



GCA's *Newsletter*

JANUARY 2017							24calendar.com
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					



The Student Council is proud to present:
GCAHS Senior Prom: Passport to Your Future

Have the time of your life in our vintage travel themed event. You can meet your classmates, have fun on the dance floor, or hang out at a booth. It'll be one of your last nights as a senior, so why not enjoy it with us?

Date: June 2nd, 2017

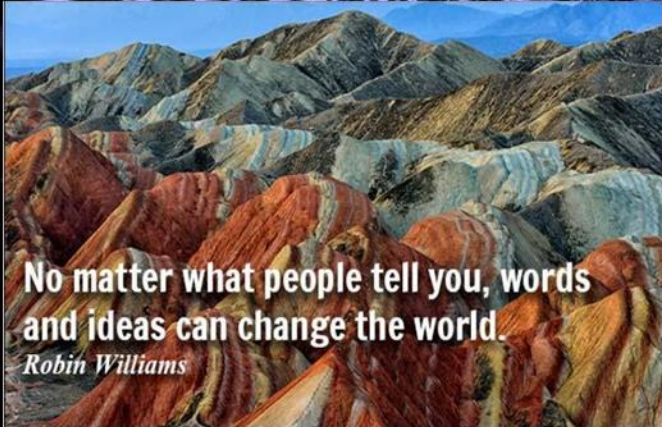
Time: 7pm-11pm

Location: Infinite Energy Arena

We hope to see you there!




Inspirational Quotes



No matter what people tell you, words and ideas can change the world.


Robin Williams

 BrainyQuote®



The best preparation for tomorrow is doing your best today.


H. Jackson Brown, Jr.

 BrainyQuote®



Let us sacrifice our today so that our children can have a better tomorrow.

A. P. J. Abdul Kalam

 BrainyQuote®

LOOK AROUND AT HOW LUCKY WE ARE TO BE ALIVE RIGHT NOW ♡

“A DREAM DOESN'T BECOME REALITY THROUGH MAGIC; IT TAKES SWEAT, DETERMINATION, AND HARD WORK.”
— COLIN POWELL

“It always seems impossible until it's done.”
~ Nelson Mandela

Jokes of the Month

*Knock, knock
Who's there?
Iva.
Iva who?
Iva sore hand from knocking!*

Knock, knock.

Who's there?

Lettuce.

Lettuce who?

Lettuce in; it's cold out here.

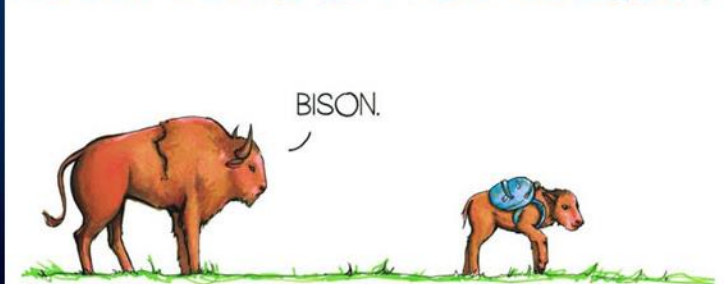
*Q: Did you hear the joke about the roof?
A: Never mind, it's over your head.*

Q: Take away my first letter, and I still sound the same. Take away my last letter, I still sound the same. Even take away my letter in the middle, I will still sound the same. I am a five letter word. What am I?

A: EMPTY

*Q: Where do seals go to see movies?
A: The Dive-in!*

WHAT DID THE BUFFALO SAY TO HIS SON WHEN HE LEFT FOR COLLEGE?



Advice Column

by Mandi D.

Fun fact: Despite the fact that this article is about avoiding procrastination (because no questions have been sent), I am writing this article on the due date. I'm aware of the irony. This is a "do as I say, not as I do" situation.

Procrastination. What is it? I'll tell you later. (Okay, okay, I'm sarcastic, not funny. Moving on.) For real though, procrastination is constantly putting off what you need to do. Obviously, this a poor plan that leads to stress, anxiety, and running around like a chicken who lost its head.

We're teenagers. Being disciplined and doing everything that we have to do kind of sounds boring in comparison to watching the next episode of Once Upon a Time in Wonderland on Netflix. (Another fun fact: This article's examples are almost all from my life. Could you tell?) Which, let's be real, it is. I've never met anyone who would rather sit at a computer and write a five-thousand-word essay than watch Netflix.

Unfortunately, however, that essay is much more important than watching the next episode. So how do you make yourself start that essay?

Step 1: Eliminate all distractions.

Is Tumblr open in another tab? Are you sitting outside with your dog, who is begging to be pet? Yeah, no. Close out all the browsers, except for what you need (and you don't need Youtube open). Put your dog inside, and do the laundry later.

Step 2: Outline what you're doing.

If you can just jump into whatever you're doing head first, then go for it! But if you need to know exactly what you need to do to stay on task, outline what has to be done. This can be outlining that essay or what areas of your room need to be cleaned.

Step 3: Do it for two minutes.

The biggest issue in anything is starting it. Tell yourself that you only have to do it for two minutes, do fifty words, or do one shelf; and then do it. Once you've started, it's so much easier to keep going.

Stopping procrastination isn't that hard in theory. In practice, however, it largely relies on you having the self control and discipline to do whatever you need to do. Motivate yourself however you want. Imagine inviting friends over when your room is clean or reading a chapter of that book when the essay is done. Of course, the reward shouldn't hurt your progress and should be catered to you personally.

The thing is, procrastinating takes so much longer than actually doing what you're supposed to do. That essay takes about an hour versus the three hours you spend on Google trying to find ways to stop procrastinating. So, basically, the biggest secret to avoiding procrastination? Just do it!

Need advice? Email gca.askthecouncil@gmail.com, and we'll answer it here. All questions will be formatted to fit the article. No names will be published for anonymity.

Health and Wellness

The Polyphasic Problem by Dwayne B.

Sleep is widely regarded as one of the most wonderful parts of being alive. Basically, the mind relaxes and slips into a surreal state as it unpacks the burdens and memories of the waking day. Studies show sleep is vital in optimizing almost every part of bodily functions, making it not only a soothing experience but also a necessary one. It's funny how something so great is one of my least favorite things, and a couple of years ago I took drastic actions to fight sleep.

Looking back as a senior, sophomore year was probably one of the busiest in my high school career. At the time, I was at a brick and mortar school where I was forced more or less to put more time into school than I do now. Ninth grade year was a breeze as I got out of it with great grades and a sense of accomplishment. My success didn't ward off this horrible realization I came to. I felt that I was mediocre. I felt that I was a nobody. When tenth grade finally rolled around, I packed my schedule with relatively a lot of activities. I started acting in theater after a campaign of being a 'black shirt' or techie for the stage. Along with that, I had to keep my academic rigor up so I did some AP courses while in school and after I would do online college courses about anything that interested me. I also spent a lot of my time flexing my imagination by drawing, painting, and writing because I was determined to become a film director. Anytime I wasn't doing those things, I was working out or reading. As you can imagine, my time started to become more and more sparse and I ended up extremely depressed.

Through the funk of my sadness, I decided that I needed to buy more time somehow. I couldn't lay back on my academics, theater was out of the question, and I was too stubborn to relax in general. Naturally, I put sleep on the chopping block like any rational person would do. A social media site called Quora had a post about this strange way of approaching sleep called polyphasic sleep cycles. A lot of people sleep on a monophasic or biphasic sleep cycle where they either go to bed and sleep a certain amount of time like 8 hours, or they take a nap for like an hour only to go to sleep for a long period later. Polyphasic sleep is literally napping in more than two phases whether that be taking 3 one-and-half hour naps split up by six and half hour periods of awake time, or even 6 twenty-minute naps split up by about four hours of awake time. In both of those examples (which I tried), the amount of time awake exceeds the normal monophasic cycle of 7 to 8 hours sleeping.

I was convinced that polyphasic sleep was the solution to my problems. I started experimenting with many different configurations of the model over a school break, and at first, it seemed like it was just what I needed because I was in a secret world all by myself. Time basically moved at half the speed, and it was in a greater abundance than before. What I didn't notice was this fog that started to settle even from the first week. As time went, the fog thickened and skewed my perception of time. Days became weeks and hours became seconds. Time was moving too fast and too slow concurrently. In addition, I stopped dreaming for most of my sleeping periods. When dreams did come about, they were vivid and horrifying. I distinctly remember on more than one occasion waking up after a 3.7 hour sleep period, and I felt like I had a cave in my chest where all my insecurities and negative emotions echoed into my consciousness, making me into a zombie of who I was or maybe who I wanted to be. The saddest thing is I was still too stubborn to quit. In my eyes, my depression was just a weakness, and my tiredness could be washed away with persistence. I wanted to be so great. I needed to be great! My whole life would be meaningless if I wasn't, right? Right?!

Maybe, but that's the thing I learned from my experience "fighting" sleep. Meaning is arbitrary, and my life shouldn't have to operate in fear of being unnoticed. There are billions of lives out there compounded by hundreds and thousands of vanishing seconds that make up those lives. We are all limited, and understanding and coping with the limits is where something better than greatness comes. Peace.

Health and Wellness

by Mandi D.

So, after enjoying your break, you may remember a New Year's Resolution to start exercising more. Well, you may wonder where to begin. Luckily for you, you're reading this article! The first question may be, how much exercise do you need? Well, the simple answer is about sixty or more minutes every day. Then, you need to break it down in how long you need to spend on the three types of exercise.

The first type of exercise, aerobics, makes up the bulk of your workout. They make your heart rate faster and breathing heavier. It's sometimes known as cardio, and it helps your heart. Some examples of aerobic exercise are: basketball, running, soccer, or swimming. The second type of exercise is strength training. It gives you better endurance and strengthens muscle. The more muscle you have, the more calories you burn. It's important to moderate yourself with strength training because you can seriously injure yourself if you aren't careful. Some examples of strength training are: pull ups, push ups, biking, or weight lifting.

The third, and final, type of exercise is flexibility. Becoming more flexible gives you a lower chance of sprains or strained muscles. Some examples of exercise for flexibility are: ballet, martial arts, gymnastics, or yoga.

When choosing what type of exercise you'll be doing, keep in mind several things. Recruit some friends or join a class or sport if you prefer working out with others instead of exercising alone. Talk to your doctor if you're unsure if you should do a certain exercise. Have fun with it; exercise doesn't have to be silently putting one foot in front of the other in pure boredom. If you're going to hate tennis, then do hockey instead.

There are plenty of reasons to exercise. It produces chemicals in your brain called endorphins, which make you happy. It helps you sleep better (as long as you don't do it right before bed). It lowers your risks for certain diseases and keeps your bones strong. It's an important part of being healthy, which helps you be happy.

However, be sure not to exercise too much! Outside of burning too many calories, it can also be a sign of a deeper issue, like an eating disorder, if you're compulsively exercising. Some symptoms of compulsive exercising is being upset when missing a workout, exercising instead of hanging out with friends or when you're sick, feeling like you'll gain weight if you miss an exercise, or hate sitting still, because you're not burning calories. If so, talk to a trusted adult as soon as possible.

Hopefully, this got you started on exercise. You can find videos on Youtube or regimen ideas on Tumblr. Your workout should be catered to you and your interests. Still, have fun with it! Happy holidays!

Whippin' Up Something Good

The winter season is always an excuse for me to get chocolate. Mostly hot chocolate, but I'm never averse to a cookie to warm me up! So, if you're looking for a cookie that will melt in your mouth, you've looked at the right place. For your dessert needs, chocolate chocolate chip cookies!

Ingredients

1 cup of softened butter
1 ½ cups of white sugar
2 eggs
2 teaspoons of vanilla extract
2 cups of all purpose flour
2/3 cup of cocoa powder
¾ teaspoon of baking soda
¼ teaspoon of salt
2 cups of semisweet chocolate chips

Materials

Oven
2 large bowls
Spoon
Cookie sheets
Wire racks
Spatula

Steps

Preheat oven to 350 degrees.
In a large bowl, beat the butter, eggs, sugar, and vanilla until they're light and fluffy.
In the other bowl, mix the flour, cocoa, baking soda, and salt together.
Stir the second bowl's mixture into the first until it's well blended.
Mix in the chocolate chips.
Place rounded teaspoons of the batter on the ungreased cookie sheet.
Bake for 8 to 10 minutes or until set.
Cool slightly on the cookie sheets.
Move cookies to the wire rack, using the spatula, to cool completely.
Enjoy!



Isabella the Baker. "Chocolate Chocolate Chip Cookies." N.d. allrecipes. Web.

<http://allrecipes.com/recipe/9827/chocolate-chocolate-chip-cookies-i/photos/3745339/>
KATHY. "Chocolate Chocolate Chip Cookies I." allrecipes. Allrecipes.com, 06 Nov. 2006. Web.
<http://allrecipes.com/recipe/9827/chocolate-chocolate-chip-cookies-i/>

J&PB Togetherness

dabs

Phoenix Byrd doesn't like jelly; he doesn't want jelly. So why did he get jelly?! Phoenix just stared at his sad little lunch tray. Today was the day for veggie burgers to be the main course at his school, but veggie burgers were always more like... Mystery lunch than actual lunch. At his school, if you didn't want to pay for a meal, you could have a free PB&J, which was 'aight. BUT he didn't get that! I only got half of it, he mentally groaned.

"Peanut butter, bluh," Jay muttered in disgust to the one half of an incomplete peanut butter and jelly sandwich. She picked up her half, looked at it, and then placed it back down. There was no way she was going to eat this half; they robbed her of a perfect PB&J!

Phoenix glanced over Jay's shoulder. "Looks like I'm not the only victim," Phoenix said. He plopped himself down next to Jay, who was prodding her unsatisfying meal. "I'm Phoenix Byrd, by the way. My friends call me PB."

"Jay," the girl replied. She glanced at Phoenix's pathetic slab of bread. "Do you want to just-- I don't know-- combine our food? At least we'll have an actual sandwich."

Phoenix did the math in his head. For five seconds, minutes, centuries. My jelly plus Jay's peanut butter = J&PB. "Hm... That seems 'aight." He snatched his half and slapped it on top of Jay's. He clapped his hands and forced them to present the mashed pieces of bread--no, a sandwich! "Legit food."

"Way to go, Master Chef!" Jay was finally satisfied with the PB&J togetherness. The girl brought the sandwich to her mouth, causing Phoenix to gawk. She smirked before ripping the sandwich in half and handing one of the halves to her new friend. "From one victim to another," Jay grinned. When the boy snatched his half and began to eat, she took her half of the now completed sandwich, munching happily.

Phoenix then chewed his a little slower. "Still don't like J&PB that much."

Jay made a weird face. "It's PB&J, and I don't like it that much either."

They smiled.

"Well, at least you got actual food!" A stranger yelled from across the table. "I have a veggie burger of who-knows-what!!"

The end.

Editor's Note

Happy New Year!

Welcome back to school! Winter break is now behind us, and it's time to get back into the swing of things. In the midst of readjusting to the old school life, I'd like to thank you for taking the time to read this edition. We hoped that our stories and advice benefitted in some way.

I like to give a special thanks to the following:

Amanda D.

Dwayne B.

Geena R.

Laurie V.

Malihah K.

I wouldn't be able to provide a newsletter without these people. You, this month's participants, have my sincere gratitude.

Let's all look forward to a better, brighter year!

Have a good day!

Lea V.

Contact Us



Interested in what we do?

E-mail us at gca.askthecouncil@gmail.com
We'll happily answer any questions you
have.

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Council, and we'll update you about the
student council.

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