

you can ask
we'll do
**WHATEVER
IT TAKES**

ARVADA HIGH SCHOOL
arvada, colorado

arvadan
2022

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we'll do

arvadan 2022

**WHATEVER
IT TAKES**



At Orientation, the marching band plays the fight song while cheerleaders teach it to incoming ninth graders. Along with the Poms squad, the groups aimed to create more unity among themselves and raise spirit around the school. "We try to support each other with everything," Emily Watson (11). **Lisa Garry's Geometry class** starts with a collaborative assignment as Devin Trujillo (11) clarifies instructions with learning specialist Jon Seim. The first days back were met with activities and discussions aimed at refocusing on everyone's role in building community. "It feels good to be back to normal," Trujillo said. *Photos by Sydney Huysler*



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WHATEVER IT TAKES

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WHATEVER IT TAKES

arvadan 2022 / vol. 108

ARVADA HIGH SCHOOL

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9th: 203

10th: 187

11th: 192

12th: 177

Staff: 93

TOTAL: 852

Before taking the field at the Jeffco Marching Festival, Amanda Stillman (12) rehearses her swing flag routine. It was the first competition where the marching band was able to perform their "Dia de los Muertos" show. "I feel like a lot of people know us as tiny but mighty," Stillman said. "I'd say I have pride in it. People are always like, 'Oh, you're such a small band,' and I'm like, 'Yeah, but we still are getting first place.'"

Photo by Barnaby Atwood

what do you

WANT FROM US?



You asked for pride. Hope Ramos (11) and the volleyball team stand in honor of the National Anthem. They focused on presenting a united front on and off the court. "I'm proud of us," Ramos said. "We're getting along better, and we're really coming together as team and listening to each other on the court." *Photo by Sydney Huyser*

Spirit?

What does that look like?
Is it cheering at rallies and games?
Is it wearing red on Fridays?

Community?

Like reaching out and helping?
Or trusting that we can find a middle ground?

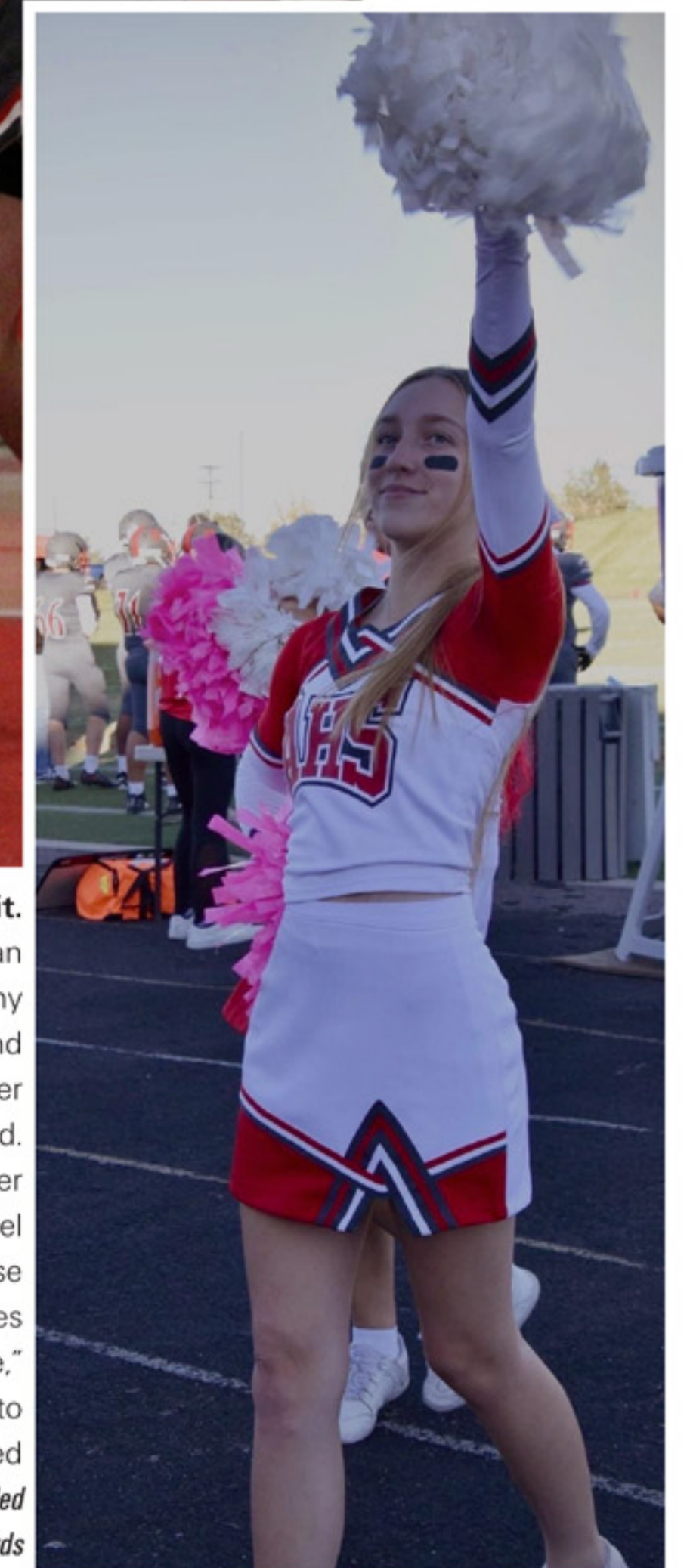
A legacy?

Something that younger kids can look up to?
Something that lasts long after we're gone?

You asked for unity. On the day of the first rally, Robin Welch (10), Taetum Miner (10) and Kubera Patton (10) got their friends to sign their shirts. "It's a way to show that our relationship is pretty good," Welch said. "We spend most of our time together, and we're good friends. We wanted to have a record of that." *Photo by Rosie Roberts*



You asked for fun. The Powderpuff cheer squad, including Seth Jolly (11), Julian Silva (12), Devyn Jarvis (12) and Elijah Wagner (12), hype the crowd before performing their routine at the Homecoming rally. With the help of Poms and Cheer members the group took four practices to get the dance right. "I didn't know if they were going to catch me while doing the [cheer] stunt," Silva said. "It was scary at first, but in the moment I had a blast, and everyone loved it." *Photo by Sydney Huyser*



You asked for spirit. At the Faith Christian football game, Destiny Muehlbauer (11) and the rest of the cheer team lead the crowd. "Hearing people cheer for us makes me feel accomplished because usually we're the ones cheering for people," Muehlbauer said. "So to have the roles reversed feels good." *Photo provided by Kim Richards*

But what if it's not what you think it is?

What if it's creating new traditions?

Like taking up Ms. Vigil's attendance and grade challenge to get longer lunches

And reviving ones we thought we lost?

Like class meetings to teach us cheers so we're ready for our first rally in two years

What if we think it's something else?

that's exactly

WHAT IT TAKES

It takes attention to detail. In Culinary Essentials 1, Savannah Nimerfroh (10) ices brownies she made. Before taking the class, she had enjoyed helping out in the kitchen at home. She preferred baking to cooking because there was often more to share with others. "You have to be spot on," Nimerfroh said. "You can't take things out of the recipe without messing it up. That's why baking is hard for a lot of people." *Photo by Rosemary Roberts*



Something else

Something you might not recognize at first
But we do it because it's us

It takes

Filling up the stands at the rally while we watch Ms. Powell play basketball for the first time



It takes love. Teachers Olivia Andrew, Rachael Powell and Lauren Brennan take a break from welcoming ninth graders at Orientation to pose together for the camera. The Geographic Studies trio used their bond to build relationships with the new students. "Ms. Andrew and I get 'married' during class at the beginning of the year so our students know that we're a team," Powell said. "So that relationship is flourishing. Ms. Brennan was my work wife a few years ago, but we were separated against our will. We still remain very much in love." *Photo by Sergio Yanes*

004
THEME
Opening
Whatever it takes

It takes

New shirts for ArHi Sports —
designed by Sports Business,
made by AMPED

It takes

121 years of history
to make a new legacy
of doing what we need to do for us



It takes passion. New to the Softball family, Alicia Montoya (9) prepares for the next pitch from Lincoln. Beginning the season successfully gave her a positive outlook. "It felt good to win our first game," Montoya said. "It's an accomplishment to start my first season off strong." *Photo by Elisha Allen*

It takes showing support. Isabella Ciotti (9) Shows off her new "A100" shirt. Principal Shannon Vigil handed out the shirts to go with her new community vision: 100% Arvada. "It's good to back up your school," Ciotti said. "We're all in this all the way." *Photo provided by Adrienne Allmon*



so you can ask,
we'll do
WHATEVER IT TAKES



It takes a new start. Principal Shannon Vigil introduces herself and the staff to the incoming ninth graders at Orientation. In her first year as principal, she aimed to increase participation and engagement among students. "I love our kids and facility," Vigil said. *Photo by Sergio Yanes*

005
"It takes drive, creativity and self control. I have to force myself to sit down and do home work just like I have to force myself to go to the gym. Even if I don't want to do it, I have to." *Grayce Dorsey (11)*

How do we start?

We bring up the incoming ninth graders and teach them the funky chicken because they better know what to do

Then we dive in

Even if it means changing the rules every day and testing every week before practice or applying for every job in the area

Make it perfect?

Perfection isn't about getting it right all the time. It's about making it perfect for us. That's what we focus on for so long

It has to matter

It has to be totally us, totally ours like when Baca sets up SAT prep classes or when Parli Stewart (12) helps out at Secrest

because if you want it done well, it's going to take

TIME

006
THEME
Divider
chronological



It takes a common interest. Adrienne Allmon (11) and Elisha Allen (11) grew closer when they joined the athletic leadership team. "Now, I think of her as my sister," Allmon says. "We met because of our love of sports, but actually working together to promote our athletic program showed us how much in common we actually have," Allen said. *Photo provided by Adrienne Allmon*



You asked us to yell. Savannah Hendrick (11) joins the Poms and Cheer teams on the sideline to pump up the crowd at the football season opener against Weld Central. With crowd restrictions lifted, more fans returned to the stands to support the teams. "It's fun to see everyone look crazy," Hendrick said. *Photo by Adrienne Allmon*

It takes running full speed. Moments before the first home football game against Weld Central, the team prepares to run through the banner held by the Cheer team. Despite having a few cancelled games during the season, coach Sharod Allmon wanted to keep things positive. "It feels good when they get wins," Allmon said. "It means they played and practiced hard." *Photo by Adrienne Allmon*



You asked us to try something new. In her first year on Poms, Kyla Darby (11) performs at halftime at the Weld Central football game. "Poms brings out my dancing side and my confidence," Darby said. *Photo by Adrienne Allmon*

It takes friendly competition. As friends and rival candidates for junior class president, Emilio Medina (11) and Michelle Chen (11) share a handshake wishing each other luck. "We've been friends since middle school," Chen said. "It was a stressful race because we share friends. We each wanted to win, but we were also hoping for the best for the other," Medina said. *Photo by Barnaby Atwood*



007
"It takes hard work and motivation. Do what makes you happy and live up to the best version of yourself because at the end of the day, you're doing this for you and only you." *Melanie Francisco Castillo (12)*



You asked us to get to know each other. During their off hour, students hang out at the tables outside. "My friends helped me a lot with personal stuff and with my chemistry and math," Leonardo Lopez (11) said. *Photo by Sydney Huyser*

It takes someone who listens. From the center of the room, Restorative Practices specialist Andi Allen leads the Bulldog Time representatives in small group conversations. "I have seen RP allow people to show up in authentic ways when things are hard and be met by true empathy," Allen says. "The genuine connections throughout the school creates opportunities for hard conversations knowing that there is someone who cares and holds you accountable for your actions." *Photo by Kubera Patton*



wait, you want

PROOF?

Does this meet your standards?

We meet outside during off hours because the sun is warm and the cafeteria is too quiet

We're here

We show up
We do it

And we make sure you see us

So that you know exactly how Jaden Jessop (9) played two sports And how Wild Bill kept us proud for 21 years

How's that for proof?

You asked for success. For the soap making lab in science teacher Shannan Corman's Physical Science class, TA Austin Jackson (11) helps a group by stirring the mixture. "I like doing hands-on labs a lot better than sitting and doing work," Jackson said. *Photo by Cashius Perry.* **It takes focus.** In preparation for Demonstrations of Learning, Makenzie Principali (10) works on her trifold board in the cafeteria during Bulldog Time. Even though participating in DOLs was voluntary, Principali chose to participate because she found her Chemistry project interesting. "We made mineral calendars to sell at DOL," Principali said. "They explained the elements in the minerals." *Photo by Kubera Patton*



It takes a little laughter. To break some of the tension of preparing for DOLs, Robin Welch (10) poses and distracts other students from their work. "There has been a lot of drama here and there, but I have been trying to stay out of it and enjoy school as it is," Welch said. *Photo by Kubera Patton*



You asked to look ahead.

At Foster K-8, counselor Suzanne Mentlik and Dozer quiz future ninth graders on their Arvada knowledge. During registration in early February student representatives joined counselors and administration at feeder schools to generate excitement and interest in high school. "We had a whole bunch of students come up and make sure they were registered at Arvada for next year," Mentlik said. *Photo by Cashius Perry*



You asked to get involved.

Along with the others trying out for cheer, Tessa Gonzalez (10) runs through a cheer taught during the clinical day. "Being in cheer is fun, especially when we are done performing and everyone acknowledges how hard we worked," Gonzalez said. *Photo by Cashius Perry*



You asked for leadership.

While waiting for the ball to come back down the field at the Thornton match, Geovanny Reveles Mendoza (12) catches his breath. "As a captain, I have keep the energy and keep encouraging my team," Reveles said. *Photo by Elijah Wagner*

wait,
was that not
WHAT YOU EXPECTED
from us?

You asked us to be louder.

On the bridge, Austin Richardson (12) and the rest of the marching band lead the school to the gym for the Homecoming rally. "It felt like a parade," Richardson said. "It was difficult to walk around our hallways with the sousaphone." *Photo by Elisha Allen*



It wasn't easy

But then again, nothing worth doing is easy

Just ask Saul Rodriguez (12)

how long it took him to finish his mural

We did what you wanted

Whether it was Ernesto Paz (11)

leading science teacher candidates on a tour

Or Noe Rodriguez (11) balancing work and school

while still being a three-season athlete

And we did what it took

Brittney Diaz (9) used her TikTok fame

to help teachers in that prom rally dance-off

Taylor Macready (10) improved her footwork

in volleyball and showed it off in the musical



You asked for motivation.

At the Bennett tournament, the official raises Julian Silva's (12) arm to mark the win. At each event, Silva set personal goals, which helped him make it all the way to the state tournament at the end of the season. "I did really well in the competition," Silva said. "I want to improve on bottom."

Photo by Amanda Donald

how did we do it,
YOU ASK?

But go ahead and keep asking

We know you're going to
And you know we'll keep surprising you

Want us to show up?

Okay, we'll show up
but we'll bring
everyone else with us

Want us to make a decision?

Fine, but we'll choose
what's best for us
not you, got that?

Want us to give you more?

We're going to keep pushing
past what you thought we could do
and that's because...



It took ingenuity. With the final touches on his mousses in place, Isaac Yang rounds off the ProStart team's menu at the state competition. The team was challenged with cooking a full multi-course menu with little equipment, including no running water. "It could've gone better but it was pretty fun, and a good experiment," Yang said. *Photo by Sydney Huyser*

It took knowing our options. After a visit from the CSU representative about financial aid, Sera Reyes (12) and Karina Nava (12) enjoy the treats he left. "Even though, I have committed to the School of Mines for geophysical engineering," Reyes said, "It's good to know about all the options so you can make the best decision."

Photo by Barnaby Atwood



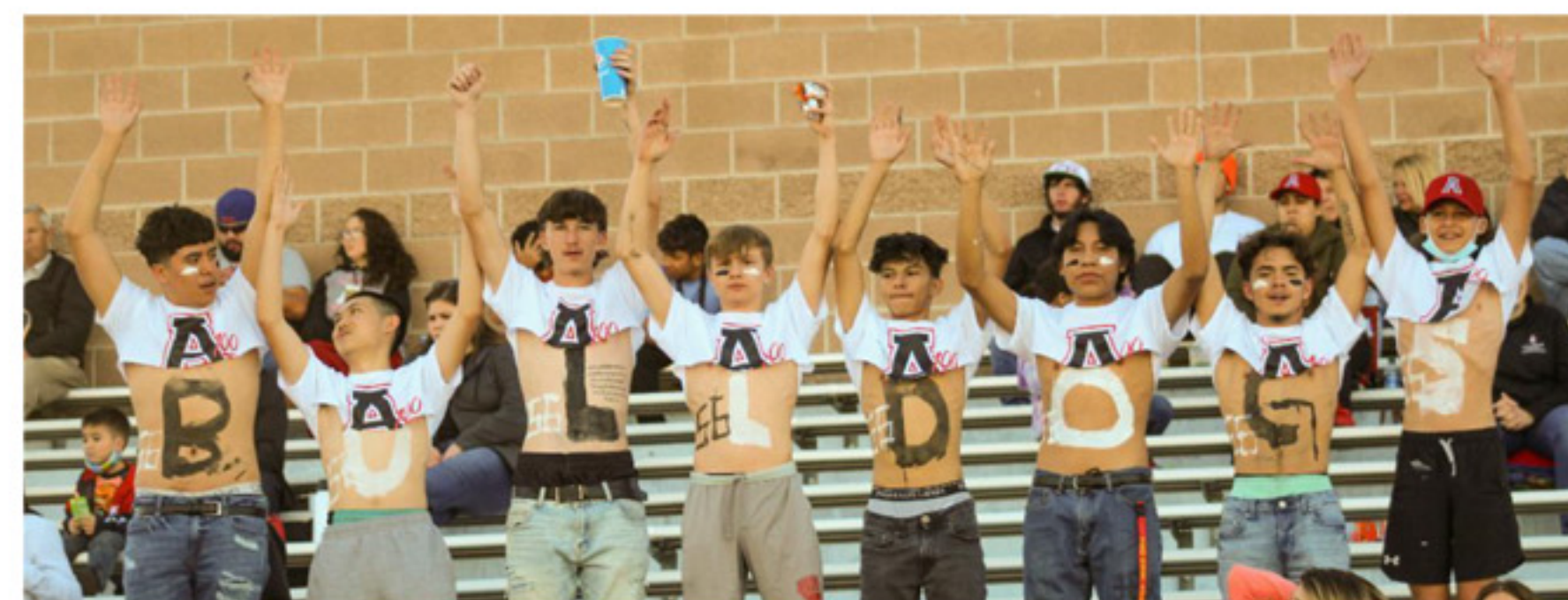
even when you
think we're done

**WE'LL
DELIVER**

no matter what



It took understanding each other. During the Bulldog Time representative meeting, restorative practices liaison Taylor Maunu addresses the circle. "I think talking in a circle can help in many situations. If you're having problems or having a good time, circles are great for communicating," Maunu said. *Photo by Kubera Patton*



It took loyalty. At the senior night football game against Faith Christian, students cheer on the team. In addition to painting on letters, the group also bore the number 56 in honor of Christopher Coalman-Angelo (12) and his recovery. "Obviously, it's important to care about where you go, but it also creates a better community," Wagner said. *Photo by Sydney Huyser*

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we did

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