



- GREELEY CENTRAL HIGH SCHOOL -

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## Marching Band, a Sport?

*E. Matier*

Photo Credit: Rhiannen Thero



The dictionary defines a sport as “an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.”

Many musicians like to believe that because marching bands need skill it would be considered as a sport; however, marching band practices and competitions show very little signs of physical exertion. In order for marching bands to be considered a sport, the musicians involved would need to either match or surpass the physical exertion all other athletes experience in their competitions and practices.

Many of the sports at Greeley Central have intense workout/practice schedules. In season, the football teams practices last for 2 ½ hours. When the football team

conditions they, “Exercise and practice to build the body up for either improved normal performance, as in physical therapy, or in preparation for sports performance (medicinenet.com),” they sprint in full pads up and down the field between 8-10 times equivalent to over a mile. During the summer, when the team is out of season, the football players still hold practices where they lift weights for 2 hours before going outside and doing on field practice for another 2 hours. In addition to team practices, almost all of the football players take weight classes during the school day to make sure they are in their peak physical condition. When the cross country team is in season, they practice 6 days a week. The average week consists of 1 day of sprinting up hills 1 day of intense sprint workouts and distance running the rest of the days. The kids in cross country easily run somewhere between 15-30 miles a week, with some runs being as long as 10 miles. When the cross country seasons ends, the teams conditioning does not. The runners will still meet and run no matter what time of year it is or what weather it is.

The marching band practices 4 times a week for 3 hours every practice. Excluding set up and clean up time, one marching band musician estimates that the band practices their music and marching for 2 ½ hours. According to drum major, Rhiannen Thero, the marching band’s condition consists of one lap around a track, that can take up four minutes, and a about thirty minutes of stretches. Leaving only about two hours for playing and marching. Of those two hours, only 45 minutes are dedicated to marching. The marching part of marching band is the only part of a marching band that can be considered physical. So of their 3 hour hour practices, only about an hour and 15 minutes can be considered physical; however, the football team, during their practices, experience non-stop physical exertion for the entire 2 ½ hour practice. The cross country team, when they are running, get no breaks and are experiencing physical exertion for the entire 2 hours they are running.

Although the marching band is extremely talented, they lack the physical demand that a sport entails. Compared to the workouts that the football team and cross country teams do on a daily basis, I feel like Greeley Centrals marching band does not qualify as a sport. Their conditioning as well as the time the spend doing any physical activity is not up to par with the other sports.

*Disclaimer: This article is an editorial.*

## Lack of Motivation: Widespread Epidemic?

*S. Campbell*

It's not a new feeling for any teenager. You're sitting at your desk at home, staring at the white screen in front of you, watching the little vertical black bar blink in the margin of the blank document you've just opened. This essay was assigned two weeks ago, but who gets assignments done a week and a half before they're due? Not teenagers, that's for sure.

Procrastination is the name of the game. There is not a teenager on this big blue planet who hasn't procrastinated at least one task at least one point in time. Time management is a tricky thing for all, and with the not-so-occasional overwhelming homework load assigned by teachers nightly on top of sports or other extra-curricular activities, it's just a matter of time before school-wide academic apathy sets in. It actually feels like an epidemic this year; lack-of-motivation has the potential to overtake us all.

Ashton Mott-Severt, wildcat senior, has his own input for the subject. "Hmm... I think my motivation is at an all-time low, mostly because it's the beginning of the year and there are no real challenges yet. It's pretty much been the same over the years for me, though; like, it starts easy, then you just get hit by a bus." When asked whether he was overwhelmed by his coursework yet, he simply said no, "The bus hasn't hit me yet." Contrary to the common "freeze response" when tasked with a million things to do, apathy can be a response to ease: "[The widespread lack-of-motivation] could be a mix of everything [being] easier and nobody wanting to do anything."

During a typical school year, I feel refreshed and renewed by the relaxation of summer, ie. the lack of school; this results in about a two-month period of regular, on-time homework completion, nightly hours of sleep greater-than or equal to 8, and a generally emotionally stable mind. This year though? I've never felt less motivated to be a productive human being in my life, and after taking a brief poll, it can be concluded that about 65% of GCHS students feel the same way. Maybe it was the fact that summer was busier than usual, maybe some feel like they've crowded themselves with an overwhelming number of activities and responsibilities, or maybe the newness of school after a summer of Netflix and nothingness is just a shock to our systems and we just need some time for our brains to adjust. Whichever way you feel you are being affected, I just hope the bus skirts by you, and if it does happen to slam into you, that you have a speedy recovery.

Photo Credit: Simone Campbell



## Senior Expenses

*B. Mena Rodriguez*

Graduation is around the corner. All seniors have to prepare their cap and gown, and other items they may want. All seniors had a meeting on September 27 during seminar, It informed seniors about their cap size and all the unique class rings among many other options. Seniors only got the notice a couple days before Alexa Velasquez, a senior at GCHS said, "I knew about the cap and gown, but I would of prepared myself if I knew sooner." Having senior expenses is stressful for seniors and parents. If the notice of expenses could of possibly been a month before, seniors would of had more options on what they would want. Many seniors were unable to get their cap and gown let alone a class ring or an of the senior merch. Many seniors stress over the prices. Marisol Loma, a senior at GCHS said, "senior expenses are expensive." If seniors had a price range or known that their will be expenses. Senior stress would of not been a big deal.



### ***Athlete of the the Week***

Micaela Hidalgo is a sophomore at Greeley Central. As a sophomore, Micaela has a obtained a starting varsity spot on Greeley Central volleyball team. In addition to her success on the volleyball team, Micaela has found success on the Greeley Central track team, as well as the basketball team; her favorite sport. Micaela's favorite part of being on the volleyball team is hanging with her teammates and her coaches.



### ***Artist of the Week***

Hannah Lanpher is a sophomore thespian at Greeley Central. She is an acting emphasis in the Arts Magnet. She has recently scored a role in the upcoming play, *She Kills Monsters*. Hannah is currently enrolled in many arts classes at Greeley Central including Acting 2, Dance 1, and Chamber choir. She feels like Greeley Central offers her many opportunities that other schools wouldn't, and provides many resources and teachers who want to help you become a better artist.



### ***Club of the Week***

GCHS Safe Club is an all exclusive club that meets in room 205 every Thursday. According to one member, Jazzlyn Jensen, Safe Club discusses "issues relating to the LGBT+ community and problems at school and how to fix them." If you are looking for a ways to support the LGBT+ community consider joining the safe club; they are always looking for new members.



### ***Student of the Week***

Gianna Uyemura is an outstanding sophomore at Greeley Central. As a sophomore, Gianna is already in Trig and Precalc; she is also enrolled in multiple AP classes including: AP seminar, AP US Government, and AP Psych. Gianna has also scored varsity spots on the Greeley Central Volleyball and Softball teams. Despite constantly being out of class to compete with her teams, Gianna still finds a way to maintain a 4.429 GPA!



# AP Hazing: The Building Block to a Better Society

A. Minner

With the millennialized culture quickly on the rise from Generation Y, many traditions and aspects of youth culture are slowly shifting and evolving. Some for the better, and many for the worse.

Photo Credit: Ethan Matier



This photo is staged.

great example of “hazing” is how the military trains the soldiers in basic by putting them through a lot of stress, but the reward is being mentally and physically stronger than before. Now, I’m not saying we treat them like soldiers, but we should take that example and morph it into a toned down version. There are a plethora of reasons to haze, but my main goal in this article is to save tradition and establish a better sense of respect in schools. We also need to completely change and rebrand hazing.

First, hazing brings a large sense of community when the execution is right. To achieve the goal of bringing it back, we have to make the freshmen feel like they belong while making them know that they have not earned a certain privileges yet. There must be an obvious disconnect between the people who have and haven’t experienced high school, where there can then be an establishment of authority through the grades which will automatically create a “mentor” like relationship between the lower and upper classmen. Through ideas like this we can help change hazing to be something that build students up and doesn’t just put them down.

There are obvious negative ideas about hazing. Like a lot of things. In recent years, especially in college, with certain fraternities, it is terrible to incoming pledges. I believe that there needs to be a complete change in how hazing is handled. We need to, as a community, establish this upper- lower class men mentality again so the incoming freshmen can learn respect while being taught what values were passed down from the senior class as well as teaching the freshmen to being good school leaders.

Through these values and ways, we can establish respect in our schools, I believe we can build a better community and a restructured ideology where everyone in high school brings each other up, while having freshmen earn their spot through hazing. Old hazing also shows us that we need to really change the identity of hazing and break away from the Fraternity style of hazing. I believe if we do this it will help create a better sense of community in our schools. It will help reconnect the grades and traditions too.



## Kaepernick's Future

*E. Voigt*

Colin Kaepernick, former San Francisco 49ers quarterback, is rumored to be returning to the NFL after being a free agent since March of 2017. Kaepernick's lawyer, Mark Geragos, told *TMZ*, "I would just say, 'stay tuned,' that next week there may be some news," on September 20th. Kaepernick opted out of his contract with the NFL after beginning to kneel during the National Anthem to protest police brutality. Since leaving the NFL, Kaepernick has accomplished things like donating \$1 million to oppressed communities, and being the face of Nike's new ad campaign. Despite his accomplishments, it's debatable that kneeling hurt Kaepernick's career. Greeley Central football player, Kian Rathmann, said "It completely ruined his career. He could have had a different way of protesting instead of destroying his career." No team has wanted to sign Kaepernick, so many people believe kneeling killed his NFL career. "He's been successful in bringing awareness, but unsuccessful in football," said Lucio Avalos, another football player at Greeley Central. On the other hand, Kaepernick being an activist has helped his career by a long shot. He was even awarded the 2017 Sports Illustrated Muhammad Ali Legacy Award. Kaepernick is currently doing great things outside of football and his NFL career isn't completely destroyed as he could be returning soon!

Photo Credit: Fox News



## Brett Kavanaugh

*E. Nolin*

On September 16th Dr Christine Ford came forward in a Washington Post article accusing Justice Brett Kavanaugh of sexual assault. On September 23rd Deborah Ramirez stepped forward and 3 days later on the 26th Julie Swetnick came forward. The FBI investigation into the Kavanaugh accusations was launched on September 28th and concluded on October 4th. The FBI did not interview Kavanaugh, Ford, or anyone else who testified or was listed as witnesses by Ford. Once the investigation report is released to senators, the FBI starts to become under attack for not conducting a thorough investigation. Taylor Henderson, the Editor-In-Chief of Cat's Cradle stated, "I think [Kavanaugh's confirmation] sets a precedent that we are not going to investigate to sufficient standards." Josie Cormier, a Junior in the Arts Magnet Program said, "We shouldn't have someone with this controversy as one of the faces of our government. The investigation could not find enough evidence to hold Kavanaugh accountable for the accusations. On Saturday, October 6th, Kavanaugh was confirmed to the Supreme Court 50-48. Kavanaugh's Swear-In Ceremony was held on Monday, October 8th.

## Central vs. West Recap

*K. Hale*

The West versus Central football game was Friday September 28th and sadly it did not turn out how we wanted it to. The Greeley West Spartans won the game 49 to 0. It was a sad loss, but it was full of school spirit and fun even though it was freezing cold. Although Central lost, they fought long and hard to do what they could. Junior Nathan Escobar, Varsity Quarterback, said “West is a pretty good team...I think we did pretty good against odds in all,” and he is not wrong. Yahir Salazar, freshman starting varsity linebacker, said what it was like to play the rivals for the first time as a freshman. “It feels pretty good to have that starting job...at the beginning of the game I came off a little bit shaky...It’s West I need to play my best game.” Overall it is kind of nerve racking but also a ton of excitement to be on the football team and facing the school’s rival. Salazar also said “I was looking forward to a win but I mean, hey, there’s more years to go.”

This kind of school spirit and pride is the most important thing to have when it comes to sports or any other activity.

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## Rockies’ Postseason (Rocktober?)

*T. Menard*

It has been a battle this season for the Colorado Rockies. From start to finish this group of players has fought hard to get to the MLB postseason. Now that the postseason has begun, the real work for the Rockies begins. In order to talk about the the season from this point on, recapping on what the boys in purple did to make it here will do more justice. Lead by the big three, Nolan Arenado, Charlie Blackmon, and Trevor Story, the team ended the regular season with a record of 91-72 and second in the National League. Arenado (3B), Blackmon (CF), and Story (SS) combined for a total of 104 HR and 228 RBI’s. These numbers are also what earned all three players to be apart of the All-Star team this season.

Now that the end of the season has arrived, it becomes time for the postseason to begin and see who will be bringing home the championship to their area. While the regular season of a Major League Baseball game lasts 162 games, each taking at least 9 innings, the postseason for a few teams still needed to be decided by one extra game, the wildcard.

Essentially, the wildcard game is what decides which team will be included in the playoffs when there are two teams who are both qualified. This season, in the National League, it came down to the Chicago Cubs, and the far superior, Colorado Rockies. When the game began, fans everywhere knew this would not be an easy game. Both teams delivered as much as they could offensively and defensively until one play where Arenado hit a sack pop-up to bring Blackmon home and score the first run of the game. This lasted until the eighth inning where the Cubs had scored a run of their own. Back and forth the teams battled making to the end of regulation, score still tied at 1 to 1. It took four extra inning to finish the game when in the top of the 13th, when Tony Walters hit a single into the outfield to bring in a run and grab the lead. Finished in the bottom of the 13th, the Rockies pulled away from the Cubs, catching the dub to move onto the National League Division Series .

Photo Credit: The Denver Post



## Fall is Here

*D. Villalpando*

Fall is a love hate relationship, it's beautiful yet the weather can be absurd. From the color of the leaves to the weather constantly changing, all the people can have mixed emotions towards this season. In people's daily life's weather can play a big factor towards there emotion. Everyone needs some sunlight according to *Bustle* you can get a seasonal disorder due to the lack of sunlight mostly happens during the fall and winter seasons. All around, on social media, the majority of post about fall are positive with little negative reactions. Devine Guzman, a senior in Greeley Central High School said "I love the weather, I'm happy 24/7 it's not too cold, not too hot" This season excites everyone but Guzman added, "some flaws is the fact that it's windy and also sick season" A big portion love fall and all the excitement that goes along with it but does the lack of sunlight majorly affect them? To get a different perspective I decided to interview someone younger. Vicky Villalpando a middle school students states, "sometimes it's gets too windy and you have to layer up in jackets" but she also loves this season due to the color of the leaves changing. This shows the love/hate relationship of fall is even among younger generations.

Photo Credit: Deborah Villalpando



## Cosby Goes to Jail

*E. Voigt*

On September 25th, Bill Cosby, stand-up comedian, actor, and author, was sentenced three-ten years in a state prison. Cosby, convicted in April of aggravated indecent assault, was sentenced for sexually assaulting Andrea Constand after giving pills to incapacitate her at his home 14 years ago. As part of the sentence, Cosby was ordered to pay a \$25,000 dollar fine and will be classified as a "sexually violent predator." This requires lifetime registration and the community will be alerted that a "sexually violent predator" lives in the area. Even though it's 2018, Cosby drugged and assaulted Constand back in 2004, and when she spoke up in 2005, police declined to press charges and settled the case a year later. About a decade later, dozens of women including American model, Janice Dickinson, spoke up about Cosby doing the same thing to them as he did to Constand. In April, Cosby was then convicted of three counts of aggravated indecent assault. Some people believe 3-10 years is too short. Greeley Central senior Mazlyn Freier said, "It should be longer. A small sentence shows it's not as big of a deal as it really is." Cosby has spent about a week in prison so far and his publicist, Andrew Wyatt, says Cosby is being treated well by staff in the prison. "He said they're not being mean to him or anything, they've treated him with respect, everyone has been respectful." (*USA Today*, Maria Puente.) Cosby could be released from prison in 3 years with his good behavior.

Photo Credit: Huffington Post





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## Machine Gun Kelly and Eminem Beef

*K. Hale*

In this past month, many relevant rappers have dropped albums, but one of them stands out more than the others. The album *Kamikaze*, written by Eminem, or his real name Marshall Mathers, has been a big hit since it came out on August 30th, 2018. The album was 11 for 11 on the Billboard charts the week it came out. In this

Photo Credit: Getty Images

album, Eminem takes shots at and mentions many rappers including Lil Yachty, Hopsin, Lil Pump, Lil Xan, Lil Wayne, Logic, NF, Machine Gun Kelly, and many others. The important one here is Machine Gun Kelly. In 2012 MGK posted a tweet on twitter that said "Ok, so I just saw a



picture of Eminem's daughter... and I have to say, she is hot as [smoke], in the most respectful way possible cuz Em is king." This tweet was the start of the beef between MGK and Eminem. Tech N9ne released a song on March 1st, 2018 with Machine Gun Kelly where he dissed Eminem saying that Eminem isn't a rap God. In the new album that Eminem released, there is a song called "Not Alike," which is a complete diss about Machine Gun Kelly. Eminem mentions the tweet that MGK posted in 2012 and goes on to diss him and saying he shouldn't have to team with Tech N9ne to diss him.

Machine Gun Kelly heard this diss and posted a video to twitter where he is listening to the song and popping champagne. He then released a song on September 3rd, 2018 called *Rap Devil* in which he responds to Eminem by dissing him once again. Eminem did an interview saying he wasn't sure if he would respond because he did not want to give MGK anymore publicity. Because Eminem is referred to as the "Rap God," he did release another track called "Killshot" in response to "Rap Devil." This track did shut MGK up. In "Killshot" Eminem says he would "rather be 80 year old" him than 20 year old MGK. Machine Gun Kelly did an interview saying that he couldn't respond. It is unclear at this point if MGK will drop another diss, but he is getting both hate and clout from the nation.



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