



The

# GAUNTLET

For Teens By Teens

**ISSUE 1**

September 2022



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Moises Ledesma - Guest writer

## Letter From The Editor:

Greetings fellow Knights! I salute you for picking up this most valued first edition of The Gauntlet. We have been striving exceptionally hard to make our first issue of the year the most exciting and enjoyable issue it could possibly be! Please, take your time to peruse through these pages and learn something new. We all look forward to your enjoyment. Enjoy!

**Disclaimer:** Some articles may contain sensitive content.



# Spiritual Corner

by: Will Lebrun

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Sometimes Scripture goes deeper than we think, and often you may have to search to find those sections.

We often consider gems precious and valuable. Likewise, Scripture contains some very important aspects that we may not notice. Tag along with me weekly to explore the treasures of Scripture and the knowledge that lies deep inside.

Today, let us begin to examine the Twelve prophets to see what some of their books hold for us.

First, let us start looking at the shorter books of the Twelve prophets. The sections or books of the Twelve prophets, in no particular order, are Malachi, Haggai, Zechariah, Hosea, Joel, Amos, Nahum, Jonah, Micah, Obadiah, Zephaniah, and Habakkuk.

These twelve books are different lengths, so we will look into Obadiah, Haggai and Zephaniah to begin.

## Obadiah

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In Obadiah, we see that Edom, a nation descending from Esau, has judgment decided upon them for their actions toward the descendants of Jacob. To see more into this, Heavenly Father commands the Israelites not to attack the Edomites in the Torah because they are descendants from Isaac as well and therefore like brothers. This shows us why he judged Edom when they did not help the descendants of Jacob in the day of their calamity. Therefore, we should have care for each other, as we are not certain who is a born again brother, mother, or sister in Jesus Christ.



## Haggai

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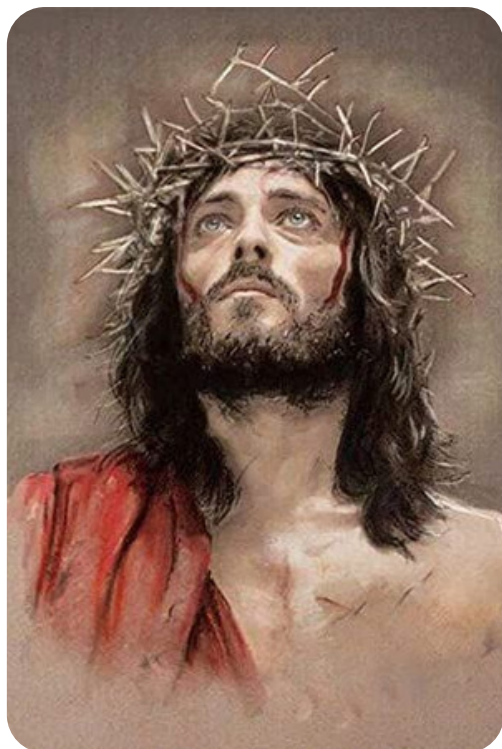
In Haggai, we see those exiled from Judah being warned by Haggai to both rebuild the temple in the first chapter and encouraging Zerubabel as well as warning the priests in the second chapter. This should show us that we should care for the things of Heavenly Father, strengthen others, and correct and warn those living in unrepentant sin.



## Zephaniah

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In Zephaniah, we see often in Zephaniah the themes of judgment and reward, where the righteous are rewarded and the condemned are judged. Therefore, we should seek to warn others when they live in unrepentant sin and to train ourselves to avoid doing so.



Those are three of the Twelve we will be going over in the next few months. Next month, we will be going over Joel, Nahum, and Jonah. To see more of each of the three books from earlier, feel free to get into your Bible and read away!

Please make sure you check in to our spiritual corner next issue, and as you read remember...

***GOD LOVES YOU!***



- College trip for seniors on September 23, 2022
- homecoming football game on September 23rd
- homecoming dance September 24th at 7:30 p.m.
- the NHS (National Honor Society) induction in the Convocation center at 6:30 p.m. on the 27th
- Principal Social on the 28th at 6:30 p.m.
- In the cafeteria on the 28th Our Lady of the Lake University and Texas A&M University Corpus Christi

## Sports

- Varsity Volleyball game at 6:30 p.m. with JV at 5:30 p.m, September 22nd here against Veritas Academy.
- Both Varsity and JV teams play at John Paul II Corpus Christi in Corpus; times to be announced.
- On September 29th, JV Volleyball against Incarnate Word here at Holy Cross, 5:30 p.m.
- The Homecoming football game here at 7:00 p.m. on September 23rd.
- On September 30th, a varsity football game here against YMLA at 7 p.m.
- For JV, football games on September 22nd at 5 p.m. at Geneva School of Boerne, and on September 29th at 5 p.m. against YMLA at YMLA.



- Next month on October 2nd, The Witte Museum will have another STEAM (science, technology, engineering, art, and math) with a focus on Fabulous Fibers at 1:30 p.m.
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- At the McNay Museum on Thursday, October 13th between 6 p.m. and 9 p.m., enjoy live music, art, and food.

# Entertainment Sports



## College Football Kicks Off by: Anthony Moreno

It's finally here! After a long summer, the College Football season has kicked off! I've got all the scores for the first and second week of the season!

### Heart-breaker In San Antonio

Even after their impressive 12-2 season and Conference USA championship victory, The UTSA Roadrunners managed to lose their home opener against the number 24th Houston Cougars in triple overtime 35-33. UTSA's quarterback Frank Harris averaged 337 yards, 3 touchdowns, and 28 completions. Receiver Joshua Cephus averaged 107 yards, 7 receptions, and 3 touchdowns.

Houston's quarterback, Clayton Tune, had 22 completions, 206 yards, and threw three touchdowns. Receiver Nathaniel Dell only averaged 50 yards and 2 touchdowns.

UTSA went scoreless throughout the first

quarter but managed to jump to a lead of 14-7 at the half. Still, by the end of the fourth, UTSA was down by 3 thanks to a field goal by Bubba Baxa with only 23 seconds to go. UTSA refused to give up though, and after a drive of 55 yards, kicker Jared Sackett kicked a 37-yard field goal to tie it up.

The game went through a total of three overtimes, but eventually Tune made a rush and converted. An incomplete pass ended the night for the Roadrunners and Houston prevailed 37-35.

## Buckeyes Reign Supreme



A highly anticipated matchup between Notre Dame Fighting Irish and Ohio State Buckeyes took place in College Football's season opener on Saturday. In the first quarter, Ohio State led 7-3, but the Irish fought back and led 10-7 at the half following a one-yard rushing touchdown by Audric Estime.

Ohio went through a scoreless second quarter and nearly went

scoreless through the third, if it hadn't been for quarterback C.J. Stroud, who completed a pass to receiver Xavier Johnson for a 10-yard gain. On third down, Stroud threw another pass to Johnson, which ended up leading to a 24-yard touchdown. With only five minutes left in the fourth quarter and holding onto a 14 to 10 lead, runningback Miyan Williams ran for a two-yard touchdown to extend the Buckeye's lead and defeated the Fighting Irish 21-10.

## Thriller in New Orleans

After a dominant 47 to 7 victory over Duquesne Dukes, the Florida State Seminoles traveled to New Orleans to face the LSU Tigers. After 4 minutes of no scoring, the Tigers drew first blood thanks to a 36-yard field goal by kicker Damian Ramos. LSU held on to a 3-0 lead until the end of the first quarter.

Two minutes into the second quarter Seminoles quarterback Jordan Travis completed a 39-yard touchdown pass to wide receiver Ontaria Wilson. After multiple changes in possession and multiple plays, the Seminoles led 7 to 3 at halftime.

By the third quarter, Florida state led 17-3 thanks to a 25-yard field goal from kicker Ryan Fitzgerald and a 27-yard touchdown pass from Jordan Travis to Ontaria Wilson.



With just a few minutes remaining in the fourth quarter, the Tigers trailed 24-17. They desperately needed a touchdown and a turnover to force overtime and eventually they got it. The Tigers produced a 99-yard drive and a 2-yard touchdown by Jeray Jenkins following a Seminoles turnover at the goal line. LSU needed an additional point to tie it up, and since they ran out of timeouts, all the pressure was on kicker Damian Ramos. Ramos's kick went a good distance, but it was blocked, and Florida State came out on top 24-23.

# Music



## White Pony Album Review by: Anthony Moreno



In the late '90s and early 2000's, Nu metal was all the rage. Bands like Korn, Limp Bizkit, Coal Chamber, and Linkin Park were taking over the mainstream media. However, a band that many people often overlook that led to acts like Limp Bizkit and Linkin Park is Deftones.

Formed in 1988, Deftones consists of vocalist Chino Moreno, guitarist Stephen Carpenter, drummer Abe Cunningham, keyboardist Frank Delgado, and bassist Chi Cheng. After their two successful albums "*Adrenaline*" and "*Around The Fur*", the band was looking to do something different from their first two albums. Chino Moreno also had issues with the band being labeled as "Nu Metal."

***"It's all on record. We told them not to lump us in with Nu Metal because when those bands go down we aren't going to be with them." -Chino Moreno.***

These desires birthed the unique album "*White Pony*". For the first time, vocalist

Chino Moreno didn't write songs about himself. Instead, he came up with story lines and dialogue. *White Pony* is more diverse than all other albums in the Deftones catalogue. The heaviness of "Feiticeira", "Elite", and "Korea" carry the album, while the slow and more melodic songs such as "Digital Bath", and "Passenger" help balance the album out.

The biggest hit off this album and the one most fans will instantly recognize is "Change". The song can be taken literally as someone watching another person transform into a fly, taking them home and pulling their wings off. Moreno has also stated that the song reflects on a troubled relationship from his past.

***"I watched a Change in you. It's like you never had wings."***

In my opinion, this is Deftones' best album. It's a tasteful combination of heavy and melodic music, and it's an album I'd recommend to anyone that's new to Deftones.





## Frogstomp - Album Review

by: Kyan Flores

Silverchair's debut album, *Frogstomp*, is an album made of childhood innocence and the teen angst that was so popular in the 90's. Written when the members of the band were only fourteen and released only a year later in 1995, *Frogstomp* was able to accomplish more than some bands with members ages twenty and thirty can only dream of.

Upon its release, *Frogstomp* gifted the young Australian band with huge commercial success overseas, which eventually sailed over to the U.S, landing them a performance on Saturday Night Live. It could be said that the band's success was only possible due to the Grunge movement they were living in. The love of flannels, ripped jeans, and greasy long hair seemed to be carved into everyone's brains at the time, but to say the band's success was just dumb luck is unfair.

While the song writing may not be seen as genius, or up to par with the bigger bands that were out at the time, you can't deny that it's honest. It's three teenagers with instruments playing music. There is real effort in this album that can be heard through lead singer Daniel Johns' voice

alone. It's not the best singing by far, but Johns' sings with intent, as if the words he's releasing have been trapped within the cage of his mouth.

The lyrics John's delivers in his soft yet fierce voice are lyrics that are surprisingly mature for the age he was when he wrote them. He tackles the effects of war ("Pure Massacre") depression and anxiety("Shade"), while still managing to write classic, distortion heavy Grunge. There are some songs where the lyrics are extremely weak ("Undecided", "Cicada") but again, they were young when they wrote them, and if you listen to the albums that follow this one, the improvement is obvious.

*Frogstomp* is honest, stained with passion, and gleaming with heart. It's a piece of work that inspires me everytime I listen to a song on its tracklist, and for a trio of fifteen year olds, it isn't half bad.

Rating: 8/10



# Books

## *Pet Sematary* - Book Review

by: Kyan Flores

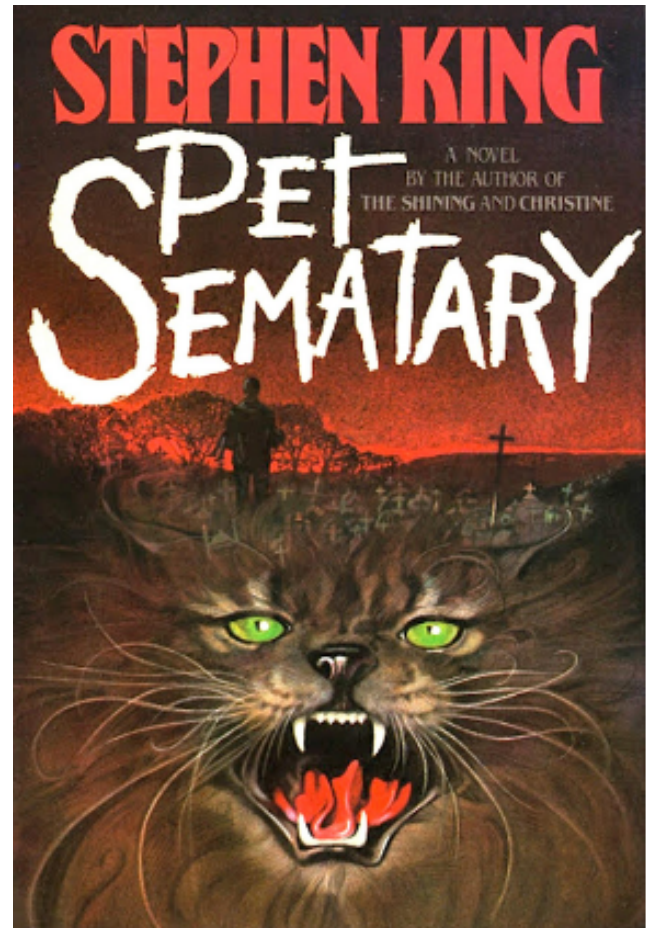
Written in 1983, *Pet Sematary* is the novel Stephen King himself still labels as the most disturbing piece of work he's ever released. Hidden underneath an Indian burial ground is a story much deeper than what King lays out on the surface.

The story follows Louis Creed and his family, who moves to Ludlow, Maine and discovers an Indian burial ground in the woods behind their home. It's a place that holds a tempting power, which Louis must decide whether or not to wield.

It's easy to get lost in this book, with King being the imagery master he is. There are sentences within the pages of this book that will leave your mouth hanging open as you read, by how grotesque and descriptive they are. King makes it easy to see the images he wants you to see, beautiful or horrific.

As I read though, I realized it was just as easy for me to be blinded to the deeper meaning in this book as it was for me to get lost in it. Yes, this book is about a haunted place, but behind it's horror makeup, it's really a story about grief and how striking the tragedy of death can be to someone's heart.

When death enters the Creed family, Louis is tempted to use the Indian burial ground's power of reincarnation, despite the consequences that go along with it. Now, when I was reading, there was part of me that thought Louis was just being foolish, and he was being so simply for the sake of the plot, but of course someone like me would think that. I've been fortunate enough that I haven't yet gone through the loss of a loved one. I've never really been in Louis's



shoes, but maybe you have. If so, I think this book will strike your heart even harder than it struck mine.

Though I lacked some understanding during my read, I still loved this book. The premise is another one of those by King I wish I came up with first. I love stories with a meaning, and this story definitely has one.

If you had the power to play God, if you had the power to bring someone you loved back from the dead, would you?

Rating: 9/10

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# Poetry

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Blah Blah Blah  
by: Anonymous

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**A**lways lying and never apologizing  
Did we ever get one phone call after it happened  
I would hope so  
But I think not  
Feeling hopeless and abandoned  
Tears running down my face  
Thinking what could I have done better  
Anger like scorching water  
Thinking hotter  
I'll do better next time  
If there even is a next time  
Blah blah blah

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**T**he mourns are meeker than they were,  
The nuts are getting brown;  
The berry's cheek is plumper,  
The rose is out of town.  
The maple wears a grayer scarf,  
The field a scarlet gown.  
Lest I should be old-fashioned,  
I'll put a trinket on.

**FUN FACT: DID YOU KNOW THIS IS THE ONLY  
KNOW PICTURE OF EMILY DICKINSON?**

Colors and Life  
by: Anonymous

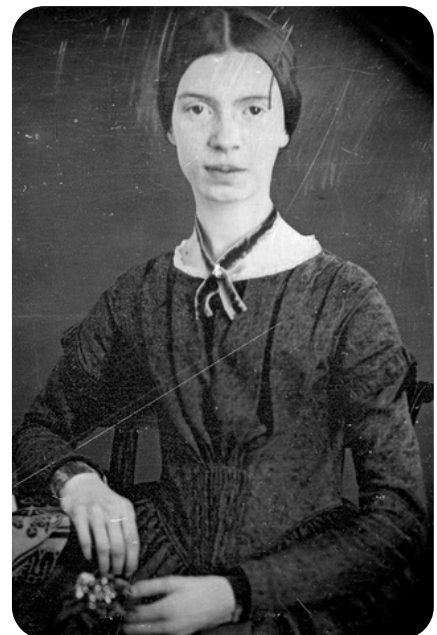
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**T**he flaps, the wings, the colors  
The effects, the faces, the legs  
Crawling on me, touching me  
Their faces looking at me  
Can they just go away?  
They sprout from this shelter  
It's like a new life is formed  
From a past life  
A new and different life begins  
Beginning, middle, end  
In some weird way they bend

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**Featured Poet:**

*Emily Dickinson*



# Crafts

by: Michelle Crockford

## Pine cone Hedgehogs

### Need:

- 1 Pine Cone
- Sculpey Air dry clay
- Gray or orange paint
- Black paint
- Oval googly eyes or buttons



Step 1: Shape sculpey to a pointed nose. Make it narrow on top and leave little dents for the eyes

Step 2: Make 2 small straight tubes for the front legs, wider at the top and narrow at the bottom.

Step 3: Make 2 more longer legs for the back. You will bend the leg forward (towards the nose of the hedgehog. The back legs will be wider.

Step 4: Attach the legs, and head to the pine cone. The head goes on the tip and the legs face forward (to the nose)

Step 5: When sculpey dries, paint it orange or brown. If you are painting the eyes on, leave white space to do so.

Step 6: Glue your choice of eyes in the dents on the face.

Step 7: Paint a small black dot for the tip of the nose.

*Look  
Similar?*



# Health



## Precious Minds by: Gianna Felan

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Being overwhelmed with emotions before an important competition is a feeling every athlete has experienced at one point. That anxious anticipation is something all athletes feel, and many use this feeling to their advantage to perform at their best. Unfortunately, this isn't the case for all athletes. Most athletes don't like to admit they need help because they don't want to appear vulnerable. So, if you're an athlete that struggles with anxiety, here are some simple tips you can use to relieve you from the pressure of performing.

Although training is a very important part of being an athlete, it's good to take a step back from practicing every day. Specifically focusing on training makes us lose sight of the things we value the most. It's okay to give yourself a break and prioritize other things such as school, family, friends, and jobs. Taking time for ourselves increases happiness and better stress management.

Distracting yourself by spending time with your family and friends also helps lower stress levels. Surrounding yourself with people who have a positive impact on your life helps you forget your problems. A relaxed mind

enhances concentration and productivity.

Music is also an important tool many use to escape their problems temporarily or help them feel a certain way. Everyone handles their stress differently, but I highly recommend listening to music to help reduce anxiety and improve your overall mental health.

Taking care of our mental health is just as important as treating our physical health. Similar to how we need to take time to heal from an injury, we need to take time to recover from stress, anxiety, or trauma. Meditating, journaling your thoughts and feelings, and spending time in nature are other activities that help ease your mind.

Feeling stressed is inevitable, but practicing self-care methods is an effective way to relieve yourself from it. Mental health is important to take care of, especially for student athletes. Balancing multiple things and trying to perform to the best of your ability at practice and games can be overwhelming, so please, take care of yourself, because when you feel good, you play good, and in order to feel good, you must have a tranquil and positive mindset.

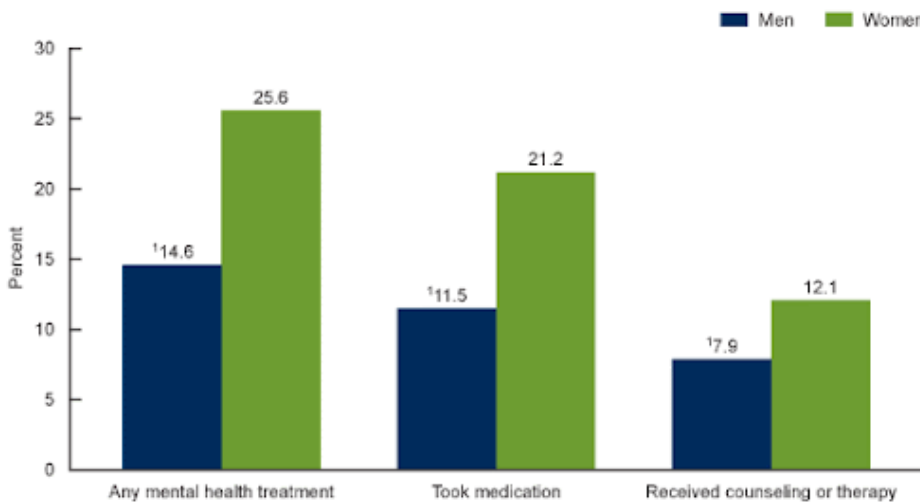
# Men's Mental Health

by: Moises Ledesma



Mental health is a serious topic in society, but men's mental health is not being talked about as much as women's. There's nothing wrong with checking on women's mental health, but what about men? Men's mental battles sometimes go overlooked.

It's hard for some men to talk about their mental health. A recent study shows a little over one in four women (25.6%) received mental health treatment in the past 12 months, compared with 14.6% of men. This clearly shows that men are less likely to seek help than



women.

There is a stigma attached to men seeking help. Men don't like to get help because they think it is a sign of weakness. Men also fear asking for help because of pride. They do not wish to feel embarrassed. When men feel they don't have help, that is when their mental

health becomes exponentially worse. It is not that men do not want to talk to someone. Sometimes they just don't have anyone to talk to. We shouldn't neglect anyone that is dealing with mental health issues. An act as simple as talking to someone for five minutes may save their life.

Men's mental health is a topic that gets little recognition. We all need to do better and make sure everyone is doing well mentally. If you notice someone looking distracted or bothered, don't be scared to check up on them, especially the men in your life.