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GCHS Weekly

GARDEN CITY HIGH SCHOOL

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Junior High Basketball Finishes Season

by: Karly Baker

The junior high Bearkats and Lady Kats concluded their basketball seasons this year with strong records and significant growth, making this year one to remember for both programs.

The boys' junior high teams had a successful season, with the Red team finishing 12–1 and the Black team ending at 4–5. Despite challenges like weather days and time missed from school, the teams continued to improve throughout the year.

"The biggest challenge we faced was just staying in a rhythm with all the weather days," Boys Junior High Coach Wilburn said. "But the kids did a great job adjusting and staying ready to work."

A major focus for the boys this season was improving fundamentals. Coach Wilburn emphasized shooting form and footwork during daily practices, helping players grow more confident on the court. Practices often began with ball-handling drills before progressing to shooting and team play.

"We really improved our shooting and overall fundamentals," Wilburn said. "You could see the progress as the season went on."

One moment that stood out was an end-of-season scrimmage for the Black team. After a scheduled game was canceled, players were split into two teams and competed in a close matchup that came down to a buzzer-beater.

"They took it seriously and played really hard," Wilburn said. "It ended up being a one-point game, and that's something I'll remember."



The girls' junior high teams also had an impressive season. The Red team finished with a 12–2 record, while the Black team ended at 4–2. Both teams demonstrated significant improvement compared to last season, with increased wins and overall performance.

"This season was full of growth, sacrifice, and commitment," girls junior high coach Flores said. "I'm so proud of how much these girls improved and how hard they worked every game."

One of the biggest challenges for the Lady Kats was building confidence against tough opponents. That growth was clear in a late-season win against Irion County, where the Red team bounced back after an early-season loss.

"Seeing the girls believe in themselves and beat Irion the second time meant a lot," Flores said. "It showed how much they had grown."

Throughout the season, the Lady Kats improved their situational awareness, learning to make smarter decisions during games and better anticipate plays.

"Their awareness on the court improved so much," Flores said. "They learned how to read the game better, and that made a huge difference."

For both teams, coaches agreed that the most rewarding part of the season was watching players show up ready to work and grow together.

"I hope they learned that basketball is a team sport and that working together really matters," Wilburn said.

Flores added, "I want them to know that I care about them more than any win or loss. I hope they look back and realize all the hard work was worth it."

With a season full of improvement and memorable moments, the future is bright for the Garden City Bearkats and Lady Kats.



Students of the Week

by: Claire Eggemeyer

Another week, another group of students who are doing amazing work at school.

First up is sophomore Natalie Crownover who isn't sure what college she wants to go to yet, but is sure she wants to study psychology. Her favorite teacher is Mrs. Morgan and her favorite class is tech applications. When asked who her role model is, she said, "God, because he's the perfect person to live like and look up to."

Crownover's biggest challenge this year has been her Spanish II class and her biggest accomplishment was being a regional finalist in the 100m dash as a freshman. If she could give some advice to other students in high school, it would be, "Our perspective is everything, so choose how you see it."

Next is Natali Garza, who wants to attend Howard Community College to become a veterinarian. Her favorite teacher is Mrs. Hoelscher and her favorite class is culinary. When asked who her role model is, she said, "My mom, because she really helps me and we do a lot of stuff together."

Garza's biggest challenge this year has been getting good grades and her biggest goal is to pass all of her classes. If she could give some advice to other students, it would be, "Don't let anyone tell you what to do."

One Act Play performs at Big Lake for first clinic of season

by: Sydnee Gully

On Monday, One Act Play took their props and costumes to Big Lake for their first clinic. Here, they got critiques and tips to improve different parts of their acts.

"It's like a mock competition where we get the critiques right after we're done with the play," junior OAP cast member Sophie Sullivan said.

The cast and crew started with setting the stage, then they began going through their performance. When it was needed, they fed each other lines to get through as much of it as possible.

They were able to get through almost 3/4 of the play with very few mistakes. With it being so early in the season, this is incredibly impressive and helped to maximize the tips they got from judges.

"First they critique on setting, That can be outfits, props, details - small stuff like that," Sullivan said. "Then, they go individually to each actor to tell us what we can make better."

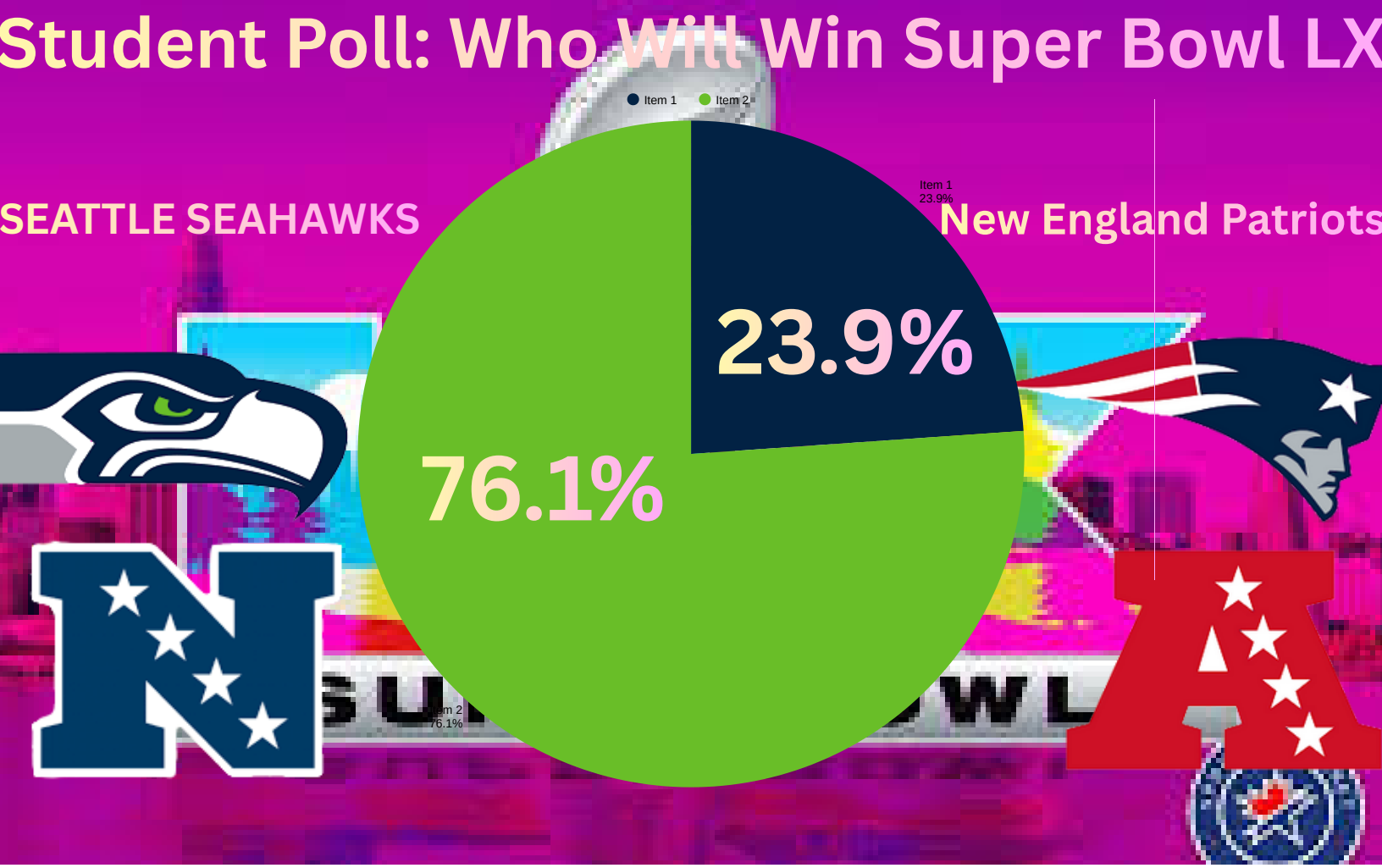
They gave great tips on how the students can improve their attitude, performance, accents, and help with the change from a modern-day persona to a more classic feel.

Overall, the clinic was very helpful, and the students are excited to take their critiques and apply them to their future contests.



One Act Play students pose in costume after the Big Lake Clinic

Student Poll: Who Will Win Super Bowl LX



In the Classroom: Culinary

by: Holley Stiles

Culinary students have been busy showcasing their skills through hands-on classroom projects and conference preparation. ProStart students made homemade ravioli, Intro to Culinary and Entrepreneur students baked jam thumbprint cookies, and BBQ students prepared Dutch oven cinnamon rolls.

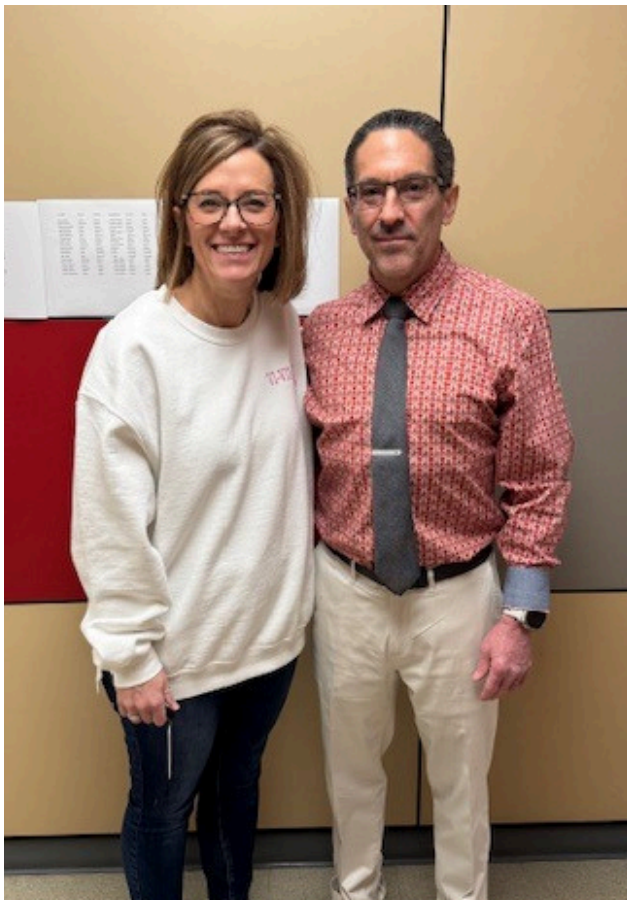
At the same time, FCCLA students are working hard to complete their projects for the upcoming regional conference at the end of the month. From strengthening speeches to finalizing research and presentations, students are dedicated to representing GC well at the upcoming regional conference -- and hopefully earning a trip to state.



In the Classroom: AG

by: Landry Baker

There was another busy week in the AG shop as preparations continued for the San Angelo Ag Mechanics Show on Friday and Saturday. Students were putting the finishing touches on their projects, with many already completed and being wrapped and padded for the trip to San Angelo. Along with final construction, students were completing their project record books required for the show. In addition, many students have been memorizing speeches for upcoming SDEs and preparing for the CDE season.



Staff Spotlight

by: Sydnee Gully

This week, Mrs. Fryar and Mr. Bryant were chosen to be featured for Staff Spotlight! They both work as counselors at the school. However, Mrs. Fryar is the Academic Coordinator, working with students applying for colleges, holding the CTE Director title, and several other things. Mr. Bryant is the Official K-12 School Counselor. With this, he works to promote the energy bus, provides support to students, and does several other behind-the-scenes activities.

This is Mrs. Fryar's 3rd year at Garden City. Her favorite part of the environment is the students and getting to work with everybody.

"Helping people get accepted to college and helping them figure out where they want to go is awesome," she said. "Just getting to know everybody and helping them with the next steps of life is my favorite part."

With this being her 3rd year in GC, she's faced some challenges. However, she's also been able to figure things out better.

"I've really figured out my own timeline and pattern to take care of things," Fryar said. "I don't feel like everyday I'm learning something new like I have for the past 2 years."

Early in college, Mrs. Fryar was inspired to be a teacher by several people. For example, some professors and ideas of her future helped push her to pursue this inspiration.

"Going to a small school, there were definitely a lot of professors that helped me figure stuff out and see things differently with my next steps."

Mr. Bryant's story is a little bit different from Mrs. Fryar's. He started off as an English teacher in the Odessa area. Here, there were several struggles the students went through that led him to start teaching character classes there. Then, he got the idea of making that his full-time job, and he became a counselor.

From there, he worked at a few different schools before ending up in Garden City.

"Last year, I didn't feel too accepted. What I feel a lot better about now is how it feels like students are starting to accept me," Bryant said. "And the teachers have been really nice and supportive."

Overall, his favorite part of working in Garden City is the teamwork that's developed between him and the school community.

That being said, he's been at Garden City for 2 years now, with this being his second.

"What I'm working on now is trying to not be so rough around the edges. I'm trying to shed some of that tough skin that I came in here with and learn how to appeal to the students' learning style more," he said.

Bryant's biggest inspiration through his career has been Linda Conway. He taught with her during his time as an educator at Howard College, and she was an incredible mentor.

"She held me to a super high standard, but she taught me so many things that I still remember to this day," Bryant said. "I love her so much because we didn't always get along, but I still appreciated her."

Mrs. Fryar and Mr. Bryant both do so much around the school to ensure the students are prepared, mentally and physically, for their current lives and futures. Be sure to say a big "Thank you" when you see them for all of their hard work!

WEEKLY MENU

Monday

SAUSAGE BISCUIT OR CEREAL & TOAST

MEAT & CHEESE CHALUPAS, ZESTY CUCUMBERS, CHARRO BEANS, SPANISH RICE, SALSA, & FRUIT

Tuesday

PANCAKE ON A STICK & YOGURT OR CEREAL & TOAST

CHICKEN PARMESAN, SPAGHETTI NOODLES, GREEN BEANS, GARDEN SALAD, RANCH, A BREADSTICK, & FRUIT

Wednesday

CHERRY TURNOVERS & SAUSAGE OR CEREAL & TOAST

PIG-N-BLANKET, CORN, GARDEN SALAD, RANCH, FRUIT, & A VALENTINE'S CUPCAKE

Thursday

BREAKFAST BURRITO OR CEREAL & TOAST

CHICKEN NUGGETS, MASHED POTATOES, GRAVY, GREEN BEANS, GARDEN SALAD, RANCH, A ROLL, & FRUIT

Friday

CHOCOLATE CHIP MUFFIN & SAUSAGE OR CEREAL & TOAST

GRILLED CHEESE AND HAM SANDWICH, BABY CARROTS, RANCH, TOMATO SOUP, CHIPS, & FRUIT

Students Shine at San Angelo AG Mech

by: Sydnee Gully

FFA students who compete in AG mech traveled to San Angelo for the annual agriculture mechanics show. There were students from across the state competing, representing over 300 different schools with over 880 entries. Out of these projects, several of our students placed in the top standings.

Out of the 37 students competing (showing 27 projects), 24/27 projects earned a blue ribbon. This showed their months of hard work put into the projects. Additionally, 5 students placed in their classes. Results are as follows:

2nd - Miles Halfmann and Waylyn Davis (Vacuum Corn Trailer)
2nd - Kyler Dieringer (Epoxy Shuffleboard Table
2nd - Caleb Stewart (3 Point Hitch Mount Sprayer)
3rd - Ivy Braden (Well Pulling Trailer)
5th - Katie and Tatum Braden (Fire Pit Table)

These students had outstanding effort and showcased their shop skills through their projects. Additionally, everybody represented the school in a great way!



Senior Spotlight



Miles Halfmann

College Plans:
Blinn College (Animal Science)

What will you miss most about GC:
The people

Go-to song:
Wondering Why - Red Clay Strays

Involvement:
Football, 4H, FFA, StuCo, NHS

Key people in your life:
My Family

Advice to your freshman self:
“It’s okay to get out of your comfort zone.”



Lacy Seidenburger

College Plans:
Texas Tech (Speech Pathology)

What will you miss most about GC:
Friendly faces

Go-to song:
Something in the Orange - Zach Bryan

Involvement:
Cheer, Basketball, Tennis, 4H, FFA, StuCo, NHS

Key people in your life:
Family and Friends

Advice to your freshman self:
“Soak in all the good and even bad times. Time flies so live life to the fullest.”

High School Basketball

Lady Kats Stay Perfect as Bearkats Sweep Blackwell

by: Karly Baker

The Lady Kats and Bearkats basketball teams turned in dominant performances Tuesday night, both earning decisive district wins over Blackwell.

The Lady Kats opened the night with a commanding 57–14 victory, improving their district record to a perfect 11–0. Strong defensive pressure and quick transition offense allowed the Lady Kats to take control early and never look back. With a record number of half-court ten-second calls, their defense limited Blackwell's scoring throughout the game, while consistent offensive execution helped extend the lead in every quarter. After only winning by 14 the first time, the Lady Kats were proud of the large scoring gap in the second round.

The Bearkats followed with an impressive 75–12 win of their own, moving their district record to 5–4. The Bearkats showcased balanced scoring and unselfish ball movement, finding open looks and capitalizing on defensive stops. Their aggressive defense disrupted Blackwell's offense and kept the momentum firmly in their favor from start to finish.

With the sweep, both the Lady Kats and Bearkats continue to build confidence as district play progresses. The Lady Kats remain undefeated in district action with one game left to play, while the Bearkats continue to look to carry this momentum into their upcoming games.

JV Girls Dominate Monday Night

by: Sydnee Gully

On Monday night, the JV girls team started off the week for basketball as they made the drive to take on the Iraan Bravettes.

The game started slow, but the Lady kats still took control. By the first quarter, it was 5-2 in our favor. Going into the second quarter, the girls picked up the pace, increasing defensive pressure and pushing the ball in transition. Here, they scored 15 points and held Iraan to only 2.

The second half held the same energy for the Lady Kats as they outscored the bravettes by 7 in both the 3rd and 4th quarters. At the end of the game, it was 39-9.

The game was full of tough plays, but the team fought through adversity to dominate. They learned new lessons they can take with them for the rest of the season.

Teamwork and Skill Lead JV Boys to Victory

by: Sydnee Gully

On Tuesday night, the JV boys took a break from district play to host the talented Forsan Buffaloes. They knew the game was going to demand mental and physical effort, and they came prepared.

After a tough battle and close game, the boys ended up winning with a score of 47-34. They displayed impressive skills and teamwork to take the win. This week, they will jump back into district play for the final few games of their season.

JV Girls compete with Midland Christian

by: Sydnee Gully

The JV girls took on Midland Christian on Friday. Despite the fierce competition and pressure defense, they pushed through to make great plays and score baskets. In addition, they played lockdown defense to keep the other team to minimal points. They ended with a score of 46-13 in favor of the Lady Kats to improve their record to 23-2.

On Tuesday, they will take on the Irion County Hornets at home for their last game to share the district championship with the Hornets. Then, the rest of the teams will have demanding games to follow. Come out and support the basketball teams!



UPCOMING EVENTS

Monday

OAP CLINIC AT CLYDE

Tuesday

HIGH SCHOOL BASKETBALL VS IRION COUNTY

Wednesday

COLLEGE SHIRT DAY

Thursday

HS POWERLIFTING AT WELCH

HS TENNIS AT BIG LAKE

FCCLA PROJECT PREVIEW NIGHT

Friday

JVB/VB VS BRONTE (SENIOR NIGHT)

Saturday

TEXAS TECH UIL MEET

SAN ANTONIO FFA PUBLIC SPEAKING

The Energy Bus Perspective: Student Q&A with Katie Braden

Q: How has the energy bus transformed your life this year?
A: It's really provided me with a more positive way of looking at things that I might be struggling with and help me get through challenges that I might be facing. I can really encounter those challenges with a positive mindset so I can get through them.

Q: How do you feel like the energy bus has made an impact on your life outside of school?
A: One big way it's affected my life outside of school was when I was helping Tatum with building the Bearkat Buddies program. We had to determine what books the kids would be reading, and they all matched the energy bus themes. By choosing these books, we can also help teach younger kids to have a positive mindset.



Healthy Lifestyles

by: Claire Eggemeyer

In today's world, many of us are looking for ways to eat better for a healthy lifestyle. Teachers at school embark on healthy conversations with the students about their personal dieting lifestyle, and here we're going to dive into two different popular diets that have been brought up around the school.

First is Whole30, which is a 30-day elimination diet where you cut out any unprocessed foods and take out any added sugars, dairy, additives, and grains. Coach Wilburn and Mrs. Wilburn recently did Whole30 and are willing to share their experience.

"We do it as a dietary reset," Coach Wilburn shared. "So we're just trying to break bad habits, but I do think it has played a positive effect in breaking bad habits as far as eating, snacking, and what I do on a daily basis."

Of course, cutting out such major food groups can be a challenge. Coach Wilburn did stress the advantages despite this.

"If you have someone to do it with, I would definitely recommend this to others."

Another popular dieting option is intermittent fasting, which focuses on when you eat, rather than on what you eat, including cycles of eating and fasting. Mrs. Morgan, the high school English teacher, has had some experience with intermittent fasting.

"I would wait until about noon the next day to eat anything, and then I would quit eating after like 7 p.m.," Morgan said. "I felt like it helped my sleep a lot, and it just honestly made me feel re-energized for the next day."

Intermittent fasting is great for some, but it might not work for everyone, and Morgan was sure to mention that.

"If you are somebody that is more active and involved in a lot, I probably would say you still need a breakfast or a couple snacks in the morning."

Overall, healthy lifestyles are important to keep up to ensure your body stays healthy. However, despite the wide variety of dieting lifestyles, it's important to pick one that will serve your lifestyle the best. In addition, dieting is not an essential thing to do in order to stay healthy. Especially for younger people, staying healthy can focus more on staying active, getting enough sleep, and ensuring you're focusing enough on mental health. Either way you choose, the most important thing is keeping your body healthy.

Why shouldn't you tell secrets in a cornfield?
- Too many ears.

"In three words I can sum up everything I've learned about life: it goes on."
- Robert Frost