

Pride

Class

Dignity

The Highlight

Greeley Central High School, Greeley Colorado

December 2022 Edition 3

December Holidays by Mar cayla Citso

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The month of December has many different celebrations. In the United States, there are many traditions and ways people celebrate Christmas. Countries like Mexico, the United Kingdom, France, Italy, and Poland have different traditions. European families eat turkey or ham soaked in cranberry sauce; some families drink turkey in trimmings and kielbasa; they have cabbage dishes and soups-Italians have lasagna.

For Italy, they celebrate Christmas as the Nativity Crib Scene. Families would have a ‘Presepe Napoletano,’ which is still very popular today. A Nativity is a traditional scene on the 8th of December. They give it this name because the figure of baby Jesus isn’t put into a crib until the evening night of December 24th. They make the display into a pyramid shape, meters tall, and decorate it with gold-covered pinecones and small candles. They also put a small star on top of the pyramid, and they would put candy, fruit, and presents on the shelves. They don’t eat meat for the foods they eat, and sometimes not even dairy is eaten. They would mostly eat a light seafood meal, then go to the Midnight Mass service. For their Christmas Trees, they put them up on December 8th then they keep them until the 6th of January, the Epiphany. Epiphany is essential to Italy. At night children believe that a woman called ‘Befana’ brings them presents like Santa. Italians say ‘Buon Natale’ which means Merry Christmas!

In Japan, they don’t see Christmas as a holiday or a celebration, but several people come from the USA to Japan, and therefore Christmas is celebrated in Japan. In Japan, Christmas is known to spread happiness, Christmas Eve is more like a romantic day, and Christmas day is celebrated on Christmas Eve. It resembles Valentine’s Day. The food they eat the most is fried chicken. It’s the busiest time of the year for restaurants, especially KFC. They call it “Kentucky For Christmas,” or “Kurisumasu ni wa kentakkii.” They also make Christmas cake, which is spongy, with strawberries and whipped cream. Even though they don’t see it as a holiday, they still cancel school and call it a New Year school break. Then on the 25th, they just call it a regular day and go back to work. In Japanese, they say ‘Meri Kurisumasu,’ also known as “Merry Christmas,” and for Santa, they call him Santa-San.

The states Massachusetts, Connecticut, Rhode Island, Vermont, New Hampshire, and Maine all have “Christmas Shops,” stores where they only sell decorations and toys all year round. Americans also send out cards and do carol singing for Christmas and decorate the outside of their house with lights, blowups, and snowmen. Then on Christmas Eve, kids like to leave cookies and milk for Santa Claus

Top 5 Hot Toys for Christmas 2022

- 1) Hot Wheels RC Tesla Cybertruck
- 2) Micro Kickboard’s Deluxe ECO scooter
- 3) LEGO Technic Monster Jam Megalodon
- 4) Cutetitos Carnivalitos
- 5) Air Hogs Flippin’ Frenzy

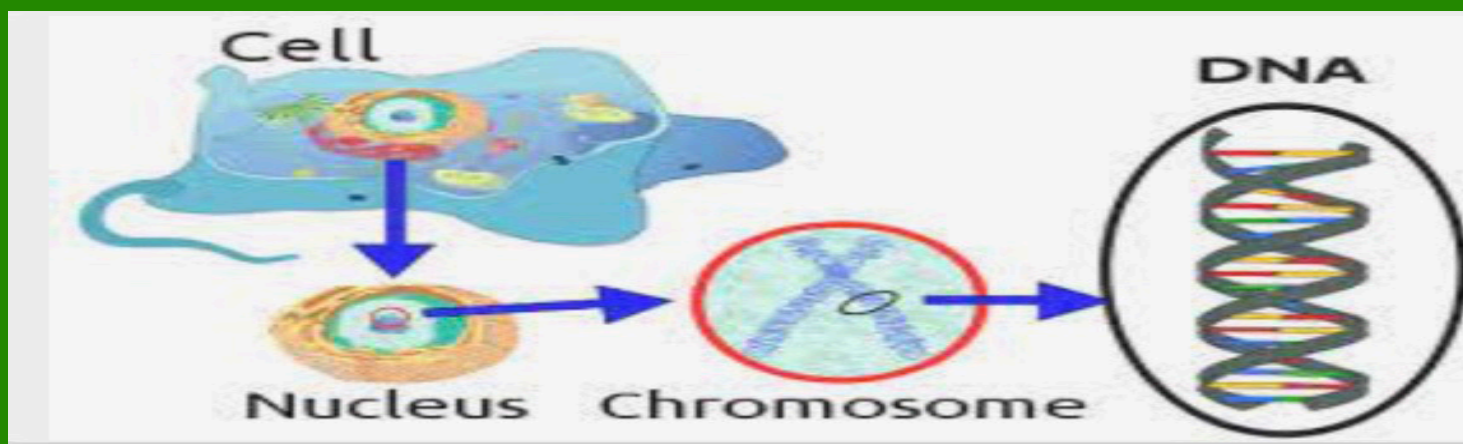
What is DNA? How Does it Affect You?

By Rongze Xu

DNA is a magical world. The DNA of any two people on Earth is 99.6 percent identical. But 0.4 percent variation represents about 12 million base pairs, which can explain many differences between individuals, primarily if the changes lie in critical genes. Our environment also contributes to our individuality. Two of the chromosomes (the X and the Y chromosome) determine your sex as male or female when you are born. They are called sex chromosomes: A physical female has 2 X chromosomes and a biological male has 1 X and 1 Y chromosome.

In human genetics, the most discussed are the Y chromosome and the mtDNA chromosomal cluster. (X chromosome inheritance cannot be traced). Mitochondrial DNA, abbreviated as mtDNA, is inherited through the maternal line. MtDNA mutations are relatively stable and can be traced to relatives hundreds or even thousands of years ago through a person's mtDNA. The Y chromosome, inherited through the paternal line, is highly mutated. Each place has a characteristic Y chromosome represented.

Usually, individuals need to test DNA by collecting DNA (saliva, hair, etc.), and testing companies use instruments to convert the DNA into a series of long-form data sets. The dataset records data for each end-point in your DNA, compared to the DNA data for each region. The alignment of "lineage origin" is based on the alignment results of some particular DNA (specific to a certain area, etc.). But DNA testing machines are all calculators, and the ancestry results obtained from testing companies may not be accurate because you cannot find a 100% pure blood ratio to compare the data. But in general, the test results are credible and referable. Body hair density, earlobe shape, hair loss, and myopia are all part of genetic inheritance.



A New Era for Allied Air Defense

By: Sage Sathe



As aging F-15s depart Kadena Air Force Base in Okinawa, Japan, new F-22s will take their place. The new fighters departed from Alaska and arrived at Kadena Air Force Base on November 4th as the F-15Es and F-15Cs prepared to fly back to America where they will be retired. As they are retired the Air Force will begin replacing them with newer fourth and fifth-generation fighters. While the Defense Department is discussing a more permanent replacement, the F-22s will take the place of the retired fighters temporarily.

The current plans being discussed are replacing them with fighters of more excellent capability, such as the F-15EX and F-35A. The F-22s will work with other units and aircraft already based at Kadena Air Force Base to maintain "State-Ready Fighter Capabilities" and keep the fighters ready to deploy in the face of danger. However, the plan to withdraw the F-15s without a permanent replacement has proved controversial. "We are concerned that [the Defense Department's] decision sends the wrong signal, not only to the [Chinese Communist Party], but also to our allies and partners in the Indo-Pacific," Wrote Sen. Marc Rubio, Of Florida, And Bill Haggerty, Of Tennessee in a letter to the Defense Department on Nov 1st.

The Calories in Your Favorite Holiday Food and How to Exercise those Calories Away

Contributed by Newspaper Staff

Christmas - Hanukkah - Kwanzaa			
FOOD	SERVING SIZE	CALORIES PER SERVING	TIME TO BURN THE CALORIES
Honey Glazed Ham	3 slices (3 oz.)	360	Walking - 1 hour & 41 minutes Jogging - 41 minutes Swimming - 30 minutes Cycling - 55 minutes
Dinner Rolls	3 x 2" x 2" (.9 oz.)	233	Walking - 1 hour & 4 minutes Jogging - 27 minutes Swimming - 19 minutes Cycling - 35 minutes
Baked Potato	1 x large (10.5 oz.)	278	Walking - 1 hour & 17 minutes Jogging - 32 minutes Swimming - 23 minutes Cycling - 42 minutes
Scalloped Potatoes	1 cup (8.6 oz.)	228	Walking - 1 hour & 3 minutes Jogging - 26 minutes Swimming - 19 minutes Cycling - 35 minutes
Broccoli & Cheese Soup	1 cup (8.5 oz.)	211	Walking - 58 minutes Jogging - 24 minutes Swimming - 18 minutes Cycling - 32 minutes
Apple Pie Alamode	1 slice of an 8 inch pie (4.1 oz.) + 1/2 cup vanilla ice cream	414	Walking - 1 hour & 55 minutes Jogging - 48 minutes Swimming - 35 minutes Cycling - 1 hour & 3 minutes
Cherry Pie	1 slice of an 8 inch pie (4.1 oz.)	304	Walking - 1 hour & 24 minutes Jogging - 35 minutes Swimming - 25 minutes Cycling - 46 minutes
Sour Cream Dip	4 tablespoons	140	Walking - 39 minutes Jogging - 16 minutes Swimming - 12 minutes Cycling - 21 minutes
Sugar Cookies	4 x 1.3 oz. Cookies	340	Walking - 1 hour & 34 minutes Jogging - 39 minutes Swimming - 28 minutes Cycling - 52 minutes

2022 World Cup

by Carlos Rascon Escalante

The 2022 World Cup had excitement and drama, and we met old and new players that took the spotlight. Some of their spotlights just shut down, with the retirements of GOATs and new replacements, the massive stress of preparing for the World Cup, human rights, and allegations of corruption. With tough losses that left nations out, including having trust in a coach and being fired. We have seen players dedicated to a tournament that happens every four years, it has a purpose, and players show their pride in their country.

A hardworking athlete, Cristiano Ronaldo, has declared that this World Cup would be his last shot and last time in the World Cup lights. Leo Messi, a gifted athlete with many abilities, has declared that it would be his last time wearing his badge at the biggest tournament. Another outstanding athlete Memo Ochoa displayed his pride in the Latin community and the gift of speaking Spanish. Luis Suarez has his country behind him and shows his pride with great on-field action. Pepe is a player that is the most aggressive and essential piece in every game he plays. Finally, Luka Modric has much potential and gives his all in every game he plays. It will be exciting to see the World Cup in the United States in 4 years!



Eldora Ski Resort - No Need to Battle I-70

Newspaper Staff

Eldora Ski Resort first opened to skiers in 1962. Skiing first came to Colorado in the 1860s as a form of transportation for prospectors, but recreational skiing took another century to really take-off. Eldora is relatively small by Colorado standards (650 acres versus Vail's 5,289) with a 1,600-foot vertical drop, 300 inches of annual snowfall, seven chairlifts and 65 runs. The ski lodge has a great fireplace and the food is delicious but expensive. Skiers are allowed to bring their own lunch. Be ready to walk from the parking lot as the lots fill up quickly.

Eldora Ski Resort also has an excellent ski team. Historically, the junior race program has been in the top three of all the clubs in Colorado,. Eldora also sent a snowboard alpine carver to represent the U.S. at the FIS Championships in Utah last year. The University of Colorado ski team also practices at Eldora.

The drive from Greeley to Eldora sk resort is 57 miles and it is a beautiful drive with great scenery. If you are looking to ski and



What to Stream Over the Holiday Break? by Sage Sathe

Top Gun Maverick

There is no other way to describe this movie than as a love letter to aviation. It's action-packed dogfight scenes and its attention to detail of what it's like to be a TOPGUN pilot are nothing less than perfect. The cinematography and camera angles are stellar, and you may say that it makes you feel as though you're in the cockpit of an F/A-18 Super Hornet but the cool thing is, you kind of are. The cast and crew that worked on this movie acquired the permission to fly in actual F/A-18s for the flying scenes. This was a feat that was only accomplished after the cast went through the Navy's pilot training and it worked out for the best.

The newest Top Gun movie easily trumps the first even though the first one is a classic in the aviation film genre. The cinematography and the camera angles are superb and will live on for years to come. The classic Top Gun relied primarily on green screen and pre-recorded footage for the flight scenes. Not only does Top Gun Maverick take the win in cinematography but it also features a diverse and well picked cast that keeps the spirit of Top Gun as well as mixing it up and making an amazing movie.

I would recommend this movie to Aviation lovers and action movie fanatics all over the world. Not only is this an amazing movie but its cast and crew make it so much better. The cinematography is fantastic, and the soundtrack is amazing. This movie will leave viewers speechless.



Feminist Book Club by Neptune Garza

This year, a GCHS student, Cherry Martinez, reopened the Feminist Book Club to members. The club died out a few years ago due to a lack of student participation, but it's thriving with members now. Raising awareness of the oppression of women is incredibly important in young, developing minds. The club reads books with feminist elements and informational texts about feminist issues. Currently, the club is reading Feminism is for Everyone by Bell Hooks.

Cherry said the re-start of the club happened after a teacher came to them and told them about it, and they said, "It wasn't something I wanted to be in, but it was something I wanted to be a part of. It felt like something Central needed due to harassment and inequality within the school culture." The book was chosen because it's an excellent introductory novel focusing on intersectional feminism. Cherry stated, "feminism is important right now because we have many people in the educational system who don't truly care about this issue. I feel like education is always pushing the wrong things. I mean, where's the talk about feminists? We should not just talk about Rosa Parks, and that is it!"

