

Golden Trident



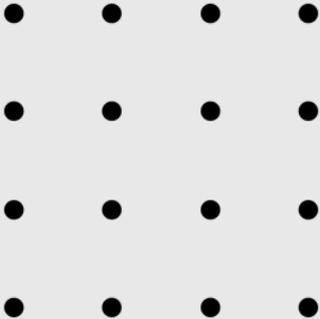
The 303 Incident: Golden Reacts

Golden High School and its students will forever remember March 3rd, 2025. March 3rd, also known as 303 Day in Colorado, quickly became the biggest event across the entity of Jefferson County. For those uninitiated, at approximately 8:06 AM, an anonymous Safe2Tell was called in, with reports of a firearm sighting on school property. The Golden Police Department responded almost immediately, and a lockdown was called for at 8:15 AM. The lockdown would last for around one to two hours before students were gradually released starting at 9:30 AM. The Golden Police would find what the Safe2Tell report was referring to. The ‘threat’ ended up amounting to a cardboard gun, later identified as a fan-made replica from the TV show “Arcane”. But what about the two hours many students spent locked behind their school doors with little information? School may have been canceled for the day, but on the following day life resumed as normal. Across the school, students had many different experiences, whether they were caught in the hallway, the bathroom, or even if they never made it inside the school. Because of the obvious threats that have come to fruition across America and the fact that there was no evidence given to students, there was no belief that this was a drill or hoax. For the students of Golden High School on March 3rd, their lives had the chance to be significantly changed...

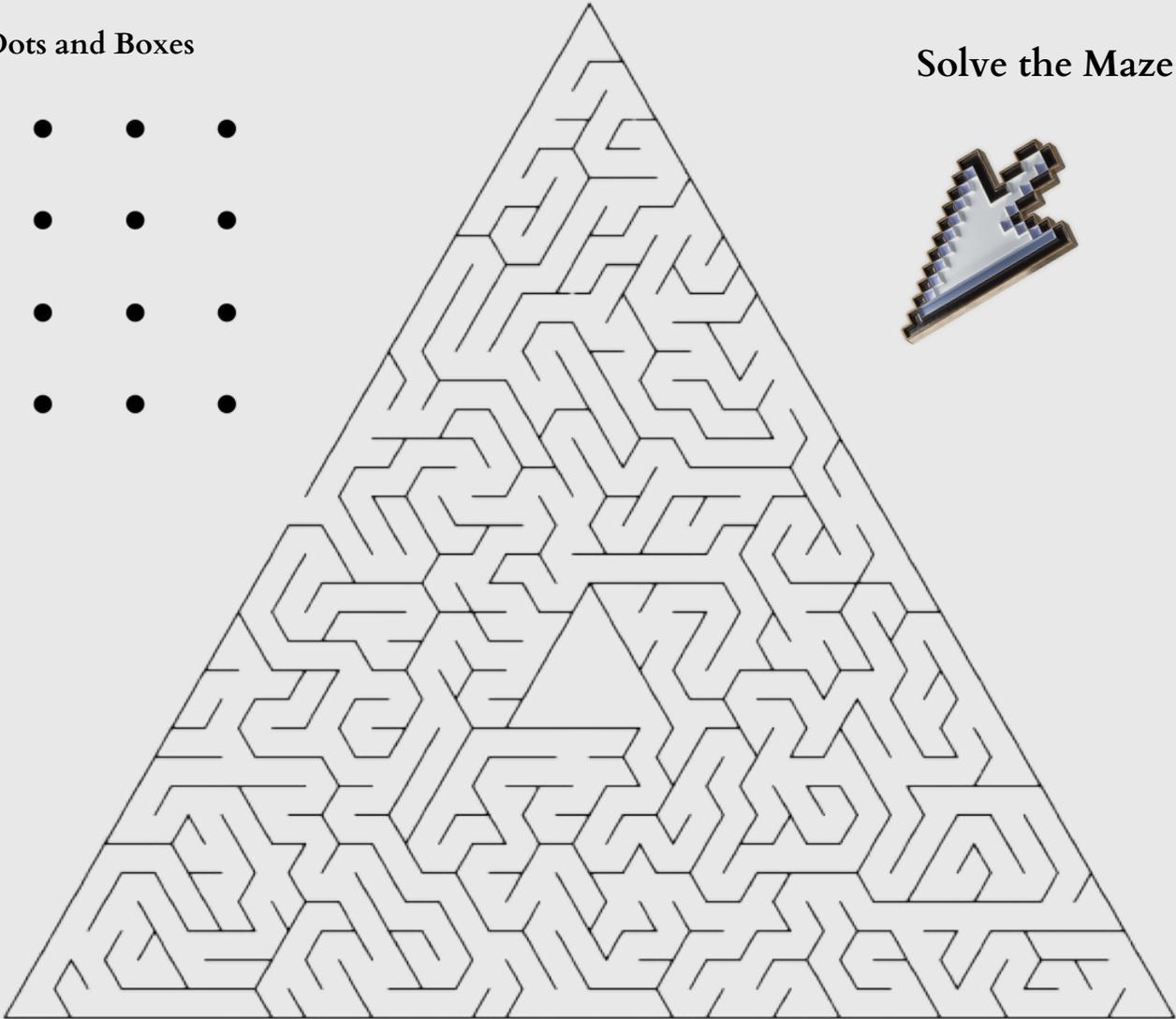
Continue reading on page 3

Game Page

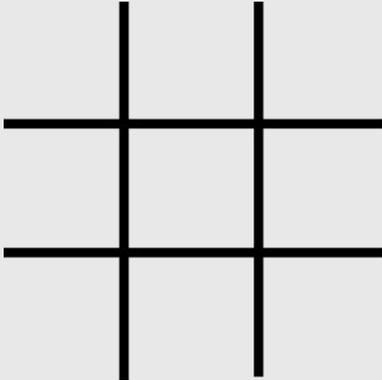
Dots and Boxes



Solve the Maze!



Tic Tac Toe



Go play this edition of the
Deamonnections!

The 303 Incident: Golden Reacts

The student reportedly had this replica for a costume, but the Golden Staff responded quickly and appropriately. Within minutes, Mr. Templeton and Mitch were in the cafeteria searching for the reported gun. Soon after, Golden P.D. arrived on the scene ready to protect Golden students. Of course, the students themselves were quick to move, every student joining any classroom as soon as they could. Students have unfortunately been prepared for this since the beginning of their education journey, but it means that all were safe during this time. Senior Braden Baybeck had just walked into his first hour classroom when the lockdown announcement came over the intercom. His teacher had left the room to go get his computer, so the students were left alone in the classroom. Baybeck says his first thought was “What is going on?” and immediately he and other students jumped into action, locking the door and staying out of sight. He said “I was just trying to make sure we were safe and we could all see our parents when it was over.” Luckily the students in his classroom were able to stay in contact with their teacher and get updates on the situation, and about 45 minutes in they realized there was no armed threat. Baybeck and his classmates were evacuated by Golden P.D. from his classroom at approximately 9:45 A.M. He said the most eerie part of the whole thing was walking the halls during the evacuation in total silence. In reference to students who took charge, Templeton told the Trident,

“I couldn’t be more proud of the students and staff.”



The recovered prop gun (above).

Of course this affected more than just the students. Many teachers have also had experiences with school shootings. Mrs. Hasse, for one, is one of Golden’s history teachers, who has most unfortunately had experience in this situation. Though she herself was not in a school shooting, one of her students was tragically killed while protecting his classmates during the STEM school shooting in 2019. This event has shaped Mrs. Hasse as a person and a teacher. Mrs. Hasse says her initial reaction was just to jump into action. She says that because of her experiences she felt she was not as caught off guard and unfortunately it is something she thinks about often. Fortunately many of her students had made it to the classroom, and she did not have to worry about where too many of them were. Hasse says she is grateful that Golden reacted as professionally and swiftly as they did, because of this she began to realize that the threat had been somewhat neutralized. Mrs. Hasse says that by the time they realized they would be in their classroom for a while, she crawled over to the phone tree and distributed her students’ phones. Hasse’s students were able to text their family and friends soon into the lockdown. Hasse said, “If it were my son in that situation I would want him to have his phone.” Mrs. Hasse has continued to show that she cares for her students and always will. Golden remains forever grateful for teachers like Mrs. Hasse. The staff during this time fully stepped into their roles and helped their students as much as they could. Teachers took precautions, barricading doors, bracing students, and adding comfort to an unknown situation. Everyone handled this situation differently, but everybody did their best with the limited information that they had.

If there is one thing to be taken from this day, it is that the Golden community remains one of the strongest. The way that the school responded to even the possibility of a threat is something that we should all take pride in. The staff, police, parents, and most importantly the students each played their roles in a situation that had as much possible danger as this. The Golden community did the most vital thing it could, stayed calm. Together we were able to maintain a safe environment no matter what the situation. We are so proud of you Demons!

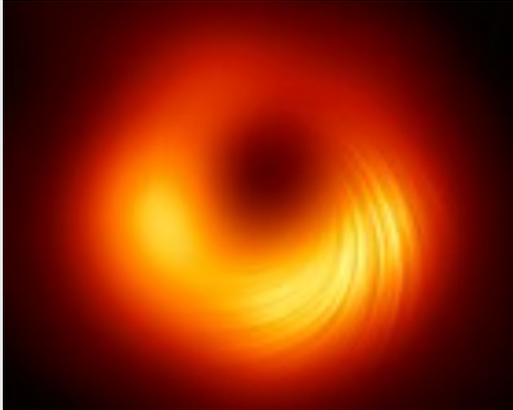


Full article here!

The Information Paradox

By Morgan Cranford

The Law of Conservation of Quantum Information tells us that quantum information, the information that is carried by microparticles such as electrons or photons, in a data processing environment, cannot be created nor destroyed. This concept is fundamental to quantum mechanics and explains that information on the quantum scale (atoms, particles) doesn't behave the same way that it does in the world of classical physics where information can be deleted and copied without issue. These observable properties allow for a deeper understanding of the way information behaves in our universe.



Black holes remove from our universe anything that passes their event horizon, which can be thought of as sort of a point of no return for matter and energy circling the black hole. Once this happens, that matter and energy isn't erased from our existence, it adds to the mass of the black hole. The same goes for quantum information passing the event horizon. In theory, the information should persist inside the black hole for as long as it continues to exist.

As proven by Stephen Hawking in 1974, black holes will eventually, after incomprehensibly long periods of time, entirely evaporate into what is known as Hawking Radiation. Hawking Radiation is a type of electromagnetic radiation that contains only a fraction of the information originally captured by the black hole and escapes to just outside the event horizon, disproving the idea that nothing can escape a black hole once past the event horizon. Hawking Radiation, while merely theoretical because it has not been observed in a verifiable way, is generally accepted because the math tells us that it must be so. But because the information released in Hawking Radiation is not equivalent to the information that went into the black hole, we have ourselves a paradox.

Our universe is made up of fields that, in the presence of a super massive object like a black hole, get distorted. In quantum mechanics, pairs of particles and antiparticles can spontaneously form out of seemingly empty space and then, typically, will remove each other from existence. Sometimes though, these particles will separate and one of them will fall into the black hole and the other will escape as what we know to be Hawking Radiation. The problem with this though is that energy cannot just appear out of nowhere and so it must be the case that the energy is coming from inside of the black hole. This theoretical process relies on our understanding of Quantum Field Theory and how quantum fields react with curved spacetime. With the understanding that a black hole must eventually completely evaporate into nothingness, the Hawking Radiation that escapes should, in theory, contain an equal amount of information that was contributing to the mass of the black hole.

This is what is known as the Information Paradox and it defies our current understanding of quantum mechanics because it offers no explanation of where the information goes. We know that it cannot be created or destroyed; Stephen Hawking proves this. But what we don't know is where the information goes after passing the event horizon of the black hole. If we assume that both general relativity and quantum field theory are correct then Hawking Radiation must both exist and erase quantum information, an idea that based on our understanding of everything, cannot happen.

But, there's no such thing as a true paradox. We may never be able to understand it, but there must be a scientific explanation that solves the black hole information paradox. Near black holes, both gravity and quantum mechanics are transpiring, however, we don't have a framework right now that includes both phenomena. This gap in our understanding is where the inside of the black hole falls, an event known as the singularity. There is so much that we currently don't and may never understand about the nature of black holes and the Information Paradox is just one of many things that doesn't make any sense.

A Disguised Addiction

By Nina Wither

The 2024/2025 school year was the first year that Golden High School integrated and enforced a school wide phone policy, requiring students to place their phones in pockets at the front of each class, for the entirety of the class. While the Jeffco School District does not have a districtwide phone policy, many other schools in the district are also integrating similar policies.

The end of the summer became drenched in talk about the new year's phone policy, as rumors of its severity reached the mouths of many. The first day of school came as a wake up call to many students, including myself. The pushback and complaints I heard were immense, using phone cases as replacements, claiming that we forgot it or don't have one. Because addicts will always find a way.

Can you blame us though? Everything we knew about how to interact with our peers was taken from us. You just took alcohol from a bunch of alcoholics, and acted like it was nothing, with little grace during remission. We unconsciously choose our phones over our peers. We know everything about the latest scandal and not the people we sit next to. The ones we see everyday, the ones we have to work with, the ones who truly could have an impact on our lives. Instead, we live for the next news story, the next breakup, the next musician to overdose. Because time on a screen equates to dollars and we live for money, no matter how much we say money can't buy happiness.



However, it's not the adults fault. Our society treats this addiction like it doesn't exist, ignoring its consequences until it's too late. Have you ever looked at your pinky finger? The indent in-between the second joint from your hand and the tip of your finger is worn down due to the continuous placement of your phone. Have you ever wondered where the last 20 minutes of your life went? Have you ever simply opened your phone to make yourself seem busy to avoid an interaction or conversation? Have you ever been the one that is forced to pull out their phone because everyone else is on theirs?

It's an all or nothing type of thing. One girl begging for distance from her phone will still check it continuously and bury her personality in the inches of her screen. I'll still ask for more screen time and scroll for hours. The adults have to be the bad guys, you are the ones in charge.

Studies show that we have replaced screen time as time for creativity. The excess of time is a trigger for creativity. We lack creativity and it shows, we care too much about what other people think. The problem is, who we are developed in these small amounts of time, the decisions we make in these little seconds work to define us as people.

The presence of our phones eliminates every minute of silence, every second of nothing in our lives. We are no longer forced to stare out the window and simply think, giving our brain a second to wander. Our world moves at such a fast rate that we are trained to think that we don't have enough time to spare. We can't possibly waste a couple minutes. We walk while texting, we drive while watching Tiktok, we take notes in class while shopping online.

An intervention is needed because addicts rarely recover on their own. You are the ones that have the ability to change and have control over our habits. As much as I dread putting my phone in the pockets every single class, every time I do it the more grateful I become, the more interested I am in my peers, the more I want to accomplish. Please be the bad guy right now, we'll thank you later.

Pros and Cons of Having an Open Campus at Golden High School

By Kamryn Casebeer

Do you like having an open campus here at Golden High School? I would assume that you do, because why wouldn't you? Having an open campus means leaving for lunch and off blocks! But have you ever thought about the bad parts of our open campus policy? One of the most evident reasons is attendance.

Obviously, this is all coming from a student perspective. Our Community Liaison here at GHS, Mitch, said it allows us to only have one lunch, whereas if you have a closed campus, we have to feed 1400 kids and have three or four lunch periods. It also gives kids the opportunity to get off of campus for a little bit." He also said that if there was an option, he would not want to change GHS to a closed campus, even though he said, "Yes, having an open campus affects attendance because lunch is short, lots of kids are tardy because they go long ways to eat lunch, which makes them late."



One thing that is very commonly noticed is how many students are tardy throughout the week, one of the reasons for the tardy policy that was applied this year. When students have the ability to come and go as they please, it causes more tardies, absences, and early releases, especially if they have a car. Having an open campus comes with responsibilities, but also consequences if it is taken advantage of. Just because you have the ability to leave, doesn't mean that you should if it is not your off block.

Another obvious reason is safety. Here at GHS, we have a great security team that is here to protect us, but there are three jails/detention centers within a 10-mile radius of our school, so there is that uncomfortable feeling that staff and students may feel. Although, there is a safety policy where any visitors have to check in with the office, show an ID, and have a visitor sticker in view, what happens if someone goes in through the cafeteria building? In other schools, students and staff have to have their student IDs with them whenever they come in or out of the building. Would this be an efficient policy to have here even with our open campus policy?

If you know someone that goes to other schools in Jeffco, you probably know that campus policies are not the same as ours. For example, D'evelyn High School has a closed campus, and students are only allowed to leave, besides dismissal, with a parent signing them out in the office. Obviously, that is not the same policy that we have, because parents here just have to call the attendance line and sign them out over the phone.

While there are downsides to having an open campus, there are also upsides. Every teenager has that exciting feeling of just getting your license and being able to drive their car alone for the first time, so being able to take yourself to school and go somewhere for your off block is a very happy feeling. As well as being able to go to lunch with your friends, which some students at different schools don't have the ability to do. This may give students a sense of freedom that could be useful in the future.

Why Students Shouldn't Use AI for Assignments

By Angelica Loya Lopez

Photo courtesy of College of Education, My Educator

The plagiarism percentage in schools went from 48% to 64% in a year with the introduction of AI, a skyrocketing increase. While AI has come a long way when it comes to generating writing pieces, it limits creativity of students, becomes a huge plagiarism problem, and doesn't help with learning whatsoever. As a high school student, I have seen classmates use ChatGPT for countless assignments in many classes that aren't just ELA. Although most teachers allow students to flourish ideas from AI websites, most students use these websites just to get answers to an assignment. This limits the creativity of students and doesn't allow them to learn at all.

In a recent article, the Harvard Independent mentioned that students should think for themselves and develop the life skills necessary to make decisions in the real world. AI doesn't allow for that growth in students. AI is used positively in many different ways, but this tool can be taken advantage of very easily, to the point where our students feel the need to rely on it. It takes away creative thinking and unique ideas that a robot sadly cannot generate. That's what makes humans so special; their creativity, their way to solve problems and come up with new ideas. We are limiting our future generations if we allow this to go on.



The International Center for Academic Integrity collected statistics on 70,000 high school students, in over 24 high schools; 58% of those students have plagiarized at least once in their high school career. I am willing to bet that more than half of those students used AI for part of that plagiarism. It's gotten to the point where teachers have become more strict on checking assignments to make sure students don't plagiarize, not to mention with the resources of AI, plagiarism has definitely become a bigger problem in high school students. In this study by K-12 Dive: "How much are students using AI in their writing?" They mention how the root cause of increasing rates of student's plagiarism has been because of AI usage. Between the 2022-23 and 2023-24 school year, plagiarized pieces have increased in schools by 20%. This is a huge percentage increase! On big tests such as SATS, students aren't allowed to use any resources on the internet. Now because lots of students depend on AI for support, they could get lower scores on important tests like these; impacting the school and the student later on in life and overall academic success.

With AI you can get instant feedback, and this can be super helpful especially when a teacher can't always be there to help. But we can all agree that we've taken this resource too far and have mistreated it for the worse. Many may argue that AI does in fact help them learn easier and quicker. The University of Pennsylvania did research on two groups of high school students during a test; One group had access to ChatGPT during the test and the other group didn't. The test was based on solving math problems, the group with ChatGPT did worse compared to the other group of students, they solved 48% more of the practice problems correctly, but on the actual test, they ended up scoring 17% worse on a math test topic that the students were learning. This is hard evidence that AI doesn't really help students, studying in other ways can be more useful and will probably stick to the student more.

In order to learn well, you need to make mistakes and when you have help from a robot through a computer, you won't make any. Although AI has a promising future, high school students are not using this technology to its true potential, instead we are using AI in a negative way. In a way where it doesn't benefit anyone, in a way where we are limiting our own creative possibilities. Let's limit the usage of AI for students and see how far it takes us.

Goya's Dark Paintings

By Addison Bruce

Artwork courtesy of Francisco Goya

In history books, we can read a page on wars and conflict throughout time but how can we learn through silent interpretation? Art during national disputes can show us a personal and in-depth experience without directly communicating anything. When we look into Francisco Jose de Goya y Lucientes' exposition of his mental turmoil, we can commiserate with his struggles. Born in 1746, Goya was a Spanish romanticist artist during the Spanish Inquisition and the Peninsula War. He painted various pieces for royalty such as King Charles III and King Charles IV, starting at age 40. Three years later in 1789, he was advanced to court painter by Charles IV which was the top rank of artistry. Throughout this time, he endured an illness that left him deaf in both ears and to this day, the illness is unknown. Due to the amount of stress and changes in his life, Goya isolated himself in what was referred to as the "Quinta del Sordo" or "The Deaf Man's House" (due to the history of deaf tenants) and fell into a state of psychosis. This is where we see his "dark" paintings come out. It is a sudden change from light and lively art to dark and grim. He painted these dark visions and ideas everywhere inside his shack, even on the walls, and art historians still don't know confirmation on when they were made and sometimes what they meant.

Goya's paintings were almost political in some sense, he was watching Spain fall and surrender to the churches instead of progressing like the rest of Europe and his paintings were a protest against it all. He wasn't scared of being threatened by the church and he also needed a way to show his people that this is not how a cohesive nation operates. However, a motif shown throughout all of his dark paintings is the trepidation of losing his mind.

Vuelo de Brujas

"Vuelo de Brujas" or "Witches' Flight" is a piece where you can see two men, terrified, covering their heads and trying to hide from 3 creatures in the sky. These "figures" are witches who have just kidnapped one of the men. Most historians believe that the desire depicted is a virtue to how dominant women were tried for witchery and this is Goya mocking that conception. There are some very fascinating aspects of this painting that expose many more layers of the emotions and meanings of the art. For example, the donkey in the corner is to symbolize ignorance in society whether it be targeted towards the men, the witches, or how Spain was accusing women of being witches for a minimal reason. It also brings satirical ideation into the vision, it's kind of as if Goya is saying "I told you so." Another detail to point out is the hand symbols that the fleeing man is holding up. This symbol was believed to protect from the evil eye. Goya's choice to make the man hold the gesture up instills a religious panic that was very common around the time and boldens his fear and the fact that he is human.



Carmen Fernandez-Salvador has an extraordinarily written article on Goya called *The Witches of Goya*. It explains in depth the way that Goya depicted women, and how Spain, at the time, condemned the majority of women as witches. In paragraph 27, Fernandez-Salvador explains how he believes that Goya was trying to commemorate the sexual differences between women and men. I would like to believe that this man was a feminist and seeing a lot of his work, it starts to prove that idea. He is trying to show that the hats are a way to degrade the “witches” because they are threatening the hierarchy by being desirable. However, this was so uncommon for women at the time that doing things such as making their own money, not having a husband, or doing what they wanted instead of falling in line was considered a threat.

El Conjuero

In English, *El Conjuero* is translated to “The Incantation,” although, the painting is referred to as “The Spell.” “The Spell” is a composition where a man in a white shirt that is draped over him, almost like a gown, is having a dream. Expanding into the depiction, you can see that this is anything but a dream. This is a nightmare full of fear and disturbing perceptions of the world that Goya is living in. Notice the actions of each witch in the painting. The witch on the far left is holding up a hand gesture that Jesus does in a lot of illustrations of him, three fingers up and two down. This is called the “Benediction Hand” which is a real-life deformity and got added into religious culture because Peter, one of the twelve apostles, had it. The three fingers up is a symbol of the three persons of the Holy Trinity. The two fingers down symbolize Christ was human and divine. The significance of this is that it is a mockery of the witch. They are evil beings so associating herself with a gesture that Christ does is malicious. This also depicts that during the Spanish Inquisition when citizens were forced to be catholic or be punished, religion was being



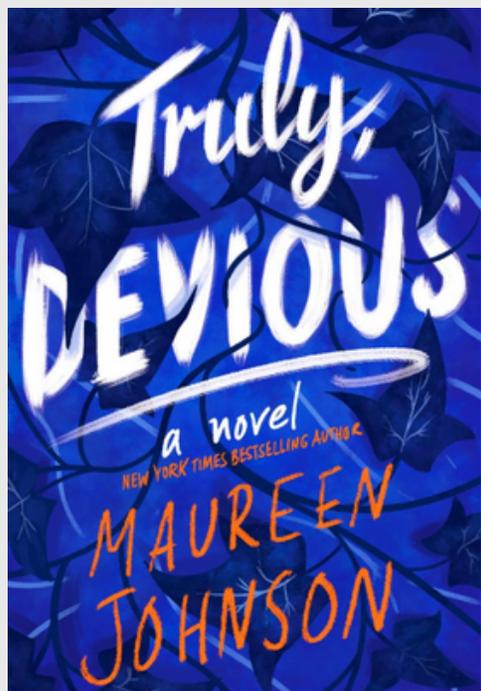
used in a manipulative and malevolent way. The second witch right next to her is disturbing in multiple ways. She has a voodoo doll and is sticking a needle into it. Above her face, you can see bats holding her hood up so make two horns to symbolize the devil. The next is reading off of a book that is never confirmed but due to the religious trends in his art, it is possible it could be a bible. The fourth witch seems to be the oldest of the witches in black. She is holding a basket of deceased babies. This can be interpreted as an evil and disturbing act that is being done solely because they are witches. However, with further knowledge about Goya and his life, there are so many more sides especially because it is a theme in his other pieces. Goya fathered 7 children and only 1 lived past infancy. The man in white could be Goya himself and the basket of babies is him being reminded of the guilt even in sleep, he cannot escape it. The witch creeping onto the man as if she is blessing him is in a yellow cloak. Yellow in religion is a symbol of renewal and purity and while purity is probably a mockery of the witch, the renewal could be genuine. She might think she is doing him a favor and cleansing him however they would. Furthermore, this is a depiction of the fear-mongering and manipulation being off put from the church.

Goya has such an aptitude for artistic expression. He found a way to put all the miserable feelings into his art, yet they never went away. The raw emotions exhibit his mental instability due to the political state of Spain. He was living at such a horrific time and his feelings are parallel with a lot of Americans since the election. His nation was being overturned and restricted with religion, every country around him was progressing while they were regressing, and people who weren't manipulating themselves into this narrative were being killed. Sound familiar?



Full article here!

“Truly Devious”
Maureen Johnson
2018



Truly Devious is the first book in one of my favorite trilogies, the Truly Devious trilogy. The author, Maureen Johnson, a critically acclaimed author, specializes in mystery and thriller novels. This story is a perfect blend of mystery, teenage wit, and intrigue. The story follows the life of Stevie Bell, a high school girl who is inexplicably good at solving mysteries. The story begins with her being invited to attend The Ellingham Academy, a boarding school for the gifted in Vermont. The story intertwines two timelines, connected by the setting. The first is the cold case disappearance of the school's founder as well as his wife and child, and the modern-day escapades of student Stevie Bell as she works to crack not only the case of Mr. Ellingham and his family but also that of one of her murdered classmates. The novel is filled with beautifully intricate writing, even through its many twists and turns. This book reignited my love for reading and set me down the rabbit hole of Johnson's writing. It is safe to say that I am now obsessed with her writing. This book is perfect for anyone in a reading funk or looking for

something fresh and new. **-Rowan Watkins**

“No Vacancy”
Treaty Oak Revival
2021

“No Vacancy”, an exceptional album, released in 2021, is progressively gaining popularity as many of its songs have recently gained traction on TikTok. Songs include but are not limited to, “Missed Call”, as the thought-through lyrics share feelings of heartbreak from a different perspective than most would take. The heart-wrenching feeling of not getting an answer from a lover you no longer can have a connection to. “Irish Goodbye”, sharing the desire to “run away” and start a new life, which I’m sure everyone has had this idea at least once, even if you weren’t serious about it. “No Vacancy” incorporates mass amounts of techniques between how the band blends and, how the instrumentation impacts the listener. Overall, their songs can be related to how many people feel, and describe it in a way to be seen by

everyone so no one feels alone. For a band to do this, they must be highly skilled, have a lot of patience, and care about their listeners. The most elite thing about this band is they started small, in Odessa Texas, with little to no money, and now have created a big name for themselves. This proves you can do anything if you put your mind to it, and that message is conveyed through their passion and continuing to pursue an amazing career. **-Delilah Dare**



Meet Mr. Irving!

By Kieran Ambrose

“So were you interested in history as a kid and young adult?”

“Sure I wasn’t. I was talking about ancient Greece, earlier but I hated that stuff as a kid. I just gave a speech in my last hour about how they’re not going to remember a word I say, but they will remember the discussions and debates that we have. They’re gonna remember what each other has to say. So no, I don’t remember much at all about history in high school.”

Samuel Irving has been teaching for almost 20 years. Eight of those have been at Golden. Before teaching, he got his undergraduate degree in history and philosophy from the University of Illinois, he then got his master’s in history from CU Denver.

“I love the content of teaching and that’s what got me into teaching history, not a love of teaching but more of a love for what I do.” The average student may not enjoy history as much as Irving does, but that’s okay because we don’t need everyone to become a history teacher. They just need to understand history and civics in a basic way to make informed choices.



What the largest changes are that he has seen, and specifically any concerning things like behavioral changes? Irving then said two things happen, “That’s tough because two things are happening at the same time, society and kids, they’re all growing up and changing. At the same time, I’m turning into a cranky old man.”

As he gets older he keeps getting kids that are in a specific age group so it’s natural to feel farther and farther disconnected from the youth. This makes Irving and likely other teachers feel less relatability to their students and what their lives are like.

“One thing about Golden students, and this is coming from a teacher who’s taught at many different schools, Golden kids are exceptionally kind.”

Irving did say there is one issue that comes into play with teaching upperclassmen, which is that lots of them feel, and maybe rightfully so, that they don’t need to try hard in history or other subjects because they have plans that don’t involve school. When asked what Irving likes and dislikes about teaching high schoolers, he said that he likes that he teaches mainly upperclassmen. This is positive in his opinion as he gets to teach students who are becoming young adults.

That age is a time of change and maturing for most people, making it unique to have students who are finally coming into their own. He also likes to talk to students about what they plan to do after high school but. On the other hand, they are no longer children and can make their own choices so, if they choose not to do their work it’s not on their teachers to carry them kicking and screaming over the finish line.

“Some of these students are like ‘Hey, I don’t care about history, I want to be a mechanic’ and it’s tough for me to say anything. I think it’s important to have these skills but because the reality is that my class is not central to their future, and they’ve got a nice career mapped out. They’re gonna make better money than me, and they’re doing things like Warren Tech to get there. So it’s them being adults that excites me to talk with them about how they’ve got these plans.”

Irving became interested in history in college, where he started to form a major interest in things like German history, Russian history, and philosophy.



Read the rest of the article here!

Casa Bonita: The Disneyland of Restaurants

Story and Photos By Olly Johnson

For the last five decades, if you lived in or visited Colorado, you went to Casa Bonita. Founded by Bill Waugh in Oklahoma City, Oklahoma, Casa Bonita (Spanish for “pretty house”) would expand to two other restaurants, with the biggest residing in Lakewood, Colorado. Eventually, the two other restaurants would close by 2011, leaving the Lakewood location as the only Casa Bonita in the world. The restaurant was iconic, being well-known around the city and even nationwide. One of the major reasons was thanks to the hit adult animated TV show “South Park”, which starred Casa Bonita in one of their most famous episodes named “Casa Bonita.”

Casa Bonita, after being marked a city landmark in 2015, was in dire straits in 2020, with COVID-19 shutting down the restaurant for three months. This caused the bankruptcy of the restaurant in 2021. However, with the popularity of the restaurant, mostly generated by the “South Park” episode, led to the creators of “South Park”, Matt Stone and Trey Parker, deciding to take on the monumental task of reopening and fixing Casa Bonita.



Casa Bonita is a Mexican restaurant that specializes in one thing: Atmosphere. The entire restaurant’s interior is set in a massive Mexican-style town with several iconic set pieces, from a wandering mariachi band to the haunted “Black Bart’s Cave,” to even magic shows, puppet performances, and arcades with full shooting galleries. That is not even mentioning the centerpiece of Casa Bonita, the 30-foot tall waterfall where the cliff divers, the icons of the restaurant, perform several acts, all of which end with some sort of stylish dive off of the cliff into the water below.

Casa Bonita was also known for its quality of food, ranging from awful to mediocre. The food was originally served in a cafeteria-style method, where patrons would get a tray and be served food, and the food also tasted like cafeteria food. It was bland and, thanks to the giant waterfall, soggy with a hint of chlorine. Besides the margaritas and the bottomless sopapillas, nobody came for the food. This reputation of terrible food was a pungent odor around Casa Bonita for the entirety of its existence. However, it lived alongside the reputation of its wonderful presentation. It became a Lakewood landmark for a reason.

When the restaurant was bought by Stone and Parker, they went to try and renovate the restaurant to the best of their abilities. As described in the 2024 documentary made by Arthur Branford, “¡Casa Bonita Mi Amor!”, the duo spent 40 million dollars to fix up Casa Bonita and even hired Chef Dana Rodriguez to try to make the menu good. When the restaurant reopened in 2023, and the only way to get in was via reservation, people were very impressed with the changes. The food was mountains better than the food several years ago, though some still say that the food still has hints of its cafeteria origins. This was a massive endeavor from Stone and Parker, and they admit that they didn’t realize how big of a project this was. This was best shown by their TV show “South Park”, and one specific episode. In season 26, 20 years after the original “Casa Bonita” episode, they aired an episode called “Dikin Baus Hot Dogs.” The episode is about two of the main characters, Cartmen and Kenny, trying to reopen a defunct hot dog restaurant, and the episode follows those trials and tribulations. If you take into account the fact that Stone and Parker voice the two characters, the metaphor becomes clear. Most believe that this episode is a commentary on the reopening of Casa Bonita and what it took to renovate the restaurant.

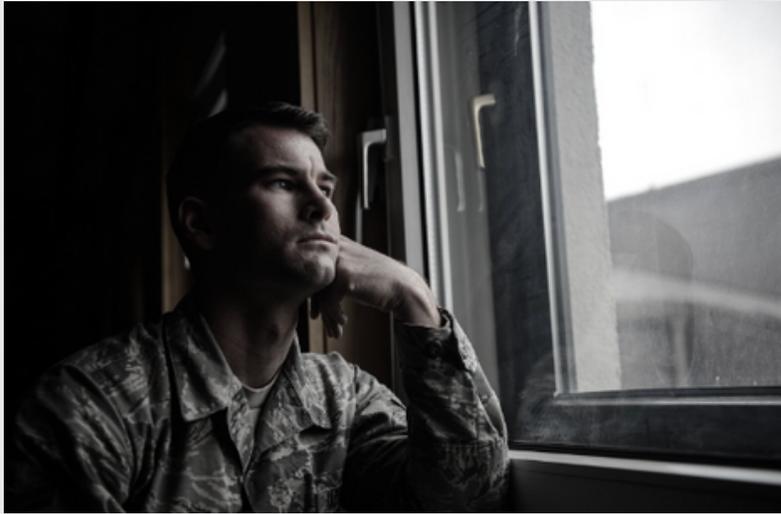
But their efforts were worth it. The restaurant is just as magical and impressive as it was then. Casa Bonita is pouring with charm from floor to ceiling. It is one of the most popular restaurants in the Denver metropolitan area and is a major part of Colorado’s identity for that reason. While it is not a restaurant you would frequent often due to the price, Casa Bonita is a must-see for anyone who steps foot into the Denver Metro Area.

The SAD Disorder; The Truth About Seasonal Depression

By Zach Smith

Photo courtesy of Jemifer Gonzales

Do you ever feel like your life is boring, slow, or somewhat depressing in the winter? Don't worry, you're not alone in the feeling. In fact, I commonly feel slow or groggy in the winter too. It's much more common than you would think. Living in Colorado, I think my seasonal depression is much more diminished due to winter activities and the natural beauty remaining throughout the mountains in winter. However, I still feel the heavier weight on my blanket when waking up, and the overall lack of energy, no matter how much sleep I get.



This feeling, believe it or not, has been researched for years, eventually leading to an explanation for the phenomenon. The thing you are feeling is called SAD (seasonal affective disorder). It is more common for people living farther north, and for those with underlying mental disorders such as BPD (borderline personality disorder), bipolar disorder, or those with previous depression issues. Furthermore, the NIMH (National Institute of Mental Health) says, "SAD occurs much more often in women than in men."

So, what causes SAD? The most common kind of SAD, winter-pattern SAD, is observed as serotonin levels lower in the brain, which is a "happy chemical". This is likely caused by a lack of sunlight, which promotes the release of serotonin. The NIMH also states that, "Vitamin D deficiency may exacerbate these problems in people with winter-pattern SAD because vitamin D is believed to promote serotonin activity [...], the body produces vitamin D when exposed to sunlight on the skin."

This explains why you may feel more sad or down during the winter, giving the "winter blues" a medical diagnosis. Now to explain the feeling of that heavy blanket in the morning. Personally, when I wake up in the morning after a fresh blanket of snow has coated the world around me, and the trees are white with frost, my blanket feels like a hundred-pound weight.

Once again this problem is due to the pesky sun. The human body has evolved over millions of years to run on the solar cycle. This leads to hormone production and/or release being triggered or caused by the presence of sunlight.

One of these hormones is the hormone Melatonin. You may know this one from its common use in gummy or pill form to make people more tired, which is what it does as a hormone that induces drowsiness and sleep. The part of the hormone that is affected by sunlight is the ending of its release, which is induced by sleep or lack of sunlight.

This makes winter's long nights and short days the villains for people who have late nights, or early mornings. The lack of sunlight and vitamin D is cause for a more natural release of melatonin, with a lack of the regulating power of the morning sun, causing the coziest time of the year.

So finally we have found the culprit, the lack of sun is what causes your winter disturbances. Lack of vitamin D causes lowered serotonin production and usage. When in tandem with the lack of morning sun to regulate melatonin levels, winter commonly calls for groggy, slow mornings. There is something you can do to combat it though, supplementing with vitamin D and getting consistent exercise have been shown to majorly decrease the probability of SAD disorder.

Golden Spirit: The History of Traditions

By Zeta Abell

Golden High School, is a school full of spirit, with a student body that is prouder, louder, and more involved than many of the other schools in the Jeffco school district. We have many traditions but the two biggest are the ones with the most history, the fun and bubbly Hand Jive, and our ferocious Demon Dan.

For more than 40 years, students at Golden High School have been dancing along to the classic hit “Just Can't Get Enough,” released on September 7th, 1981, by Depeche Mode. According to an interview done by Denver 7, former principal Brian Connroy states that it started way back when the song came out, we call it the Hand Jive. One of the most beautiful things about the Hand Jive is the fact the whole school knows and does it, whether that be the newly welcomed freshmen or the second-semester seniors. It's the perfect spirit raiser for assemblies, football games, or the other events Golden has to offer. It unites the student body, but who created it?



Colorado Community Media talks of two GHS alumni Cora Rice and Jennifer Cheater, who claim they helped develop the iconic GHS Hand Jive. They say that the two “initially learned the Hand Jive at sleepaway camp and brought it back to Golden.” At first, it was performed to a variety of songs, it wasn't married to any song in particular. But as it began to catch on more, it adopted the song “Just Can't Get Enough” and was quickly Golden's biggest tradition. It “became a staple of the school” and as generations went through it began to be performed at assemblies, and sporting events, and was first performed at a GHS graduation ceremony for the class of 1988.

But what about the fierce, enthusiastic Mascot, Demon Dan? But how did we even get the idea of the “Golden Demons?”

In 1928, GHS held a contest to decide on a school mascot. The finalists were the Golden Buffaloes, the Golden Maroons, the Golden Mountaineers, the Golden Bears, and the Golden Demons. But one of these names stuck out, the Golden Demons just sounded right. It was inspired by the old gold miners of Colorado, when they would be done mining and come out of the mining caves, and would look like demons because of their headlamps, and the large amount of ash rock and soot they were covered in. The Golden Demons took the cake and won with a whopping 131 votes, compared to all the others which came in at around seven or 14. From then on, GHS students were known as The Demons. Originally drawn by Stan Katzen in 1963, Demon Dan has been a staple of the golden school, but he wasn't originally Demon Dan. It's thought he started with the name “The Demon,” then “El Diablo,” which translates from Spanish to “The Devil,” before it was decided to call him Demon Dan.

Throughout the history of GHS, there have been many more stories and traditions than just these two, it's a school of history with a little over 150 years of excellence and academic achievements. The extent of the history would be too much to fully cover, but these traditions are some of Golden's most followed, and well-known ones we have.

Tyler, the Concert

By Astrid Fabinski

Photos courtesy of Hadley Graf

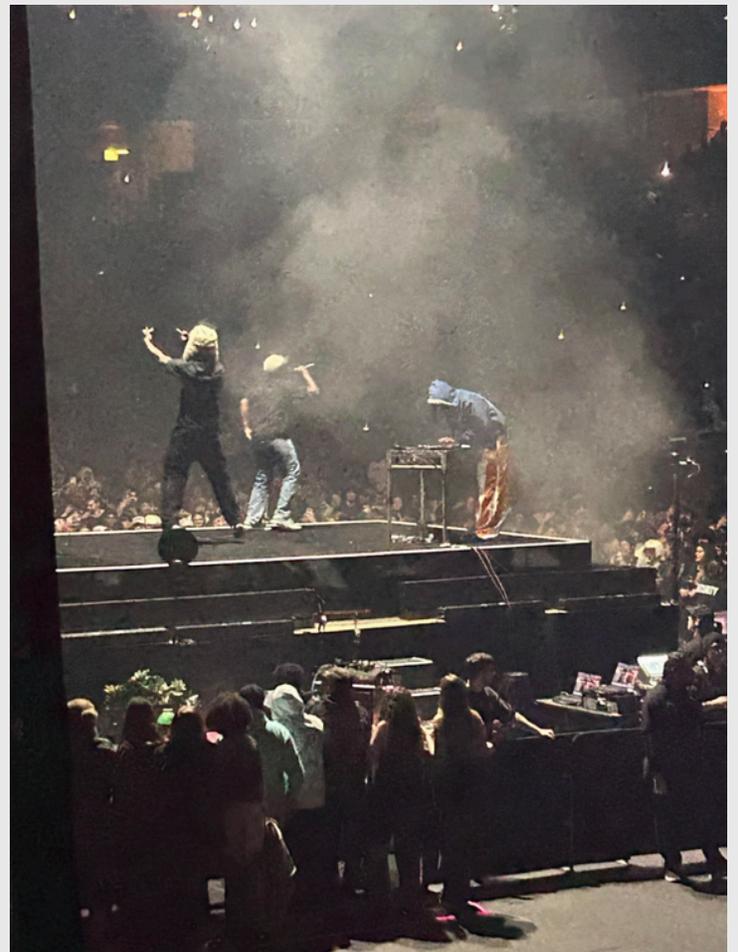


artists of our time, but most importantly he established himself as a brand. Unlike a lot of modern artists, Tyler is able to harness his image and style in a way that is both unique and attractive. You could tell immediately from walking into the venue, with the massive wall of bright green “CHROMOKOPIA” shipping containers, and later from the living room-esque setup in the center of the pit that Tyler’s performance would be full of life and vigor.

Tyler did not disappoint. The second half of his show, where the rapper retreats to the center stage, was infused with an energy that is uniquely “Tyler.” Changing into his GOLF WANG streetwear from his more sinister CHROMOKOPIA mask and playing his hits on a record player, Tyler performed his heart and lungs out, all with a fun swagger. From “Igor” to “GOBLIN,” he flipped through a bin of his own records and played them as if giving them a nostalgic relisten, letting the audience follow along. This segment was overall tamer and more relaxed than the preceding and following segments, but that didn’t stop the crowd from getting riled every time a new song started. The energetic performance ramped up again when Tyler returned to the main stage via a catwalk over the pit, performing “Sticky” above the crowd.

Returning to the main stage, Tyler went even further during the finale, playing the expected crowd pleasers, “See You Again,” “New Magic Wand,” and “Balloon.” He wrapped up the concert with a solemn and fitting “I Hope You Find Your Way Home.” Every song Tyler played made the concert worthwhile, but even still the

“Balloon” performance blew the rest out of the water, being the most energetic song of the night with perhaps the best light performance as well. Overall, this concert was one of the best I’ve personally seen. I certainly think it’s safe to say that Tyler, the Creator is truly “the biggest out of the city after Kenny.” That’s a fact now.



The Golden Trident Staff



Left to right, back to front: Kamryn Casebeer, Nyah Marquez-Dean, Jax McKinnon, Astrid Fabinski, Morgan Cranford, Lila Qualteri, Otis Metz, Zach Smith, Olly Johnson, Delilah Dare, Chloe Martin, Sofia Pelletier, Cody Martin, Riley Sharp, Zeta Abell, Rowan Watkins, Nina Wither, Owen Roberts, Hailey Bland, Angelica Loya Lopez, Devon Devito, Lilly Phillips, Addison Bruce

Not Pictured: Kieran Ambrose, Dominick Barela, Chance Carlisle, Lily Gierszal, Ella Helm, Evan Jackson, Ty Odekirk, Aidan Owens

Editors-in-Chief: Morgan Cranford, Lila Qualteri

Editors: Kamryn Casebeer, Astrid Fabinski, Nyah Marquez-Dean, Jax McKinnon

Publisher: Mark Brown

Illustrator: Gray Wise

Cover photo taken by:

Staff photo taken by:

Mark Brown



Golden Trident Website



Golden Trident Instagram