



Jamming Out with Alamosa High School



Regan Zook
—Section Editor—

The last few months of 2022 will be celebrated with the holidays that are coming up. Decorating the halls, wrapping presents, hours in the kitchen, and snow storms will consume the San Luis Valley community.

What better way of celebrating the holidays, than a playlist to get people in the holiday spirit. Listen to festive music while decorating, or cooking.

Here at Alamosa High School, students are merry and bright as they anticipate the long awaited holidays.

What do the students at AHS jam out to get into their holly and jolly spirit?

Senior Navyha Gonzales said, “My favorite song to listen to around the holidays is ‘Mistletoe’ by Justin Bieber because it’s a very catchy song that can get stuck in your head.”

Annahi Molina stated, “I like to listen to the song, ‘I want a Hippopotamus for Christmas’ by Gayla Peevey because it never fails to remind me of my childhood and the Christmas magic I would experience as a child around the holidays.”

Adrian Martinez remarked, “My go to song is ‘All I Want for Christmas’ by Mariah Carey; she is beyond beautiful and her voice is amazing. I can

listen to it over and over again without becoming tired of it.”

Lia Castillo added, “I like the song ‘Making Christmas’ from the movie The Nightmare Before Christmas, because I watch that movie with my family during the holidays, so when I hear that song it brings back so many amazing memories.”

Seniors started off the holiday playlist with some catchy tunes, holiday classics that will get anyone in a holly jolly mood. Let’s see what the juniors have to add.

Junior Jaymi Gile answered, “‘Home’ by Edward Sharpe & The Magnetic Zeros is my go-to song. I relate it to the holidays because it’s the time when everyone comes home; no matter where you are, if you’re surrounded by loved ones, it feels like home.”

Jaymi added, “I also enjoy the Charlie Brown holiday music because it is the cutest playlist that can get you in the holiday spirit.”

Rj Meis replied, “My favorite song is ‘It’s Beginning to Look a Lot Like Christmas’ because the song makes me feel like Christmas is coming and I love Christmas time.”

Sarah De La Cerda responded, “I like the song ‘Have Yourself a Merry Little Christmas’ by Frank Sinatra. This song is something that I listen to every year with my family. I find the song

very soothing and when it comes on, it reminds me how much I love Christmas”

Brant Jackson added, “‘It’s Beginning to Look a Lot Like Christmas’ is such a good song to listen to around the holidays.”

The juniors did not disappoint, with songs that made the holidays feel like a dream. Let’s find out what the sophomores will add.

Sophomore Landon Garcia stated, “‘Rudolph the Red nosed Reindeer’

is the best song to listen to around the holidays.”

Noemi Lemus answered, “‘Last Christmas’ by Arianna Grande is by far my favorite song to listen to because the vocals are on point and it makes anyone who listens very jolly.”

Zane Zook replied, “My favorite song is ‘Jingle Bells’ because it is a great way to get into the Christmas spirit.”

Darias Ramirez responded, “My favorite song is ‘Rudolph the Red nosed Reindeer’ because my family and I sing

it every year around the holidays, a fun tradition.”

Freshman Araceli Molina stated, “‘It’s Beginning to Look a Lot Like Christmas’ is my favorite holiday song because it makes me get into the Christmas spirit.”

Victoria Gifford added, “I love listening to ‘All I Want for Christmas’ because all I want for Christmas is Vanessa.”

If you would like to listen to the AHS Playlist, scan the code down below.

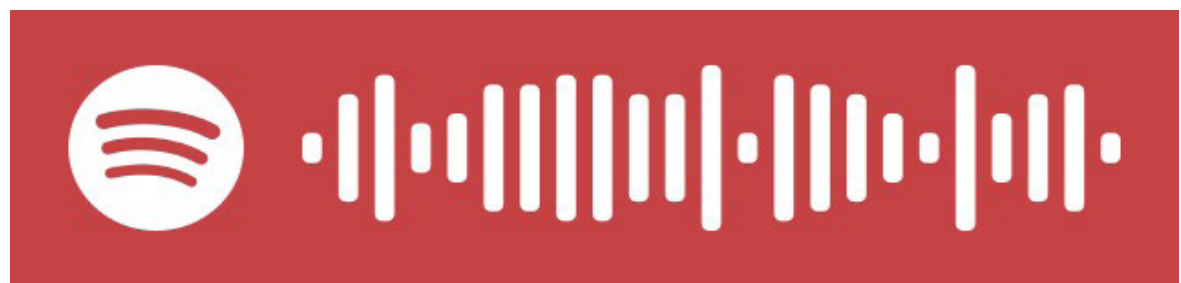


Photo by: Spotify

Alamosa High School Holiday Playlist— Scan and get into the holiday spirit with AHS.

The Inevitable Dangers of Excess Sugar

Brock Benton
—Staff Writer—

Health is an immensely fluid science, constantly changing to the introduction of new ideas, trendy diets, and pharmaceutical upheaval.

Within the study of health, cholesterol maintains its spot as the ultimate villain against society. Supposedly linked to a plethora of issues, cholesterol is often minimized as much as possible.

The idea of cholesterol’s link to cardiovascular disease, obesity, and much more contrasts to the ideas prior to the American Heart Association.

Before the company emerged, cholesterol did not stir any controversies in society. Nonetheless, upon receiving massive funding from the makers of Crisco, an alternative to high-cholesterol animal fat, cholesterol appeared to be the dictator of good and bad health.

Suddenly health problems were on the rise due to foods that had been eaten for hundreds of thousands of years.

The rise of the American Heart Association and Crisco distracted the world from the

introduction of sugar in one’s diet. Citizens failed to recognize the slow addition of sugar into almost everything humans consume.

Baked goods, salad dressings, and simple snacks began to become filled with all kinds of variations of sugar.

Plain white sugar, brown sugar, and corn syrups established themselves as high-priority staples in the American diet.

As the holidays are upon us at Alamosa High School, sugar-filled sweets and goodies are inevitable.

Whether one is at their Grandparent’s house for Christmas Eve or shopping at the supermarket for their favorite Christmas treat, sugar is abundant in many foods we eat.

However, what if I told you that sugar is the leading cause of cardiovascular disease, rather than cholesterol?

Sugar is directly responsible for a process in the body referred to as glycation. Essentially, glycation is when sugar molecules stick to various structures within the body.

The sticky nature of sugar provides a messy blockade, lessening the efficiency of the structure. Glycation has been found in

multiple studies to directly impact a person’s likelihood of obtaining cardiovascular disease.

Additionally, added sugars can raise insulin levels. When insulin levels are raised, the excess insulin inflames the body. The outcome of an inflamed body is the development of plaque.

Arteries narrow as a result of plaque buildup. When an artery is narrow, blood flow is minimized. Blood flow is essential in maintaining a healthy heart.

Insulin levels are not the only highly damaging aspect of the human body that is immensely raised by the consumption of sugar.

Hypertension, high triglycerides, and a high ratio of triglycerides to HDL are all raised. To better understand the harmful nature of sugar, hypertension is described as abnormally high blood pressure.

Undergoing hypertension increases the risk of heart, brain, kidney, and other diseases. Moreover, triglycerides are a type of lipid found in one’s blood circulation.

When an individual contracts a high triglyceride level, the ratio between triglycerides and HDL increases. HDL,

high-density lipoprotein, is considered the healthy cholesterol.

Compared to the other many forms of cholesterol, high-density lipoproteins remove any excess cholesterol and transport it down to the liver.

A high ratio of triglycerides and HDL has been found to significantly heighten an individual’s probability of obtaining cardiovascular disease.

Based on the information stated, sugar is a significant issue within the realm of health.

Many individuals fail to effectively understand the dangers of sugar. The failure to understand may lead to unwanted consequences.

Despite the clear facts, limiting sugar can be a difficult task for most. When many think of addiction their minds go to drugs or alcohol; however, sugar is equally as addictive.

The addictive property of sugar comes from sugar’s ability to release dopamine. Understood as the “feel good” chemical, dopamine is an essential part of the reward circuit in a human.

When an individual consumes sugar, they are actively “rewarding” themselves.

The feelings of reward may become heavily desired re-

sulting in constant consumption of sugar.

Placing limitations on hedonistic dietary choices is the first step in controlling a possible addiction.

Instead of reaching for a candy bar, a person can eat fruit. An apple or a bowl full of blueberries are fantastic alternatives.

Sometimes fruit can be boring, in that case, honey is a tremendous option as well.

Honey is a healthy source of plenty of antioxidants and vitamins. A person may not realize that honey is often used as an alternative to sugar due to honey’s immensely sweet taste.

Fighting the desire for sugar simply comes down to building habits. Although cutting out

Sugar may be difficult for the first few weeks, after time and patience the desire fades away. Individuals begin to naturally choose healthier alternatives.

Even though the holidays hold a particular reputation for indulging in unhealthy foods, a person should be weary of the foods they put in their bodies.

An individual should not fall victim to declining an egg yolk for a sugar-filled granola bar in hopes of mastering a healthy lifestyle.