

Fruita Monument High School



Newt Klusmire, Principal | Maria Deuel, AP | Kate Herrera, AP | Steele Pavlovsky, AP | Jon Watson, AD

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Hello Wildcat Families and Community,

It's hard to believe we are saying goodbye to September and hello to October. We have had a great start to the year at FMHS with a lot of positive momentum carrying us forward. Here's what's been going on:

Wildcat/Advisory Time

This year, we've made some meaningful changes to our weekly Wildcat Class. Wildcat is an advisory period that happens every Wednesday and Thursday. This is a required course. Teachers progress monitor every Wednesday and assist students in getting their grades up. Thursdays, teachers deliver a weekly message around a common theme. Wildcat encourages student accountability over their learning and develops our whole-school culture. I am teaching a 12th grade Wildcat this year and loving every minute of it.

2023 Homecoming Week

This year's homecoming week was a huge success. Students and families came out to show their support for all of the great sports and activities FMHS has going on. A tremendous amount of work goes into making this week possible—from organizing the bonfire to chaperoning our dance, supervising football or playing in a strobe light volleyball game—a big thank you to all of our staff and students who helped make this one of the best HOCO weeks we've had in a while.

Academic Awards Ceremony

Last week, 521 students were honored for earning a 3.5 GPA or higher during the previous academic year. Thank you, parents, for giving us such dedicated learners. A big thank you to all district staff as well—our learners would not be where they are today without your support. It's always so great to honor all of our students' hard work and achievements.

Here's what's on the horizon:

October 12, 13, & 16

No School for Students

October 9-November 8

AP Exam Registration

Looking forward to continuing our strong start with you all.

Newt Klusmire
Principal—Fruita Monument High School
WE ARE FRUITA!



Fruita Monument

High School



October 2023

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Important Dates:

Tues. 10/3 — Choir
Concert @7PM

Thu. 10/5 — Orches-
tra Concert
@7:30PM

Wed. 10/11— Band
Concert @ Avalon
7PM

Oct 12-16 — No
School for Students

This
September

At Fruita Monument High
School



D51 Board Recognition



Congratulations, Victoria Reister and Kerri Muniz! Both students were recognized by the D51 Board of Education for Outstanding Achievement in FCCLA at the National Competition this summer.



Congratulations, Daniel Thomason! Daniel was recognized by the board of education for placing 2nd last year in the 5A CO State High Jump Competition.

Way to go Wildcats!

D51 Board Recognition



Congratulations Coach Alyssa Huskey and Olivia O'Hara! Coach Huskey was named the co-coach of the year for girls' lacrosse and Olivia was named player of the year for girls' lacrosse.



Congratulations Hunter (Scuba) Smolinski! Scuba was named baseball player of the year for the Southwest League.

Way to go Wildcats!

National Merit Scholarship Commended Students



Congratulations, Miranda Deeths and Luke Hall! Both students were recognized as National Merit Scholarship “Commended” Students. They place with 34,000 other students nationwide to receive this distinction. Way to go!



Way to go Wildcats!

Art Club

Thanks to the art club for your hard work in designing and making our beautiful homecoming mural! Thank you, Lindsay Gammon, Katee McCall, Irene Paul, Madison Monroe, Jamie Younger, and Ellie Finholm for your hard work!



Thank you Wildcats!

Important Info for our Seniors!



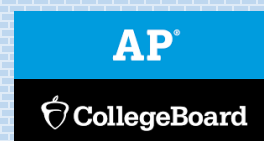
Free App Days!

FREE APP DAYS: October 17, 18 and 19!! THIS IS AN AMAZING OPPORTUNITY THAT YOU DON'T WANT TO MISS OUT ON!

On these days, application fees are waived for colleges and universities in Colorado! Submit as many Colorado college/university applications as you would like on these days for FREE!

PRO TIP: Begin filling out your chosen applications NOW and save them. Then, submit the applications for free October 17, 18 or 19.

See Miss Hoffa in the library if you have any questions.



AP EXAM REGISTRATION & PAYMENT

Opens on October 9, 2023

Step 1: Complete this form to register for your AP exam(s) or use the QR code below.



Step 2: Pay for your exam(s) in the Fees Office by November 8, 2023 to avoid late fees.

- ❑ Cost: **\$110 per exam** (except AP Research and AP Seminar which cost \$158)
- ❑ Cost for students qualifying for free/reduced meals: **\$20 per exam**
- ❑ Payment deadline without late fee: **November 8, 2023 by 5 pm**
- ❑ Payment deadline with late fee of \$40: **March 8, 2024 by 5 pm**
- ❑ You may pay for your exam(s) via cash, check (made to FMHS), or MyPaymentPlus. We prefer check and cash payments as they do not incur a 4% processing fee..

Refund Policy

- ❑ Students who cancel an exam by Nov 8, 2023 will receive a full refund.
- ❑ Students who cancel an exam by May 3, 2024 will receive a refund of the exam fee minus a cancellation fee of \$40.
- ❑ After May 3, 2024 there will be no refunds.
- ❑ Late fees and cancellation fees are charged by The College Board and are not refundable.

Questions? Contact your AP Teacher or Maria.Deuel@d51schools.org.

**If you are in need of financial assistance, please contact
Maria.Deuel@d51schools.org.**

Fruita Monument presents
Comedy of Errors



November 9th at 7:30 pm
November 10th and 11th at 7:00 pm
Scan the QR code now to buy tickets



**This play is rated PG for some adult themes,
including infidelity**



Athletic Rundown

Boys Athletics

Boys Soccer is 4-3-3 heading into conference play with a big win over GJ last week 3-1 and a tied game against Montrose 2-2. Durango is scheduled this week.

The football team brought home a win over Bear Creek that moved them to 3-2 on the season. We are at Heritage this week. Good luck boys!

The Boys Golf Team finished the season strong at Regionals and qualified two individuals to State in **Stone Carver** and **Dillon Jones**. Good luck at State guys!

The Boys Tennis Team qualified for the **State Team Championships** for the first time in FMHS History!

Girls Athletics

The Cheer Team has been working hard on their state routine in preparation for competition.

The Poms Team has looked great in their performances and continues to work toward state hip hop prep.

The Volleyball Team is coming off a tough loss to Central and their record moved to 6-5.

Our Softball Team went undefeated over the weekend (3-0) to win the Mesa District Softball Invite and a big 11-0 win over Montrose! Currently their record is 14-3 and they sit at #4 in the state rankings. They are heading into a big rivalry game tonight at CMU against GJ. Good luck girls!

Good Job Wildcats!



Athletic Rundown

Cross Country

The Cross Country Teams are off to a fast start with the boys winning the last two meets and the girls finishing in second place. Mackenzie Black has won both girls races with Addy Eyre placing top five in both races. They will be running at 9,000 feet this weekend at Crested Butte!

Marching Band

Our Marching Band continues to work hard on their competition performances. Long hours of preparation are sure to pay off for our amazing band.

Announcements

Join Open Gyms or Open Mat after school now! Winter teams are in full preparation mode!

Visit us at our Athletic Website for all the information you need to get involved here at Fruita Monument.

Join Esports!

Join one of our over 30 Clubs offered and get involved in your school!

Way to go Wildcats!

Fall 2023



CRIMSON SKY AESTHETICS

AVICLEAR ACNE LASER TREATMENT



THE FUTURE OF CLEAR SKIN

Dr. Anna Jensen is excited to introduce AviClear, the first FDA-cleared laser treatment for acne-prone skin.

What is AviClear? AviClear is a laser treatment that can treat moderate to severe acne. AviClear targets acne at the source. This revolutionary laser treatment uses a 1,726nm wavelength to selectively target and down regulate sebaceous glands.

How many treatments are needed? Three quick 30-minute treatment sessions over 3 months.

TEXT 833-942-0522 TO LEARN MORE ABOUT
AVICLEAR AT CRIMSON SKY AESTHETICS

FALL TREATMENT SPECIALS

Receive up to \$800 in savings when treatment is started from September 20th thru October 4th or up \$300 after October 4th to end of school semester.



**THE COST OF
ACNE TREATMENT***

Treatment Option	Cost
Acne Spot Treatment	\$50 every 1 month
OTC Acne	\$20/month
Retinoid	\$10/month
Oral Antibiotic Treatment	\$75 every 2 months
Accutane	\$4,000/month
Neutrogena	\$75 every 2 months
Spironolactone	\$1,000/month
Isotretinoin	\$1,000/month
Medication/Pro	\$1,000/month
Isotretinoin	\$2,500/month

TOTAL ESTIMATED FALL TREATMENT
\$4,280-\$6,320

*Our dermatologist provides only average price. Individualized pricing based on skin severity, provider location, and treatment options.

AviClear

3 TREATMENT SESSIONS
(Spaced 3 months apart)

\$3,000

Recommended treatment plan for moderate to severe acne

OUR INSTAGRAM



OUR WEBSITE



Is it safe? Unlike most traditional acne treatments, AviClear is free of harmful side effects, free of chemicals and toxins and safe for all skin types and tones.

Is the treatment comfortable? AviClear is equipped with exclusive AviCool™ sapphire skin cooling and sensory controls that maintain your skin's temperature during treatment for a more comfortable experience.

What about the cost? For those with moderate to severe acne, traditional treatment programs can become quite complex and take its toll in medication side effects, frequent monitoring of blood work and time away for medical visits. These costs can run up to \$4,000-\$6,000 whereas AviClear is \$3,000 for 3 sessions.

403 KENNEDY AVE. #4, GRAND JUNCTION, CO 81501

TEXT 833-942-0522 FOR FINANCING INFORMATION

WWW.CRIMSONSKYAESTHETICS.COM