

Golden Trident

The Impact of The Beatles Through Time

Read about the bands final song, "Now and
Then" and their large impact on the world.
pg. 12

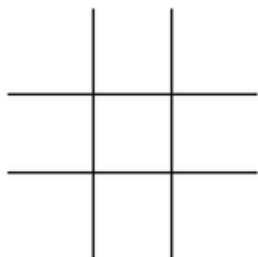
Keeping It Local With Pat Madison

Read about one of Golden's local artists!
pg. 8-9

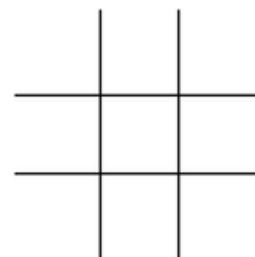


Golden Trident's Crossword

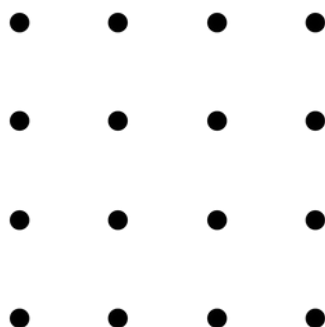
Tic Tac Toe!



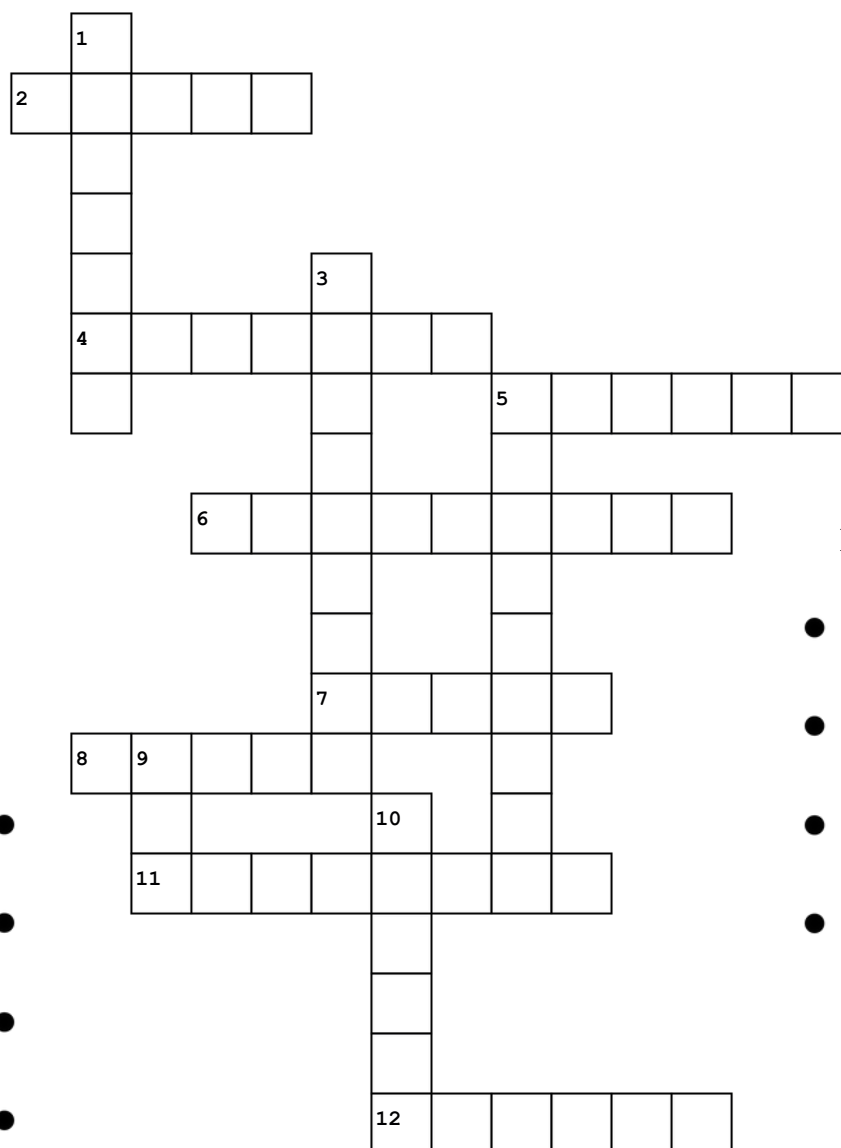
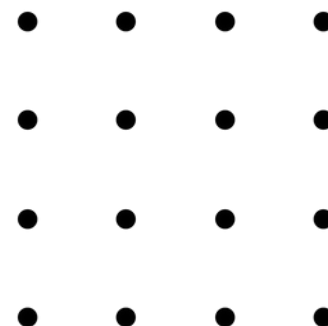
Tic Tac Toe!



Dots And Boxes!



Dots And Boxes!



Across

2. Something Officer Hyde wears every day
4. Fraser's favorite book
5. What the cheer team brings to the school
6. Learning of to safely handle guns
7. The Queer community
8. One of the most iconic pieces of art by Clear Creek
11. Star of Rebel Moon
12. The National Association for Stock Car Auto Racing

Down

1. Captain of Belgium's national soccer team
3. Champion's karate level
5. A widely used, anonymous school resource website
9. Lucky Dayes music genre
10. The Beatles member who was assassinated

Behind the Badge

By Lila Qualteri and Morgan Cranford

Photo courtesy of Dan Hyde

You may have noticed Golden High School's new School Resource Officer (SRO) walking the halls. His name is Dan Hyde and this is his first year at Golden.

Officer Hyde has been a police officer for more than 30 years. Like many young children, Hyde dreamed of joining the force. Only Hyde possessed the strength and will to pursue his passion for helping others, something not everyone has the courage to do. Officer Hyde said, "I really wanted to help people. I wanted to have a positive influence."

For the last seven years, Officer Hyde has been on the motorcycle unit. He has special training to be called out for very severe and potentially fatal traffic accidents. After a while though he says, "A job like this gets to you." Hyde realized that what he really wanted to do was educate people so that these horrific accidents never happened in the first place.

When Officer Hyde discovered there was a vacancy for SRO here at Golden, he got very excited. Officer Hyde wanted to be a positive figure in young lives and build connections with all sorts of people.



"When the opportunity for the school came up and I saw the opportunity to be a positive role model, I jumped at it."

Officer Hyde's favorite part of his new job is connecting with those around him. He finds it essential that he has relationships with not only the staff but the student body as well. Hyde says, "It's important to me to get to know you guys so that I can understand better what you need from me and how I can be helpful. Plus it's just cool to hang out with you guys." This is part of what makes Officer Hyde such a great SRO. He genuinely cares about the needs and wants of everyone he works with and is doing all that he can to keep Golden a safe and happy environment. Getting to know people and establishing positive relationships is so important to him. "I love it, it's my favorite part of the job."

However, the career Officer Hyde has chosen to follow hasn't always been easy. In fact, it's been extremely perilous. When we asked to send in images for this article, he decided it would be best to send in ones where his children were not pictured. Officer Hyde wrote in the email to The Trident, "There are a lot of people out there who don't like me simply because I have a badge on my chest and it's not uncommon for bad people to threaten our families." Officer Hyde also left us with this quote to the Golden community, further describing what not only he, but his family goes through as well.

"Officers children are the ones who have to have a birthday party or Christmas morning without their mom or dad. They're the ones who live in fear of having to live the rest of their lives without one of their parents. Their spouses are the ones who have to deal with moodiness after a tough day or lack of energy during a date night due to the stress their spouse goes through. They sacrifice a lot more than the officer does."

Officer Hyde has already made a very positive impact on our school and continues to be a great model for all of us. He has put so much into this school as a collective and as he has made an effort with us, so we have to make sure to put in effort and respect him for all he does. So if you see Officer Hyde in the hall, say hi, give a wave, try and connect.

Navigating Through Gun Safety: A High School Perspective

By Hailey Pearson



Simulated lock down drill

In the halls of our high schools, where the echoes of laughter and the pursuit of knowledge should prevail, there exists an unsettling reality that looms over us – gun violence. As students navigating a world fraught with challenges, it's time for us to lend our voices to the urgent argument surrounding gun safety. Officer Dan Hyde, Golden High School's resource officer, says "People know how to use a gun, but not when."

Gun violence is not a distant concern; it's a present and pressing issue that demands our attention. From the haunting headlines of school shootings to the ongoing debate on gun control, we can no longer afford to be passive observers. The

time has come for us to confront the uncomfortable truth and advocate for change.

Growing up in a society where firearms are prevalent, it's imperative for us to understand the nuances of responsible gun ownership. Education on safe storage, proper handling, and the importance of securing firearms is not just a duty for adults but a responsibility we share as young individuals. "Education on gun violence is huge," Hyde says. It's about striking a balance between our rights and the safety of our communities.

As high school students, we recognize the interconnected nature of mental health and gun violence. "I think mental health has a huge impact on school shootings", freshman Carrie Titterington says.

"The mental health of high school students should be prioritized in every student- not just the ones who are willing to ask for help," Hyde states. Initiatives promoting mental health awareness within our educational institutions are essential components of a comprehensive approach to prevention. By fostering an environment that supports mental well-being, we contribute to a safer community.

Our generation must go beyond discussions and actively advocate for comprehensive gun safety measures. Engaging in conversations, joining advocacy groups, and using our collective voice to call for change are powerful tools at our disposal. It's time to challenge policymakers to prioritize the safety of our schools and communities without compromising individual rights.

Our schools should be sanctuaries for learning, places where we feel secure and free to explore our potential. By participating in discussions on gun safety, we contribute to the creation of safer learning spaces. This involves challenging the status quo, pushing for stricter regulations, and actively shaping policies that prioritize the well-being of students and educators.

Gun safety is a multifaceted issue that requires our unwavering commitment to change. As high school students, we are not merely bystanders; we are active participants in the pursuit of a safer future. Let our collective call to action reverberate through the corridors of our schools and echo in the hearts of those who have the power to enact change. It's time to turn our concern into advocacy and shape a future where education, not gun violence, defines our high school experience.

**LOCKS.
LIGHTS.
OUT OF
SIGHT.**

USED WHEN THERE IS A THREAT

Capturing Creativity: A Glimpse into Golden's Artistic Talent

By Nyah Marquez-Dean



Junior Miles Bromfield, and his piece “Bones” make up our school. One artist, GHS junior Maïke Drennan, says “Showing my art definitely makes me a little more confident in it, especially because they thought it was good enough to display and share with anyone who wants to see it.”



Senior Sorin Leo and their piece, “The Ballad Between Those Who Do Not Belong”

Another student, fellow GHS junior Miles Bromfield, and artist behind a colorful piece entitled “Bones” said “I love it when the school displays student art! It’s a chance to see all the cool stuff everybody else is doing. Even as an artist myself, I really only see the things my classmates are working on, so I can imagine how little the non-art kids see of the amazing student work that goes on at our school.” Every year, the GHS art show is a great opportunity for our students and community to come together and highlight the talents and passions of our students.

Every spring, the Golden High School Art Department hosts an art show in Mr. Tim Miller’s room, showcasing the remarkable talents of Golden students, and bringing the community together. Featuring many mediums, from photography and painting to sculpture, each piece reflects

the unique voice and vision of the student behind it, offering a glimpse into the varied experiences and perspectives that

Beyond the art, the show serves as a vibrant hub for community connection. Parents, teachers, and students from all grades come together, to not only appreciate the art but to celebrate the artists themselves. “I think it’s great to display student art! It’s awesome for people to be able to share their creativity and passions with their peers and the staff who might not know how talented they are. I love it!” says Maïke.



Junior Brigitta Niedringhaus, and her photo “Under the Surface”



Junior Maïke Drennan, and her photo “Tunnel Vision”

Racial Abuse in Soccer

By Rowan Watkins

Racial abuse has always been prominent in professional soccer. Still, throughout the past couple of years, certain incidents have brought light to reveal just how disgusting and impactful certain fans' actions are. Racism in soccer is just as widespread as in the game itself, spanning continents. Sadly the abuse has never let up, continuous harassment online and during matches has caused soccer federations to put rules into place to attempt to aid the situation. These rules, although they are a nice sentiment, don't do anything to change what keeps happening. They can put more security and tell fans to be more respectful all they want, but it's not going to do anything.

Soccer wouldn't be where it is today if it wasn't for how widespread and diverse the sport is. If teams weren't diverse they wouldn't be fostering the main principles (respect, determination, and passion) of the game of soccer. Soccer has and will continue to evolve over time and if the federations don't figure out a way to protect their players then the evolution of soccer will stop. The players, athletes, and fans would be bystanders to the terrible acts committed daily. We would all be allowing racism and discrimination to ruin "the beautiful game" without even attempting to save it.



Romelu Lukaku

Most recently the Serie A (Italian soccer league) has had multiple players targeted both online and in person. Mike Maigan, the goalkeeper for AC Milan was abused verbally at his game on January 15th, 2024. The people who yelled racial slurs were banned from attending any Italian sports events due to their actions. When Mike Maigan heard the chants he walked off the pitch, demonstrating how the racial abuse isn't taken seriously enough and that he wasn't going to take it.

In April of 2023 Romelu Lukaku, captain of Belgium's national team and a key player on Inter Milan's team (Serie A) was also abused by opposing fans during a match. Inter Milan was facing Juventus in a league match.

Romelu scored off a penalty in stoppage time to tie the match, after his goal he celebrated by putting his finger to his lips and shushing the crowd. Due to his "excessive celebration," he was given his second yellow card of the match and was sent off. While he was taking the penalty, after the penalty, and before the penalty, Lukaku was berated and abused by the fans in Turin. The people responsible for the racist chants were never detained and were able to leave the stadium unscathed.

Sadly, another example of racial abuse in professional soccer can be seen in Spain's La Liga soccer league multiple times. Real Madrid's Vincisius Jr. has been a victim of racial abuse multiple times. In Valencia, Spain, fans yell monkey chants or throw banana peels onto the field. The spectators yell racial slurs for hours. This isn't the first time this has happened to Vincisius Jr. Although the people responsible are now not able to attend any sports games in the area, these players are still being abused online and in person outside of the pitch.



In the end, players shouldn't be scared to play the game they love, they should be at the very least respected by the opposing team and fans. It is great that federations are attempting to help erase racism from the game, but it isn't realistic and won't end up making an impact. We need clubs and leagues to become more strict and follow through on the actions they set out to do regarding solving the problem of racism in soccer.



Read the full article here!



“Painted”
Lucky Daye
2019 (Explicit)

Lucky Daye’s 2019 studio debut album, “Painted”, is one of contemporary R&B most cherished albums of all time. A coveted songwriter hailing from New Orleans, Louisiana, the musician released the first album of his own at 33, a notably old age to debut in R&B music. Though you wouldn’t be able to tell his age from the singing -Daye sounds young as ever-, you can, however, in his mature lyricism, which is where the singer’s experience, both in songwriting and in life, really shines through.

As the man says himself on “Late Night”, “You never get old when you know who you are.” What’s debatably even more impressive than Daye’s intricate melodic presence, or his discerning lyricism, though, is the beautiful funk and jazz inspired instrumentals on every song. The funkier tracks being “Late Night”, “Extra”, “Real Games”, or “Try Your Fire”, and the jazziest being, “Misunderstood”, “Floods”, as well as the heartbreaking, nearly eight-minute outro to the album, “Love You Too Much.” With the funk and jazz elements at the heart of this project, the New Orleans influence on popular music is alive as much as it’s ever been, and yet with an unprecedented modern suspension through Lucky Daye’s melodic and lyrical abilities. “Painted” is a must-listen for enjoyers of R&B music, especially those who have an appreciation for Jazz, Funk, and New Orleans. **-Theo Sieber**

“Rebel Moon” (Part 1)

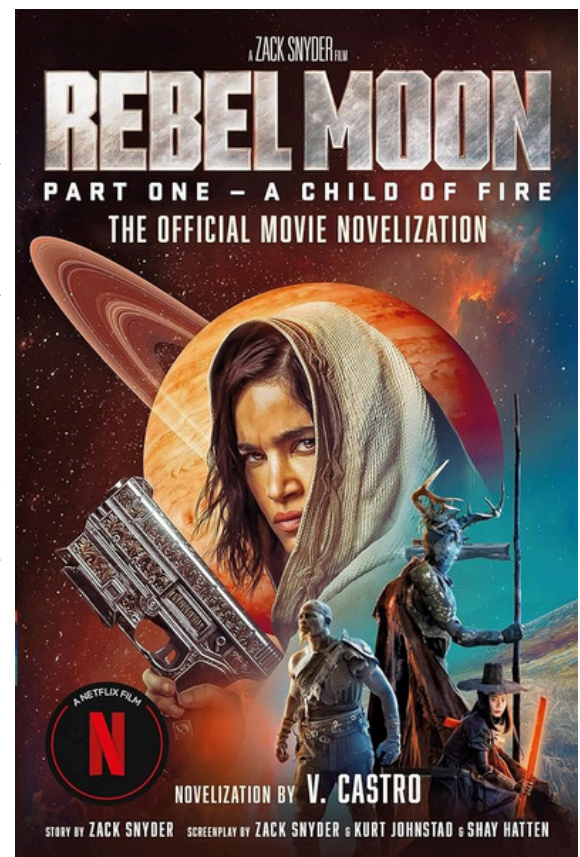
2023 (PG)

Starring: Sofia Boutella, Charlie Hunnam, Ed Skrein, and Anthony Hopkins

“Rebel Moon” tells the tale of a settlement on the edge of a distant moon fighting for its existence against the galaxy’s tyrannical ruling force. Facing slavery; an individual (Boutella) with a mysterious past helps find the village warriors who are willing to fight. This movie came with high expectations seeing that it was a supposed storyline for “Star Wars”, even though rejected by Lucas Film their bar was set high for this movie. According to [bbc.com](https://www.bbc.com), after the script was rejected, Netflix reached out to Snyder about creating this series. Once the movie was released critics got the best of it. For the poor writing and cheap CGI fans were disappointed in this Star Wars spin off. With a rating of 5.6/10 this movie series is set for a part two that isn’t looking too profitable from the backlash of part one.

“People need to stop writing space stories about a tyrannical ruler, it’s over done when there’s plenty of other potential for sci-fi worlds” says movie critics.

All in all, most would say don’t waste your time on this movie although entertaining, it is hard to watch. **- Lily Beckford**



← Watch! Read! Listen! Enjoy! Scan here for more reviews!

Keeping It Local With Pat Madison

By Jayden Bates-Bland

Golden is a city filled with life, beauty, and art. One of the most notable artists represented in our community is Pat Madison. Madison has been a part of the Golden community for around 40 years. He has raised his children here, started a successful company, volunteered for the community, and so many other things in order to build up the Golden community and show his love and appreciation for our amazing town. However, he is most known for his statues that you have likely seen scattered around Golden, and also just Colorado as a whole. One of his most notorious pieces is “The Return of the Cutthroat” which are the bronze trout statue’s next to Clear Creek. But overall, we know very little about the man himself. So who is Pat Madison?



Baby triceratops statue

Barnes who created the “Helping Hands” statue in Golden, Colorado. Madison asked him about his art and Barnes said that he always went through his pieces analytically which truly intrigued Madison as he had never felt that artists were analytical with their pieces. Once Barnes had gone through his process, Madison realized that he could do that and Barnes offered to teach a bronze class, and ever since Madison has been making his statues.

Golden is always a very important part of Madison’s pieces as he says “I like to keep it really local” so every one of his pieces has some local connection to Golden. There was a time when our fish were dwindling in Clear Creek but when they started coming back he wanted to “celebrate the improved environmental area” so he made his trout statues. One of his friend's sons had a senior project and was working with our very own Foothills Animal Shelter so Madison created a dog statue for them. His care for our town is represented through every single one of his pieces and the beauty in them is there to represent the beauty of our city.

The city of Golden likes to let people have a say in their town and the art that is represented within it. When the roundabouts were looking for art Madison came up with a concept for a triceratops family. He wanted to commemorate the fact that some of the first triceratops fossils were found in Colorado and he had an

Madison moved to Colorado around 40 years ago. He was born and raised in Montana but he fell in love with Colorado and he didn’t want to leave. Before his retirement, he worked in Computer Programming and he started his own successful business that has since been given to a female employee and is still very successful. He also taught some at the Colorado School of Mines and has a lot of respect for the college and everything that it does. His wife, Judy Madison, was a ceramics teacher at Golden High School and Madison claims that she is the real artist in the relationship and says “I have always had such an admiration for artists.”

Around 15 years ago, Madison was with his friend Cloyd



Pat Madison with triceratops statue

entire idea, however the hummingbird won. But this didn't stop Madison from creating his vision. During COVID, he started to construct his triceratops, and then some of his friends with land offered to let him display them there and things have grown ever since. The process of building the statues was also exciting for his family as his grandchildren would come over and help him paint the panels, and all of them recall this as a very happy and connecting time in their lives.



"Return of the Cutthroat" in Downtown Golden

Another notable thing about Madison is his care and excitement for humans. He claims that his favorite thing about art is how people react to it, and he says "if people drive by and say that it makes them smile or laugh, anything art does, it makes me happy." While he was at his triceratops site, a car pulled up and he immediately went over to greet the people who had arrived to check out his work. Within a very short amount of time, he was able to learn so much about them and create a connection with them, just further proving his connection to humans and his appreciation for all that they do.

Madison is a very humble man. He never claims to be an artist even though his art has impacted the lives of so many people. When one of his pieces went up at Dinosaur Ridge, all he said was "That was an honor, to have one of my pieces up there" because his true mission is to make people happy, not to gain fame, popularity, or money. He doesn't collect any commission for his pieces and states "I just do it for enjoyment." His love for art has flourished over time and his passion and soul have gone into all of his pieces. There is so much that we gain from someone like Madison, and his happy nature and humble attitude exemplify what Golden is supposed to be. We are a town of people who are connected and inspired to celebrate and appreciate the things around us. Look at the small things, and appreciate the beauty of our city, just as Madison does.

Most recently, the Butterfly Pavilion asked Madison to create a tarantula statue for them to put in front of the building. The pavilion is such a large part of our community as almost everyone has gone at least once in their life if they have lived here long enough, so of course Madison was enthusiastic about this opportunity. While the pavilion did not want his signature colorful style, Madison says "If someone is willing to take care of my art, they are welcome to it." So he was just excited to have a space for his art to be shared with people who would appreciate it. He says that he has plans to make another tarantula in his own style to go out with the dinosaurs.



Statue at Foothills Animal Shelter

The Rampant Increase in Homophobic Propaganda is Killing Queer People Across the Nation

By Nyah Marquez-Dean

On November 19th, 2022, about an hour and a half drive from Golden, a gunman opened fire in an LGBTQ nightclub, killing five people and injuring 19 others. Less than a month ago, a woman was shot and killed in Southern California because she displayed a pride flag in her window. In early February, a 16-year-old nonbinary student, New Benedict, died after they were assaulted in the girl's bathrooms of a high school in Owasso, Oklahoma, only a few months after Oklahoma mayor Kevin Stitt signed a bill forcing students to use the bathroom that matched the sex on their birth certificates at school.

According to the U.S. Department of Justice, in 2022, 71 sexual orientation-driven hate crimes were committed in Colorado and 20 were committed based on gender identity. Violent homophobic crimes have been on the rise since 2020, a clear result of the anti-LGBTQ rhetoric that has been seeping into our everyday media. Should trans women be allowed to participate in women's sports? Are queer people using their identities as a veil to cover their scheme to groom your children? The rampant discourse over the very existence of a group of people led to record numbers of anti-LGBTQ bills in 2022, resulting in a wave of legislative attacks on queer people and their rights across the United States.

These bills not only undermine the rights and dignity of LGBTQ individuals but also send a dangerous message of intolerance to society at large. By targeting some of the most fundamental aspects of human identity these measures seek to destroy the progress we've made toward achieving equality and inclusivity. Though this clear increase in homophobia and transphobia is disheartening, it is essential that we remain optimistic and determined to maintain tolerance and acceptance for everyone.



Photographed By William Murphy (Infomatique)



Though this clear increase in homophobia and transphobia is disheartening, it is essential that we remain optimistic and determined to maintain tolerance and acceptance for everyone.

According to the National Center for Transgender Equality, in 2023, at least 56% of the anti-LGBTQ bills were defeated, demonstrating the power of collective action and advocacy. It is crucial that we as a society recognize and fight against this increase in discriminatory practices and legislation, along with recognizing and preserving the dignity of our LGBTQ peers.

The Teacher That Rhymes with “Laser”

By Lily Medellin and Ne’vaeha Brigman

Photos courtesy of Megan Fraser



Fraser at Escalinatas De San Juan De Gaxtelugatxe in Bilbao, Spain

One of the most compassionate teachers you will ever meet at Golden High School is Megan Fraser. It’s her first year at GHS, and she loves the new environment, the vibe, the special traditions, and the community of the staff and students at this school. Fraser teaches reading, writing, and literature. Get it? “Fraser rhymes with laser.”

Along with the community, she has a great family to support her. She has a sister (who has been a great companion throughout her life!) and she now has a nephew, who is turning two! She has a lovely cat named Percy (who she is completely obsessed with! Who doesn’t love a cuddle buddy, especially a fluffy one?).

Another thing you should know about Fraser is that she is so cuckoo for books. You can talk to her about any book. Her favorite author is Octavia Butler, who writes science fiction books and short stories. Fraser’s favorite book is “Kindred” by Butler. She recommends it if you love science fiction.

If you are in Fraser’s classroom, never be on your phone. It is her biggest pet peeve! “If you are on your phone being a zombie, you’re not living your life,” she says. It is not fun for Fraser to be a “stickler”, as she said, she just wants the best for all her students.

In the beginning, being a teacher was not always her dream job. When Fraser was a little girl, she wanted to be a “book editor” but now that she’s older she realizes that she “really wanted to be a teacher and now I get to live the dream” Her favorite subject was English, but she also took Spanish from 7th grade through 12th grade.

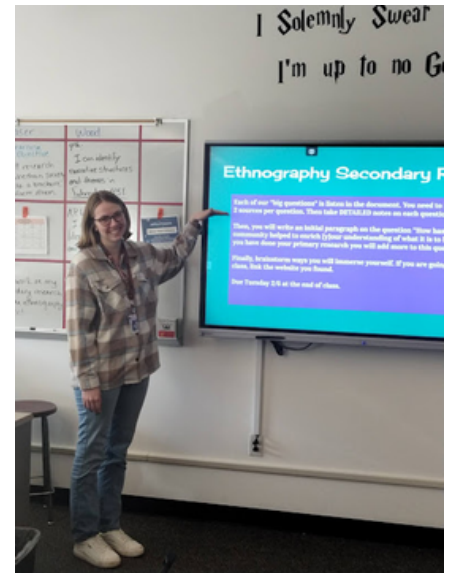
Her favorite part of her job is hanging out with her students and getting to know them. Fraser triple majored in college. She majored in International Affairs, Spanish, and Literature. After her senior year of college, she moved to Spain to attend the University of Grunoota. At first, she found living in Spain a little difficult but it eventually got easier for her. She lived with a host family who were very nice to her.

Another thing Fraser loves is hiking. Last summer, she hiked a 14er on the Bierstadt mountains. She loves cooking, watching movies, and playing indie board games as well. She also has a Nintendo Switch (which most students wouldn’t expect their teacher to have).

Although it is her first year at Golden, it’s not Fraser’s first year teaching. Before working at Golden, Fraser taught at Denver North High School. A typical day as a teacher for her is planning ahead of time for what’s next and grading things that students have already completed. The skill she uses for her students is community building so she asks things like her attendance questions every day and she likes to make real-world connections with us.

“Why are we doing this? Or why is that important?” Fraser likes to use different types of media like short videos or graphic novels, she wants to learn things from students all the time. “Y’all teach me some interesting things...The most fun thing to learn from people are things that they’re passionate about.”

She feels like students share interesting stuff about “music or albums or songs or movies.” Fraser hopes that students leave her classroom feeling like “I truly cared about them and I want the best for them,” but most importantly she wants us to “walk away feeling good and valued here.” She is a wonderful teacher here at Golden and we can’t wait to see what she brings to the future.



Now and Then: The Impact of the Beatles Through Time

By Morgan Cranford

Everybody knows The Beatles. They were highly influential in the 1960s when they first rose to fame and remain a household name to this day. The Beatles broke up in April of 1970 for a variety of reasons (creative differences, the death of Brian Epstein - the Beatles' manager, changing priorities) and their final album was released in May of 1970. The legacy of the Beatles still lives on even today. With advancing technology and a creative passion, Ringo Starr and Paul McCartney were able to bring us "Now and Then", one final Beatles song.

In 1977, John Lennon wrote a song called "Now and Then" and recorded a five-minute piano demo on a tape recorder. After he died in 1980, Lennon's partner Yoko Ono found the tape and gave it to Starr, McCartney, and George Harrison sometime in the '90s. Naturally, the remaining Beatles attempted to rework the demo and turn it into a song they could release in honor of Lennon. They wrote music to go along with Lennon's vocals, but when it came time to actually put all the pieces together, they found trouble trying to separate Lennon's voice from the piano he was playing in the background. This is when the attempts at turning "Now and Then" into a reality in the '90s came to a grinding halt. They just didn't have the technology to make it happen.



Time progressed and nobody really thought about the failed attempt at "Now and Then." In 2001, guitarist George Harrison died of lung cancer, leaving only Starr and McCartney as the remaining Beatles. Harrison's death was understandably hard on everyone he was close to and resulted in "Now and Then" becoming even more of an unreality. Losing him put even more of a damper on the progress of the song.

But then in 2022, Peter Jackson and his team of sound engineers developed software that would eventually prove to be very useful. This program could separate the tracks in Lennon's recording of "Now and Then" so that the vocals were independent of the piano and the background noise could be eliminated.

All of a sudden, the song was a reality again. John Lennon's voice was isolated so McCartney and Starr were able to revise the music they had previously developed. From their work in the 90s, they had a guitar solo from Harrison. All the pieces were there so they just had to put it all together.

The final song is beautiful. The music itself is breathtaking, combining the original Beatles' sound with what we can accomplish with modern technology. You wouldn't think from listening to the song alone that its production had spanned decades and been finally released after half of the members had died. The song is even more beautiful though when you consider everything else behind the music alone. "Now and Then" is truly the last Beatles song that we will ever hear for the first time. It has everything; original Lennon vocals, Harrison on the guitar, Starr on the drums, and McCartney on the bass. It's bittersweet to think how much Starr and McCartney in particular put into this song, continuing to work on it even after losing two of their closest friends.

There's no doubt that the Beatles had a significant impact on the music industry when they were at their peak, but what is so incredible about them is that they are still impactful to this day. The fact that they- a band from sixty years ago- are able to make a masterpiece like "Now and Then" and have it reach not only their loyal original audience but also a whole new age group of fans speaks to their multi-generational impact on music and the world.

The Secret Passion of Mike Metz

By Mario Dalcanale-Csapo

Photos courtesy of Mike Metz



Mike Metz with a Nascar

It's not often that your brother-in-law starts a multimillion-dollar business that you get to be a part of. It's even less likely that you retire at 40 from the aforementioned company and then come work at a high school as a head security guard. It would seem that Golden's very own head of security has a very interesting story to tell. Mike Metz's brother-in-law, Bill Phillips, attended GHS with aspirations of becoming a bodybuilder. He was Mr. Teen Colorado, and in the hopes of furthering his bodybuilding career, he moved to Venice Beach, known as the Mecca of bodybuilding. However, he began to notice the common use of steroids to achieve better results. In an effort to find a legal and healthier way to improve, he moved back to Golden and acquired "Experimental and Applied Sciences" (EAS).

EAS quickly rose to fame and became one of the leading brands in the sports nutrition industry. So, where does Metz come in? Well, from Phillip's acquisition of the company, Metz had been there from the start. He had some experience dealing with warehouses, so he helped Bill navigate shipping problems, management issues, and many other things in the following years. In 1999, Phillips sold his majority share in the company and continued working in sports-related media and industry to this day. Metz, on the other hand, retired at the age of 40. His deep love of cars led him to begin collecting many different automobiles using the money he'd earned during his time at EAS, from Porsches to Audis to his prized Ferrari F355 Berlinetta.



Metz's Ferrari F355 Berlinetta



"Cars and racing just run in the family, my dad and all my brothers and everyone have just always loved them." He also attended racing schools where he learned to drive things like Indycar and NASCAR and even earned a racing license. Someday, though, he realized 40 was too young to retire. His interest in sports, love of coaching, and some previous security experience led him to look into working at schools. He worked first at Alameda, then moved here to GHS, where he now works as the head of security and coaches football, and he plans to stay here until he retires, due to his love for the school and its environment. "I love Golden High because I love coaching, and being around the kids, and it gives me something to do and keeps me young." His passion for cars continues to this day, and he says that someday he'd like to own a Ferrari 360 Challenge Stradale, his dream car.

Sexual Violence Needs to Stop Occurring in Schools

By Jacey Powell

Trigger Warning: talks of sexual assault and rape

Sexual violence is a continuous problem in the educational system, leaving lifelong effects on kids, parents, and even staff. It's an operation that is run to cover up these cases for the protection of a school's reputation, resulting in many sexual misconduct cases going unreported due to the lack of support or inferior systems that are in place. There are organizations like Stop Educator Sexual Abuse Misconduct & Exploitation and Title IX which prohibits the act of sexual misconduct in schools.

So why is sexual violence in schools an ongoing issue? Why is sexual assault occurring with resources such as safe2tell and school counselors?

Because people fear the resources and the fear of the repercussions of not being believed. Yes, we have resources online like Mental Health First Aid but they're just not being promoted. Not only do we need to stop these acts of sexual violence, but we also need to put in more mental health resources to help the students come forward and make sure students know they have these resources.

Many sexual violence cases go unreported every day in schools, but that doesn't mean it doesn't happen. Sexual violence includes assault, unwanted attention/images, inappropriate sexual behavior, rape, grooming, etc.

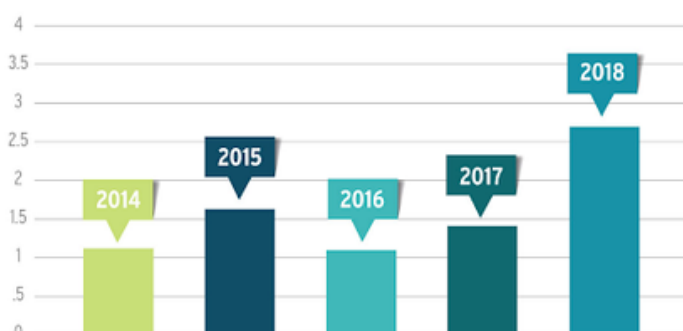
It is shown through our education system that students in K-12 have experienced some type of sexual harassment during their time at school. The last recorded data of sexual violence from AAUW was in 2017-2018 when over 1,000 rape cases and 7,000 cases of different sexual violence acts were reported.

Data released by DFI (Development Financial Institution) shows that "between 2010 and 2019, the number of complaints filed with the U.S. Department of Education's Office for Civil Rights (OCR) alleging sexual violence against K-12 schools more than tripled." The data reported, collected in 2017-18, showed 13,799 "incidents of sexual violence" and 685 instances of "rape or attempted rape" across about 95,000 American schools—an increase of 43 percent and 74 percent, respectively, from the 2015-16 data." Sand, L (2023, June 21). The numbers in recorded data are generally much lower than the true number of sexual violence cases because so many go unreported. This makes it more difficult to accurately determine the true number of sexual violence cases. There are still estimated statistics that are based on reported cases and even with the estimate it's an alarming rate. So just think of all the unknown cases, things that will never come to light because of the grotesque amount of fear these rape victims are facing.

Having a safe place to go is one of the most important resources anyone can have. Many students know about their school's resources, but kids don't usually feel safe because of school repercussions or the embarrassment of having everyone know. That's why we need to share resources that are outside of schools. RAINN is an online sexual assault hotline. They connect you with a trained specialist, who talks to you and gives you resources for your next steps. The entire thing is confidential and anonymous. This gives you a resource to tell someone what happened without the fear of what might happen. Just call 800-653-HOPE or go online at rainn.org.

Students focus so much of their time in school worrying about grades and their futures, they don't have the time to stop and think about themselves. It's easier to pretend it's not happening than having to face reality. We live in a world where we have the resources to at least help prevent sexual violence from occurring, so why aren't we using them?

Self Reported Instances of Sexual Assault



National Sexual Assault Hotline
800.656.HOPE
online.rainn.org
Free. Confidential. 24/7

RAINN

you a resource to tell someone what happened without the fear of what might happen. Just call 800-653-HOPE or go online at rainn.org.

Full article here!



Dreams Do Come True

By Lilly Phillips

Photos courtesy of Heather Kelley



The Golden High School Cheer Team

in her life. During her time here she's brought great energy and ambition into coaching the team and has been very supportive of the whole team.

"She is amazing as a coach but even better as a positive adult figure," says Hope Stuckey, a member of the team. Stuckey also says, "She is a very caring coach," and Bea Taylor said, "She always has whatever we need from a hair tie to words of encouragement during a hard practice." Kelley says her favorite thing about cheer is the community that you meet from the sport. She loves being part of a team and always having teammates there for you. "They never go away, I still have really close friends from all the years I've cheered," she says. She has definitely been a great new addition to our community here at Golden and we are excited for the future of the cheer team.

The Golden cheer team just welcomed new head coach Ashlyn Day last year and the team has grown a lot. Now they're welcoming a new assistant coach who is excited to be part of the team. The team has been a supportive community for everyone and a fun activity, they hope to keep improving and growing with the help of coach Kelley.

Kelley shows that when you love something it will always be in your life and she makes it clear how much she cares about cheer and the community that comes with it. She has an amazing story of this sport and how it's been a constant throughout her life.

"I missed it", says Heather Kelley while she talks about coming back to cheerleading. Kelley has been a cheerleader her whole life, starting in 6th grade, and since then she's continued to cheer her whole life. She's always loved the sport itself and the amazing people that are in it. She is passionate about cheerleading and she has joined the team recently and immediately made an impact.

Kelley has brought a lot of school spirit to the team, with her cheerful attitude and love of school spirit. She began coaching right out of college because she knew it's what she wanted to do. However, she took a break from coaching about seven years ago and was thrilled to come to Golden. "I've been checking the job postings since we moved here", Kelley says, and she applied for the job at Golden because she really wanted to get back into coaching and have the sport



Heather Kelley (middle front) with her college Cheer Team

The Golden Trident Staff



Left to right, front to back: Rowan Watkins, Lily Beckford, Landace Doyle, Lacey Everson, Lilly Phillips, Sofia Pelletier, Lillian Rai, Hailey Pearson, Olly Johnson, Mario Dalcanale-Csapo, Astrid Fabinski, Jacey Powell, Nyah Marquez-Dean, Morgan Cranford, Lila Qualteri, Lily Medellin, Evy Goff, Sophia Adair, Theo Sieber, Channing Bruce, Ne'vaeha Brigman, Jayden Bates-Bland
Not Pictured: Ella Helm

Editors-in-Chief: Jayden Bates-Bland,
Channing Bruce

Editors: Morgan Cranford, Astrid Fabinski,
Nyah Marquez-Dean, Lila Qualteri

Publisher: Mark Brown

Illustrator: Gray Wise

Cover Photo Taken By: Jayden Bates-Bland



Golden Trident Website



Golden Trident Instagram