



Flying High as an Eagle

Huggard will be first girl in Roaring Fork Valley to earn maximum BSA rank

Harper Axelman, Editor-in-Chief

Only 8% of all members of Boy Scouts of America (BSA) earn the highest rank attainable, Eagle Scout, according to BSA data in 2019.

Eagle Scout requires 21 Merit Badges, serving at least 6 months as an active member of the troop and an additional 6 months in a leadership position, passing a board of review, attending a ScoutMaster Conference, and showing dedication to the Scout Oath and Law, which consists of 12 rigorous character traits each Scout must follow.

Aspen High School Senior Lilly Huggard will join this elite group later this month, as well as becoming the first Sea Scout in the RFV. Huggard was inspired by her brother to work towards these achievements.

“I got into it about, I want to say four years ago,” Huggard said. “As I was reaching my 18th birthday, I knew I wanted to get Eagle, especially since my brother has been pushing me for it too since he never got his. I’ve gotten so much support from my troop leader and my friends.”

Earning Eagle Scout culminates in the final capstone Eagle Project in the community. Huggard is dedicating her Eagle Project to AHS’ class of 2023 as a solution for recently lost senior traditions.

Until this year, the pinnacle of any AHS

student’s high school career was the Boat, a wooden structure that represented a right of passage and could only be touched as a Senior, and was also used for performances. In 2021, Seniors used personal photos, quotes and designs to celebrate the privilege of sitting on the Boat. The Yellow Brick Road, the famed path of yellow tiles that ran through the commons that traditionally only Seniors could cross, was also removed with the Summer 2022 renovation and installation of new floors at AHS.

The Seniors were in need of a new emblem, so Huggard came up with a plan: a project that would hang in the commons and memorialize the class of 2023 WITH their handprints.

“Since we didn’t get to do something like that [previous senior traditions], I wanted to do something,” Huggard said. “We could do it together for people to see it and look forward to in the next years.”

On December 15th, 12th-grade students printed their hands onto the new senior painting.

“I wanted to hang it up near the Senior area in the commons or somewhere so that everyone could see it. And hopefully that would be enough room for a tradition to start for all the next Seniors,” Huggard said. “I worked really hard on it and I’m really liking how it’s done.”

“We could do it together for people to see it and look forward to in the next years.”

-Lilly Huggard

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Photo courtesy of Lilly Huggard

Seniors using paint to create Huggard’s Eagle Project.



Photo courtesy of Andrea Wallace

Looking up to a brighter, and hopefully still cold, future.

News

Gender Inequality in Sports

Between high school and professional sports, men and women continue to see inequalities, not just with pay but in opportunities.

According to Alia Wong, “We’ve seen this for a long time now ... not having opportunities for girls [in sports], not having equal facilities for girls’ teams—this is all still a big...(Page 7)

Opinion

Obsession and Psychology of True Crime

“Dahmer — Monster: The Jeffrey Dahmer Story” has taken over the charts - with 701.37 million hours watched in its initial release. It is Netflix’s second most popular English-language series. These numbers are astonishing, but the true crime far precedes “Dahmer,” released this Sept. 2022...(Page 5)

A&E

Blending Genres from R&B to Pop: Best Songs from SZA’s SOS

After leaving fans waiting for five long years, SZA finally dropped her latest album: SOS. The album, including 23 songs with features from artists such as Phoebe Bridgers and Travis Scott, landed #1 on the Billboard 200 chart. Following the release of SOS on December 9th, the artist also...(Page 8)

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Egging on Global Food Shortage



Photo Courtesy of Ronan Donnelly

Despite the shortages, there are still more eggs available at increased prices.

Beau Toepfer, News Editor, Ava Cherry, Editor-in-Chief

Avian flu is spreading rapidly through chicken populations across the nation. Fear of transmission to humans isn't the only source of trouble leaving consumers scrambling as eggs are now in short supply. Grocery stores across the country are increasing prices and limiting the number of egg cartons each customer can purchase.

On a national level, nearly 50 million chickens have been euthanized as a means of infection control. In Colorado alone, 6 million chickens have been euthanized, causing concern in terms of increased prices and limited supply amidst Colorado's shift to cage free eggs. Eggs are a staple of the American diet, a vital source of protein and nutrients such as vitamin D. Yet eggs are not the only food in short supply. The war in Ukraine

has limited grain exports significantly around the world. People are still stocking up due to the impact of the pandemic on panic-buying and perceived scarcity. Overpurchasing food will cause more eggs to be wasted. Local farms in other areas of the country are experiencing a lot of stress as customers flock to their farms.

While some areas of the country are harder hit than others, Colorado is facing

another major obstacle, the move towards the sale of 100% cage free eggs by 2025. Locals are currently concerned by the potential for prices to increase further. The avian flu outbreak has already led to the death of almost 90% of Colorado's egg laying hen population. Some farmers predict that flocks won't return to normal levels until May of this year. Wildlife raptor populations, specifically bald eagles, red-tailed hawks, and great-horned owls are also threatened by the worst outbreak of the fast-acting avian flu in Colorado state history. This is an issue of urgency for wildlife officials as less than 300 mating pairs of bald eagles reside in Colorado. Alongside the mental health damages of climate change already affecting struggling and impoverished farmers, life is only getting more difficult. For consumers, frustration and confusion abide with prices rising.

The egg shortage has been devastating for the agriculture industry; and with climate change worsening we can expect shortages on this scale in the future for a multitude of different reasons. Keep in mind that Colorado's new law will drastically increase the conditions for hens in larger farms and in many cases increase the quality of their eggs.

New Fusions Breakthrough Makes History

Ava Cherry, Editor-in-Chief

For the first time in history, Lawrence Livermore National Laboratory (LLNL) scientists achieved a fusion ignition. This breakthrough may lead the way to clean energy and nuclear defense technology advancements in the decades to come.

Secretary Granholm and leaders of the U.S. Department of Energy's (DOE) National Nuclear Security Administration (NNSA) held a press conference to announce the first fusion experiment that achieved a scientific energy breakeven, meaning a net energy gain equal to or greater than zero, a success made possible by over 60 years of global research, experimentation, and engineering.

Fusion ignition describes the moment at which the production of energy from a controlled fusion reaction exceeds energy losses in the form of x-ray radiation and electron conduction. Extensive

“...future experiments will enable the study of conditions found at the center of nuclear explosions without the need for atmospheric testing of atomic bombs.”

amounts of pressure and heat are required for fusion to occur, as the nuclei of atoms must overcome electrical resistance to fuse, creating a new element.

On December fifth, 192 high energy laser beams delivered 2.05 megajoules of ultraviolet energy to isotopes of hydrogen—namely, deuterium, and tritium—which were heated up at temperatures around 300 million degrees celsius to change from gas to plasma. This reaction resulted in the production of helium and 3.15 megajoules. Although the target gain exceeds one, the laser required approximately 300 megajoules of power

from the electric grid.

Notably, this milestone has ramifications for the possibility of zero carbon abundant fusion energy. Yet, the commercialization of this technology will likely take decades, requiring the realization of multiple fusion ignition events per minute and a robust network of drivers.

The deputy administrator for defense programs, Marv Adams, spoke on the more immediate implications of fusion ignition.

“This achievement will advance our national security in at least three ways.

First, it will lead to laboratory experiments that help NNSA defense programs continue to maintain confidence in our deterrent without nuclear explosive testing. Second, it underpins the credibility of our deterrent by demonstrating world leading expertise in weapons relevant technologies,” Adams said.

In addition, this accomplishment allows for development towards the United State's non-proliferation goals. Similar, future experiments will enable the study of conditions found at the center of nuclear explosions without the need for atmospheric testing of atomic bombs.

Climate Change and You: The Impact that the Future Holds

Beau Toepfer, News Editor

The obvious effects of climate change—heat waves, storms, and coral bleaching—overshadow an equally important, but less prominent impact: mental health.

While correlations have been drawn between mental illness, suicide, aggressive behavior, and climate change, the much more apparent effect is easy to see outside of a targeted study. Climate change is out of our individual control (unlike relationships or substances), and humans cannot make decisions that will directly impact them. Feelings of depression and helplessness arise from the theoretical future of desolation that climate change could make a reality. Indirectly, climate change led to a rise in aggressive behavior and violent suicides.

Recently suicide rates have increased due to climate related factors. Heat waves can lead to suicides, higher crime rates, and violence. Droughts lead to high levels of stress and possible climate refugees; farmers are increasingly more at risk of suicide, especially in India or even here in Colorado. Farming communities already struggle with suicide; rural communities have nearly double the suicide rates as urban areas. Droughts only contribute to heightened feelings of anxiety and depression. There is also a correlation between PTSD, stress, and climate-related natural disasters, such as extreme storms or bushfires.

The Marshall fire last year that burned 1,100 residences on the front range was exacerbated by climate change; many families lost everything due to the fire growing at a larger rate than officials expected, burning homes before proper evacuation notice was given. Lives were destroyed and in the current housing market, it is unlikely that many people will recover to where they were before the fire. Climate refugees are fleeing the world's deserts and coastlines, and locally, our town's economy relies on a colder climate.

Younger generations struggle knowing that their future specifically will be affected by climate change. Eske Roennau, an AHS senior, struggled with despair and fear about climate change, leading him to join multiple environmental activist organizations like CORE and POW to make a difference for his future.

"Fear is obviously a really powerful emotion," Roennau said. "I channeled it in an effective way towards activism in the case of the climate. At the same time, it can also be really harmful if it's not understood and not used properly."

Fear controls how we act toward issues like climate change, especially in the case of people who will be directly affected by it. A couple of years ago, I attended a talk led by the Guerrilla Girls, an extremely left-leaning organization that lobbies for women's rights. While I never saw their faces - they maintain anonymity through a gorilla mask, I appreciated what they talked about. It was potent and empowering. Shortly after

the talk, I approached the speakers and mentioned climate change, one of them said, "The future is in your hands; your generation is the future."

The women were elderly, that much was obvious. Saying that to a teenager is not an effective way to incite activism. To pass someone's future onto them when they aren't taken seriously only adds hopelessness. Earth supports all of the human race, not just Generation Z.

To those who tell the young people in your life that they will be the ones to make a change, rethink the impact of your words. Help save your children and future generations to come. If you have the power to make a difference, there is no reason to pass off your responsibilities to someone else who has less ability to be a positive influence on their planet. After all, almost all politicians are elderly and children cannot hold positions of power; they should be taking action for future generations. You can't wait for younger people to take power. Be a better person and help people who can't help themselves.

Aspen is a privileged bubble, making it hard to visualize how other people are affected by things like climate change or poverty. Migrants, including climate refugees, are more likely to experience schizophrenia than the populations they are moving into.

Politically inciting fear is an easy way for candidates to gain support by convincing people they can get rid of the problems that cause the fear. In the past, political candidates of both political parties pushed for climate reform. Republican John McCain contributed lasting positive changes to the US's political activism. However, Donald Trump abolished environmental protections and moved America away from the leading edge of climate activism. Trump reinvigorated fossil fuel usage and undid years of reform to energy production.

Agencies like POW lobby for reform federally, however, local organizations like Aspen Center for Environment Studies (ACES) are integral to local climate activism. This being said, even ACES employees struggle to deal with climate change from a mental health standpoint, according to Adam McCurdy, the forest and climate director of ACES.

"It's [climate change] a global issue, obviously," McCurdy said. "And

so because individuals get very little autonomy over what happens and I think that that can really lead to feelings of helplessness, and that can be really demoralizing."

India has had a huge influx of mental health problems relating to climate change. Farmers have been hit hard by droughts and heat waves and crops have come up short all over the world. The global food supply, already running thin, has been tightened by global conflict and climate change.

The San Juan valley in Colorado is being hit by drought the hardest. Farmers are the second most at-risk group for suicide in Colorado. Spikes in drought correlate to suicide rates. Farmers also are more comfortable with firearms, unfortunately one of the most lethal methods of suicide. Lack of support or unwillingness to seek professional help contributes to rapidly declining mental health. There aren't many predictions for when the drought will end, but it is likely the drought will persevere through 2030, and likely longer. Life isn't going to get much easier for farmers already at their limits, and mental health awareness is vital. Thankfully, mental health is

recognized and there are always people who want to help. The national suicide prevention hotline is confidential and 24/7 via calling the number: 988.

Over the past 15 years, climate change activism has become much more mainstream; activists make headlines, and preventing global warming is a key topic in any political conversation. The worst-case scenarios have become a little less dystopian since the early 2000s. With climate activism seeming to wane more recently, younger generations, including myself, see the future of a climate change dystopia as more of a reality. Activists like Greta Thunberg have spread positivity and awareness. Organizations like POW make federal changes and incite outdoor enthusiasts to be active parts of their community.

"A lot of these groups [climate activist groups] have brought an interesting perspective where they are acknowledging the worst case, but I they are also injected a lot of positivity about what we can accomplish and what we can accomplish in a short timeline," McCurdy said. "And things like the Pollution Reduction Act and the things individual states are doing have been results of that work."

THE SKIER SCRIBBLER



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A World Post-Genocide: How Rwanda Rebuilt with Female Leaders

Océane Jones, Editor-In-Chief

The Rwandan Genocide occurred from April 7th, 1994 to July 15, 1995. During this 100 day period, armed Hutus killed around 800,000 of the Tutsi minority, as well as moderate Hutus and Twa. As the nation rebuilds almost thirty years after the Genocide, we examine how their female-majority parliament works to heal the nation, and cultivate unity rather than hate.



Photo by Océane Jones

With the Rwandan economy relying heavily on tourism, locals are very friendly to tourists. This is additionally due to initiatives made by the female-majority parliament to take a percentage of tourists expenses to return back to the community, benefiting institutions of education and infrastructure.

The mountain gorilla is one of the many species unique to Rwanda, among a few neighboring countries. Although the trek to see the mammals is usually too expensive for locals, the animals attract tourists from around the world with their unique, gentle, nature and human-like habits.



Photo by Océane Jones

Male mountain gorilla taking a rest in the Virunga Volcano Forest.



Photo by Océane Jones

View from Choose Kigali, a local art center overlooking the Kigali.

Although many travelers are still hesitant to visit Rwanda on account of the Genocide, the nation is rebuilding and stronger than ever, something that can be uniquely attributed to their majority-female parliament. Although women make up almost half of the world's population, they occupy less than a quarter of political seats, according to a study by National Geographic. However, the same cannot be said about Rwanda. The Genocide itself paved the way for gender equality, with extreme sexual violence forcing women to claim their seat in power and change their nation for the better.

The tea and coffee fields throughout the nation are Rwanda's largest export. With workers earning around \$1 per 40 kilograms, the industry also provides minimum wage employment.

Naiomi is a tea expert working at the One & Only resort located in the forests of the Virunga Volcano Range. "We are proud of our black tea," says Naiomi. Growing up in Kigali, Rwanda's largest and capital city, working at the One & Only is a huge accomplishment.

Post-genocide, the female-majority parliament gave women the right to own property and make their own income, something illegal before the female leaders came into power.



Photo by Océane Jones

Birdseye view of the coffee and tea plantations.

This has led to an increase of 126% of women working in the skilled employment sector, according to Fraym's ML-Derived Population Data.



Photo by Océane Jones

Outside of the Nymirambo Women's Center, a female run boutique funding girls's education.

Art has blossomed since the election of female leaders in the parliament. Galleries and stores such as Kigali Art Center and the Nymirambo Women's Center foster creativity in local youth by establishing school programs.

The newly imposed *ligistaure* regarding sexual violence against women has also grown the city into an extremely safe place for women, ranked as one of the safest places for female travelers by *Wondering Our World*.



Photo by Océane Jones

Artwork by local children displayed in the Choose Kigali Art Center which provides afterschool and in-school art programs for youth.

Psychology and Obsession Behind True Crime

Quintessa Frisch, Opinion Editor

“Dahmer — Monster: The Jeffrey Dahmer Story” has taken over the charts - with 701.37 million hours watched in its initial release. It is Netflix’s second most popular English-language series. These numbers are astonishing, but the true crime far precedes “Dahmer,” released this Sept. 2022.

True crime is a nonfiction podcast, literary, or film genre based on a crime, typically murder, kidnapping, or burglary. Storylines go into the specific details of each case, either talking about the exact details or interviewing people related to the case. With only 30% of people claiming they never watch true crime, it wouldn’t be fair to say that true crime hasn’t held an impact on mainstream media over the years.

While true crime may just seem like an interesting way to understand the history behind serious cases, it brings an ethical discussion to the table. Some people believe that true crime glorifies criminals and their stories. Regarding murder cases, true crime may be seen as insensitive to the victim’s families. Criminals have various motives behind their crimes, including the desire for fame. True crime increases publicity, putting criminals in the spotlight. However, true crime isn’t only controversial because of ethical beliefs. Another leading reason is the controversy of true crime revolving around something often disregarded - the judicial system.

Donald Shelton, a well-respected felony trial judge who wrote an article called ‘The ‘CSI Effect’: Does It Really Exist,’ shares his perspective on true

crime and how he sees its influence on people around him. Published by the National Institute of Justice in 2008, he discusses valid points that hold the test of time. “Many attorneys, judges, and journalists have claimed that watching television programs like CSI has caused jurors to wrongfully acquit guilty defendants when no scientific evidence has been presented,” Shelton wrote. “The mass media quickly picked up on these complaints. This so-called effect was promptly dubbed the ‘CSI effect,’ laying much of the blame on the popular television series and its progeny.”

The judicial branch was formed in 1789 - the idea of true crime changing the impactful opinion of jurors is concerning. Shelton explains how CSI often exaggerates evidence in crimes, leading jurors to start disregarding cases with less evidence. This can be dangerous, as some of the most serious crimes have little evidence, such as rape. Shelton discovered that if there was no scientific evidence presented, 14% of jurors that watched CSI were less likely to find the defendant guilty in a case involving rape. This being said, it is unlikely that this ‘CSI effect’ Shelton talks about influenced every juror’s opinion. Just because this could be the case does not mean that true crime shows and podcasts should be ended. If you’re a juror or someone who has an influence on the law, stay away from this source of information.

The brain’s reaction to true crime is similar to horror movies - your brain produces endorphins from the intense adrenaline you feel. The feeling of

excitement you may feel from releasing endorphins can be addictive. When watching true crime, your brain also produces serotonin and dopamine, two additional ‘feel-good’ chemicals. Although it is a big factor, these chemicals aren’t the only reason why people watch true crime.

It’s certainly not every day that you are exposed to serial killers - but with true crime, this is turned into a reality. Overall, people are interested in the lives of others, even when they most likely shouldn’t be. True crime can take away the thought of feeling invasive into other’s lives, as information is already given to you. Instead of being curious, many true crime shows and podcasts provide you with direct interviews with victims, people involved, and sometimes the criminal themselves. If the criminal happens to be a serial killer, it tends to interest people more, bringing along this obsession with true crime. It is fascinating to learn more about the thoughts behind someone that can commit something so horrific.

True crime digs into the background of serial killers, often revealing some past trauma they have dealt with. This allows people to empathize with serial killers, something that seems almost unheard of. It is interesting to see if you can relate to serial killers. You may find yourself relating to these murderers - similar childhoods, maybe you shared a hometown, quite literally anything. True crime podcasts and shows tend to overshare the lives of the criminals, increasing the number of things a viewer may find

relatable.

To be clear, I am not saying that everybody relates to serial killers, and therefore should disregard their terrible actions. Serial killers should 100% be held accountable. However, it is our natural response to feel sympathy towards people. It is important to find a balance between empathy and accountability. If you empathize to the extent that you neglect the crime itself, then that is where the problem develops. It is not fair to blame this on the makers of true crime shows and podcasts - it is important for the watcher/listener to consume the content already aware of the effects it may have.

Another interesting aspect of true crime is the comfortability found within unsettling facts and stories. Comfortability in true crime comes in two separate ways; being unable to relate to criminals, allowing for a sense of security, and feeling more prepared for the rare situation that the case you are learning about happens to you. Although the chance of an exact crime repeating itself in your life is extremely rare, it can still settle any feelings of anxiety. Additionally, being unable to relate to criminals gives a sense of security. The less you can relate, the less chance there is that you can see yourself in that position.

True crime is entertaining no matter what, whether you watch it for education, relatability, or comfort. Seeing how different cases are justified and explained will always interest me. True crime allows for opportunities that would have otherwise never been given.

Shootings are Currently at an All-Time High

Stella Iverson, A&E Editor

Shootings have become a norm in this country. The average American wakes up to the same news every day: a new shooting. Each year since the first mass school shooting at Columbine High School in 1991 gun laws have gone nowhere since the semi-automatic ban in 1994. In 2022 there were up to 604 mass shootings. How much have we really done to actively stop the 40,000 people who died in 2022 due to gun violence? Why have we not done more to support those 18-year-old kids who are plagued with trauma they can’t forget? Firearms have become one of the leading causes of death for Americans at any age.

It is impossible to name every shooting that has happened this year in the United States. May 24, 2022, a new school shooting popped up on the news, with 22 dead, mostly children ages 8-10. On May 14, 2022, 10 dead, most simply grocery shopping for their next meals. How much more is it going to take before we do something, anything? Americans are more than exhausted. Compiling shootings with the long three

years of COVID-19, we’ve all experienced too much death.

all semi-automatic weapons, pump shotguns, and rifles were banned.

operated by a bolt, pump, lever or slide action were banned, as well as assault weapons used by military, law enforcement, retired law enforcement, and Antique weapons, are illegal; what good has that done? How have we let politics influence our decisions to the point we don’t have human decency. It is known that there are more shootings in red states.

In 2016, 37,353 gun deaths occurred in the United States. Of these gun-related deaths, 22,938 were suicides, and 14,415 were homicides. Of The homicides, 71 were classified as the result of a mass shooting. A paper written in 2016 from the University of Alabama compared 171 countries from 1966 to 2012 and concluded that the United States accounted for only 5% of the world’s population, but 31% of its mass shootings. What more could we possibly ask for, apologies for wanting to be able to attend school not worried someone could slip in with a gun. How much more death and tragedy must it take for you to realize there is a simple fix?



The booth for gun violence solutions at the AHS Club Fair

Photo by Isaac Andrade

In the United States, the right to bear arms is currently protected by the second amendment. In London, the use of handguns was banned in 1996 after their first and only mass shooting. In 1996,

Following their first mass shooting where 35 people died, Australia has had no mass shootings since 1996. And school shootings have increased every year since 1991. Any firearm manually

How to Stay Happy During Cuffing Season



Cassidy Young

Haley Schmela and Lauren Kinney are so excited to spend another holiday season with no significant other.

Haley Schmela, Staff Writer, Lauren Kinney, Social Media Editor

As we all know, the holidays tend to make people feel alone and upset that they do not have a significant other. However, we would love to congratulate you on surviving the holidays! There seems to be a lot of stigma around doing this alone over the months of December through New Years. As an expert at being alone, especially during the holidays after 16 years without a significant other, here are some amazing tips and tricks to cure your seasonal depression for the next year!

First tip: don't let anyone or anything get in your head. Lock in and make it the best holiday season. Take ownership. Everything you can do with two people, you can do by yourself, but BETTER. Regardless of the stereotypes, stand under that mistletoe by yourself and do something cool. Sledding alone? No problem, it is comfortable, requires less equipment, and still a good time. After your phenomenal sled races, stop by Paradise for a hot chocolate to warm the empty space in your heart. When you see the couple in their matching sets and hats all joyful, keep in mind you are not the one paying for two people.

The second trick is to treat yourself. As you sit lonely on the couch, and watching

the jewelry ads featuring the engagement ads, disregard all of it. So what? Odds are it is some set up, and they will also end up alone. All the gift guides on your Instagram feed, telling you what to get your boyfriend or girlfriend, dislike that useless post. Instead, spend that money on something that is actually useful. It is way more economically sound to buy a long-lasting item than take the risk of you losing your significant other. No one knows you better than you know yourself; we usually buy friendship bracelets in hopes to make friends and new beginnings.

Third tip: With the Hallmark channel taking over every station, holiday rom coms are very popular during Christmas. They fill most with hope and unreachable standards you will never meet. Lauren and I have watched a real life Hallmark movie multiple times that have epically failed. It was as if it was behind the scenes of the movie. Now we choose to watch more, better, movies, being the Grinch, Rudolph, and of course Christmas Vacation.

Overall, Lauren and I are living proof that you can survive the holiday season alone. We know you did not have these genius tricks prior to holidays. We wish you the best of luck with the 2023 holidays. #datingisforthenoobs

The Homework Haul

Addy Christensen, Staff Writer

After eight hours of school, two hours of sports practice, and what seems like a million hours of driving to get home, you're exhausted. It's been a long day. On the way home, you were planning on maybe watching a movie, eating dinner, and of course, something every high schooler loves: going to bed early. You let your thoughts drift around your relaxing plans, but something changes as soon as you step through the front door of your house. All of a sudden, thoughts come one after another—you have a bio test tomorrow and haven't studied. Shoot, and you have to read 30 pages of your English book. And oh, you forgot that you also have a history paper due first period, and you haven't started. Your stomach turns, and you almost feel like crying as you realize you won't be going to bed early tonight.

As much as I would like to say it's not, this is the reality of many Aspen High School students' lives. Many students at AHS go straight from school to sports to homework five out of seven days a week, leaving little time for breaks and relaxation. Ambler Henderson, a junior at AHS and an athlete on both the girl's volleyball and basketball teams, believes that she has too much homework and not enough time to do it all.

"I have around two-three hours of homework each night. It's really hard to have this much because practice is two hours, or if we have a game, that's usually more time, and it takes out of my time to do my homework. And then after this, I still have to shower and eat dinner, so by the time I actually get to doing my homework, it's already around eleven or twelve at night," Henderson said.

According to the CDC, teenagers ages 13-18 need about 8-10 hours of sleep each night due to brain development that happens during sleep. A Cornell University Study shows that due to lack of sleep, students' memory skills can be affected, among other things as well. AHS students are much too busy because of the amount of homework they are expected to do each night. The two, three, or four hours students spend doing homework on top of a two-hour sports practice, among other things, limits the amount of sleep students get, bringing it on average down to four-five hours a night. This is well under the minimum of eight hours needed. Sophomore Ela Stevenson brings a great solution to the table in order to solve this homework-haul issue at the

high school.

"I think we should have less homework at AHS, or if we do have homework to do, we should be allowed class time to do heavy-duty work like writing papers," Stevenson said.

Much of the homework that students are assigned at Aspen High School comes from work started but not finished in class. Being able to have more time to do said work in class would benefit students exponentially. From this, students could get more work done in class with an instructor to whom they can instantly ask questions that they usually cannot get at home. Although teachers often build in-class time to complete class assignments like projects or papers, unexpected schedule changes, changes to the lesson plan, or a lecture going over by a few minutes can take away much-needed work time in class. Having more class time to do this would also permit more time to spend sleeping as well as spending more time with friends and family and doing things they love, such as sports, clubs, or playing an instrument. Spending more time doing these activities can actually improve academic performance, improve self-esteem, and help students develop deeper social connections, which will benefit students more long term than doing homework every night would.

However, there are many teachers and even parents at AHS who believe that students should spend more time on homework as it helps students to better understand content in class which ultimately produces better test scores, etc. Of course, homework will always be unavoidable, but less unnecessary homework is never out of the question.

"I don't think that giving homework just to give homework is important, but preparing for an exam and other things like that is important," Sarah Benson, an AHS biology teacher, said.

Too much homework often creates an imbalanced schedule for students and often causes significant amounts of stress. AHS teacher Alex Regginelli believes that the amount of homework being given out by teachers is causing this to become a bigger problem.

"Our society bases our schedules on balance," Regginelli stated. "We want about eight hours to sleep, eight hours to work, and eight hours to play. That's the idea. And it's not a perfect system or ratio, but if students are here at school for seven or eight hours a day and are taking an additional three or four hours of their time after school, we are inherently creating an imbalance for

How To Stay Stress Free During Finals

Haley Schmela, Staff Writer, Lauren Kinney, Social Media Editor

The week of January 7th, 2023; the week everyone dreads. The true colors of the teachers come out. If you were planning on touring AHS this week, you should think twice, or maybe even three times.

Beginning with the new grading system, you will find students frantic in the halls looking for ways to boost their current grades and attitudes with no opportunity for extra credit so it will not spiral after the final while staff watch with enjoyment. Since the grading system has been so difficult on the kids, finals are predicted to spread mass amount of headaches. Down below are tips to stay away from the headaches, and instead stay superior to your classmates.

Bedtime:

Please attempt to go to bed prior to dawn. Do not, and I repeat, do not see the sunrise. If you are studying and the sun starts to peek through, close your eyes. Being well-rested will help you perform better and keep your anger management to a minimum.

Snacks:

Throughout the week, parents will advise their children to eat well-rounded meals. While that is beneficial, caffeine is the key to success. A 6 pack of Redbull will get you going and ready to take on any problems you might face. If you are like some and don't enjoy Redbull, try Celsius—the flavors are excellent.

Study Habits:

If you're having a hard time comprehending the material that will be on your

final, don't be afraid to approach your teacher. If they say they cannot help you, then don't give up. You can show them who's boss by challenging them to fight at night, or sending hate mail!

Outfit:

Most will choose the comfy look, usually consisting of sweatpants, hoodies, or the occasional comfy blanket. While

that is a great way to spend your day, we have much better outfits to help reach the genius power. One favorite thing to wear during finals week is the spiderman suit. However, if you don't have the funds for a super suit, you can always try a cape, to give the mindset that you can accomplish any challenges in your way.

If this guide was helpful to you, please keep looking for us in the hallways

Gender Inequality Hasn't Left Sports

Araya Thompson, Staff Writer

Between high school and professional sports, men and women continue to see inequalities, not just with pay but opportunities.

According to Alia Wong, "We've seen this for a long time now ... not having opportunities for girls [in sports], not having equal facilities for girls' teams—this is all still a big problem."

Schools need to understand that more young women would want to participate in sports if they were given equal opportunities. A lot of young women stop liking athletics when they move into high school-level sports. In many instances, they quit because of the lack of encouragement from coaches, parents, and peers.

Throughout my student athletic career, I have experienced and seen inequality and less encouragement

compared to my male counterparts.

This past summer, some girls on the AHS basketball team went to basketball camps where in many situations, they are the only girls there. They have also noticed that the boys are getting a lot more playing time at these camps.

Another example of this would be in schools; boys' teams are a popular topic of discussion throughout the year, while girls' teams are not getting acknowledged as much. This alone may make girls not want to participate in sports because they are not being seen as equals.

Yes, there are biological factors that limit women athletically. Historically, it makes sense that that is where current inequalities came from, but this is not an excuse for these disadvantages to still exist. Some people even say women should not be able to

compete in "male" sports because of physiological and emotional issues, differences in muscle mass, all-over strength, and testosterone levels. Just that statement alone breaks everything about what Title IX protects against.

According to Title IX, "Title IX of the Education Amendments of 1972 prohibits sex (including pregnancy, sexual orientation, and gender identity) discrimination in any education program or activity receiving federal financial assistance."

Many people expect young women to speak out for themselves on this issue. However, not all young women have the platform or the confidence to speak up about these problems, making people assume that they do not want to participate. This may lead women to have the idea that they should stay quiet and not speak up about their beliefs ingrained into their

heads from society. Society has made it more socially acceptable for men to speak their minds.

According to Jessica R. Preece in a piece for the BYU Magazine "Women are systematically seen as less authoritative. Their influence is systematically lower, and they're speaking less."

These problems are present in most school athletic administrations and decision-makers, not just at AHS. If young men want to participate in any athletic activity they do not have to search for opportunities.

People assume that the majority of young men want to play sports from a young age to high school, so they are automatically given those chances. Globally, we need to realize that if women were given those opportunities, more females would get involved.

Kicking Highlights of the 2022 Qatar World Cup

Adeline Christensen, Staff Writer

The referee blows the whistle, the crowd cheers, and the lights shine bright as two soccer teams battle for victory on the pitch. Families gather together to cheer on their countries' teams, friends do the same yelling their 'expert' suggestions at the TV screen. A player shoots and narrowly misses, and fans scream from the stadium, couches, restaurants, bars, and stores. The game goes on and the excitement builds. Players are fouled, others score, penalties are given. Finally, the game ends. 3-1, a solid victory for the winning team. A roar louder than you could ever imagine erupts from the stadium, and the sound seems to travel all over the world. This is the World Cup.

The FIFA World Cup is an international soccer tournament that has occurred every 4 years, 1930 was the year the first World Cup was held. The World Cup is the second most televised sports competition in the world, following closely behind the Olympics. This event attracts millions of people from all over the globe both to the actual competition and the television. The World Cup has allowed some of the best players in the game of soccer to be spotlighted and admired by all fans.

The 2022 World Cup was hosted in the country Qatar, where 64 international teams battled head-to-head for the title of World Cup champions. The soccer games were all entertaining, tense, and eventful, there proved to be many notable highlights within the 2022 competition.

"I think the biggest highlight for me was [Lionel] Messi winning his first World Cup," Kristine Hvolbeck, an AHS Junior and soccer fan stated.

Messi has been declared one of the world's best soccer players and in the



Adeline Christensen
AHS student, Rylee Smith watches the final game between Argentina and France.

2022 World Cup, he was able to lead Argentina to the finals against France which ended in penalty kicks. It was a close game but the nation of Argentina was able to pull through winning 4-3 in the shootout. Winning the World Cup is no easy feat, although Messi has had

a long and successful career, 2022 was his 5th World Cup appearance. He had never won the cup previously. This was his last appearance at an international competition before retiring after 18 years of playing soccer professionally, it was a great accomplishment and a highlight

for many across the globe for Messi to win.

"I think that Argentina played great and I am happy they won but I was hoping Portugal would pull through," AHS Junior Ella Pendarvis said about the World Cup.

Portugal played well throughout the cup and made it to the quarter final game played against Morocco, unfortunately losing 1-0. Many fans were cheering for the Portugal team because, like Messi, it was also the well known player, Cristiano Ronaldo's final World Cup tournament. Even though the loss against Morocco was devastating for Ronaldo and Portugal, the team's previous games against Switzerland and Uruguay, among others, showed the world how dedicated these players are to the game of soccer. Additionally, it showed how hard they all worked to make this World Cup the most memorable for many.

Countless other highlights such as Brazil's tough game against Croatia, France's jaw dropping game against England in the semis, and so many others are all ones that made the 2022 World Cup an event remembered for years to come. This tournament spread joy and excitement to many throughout the world and our own community, it was not only a way to celebrate and cheer for the teams that were playing but a way to come together as friends and families.

Although Messi's win was incredible, Henry King and Jordan Henderson made England's teamwork soar, and Neymar's reactions were top tier. The best highlight was seeing the crowd cheer, hug each other, and assemble as one.

Wakanda Forever: A Tribute to Chadwick Boseman

Rylee Smith and Elsa Tullar, Staff Writers

Wakanda lives on through the sequel of the Marvel movie *Black Panther*, astonishing fans across the globe.

In light of Chadwick Boseman's passing, the cast of *Black Panther* and Marvel Studios created a heartwarming tribute to our beloved hero through the continuation of Marvel's popular comic. Wakanda was symbolized as more than a place, movie, or fictional city in Eastern Africa. Wakanda became a home that connected those looking to support each other while grieving the loss of Boseman.

Black Panther is a Marvel Studios film that takes place in the mystical country of Wakanda. The movie focuses on five African Tribes and their conflict over a meteorite containing a fictional metal called vibranium, known for its ability to absorb, store and release large amounts of energy. When one selected warrior from the family throne ingests a heart-shaped herb infected by vibranium, they gain superhuman abilities and are officially named the "Black Panther." Obtaining this power comes with the responsibility of ruling over Wakanda and uniting its people.

When Marvel released the first *Black Panther* movie in 2018, it instantly made history. *Black Panther* was the first Marvel movie with a Black director and a predominantly Black cast. Chadwick Boseman, who plays the protagonist T'Challa, holds the title of the first Black superhero in a Marvel Studios film. Receiving 96% rotten tomatoes and a standing ovation from the Dolby Theater at its premiere, it is safe to say that the original *Black Panther* is loved and appreciated by many worldwide.

On August 28th, 2020 Boseman devastatingly passed away due to colon cancer. He was first diagnosed with stage three colon cancer in 2016 and in those four short years, it progressed to stage four. During the filming of the first *Black Panther* movie, Boseman was actively battling this illness. Throughout all of his hardships, he still was able to execute the irreplaceable role of T'Challa.

As the *Black Panther* director Ryan Coogler was creating the script for *Wakanda Forever*, Boseman's passing



The local Isis Theater poster for *Black Panther: Wakanda Forever* presented before walking into the movie.

Photo by Rylee Smith

prompted adjustments to the script. However, the second movie would not be the same without Boseman. His absence in "*Black Panther: Wakanda Forever*" was a drastic shift and loss to the world. However, Coogler and all cast

members created this sequel to honor Boseman and the compassionate person he lived to become.

In a recent video published by Marvel Entertainment in remembrance of Boseman, actor of *Iron Man* Robert Downey

Jr. has always appreciated Boseman and the unique person he was. Downey Jr. acknowledges how important and magical Boseman was to the creation of *Black Panther*, and how he will be incredibly missed by Marvel Studios and all *Black Panther* fans.

"Chadwick was a really smart, interesting, dynamic guy. I think he was not overwhelmed -- but very surprised and somewhat taken aback by the amount of love. It ceased to become just about how well he inhabited the role, it's become part of our culture just as a symbol," Downey Jr. said in an interview published on August 30, 2020.

Throughout the movie, members of Wakanda and the world struggle to grasp the reality of the absence of T'Challa as the *Black Panther*. The vision of the film follows the perspectives of his loved ones and the sentiments that they carry whilst continuing through the motions of life. Toward the end, T'Challa's sister, Shuri, adopts the role of the *Black Panther* in hopes to avenge the loss of her beloved family and protect her country. She ends up finding that the role she took on was less about the aspect of combat than it was about the purpose of the fight. This realization uncovered a primary theme of the film, the significance of community, exemplified through both comics.

From the visual components to the outstanding theatricals, the recognition of this film was both highly anticipated and well deserved. Marvel's team created a balance between highlighting Boseman's life and developing an original storyline that constructed the liveliness of this production.

Boseman's presence carried others through days of hardships and triumphs. The dedication that he put towards his acting career had an impact on the audience and his fellow cast mates who were fortunate enough to grasp even the slightest bit of his virtuous character. Boseman touched the hearts of many, and his passing sent a wave of shock throughout our society. Thank you for your contributions and the legacy that you've created for the Marvel Universe Chadwick Boseman.

Blending Genres from R&B to Pop: Best Songs from SZA's SOS

Gia Galindo Bartley, Staff Writer

After leaving fans waiting for five long years, SZA finally dropped her latest album: *SOS*. The album, including 23 songs with features from artists such as Phoebe Bridgers and Travis Scott, landed #1 on the Billboard 200 chart. Following the release of *SOS* on December 9th, the artist also revealed her North American tour starting in February of 2023. (Sadly, no Denver shows yet, but hopefully, she'll change her mind?) While every song on the album is amazing in its own regard, here are my top 5. (not including the singles: "Good Days," "I Hate U," and "Shirt")

#1: "Kill Bill"

Favorite Verse: "I try to ration with you, no murders, no crime of passion."

I am and always will be a sucker for sad songs with happy beats, and "Kill Bill" is no exception. This second track on the album is about the singer's inability to get over an ex who's now in a happy relationship. As a result, she starts to spiral out of control. While throughout the song she repeats the line "I'm so mature," she completely contradicts the statement just two lines later

with the words, "If I can't have you, no one should." This song does an excellent job of representing the grief of a breakup while still keeping those satirical elements needed to keep this song a fun and upbeat addition to the album.

#2: "F2F"

Favorite Verse: "Get a rise outta watching you fall, Get a kick out of missing your call."

As a person who loves R&B as well as rock/alternative music, I was beyond happy with this addition. Not only did SZA test the waters of a new genre, but she absolutely rocked it. The pop-punk type beat and transition from acoustic guitar to electric was shockingly pleasant, considering her past in R&B/soul. The verses "get a rise outta watching you fall--Get a kick out of missing your call" perfectly matched the vibe of early 2000's band artists like Paramore and Avril Lavigne. While admittedly not a fan favorite, it gets #2 on my list.

#3: "Ghost in the Machine" (feat. Phoebe Bridgers) (aka the lomi)

Favorite Verse: "You said all of my friends are on my payroll. You're not wrong. You're an a**hole"

Feature Phoebe Bridgers in a song, and I'm there. "Ghost in the machine" refers to the harsh reality of the music industry and an attempt to ignore it through an unhealthy relationship. The mix of R&B (SZA) and Indie (Phoebe) really adds a new feeling to the song while still keeping SZA's overall style. I'd love to see more SZA collaborations with other indie artists in the future.

#4: "Blind."

Favorite Verse: "calm down, sh*t it could be worse. Never say that"

"Blind" is nothing new from SZA, with slightly depressing lyrics with impeccable vocals. But what caught me off guard with the track was the relatability of the lyrics. This addition to the album is about feeling bad for yourself and being "blind" to the good things in life. A lot of the songs on the album are also about dysfunctional relationships; something about "Blind" feels so new, considering the stark contrast between the meaning behind it and the 22nd track on the album "Good Days," a song about moving on to better things. With the October release of the single "Shirt" (also on the album), SZA included a

minute-long clip of the song, leaving fans anticipating the drop of the album even more.

#5: "Special" (PSA: Absolutely heart-wrenchingly sad, not for the faint of heart)

Favorite Verse: "I wish I was special--I gave all my special--away to a loser--now I'm just a loser."

I cried when I listened to this song for the first time, Genuinely. This song has to be the saddest on the album by a long shot and arguably one of the saddest SZA has written. This song, simply put, is about regrets about a past relationship. (a common theme in SZA's writing) While this song is incredibly sad, the depressing nature of this track is only one of the many reasons I love it. The Verse, "Hate how you look at her 'cause you never saw me like I was an art piece like I was an ordinary girl," stood out to me because of the relatability. No one wants to be treated like "an ordinary girl" by someone they love, and through using those exact words, SZA allows her fans to relate to her vulnerability while still being someone many look up to.

AntiWar, All Quiet on the Western Front

Beau Toepfer, News Editor

“What is a soldier without war?” General Friedrich, played by Devid Striesow, asks his aide in German in the new anti-war film “All Quiet on the Western Front,” taking place in France towards the end of the First World War from 1917-18. The film is based on the greatest war novel of all time, published in 1928. Written by Erich Maria Remarque, a WWI veteran himself, it takes the ideas of the novel and tries its best to create the same emotion Remarque so eloquently described.

The film outplays the book in the beauty of the scenes. The cinematography is unparalleled, comparable to films like *Life Aquatic with Steve Zissou* or *The Lighthouse* with their extravagant cinematography. AQOTWF (All Quiet on the Western Front) holds its own or even rivals their beauty. The brutal battle scenes and romantic moments behind the line are intermittently broken by still landscapes capable of being shown in a gallery. Paired with the moments of chaos where the characters are framed within the landscape and the brilliant costume design and lighting, the viewer cannot take their eyes away from the screen. Many of the shots featuring the main characters are on par with professional portraiture. The script is emotional and potent and the soundtrack is phenomenal, often broken up by a jarring and engaging three-note riff. Even in times of relative peace, the riff will keep the viewer in suspense, unable to look away. And then the acting, fear, pain, horror, and happiness are indistinguishable from being there with them.

While films often have a harder time than books drawing viewers into the story, much of the film is muted, lacking in the love, hate, and horror the book so beautifully wove into the story of Paul Bäumer, played by Felix Kammerer. However, while the acting is incomparable; the book was more in-depth, with more events to characterize the soldiers, and more horrific moments that likely wouldn't have aired on TV.

One of Paul's close friends has his pelvis blown to shreds as they try to save him. Paul's best friend Stanislaus Katczinsky, played by Albrecht Schuch and referred to as Kat, was already a veteran when Paul arrived on the front. In the book, Kat introduced Paul to dealing with killing, how to kill wounded horses, rats, and men. Paul and Kat's brotherhood is vital to the pain they go through, and in Remarque's novel, the love between the two was tangible. The film tried to

focus more on the horrors of the war and Paul's feelings about it, but that took away from the emotion. It spent little time developing relationships between the characters.

On the boy's first night on the front, they come under a heavy barrage. Ludwig Behm, played by Adrian Grunewald, is the obvious personification of innocence. While dirt falls through the slats of the dugout and it begins to collapse, Ludwig cries through his improvised glasses. The acting and lighting contribute to the pure fear

Friedrich and his aide, and the other of the German negotiator Matthias Erzberger, played by Daniel Brühl.

“My orders are war. And all the while that is the case, I shall fight for every meter,” Friedrich tells his aide before ordering another meaningless slaughter. These two stories are both disasters to the theme of the film, and destroy what the book aimed to do. The film initially aimed to show the horror and futility of war, but missed the pointlessness in the end. The novel and film are from a German perspective. The book chal-

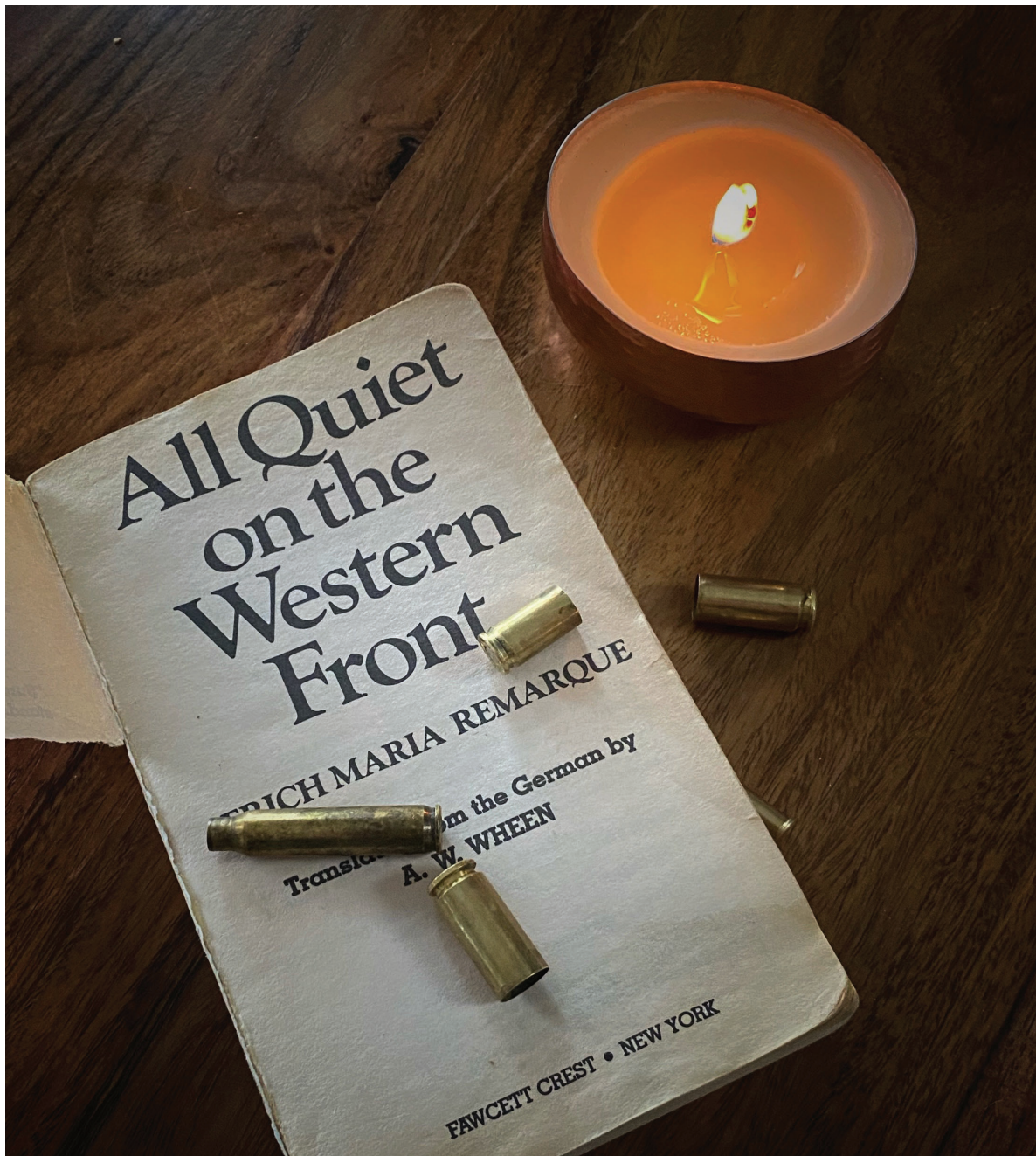
However, compared to the tragedy of Erzberger's negotiations, Friedrich is a slight oversight.

Matthias Erzberger's character is based on a real person, unlike the rest of the characters. He was the lead delegate of the negotiations, paving the way for an armistice to be signed. Much of the movie is set in the last few weeks of the war, unlike the book which slowly worked its way through the last two years. Spoiler alert!! Everyone dies. Paul, Kat, and Kropp all end up being just another body to be thrown in a pit. In the book,

Paul dies in October, a full month before the armistice, and a couple of weeks after he fails to save Kat after he was wounded. Paul's death is warranted three paragraphs, there is no closure, he is unceremoniously hit by a sniper round in the head. The novel ends on the same page. In the film, Kat, Tjaden, and Paul died during the last 24 hours of the war. Kropp died only a few days prior. Paul is mortally wounded and dies after hostilities are ended. The idea is that their deaths are totally futile because the war was almost over and the negotiations almost concluded, they almost made it out. As if there ever was a purpose behind their senseless massacre. Remarque's novel never needed the war to end to prove the futility of the slaughter of these young soldiers. If you glean anything from the novel, you'll recognize how horrible and futile war is, there is no point to the horror and death. The film falls leagues short of making this point.

While the idea of anti-war is missed by the film, the skeletal structure of AQOTWF is the story of young men who had to do unspeakable things and experience unspeakable trauma during the war. The film is dead-on to visualizing the horror of the war. It also focuses heavily on the effects

of their trauma, something Remarque was able to do well having experienced the war himself. Kat is scared to return home; he doesn't know how to merge back to normal life. The film recognizes problems modern veterans deal with on a daily basis and puts them into the lives of WWI soldiers. The novel's emotions and theme were unparalleled, but the film exemplifies the horrors of the First World War. The hell of war remains in Paul's face when he marches to the last charge. He is a changed man. “The stench will remain on us forever,” Paul Bäumer says to Kat on their last morning together.



The greatest war novel of all time dismantles the idea of a romantic war.

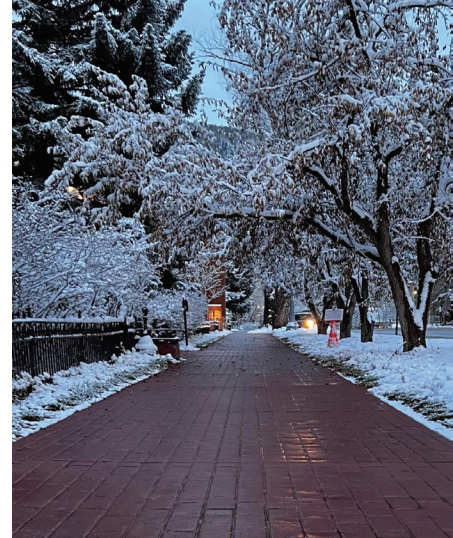
which resonates through the screen. Paul finds Ludwig the next morning, his leg blown off and his head covered in blood and caked mud. It is in moments like these or when Albert Kropp, Paul's close friend played by Aaron Hilmer, is mercilessly burnt by French flamethrowers while surrendering that the film succeeds in delivering the pure emotion of the novel. But the book never strayed from Paul, and it never had to. The futility and horror of it all are delivered beautifully, portrayed through Paul's eyes. There didn't have to be a reason for the war to be a pointless slaughter; it just is. The film introduces two subplots, one of the characteristically evil General

lenged the notion of war, instead, it argued that there are no evil people, only evil actions. Paul is brutal, bludgeoning his foe with his helmet or hacking them with his spade, but he is not evil. He is still a good human. General Friedrich, however, is evil. He is the archetypal, warmongering general who wants to see the massacre continue. When the ceasefire is signed, he still orders another attack, adding more death and violence, even executing his own men who refuse to fight. The novel made the point that the war is evil, but not the people who fight it. Remarque's point to what it means to be a soldier and how it impacts your identity are forgotten by Friedrich.

Photo by Beau Toepfer

A Touch of Color

Madelyn McAllister, Head Photographer



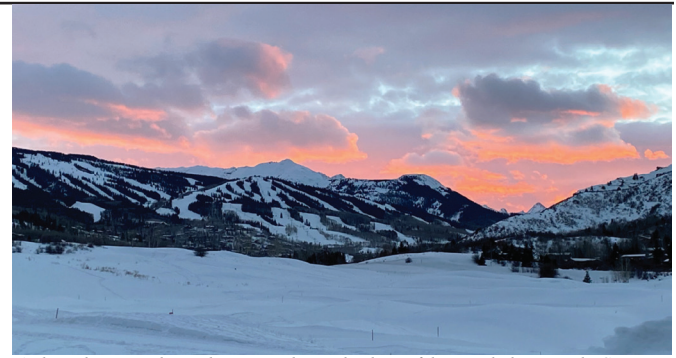
A view of an empty wintery path in Aspen leading down towards the Aspen Police Station; with not a pedestrian in sight.



An aspen tree was brightly illuminated during a snowstorm on the side of Brush Creek road leaving Snowmass Village on December 6th.



A photo of the classic Aspen shot, with Christmas lights lighting up the walkway.



A photo that was taken in late November with a beautiful sunset lighting up the Snowmass ski resort.



An Aspen tree being lit up in Aspen right near Paepcke Park in Aspen on a snowy December night



A snowy December morning is covering the abandoned bikes left at the club commons in Snowmass village.



A clear night sky with bright pastel-colored lights cover a small building in downtown Aspen.

Winter is Here, These Activities Will Bring You Cheer

Rylee Smith, Staff Writer



Elsa Tullar, Junior, enjoys the fresh, falling winter snow beneath a tree. Photo by Rylee Smith

The snow has arrived, and the holidays quickly caught a sleigh ride along with it. To some, the holiday season might possess what seems like a never-ending list of responsibilities. From homework to cleaning, or other family responsibilities, it becomes difficult to pause and enjoy the little moments. Nonetheless, there is always that free time when we may begin to wonder what to do with ourselves. Here in Aspen, there are always the options of skiing or snowboarding, but what happens after 3:30 PM when the lifts close? Here are the top ten winter activities in order to fill this snooze time.

10) Gift Shopping

Shopping for friends and family is always the way to go when you happen to be near stores, or you are just looking for opportunities to spread some love.

Don't know what to buy? Fuzzy socks or pajamas will do the trick.

9) Building a Snowman

Do you want to build a snowman? Or ride our bikes around the halls? I think building a snowman or snowmen would be the obvious choice on a snowy winter day. Throw on a jacket, snow pants, and mittens (or no gloves if you are feeling feisty). Head outside and allow your imagination to take the wheel. Once you've finished the perfect creation, top it off with a carrot nose, and there you have it. A best friend for life...until it melts.

8) Running on the Ice with your Dog (When and if you have one)

Next, we have the underrated winter extravaganza. Many people might not think of this on their first go-around of brainstorming. Just imagine. You grab your doggo and take him/her on a calming stroll. All of a sudden, you both start sprinting, which may result in some falling. Take precautions in this activity, but no matter what, lasting humorous memories are once more created. What a great time. What a great story.

7) Going to the Movies

You can never go wrong with the movies. Some sweatpants, popcorn, soda, and candy for the night. You have to go at night for the full movie effect, of course. Alternatively, if there are no remarkable movies in the theater, you could always go the way of your very

own Disney Plus subscription. I recommend "The Grinch," "Home Alone," "The Polar Express," "Christmas Vacation," and "Santa Clause."

6) Hot Chocolate

Personally, I never used to appreciate hot chocolate to its full potential. All you have to do is heat up some milk or water, get that milk chocolate mix, and whisk it together to create a steaming cup of perfection. Moreover, if you want to be fancy, you could go the way of marshmallows and sprinkles. The final steps include turning on a movie, grabbing a cookie, and relaxing.

5) Snowball Fight

Grab your friend or neighbor and head outside. Find an area with trees and cover unless you want to be risky by starting this snow war in an open field. Create a minimum of ten snowballs and fire away. Optional rule: first to get hit has to buy lunch on the mountain.

4) Ice Skating

Personally, I've never been a proficient ice skater myself, but it has been one of those experiences that I've held onto. Skating below the lights and fighting to straighten the wormy legs, holding me from falling on the slick ice. It has always been ever so beautiful and ever so hysterical.

3) Visits to the Christmas Lights

Suppose you squashed the idea of looking at the lights while ice skating.

You could always take the alternate route of solely looking at the lights. Throughout the towns of Aspen and Snowmass, there are trees and homes which are accessorized with the declaration of illuminating joy. This is both a great sight and an everlasting memory for any person of any age.

2) Making Cookies/Baking

Turn on your favorite baking show and follow along. You can even construct a gingerbread mansion to win a baking contest with your family. If there ever was a time to disregard the prospect of a messy kitchen, it is now. Go for it. Do anything and everything to construct the perfect, individualized dessert that tastes exactly how it appears. This dessert or cookie may be paired with the hot chocolate previously discussed. Delightful and delicious!

1) Sledding

Every memory I have of sledding either results in a crash, or it didn't happen. The snow flies into your face, causing a temporary lack of clear vision. Gliding down the hill, with a slight sentiment of fear as you wonder to yourself, 'How am I going to stop?' It is all a mystery and all part of the escapade. Crash or not, sledding is a combination of laughter and tears in the best way.

Why do we Celebrate New Years?

Elsa Tullar, Staff Writer

2023 is here, and a clean slate and fresh start are underway. Let's leave 2022 in the past and take advantage of the possibilities of the new year!

New Year's has always been a time when friends and family come together to celebrate the new year and make new year's resolutions. However, this tradition did not just appear overnight. The evolution of this holiday consisted of many different historical events that led to this day that we look forward to celebrating each time December ends.

New Year's Eve celebrations began around 4,000 years ago in ancient Mesopotamia. The new year was determined by the first moon following the vernal equinox, which took place in March. New years was marked with festivities celebrated by the people of Mesopotamia (Babylonians), such as a religious festival called Akitu. During this festival, statues of gods were paraded around the city, and the public would put on performances that reenacted the victory of the Babylonian sky god Marduk over the evil sea goddess Tiamat.

After this first evolution of a new year, cultures across the world started creating more sophisticated calendars by marking the new year with an astronomical event. In Egypt, the new year began with the annual flooding of the Nile. In China, the new year occurred with the second moon after the winter solstice.

The early Roman calendar consisted of 10 months (304 days), with each new year falling at the vernal equinox. Over the years and through human evolution, the calendar fell out of sync with the sun. In 46 B.C., the emperor Julius Caesar attempted to solve this problem by consulting mathematicians and astron-

omers. After these consultations, Caesar developed the Julian calendar. This calendar is similar to the Gregorian calendar that we use today, with New Year's Day falling on January 1.

In many countries around the world, New Year's celebrations begin on December 31 and continue into the early

hours of January 1. Different cultures enjoy traditional New Year's food during this holiday. In Mexico, tamales are prepared and savored by many. In Japan, soba noodles are cooked to perfection and appreciated by families during these festive celebrations.

Along with the consumption of

delicious traditional dishes, there are many other worldwide customs, including watching breathtaking fireworks shows and singing songs to welcome the new year. In many English-speaking countries, the popular song "Auld Lang Syne" is sung together by loved ones.

Along with these cheerful traditions to celebrate the new year, many Americans gather at Times Square in New York City to watch the annual dropping of the 12,000-pound ball made purely from 2,688 Waterford Crystal triangles. This iconic event has taken place on New Year's Eve every year since 1907.

Although this tradition is broadcasted on TV, various towns and cities have developed their own versions of the Times Square ritual. Items such as cups can be used in place of the geometric sphere to create an at-home celebration. Simply take plastic or styrofoam cups and glue them together in a circle. Repeat until your sculpture builds up to the top and then continue onto the other side of the sphere. Before closing off the sphere, tape in LED lights or place fun lanterns inside. Now, simply put your project in a high place in your house or place it on top of a pole tied to a string and watch the magic glow with your new DIY Times Square tradition.

All it takes is one single strike of the big hand on a clock to create a clean slate and new opportunities to be your best self. Another 365 days around the sun have started, symbolizing motivation for many new beginnings. New Year's is a time to celebrate and have fun with your loved ones, but it is also a time to reflect on the past year and create goals to achieve during the upcoming year. Goodbye 2022, and hello 2023!



Photo by Elsa Tullar

Fireworks seen on New Years from Snowmass Mountain.

Out of Pocket Review on Cafe Snacks

Madyson Ryan, Staff Writer

Everyone at AHS loves the cafe and sees it as a staple in the community. However, some of you are questionable with your snack choices. If you're easily offended, stop reading before it's too late.

Energy gummies: You're a gym rat and only eat these to "gain motivation" for your after-school gym sesh. Hey, don't forget to hydrate.

Salt and Vinegar chips: You're just like everyone else. Basic.

Barbeque chips: Gross. Why would you choose to snack on these at school; your breath definitely stinks. For everyone else's sake, hopefully, you have a breath mint.

Classic Sea Salt: You believe

that you're superior to everyone else. You're the definition of entitled. Pipe down.

Yogurt and granola: You have an almond mom. You probably eat organic, dairy-free chocolate chips after dinner for dessert.

Salad: You had a test during lunch, so you ran to the cafe to grab a quick bite. You're probably eating it in your next class, and everyone is staring at you while you shake it.

Pretzels and hummus: You're bland. Especially if it's the regular hummus and not the roasted red pepper. Spice things up, lame-o.

Grapes: You're a health freak. You're worse than the yogurt and granola almond moms.

Meat and cheese platter: You're just like everyone else. Be

more original, please.

Teddy Grahams: Subtle and sweet, I have nothing bad to say about these. Perfect amount, perfect flavor.

Cheez its: Everyone loves Cheez its, let's be honest.

Smartfood popcorn: I know your fingers are sticky and covered in cheese dust. It's gross. Please, wash your hands.

Rice Krispie: You want a little sweet treat, nothing wrong with that. But I know you're munching down on it and class, and it's probably obnoxiously loud.

Green machine smoothie: You hit the Snowmass rec just to play basketball for forty-five minutes, or you're a hot yoga/soul cycle fanatic.

Granola bar: You're a rock climber and have an addiction to

almonds.

Mentos: You forgot to brush your teeth this morning, and this is your cover-up. It's not working. Or you just ate the barbecue chips.

Guac and tortilla chips: Yum.

Gatorade: You also play basketball at the Snowmass Rec for 45 minutes and then complain the next day about how bad your legs hurt.

Tea: You're probably getting over a sickness you caught from your weekend outings. You definitely brought your own mug to school as well.

Apple cider: You're a fall fanatic. It's your entire personality. You probably binge Twilight once a month.

Maybe you'll choose your snacks wisely now.



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