

Managing my weight: an enlightening experience

By Luis Zepeda

To begin, it is not called "cutting weight," I prefer the term "managing weight." Having to drop anywhere from eight to 15 pounds within a few days is not something simple to accomplish, and I don't expect many to be able to do it.

I believe wrestling is something that teaches more than the sport, and a big part of it comes from weight management. I believe some skill can't be taught, but rather must be learned from experience. The specific skills I'm talking about are self discipline and mental toughness.

Managing my weight is my own conscious choice, and while I receive help and support from my coaches and teammates, most of my progress is done on my own and with my knowledge.

This has forced me to take initiative and responsibility for every single one of my actions and choices. This led to me doing my own research in order to learn what my options were for diet-

ing, exercise, sleep and water manipulation, which is strategically lowering the amount of water I drink from day to day. I can only describe this as tedious, annoying and time consuming. Throughout the week I would begin to feel demoralized.

The only thing going through my mind was:

"I really want an Uncrustable" as I walk straight past the cafeteria and go to the locker room to check my weight during my lunch period. These thoughts run rampant through my mind until after school when I head to wrestling practice with the same phrase that my wrestling coach relentlessly says circling my head:

"Get your mind right."

I tell myself these words as I lick my chalky lips and head into the locker room: "I have to focus in and get ready to work hard."

It has become a comfortably numb mindset, and it takes me through to the end of practice, through to the end of

sprints, and through to the end of each match.

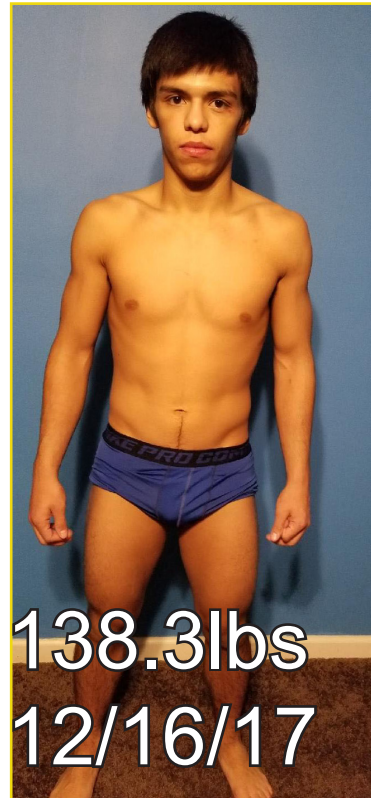
There comes a point when my mind just shuts down, but my body continues to move. Perry Meridian wrestlers have developed this same mentality because that is what is required in order to succeed in an already successful program.

It's the same virtue that has been ingrained into all my teammates just as it has been ingrained into me. In the end, this mindset only drives me forward; it feeds my will to get better and feeds my urge to compete. I believe this is the same for the rest of the team.

Overall, the only way that I can describe it is hell, but a good kind of hell. Wrestling has forged me into the young, disciplined man that I am today, it is the number one reason why I can call myself Luis Zepeda.

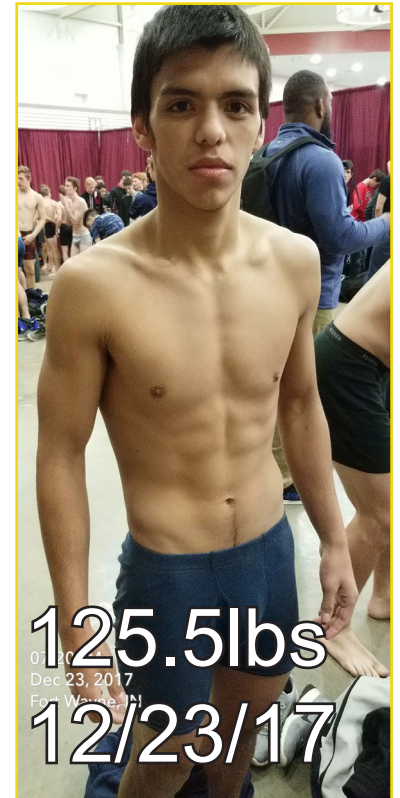
It truly is an enlightening experience and proves how life-changing this sport has been for me. Unfortunately, my season ended in the regional tournament. My final record was 26-11.

BEFORE



138.3lbs
12/16/17

AFTER



125.5lbs
12/23/17

At the start of the week, I was feeling fat and happy. Toward the end, I felt more like a dry, pale pile of bones as I was in the middle of the weigh ins for the team state tournament in Fort Wayne ready to compete. We ultimately became team state runner ups that weekend after a day of great competition (Photos provided by Luis Zepeda Sr. and junior Ceu Kung).

the CROZ NEST



Adam Crozier interviews freshman **Bryan Aung**, proprietor of the satirical Instagram account **Perry Times**, an alternative news source dedicated to posting original memes about the school and community.

How would you define a meme?

It's gotta be relatable for it to be funny. It could also have an inside joke, too. Those are pretty popular. You could look at any meme and say that. Not very many people understand memes.

How does the Perry Times impact school culture?

Earlier this year, we were making Boedicker memes and it just started to become part of the culture. We're like a friendly and playful people.

What is your favorite meme and why?

I would have to say We are Number One. It took me by surprise. I didn't think what I watched as a kid would become a meme. I didn't even know it was a meme, but I joined in and it just stuck with me.

Is Mr. Boedicker a meme?

He is a meme. All over the school he's known by all the students. He doesn't mind if you make a joke about him. He's open-minded about memes.

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