



The Gauntlet

For Teens by Teens

Issue 1
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Spiritual Corner

by Michelle Crockford

THE MONTH OF OUR LADY OF SORROWS

Many among Catholics believe that Mary's job raising Jesus was easy but this is a failed concept. Though her life was filled with joy, it was also predestined from the beginning to have many crosses. These seven crosses are highlighted and named *The Seven Sorrows of Mary*.

The image of Our Lady of Sorrows is seen most famously after the Passion and Jesus is laid in her arms. (Her feast day is the 15th of September after the Exaltation of the Holy Cross.) But her first sorrow is at Jesus's presentation at the temple when Simeon gives her his prophecy.

"Behold, this child shall be responsible for the rise and fall of many in Israel, and to be a sign that will be contradicted. And a sword shall pierce your very soul so that the thoughts of many hearts may be revealed." Luke 2: 34 - 35

Have you ever heard the phrase, "it broke her heart"? That all started with Mary. Because of her immense sorrow, the depiction of Mary's Sacred Heart is seen pierced by a sword, sometimes even seven swords. Including: the prophecy of Simeon and Anna at the temple, the Holy family's flight into Egypt, the losing of the child Jesus in the temple, the condemnation of her son Jesus to death, His passion and cross, the retrieval of His body, and finally burying her son.

Though she was perfect, she was not required to say yes to God and accept all that pain; but she did. She experienced sorrow more intense than any other. The disciples watched their Messiah crucified, she witnessed her son but she bore her cross like her son, even as her heart broke, following after her son to the end, awaiting His final return in the resurrection. We walk that road every day of our lives. Our own little calvary. We each have our own crosses and different paths to carry, but the end is all the same and so is the call. Can we follow Jesus to the end, through all the pain, like Mary?



Our Mother of Our Sorrows Pray for us who have recourse to thee, Amen.

Life hurts all, but in September, **we can ask for Mary's intercession to help us along the way.**

Feast Days

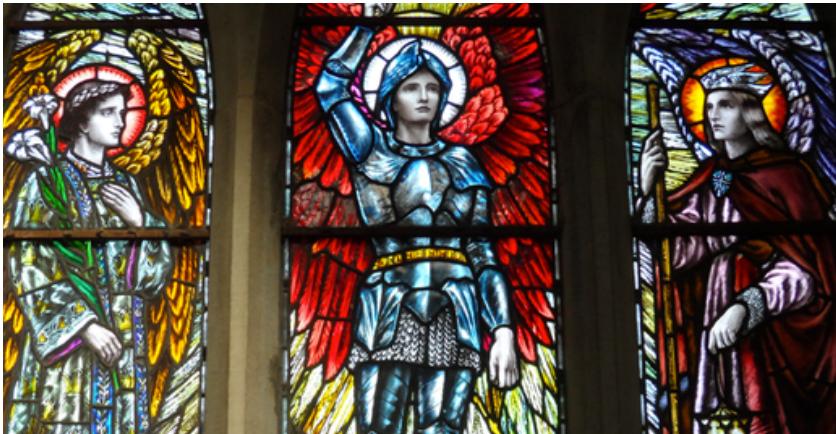
by Michelle Crockford



05 - St. Teresa of Calcutta:

St. Teresa of Calcutta (1910 - 1997) also known as Mother Teresa took her name from St. Therese of Lisieux (the little flower). She is responsible for founding the Sisters of Charity and spent her life in India helping and loving the sick, poor, and dying.

Check out the movie, Mother Teresa: No Greater Love and her spiritual writings published now in countless books.



30 - St. Jerome:

St. Jerome was one of the greatest Biblical scholars of the Church and was the personal secretary of Pope St. Damasus. After the Pope's death, he moved to Bethlehem and established a monastery and a convent.

29- Archangels Michael, Rafael, and Gabriel:

St. Michael: His name in Hebrew means: "Who is like God?" and he is the lowly angel that was sent by God to battle and defeat Satan. He is an example that God, in his omnipotence, can use the weakest to defeat the strongest evils.

St. Gabriel: Name meaning, "God is my Strength" and he is a messenger three times in the bible all the while as a messenger. One of these was the Annunciation, when Mary said yes to God to bear Jesus.

St. Rafael: This is the lesser known of the three archangels. His name means, "God's Healing". The angel Rafael appears in the Book of Tobit where he is seen as a matchmaker and a healer. He is also the patron saint of happy meetings.

For more information on these angels see the movie, St. Michael: Meet the Angel and view various books.



Volleyball Varsity

Our Varsity team has had a fluctuating season so far. With 1 win and 3 losses, they are always trying to improve. Varsity is much “faster-paced,” says Kiara Valdez-Martinez. This atmosphere makes the team more competitive.

Kiara is a Varsity athlete for this year's volleyball team. She believes that because of her position, she has grown into a better player. Since Varsity is “much faster-paced” she believes she is improving quite quickly, becoming a valuable asset to the team. Kiara’s biggest strength is front row and offense; believing her areas of improvement are in back row and court communication skills on court. She keeps the improvements in mind as she strives toward her goal to State and aiming for “at least top four.”



Mia Garcia says that they started off slow but has a firm desire to turn that around rapidly. According to Mia, her biggest strength is her attitude and her serving. She says she is “guaranteed a point” when she consistently serves well. It is that consistency that drives her to focus, honing her skill with countless practices so that she may become stronger. Mia is determined and committed to her goal of making it to State, believing that the games she has lost were “games we should have won.”



Coach Melissa describes the start of the season as “a bit of a roller coaster,” and knowing this, plans on working hard with her athletes to enhance their skills. Claiming that the team's biggest weakness is self-confidence and communication, work will be applied to boost the team’s morale so as to not hinder the mindset and attitude necessary for good performance.

Athletes like Kiara and Mia display their devotion everyday, showing up to practice, focusing on their weaknesses, and simulating in-game scenarios. This is what makes Holy Cross Volleyball so dominant: Their mindset and work-ethic. Through daily vigorous training and practice to perfect their sport, they become better through each game, and it shows. This is what makes volleyball so exciting; the players and coaches that make a team. This is what Holy Cross Volleyball is all about.



The Girls Varsity Volleyball team works so diligently together because of their passion and dedication for the sport. Mia describes the team as very “family-oriented” and gets along well with each other both on and off the court. Strong relationships are what make a strong team.

Junior Varsity

JV had a slow start to this year's volleyball season. With 7 losses and 2 wins so far this season, the team is endeavoring to ameliorate for their next game. There is a need for fundamentals to be implicated in the game for them to be more effective. This is what Coach Melissa and Coach Victoria want to show their players: Without the fundamentals, the game is lost.

Aleina Alvarez started the season off with an ankle injury. Due to this, she was unable to play during some of her games. However, she got right back on the court as soon as possible. Aleina believes her biggest strength on the court is her setting and serves, and her biggest weakness is communication, which is one of the most important aspects of any sport. She recognizes this and has made her first step towards improvement and continues to work hard on it.

Kamila Mendoza is one of the team captains for JV volleyball. Her goal for the season is to get an exceptional record for District. As a team leader, she must keep her own views in mind, but not at the expense of her team. She is a great defender, but believes that her greatest weakness is communication. Kamila knows when game time comes around, the team is always there for each other. Constantly trying to perfect her sport, she shows up to practice to encourage her team and focuses on skills for the game.

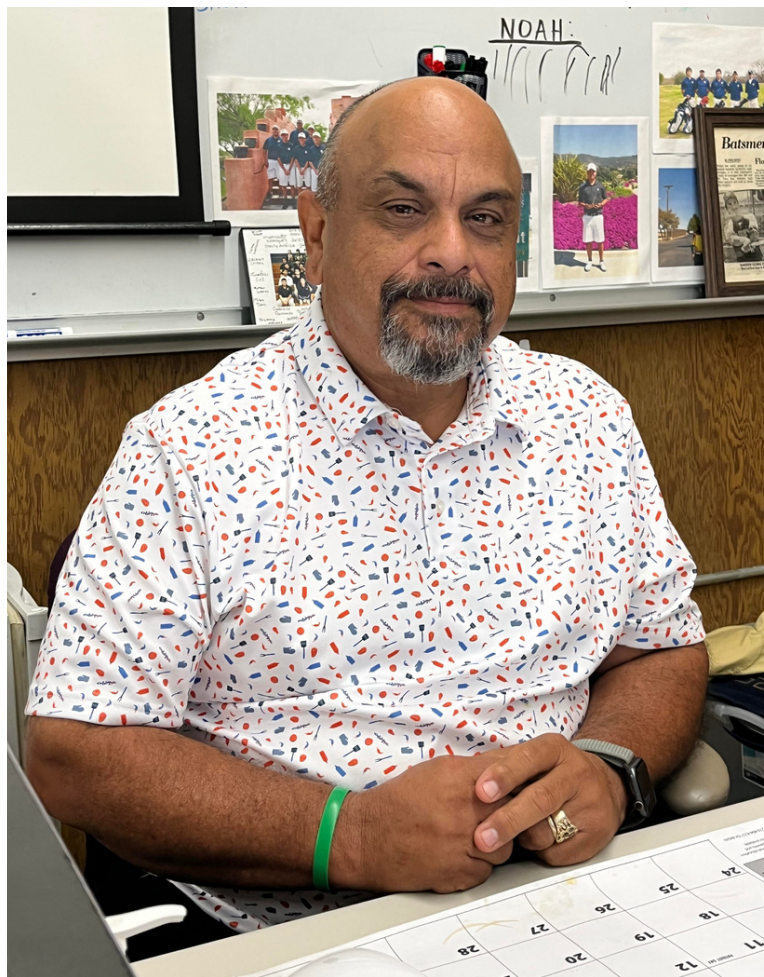


Without a doubt, JV is working extremely hard with daily practices usually lasting several hours. Despite the slow start to the season, the players keep the goal of District in mind. Player Aleina Alvarez believes the team has the capability of reaching District, and constantly works on different aspects of the game to achieve it. Kamila Mendoza as team captain also wants to encourage her team to work together. They all know there is much work to be done, but they work on this through watching films, focusing on weaknesses, and nurturing a more spirited attitude. Through intense practice and physical conditioning, they become better athletes that represent the Holy Cross Knights.

Football

Middle school

Middle school football has had a great season starting off with 2 wins and 0 losses! According to Coach Flores, the start of the season started off great, describing it as “a little hot.” Despite the heat, he knows it's all about commitment and discipline. Coach is trying to teach his players the fundamentals and how to play the game safely, teaching them rudimentary skills so that they can play more effectively and safely. The “enthusiasm and commitment is there,” and this is what he feels is most important.



Coach Flores also believes that “academics come first.” Players need discipline and responsibility both on the field and in the classroom. These virtues and principles that he tries to instill into his players is meant to assist them in the classroom and in everyday life as well as the the field: discipline, hard-work, responsibility, respect, and safety.

Coach is setting a foundation for High School football, as well as academics. He would feel accomplished knowing that his middle schoolers reached High School knowing all the fundamentals, rudimentary skills, and principles that he taught them in Middle School. Coach Flores believes that it is all about enjoying football and building relationships with your teammates.

His players have “much potential.” He knows that they are just learning and starting out. As Coach runs offense and defense, it is imperative they know the proper technique to prevent his players from getting injured. “Safety comes first,” says Coach Flores. He feels they are doing great and his players are committed to the sport and their development.

Coach Flores feels truly blessed to be a part of their journey, believing in first establishing fundamentals and basic principles not just for sports, but for life. It is more than just football. “It’s family,” he says. With the exciting Homecoming game coming up, they know the pressure is on. Middle school is excited for the Homecoming game, and anticipating a great outcome!



Football *High School*

This year's football season at Holy Cross started out tied, with 2 wins and 2 losses; it is certainly looking up for the Holy Cross Knights so far! Winning the last two games in a row has certainly boosted the teams confidence and standpoint in the 2023-2024 season. JJ Acosta stated that the team had a “rocky start.” Despite this, he believes that this is what leads to improvement. JR Salas states that from an outside perspective, it looks like it hasn't been going well, but the team is working hard to accomplish their goals for State. With practices every day for several hours, the Knights are looking forward to the next game with constant preparation. Working on different plays, watching film, learning new skills, and focusing on fundamentals are all things that the football team is working on.



JJ trusts that the opponent's they face will make them better. Win or loss, there is always a lesson to be learned in that game. JJ claims that the team's selflessness is what really makes the team so special. “We don't do it for ourselves, we do it for each other,” he says. Only as a team can the Knights succeed. JJ likes “to go 100%” in all that he does. His work-ethic and attitude are what makes him a dominant player. Staying focused on the field so as not to make any preventable mistakes is what the team needs to work on. Players must know their position and work together on the field to accomplish what they set out to do. What it comes down to is improving “in all that we do”. JJ wants to develop within the team, as a player, a teammate, and an athlete.

JR realizes that the team has had a rough start to the season, but all the games that they've lost just prepares them for harder future games. What makes the team so strong is the team itself, he says. His faith in his coaches and teammates are what make him so strong. They know what he is doing wrong, and the only way he can develop is if he is criticized as a football player. Another thing JR points out is the team's attitude. What it all comes down to is the athletes mindset and mental fortitude throughout the game. If a player has the mental toughness to persevere in the face of adversity, then nothing throughout the course of the game can affect them.

The NOLA game in New Orleans was an exciting game for many! Several families from Holy Cross joined the Knights football team to support their players and enjoy all New Orleans had to offer. Despite the outcome of the game, players enjoyed the experience and learned a lot from it. They worked hard and that's what it's all about. Coach Harrison knew it was "going to be tough." He expected a challenge. "Anytime you face challenges in life, it can make you better or it can destroy you," says Coach Harrison. He knows that this is the reality that the football players face. The Knights faced Division 1 athletes that day; a difficult match up to say the least. The team they played was exceptional, and they hope to improve throughout the season. JJ admits they could have done better and that towards the end they wanted to give up. It was more of a mental game at the end, to persevere.



Despite the loss in NOLA, the team is extremely grateful to Holy Cross and everyone who traveled to attend the game. They are especially grateful for all the support they received and know they couldn't have done it without this community. JJ describes Holy Cross as his "home away from home," and a school that helps him become who he is. He is proud to be a part of it. JR says that "if we believe in God, we can make it to wherever we want it to go."

Coach Harrison, staff and the football team would like to thank the Holy Cross community for all the support and love they have received. Go Knights!

CROSS COUNTRY

Coach Mark Hernandez has recently joined the Holy Cross Knights Cross Country team! Coach Mark graduated from Holy Cross in 2012 and has come back to Coach the Cross Country team. With his new method of training, he brings a new perspective to Cross Country. Coach Mark believes in administering fundamentals into his team such as biomechanics, bioenergetics, heat maintenance, and hydration. These are all values of running that he wants to teach his athletes this season.



The top three runners for the season are Esteban [Cerna] (Senior), Adrian [De Los Santos] (Junior), and Michael [Rivera] (Senior). For the girls team, runners Jennifer (Senior), Bella (Senior) and Sophia (Sophomore) are also doing exceptionally well. These runners have drastically improved their 5k time from last year. Through morning practices and personal training after school, they have become the amazing athletes they are. Adrian claims the key to his success is consistency. It's all about the strength training, the speed runs, the long recovery runs, and going out there every day to improve. He claims that it is the “simple stuff that adds up.” By repetitively working on their skills, they get better and faster. This is what the Cross Country team does daily.



To be successful, you have to be disciplined, you have to have courage to go out there when it's hot, and you have to persevere when you want to quit. The team wants to make State and place in the top four. Coach Mark believes that to run faster for longer, runners need to learn to run slower. Learning to run slower increases endurance for a 5k race. On race day, athletes must be well rested, have adequate amounts of energy for the race, and good hydration so they can perform at their best. Coach Mark hopes to share his knowledge about running with his team and help them become better athletes.

This year's Cross Country team definitely has what it takes this year. Through determination and perseverance they will accomplish their aspirations for the future!



AROUND

by Gianna Granado



EVENTS

- October 4th is when we are having the Sacrament of Reconciliation.
- October 6th is the PSAT for 8th and 9th graders.
- October 11 is the SAT for the Seniors
- October 13th is the PSAT for 10th and 11 graders
- October 20th we get off at 2 pm.

AROUND SA

- Howl- O- Scream dates between September 15th through October 29th at Seaworld
- Fright Fest dates between September 9th through October 30th at 6 flags
- October 14th there is a solar eclipse happening.

SPORTS

High school

- September 28th - JV football against YMLA, here at 5 pm.
- September 28th - Varsity volleyball/JV against Founders Leander, there at 6 pm/5 pm
- September 29th - Varsity football against YMLA, @ alamo stadium at 7 pm.
- October 3rd - Varsity volleyball/JV against Brentwood Christian School (Austin), there at 6:30/5:30 pm
- October 5th - Varsity volleyball against St. Michaels Academy, here at 6 pm
- October 6th - Varsity football against Shiner, here at 7 pm. (homecoming game)
- October 10th - Varsity volleyball / JV against JP II (Schertz), there at 6:30 pm / 5:30pm
- October 12th - Varsity volleyball/ JV against SA Saints, here at 6:15 pm / 5pm
- October 20th - Varsity football against JP II (New Braunfels), here at 7 pm.
- October 21st - JV volleyball against San Juan Diego, here at 3 pm
- October 27th - Varsity football against JP II (Corpus Christi), here at 7 pm.

Middle school

- September 25th - volleyball against St. Matthews, here at 5:30 pm.
- September 27th - volleyball against St. Anthony's, here at 5:30 pm.
- September 28th - JV football against YMLA, here at 5 pm.
- September 30th - football against St. Mary's (Fredericksburg) MS, there at 6 pm
- October 5th - football against SACS MS., here at 6 pm.
- October 12th - football against St. Mary's (Fredericksburg) MS, here at 6 pm.
- October 19th - football against Boerne Geneva MS. @ Boerne South at 6 pm.

FOOD REVIEWS

by Kevin Nuñez



IHop

"The food here is decent and very good for anyone looking for a satisfactory morning meal."

Personal Recommendation: Try the chicken and waffles; a very nutritious breakfast for anyone's morning.



Buffalo Wild Wings

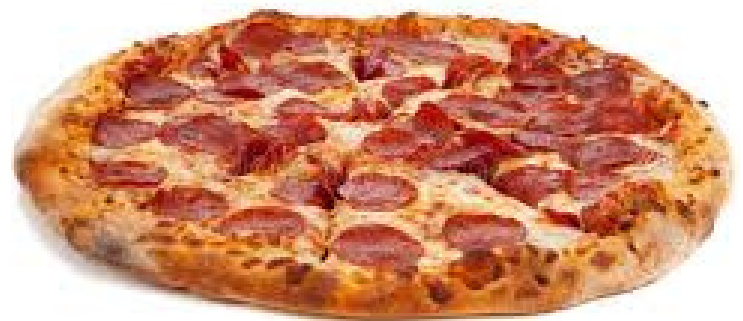
"The wings and other cuisines that are served here are very delicious. While not very nutritious, Buffalo Wild Wings focus more on a meal to satisfy any who just want to eat."

Personal Recommendation: The original buffalo wings with large fries and the original buffalo sauce to go with it.



MARCO'S PIZZA

A smaller pizza franchise which has an impressively large selection of pizza and other varieties of items that accompany them well such as wings, drinks, ..etc.



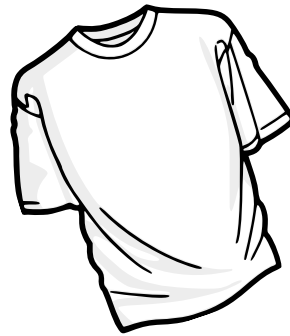
PERSONNEL RECOMMENDATION: A COMBINATION OF THE SMALL CHEESE PIZZA, BONELESS WINGS, AND A SMALL WATER.

Fashion

by Hope Bernal

The recent addition to the Holy Cross Fashion was the Pigskin Classic green-out shirts. The green shirts were worn for the Pigskin game at the Alamodome, everyone wore them including families and friends. The color green represents unity, and the community showed their support by wearing green. The shirt was able to be worn with whatever pants or shorts you wanted. The shirts were cotton which is perfect for the weather and event.

The next attire I want to mention is the beanies and jackets. As fall and winter approach make sure you are bundled up with some Holy Cross attire. You can get some beanies and hats and even jackets for the cold!! All you have to do is go to the Business Office and try and get some of your own attire for winter.



Crafts

by Michelle Crockford

CUTE ORGANIZERS

Supplies: Jar, matte paint (black, pink, white, and one of your choice), a large square brush, fine liner brush, painter's or masking tape.

Tip: Draw your design on a piece of paper and test your paint before you start.



1. Use the masking or painter's tape to line the inner rim of the jar.
2. Use the matte paint of your choice and the square brush to cover the outside of your jar. (Make sure the paint is even and without streaks.)
3. Using the liner brush, apply the face details with the black, white and pink paint.
4. Remove the tape from the inside when the jar is dry.

Tip: To prevent the paint from peeling or scratching or peeling in the future, place it in the oven for 40 minutes at 350 degrees.