

## this is

Chaotic Loud Energetic Angry Courage Worthless
Peaceful Love Comfortable Confident Agitated Anxious
Caution Pain Uncomfortable Grateful Creative Sweet
Success Frustrated Motivation Honesty Ambition

Hesitation Colorful Changing Guilt Hate Joy Determination Happy Free Confused Lonely Enthusiasm Disgust Sports Compassion Fear Sadness Impatience Curious Whole Loud Desperate Running Astonishment Inspiration Shy Bold Short Irritated Numb Optimistic Weak Tense Reluctant Bored Appreciative Blissful Difficult Upbeat Emotional Heartbroken Upset Unsure Disappointed Driven Exhausted Good Overwhelmed Elated Nausea Tired Defeated Helpless Stormy Relief Pride Focused Nostalgic Conflicted Seeing Carefree Rejection Passion Understanding Brutal Strength Patient Ashamed Long Musical Mysterious Cruel Edgy Magnificent Lovely Dread Growing Friendship Accepting Dissatisfied Cringy Hypocritical Pensive Moody Hopeful Innocent Lost Building Greedy Longing Troubled Adventure Grief Power

Giggling Waiting Triumph Laughter Art Annoyance Trying Rage Stupid Hostile Vulnerable Excitement Awe Fighting Progress Depression Belonging Gloomy Family Believing Interesting Burnout Jealousy Beautiful Crazy Euphoric

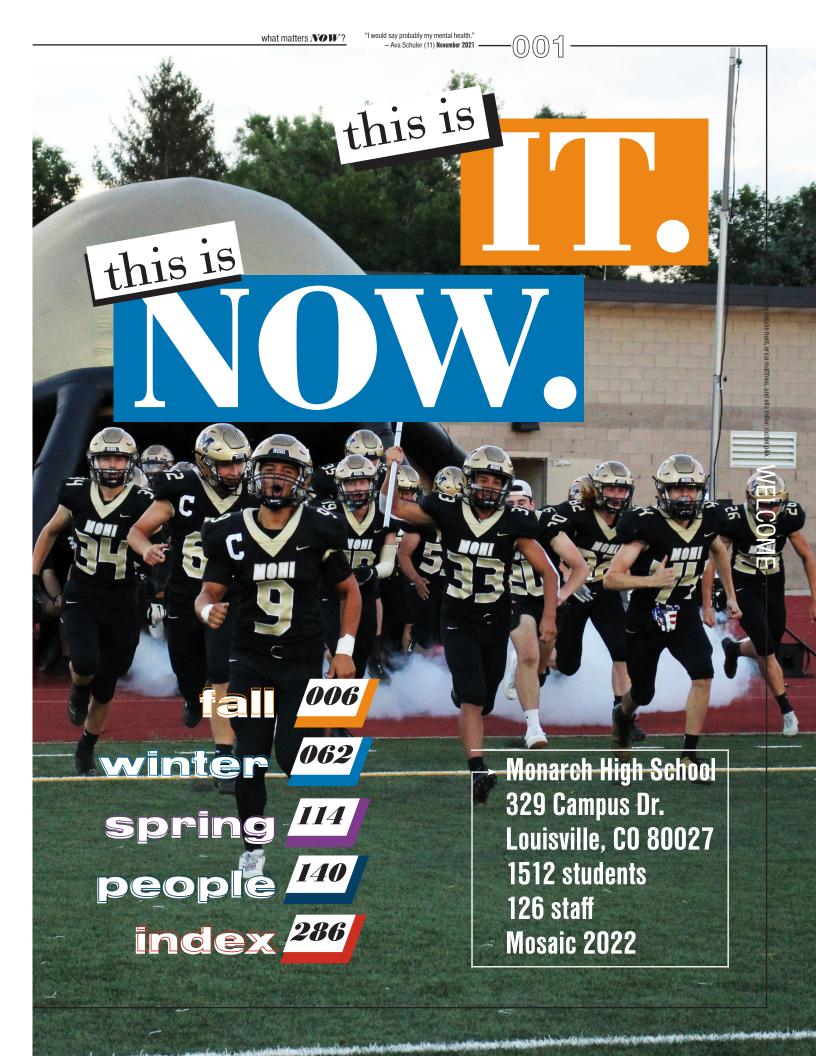
### this is

Embarrassment Amazement Bittersweet Miserable
Calm Partying Panic Raw Wicked Searching Electrifying
Discombobulated Studying Scarring Dreaming Imperfect
Silence Resentment Paranoid Speechless Safe Eager

Thrilled Awkward Sleep-Deprived Suspense Stress Learning Complicated Acting Repetitive Unbelievable Easy Screaming Hurting Unprecedented Cheerful Real Blurry Shaking Space Denial Obnoxious Writing Brave Dangerous Dark Creepy Style Important Insane Trauma Crying Unfair Chill Fierce Slow Feeling Human Unfortunate Breaking Spirit Flawed Trust Healing Strange Mourning Falling Stargazing Practice Forgiving Anticipation Glowing Problematic Cold Enough Unplanned Dancing Delicate Haunted Adoring Control Golden Kindness Bland Deadlines Lucky Fruity Simple Whispering Mean Identity Fine Perfect Young New Yelling Ours Drama Infinite Fearless Temporary Goodbye Distractions Smiling Treacherous Pretending Fast Brainstorming Celebrating Stunning Hot Unique Giving Bitter Singing Extreme Giddy Routine Warm Sabotage Gross

Imagination Skipping Rhythm Revenge
Traveling Working Ecstatic Insecure
Breathless Normal Sharing Bright Notes
Pressure Believable Messy Complete





opportunity, so just doing new things is pretty important to me."



Today is all we have.

Yesterday is always gone and tomorrow

is never here.

We need to take advantage of every

moment.

**Every play** 

**Every football game** 

**Every march** 

Every toss of the flour at kickoff

**Every dance** 

**Every last-minute party** 

and late work night

and unproductive practice.

**Every opportunity** 

Every adventure

**Because every minute counts** 

**Every second counts.** 

Now is everything.

And yes

Now is brutal

*Now is loud* 

Now is unexpected

But now is our time.





Now is when the leaves change colors and we slowly move inside for lunch because it's too cold, but you don't mind because then you get to listen to the new album that just dropped from your favorite artist in your friend's car on your way to get a pumpkin spice latte, and you get to spend the night dancing on the turf football field for Homecoming and picking out the best costume for Halloween because you actually get to go to parties this year, and the days start to get shorter and you start to get busier, but

it doesn't matter because you're doing what you care about, whether it's staying late after school in the library or to rehearse for the play and you have to learn how to balance it all, but it's beautiful because school comes alive again, burgers get grilled and friendships get

formed, and you start to meet up at Paul's to cram for Chem tests, and all at once life starts to hit you because it's time for fall.











this is sports



This is the moment to throw yourself into it and you practice every day perfecting that swing or that spike or that kick and then walk up the stairs with burning quads for a week, but it's worth it because

you get to be the kid who makes the tourney-winning shot and because you're not able to stop smiling after those late night team dinners, and then you find yourself crushed after the loss and exhausted by the all-consuming time and pressure, but you never quit because you love the feeling of being a part of something bigger than yourself, coming home with knees wrapped with KT tape and a face drenched in dirt and sweat, laying on the floor of your room because you can't even make it to your bed and then waking up to do it all over again because it helps you

> to breathe even when you're out of breath and it gives you that rush of knowing you're entirely alive and this is the moment when you realize this is it.

VINIBR

Now is the time to make some grown up decisions because you get to decide if you're going to wear a mask or not and some of your friends are and some aren't and one of your friend's mom has cancer and you don't know what's right so you take a "short" TikTok

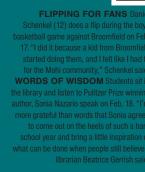
break and four hours later you're confused about how your homework isn't done and this is the time to go absolutely numb because your town burned down and you're living in a hotel and your best friend doesn't have a house and you look at their new sneakers and you think they're really cool and then you realize that of course they're new because all her other shoes burned but you somehow still manage to smile and do the Wordle and get coffee at Ziggi's because coffee fixes everything and have a makeup New Year's party on Jan. 16 and go to breakfast at iHop when a gas leak closes school and you ask for grace because life is getting really tough and you realize

this moment really is all

you've got right now.

this is









Now is the time to push hard and be at practice late but you don't care because the adrenaline you get from that buzzer beater is like nothing else and hearing that girls swim is going to state and the wrestling team is going at state and boys basketball is going to state

and girls basketball is going to state and the hockey team is going to state makes you shake your head because you didn't think all the sports got to have good seasons all at once and it gives you such a sense of pride to be able to say you go to Monarch and you share smiles about winning and being at the top of your game with your teammates with masks around your chins and the student section at basketball games overflow with screaming students dressed up like Mr. Anderson and you get another season of going to Cosmos and Dairy Queen after games and it just feels like a typical high school movie where

we win the games

midnight and right

now, this moment, all

that we have feels right.

and laugh until









Now is when you stay at school later than you thought because you notice that a baseball game is going on and you end up doing cartwheels in the grass with friends because it's warm enough and the sun is out and even though it's hot and sweaty in C-Hall, everything feels happy because you get to wear shorts and T-shirts without bringing a jacket and we get back from spring break and here we go again because Mamma Mia is about to debut and student council election signs decorate the hallways and the green grows through the black where everything burned, which means life is starting to grow again, and we're going to dance under the stars at prom but we're also going to dance under airplanes and it feels surreal and you get to practice outside because everyone's practicing outside at the same time, and then before you know it you can hear seniors running full force down the hallways with all that

they have left because

and this is spring.

Spoon Game has started

the field in a game against Heritage High School on March 14. "I'm just really competitive, and I just like to compete, to have fun with it," Riecken said. "I like to go out there with my friends and play for them." STRONG START Cameron Ayandele(10) dribbles the ball in a game against Mead High School on March 15. "The season started off really strong with a great group of girls," she said. "Our opening game against Mead set the tone for the rest of the season with a 3-2 win."

# this is PRINC





Eliza Maxfield (11), and Evelyn Gussenbauer (12) perform at an Indoor Percussion competition at Longmont High School on Mar. 19. "It's just fun to smile at people," McCorrison said. "Just being able to see their faces looking at you. There's definitely that anxiety beforehand, butterflies really swirling around your whole entire body. But it's just really fun to see smiling faces and that's awesome."

MAMMA MIA! Tessa Awald (11), Hannah Arvidsson (12), Marina Eissenstat (9), Zoe Wiley (10), Ellawyn Snyder (10), Lara Beckley (9), and Annika Holecek (12) rehearse scenes for the spring musical, Mamma Mia! "I love singing and dancing especially when you're friends with everybody and you've been close for four years," Holecek said. "It's our senior years, so it's just a lot of fun."











And that sentence doesn't make sense **But neither did this year** And because of that, We lived in the now. Looking back traumatized us And looking forward was pointless. The now was all we had We reached a point where It didn't matter what happened We took it and we ran with it We had to wear masks We didn't have to wear masks We watched our town burn down Yeah That happened

*It snowed every Wednesday* Like clockwork We wanted to not be at school But we had Gas Leak Days And Gas Leak Late Start Days And they didn't even phase us



We took life for what it was In the moment We took what was given to us and walked through strong Because if we didn't We would never get the chance to do it again. And time was unpredictable Time was broken So we broke away from time We drove shopping carts and pulled kayaks and Mini fridges in the hallways for spirit week We kneed ourselves in the face in the bouncy Castle at Winter Ball We all panicked when the lights went out And we exhaled when the weather got warm We learned this year that You have to live your life Even in the times when life stops The world keeps spinning. We've changed. The year is over and done.

that was

