

# Fruita Monument High School



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Table of Contents:

Important Dates —Page 1

The Principals Office —Page 2

Congratulations —Page 3-6

Project Bike Tech —Page 7

Winter Charity Drives — Page 8-9

Drama Club — Page 10

Athletic Rundown — Page 11-12

Ad — Page 13

## Important Dates:

Wed. 11/8 — AP  
Fees Deadline

Thu. 11/9 —  
Schedule parent  
teacher conference

Thu. 11/9 — School  
Advisory Committee  
@5PM

Nov. 9-11 — Fall  
Play: Comedy of  
Errors @7PM

Nov. 20-24 —  
Thanksgiving Break





# THE PRINCIPALS OFFICE

WITH NEWT KLUSMIRE



## Hello Wildcat Families and Community,

### Parent/Teacher Conferences

November 9th, we will host our next round of Parent/Teacher Conferences from 3:30-7:30. Parents can sign up for an appointment with individual teachers using ParentVue starting next Monday November, 7. This is a great opportunity to meet teachers and learn how your student is performing—and maybe provide an extra boost to get them across 1st Semester's finish line.

### School Advisory Committee

From 5:00-5:45pm on November 9th, our school advisory committee will meet for the second time. If you are the parent of a Sophomore and are interested in getting involved, we would value your presence. We will review the FMHS Instructional Budget for 2023-24 and our Safety and Security Practices. At FMHS, we value parent feedback and participation—we would love to see you there.

### Wildcat Excellence

Fruita Monument High School continues its legacy of achievement in the classroom and on the field. Here are some highlights for this year so far: In October, 123 AP Scholars were honored during halftime of the Broomfield vs. FMHS football game for their achievement on 3 or more AP tests. We also have more students taking AP exams than we have in the past decade. Our failure rate for the 1st quarter was lower than it was in 3 years for all classes. During "Free App Week", 178 seniors completed over 350 college applications, saving close to \$13,000. Dr. Hill presented FMHS with a Performance Banner, rewarding FMHS for being a Performance School for the 7th year in a row. Our Wildcat Marching Band took 7th in state. Our Girls' Softball team placed 3rd at the state tournament. And this weekend, our FMHS Football team takes on Falcon High School in the first round of the playoffs. Achievement and excellence continue to define FMHS. We are so proud of our learners, their hard work, and of all the adults that support them—teachers, parents, counselors, and coaches alike.

### Here's what's on the horizon:

November 9	Parent/Teacher Conferences—Schedule an Appointment
November 9	School Advisory Committee @ 5pm
November 9 - 11	<i>Comedy of Errors—Fall Play</i>
November 20-24	Thanksgiving Break—No School

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



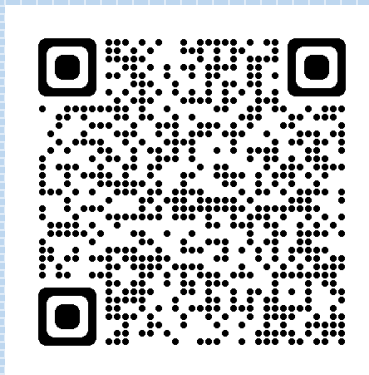
# Denver Broncos Coach of the Week

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Congratulations, Coach Ross, for being named the Denver Broncos “Coach of the Week”.

There isn’t a coach out there who deserves this more. Check out this article highlighting all of Ross’s hard work:



**Way to go Coach Ross!**

# October Staff Member of the Month

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Congratulations, Jake Nemith (NEMO)! Jake flies around the school, keeping our students in class and holding students to a high standard. Thank you, Jake, and congratulations!

**Sponsored by Tom Keller w/ Horace Mann, Harvest Realty, and Stanco Family**



# November Staff Member of the Month

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Congratulations, Cynnamon Stengel! Cynnamon does a ton to keep FMHS afloat. Her experience, work ethic, and demeanor make FMHS a better place to work.

Thank you, Cynnamon, and congratulations!

**Sponsored by Tom Keller w/ Horace Mann, Harvest Realty, Stanco Family**

# Student Recognitions

## October Kiwanis Student of the Month!



Congratulations to Boston Adams voted October Kiwanis Student of the Month!

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## Daughter of the American Revolution Scholarship Contest



Congratulations Lauren Noll on being voted by FMHS staff to compete for the Daughters of the American Revolution Scholarship Contest.

## Way to go Wildcats!



# Project Bike Tech



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Carter Unfred and Paul Coleman donated our first bike to a student in Mrs. Coleman's class at Rocky Mountain Elementary School. Our next bike is near completion and awaiting a new rider. The next bike is being built by Stewart Williams and Logan Lyons.

**Way to go Wildcats!**





# Winter

*Giveback*

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**Beginning November 7**

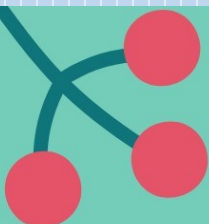
Used or New Coats | Gloves and Hats |  
Blankets | Other Winter Wear

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**Drop off in the front office beginning  
on November 7**

Thank you from the FMHS National Honor  
Society





JOIN US!  


# Christmas

**TOY DRIVE**

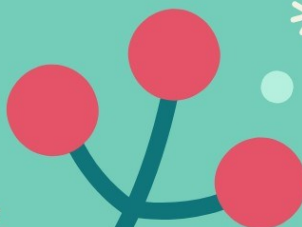
**STARTING NOV 7**

NEW TOYS TO BE DONATED TO  
LOCAL ELEMENTARY SCHOOLS

**DROP OFF IN ROOM 115**



PLEASE NEW TOYS ONLY



*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 completed their season last week vs. Grand Junction with a 0-3 loss.

The football team brought home a win over Aurora Central that moved them to 7-3 on the season. They host Falcon High in the first round of the State Playoffs this Friday at 6:00 p.m. at Stoker Stadium. 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 their entire team to the Team State Championship as well as the Individual State Championships. Great Season Boys!

## Girls Athletics

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

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

The Volleyball Team sits at 7-16 to complete their season.

Our Softball Team achieved the Final Four for the first time in school history at the State Championships at Aurora Sports Complex. They finished the season at 23-5 with wins over Eaglecrest and #1 Seed Columbine before dropping the semifinal game vs. Erie. Wow, what a season! 6 starters were recognized as First Team All-Conference.

**Good Job Wildcats!**



# Athletic Rundown

## Cross Country

The Cross Country Teams finished up their seasons at Regionals last week. Mackenzie Black, Ella Unein and Addy Eyre were all first team All-Conference.

## Marching Band

Our Marching Band continued their success with a 7th place finish at State last weekend. Way to go, Band!

## Announcements

Join Open Gyms or Open Mat after school now! Winter teams are in full preparation mode for a Nov. 13th start!

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
Peels	\$150/month
Oral Antibiotic Treatment	\$75 every 2 months
Accutane	\$400/month
Retinoid	\$75 every 2 months
Specialty Creams	\$100/month
Extraction	\$100/month
Medication/Peels	\$150/month
Acne Care	\$250/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