



Great Vision

Great Coverage

# The Gazette '23-'24

Vol. 87

October 2023

Issue 2

## Un Cuento de Terror para Halloween

Escrito por la Sociedad Honoraria Hispánica

Para celebrar Halloween, la Sociedad Honoraria Hispánica quiere compartir con Ustedes el cuento de terror de La llorona. La llorona es una leyenda mexicana muy popular en países hispanohablantes, pero también aquí en los Estados Unidos. Hay muchas versiones diferentes, incluyendo una película, pero todos tienen el mismo tema. ¡Esperamos que lo disfruten!



Imagen tomada de professorramos.blog

En las altas horas de la noche, cuando todo parece dormido y sólo se escuchan los gritos rudos con que los boyeros avivan la marcha lenta de sus animales, dicen los campesinos que allá, por el río, alejándose y acercándose con intervalos, deteniéndose

en los frescos remansos que sirven de aguada a los bueyes y caballos de las cercanías, una voz lastimera llama la atención de los viajeros.

Es una voz de mujer que solloza, que vaga por las márgenes del río buscando algo, algo que ha perdido y que no hallará jamás. Atemoriza a los chicuelos que han oído, contada por los labios marchitos de la abuela, la historia enternecedora de aquella mujer que vive en los potreros, interrumpiendo el silencio de la noche con su gemido eterno.

Era una pobre campesina cuya adolescencia se había deslizado en medio de la tranquilidad escuchando con agrado los pajarillos que se columpiaban alegres en las ramas de los higuerones. Abandonaba su lecho cuando el canto del gallo anunciaba la aurora, y se dirigía hacia el río a traer agua con sus tinajas de barro, despertando, al pasar, a las vacas que descansaban en el camino.

Era feliz amando la naturaleza; pero una vez que llegó a la hacienda de la familia del patrón en la época de verano, la hermosa campesina pudo observar el lujo y la coquetería de las señoritas que venían de San José. Hizo la comparación entre los encantos de aquellas mujeres y los suyos; vio que su cuerpo era tan cimbriante como el de ellas, que poseían una bonita cara, una

sonrisa trastornadora, y se dedicó a imitarlas.

Como era hacendosa, la patrona la tomó a su servicio y la trajo a la capital donde, al poco tiempo, fue corrompida por sus compañeras y los grandes vicios que se tienen en las capitales, y el grado de libertinaje en el que son absorbidas por las metrópolis. Fue seducida por un jovencito de esos que en los salones se dan tono con su cultura y que, con frecuencia, amaneцен completamente ebrios en las casas de tolerancia.

Cuando sintió que iba a ser madre, se retiró de la capital y volvió a la casa paterna. A escondidas de su familia dio a luz a una preciosa niñita que arrojó enseguida al sitio en donde el río era más profundo, en un momento de incapacidad y temor a enfrentar a un parent o una sociedad que actuó de esa forma. Después se volvió loca y, según los campesinos, el arrepentimiento la hace vagar ahora por las orillas de los riachuelos buscando siempre el cadáver de su hija que no volverá a encontrar.

Desde entonces oye el viajero a la orilla de los ríos, cuando en callada noche atraviesa el bosque, ayes quejumbrosos, desgarra-dores y terribles que paralizan la sangre. Es la Llorona que busca a su hija...

<https://albalearning.com/audiolibros/cuentos/llorona-cr.html>

## Interested in writing for the Gazette?

We are looking for passionate writers to add to the staff. This student-written school newspaper is published monthly. A staff writer's job is to investigate, collect, and present information in writing.

Stop by room 106 or send an email/Schoology message to Ms. Hodskins.

Dr. Martin Luther King said, "Our lives begin to end the day we become silent about things that matter." Become a voice of truth.



### Morgan's Message to All Athletes

By Kierra Richardson



*Image from morgansmessage.org*

Morgan's Message is a global club in many high schools and colleges offering a helping hand to athletes striving to remove the shame of speaking on mental health. "Simone Biles's message was that we were not just athletes, we're humans and not robots," snowboarder Anna Gasser said.

The club stems from Morgan's story, an athlete who also was a talented artist. Morgan ended up being recruited by many Division I women's lacrosse programs. She accepted Duke University's, but started to experience anxiety in her senior year while still receiving support from many. In Jan-

uary 2017, Morgan got a knee injury, but she was determined to return to the field. With surgery and dedicating herself to an intensive rehabilitation program, Morgan's mental health suffered. On the outside, she looked happy but had feelings that she wasn't good enough. She started isolating from the team and stress accelerated the return of anxiety and depression. Morgan suffered in silence, keeping family and friends in the dark as she battled her mental health. Morgan died by suicide on July 11th, 2019 at the age of 22.

Morgan's story is shared to help others feel comfortable in sharing their own story and taking control of their mental health. The message shows how there is no disgrace in taking care of your mental health by speaking to others.

Thirty-five percent of athletes struggle with mental health. As an athlete, you are more prone to mental health issues than just the average person. "The unique cul-

ture of sports can serve as a pressure cooker," said sports psychologist Matthew Sacco, Ph.D. While athletes participate in sports, they are trained to be perfect, tough and very competitive, so when the time comes when they need help, many athletes are looked down upon. The fear of disappointing teammates, parents, and coaches pushes athletes to keep going instead of seeking help. Athletes are also taught to give everything to the sport they play, regardless of the impact on their mental health.

Expanding the conversation of mental health for athletes and empowering those who suffer in silence is what the Morgan's Message club is all about. "Whenever you get in a high stress situation," Simone Biles explained, "I have to focus on my mental health and not jeopardize my health and well-being."

## Arts & Entertainment

### Album Review: *If You're Feeling Sinister* by Belle & Sebastian

By William Taylor

"Play me a song to set me free / Nobody writes them like they used to / So it may as well be me"

(from "Get Me Away From Here, I'm Dying")

It's safe to say that Belle & Sebastian have created a truly immortal album. In a ten-track run, the Scottish group presents us with masterpiece after masterpiece in the twee pop genre. Each song tells a story so universal that anyone can relate, while still feeling immensely personal, with quaint instrumentation backing each stanza and metaphor coming out of Stuart Murdoch's mouth.

Each song's ability to pull you into its own little world is truly something to be marveled at. The blunt yet sweet lyrics on every track makes it so easy to relate to what Murdoch is saying, no matter the topic.

You may not know anyone in track & field personally, but you know exactly who he's describing once you listen to "The Stars of Track And Field." You might not know how not to "go hungry and cold," but when Murdoch solemnly gives you that piece of advice in "The Fox In The Snow," it feels like he's speaking directly into your heart. That ability of the album to reach out makes each listen feel like a personal, cathartic meditation.

To accompany the meditative quality of this album are some of the most tender and soft-spoken instrumentation ever put to record. Twee pop is famous for its cuteness and soft sound, and Belle & Sebastian perfect it on nearly every track.

From the soft piano on the love ballad "Seeing Other People," to the modest and subdued guitars and vocals of "Get Me Away From Here, I'm Dying," where Mur-

doch spills his love of poetry and storytelling, to the chugging bass of the title track that paints the life of a Catholic named Hilary, and even to earth-shatteringly saddening lone guitars and bass on "The Boy Done Wrong Again," instruments never feel like they're on stage, but rather in a small room right by your ear.

The most remembered songs are those which are universal: no matter who you are or where you're from, they speak to you in a way no other song can. *If You're Feeling Sinister* is nothing but universal songs from front to back. Each song feels so close to you that no matter what stage of your life you're at, the album feels tailored to that point in time. It's an album that can last a lifetime without ever losing its luster.