

the Cougar Times

The Student Voice of Juan Seguin High School

Friday, January 29, 2016

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[Class of Twenty Fit-teen: Senior Races to Lose Weight for Graduation](#)

by [Samonni Devine](#) · May 30, 2015 4:00 pm · [0 comments](#) · [Edit this post](#) Views: 12

I can't do this anymore, I thought to myself as I progressed in my attempt of doing 20 minutes on the Stair-master machine after completing an hour on the elliptical.

As my quadriceps constricted repeatedly I wiped the dripping sweat from my forehead, and tried to not think about the overbearing exhaustion.

My adrenaline rushed as my motivation kicked in. I can't fit 95 percent of the clothes in my closet. I am very uncomfortable when I'm wearing anything other than sweats and a sweatshirt. I've been faking this self-confidence when in all honestly I'm clothed in insecurity. I pushed myself harder because I refuse to be an obesity statistic. I'm a week in on my month-long journey to lose 20 pounds before graduation. At the

start of this school year I've gained 30 pounds by stress eating, and not only has it affected my health, but the weight gain has also tarnished my self-esteem.

The first week has been extremely hard because my body has been used to consuming sodium, sugar, and empty calories for eight months. Now I'm restricting myself to water, healthy proteins, fruits and vegetables. I've been extremely hungry some days because of the lack of calories that my body has adapted to over the months.

The constant thinking of calorie intake versus calories burned has made me a little paranoid of the things I choose to eat, but I finally cracked under the pressure and had Taco Bell two days ago. What's a goal reached without a few struggles? I beat myself up about it for a day or two and continued working out and eating properly.

As far as working out, I've been focusing on doing a ton of cardio because cardio accelerates your heart rate, which causes fat to burn. I also do strength workouts about twice a week to keep my muscles strong.

I'm currently 10 pounds away from my 20-pound goal, and I have two weeks left to lose the the last 10. I'm still completely optimistic that I can lose the rest by graduation. The hardest part is to actually find time to go to the gym, and cook for myself. In between work and school eating every three hours is almost impossible. I work at Studio Movie Grill so healthy isn't always available when I'm on my lunch break. This journey has taught me that self-discipline can take you many places.



Protein is used as the main source for weight loss.

The most important thing I've learned is that consistency and patience are key. Weight loss doesn't happen overnight, and taking it one day at a time has helped me not think about my long-term goals that I need to reach. Never give up on being healthy.

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[Dipping Into Debate: Seguin's new UIL club competes for first time](#)

by [Ngoc Vo](#) · March 23, 2015 12:16 pm · [0 comments](#) · [Edit this post](#) Views: 29



Chaunessy Royal, Alyssa Alvarado, and Alexia Rose together during their first UIL meet. (Courtesy photo.)

Senior Alyssa Alvarado stepped into the white, barren classroom. She nervously walked to her chair and set down her research materials. Looking around she only saw four other people, all of which were strangers to her. As her opponent sat down, Alvarado stood up. Unsure of what to do exactly, she began speaking for her case.

“I wasn’t prepared,” Alvarado said. “I didn’t know what I was doing and had to keep asking the judges when I could talk.”

Alexia Rose, another senior and new member of debate, didn’t find her meet any easier.

“The first girl I went against was cruel,” Rose said. “She knew exactly what she wanted to say and she did not go easy at all. I watched a few videos on YouTube to see what it was like, but actually doing it was a completely different experience.”

This year is the first time the school has a debate team. Sponsor Alex Croft, who took part in debate during his high school years, has taken it upon himself to bring this club to the school. On Thursday the debate team will compete in its first district meet.

He wanted to have a debate team because he thought it would be something interesting and fun to do.

“[Debate is] a skill that I think people need in life,” Croft said.

To be victorious, much preparation is needed. It isn't something that students could just come in and wing it, Croft said. It teaches that a lot of effort must be put in to succeed.

"I think the girls learned that when they went to their first meet," Croft said.

Debate is a difficult thing, and while doing it, it feels like being actual lawyers, trying to defend or go against the case, Alvarado said.

Although they prepared, they weren't prepared enough, Alvarado said.

"Even though I didn't win I had a lot of fun," Alvarado said. "I'm glad I decided to join."

Croft said that he glad to see his girls improve every week.

"I'm proud of these girls," Croft said. "They went in and gave their all and I know they'll do a lot better in the future now that they know."

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[He Can't Trump Everyone: Donald Trump Has Yet to Sway This Senior](#)

by [Taylor Meyer](#) · October 12, 2015 4:00 am · [0 comments](#) · [Edit this post](#) Views: 10

So this might be too mainstream considering everybody is talking about him... but I feel the need to express my dislike for the Donald Trump. If he becomes our president, that will set our country back several more years in terms of ignorance than I already feel it is.

I don't even understand the appeal to him. He's racist, misogynistic, and his haircut could be enough for me to vote against him. He hasn't even been in politics before, he owns business and property and what not. How does that qualify him to run a country? Into the ground maybe.

"He's not ignorant, he's just blunt and says what he feels," is what I hear some Trump supporters say. I disagree. There is a difference between saying facts people don't want to hear and telling us that "when Mexico sends its' people, they're not sending their best." He goes on to say, "They are bringing drugs. They're bringing crime. They're rapists."

Every other country already hates America enough. Imagine how they're opinion of us will be when a



Donald Trump
Photo By: Gage Skidmore

conservative stereotype is elected.

I completely disagree with his platform, his beliefs, and just him as a person. If we keep enabling people like this to have a voice in politics, we'll never be rid of ignorance and hate.

Racism isn't an opinion, it's a weakness. It keeps us blind from being able to see the world for what it is: a beautiful, kind place filled with brilliant minds and innovative ideas being created everyday and expressed in dozens of glorious ways. Consider Donald Trump a big, loud, annoying, ignorant mask. Don't let him blind us please.

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[A Promising Friendship: Senior accompanies long-time friend to prom](#)

by [Ngoc Vo](#) · May 28, 2015 1:30 pm · [0 comments](#) Views: 148

The couple stood together in the crowd, eyes on the dancers. They felt the vibration of the music in their ears and bodies as it surrounded them. The girl looked away from the dancers and noticed her date. With the way he looked longingly



Senior Alyssa Alvarado and her childhood friend Ethan Del Cid pose for a picture before prom. Courtesy Photo.

into the circle, she knew he wanted to join in, too.

This was the chance to make the night memorable for him, the girl thought.

“Ethan! Ethan!” she started to chant, despite not knowing anyone.

She gently nudged him toward the circle.

“Ethan! Ethan!,” she continued to chant.

To her surprise, another person started chanting along with her.

“Ethan! Ethan!”

And another. And another.

Soon, the entire room was chanting together.

The crowd made way for the boy to enter into the the dance circle. Senior Alyssa Alvarado knew she did her part in making the night as unforgettable as possible for her date, a “miracle baby” who fought back challenges since infancy just to have a normal life.

In late April, Alvarado traveled to Pasadena, Calif. to meet with her childhood friend of nine years, Ethan Del Cid, and take him to his senior prom.

Alvarado and Del Cid have a long history together as friends which dated back to their days at Marry Jo Sheppard Elementary school in Mansfield.

“I remember I was brand new to Texas,” Del Cid said. “I entered my third grade class and didn’t know anybody. She was sitting at a desk and I went up to her and asked what her name was. She told me her name and introduced me to other people. I then knew from that moment that we would be good friends.”

Although younger, Alvarado saw herself as sort of an older sister to Del Cid.

Del Cid was frequently a victim to bullying. However, Alvarado was always there to look after her “little brother.”

“They just didn’t understand his story,” Alvarado said. “They judged him without getting to know him.”

Del Cid was born six months premature. Weighing at only one pound and thirteen ounces, he was expected to survive, at most, a couple hours. He spent the first six months of his life in a hospital with breathing tubes.

“I didn’t think he was going to make it,” Glenda Martinez, Del Cid’s mother said. “But he kept on holding on to life.”

Even after winning the battle during infancy, Del Cid faced many challenges in his lifetime.

Due to being born prematurely, Del Cid struggled with things like fine motor skills, where he sometimes has trouble buttoning things, and some speech impediments. However he refused to let that stop him from doing what he wanted to. Although he struggled, he always pushed on.

“Sometimes you could see his tears,” Martinez said. “But he would never cry.”

At first his teachers thought it would be best for him to be in a special needs class, but his mother fought against it and he was put into a regular class. Del Cid showed his teachers and everyone else what he was, and is, capable of.

Even with his disadvantages, Del Cid carried on. When others hurt him or when people didn’t believe in him, he proved them wrong. The strength Del Cid possesses is but one of many reasons that he and Alvarado are such close friends. No matter what anyone said or did to him, Del Cid always reacted kindly.

“I look up to him because despite all he’s been through, he has a good heart,” Alvarado said. “[He] taught me to be good to people.”

When Del Cid asked Alvarado to prom, it was as a way to see his friend once again after five years.

“She made me feel blessed because no matter the distance, she still came,” Del Cid said.

Alvarado and Del Cid have a friendship that not even time and distance could pull apart.

“Alyssa is my best friend and a friend I don’t want to lose,” Del Cid said. “She is truly an inspiration.”

The mutual love and respect for each other is shown by the way the two speak about one another.

“He helps me stay close to being a kid,” Alvarado said. “He has so much love for people.

“You don’t get a lot of Ethan’s in this world.”

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Wrestling Down “The Man”: Junior recounts her struggles as the only female on team.

by [Ngoc Vo](#) · February 20, 2015 3:47 pm · [1 comment](#) · [Edit this post](#) Views: 24

She walked up to the mat, chin up and shoulders back, her mind completely set on defeating her opponent. It was her time to shine, she thought.

She stood, already in position. The boy across from her, however, seemed distraught. He shifted around uncomfortably and refused to get on the mat. She rolled her eyes.

“Not again,” she thought as the referee raised her hand.

She sat back down, bitter from her fruitless victory. This was just one of the many times Jhordin Rose won from a forfeit.

Throughout her high school wrestling career, Rose, a junior, faced prejudice while participating in the sport. Oftentimes she was met with much hostility, even from her coaches.

The first time Rose attempted to wrestle, it was at her old high school in Missouri, Blue Valley Northwest. There, unlike at Seguin, wrestling was more of an after-school activity for boys rather than a class. When she first entered the gym, the wrestlers thought she was lost. To their dismay and disbelief, Rose signed up, she said.

“They couldn’t kick me out but they wanted to,” Rose said. “My teammates told me that we don’t normally work out this hard and that the coach was secretly trying to make me quit.”

Since she was the new student, Rose didn’t have many friends to support her. She later had more people behind her when she transferred to Park Hill, another high school in her previous school district. However, although she had support, her friends didn’t really believe in her.

“They just think that wrestling is a male-dominated sport and [girls] just shouldn’t do it,” Rose said.

Even as it seemed the whole world was against her, Rose refused to give up. She refused to give in to the sexism and the unfairness that awaited her every time she mentioned herself as a wrestler.

“I don’t like it when someone tells me what I can and cannot do,” Rose said. “I wanna do this and I am going to prove them wrong.”

The tides in Rose’s life finally shifted when she moved to Texas. When Rose talked to her counselor she ecstatic.

“She told me we actually have a girl’s wrestling team,” Rose said. “I was so happy I didn’t know what to do. I finally had a chance to get somewhere.”

However, not everything changed. Rose still hasn’t had her chance to shine. Because of Texas UIL rules, Rose was ineligible to participate in competition due to her being too “new” of a student. Since she had not yet lived in Texas for a full year, she was unable to compete.

Even with this setback, Rose refuses to back down.

This attitude of hers inspires her new teammates and friends. Freshman Kendall McCleaveland and Teaira Hartfield see Rose as strong and independent.

“Jhordin speaks her mind and perseveres in everything she does,” Hartfield said.

Rose’s friends were awestruck by the strength Rose has, they said.

“She really had the courage to stick it out,” McCleaveland said. “She proves that she does not need anybody to tell her what she can and cannot do.”

After three years of not being able to officially wrestle, Rose awaits her senior year when she can finally step onto the mat and do what she's been fighting for so long. For next year, Rose plans on going down to the 138 weight category and being undefeated and finally coming out victorious.

“Just because [they're] guys doesn't automatically mean [they're] automatically stronger,” Rose said. “It also doesn't mean that they're right. I'm not going to let people put me down just because I am girl.”

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Author: [Ngoc Vo](#)

One Comment

1. *Cat Rose* says:
[on February 20, 2015 at 6:38 pm \(Edit\)](#)

Thank you for writing such a great article about my beautiful daughter!

Catherine Rose



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