUZZLES, AND SPENDING TIME WITH MY FAMILY,” AUTUMN SCHMITDLIEN ‘23 SAID. “I THINK I’VE DONE ABOUT 8 PUZZLES ALL BETWEEN 500-1000 PIECES.”

“I HAVE MADE THE MOST OUT OF QUARANTINE BY BONDING WITH MY DOG AND FINDING A NEW HOBBY IN LANDSCAPING,” MASON HIBBETT ‘22 SAID.

“I really love quarantine because now I can hang out and game all day, and if I stay up late at night I don’t have to worry about getting less sleep because I can just sleep in the next morning which is awesome.” Andrew Brent ‘21 said.

made you **BETTER**

“QUARANTINE MAKES ME FEEL VERY INDEPENDENT,” ROBERT PEARSON ‘21 SAID. “WITH ALL OF THE ONLINE CLASSES GOING ON, I’VE HAD TO ORGANIZE MY DAYS IN ORDER TO GET WHAT I NEED TO BE DONE, AND THEN SAVE TIME FOR HIKES AND SUCH AFTERWARD. IT’S BROUGHT OUT MY INITIATIVE AND MOTIVATION TO GET SCHOOL WORK DONE, WHICH ISN’T USUALLY WHAT I DO.”

made you

“ME AND MY FAMILY WENT AND PICKED UP SOME BABY CHICKS AND DUCKLINGS,” ANNA BAKKEN ‘21 SAID. “WATCHING THEM GROW UP MAKES MY DAY SO MUCH BETTER, AND I SWEAR I COULD SIT WITH ONE IN MY PALM FOREVER. WE HAVE HAD THEM BEFORE WHEN I WAS YOUNGER SO IT ALSO BRINGS BACK A LOT OF WONDERFUL MEMORIES.”

REMINISCE

“At first, quarantine made me feel anxious and sad that I couldn’t go anywhere, do anything, or see anyone, but I have since decided to make the best out of it by spending time with my family and improving on my painting skills,” Taylor Jeppson ‘23 said.

WHAT YOU made OF IT

made a **PLAN**

“EVERY WEEK I MAKE A SCHEDULE FOR ALL THE WORK I HAVE TO FINISH, ONCE I’M DONE WITH IT I CROSS IT OUT,” RUNEEM ABSSE ‘21 SAID. “THE GREATEST STRATEGY FOR ONLINE SCHOOL IS TO STAY ORGANIZED AND MANAGE YOUR TIME. IF YOU WORK HARD FOR 3 HOURS YOU CAN GET A LOT OF WORK DONE, SOME THINGS CAN EVEN BE DONE IN 15 MINUTES. ANOTHER STRATEGY IS TO ESTABLISH A ROUTINE, DO CERTAIN THINGS ON CERTAIN DAYS IN ORDER TO KEEP THINGS FROM BUILDING UP OR GETTING DIFFICULT.”

“QUARANTINE MAKES ME FEEL VERY ANGRY BUT ALSO UPSET,” RACHEL DRENNAN ‘20 SAID. “I AM MISSING SCHOOL MORE THAN I HAVE EVER IMAGINED, AND ONLINE SCHOOL SEEMS TO BE TAKING MORE EFFORT AND ENERGY THAN ACTUALLY GOING TO SCHOOL. I HAVE NOT ENJOYED MY TIME WITH MY TWO OTHER SIBLINGS BEING AT HOME ALL TOGETHER AND BEING UNABLE TO LEAVE THE HOUSE, SO ALL I AM HOPING FOR IS THAT WE CAN GO BACK TO SCHOOL SOON.”

made **MAD** you

ALTHOUGH COVID-19 MAY HAVE TAKEN MOMENTS OF SUCCESS, MEMORIES OF THE FINAL QUARTER, NO VIRUS COULD CHANGE THE HIGHLIGHTS OF THE YEAR. DON’T FORGET THE TIME WE RAISED \$62,404 FOR FABIAN, THE SECOND SOFTBALL BECAME THE THIRD BEST TEAM IN THE NATION, THE ACCOMPLISHMENT OF HAVING TEN JAGUARS BECOME NATIONAL MERIT FINALISTS, OR WHEN THE SYMPHONIC BAND MADE HISTORY BY QUALIFYING FOR STATE. AS THE YEAR CAME TO A CLOSE, JAGUARS WERE FORCED OUTSIDE THE JUNGLE, BUT THROUGH THICK AND THIN, THEY ARE WHAT MADE THIS YEAR ONE TO REMEMBER.



Good bye class of 2020

Olivia Critchley '20 walks away from her senior year April 3. "I'm going to miss seeing my friends and incredible teachers everyday and all the amazing memories I have made," Critchley said. "the best part of being a Jag was the school spirit and that everyone loved our school and all the spirit just made you proud to be a jag."

Photo: M. Provost

WE

made
IT TO THE END

WRITE THE DAY WE GOT OUT OF QUARANTINE ON THE LINE ABOVE