

Palmer Ridge High School

Monument, CO

Bear Truth

Volume 11 December 2019

Finals getting you down?

Try this!

pgs. 4-5

Go behind the scenes of
Ridgeline

pgs. 26-27

Shopping local

pgs. 22-23

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The Editorial Policy:
 The Bear Truth is the student voice of Palmer Ridge High School. Our staff is dedicated to maintaining journalistic integrity, serving Palmer Ridge High School as a public forum, and presenting up-to-date information and coverage on issues affecting the school and the surrounding community. Expression made by students in the exercise of freedom of speech or freedom of the press is not an expression of The Lewis-Palmer School District or District 38 Board Policy.

Letters to the Editor:
 The Bear Truth staff views the inclusion of letters to the editor as essential to the journalistic process. The staff feels that these letters provide a means by which readers can voice their opinions or views. However, given the limited amount of space in the school news magazine, the staff reserves the right to set standards for the length and number of letters to be included. Letters should be no longer than 250 words and be signed so the staff can verify authorship. Under no circumstances will anonymous letters be accepted or printed. The staff of the Bear Truth wants to hear from the community we serve. Please email letters to tpatrick@lewispalmer.org

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 Member, Colorado Student Media Association
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Bearly the Truth

Community and school rumors, fact-checked

“the Bear Truth is funded by the school district”

False!

The Bear Truth is funded solely by advertisements sold by the staff as well as donations obtained by staff members. Lewis-Palmer School District 38 does not have any monetary impact on Palmer Ridge student publications. Publications at PRHS simulate how magazines work in the real world, by requiring students to sell advertising. The advertising component of the Bear Truth serves to take an otherwise normal class to a functioning business.

“Ridgeline films its shows live”

True!

Once a week, Ridgeline films their show live, meaning that the segments are not edited together in post-production. The anchors must react to each news segment before and after it plays until there are no more news segments to show. Each show is done in one take, so if anyone makes a mistake, the entire thing must either be redone, or published with the mistakes intact. Once the show is filmed, it is uploaded to YouTube where teachers can play it for their classes.

“The theater program is shutting down at PRHS”

False!

The Bear Necessity Theater Company is thriving, having just produced one of the most challenging musicals in PRHS history. “Into the Woods” was well received and the company succeeded in bringing the story to life. Mr. Belk denies any rumors that the company is being shut down.



BEAR NECESSITY
THEATRE COMPANY

kids these days...

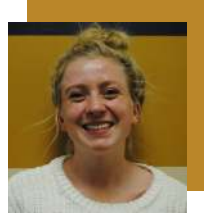
Ask a senior about finals!

by: Kaitlyn Ketchell, Renna Lage, and Amber Wright
(photos by Amber Wright)



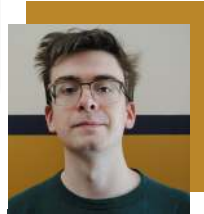
"Will you do fine if you don't study?"

"I think it depends on what you did during the class. If you did all of your homework, I think it's a lot easier to get by without studying. But if you didn't really pay attention in class, you should definitely study."



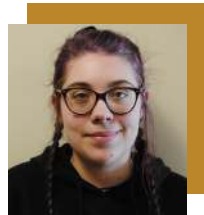
"How hard are the finals? Are they as hard as everyone says they are?"

"I mean, it really depends on what classes you're looking at because teachers vary on how hard they make the finals. Sometimes, yeah, they're very hard. Other times, they're kind of a walk in the park. It really depends on the



"How much studying do you think you should do, or have done, before finals?"

"You should definitely go over all of the high points of the material, over everything that seems like it's big picture stuff, it's really important. I would say that for each final you should dedicate at least one night of studying... I wouldn't try to study for all your finals in one night;



"How long are they usually? Like, the questions?"

"Usually the finals don't take too long, and I know they have these new two-hour periods now, but finals only take an hour and a half. The questions are pretty much like normal test-length questions."



Stress Management

Tips for de-stressing during finals week

1. Healthy Snacks

Carbohydrates can temporarily increase levels of serotonin, a hormone that boosts mood and reduces stress. Once serotonin levels are increased, people under stress have better concentration and focus. Be sure to take frequent snack breaks while studying to increase productivity and

4. Music

Listening to upbeat music can make you feel more optimistic and positive about life. Conversely, a song with a slower tempo can quiet your mind and relax your muscles, causing a soothing effect. Whether you need a pick-me-up or a calming song, music will help you endure the stress of finals week.

2. Coloring

Coloring ultimately alleviates stress because it works to suppress stress-related hormones and decrease brain activity in areas associated with fight or flight and stress while simultaneously increasing brain activity in the regions related to logic and creativity. Feel free to take frequent coloring breaks.

5. "Weightless"

Marconi Union, and English musical trio, collaborated with sound therapists to create the song Weightless. The song's carefully crafted harmonies, rhythms, and bass lines help slow a listener's heart rate, reduce blood pressure, and lower levels of the stress hormone, cortisol. This song should definitely find its way onto your study playlist as soon as possible.

3. Organization

Being organized helps by establishing a sense of control, which ultimately allows you to feel less stressed. Think about this the next time you are scrambling for a final because by simply re-organizing your schoolwork or making a study schedule, you will feel more in

6. Go Outside

Spending as little as five minutes outside can reduce stress levels. Not only does it lower stress and increase brain activity, but it can also increase creativity. Be sure to go outside often while studying, to serve as brief physical breaks as well.



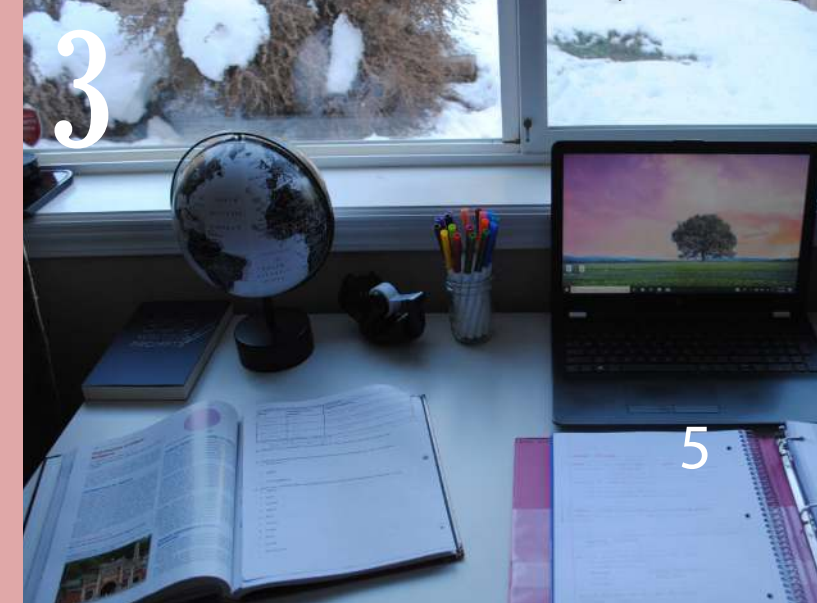
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Photo by: Renna Lage



2

Photos by: Amber Wright



3

5

what's your sign?

**Mar 21-
Apr 19** **Aries**

2020 is going to be your year. Perhaps 2019 didn't go so well for you, but hey—there's only a month left in this decade. 2020 will be a time for fresh starts and clean slates. Use this to your advantage, and make the most of it! You're the author of your life, and you can choose to write it how you want.

**Apr 20-
May 20** **Taurus**

Did you know that when caterpillars go into their cocoons, they turn into mush before becoming a butterfly? Life is like that too, you know. Sometimes you have to let yourself turn into mush to be able to turn into something greater. So let yourself turn into mush. Then, become something beautiful!

**May 21-
Jun 20** **Gemini**

Seasonal depression who? This year, you'll be surrounded by many friends who will make you happy when you feel down. So pass it on! Shower people you know with compliments! Do random acts of kindness! Text your friends sweet things! Smile, it's contagious! Be the light in

**Jun 21-
Jul 22** **Cancer**

With the holidays coming up, don't forget to take time for yourself! Maybe you're stressed about getting your friend the perfect gift, or maybe being everyone's unofficial therapist is starting to take its toll on you. Whatever it is, let go. Relax! Chill out! Take a day (or three) for yourself.

**Jul 23-
Aug 22** **Leo**

Try a new hobby! With winter break right around the corner, it's the perfect time to start exploring something new. And remember— you don't have to be good at it! Everyone starts somewhere. And besides, everything is much more fun when you do it because you enjoy it.

**Aug 23-
Sept 22** **Virgo**

This month, you've got some serious cleaning to do. Whether it be physical (it's probably time to give away some of your old clothes), relational (it's definitely time to cut toxic people out of your life), or emotional (let go of your grudges), it's time to get working on some personal housekeeping.

**Sept 23-
Oct 22** **Libra**

My, my, my, it seems someone is getting an extra dose of confidence this month! Hint: it's you! This month, you might be tested in unexpected ways (no, I'm not talking about finals), but don't be afraid to stand up for yourself! Go with your guts, and don't back down when you know that you're right!

**Oct 23-
Nov 21** **Scorpio**

Finals are coming up, but don't fret! Keep working hard and studying so that it'll all pay off! Why waste time worrying when you could be completing that review packet for math, or making flashcards for English? The more time you spend stressing, the less time you'll have to prepare for your tests!

**Nov 22-
Dec 21** **Sagittarius**

Knock, knock, knock, is that who I think it is? Why, yes, it's Opportunity! And it's here for you! You should keep your ears open this month, just in case Opportunity comes knocking at your door. And keep in mind— it's your life, and it's your choice whether you let an Opportunity in or not.

**Dec 22-
Jan 19** **Capricorn**

Although Leo is usually the center of attention, now is your time to shine! Don't hold back— now's the time to just go ahead and do that thing that scares you! Who knows, something wonderful might happen! Carpe diem! Seize the day! There's no better time than the present, after all!

**Jan 20-
Feb 18** **Aquarius**

Even though Thanksgiving is over, it's always good to remind yourself of what you're thankful for. Maybe you're thankful for your friends, or your family, or your pets! Whomever it is, let them know! They'll surely appreciate it; plus, it's important to count your blessings in life every once in a while.

**Feb 19-
Mar 20** **Pisces**

As the end of the year approaches, don't be afraid to take some time to cry. Yes, I'm serious. Crying is actually quite a healthy way to cope with emotions and allow for what's often a much-needed emotional release. So cry if you need to. Cry alone. Cry with friends. But don't be afraid to cry.

Horoscopes by Kaitlyn Ketchell
Constellation designs by Kyle Ketchell

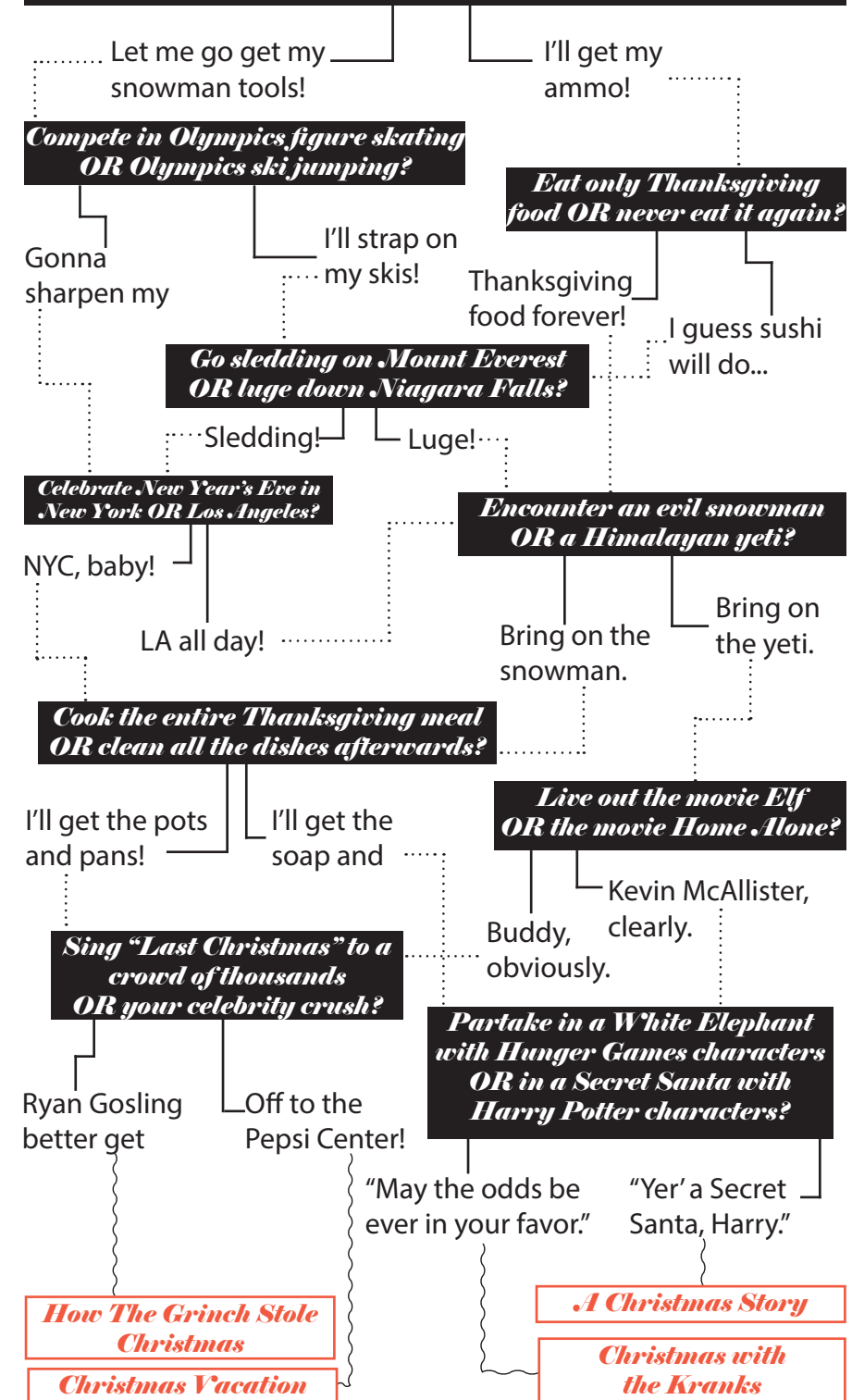
would you rather...

I Can't Hear You!

by Luxe Palmer

Which holiday movie should you watch?

Build a snowman the size of the Empire State Building OR have a snowball fight with everyone in Colorado?



This ain't your Grandma's holiday playlist.

by Kaitlyn Ketchell and Luxe Palmer

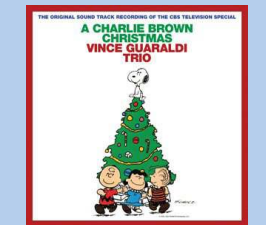
"Dance of the Sugar Plum Fairy" by Pentatonix

"Baby It's Cold Outside" by Norah Jones ft. Wille Nelson



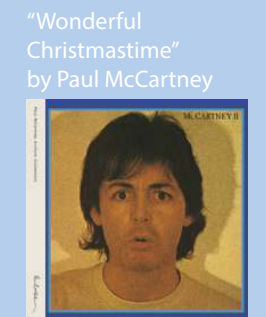
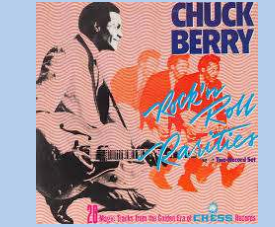
"Great Pumpkin Waltz" by Vince Guaraldi Trio

"Little Jack Frost, Get Lost" by Seth MacFarlane ft. Norah Jones



"Wonderful Christmastime" by Paul McCartney

"Run Rudolph Run" by Chuck Berry



"The Christmas Song" by the Raveonettes



"Rockin' Around The Christmas Tree" by She & Him



Pirouette Cookies

Also known as the Pirouline cookie, Pirouettes were supposedly created in the mid- to late-1800s by the DeBeukelaer family from Belgium. In 1989, a cream-filled version of the Pirouette was introduced by the DeBeukelaer family.

Linzer Cookies

Traditionally made of almond dough with a sweet jelly filling, Linzer cookies originated in Linz, Austria. They were created in 1653 by baker Johann Kohad Vogel, and were originally called linzertorte cookies.

Gingerbread

In the 16th century, Queen Elizabeth I commissioned gingerbread in the shape of foreign dignitaries and the people in her court to honor them. As well as impersonating royalty, gingerbread was prescribed by folk medicine doctors as a love-potion for girls to woo their suitors!

Sugar Cookies

Mid-1700s German Protestants settled in Nazareth, Pennsylvania, where they invented what used to be called "Nazareth cookies," eventually being recognized as the official state cookie of Pennsylvania!

Cookie Glossary

by Kaitlyn Ketchell and Luxe Palmer

Royal Dansk Cookies

Royal Dansk cookies were created in the late 1960s by the Royal Dansk company. The blue tins (featuring the Hjemstavnsgaard farmhouse in Denmark, significant of the Denmark's farming heritage) are used by many as places to store sewing materials, so it's always a sweet treat to find real cookies in a Royal Dansk tin.

Hallongrotta

Hallongrotta means "raspberry cave" in Swedish. Also known as bird's nest cookies, butterballs, or Polish tea cakes, the cookies originated in the 19th century, however, it's unclear where they are from- Poland, Sweden, or Eastern European Jewish communities.

Peanut Butter Cookies

An 1897 article featured in Popular Science News suggested peanut butter as a replacement for shortening, butter, and lard in recipes, which may have inspired the first peanut butter cookie recipe in Mrs. Rorer's New Cookbook in 1902. A Pillsbury recipe, published in 1933, added the classic fork-

Russian Tea Cakes

Also called snowball cookies, Mexican wedding cookies, Italian cookies, polvorones, or butterballs, these Eastern European cookies most likely originated as simple pecan balls, and migrated to Mexico with European nuns.

Ask an Athlete!

Catching Up With The 2019/20 Wrestlers



Aspen Barber(10) "I've just been wrestling since I was in third grade, and its become a big part of my life."



Earnest Taft(9) "The difficulty of it."

What Do You Like About Wrestling?

THE BEAR TRUTH ASKS PRHS WRESTLERS ABOUT THEIR SPORT



Isabella Hans(9) "I'm looking forward to getting stronger and learning how to wrestle."



Lauren Robinson(11) "I like the way that it challenges you and forces you to grow as a person."

State Champions!

by Camron Gall

Winning is all the Palmer Ridge Bears seem to know. From their first win at state back in 2017, to now. All of that training of this year and past years has been paying off. That's been all of the focus. Training and winning. They have lost games before, no team is perfect, but they overcame that to get to where they are. Back to back to back state champions. Only a few 3A high school football teams get to where the Bears are now. State Champions, for three years in a row. Hopefully, the Bears can continue this winning streak into next year. Time will tell!

Anthony Costanzo running with football to the end zone

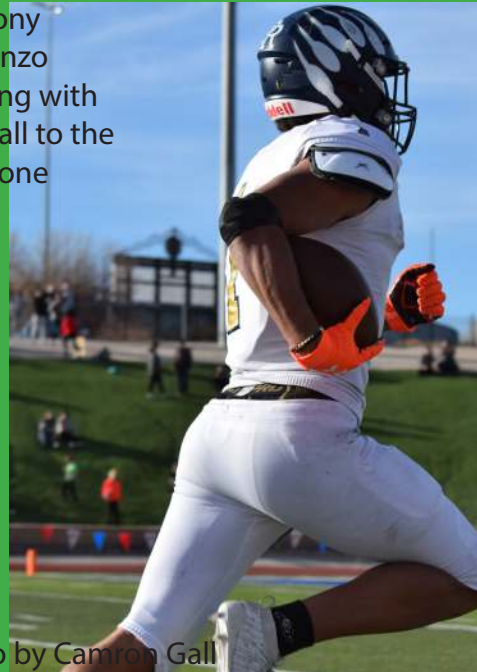


Photo by Camron Gall

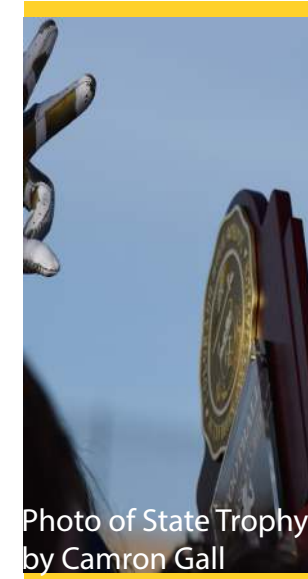


Photo of State Trophy by Camron Gall



PRHS Bears around the State Trophy Photo by Camron Gall



PRHS Bears against Pueblo South Colts on the field

Artist Profiles

By Colby Schultz and Camron Gall



Photo by Camron Gall

Megan King (10) is an avid artist who draws drawings with regular mechanical pencils that everyone uses. What's remarkable is that she is able to make an eerie realistic drawing's where you wonder if there photographs or not. We asked her when she seriously been passionate about her art. "Probably since like six grade is when I really started to get into it and doing realism for competitions" King said. As the years went on King became better and better to what you see now.

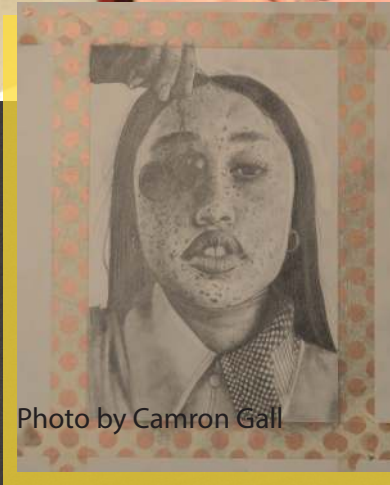


Photo by Camron Gall



Photo by Camron Gall

Kennedy Schuh (12) is an artist whose painting ability reaches many avenues. From India Ink to oil to a slew of others. "I use all kinds mediums. Right now my favorite is India Ink which is like a water based medium. So it's similar to water color but a lot more permanent". When she uses ink or oil, Schuh creates snapshot of the world into wavy streaks of color. Making a different way of seeing our world.



Photo by Camron Gall



Photo by Camron Gall

Becca Gearhart (12) is a senior this year. She has always enjoyed drawing and specializes in colored pencil and graphite. "I've always really liked art, but drawing is just a more detailed way to express art." Gearhart certainly puts a lot of details into her art, with only colored pencils!



Photo by Becca Gearhart



Photo by Colby Schultz

Zach Manson (12) is a senior this year and has a love for photography. He enjoys taking landscape shots and is currently in Photo One. He is also a part of the Cross Country team and enjoys the challenge of taking photos of the runners. "I started out just taking pictures on my parents phones. I was like, that was cool and all but wasn't great quality, so then we bought a digital camera. That was pretty nice, and started taking pictures on that, and that kinda started it all". Hobbies often become passions later in life.



Photo by Zach Manson

Mountain Chat

By: Colby Schultz

With more snow starting to hit the ground, many people choose to go inside and save the outdoors for summer. However, there is still plenty of fun to be had in the winter months. Many of the same trails you enjoy in summer are passable throughout the winter, especially in the lower elevations around Monument. After a big storm, snowshoes or cross country skis can come in handy.

Of course, skiing and snowboarding are fun and popular options. Most ski resorts have opened by now, and although most haven't opened the full mountain, Christmas break is a great time to enjoy the lifts and runs that are.

Although sledding may seem childish, there is a lot of fun to be had sledding more than Toboggan Hill. Do a little exploring; just be sure to check if it is legal and not on private property.

If you're looking for more of an adrenaline rush, there are many places around Colorado that are famous for ice climbing. If you have not been trained in the rope work and how to read the ice safely, you may want to start at a place like the Ouray Ice Park in Ouray, Colorado. You can go with a guide to make sure you stay safe and take a class to learn the basics for yourself.

There is also an abundance of wildlife that may begin to show up in the early months of winter as they come down from the high country. This all adds to the excitement of spending time in the beautiful mountains we have so close to home. Before heading out on any trips to backcountry areas to ski, climb, or hike, be sure that you know what you're doing. Many stores and companies offer avalanche and ice safety courses. Although winter may seem like a dark season, there is still plenty of fun to be had in the snow and cold.

photo by Colby Schultz

Spillin' the Tea About History: BLUE RASPBERRY FLAVORING

By: Kaitlyn Ketchell

Blue Raspberry is a staple flavor of many different candies, but where it came from (and why it came about) is obscure and slightly debatable. It's generally agreed upon that the flavor came about in the 1950s; however, there have been some arguments on which company first created the iconic flavor. And depending on who you ask, there are multiple stories behind why it was created.

Some say that the flavor was created in an attempt to lessen consumer confusion, as there were already many other red-colored flavors (such as strawberry, cherry, and watermelon). Others say that the flavor could have been created after controversy arose over the Red No. 2 (amaranth) dye. The dye was thought to be a carcinogen and was soon banned in the United States. To cope with this, some companies began dyeing their raspberry-flavored products blue instead of red.

Now, are there really such things as blue raspberries? The answer is: no. Although the flavor is said to come from the White Bark Raspberry, the berry is neither white nor the electric blue of Blue Raspberry flavoring. So while Blue Raspberry isn't a natural flavor, it doesn't seem like candy companies are going to stop using it any time soon.



photo by Kaitlyn Ketchell

Editorial:

Serrano's or Starbucks?

by Luxe Palmer and Amber Wright

No town is complete without a coffee shop (or five). In our Tri-Lakes area, we have at least twelve, including more than five Starbucks. The movement toward small, local coffee shops has boosted tremendously in the past decade, fueled by hipsters and non-conformists. Monument and Palmer Lake's local cafés include Serrano's, Wesley Owens, Coffee Cup Café, and the Speedtrap.

Of course, Starbucks is still the leading coffee company in America, never mind the world. With two Starbucks in Monument alone, how does this megachain affect local cafés' business? Carly Thies, a manager at Serrano's Coffee Company, addressed the idea of competition with Starbucks by saying: "We compete by offering a high-quality product that is consistent every time." This ideal of quality is evidently held up by Serrano's, shown by the recent poll of PRHS students pitting local coffee shops against Starbucks. The poll concluded with 66% of students preferring local coffee shops and 34% preferring Starbucks.

Students who frequently go to Monument coffee shops commented on why they prefer local shops over Starbucks: "I feel like the places like Starbucks are always the same and it's always packaged and processed... It doesn't feel as genuine because they don't put as much work into it," said Ashlyn Lohr (11). The idea of genuine and quality products is ultimately held up more effectively in local coffee shops according to some students. Others prefer places such as Serrano's and Wesley Owens because of their atmosphere, and the fact that they can spend more time there. "It's fast [service], I can sit there and do my work if I want to be outside of my house..." -Christopher Moore (12).

Monument is dense with high-quality local shops, and it is apparent that many of PR's students enjoy going to these places not only for the coffee, but also to simply spend some fun time. Local coffee shops such as Serrano's, Wesley Owen's, and the Coffee Cup Café are perfect for studying, getting together with friends, and to enjoy some



Pictured: three high school students do their homework in the comfort of Serrano's.



Serrano's makes their own coffee blends, including a Holiday Blend, available for purchase. Photo by Luxe Palmer



These PRHS seniors are saying, "Goodbye!" to

by Kyle Ketchell and Emma Gustavsson

Palmer Ridge's Class of 2020 is set to graduate on May 22nd. After four long, eventful, and fun years, the seniors are gearing up to say "Farewell!" to high school and "Hello!" to a new phase of life: adulthood. While most will walk together at the ceremony in May, several seniors are finishing high school a semester early, and moving on to college, trade school, or even traveling. Graduating early is no small feat: one must have the necessary credits, grades, as well as permission from a plethora of school officials. These students are invited to walk the stage with the other seniors at the end of the year, yet some may not be inclined to look back to high school after a semester moved on.



Christian Whitlow

Why are you graduating early?

One semester at UCCS, doing a full credit load, will save me about \$25,000 at the University of Arizona.

What are your post-graduation plans?

Immediately, in Spring, I am going to the University of Colorado at Colorado Springs, and the next fall, I am going to be going to the University of Arizona.

Even if you didn't have plans lined up post graduation, would you still do it early?

Yeah, I mean I'd probably work, find something to do, maybe have some free time.

Is there anything you're excited about?

I'm definitely excited for the next chapter of my life, [to] get out of high school and find out what's happening next.

How do your friends and family feel about you graduating early?

So with my friends, there's not much of a difference, I'm going to be around town and everything is going to be about the same except I won't be in school. As far as my family, they're super excited, they're really proud of me for being able to do this. I'm proud of myself, I'm really excited about it.

What are your post-graduation plans?

After a gap semester, I am going to go to college and work a lot. I already work four jobs, so I work around 40 hours a week on top of school right now, so I need a break.

Do you already have a college picked out?

Yes, I've already applied to UCCS and gotten in. I don't see the point in going to college for your undergrad and paying extensive, stupid amounts [of money].

Was all the work that goes into graduating early worth it?

For me, yes. I've never really been into the high school spirit, considering how much I work a lot, and I love all my jobs.

How do your friends and family feel about you graduating early?

Well my friends are jealous, I think, but I haven't really asked them because they are all into school spirit so I think they want to stay here.

Is there anything you're excited about?

Getting to sleep in, right now I only come to school part time, so only navy days, but I am still taking six classes. It's just time to graduate.



Emma Licht

Woodmoor Police

Who are they and what do they do? Chief Nielsen explains the role of "Wo-Po" in the community.

by Amber Wright and Emma Gustavsson

How long have you served as a part of the Woodmoor Police?
I've been with Woodmoor for a total of 28 years. To clarify, my first 4 years were with the Woodmoor Police and in 1995, the Woodmoor Police were converted to the Woodmoor Public Safety (WPS) as Security for the community of Woodmoor.

What are some of your daily duties? What does a normal day look like for an officer?
My primary function as Chief of WPS is the overall management of the department and the Officers. A normal day would include the assignment of daily duties such as vacation and business checks, reviewing reports, scheduling of Officers or training, scheduling of any vehicle maintenance that may be due, respond to calls for service, and attend meetings with community members.

Where is the department based?
1691 Woodmoor Drive in the WIA offices. We just completed a new office addition for WPS.



Photo courtesy of Chief Nielsen.

What are the responsibilities of the Woodmoor Police?
WPS is ultimately responsible to the residents they serve. Officers patrol the community 24/7. They respond to a multitude of calls such as residential and business alarms, suspicious persons/ vehicles/incidents, noise complaints such as barking dogs or loud parties, criminal activity such as vandalism, burglaries, vehicle burglaries, assisting other agencies such as the Fire Department on medical calls, traffic accidents, and fires. We also carry vehicle lockout kits and tools for motorist assists such as dead batteries or getting stuck in the snow.

What is the ultimate goal of this department?
The primary function of WPS is crime prevention. We want to stop any criminal activity before it happens. Woodmoor has the lowest crime rate in El Paso County (per the El Paso County Sheriff's

Office) while still assisting residents anyway possible. The mission of WPS is to promote a safe environment and to protect the property and welfare of Woodmoor residents.

What services do you offer? What are vacation checks?
Vacation checks are one of the most popular services WPS offers. Unlike many departments that conduct "drive by" only checks while the residents are out of town, WPS Officers physically walk around the house. We check for any unlocked doors, packages that may have been delivered, vandalism, and have even found broken water pipes. Other services are alarm response, vehicle lockouts, immediate officer response, and even home security inspections.

Are you legally considered police officers?
No. WPS Officers have not been "sworn"

The Woodmoor Police is dedicated to serving the Woodmoor community by ensuring its safety.

Go to woodmoor.org to learn more about the specific services offered by the WPS and to meet their officers.

police officers since 1995. We are armed security for the community of Woodmoor.

What separates you from a Monument/ El Paso County police officer?
EPSO deputies and MPD officers are "sworn" officers, WPS officers are not. They are paid by the town of Monument or El Paso County. WPS Officers are paid by the WIA.

Are you able to issue citations for moving violations?
No. Traffic citations can only be issued by sworn law enforcement officers. WPS Officers can sign a written complaint against a violator and that driver could be issued a summons for the violation.

How does the Woodmoor Police interact with the community?
The biggest way is our physical presence in the community. WPS Officers also carry cell phones which residents can call for immediate response. This year WPS was approved to be on the radio network for the area and will be able to communicate directly via radios with all surrounding agencies such as MPD, EPSO, PLPD, and TLMFPD.

How do woodmoor police officers interact with sworn law enforcement officers?
We assist the surrounding agencies when requested. This may be for traffic control at an accident scene or securing a scene or area for a law enforcement detail. As stated previously, we will have (within the next month) direct radio communications with the surrounding agencies.

What are the backgrounds/qualifications of most of your officers?
All WPS officers are required to have former past law enforcement, extensive armed security, or military experience.

What are the hours/amount of work days officers typically have?
All WPS Officers work a 4 day, 10 hour shift schedule. We typically have 4 officers during any 24hr period (40hrs per 24hr period). In other words, we have two officers on shift 16 of the 24 hours per day unless an officer is on vacation or sick.

What type of calls do you respond to the most?
This would be suspicious activity such as persons, vehicles, and incidents. For example; a resident may call WPS for a vehicle parked in front of their house or driving in the area with no apparent destination. WPS will respond and attempt to locate the vehicle and occupant(s).

Where is your official jurisdiction?
We serve the community of Woodmoor which means those residents that pay the WIA homeowners annual assessment (dues) or those areas that contract with WPS such as LP Dist 38. The basic boundaries are County Line Road south to Higby Road, and I-25 east to Furrow Road. We also have the Sherwood Glen area that extends east of Furrow Road. Woodmoor has approximately 3100 residential lots which is 90% single family homes and a population of approximately 9000 people.



Services offered by the WPS:

- **Crime prevention**
- **Immediate officer response**
- **Vacation checks**
- **Home security survey**
- **Motorist services**
- **Address complaints**

Winter Break Plans

by: Katrina Weiskircher, Renna Lage, and Ella Bolko

Photos by Ella Bolko and Renna Lage



Leah Seabolt is posing for a picture out in the Palmer Ridge hallway.

Leah Seabolt

"I'm going to go to a Young Life camp, with my brother for probably a week. We're going to have fun and do a lot of fun things and swim in hot tubs and drink coffee" said Leah Seabolt. Seabolt (10) is going to spend her winter break at a Young Life camp with her brother. She is excited to go back to camp, after the fun she experienced there last year. Seabolt, isn't sure where the camp is gonna be located this year, but is sure it will be the highlight of her break.

Jake Breuer

"I am going to go snowboarding a lot in Breckenridge, and I'm going to go to Dallas for two weeks." Jake Breuer (9) said. Jake has been snowboarding since he was six years old. In Dallas, Breuer is going to see his grandparents and his extended family. He is excited to see his family, and hang out with his cousins. With his extended family he always goes shopping, but never buys anything. "We always go to the mall as a tradition, we don't get anything, we just got to the mall." Breuer is most excited for Christmas. "We always do puzzles, and I love puzzles because they are a good time," said Breuer. Breuer is anxiously waiting to open his Christmas presents. "I'm also excited for Christmas day because I get temporary tattoos I get to put all over my arms." Breuer states.



Jake Breuer's picture gets taken after sharing his winter break plans.

Mckenna Burgess

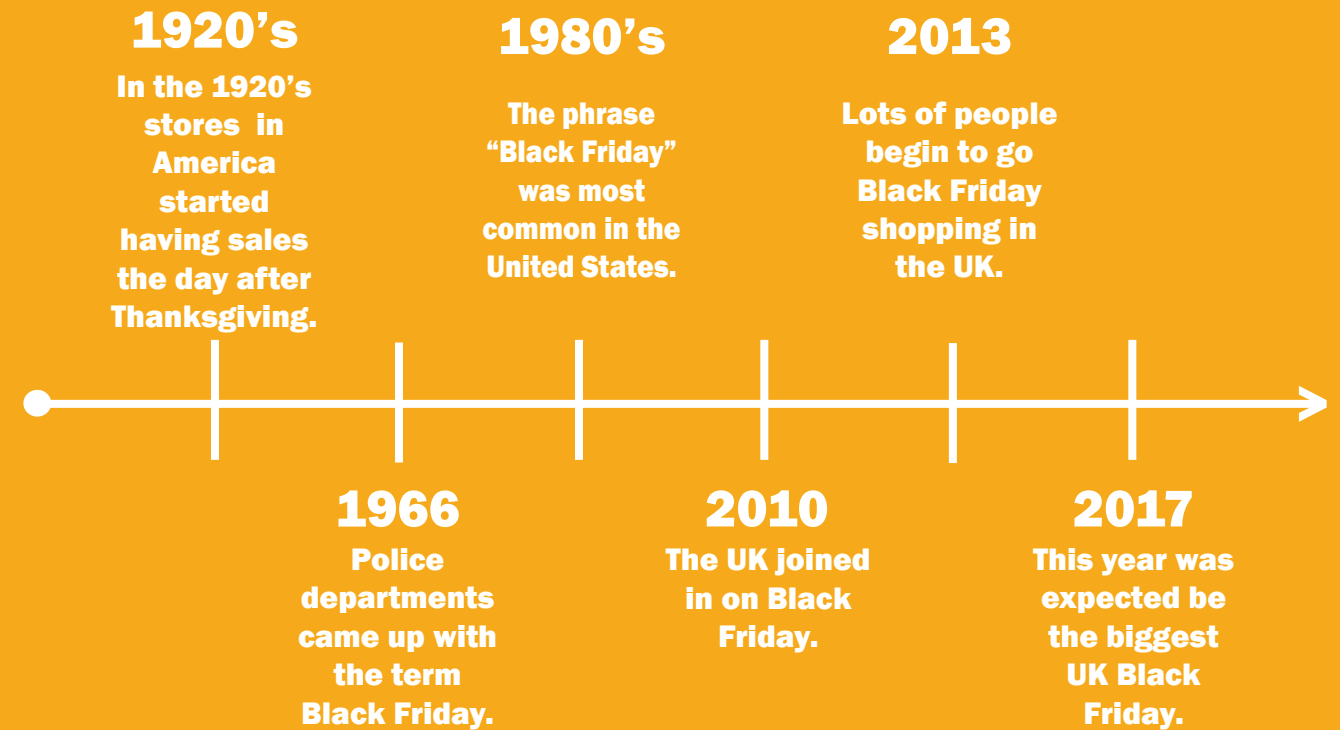
"I am going to Florida to swim with dolphins and I'm very excited!" said Mckenna Burgess (9) Burgess has been going to Florida for her entire life whenever she can. She is staying in Miami Florida to swim with dolphins through an organization called Theater of the Sea, which allows people to swim with dolphins, sharks and sea lions. "I've been traveling to Miami every break for a long time but I've never gotten to have that experience before, until now." said Burgess.

Mckenna Burgess is smiling for a photo after talking about her winter break plans.



Black Friday

A history of the holiday



Discovering the local businesses of Tri-Lakes

by: Renna Lage and Mason Huddleston

Rock House Ice Cream: 24 CO-105, Palmer Lake, CO

Previously a truck stop built in 1903, what is now Rock House Ice Cream is a favorite of Tri-Lakes and Colorado Springs locals. Owner Jeannine Engel has lived in Palmer Lake all her life, and when asked about the importance of shopping local, Engel said that "it shows support for your neighbors and families here and it helps the economy, it helps the town with taxes." The famous truck-honking tradition, synonymous with the Rock House, is not just a new trend. "That started ages ago, I mean before the Rock House. My mom grew up right here on this walk and when she was a young girl (she's 85 years old now), she used to stand on the edge of the highway and all the kids would wave to the trucks, so it has been going on since the 40's." When commenting on the beginning of the business, Jeannine said, "I've been in food service for a very long time and I just decided that I wanted to do something of my own, and I thought something that Palmer Lake could use would be ice cream."

Arlene's Beans: 366 2nd St Unit D, Monument, CO

Arlene Padilla created Arlene's Beans in 2016, out of her own home. After 3 years of hard work, Arlene's Beans is one of the many favorite local businesses in town. As with many local businesses, the benefits can be seen on both ends. "My favorite part of owning Arlene's Beans has been getting to know the incredible people that we have met and how they have positively impacted our lives. The business has given our children an opportunity to learn and develop business and leadership skills. I love to cook anything and everything, which has been a win-win for our entire family," says Padilla. These local businesses greatly benefit Monument specifically- "Arlene's Beans brings passion about cooking healthy, natural, and organic New Mexican food at a reasonable price. We strive to be active, positive contributors in our local community by answering food and monetary requests on a [daily] basis." When commenting on their future plans for the restaurant, Padilla said, "We love what we do and have no plans of stopping anytime soon. We will let God direct our next business steps." Arlene's Beans is sure to satisfy any Mexican food cravings and support the community at the same time.

Covered Treasures: 105 2nd St, Monument, CO

Covered Treasures opened in July of 1993, and is owned by Tommie Plank in downtown Monument. "Shopping downtown not only supports the character of the community but it keeps the shops there, and the character intact," said Plank. Covered Treasures sells many books relative to the interests of the town, reflective of the community. Books from hiking, fishing, and outdoor activities can all be found here. Plank's current favorite book is "Where the Crawdads Sing" by Delia Owens. Throughout the store, you can see tons of local-related merchandise. The Palmer Lake star shows up on many books and cards throughout. "I think this store says a lot about Monument and the people that live here," said Plank. Next time you are in downtown Monument, check out Monument's very own Covered Treasures.



Photo by: Renna Lage



Photo by: Mason Hud-

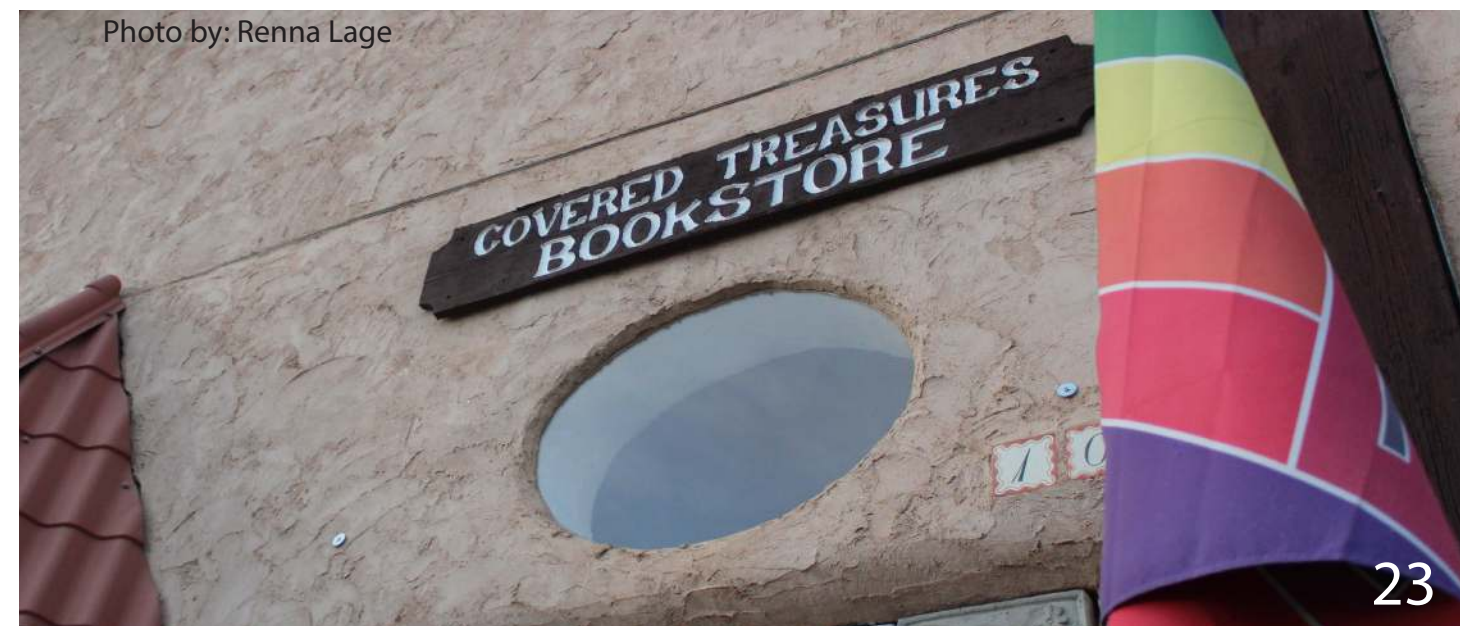


Photo by: Renna Lage

Burning Passion

By: Camron Gall and Kyle Ketchell
Photos by Kyle Ketchell

On a cold October morning, just 2 days before Halloween, the staff of O'Malley's were forced to evacuate the building due to a kitchen fire. The fire started in one of the fume hoods above the kitchen and was mostly contained therein. The Palmer Lake Volunteer Fire Department responded to the accident and was able to put out the fire, containing it to the kitchen before it could cause too much damage to the rest of the building. No customers were in the building, and none of the O'Malley's staff were hurt. The building is still standing and will be reopening soon.

"We're a long-time business; we give to the community, and the community gives to us." Jeff Hulsmann, owner of Joseph O'Malley's Steak Pub is proud to have operated out of Palmer Lake for the past 3 decades. "The community has been overwhelmingly supportive."

The dining room portion of O'Malley's was originally constructed in 1910. A second building was attached in the 1940s which would later serve as the kitchen for O'Malley's. Because the buildings were built separately, the dining room was saved from the fire. "There's really no connection to the kitchen except for the kitchen door." Hulsmann believes that the dining room was saved because no attic or ductwork connects the two buildings. "The main building was built to be here forever, and hopefully it will be."

Fire can't stop the spirit of Palmer Lake

Unfortunately, when the building was burning, a fatal flaw of the building was exposed: asbestos. While the fire claimed the kitchen, the asbestos claimed the dining room. The building is currently being abated from asbestos, and nobody is allowed in the building while it is still contaminated.

Currently, O'Malley's is planning to reopen the dining room in December. Hulsmann is planning to operate the restaurant like a brewery- O'Malley's will be bringing in some food trucks from around the state to sell food at the restaurant. In addition, O'Malley's plans to open their own food truck to operate out of while the kitchen is still being rebuilt - their beloved wings will be back soon!

Unfortunately, the state of the kitchen is still unknown. "We're not sure if we're going to have to knock the kitchen down, or if we're going to be able to rebuild inside the structure." The equipment inside the kitchen was declared a total loss by the insurance company, and Hulsmann is still waiting to hear whether the building around the kitchen is salvageable.

O'Malley's is currently operating during dinner hours on Mondays at the 105 Social House, across the street from O'Malley's. While the businesses would ordinarily be rivals, the 105 Social House has been extending a helping hand to the community icon. "The Social House has been great to us," says Hulsmann. This help comes in a time of need.



O'Malley's has only closed their doors once before, during a 1995 blizzard that forced everyone to stay home during the storm. Beyond that, O'Malley's has stood open as a proud community icon.

O'Malley's plans to re-open before the end of December, and will continue their tradition of community support. A little fire can't stop the bright, proud spirit of the Palmer Lake community.

Above: Joseph O'Malley's Steak Pub. After battling a fire just before Halloween, the restaurant is working hard to have it's doors open before



Left: While fighting the fire, the Palmer Lake Volunteer Fire Department had to break part of the kitchen building to allow for flames to escape and to verify that the fire did not exist in the wall. After the fire was extinguished, the staff of O'Malley's boarded up the



"The fire was so hot it blew out the side of the fan. This is stainless steel." O'Malley's owner Jeff Hulsmann points out the damage. The fire was hot enough to melt through the side of one of the stainless steel exhaust fans above the kitchen.



Behind the scenes: Ridgeline

By: Mason Huddleston
Photos by: Kyle Ketchell

Camera operator Garrison Smith gestures to the anchors to silently communicate to them. The camera crew for each show also serve as a liaison between the tech crew in the control room and the anchors on set. The camera operators give the anchors silent cues such as move one way or another, or read faster or slower.

Every day, students take time out of their second-period classes to listen to the announcements. But at the beginning of the week, students also take an extra few minutes out of class to watch Palmer Ridge's weekly television program: Ridgeline. The program has come a long way from its beginnings of tape-driven cameras and low budget equipment. Ridgeline is a nearly-professional-level broadcast program, with state-of-the-art equipment, a professional set, and a staff of enthusiastic and well-trained students.

Prior to Ridgeline's use of the new live broadcast system, the entire show was filmed on tape-driven cameras and then edited together. The anchors would sit in front of the set (which at the time consisted of two bookcases with a variety of Palmer Ridge-themed props) and then read the script, pausing for only a moment after they introduced a news piece. A computer would then read the video off of a cassette tape from the camera. The students would edit in each news

piece and the week's weather report. Because the weather was pre-recorded, the weather was frequently recorded in front of a green screen. The weather person for the week would then edit out the green screen and insert radar images, or the 5-day forecast for the week. Last year, however, Ridgeline purchased some new equipment that allows for the live production of their shows.

PRHS has several Career Technical Education (CTE) programs including Ridgeline, Marketing, some of the computer science classes, Principles of Engineering, and several others. These programs receive funding to provide teachers with equipment to teach students workplace-ready skills. Some of these funds are used to purchase equipment to better teach students in these programs. In PR's television program, these funds have been put to good use: a new Newtek Tricaster live-broadcast production

system. Every week, Ridgeline students take their seats in the TV studio behind Mr. Saye's room and record a live show. The week's news pieces are loaded into the Tricaster system, and the show begins. The anchors read through the script, and pause to watch news pieces on the television in the studio. The weather is also done live. The weather crew takes a camera and some

"My favorite part of filming is the opportunities you have that the majority of people don't get to experience." Mari Sperando (9)

networking equipment to nearly any location in the school and can broadcast the weather live from that location. This year's weather woman, Anisa Hajibraham, can see the show as it is being recorded on any of the televisions in the school, and she gives the weather after her cue from the anchors. The entire show is recorded without pauses or breaks, and then the show is uploaded

to YouTube the next Monday morning. Ridgeline is also not edited after the show is recorded; this means that the students in Ridgeline either post the show with mistakes, or they re-record the entire show from the start. Although the Ridgeline studio is equipped with a green screen and technology that will support its use in a live environment, it is very infrequently used. Instead of weather produced on a green screen, the weather is broadcast on location from around the school.

Palmer Ridge has a variety of student-led production teams including the Bear Truth Newspaper, the Epilogue Yearbook, and Ridgeline TV. Students in each program are required to produce work that will be distributed to the PRHS student body. While students in these programs receive credit from their teachers, they are also judged by their peers. Because of this, newspaper, yearbook, and television students put in extra work to make their products the best that they possibly can. In classes across Palmer Ridge, students can turn in work for late credit. There is usually a deduction on the overall score of the assignment, unless the student was excused from school on the day the assignment was due. However, this is not true in Ridgeline TV. If a student's project is not turned in before the show

"My advice for people who are interested in joining Ridgeline is to make sure you have free time. You must film projects every other week. That can be especially difficult with a busy schedule." Mari Sperando (9)

is recorded, regardless of an excused absence, the student will not earn credit for the project, and there is no way to make it up.

Although Ridgeline students need to put in extra work to produce an excellent show, they still get to experience events in a way that most other people don't. Ridgeline students get to go behind the scenes to film their news pieces, and they usually get the best seats in the house - for free. "I was shocked at how enjoyable filming and editing was. My favorite part of filming is the opportunities you have that the majority of people don't get to experience." Freshman Mari Sperando enjoys Ridgeline and the experiences

it has to offer. "I can't share all the experiences I've had on Ridgeline. They are all so great and so fun. The only way I can share my experience with you is if you join Ridgeline. Then, I can show you how great it is to be on Ridgeline."

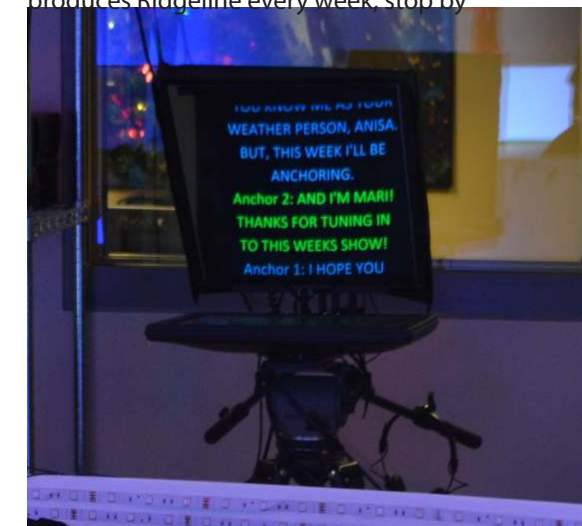
At the beginning of the semester, Ridgeline students are broken into groups that operate on a rotating schedule. The students in each group are responsible for picking and producing the news pieces that will air on the show. Ridgeline students can report on nearly any topic of their choosing. They cover an event first by gathering information and footage from the event. The student then writes and reads a script for their project either on camera at the event, or using a microphone in the production studio. Each student is also responsible for editing their project together and then providing a finished version of it to the tech team for the show.

Anchors, camera operators, and technical staff are reassigned every week. Regardless of the production rotation, every Ridgeline student is responsible for some part of the show. Each role is complex in their own way. In addition to looking good on camera, the show's anchors are responsible for writing the script for the show. The anchors decide the order of the news pieces, the announcements, and any other parts. The camera operators for each show are responsible for focusing and adjusting the studio cameras, as well as maintaining and operating other equipment such as the lights and the in-studio television. The teleprompter is responsible for running the script at a speed that the anchors can read, as well as starting and stopping as news pieces play. The weather crew is responsible for running the weather camera, as well as the networking equipment that allows for the camera to appear on the video switcher in the control room. Although each position is important for the show, the audio technician and video switcher are responsible for the grunt work of the show. The audio technician for the week is responsible for listening to each news piece to make sure that the audio levels are consistent, and they are then responsible for maintaining good audio levels throughout the show. The video switcher is responsible for loading each news project for the week into the Tricaster broadcast system in the order

determined by the anchors, and then switching across the various video inputs to create the best possible show.

This year, Ridgeline has started a new segment: the Pictures of the Week. Anyone from across the school can submit pictures to Ridgeline and the pictures are then shown to the school at the end of the show. In addition to student pictures, the staff of Ridgeline can be seen at school events with the Ridgeline Selfie Stick, offering students the opportunity to take pictures with the crowd around them for Ridgeline.

If you ever miss the weekly broadcast, you can check it out on YouTube by searching for "Roy Saye." And if you are interested in joining the staff that produces Ridgeline every week, stop by



Above: The anchors of the show don't need to have the script memorized. A piece of glass, angled just right, reflects the script off of a computer monitor below allows the anchors to read the script, while still looking in to the camera.

Below: Weather woman Anisa Hajibraham and Reporter Cody Cunningham celebrate after filming a show. Photo by Jayden Kailey.



Full Time Student... or Full Time Athlete?

By: Colby Schultz

Abby Ladau is a senior this year at Palmer Ridge, and has been dancing for fifteen years. "I started when I was 2 years old. My first dance class was a little class at the ymca. When I moved to monument, I started taking classes at Sundance studios. I really love the sport and it lets me destress." In this span of time, she has tried many styles of dance. "I started by taking classes in the jazz, ballet, and

"I started when I was 2 years old"

lyrical style. I was hand selected to be on the first competition team at the studio. Was part of the competition team for about 3 years and then I stopped and did more dance for recreation at the studio. I switched studios in 7th grade and did lyrical and jazz styles. Freshman year, I auditioned for the school dance team and made it(I have been on the team for 4 years now). Also auditioned for



the competition team again and have danced in the lyrical, contemporary, ballet. Hip hop, and musical theater styles. Have won many 2nd and third place awards at competitions. I now do solos, duets, and group numbers and am still on the dance team at the school as well. I dance about 9 hours a week." Dance has clearly been a large part of her life. "I keep with dance because it is so fun and I am able to release all tension and stress. I love the rush of learning new moves and dances every

"Yes it is time consuming, but when you really love to do something, there is always time"



week and the bond that I have with both my studio and teammates is so incredible. Yes it is time consuming, but when you really love to do something, there is always time." With all this time put into the sport, she has plans to continue into the future, "I hope to continue with some form of dance in college. I have considered a collegiate team, but I will most likely do a company team at whatever college I attend"

Bottom left: the Cheer and Poms teams cheer on the football team. Center: Abby Ladau, Dancer and PRHS Student. Photo courtesy of Abby Ladau. Top Right: the Cheer team leads the student section at a Home football game. Below: the Poms Team cheering for the State Champion Football team. Photos by Kyle Ketchell



Misty Acres
+ 26 neighborhoods

by Isabella Bolko [Topics >](#)
Potholes

Missing Ducks

We are stumped. In the last two weeks we have lost two large ducks to some type of predator. We have no prints, no feathers, no blood, no noise, just literally a vanished duck. We know there have been mountain lions/bears in the area, and perhaps a hawk could snag them, but they are large and probably weigh 4-5lbs a piece. One went missing between 11am and 6pm two weeks ago and one went missing tonight sometime between 5pm and 10pm. I have heard owls in the area, but not recently. We will be investing in a trail cam to try and figure out what is taking our ducks but I was curious if anyone in the vicinity has seen "parts" of a black duck or a white duck. We are baffled since there are no tracks or signs of struggle. I really think a bird of prey has taken them, I'm just surprised they could fly away with these ducks and not leave any trace??



Meanwhile in Monument.....
Posted on 25 Apr to South Woodmoor and 43 nearby

Thank Comment 36 20

Thank Comment 16

My first thought--birds of prey.
2 days ago Thank Reply 2

We have lost ducks to coyotes in the middle of the day.
2 days ago Thank Reply 1

There are no mosquitoes in Colorado
And the streets are paved with snow

Sounds like a country song to the tune of 'how much is that doggy in the window...!' There are no mosquitos in Colorado, the streets are all paved, but with snow... the ice melts in time to freeze the roadways, I do wish the sun would not go..." Do you know what they call youngsters from Moskow? Moskitos...

22 hr ago Thank Reply 1

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