

**The**

# **Gauntlet**

**For Teens by Teens**

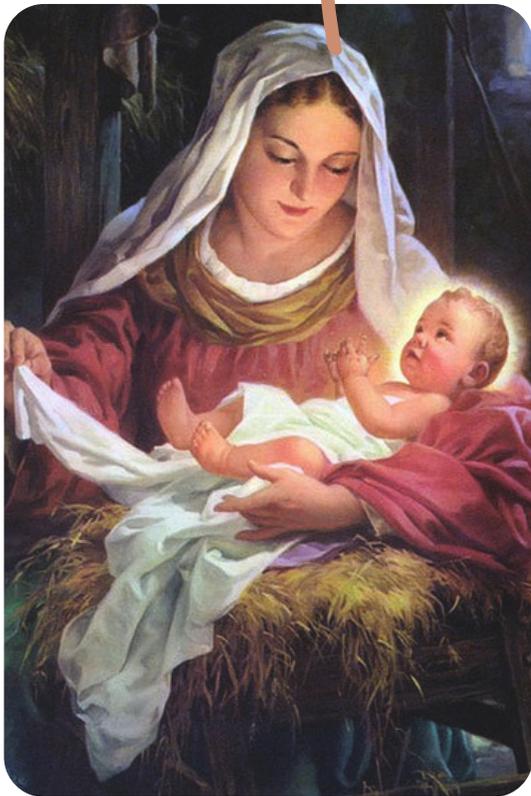


**Issue 4**

**December 2022**

# Spiritual Corner

by: Will Lebrun



**Welcome to Spiritual Corner! Last week, we** covered three more of the minor prophets, which were Habakkuk, Micah, and Zechariah. Today, we will go over the writings of the last three minor prophets we have left to cover: Hosea, Amos, and Malachi.

## Hosea

In Hosea, we see a rebellious Israel who turns away from their provider and keeper. Israel is compared by analogy to an unfaithful wife. However, Hosea exhorts the people to turn back even though they have abandoned their Father.

## Amos

Amos was a shepherd who was called to preach to and on the kingdom of Israel, as well as on their sin. Amos sees multiple punishments the Father is considering and even intercedes on behalf of Israel against the first two. However, their punishment is decided. They are like a plumb line with rotten fruit, according to the Lord.



## Malachi

Malachi is different from these first two prophets in that he is preaching after the fall of Israel and Judah. He exhorts the people to worship the one true God, to not put themselves before him, and to await a messenger who would come to straighten the path of the Lord.

# Saints

by Michelle Crockford

## St. Francis Xavier

- Feast day: December 03
- Patron of Catholic missions, African missions, Goa in India, China, and missions.
- St. Francis Xavier was a missionary born on April 07, 1506 in the kingdom of Navarre. He was encouraged to become a priest by St. Ignatius of Loyola. He formed the Jesuit order and traveled to the Holy Land, India, Japan, and China. He died of fever on December 3, 1552.

## St. Nickolas

- Feast day: December 06
- Patron of bakers and pawnbrokers.
- Otherwise known as "Santa Claus" (German for Saint Nickolas). Nickolas was the bishop of Myra. He performed many miracles and lived out his faith with great zeal and joy, giving all he had to those who needed it but also being present to condemn Arianism at the Council of Nicaea. He was imprisoned during the persecution of Diocletian but later freed. He died and is said to be buried in his cathedral.

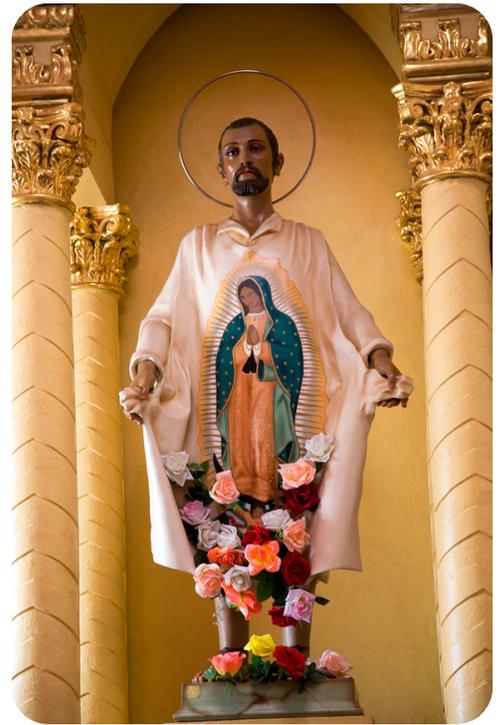
## St. Ambrose

- Feast day: December 07
- Patron of beekeepers, beggars, learners, and Milan.
- St. Ambrose is one of the original four doctors of the church. He was born around 340 AD in present day Germany. He was originally a governor with his headquarters in Milan, and later the second capital of Italy. Following the death of the bishop of Milan, the people called on him to be the next bishop, even though he was not baptized. Ambrose hid but was later baptized and made bishop of Milan. Ambrose donated all his land and gave his money to the poor. He baptized St. Augustine and attempted throughout his life to put an end to Arianism.



## St. Juan Diego

- Feast day: December 09
- Patron of Indigenous people.
- St. Juan was the first indigenous saint from the Americas. He was born in 1474, and in 1524 he and his wife converted to Catholicism. On December 9, 1531, Our Lady of Guadalupe appeared to him on Tepeyac Hill and asked that a temple be built there in her honor. After much persistence and the miracle of the Tilma, the chapel was built on the former pagan site, and Juan Diego remained in a hermitage on Tepeyac Hill for the rest of his life until his death December 9, 1548, the 17th anniversary of the first apparition.



## Our Lady of Guadalupe

- Feast day: December 12
- Patroness of the Americas.
- Our Lady of Guadalupe appeared on December 9, 1531 to St. Juan Diego, a humble farmer and laborer. She sent him to the bishop to ask that a temple be built on Tepeyac Hill in her honor. She healed Juan Diego's sickly and dying uncle, made roses grow in winter, and miraculously left her image on the Tilma. More miracles are also associated with the Tilma and Our Lady of Guadalupe.



## St. Anastasia

- Feast day: December 25
- Patron of people suffering from poison, martyrs, and weavers.
- St. Anastasia is also known as "deliverer from potions". After the death of her father, she was married to the pagan Publius. However, she remained a virgin. She lived during the Diocletian persecution and would feed, doctor, and care for suffering captives. Following the death of her husband, she distributed her land to the suffering and was less fortunate. She continued to serve captured Christians. They attempted to martyr her several times until she finally died from being burned alive.

# Entertainment

# Sports



## Holy Cross Knights 2022 Football Season Interview

by: Anthony Moreno

**Our school's football season is over, and I decided it'd be nice to hear from a few of our players. I was able to speak with three of our star players. Joe-Angel Perez, Xavier Garza, and Josue Lerma.**

First question. Let's go back to the beginning of the season. Going into it, what were your expectations? How did you guys think you would do when that schedule came in?

**(Joe-Angel Perez) We felt confident going into the season, feeling like we had something to prove after a second-round exit last year.**

**(Josue Lerma) If I am being completely honest, I did not think we were going to make the playoffs. None of us really had any bond with each other, and there were no leaders on the team to step up, yet. We had meeting after meeting talking about how someone needed to step up and lead the team. Coach Harrison and Coach Salas would bug us on how this team was not going to get far if we didn't have any discipline. It was a very rough start, but this year my coaches, my buddies, and the sacrifices I had to make made me realize that football is not just a sport. We built each other up, and everyone on the team all had the same goal, and that was to win.**

**Toward the end of the season, coaches would tell us how this team was the most disciplined and the best team they had coached in a while, but this all happened because we all worked together and wanted to see each other succeed.**

We know about the HC New Orleans game and how it ended, but was there any mental or physical pressure before the game?

**(Josue Lerma) Going into the game, we knew this was the toughest game we were going to play all season. They had way more talent than us, and we all knew that, but the most important thing that we were going to do was compete with effort and not give up until the clock hit zero.**

What was your favorite game you played this season?

**(Xavier Garza) My favorite game of the year was against HC New Orleans because it was our first "bowl game" against an out-of-state team, and it prepared us for the rest of the season by demonstrating how we all had to push ourselves to become better players and teammates for one another.**

What's the most challenging part of being a student-athlete? What were some of the sacrifices you had to make?

**(Josue Lerma) I had to play through injuries and pain in some games because I knew if I were to not play I was letting the team down and in the end, all we wanted was to win. It was hard having to get home late at night and still have homework to finish. There were times when I would go to sleep late because I needed to pass. Failing was not going to just hurt me but the team as well.**

When your name was called to receive that award. What was going through your mind?

**(Josue Lerma) I was proud of myself, but most of all, I was grateful for my teammates. Without them pushing me to do my best during practices and having so much confidence in me, I don't think I would have been able to stand up there. I'm thankful to be awarded for 2nd Team All-State, but now I'm on a mission. I hate not being first so now I know what it will take next year to stand up there and be called for 1st Team All-State. None of this is going to be possible if I don't get my teammates to be the best they can possibly be.**



# Jesse Martinez Interview

by: Michelle Martinez

**A few days ago I interviewed Junior, Jesse Ramirez, class of 2024. Jesse has a loving passion for basketball and has been playing since he was three years old. I came up with some tough questions so I could get his views on his favorite sport.**

What made you play basketball?

**Basketball has always made me feel like myself, no matter where I was or what court I was on. I could express my feelings and emotions through that hoop and orange ball.**

What's the best part about practice?

**When it comes to practice it really just depends on how our team energy is that day. We could either walk in and get work done and lots of shots up, which is a good day of practice, or we could come in being goofy and not focus on tasks. When this happens, coach has us doing seventeens (running up and down the court seventeen times) until we throw up.**

Do you like playing against extremely good teams or "knowing you have it in the bag" teams?

**Sometimes we love walking into a game knowing we got it in the bag and having positive energy all day. This only keeps us content, we don't get any better being comfortable. We have to get used to being up against teams way better than us, so I'd rather have it the hard way and have us play harder teams, knowing we're getting better even if we're losing by twenty plus.**

If you don't do good in a game, how do you change your mindset to do better next time?

**Personally, I'm really hard on myself. There's too many times where I had a terrible game and wanted to quit and never pick up a ball again, but over time I've realized it's me vs me; nobody's stopping me from having a bad game but myself. It's just a lack of focus in practice or not getting enough shots up before a game. All those little things add up, so being consistent is key.**

Do you get nervous when certain people go to your games?

**I used to get really nervous and scared when certain people came to watch me, and there were multiple times where I would mess up in front of them, but that's no longer the case. Sometimes you just have to tell yourself you're meant for these things, especially in bad situations. There's a deeper meaning behind it, like who are you doing it for, so lock in and do work.**

# Music



## Onlap - *Fifteen* Music Review by: Anthony Moreno

**You might be saying, "Rock is dead." If you're Gene Simmons of Kiss who's been preaching rock's demise, you are you're completely wrong!** These guys from France are living proof that rock is still alive. I'm talking about the copyright-free kings themselves! I'm talking about ONLAP!

Formed in 2006 in Paris, France, ONLAP consists of dual guitarists Pierre and Florian "Flo" Maume, vocalist/guitarist Guillaume Martin, bassist Franck Renoux, and drummer Raphaël Coelho. The band released their debut EP. The band, was influenced by other alt-rock bands such as Linkin Park, Papa Roach, and Story of the Year.

The album we're talking about today, "Fifteen" was released on January 15, 2021. Lyrically, the album is a bit different from their earlier work.

The opening track "Monday" is about, well, Mondays. The second song "Fight", according to the band, "was meant for gaming," but in my opinion, after reading the lyrics I feel like this song is about humanity's downfall and how we created "monsters" in the real world. The third track, "Motivation Song" is, as the title suggests, about motivation. The lyrics tell us to keep our strength every day, break away from fear, and never give up.

Track four, "Turn Around," is an interesting song. In my opinion, this song is about a couple on the verge of breaking up. The song's opening lyrics appear to be the narrator telling his lover how their last night together is fading and how he feels it's led nowhere. He convinced himself that the relationship was over and that he had nothing more to give. As the song progresses, it feels like the point of view shifts, and we're thrown inside our narrator's lover's head, who wants to figure out how to make this relationship work. Track five is a cover of Linkin Park's "Numb".

The sixth track, Miracle, I believe, is about humanity's position and how we ignore the waves and fire. The song reflects how society doesn't care about issues until it's too late and how we hope for a miracle.

Track seven, "Rock Ain't Dead," is one of my favorite songs on the album. The first verse appears to be a rallying cry for other rock artists as well as an attack on mainstream media that claims "rock is dead." As the second verse begins, the band references the different styles and sounds of rock. Guillaume says Onlap will keep rock alive until the end of time.

Track number eight, "My Playground" is basically a song about a playground and how it's a metaphorical "home" to the songwriter. The final two tracks are AMV remixes, which I've never been a big fan of. Overall, this album is great! Aside from the remixes, Onlap delivers on this one! 9.8/10



## One On One - Flo Of Onlap by: Anthony Moreno

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Welcome back to the One On One! You're chilling with yours truly, Anthony Moreno, and this month my guest is Florian "Flo" Maume, founder and member of the alternative rock band ONLAP.

How did you guys start out? Why did you guys choose the name ONLAP? Does it represent anything?

**We started in 2006, in college, among friends. It was the golden era of rock and metal at that time. The first members of ONLAP were myself and Franck, and later Andrea and Pierre, who were close friends, joined. As for our lead vocalist, Guillaume, we actually discovered him through YouTube. We knew that we needed to have him be our vocalist. Soon enough, he joined us. We all had the same dream of creating our own rock band. We chose the name ONLAP because it represented something in geology and because it was original and hadn't been used by anyone, but it has no other meaning in philosophy or anything else.**

What's the best show or tour you've played in your fifteen years of being a band, and why was it so special to you?

**Wow! Tough question! We played at the Trabendo in Paris in the presence of many of our friends and family. It's a great venue here in France, and the atmosphere was great. The most recent dates are also great memories because we meet a lot of fans with whom we take pictures with and have a good time. It's really great.**

Who are some of your favorite tour partners or collaborators that you've worked with so far?

**We played a lot of gigs back then, but now it's quite rare because we focus a lot on producing and releasing music (We released 6/8 for ONLAP last year, 10/12 covers for our side project YOUTH NEVER DIES in the last year) and have collaborated with many artists around the world. So it's more about the different studios we work with and all the amazing artists and people we've met along the way, like *Micki Sobral, Nick Eyra, Halocene, We Are The Empty, No Resolve, ANKOR*, and many others. We're discovering amazing talent, and every song is a real pleasure to start, finish, and release, and we chat with everyone on our social media to get feelings and opinions about each one. It's important for us to share something with each new song because we are above all children who have a**



**passion for rock/metal music and have never stopped listening to it.**

What is your favorite song to play live?

**That's a difficult question too. Lately, I think "*Freak Like Me*" or "*Mondays*" are the songs we like to play live the most.**

What's been your favorite moment or achievement in the band so far?

**Receiving the gold record for our single "The Awakening" last year was a great, emotional moment that we were able to experience as a group. It was a great celebration for all of us. We also love all the moments we spend together, like rehearsals, video shootings, being backstage before shows, and simple moments when we're just together. As we now live far from each other, those moments are rare and precious.**

Well, thank you for doing this, Flo. It was an absolute blast and an honor doing this! I can't wait to hear the new music in 2023.

**Happy to answer those questions! Thanks for thinking about us, Anthony!**

ONLAP's new single "Lonely," featuring Halocene, is out everywhere right now on Apple Music, Spotify, and YouTube. Thank you guys for reading this. I'm Anthony Moreno, and I'm out of here! Peace!



# Food



## Shake Shack - Food Review

by: Michelle Martinez

**I know it's very cliché, but sometimes** American food just hits different. The fries and greasy burgers are just what you need after a huge game day! Recently, I visited Shake Shack. Shake Shack has many chicken bites, burgers, hot dogs, and most importantly, shakes for dessert. It was better than any Chick-FL-A nuggets I've ever had, and any Whataburger burger.

The two thousand calories eaten to refuel my body after a long school and game day puts me straight to sleep. I know this isn't very "soccer diet" of me, but it was the best. With a very bloated stomach and sleepy brain, I also tried the chocolate shake, and OF COURSE everything was overall 15/10. I'm glad it isn't near my house or I'd be on My 600 Pound Life. I think my next food review will be over salads.





# Poetry

## Soul Connections

by: Emily Ruiz

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I love my space  
I love the time I have in my life for myself  
I love doing things for me & at my own pace  
I love finally loving myself  
All these things I love  
Yet, I never feel whole  
There's a piece missing in me  
For the love I crave to fill it

I crave the love that lets me be myself 24/7  
I crave the love so deep that our love  
Speaks a language beyond human understanding  
I crave a connection so rare  
The universe wont let us a part

I crave the small things that float with these emotions  
Associating every love song I hear to them  
The late night Facetime calls & text messages  
Reminiscing every past moment with them  
& creating imaginary possibilities for the future of us  
Telling my parents about them  
And smiling like an idiot at just the thought of them

I feel as though I crave this feeling of love so much  
Because I've never felt it before  
It's like running a marathon  
Fun and exhilarating,  
Almost feeling like you're at the finish line  
Until you trip over your own shoelaces  
Too embarrassed and confused to how you ended up there  
To even get up  
And that's okay because eventually I got up  
Slowly  
And I will keep loving my space  
My time  
Myself  
Until this love I crave & deserve finds me

## Sock Snowman

### Need:

- White sock, the fluffier the better
- Another sock of your choice
- two rubber bands
- Beads and decorations
- 12" strand of your choice of ribbon, fabric, or yarn
- Hot glue
- Rice



1. Fill your white sock about halfway with rice
2. Take one rubber band and twist it around the top of the sock where the rice ends, compress the rice to form a round shape (the tighter the better).
3. Cut off the top of the sock not filled with rice, don't cut the rubber band
4. Tie the other rubber band one third the way down the "body" of the snowman to form a head. You can make it as tight or as loose as you want.
5. Take your other sock and cut the bottom off of it, you can make it as big or small as you want but make sure it fits your snowman's head. This will be the hat.
6. Hot glue the hat to the head. The hat adds individuality so be creative.
7. Take your choice of ribbon or fabric and tie it around the neck of the snowman in a bow or knot. This will be the scarf.
8. Add beads for the mouth, eyes, buttons, and decorations with the hot glue gun.

## Pine cones - Shiny Edition

### Need:

- Lots and Lots of pine cones
- Silver paint
- Gold paint
- Optional: Glitter gold and silver
- Elmer's glue
- A brush
- Hot glue
- String



1. Fill two cups. One with gold paint, the other with silver paint
2. Dunk the pinecones one at a time in either one and set them to dry
3. Once they have dried, use your brush to brush elmer's glue on the pinecones. (Only the places you want to glitter!!)
4. Sprinkle either of the glitters on them. Let them dry
5. Hot glue a sting to the top of the pine cone to form a loop.
6. Hang them on your tree!