

The Highlight

Greeley Central High School, Greeley Colorado

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Homegrown Rockies Pitcher Motivates Young Athletes by Sage Sathe

When you play in the Major Leagues, you have a lot of young athletes looking up to you. While not required to give back, Rockies Pitcher Lucas Gilbreath goes above and beyond. He gives back and works to motivate his young fans in any way possible.

Growing up locally, Gilbreath works with young athletes in Colorado to provide them with the resources they need to enhance their skills. In addition to owning his own baseball facility working with young athletes in Colorado, Gilbreath also makes visits to local schools to help the local youth to develop an interest in baseball. Gilbreath even co- led a baseball clinic with teammate Kyle Freeland this year for the special olympics, allowing everyone to enjoy the sport. “My biggest goal is to try and give these kids every tool possible to help them get to the position I did,” Gilbreath said.

When trying to achieve your goals, such as becoming a Major League pitcher, life inevitably throws you curveballs, but Gilbreath is often reminded that you have to keep pushing yourself to do the best you can. “You have to have a short memory, and I kind of take that into my own life, because no matter what hap-



pens, if I pitch poorly and I blow two games in a row, I still might have to come in that next game and give us a chance to win,” Gilbreath explains and adds, “Even if you mess up two times and mess up two opportunities don’t let that affect the third opportunity you get, because you never know if that’s the one that is going to help you.”

As we discussed his path of achieving his goals and what kind of lessons he carries on his back, Gilbreath explained, “I think baseball is kind of a good metaphor for life sometimes because it’s one of the few games where really really good players fail more than half the time. The best hitters fail seven out of ten times. It kind of teaches you to not have any fear regarding the failure, you try and learn from the failure.” In his words, “

Once I throw the ball there’s not a whole lot I can do.” This is something we can equate to life, the only thing we can all really do is control ourselves and work through every single thing life throws at us in our own best way possible. “If you let the other things start to affect you mentally it makes things really hard.” he adds. To get where you want to go you have to strive to do better. For Gilbreath, “I always want to learn, I always want to get better. If I have a problem I want to fix it. If I have something I can do better, I want to do better.”

While not required to give back, it’s evident Lucas Gilbreath exceeds expectations and wants to see his young fans reach their goals regardless of it’s in baseball or any other walk of life.

Newspaper Staff:

Neptune Garza
Marcayla Clitso
Sage Sathe
Rongze Xu
Miguel Mozo
Juan Melendes Servin
Damien Sandoval
Carlos Rascon Escalante



Food Allergies by Rongze Xu

Food is an important factor that differentiates people and food allergies can vary person to person. According to a report by uptodate.com, 7.1% of teens aged 14-18 are allergic to certain foods. They can decide what foods to consume at home and purchase food at the grocery store that fits their diet, but at school they seem to have fewer options.

An example of a food allergy is whole lactose milk. Whole lactose milk is a geographically restricted allergy, and according to webmd.com, the majority of the following minorities are lactose intolerant: Asian Americans, African Americans,

Mexican Americans, and Native Americans. Options should be available for students with this allergy. The options for students with allergies are to go to class hungry, go out to buy food off campus or bring meals from home, and none of those options meet the needs of all students.

Food restrictions in school districts are mainly due to the following reasons: Insufficient funds to provide a variety of lunches and serve specific lunches is prone to food waste. Food allergies are an issue that needs to be discussed by food services, so all students have options.



The History of Halloween Costumes

by Mar cayla Clitso

Have you ever wondered what the first Halloween costume was? When was it made? In the 6th century BCE, a theatrical costume was an innovation of the Greek poet Thespis. Made of gauze masks and buckram, they were sprayed with starch and steamed over a mold.

Halloween Costumes are based on frightening supernatural or folkloric beings. In the 1930s, costumes based on characters in mass media such as film, literature, and radio were popular. They also tended to be worn mainly by young people, but since the mid-20th century, they have also been increasingly worn by adults. Some costumes may have been retained in the Christian observations on the Halloween region (Samhain). In the 16th century, the Celtic festival included humming, mumming, and guising. People would go house to house in costumes and usually receive songs/verses for food exchange. People would also impersonate the souls of the dead and receive offerings on their behalf. It was suggested that people that wore masks or costumes were to represent the spirits. The faces were marked (or blackened) with ashes taken from the bonfire. In the 19th century in Scotland, younglings went from house to house with masked, painted, or blackened faces. They were often threatened to make mischief if they were not

Wearing Costumes developed a custom of souling, which Christians praised in parts of Western Europe from the 15th century. Groups of people would go door to door, and they would collect soul cakes, and the cakes were representatives of the dead, also in return for saying prayers for them.

Costumes have elevated drastically over the last century and costumes are mostly monsters, colorful creatures, and frightful beings. Halloween can be traced back to the ancient Celtic festival known as Samhain, which is held on the first of November. It is believed that on that day, the souls of the dead returned to their homes, so people would dress up in their costumes and light bonfires just to ward off spirits.

Halloween began in North America in 1911, where children were seen “guising” around neighborhoods. Costumes were made at home or using items such as face paint or makeup. Halloween spending in 2022 has reached \$10.6 billion in revenue.



HORROR RECOMMENDATIONS

by Neptune Garza

If you’re looking for a good scare and don’t want to read an entire novel I would love to recommend Stephen King’s collection of short stories, Nightmares and Dreamscapes. Specifically “Suffer the Little Children”(it’s more creepy than it sounds). The story centres around a grumpy, middle-aged, third grade substitute teacher who witnesses a child in her class turn into something absolutely terrifying. She struggles to keep her sanity and you watch her unravel.

If you’re more of a horror movie buff or you want him to get scared and jump into your arms, here’s my list of top 7 horror flicks guaranteed to give you the fright of your life.

Pet Semetary (2019) Chilling to. the. bone.

It: Chapter two. The first one was good but there’s a lot more character in the second.

Coraline. Idc what anyone says, it is not a kid’s movie.

Black swan. Very complex storyline and I know there’s a deeper meaning to it, I just have no clue what it is.

Change (In the House of Flies), Deftones

Kill of the Night, Gin Wigmore

MonterMash, BONES & Lyson

Black Out Days, Phantogram

Scream. It isn’t that scary but it’s a classic c’mon

The Mist. The ending will crush you, I promise.

Tho Boy. Disturbing but not terrifying... It’s very eerie.

And finally, if you want a good halloween vibes playlist (not halloween songs but songs to get you in the mood for some scares) here are 13 song recommendations.

Below the surface, Griffinilla

Phonky Trap, Suave Lee

Twisted, MISSIO

Dead but Pretty, IC3PEAK

Blood // Water, grandson

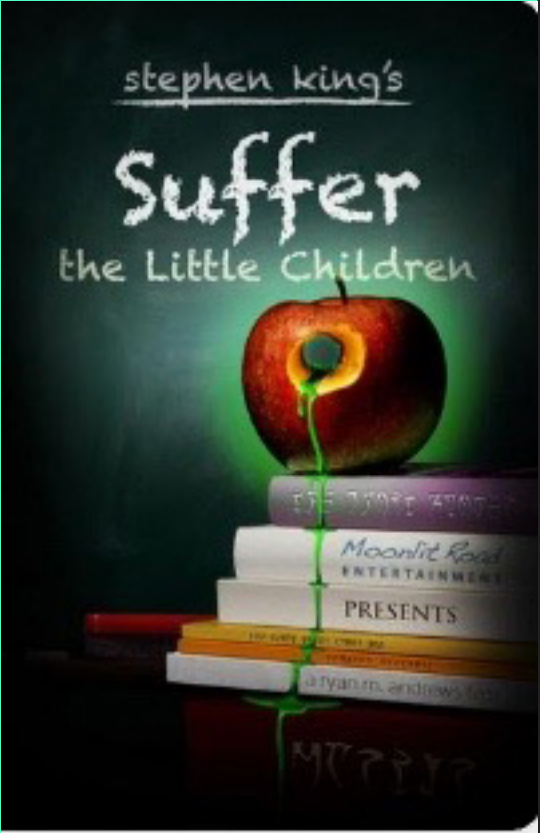
Doin’ Time, Sublime

Solitude - Felsmann]

+ Tiley Reinterpretation, M83

Closer, Nine Inch Nails

Game of Survival, Ruelle





Soul Penny Circus by Neptune Garza

Soul Penny Circus, a circus based in Denver, had 3 amazing performances at GCHS. GCHS students were lucky enough to be on the catwalk helping out the tech crew. The play tells the story of a circus frozen in time by an evil witch and how they get unfrozen. Our very own Mr. Humphrey was the star of the show and the crowd was mesmerized by the incredible dances, aerialists, and acting performance. The name “Soul Penny Circus” is based on the quote “a penny soul never came to twopence” which means that being unkind never made anyone better off. The group focuses on inclusivity and encouraging the cultivation of curiosity. Visit their website to find out where they perform next! <https://www.soulpennycircus.com/>



The Impact of Natural Disasters on Students by Damien Sandoval

Millions of K-12 students missed school due to Hurricane Ian, the second-deadliest storm to hit the United States. One hundred deaths and the destruction of homes, businesses, and schools. Nearly every public school district in the state closed its buildings during the onslaught of Hurricane Ian. At least 55 of Florida's 67 public school districts closed for at least one day, according to the state's department of education, district websites, and social media. The districts that remained open were mainly in the state's panhandle. That amounts to more than 2.5 million students out of school, based on the most recently available federal data on public school enrollment. Around 1.7 million of those students missed three days or more, and several districts have yet to announce their reopening plans. The school districts in Florida have reopened, but many families have been displaced due to the destruction of their homes. Schools have also started re-building efforts, but schools in Sarasota, Florida still have had to remain closed due to safety concerns. Students have had much turmoil in the past years due to missing school related to COVID-19 and other traumatic events. The impact on the education of students will be felt for many years to come.

Apple Updates by Miguel Mozo

The iPhone 14 has some new and exciting features. One of the new features is the selfie camera, and the ability to send emergency messages via satellite. One difference between the iPhone 13 and 14 is that the iPhone 14 has improved primary and ultra-wide lenses. The iPhone 14 costs \$999 before the trade-in of your old phone. Some new accessories is the magnetic cases and the Apple tags which adds another level of security. Adding to the excitement is the new Apple watch. These new features include activity tracking, high and low heart rate notifications, emergency SOS, the recent crash detection feature, and a completely redesigned back case. The new Apple Watch also has cellular capabilities and has Family Sharing. Apple continues to be on the forefront of design and technology and the products are always high-quality and worth the money.



GCHS Student Spotlight: Andrea Espino Loma
by Marcayla Clitso

Andrea Espino Loma is making the most of her senior year at GCHS. Throughout high school, Andrea did not want to join extracurricular activities. When she became a senior, she decided to join clubs and promote school spirit. She found clubs to help her in the future and joined Green Cats, HOSA, and Sources of Strength. Green Cats is an environmental club, HOSA stands for Health Occupations Students of Americas, and Sources of Strength is a club about understanding mental health, training to understand others and to help them feel better and understanding your feelings.

Andrea has always thought about the clubs but never really gave in until her senior year. Andrea was searching for ways to strengthen her mental health and her friendships. Her sister and her brother have always told her to join clubs, and Julie Rowell, a teacher from GCHS, suggested to join clubs for two years. Since then,

Andrea has worked with Mrs. Rowell to get information on how to participate, making her more social. She has met new people and is taking chances.

Andrea wants 9th, 10th, and 11th graders to get involved with the school. Andrea shared, “You can meet new people through these clubs, and it is okay not to know what to do. You decide to take the step, and the risk is exciting. Students need to respect the school and their teachers. I have seen how late teachers stay and how hard they work. I have also gotten to know the lady who cleans the school, and her name is Maria Rosas. She is the sweetest person you will ever meet. You must take opportunities, take the risk.”



Senior Soccer Sendoff
by Carlos Rascon Escalante

The soccer season has ended, and the senior athletes are leaving their impact on the upcoming juniors, sophomores, and freshmen. The seniors have shown the Greeley Central magic and displayed what it means to be a varsity-level athlete. The seniors are Law Reh, Alejandro Luna, Gustavo Enriquez, Efra Pascual, Harry Crespo, Danial Roman, and Christian Guzman, and a huge thanks to senior manager Maddie Weizenegger.

Alejandro Luna: “Each year always has a memory or a story to tell for each season that comes by there is always something that comes, maybe how the games go or how you played or who you meet and the experience you get from it.”

Angel Garcia: “The passion and obsession you have to try to go for you need to be obsessed and just show you have and try to achieve.”

Christian Guzman: “These four years have been great for me, showed me a lot as a player, and a great challenge; every year has been special and left a great memory. High school is a huge step for soccer, and it has been more challenging in a way to learn from what others have and what I have, but basically just a fun challenge.”

Luis Barraza: “The best advice I give to the new players is to keep your head up; things will get tough, but the tougher you are, the more you achieve. These past four years have been great, full of emotion, blood, sweat, tears, and more. Looking up to the best to be one of the best, from waking up in a hospital bed to getting right back on my feet. Having so much passion, I could say I have for the sport.”

