

EATING DISORDERS

Understand the Signs, Solutions and Effects

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Photo by Kyndahl Wiseman

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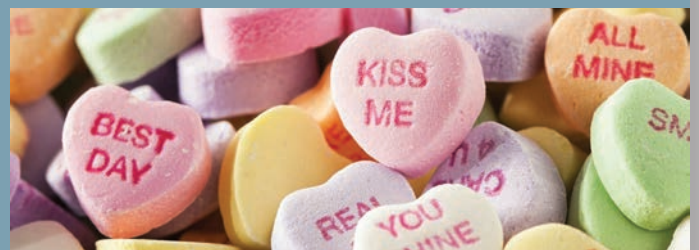
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TOMPKINS TALKS TELLS

TEACHERS' TALES

ELAINE LIU

Co-Managing Editor/Social Media Manager

Photos by Chase DeLellis



David Kast, junior and co-host of *Tompkins Talks*.



Senior Angela Lins, sophomore Chanzu Lee, and juniors Samuel Thibodeaux and David Kast discuss the history of Tompkins through its ten years as a school. Starting the podcast has given them a chance to share teachers' stories with students.

In the Falcon News Flash studio, junior David Kast adjusts his microphone and re-arranges the chairs in preparation for his upcoming interview. Students may recognize his voice on the 9:55 a.m. announcements ("Good Morning Falcons, my name is David"), but they may not know that Kast also co-hosts "Tompkins Talks," a podcast that commemorates the school's tenth anniversary. The first episode featured Principal Mark Grisdale and Obra D. Tompkins, and the second featured National Honor Society Sponsor Ashley Park, Student Support Assistant Principal Kristine Copeland and the student council, both interviews clocking in at approximately 44 minutes.

"The main point of the podcast is to interview teachers that have been here the longest, usually throughout the ten years... and they share their experiences, their stories," said Kast. "Although admittedly it's a little slow-coming, I'm having a lot of fun with it and filming it."

Kast has had previous experience with podcasts. In junior high, he ran a podcast that

interviewed teachers who taught lesser-known courses such as Woodshop and Botany. Recognizing the nuances in these subjects and the teachers who taught them, Kast pitched the idea to bring back this podcast to Jacob Kinzbach, director of Falcon News Flash, ultimately leading to the podcast's approval.

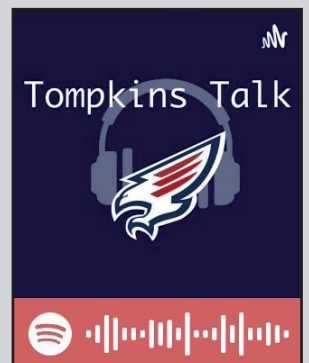
"It was the Head of the Fine Arts Department (Christie Skinner) who threw the [podcast] name out there, and it stuck, it made sense, it was nice to say," said Kast. "The alternative was *Falcon Talks*."

Within *Tompkins Talks*, Kast created the *Sidecast*, a series that features more specialized teachers, such as in Forensics. Kast was inspired by renowned astrophysicist Neil deGrasse Tyson's podcast, *StarTalk*, which bridges pop culture and science to prove how entertaining physics can be. Due to his interest in science, Kast plans to feature more science teachers in upcoming podcast episodes.

"It's great to be able to sit down with these teachers I've never met before and learn some

new stuff myself," said Kast. "I learn alongside the audience as you're listening, so if you don't know anything about the subject, you can also listen and learn something yourself."

Kast believes that the podcast allows students to familiarize themselves with teachers, staff and administrators they have never met before. All students have an interest outside of academics, and the podcast provides advice and first-hand accounts of professionals' careers in their respective fields. For instance, if a student is interested in education, Kast recommends they listen to the first episode with Tompkins and Grisdale. "I haven't met a lot of these teachers who admittedly teach interesting subjects, and I feel like that is not something I share alone, and I think that this podcast is a great way for students out there who don't have time to take these classes because it's not something they necessarily are willing to pursue, but that doesn't mean they're not interested- doesn't mean they don't want to," said Kast.



**LISTEN TO
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TALKS
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BATTING FOR SUCCESS

Haribabu Explores His Cricket Career

ELLA RAY
Editor-in-Chief

Sweat drips down freshman Dharshan Haribabu's face as he waits patiently for the perfect moment to strike the ball as it rushes towards his way. Haribabu has been playing cricket for about five to six years. Within that time frame, he has taken his career to the professional level for the past three years. Haribabu initially discovered the sport by watching it on TV with his family, eventually asking his parents if he could join an official team. Just hitting the ball and having fun had him hooked at first play.

"I just really enjoyed playing it at first and I just wanted to get better and keep playing it," said Haribabu.

Playing cricket provides Haribabu with an adequate amount of physical activity as he runs for hours under the hot, Texas sun. Haribabu is a part of the HYPL (Houston Youth Premier League) where athletes from across the country come to participate in a tournament that expands over two weekends some time around mid-February. Haribabu has participated in his share of competitions, his constant hard work leading him to be selected in the USA zonal teams for the Southwest zone this past year. He was one of the 84 players that were selected in a whopping total of six zones

nationwide under the 15-year-old category. With competitions that the league takes part in, it is crucial for Haribabu to practice his favorite skill: batting.

"My favorite thing is batting," said Haribabu. "It's similar to hitting runs like a homerun in baseball. I also have lots of friends there, so I like to see my friends and just hangout with them."

Haribabu explains that the league he is currently playing for has team sessions and they practice for approximately two hours at least twice a week. If there is no competition, Haribabu usually trains by himself with his coach by his side who throws the ball and fixes his technique. However, because competitions are right around the corner, he trains with his teammates in order to work out the team dynamic and collaborate on improving their skills.

"After sessions, we sometimes go out for dinner, pool, or Main Event to just have fun. There's lots of team bonding, so we know each other well. It helps us succeed as a team," said Haribabu.

Sometimes Haribabu tends to feel a lot of pressure as a freshman with an unfamiliar workload. However, to resolve this problem, he usually does his homework when he gets home and is able to go to practice in the evening by 6 p.m. with his coach. When he gets back home, he tries to finish the rest if he can, having study hall first peri-

od helps him immensely. In the end, Haribabu decides to take it one day at a time to minimize stress and advises others to do the "same" to have fun, that's what I try to do," said Haribabu. "I came to enjoy the sport, and that's what got me interested and wanting to get better."

Photos by Sienna Gelotti



Haribabu steps up to the plate with his coach as both of the two work together to strengthen his batting skills. Batting has always been one of Haribabu's strengths as he is constantly looking for ways to improve.

Photos provided by Haribabu



A Render of the Rodeo

SYDNEY JACKSON
Staff Writer

As the class of 2023 seniors graduates, they bring their art with them, and leave behind the Houston Livestock art show, and the new class of 2026 freshmen steps up to shine.

The Houston Livestock Show and Rodeo art competition (HLSR) is an annual competition held at the Houston Livestock Rodeo. Each year, artists throughout the state compete against each other by creating farm based and inspired art from a reference photo created by one of the art teachers.

So far, 17 artists from Tompkins were chosen for the top 25 spots for the HLSR Art Competition, 12 of the 25 spots being for 2D art and 5 of the 25 being for 3D art, freshman Sophie Hooks being one of the three freshmen to be selected. Hooks is competing in the competition for the first time in the HLSR art competition, winning the HLSR Special Merit Winner award for her artwork, "Lady of the Ranch", portrait close-up of a ranch cow's snout.

"It's a new experience for me [the art show], so I wanted to take a chance at something that would give me learning experiences," said Hooks. " And I feel really accomplished as a freshman to be able to progress to this level. It makes me look forward to the future of continuing art."

The experience for a senior in art is not too different. Over the years Nikita Jayaraj, a senior who is competing in the competition, has improved her art. When she first joined art as a freshman, she only intended on doing art as her fine arts credit. But as the year went on, she went on to loving it, and even received a recommendation from her teacher to submit her artwork to an adjacent competition to the HLSR art competition.

"I joined art my freshman year and I took art because I

needed the credit and I ended up submitting my work in a competition because my teacher thought it was good, so I just continued on with art throughout the rest of high school," said Jayaraj.

Her experience from last year has motivated her to compete this year, competing in her first and last competition for the HLSR art competition. Jayaraj created a landscape painting of one of the Tompkins art teachers, Erin Mitchell, and a horse facing each other.

"My teacher recommended that specific picture for me because she thought I was good with portraits," said Jayaraj.

The Houston Livestock Rodeo art show competition began on Feb. 2 - 4 at the NRG stadium. The other winners of the HLSR art competition consisted of senior Mia Paz, winning District Best of Show and freshmen Jenna Jeong, winning KISD Gold Medal Winner. The Special Merit winners were junior Hajra Rahim, junior Tiffany Sellers, and sophomore Karis Yi. Katy ISD top 25 finalists were senior Athena Paz, senior Ashwin Subramanian, senior Nicole Perez-Escobar, senior Hana Perez, senior Aarthi Salver, and sophomore Sabrina Smith. NRG Gold Medal winners were senior Nandita Basumatary, senior Tayden Alexander, and junior Zara Picon. The district finalists were junior Athir Rabhi and sophomore Amber Maknoja. The winners for the Katy ISD Rodeo Exhibition senior Ava Garcia, senior Rebeca Mendoza, junior Caroline Truong, senior Emma Zuo, senior Mandy Chen, senior Natalia Chigne Sand, freshman May Espinola, senior Ezri Terry, and junior Lindley Tatum.



Jayaraj paints art teacher Erin Mitchell with a horse for the HLSR art competition. Her artwork was inspired by art teacher Erin Mitchell.
Photos provided by Jayaraj



Jayaraj, a competitor for the HLSR art competition, continues her passion for art. Being apart of the art program has added a special touch to her high school experience.

STUDENT LEADS CHANGE ON INEQUALITY

Lucas Joaquim J-1 Guest Writer

Freshman Beatriz Joaquim swiftly passed the ball to the other side of the court. The seated recipient rolled through the opponents and laid the ball inside the basket. Everybody in the room celebrated. The students with disabilities pushed toward the center of the court, as the group restarted the joyful game. Joaquim and the volunteers helped push the other students holding the ball near the net for them to shoot. Shot after shot, Joaquim quickly went back and forth cheering for each basket and celebrated with the other volunteers.

She ambitiously started talking compassionately to the special needs class about her personal experiences as well as listening to their own stories. While continuing hearing what everybody has to say, she recounted lessons to share with her peers. When finishing up, Joaquim gained newfound appreciation and adoration for helping people who are not expressed equally as students. Joaquim knew she had a special job to fulfill in her future.

"I have always seen people even when I was a kid usually shy away from people who have disabilities, and I never thought it was kind," said Joaquim.

Growing up and moving from Canada at a young age, she has always had a different perspective when it comes to seeing other children like her having difficulties with their life being different. When she started elementary school, she always helped the students with special needs, and gave them the time and devotion that they deserved. In 5th grade she received the first Kindness Award of her school, given to the nicest student in the whole school.

Joaquim continued her passion of helping others all the way through the summer into middle school.

"I first started wanting to help people with disabilities because when I got to know them, they were regular people," said Joaquim.

Joaquim first got into volunteering through her friends, as many of them were applying at an early age to begin helping around their school and the nearby neighborhood. Joaquim started to go along with them, and immediately fell in love with the idea of helping people and possibly making a difference. Over time, instead of attending the meets, she organized them. These separate meets lasted all the way up until the most recent epidemic, where she was forced to put the brakes on helping people.

This did not discourage Joaquim, as instead of helping people face to face, she turned her sights on a more attainable goal, which was online tutoring. Joaquim has helped many kids with disabilities gain confidence with education, by making it more enjoyable.

"Helping people with special needs gives me motivation that everything in this earth is for a purpose, and it brings me joy to see the disabled become happy," said Joaquim

Seeing people who are held back from many opportunities in life just because of their unfortunate circumstances did not sit right for Joaquim, and she decided to try and change the discrepancy in helping individuals with disabilities. As she got older, more and more opportunities arose for Joaquim to start volunteering with other people and start helping the population of special needs near her.

She had also had many opportunities internationally, as during the winter of 2019, she went to Brazil and spent two weeks with the local school for specialized students that her grandmother ran in Sao Paulo. Over this time, she learned many additional skills including cooking, communication and even how to feed immobilized

students.

"It doesn't feel right that people with disabilities don't get treated like normal individuals, now I'm trying to change that," said Joaquim.

Joaquim has high expectations going into volunteering, as she has been doing it for quite some time now. She first started volunteering around 5 years ago in 2018 whenever she has spare time. She has most recently started volunteering with FORCE where she works with other volunteers each week in helping the community. When Joaquim works with individuals with special needs, it provides her a safe space and time to catch up and listen to other people's lives. Joaquim has previously felt that helping people with disabilities feels like her destiny, and what she was meant to do. Joaquim has racked up over 170 hours of volunteer work over the years, including in personal help as well as tutoring online during quarantine.

"Every day when I work with people who need help, I always feel like I am inside of my safe space, and caring for people with special needs is what I need to accomplish in my life," said Joaquim.

With many experiences in volunteering, Joaquim is now focusing her time on her future. Helping does not stop there for Joaquim, as when she grows up she wants to become a therapist and counselor for the people with disabilities. This has been her dream ever since she first

started helping. Her hope is to one day be accepted into an Ivy League school, and get into as many counseling and psychology classes as possible.

"I want to grow up, and still give people with special needs access to help, so that they have someone they can rely on for support," said Joaquim.

Her closest friend, freshman Sritha Inquiri has never known Joaquim without her charismatic personality and sympathy towards people with disabilities. Since beginning middle school together, Joaquim often brings Inquiri along with her volunteering, and together they help out the special needs community every week

"Joaquim always talks about new volunteering opportunities, and I always come with because her attitude is special," said Inquiri.

Inquiri strongly believes that Joaquim will go far in her hopes to someday become a successful and established role model for her community. With all of Joaquim's efforts, Inquiri considers Joaquim a person with immense gratitude and respect for people with special needs.

"Joaquim, just has something about her that makes her perfect for helping others in need," said Inquiri.



Joaquim works diligently in creating her next agenda for volunteering. Staying organized has always been a key element of her success.

Photo by Amber Gibson

CAREER CHANGERS AT TOMPKINS

OTHS Teachers Discuss Career Transitions

BANEEN RIZVI
Staff Writer

Throughout students' high school careers, they have to make many choices that ultimately affect the outcome of their future. One challenging matter is the question of which career path to pursue after high school. It can be especially overwhelming to make this decision at a young age with the growing worry that they will not enjoy or be able to do what they may currently love now, as well as the pressure to aim high with well-paying and well-respected jobs. Many students believe they have only one chance at choosing a career, especially when changing careers can be a difficult process. But for Health Sciences teacher and registered dental hygienist Amanda King, changing her career was the best decision she made for herself.

King chose to break the stigma behind changing careers when she resigned and quit her career as a dental hygienist to pursue a path in teaching. King spent 15 years working as a dental hygienist in a pediatric dental office before resigning. For King, this decision changed her life for the better both physically and mentally.

"Over the years, the repetitive motions required in my job started to take a toll on my body causing issues with my back, neck, arms and hands. I also felt the desire to do more in my life," said King. "I wanted to make a bigger impact in the world by encouraging students who want to have a health care career."

After high school, King studied head & neck anatomy, pharmacology, periodontology, dentistry and other classes related to the field. She then earned her degree in dental hygiene before becoming a registered dental hygienist. The job was physically and mentally demanding, taking a toll on King's health which eventually led to her resignation and change in career. Despite

the outcome, working as a dental hygienist gave King a chance to work with kids and allowed her to see where she was really comfortable and strong working.

"I loved seeing the little ones light up with excitement from the simplest things like receiving a new toothbrush with their favorite character on it. I loved starting out an appointment with a frightened child and being able to calm their fears and by the end of their appointment they were no longer afraid and actually enjoyed their visit," said King. "I loved seeing my patients that I had built a professional relationship with. I enjoyed seeing my special needs patients progress in their comfort level and acceptance of care. So basically, I loved the kids."

Now that she is a teacher, King enjoys working with her students and sharing her love of healthcare with them. She is glad to finally do what she loves by helping develop her students to become responsible, competent and caring individuals. Similar to King, World Geography teacher Dominick Bencivengo feels the same and enjoys having the opportunity to connect with students and educate them to grow. Bencivengo worked in the finance industry and was a relationship manager for American International Group (AIG) for ten years before traveling around the Southeast region of America for his book of business for approximately another 8 years. He then worked for a small finance firm before leaving behind his financial career, and deciding to become a teacher.

"I really wasn't enjoying what I was doing anymore. I really wanted to work with kids and help them," said Bencivengo. "I wanted to mold young minds especially in history. I always enjoyed history and I wanted to make kids like it as much as I liked it and help them at the same time."

Bencivengo studied at the

University of Houston, where he earned his Bachelor of Arts in History and a minor in Corporate Communications. He initially enjoyed working with people and helping them with their problems. However, after working in the financial industry for so long, Bencivengo realized he was not enjoying what he used to do. He resigned to become a teacher, a profession which he has grown to become very fond of and believes has a better purpose than his previous job.

"I love my students, and I love how I have the power to mold young minds. I really care about all of my students," said Bencivengo. "I enjoy helping them discover who they are as people. I expect a lot from them and at the same time I like for them to be successful because that is a reflection on me too."

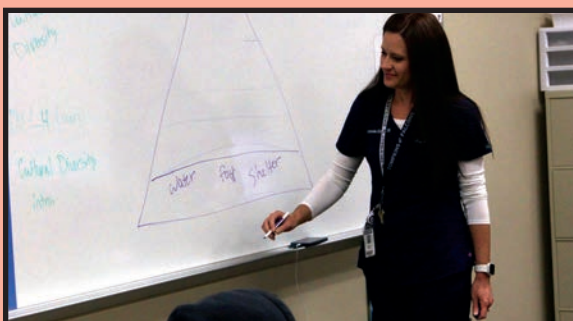
Bencivengo enjoys where his career has come to now. Being a teacher, he feels happier and content with his job than when he maintained a career in the financial industry. He and King hope that students will pursue their passions rather than searching for well-paying careers instead. In the end, if he or she is not happy with their career, then there will come a point where money is no longer worth it.

"Do what you are passionate about. If you enjoy what you do, then everything else falls into place," said Bencivengo. "That includes trade schools too because college is not for everyone and there are people out there that can do great things and be successful at a trade. When you do what you love it is not like work."

Photos by Bella Riggan



World Geography teacher Dominick Bencivengo explains another history lesson as his students take notes. He has enjoyed teaching since he quit his career in finance.



Principles of Health Sciences teacher Amanda King smiles as she works with her students for a learning activity. Ever since she changed her career from dentistry to teaching, she has loved to educate students interested in medicine.

SYDNEY JACKSON
Staff Writer

EATING DISORDERS AWARENESS WEEK

IT'S TIME FOR CHANGE.

SAVE THE DATE:

February 27 - March 5 2023

#EDAW #EDAW2023



Source: National Eating Disorders Association (NEDA)

More than 28 million Americans of all ages and genders will struggle with an eating disorder at some point in their life, easily being a close family member. When noticing a substantial shift in a loved one's eating patterns and behavior it is essential to stay conscious of signs of eating disorders. Here are some signs of common eating disorders and how to help.

Anorexia Nervosa

According to NEDA, The National Eating Disorder Association, one of the most notable signs of anorexia is an intense focus on food and calorie intake. Habits like calorie counting, a system where the calories for each food eaten are checked and calculated in hopes to not go over a set calorie intake, or a fear of eating in public could form from this focus due to a fear of eating too much. In combination with restrictive dieting, many people with anorexia maintain an excessive exercise regime, which is mainly done to burn any calories deemed as "excess. The mix of restrictive eating and intense exercise causes hair and nails brittle and prone to breakage, dizziness upon standing, difficulty concentrating, and the loss of menstrual periods.

Bulimia Nervosa

Unlike anorexia, according to NEDA, one of the most notable signs is binge eating. Binge eating is usually done in private, with the disappearance of large

amounts of food in a short period of time. To compensate for the food eaten during the binge eating, a purgatory behavior, like self-inducing vomiting or "spit-and-chewing", a process in which after chewing, the food is immediately spit out, ensues. The cycle of binge eating and vomiting could cause people with bulimia to be seen taking frequent trips to the bathroom after meals, with a smell or sign of vomiting following them.

Binge Eating Disorder

Binge eating disorder, or BED, is characterized by NEDA as recurring episodes of eating large amounts of food in a short period of time, to the point of discomfort. Similar to bulimia, a notable sign of BED, according to NEDA, is consistent binge eating episodes. These episodes are usually done in seclusion, or where secret stashes of food are hidden and hoarded. During many of the episodes, people with BED struggle with self control to stop binge eating. As a result, many people with BED end their episodes with feelings of guilt, shame, and disgust after overeating, leaving them with low self-esteem.

Orthorexia Nervosa

Orthorexia nervosa, or most commonly known as orthorexia, is characterized by NEDA as an obsessive fixation with healthy eating. People with orthorexia are commonly grouped in with fitness fanatics or those on diets,

however, orthorexia is different from regular dieting or maintaining a healthy lifestyle. Orthorexia causes an intense concentration on the health of ingredients, leading to the removal of certain food groups like sugar, carbs, or dairy. The majority of their day is plagued with worry about the nutrition value of their food, eaten and plan to eat. Many people with orthorexia obsessively follow the health regimes on healthy lifestyle pages on Instagram and Twitter.

How To Help

Gabriella Mahan, a licensed professional counselor at Mindful Eats Nutrition Counseling, stresses the importance of being sensitive and self educated with eating disorders to be able to provide a safe space for people with eating disorders free of judgment by being supportive.

"The best ways to support a friend or loved one who is struggling with an Eating Disorder can be through a few ways," said Mahan. "Refraining from commenting on food or body (your own and others included) maintain an open and healthy line of communication with the individual, offer meal support if they feel comfortable, psycho-educate yourself on Eating Disorders if you aren't very familiar with what they are and what it looks like for someone to struggle with an Eating Disorder, help or encourage the individual to engage in value-based activities, and let them know you're there in whatever capacity they feel is beneficial.

For intimate relationships, Mahan recommends sitting the person with an eating disorder down and having a serious discussion or talk. Many people unintentionally offend and are insensitive to eating disorder victims by accidentally shaming or invalidating their disorder. To combat this, Mahan recommends approaching

the conversation with utmost kindness and understanding.

"If someone is struggling and you're not sure how to broach the subject, I encourage you to focus less on the behaviors you're witnessing (restriction, weight loss, bingeing etc) and focus more on how much you care for them," said Mahan. "So, for example, saying things like, 'I wanted to check in on you and see how you're doing?' 'Is there anything I can support you in?' or 'I want you to know that you are loved and I've been worried about you lately and wanted to see if I can serve as a safe person if you're struggling?'"

While eating disorders are sadly a common phenomenon, it is important to note that not everyone with the symptoms in the eating disorders above are struggling with an eating disorder. So before jumping to conclusions, please discuss with the person who is believed to have any of these eating disorders. If the situation is serious or the person seems unstable, please alert their guardians or loved ones.

Eating Disorder Hotline : 1-800-931-2237. Eating Disorder Sites: The National Eating Disorder Association (NEDA); National Association of Anorexia Nervosa and Associated Disorders (ANAD).

BEYOND FOOD AND BODY WEIGHT: Psychological Adversities and Social Misconceptions of Eating Disorders

ELAINE LIU

Co-Managing Editor/Social Media Manager

Typically, upon introducing the topic of eating disorders, the mind immediately identifies one archetype. This mindset, however, fails to acknowledge the many conditions considered an eating disorder and the diversity of people who suffer from eating disorders' physical, mental, and emotional effects. An individual in any age group, gender, or ethnic group can suffer from an eating disorder, which includes five major categories: anorexia nervosa, bulimia nervosa, binge-eating disorder (BED), avoidant restrictive food intake disorder (ARFID), and other specified feeding and eating disorders (OSFED).

"Sometimes people see it as just a lack of care or trying to fit into the social environment, but eating disorders are not a trend or a phase," said counselor Carmen Valdez. "They're actually life-threatening disorders that can have irreversible consequences, and sometimes long or permanent consequences if not treated by a professional."

According to the National In-

stitute of Health (NIH), all eating disorders classify as psychiatric illnesses that center on thoughts about food and eating behaviors, affecting the body's ability to procure proper nutrition and potentially leading to health issues. These unhealthy behaviors and preoccupations may also develop into a consuming passion that can disturb physical, psychological, and social well-being. For instance, eating disorders can cause heart issues, dehydration, malnutrition, and slow brain function.

"I think we have to have more knowledge of eating disorders in order to understand how we can help people and what people are actually going through," said Valdez. "Once we gain an understanding of these disorders, we can also have the resources to help and to know how to approach an individual."

Junior Patricia Carpio Ron is currently recovering from an eating disorder, which affected her physical and emotional health. She lost her hair and received many bruises due to an iron

deficiency. Before meals, she experienced breakdowns and panic attacks out of genuine fear.

"My eating disorder affected me by making me become guilty of who I am. It consumed and controls my days and nights," said Carpio Ron. "People don't see me the way my eating disorder makes me see myself, and I just can't help it. It made me lose people and made me lose myself."

Initially, Carpio Ron could not admit to herself that she had an issue and needed help- and although she has sadly relapsed before, she still full-heartedly believes that she can fully recover. She slowly builds her comfort with food, not forcing herself to eat, and regularly attends therapy, which has greatly helped her with the process. Recovery does not generally follow a linear path; sometimes, Carpio Ron's thoughts mix: "that's not enough" and "that's too much," causing her to feel guilty because she understands she must heal- for herself and the people she loves.

"Recovery taught me how

Fact Box

Perpetuating factors sustain eating disorders and contribute to their maintenance. These factors include physiological effects of starvation or binge-purge cycles, or anxiety and avoidance behaviors associated with eating. Starvation slows gastrointestinal transit, resulting in early satiety and constipation. It also increases preoccupation with food and the risk of eventual progression to binge eating. Frequent self-induced vomiting can lead to gastrointestinal impairment and to the development of spontaneous regurgitation, reflux, and vomiting.

Source: John Hopkins Medicine

important it is to have people in your life," said Carpio Ron. "It taught me the importance of finding my true passion and finding my way to express myself without having to check numbers."

As she pursues recovery, Carpio Ron struggles with transitioning from her past self to her new identity. She finds it odd that she cannot recognize herself anymore despite comprehending that she needs recovery to stay alive. Carpio Ron hopes that more empathy and awareness can generate for eating disorders and the individuals who cope with the illness.

"I want people to know you can never tell if someone has an eating disorder. It's a mental disorder, and size doesn't define whether they are struggling or not," said Carpio Ron. "Every person who struggles with an eating disorder is fighting and they are going through hell. Society shouldn't be invalidating their emotions. People who have eating disorders don't do this for attention. It wasn't their choice to feel this way."

Health Consequences of Eating Disorders

Anorexia Nervosa

- Psychological Effects
- Low-self esteem
 - Anxiety
 - Depression
 - Intense fear of gaining weight
- Physiological Effects
- Distorted body image
 - Thinning of the bones
 - Brittle hair and nails
 - Dry and yellowish skin
 - Severe constipation
 - Low blood pressure
 - Slowed breathing and pulse
 - Brain damage
 - Multiorgan failure

Bulimia Nervosa

- Psychological Effects
- Anxiety
 - Major mood swings
 - Low self-esteem
 - Acts of self-harm
- Physiological Effects
- Sore throat
 - Swollen salivary glands
 - Worn tooth enamel
 - Acid reflux disorder
 - Gastrointestinal problems
 - Intestinal distress
 - Severe dehydration
 - Electrolyte imbalance

Binge-Eating Disorder

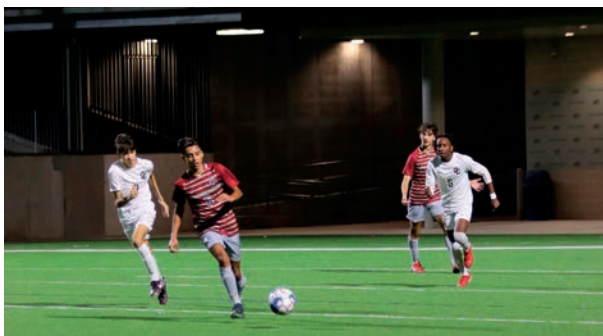
- Psychological Effects
- Isolation
 - Guilt
 - Poor mental health
 - Possibly substance abuse
- Physiological Effects
- Weight gain
 - Insomnia
 - Arthritis episodes

ARFID

- Psychological Effects
- Low self-esteem
 - Social isolation
- Physiological Effects
- Malnutrition
 - Gastrointestinal problems
 - Developmental delays
 - Weight loss

Sources: Carmen Valdez and NIMH

New Start to Boys Soccer Season



Varsity soccer boys junior Diego Gonzalas and junior Jacob Robisch focus on winning the match. Their determination helped keep their positivity up.

Photo by Angela Meza

SHRIYA RAJAGOPALAN

Co-Managing Editor

As soccer season kicks off, the new youthful batch orients themselves to the familiarity and hardships of the season. Working hard to practice after school, the young athletes prepare for their biggest rival game against Seven Lakes High School. These young athletes race across the field determined to get the ball into the goal. Their hair

is filled with sweat while they feel it drip down their cheeks while they are ever so careful to avoid sudden injuries.

"The team this year is like a family; they all go out to eat together and hang out together. We try to create a family atmosphere so they're like brothers," said head boys soccer coach Tom Jones.

These young athletes begin practices during seventh period and continue throughout the evening. Jones encourages them to improve their technical ball

work. Another common activity Jones does is incite a little competitiveness within these athletes to fight for positions, helping to push them against each other.

"So far this season has been pretty good, I knew we were going to struggle a little bit with our youth, but they're coming along and we're starting to get a lot better," said Jones. The team had 22 seniors graduate last year forcing them to step up with their younger players. This motivation has helped

these young players work harder to become better athletes. Jones hopes to push the younger athletes to help the team succeed.

"We use positive mojo which is based on my daughter who passed away from cancer. She just led with positivity so that is what our motivating factor," said Jones.

In 2015, Jones' daughter passed away from cancer, and to commemorate her, he creates a positive atmosphere with his athletes and motivates them to do their best. It is important to him that he honors his daughter's memory by being optimistic.

"I enjoy being around the guys. It is like a family; I get to joke around, be serious, and compete," said Jones. "Some of their strengths are team camaraderie: they play well as a team- we have some individual talented guys, we just got to put them in the right spot."

While the team's major strength is how close they are with each other, they can work on their possession, physicality and moving the ball a lot quicker than they have been.

Girls' Soccer Kicks Off Another Season

BANEEN RIZVI

Staff Member

The golden rays of the sun shine down on the pitch as the blue jersey clad team make their way out onto the pitch. There is a soft chatter of voices as the girls begin warmups, the occasional sounds of laughter breaking conversation. A whistle blows, and the girls' slowly divert their attention to its blower, who watches them from alongside the stands. He begins his team pep talk, as he shifts the girls into a focused mindset for today's practice. For Head Girls' Soccer Coach Jarrett Shipman, communication, sportsmanship, and player-to-player relationships are key for each practice as well as each game. He is determined to keep the girls' varsity soccer team up to date with these skills in order to maintain victory this soccer season.

Practice is very routine and takes place every day after school. The girls start off with their daily warmup before Shipman has them shift gears and focus on goal touches and crossing for the rest of practice. Shipman is confident about the girls' success this season with the team having already beat their opponents Katy on Jan. 10 in their first

district game of the season.

"Our goal is to grow as a team and make a deep run in the playoffs," Shipman said.

Being a team composed of different grade levels, it can be difficult to maintain structure as well as effective sportsmanship and teamwork. To manage this issue, the girls hold team dinners as well as bonding sessions to merge different grade levels into one. Shipman also has the girls get to know each other as best as possible through practices to maintain communication and build strong bonds between each of the players.

"We are a mix of all grade levels. We put in a lot of effort to make different grades mesh," Shipman said. "They are also motivated intrinsically. Most have been playing since they were little and have worked to extreme lengths to get to where they are.

The team's main goal this season is to make it to the playoffs and become district champions. In order to do so, the girls have to stay focused, maintain a strong mindset and work with each other, and put it into a team effort for each game. Many of them

have achieved a lot to make it to their positions on the team, and are determined to be victorious this season. For senior and key player Kaylen Hendricks, prioritizing her relationship with the team is what she believes is crucial for the team to achieve their goals.

"As of right now, our plan to achieve our goals is to get closer as a team and really prioritize our chemistry and relationships



Junior Ellie Castillo uses her strength to kick the ball into the soccer goal. She attempts to make a goal for her team.

Photo by Emma Jamison

Wrestlers Ready To Rumble

As a referee flips a coin, junior Jayden Bryce thinks about her options and what is the best possible way to take down her opponent. She watches the coin flip in the air until it lands on tails: she can choose what position to match with.

Each match is separated into three periods that are two minutes each, causing every decision to be made in split seconds, further decreasing the time Bryce has to register her opponent's decisions and to decide the correct reaction. If she makes the wrong move, she could lose the match, adding tension to her thought process.

"You have to have a strong mindset about stuff because in practice it is two hours of cardio and then you go live with each other. You have to keep telling yourself it is for a good reason, otherwise it's not going to work out," said Bryce.

Wrestling is one of the most mentally and physically challenging sports due to the high amount of physical contact during the six minute matches. Wrestlers must think quickly to predict their opponents moves while keeping a level head to legally maneuver a takedown. While all of this is happening, the stands are full of excited parents and friends eager to see a win for Tompkins, adding to the level of difficulty for the athletes.

"It ends up making me a lot more productive because I have to get up really early and use my time wisely," said Bryce.

Athletes are often forced to balance the stress of their sport and school, but with wrestling students can benefit from the teaching of the sport. The quick thinking helps wrestlers with school and test taking by giving them practice for quickly recognizing correct answers. The wrestlers are lucky to have a balance that comes easily, especially as the season becomes more competitive and stressful.

"Wrestling has also taught me to strive through the hard times, even if everything goes wrong it will work out" said Bryce.

Like with every sport, there are positives outweighing the negatives in wrestling. Everyone who joins wrestling has a different perspective on how to tackle the opponent directly in front of them and the ones they can not see just yet. Wrestling has helped them gain perseverance and taught them to push through no matter what.

"Wrestling can definitely help your mental health if you come in with a decent mindset, if you do not have that mindset, you are not going to get far on the mat," said Bryce.

With predictions saying Tompkins will move on to the state tournaments, all the wrestlers are working hard in the weeks before to prepare. Training can begin as early as 5:00 a.m. for the varsity team, the long hours of training help prepare them for long hours at tournaments.

RIGHT: Freshman Becky Hernandez grabs her opponent's arm to gain points as legally as possible during her match against Paetow high school. At the end of the day Hernandez won 4-6.

BELOW: Sophomore Phoenix Semmes stares his opponent dead in the eyes as he thinks about how to take them down. Semmes won/lost the match against his opponent leading Tompkins to Win overall.



Photos By Ben Sanchez

KATHERINE MOZISEK
Staff Writer

Jostens

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Best Things To Do For Valentine's Day

Valentine's Traditions

AROUND THE WORLD

FOURTEENTH of February



France

It is customary to give an odd number of roses for good luck. Legend has it that pink roses mean fondness, white stand for chaste love, and red stand for passionate love.



Italy

A popular gift is *Baci Perugina*—a small, chocolate covered hazelnut containing a small slip of paper with a romantic quote in four languages. The bigger the chocolate, the stronger the love you will have.



Slovenia

February 14th marks the first workday in the fields. People believe the birds of the field mate on this date, and to witness it, one must walk barefoot through the (sometimes frozen) fields.



Britain

A popular tradition in some areas is the baking of valentine buns with caraway seeds, plums, or raisins. This was a way of celebrating agricultural productivity.



Philippines

One popular tradition is the mass wedding celebration which brings together hundreds of couples in large, open spaces across the country to be married in a colossal public ceremony.



Denmark

Men give out *Gaekkebreve* (a "joking letter") to women which usually consists of a funny poem or rhyme written on intricately cut paper and signed only with anonymous dots.



Estonia

Valentine's Day is also known as "Friend's Day" so that single people are not left out of the festivities with emphasis on non-romantic love with friends and family.



South Africa

Younger South Africans celebrate Valentine's Day by pinning the name of their sweetheart to their sleeve, in a tradition known as *Lupercalia*.

DIFFERENT Dates



Wales

JAN 25

St. Dwynwen's Day is the equivalent of Valentine's Day. As a traditional gift, Welsh men carve intricate wooden spoons as a token of affection for the women they love.



Japan

FEB 14 & MAR 14

Traditional gender roles are switched on February 14, with women often giving chocolates to men. On March 14, otherwise known as "White Day", men return the favor with white chocolate and luxurious gifts.



South Korea

FEB 14 & MAR 14 & APR 14

Following Japan's custom of Valentine's Day and White Day, South Korea has also added "Black Day" on April 14th. Those who didn't receive chocolates meet at restaurants to eat *Jajangmyeon* together, a dish made of noodles and black bean sauce.



China

JUL 7

During *Qixi*, or the Seventh Night Festival, which falls on the seventh day of the seventh lunar month each year, young women prepare offerings of melon and other fruits in hopes of finding a good husband.



Malaysia

JUL 7

Women write their phone numbers on oranges before throwing them into the river, with hopes that the man of their dreams will pick one up.



Brazil

JUL 12

June 12 is *Dia dos Namorados* (Day of Lovers). The night before, women write the names of their crushes on pieces of paper. Whichever name they pick from the pile the next day will be the one they try to date.

CREATED BY
Lemonly

All around the world, high schoolers look forward to Valentine's Day, and what's not to look forward to? Cheap chocolate, candy and plushies afterwards, gifts from friends, pining for your crush hoping that they get you a valentine and vice versa. Looking back on history, people in the Victorian era made homemade valentines with lace and paper. Medieval peasants would draw paper names for their valentines continuing the legacy of St. Valentine.

St. Valentine, a Christian living in the Roman Empire, has a legend saying that he performed secret marriages for the Christian population in Rome and when he was jailed for his actions, he sent a letter to his followers signed 'Your Valentine', becoming the basis for modern Valentine's Day traditions. An even older tradition that Valentine's took the place of was a Greek holiday called *Lupercalia* which celebrated the marriage of Zeus and Hera. To celebrate, young men and women drew names out of a jars and were paired together, a tradition very similar to Valentine's Day cards.

The Victorians had another oddity that gained popularity with Valentine's day, the gift of flowers. This is still an incredibly popular gift for Valentine's Day but the Victorians took it to another level with each flower having a very specific meaning, a bouquet could be a friend zoning disaster with yellow rose or signal marriage. For Valentine's Day, do not just get your partner red roses (which means deep romantic love and infatuation and are overdone), step out of the box and research the Victorian flower language.

If you have ever watched an anime that takes place in high school, you have probably seen a Valentine's Day special and how Valentine's Day is celebrated in Japan, AKA homemade chocolate mania. The Japanese high schoolers really have something genius going on there, homemade chocolate is really just melted

chocolate that can be sweetened and flavored then poured into molds. These chocolates are given out to close friends and valentines. Take note from anime, giving homemade chocolate will make people like you even more.

Considering you, the reader, are most likely in high school that narrows down the options for a cute Valentine's Day date with your love interest quite a bit. Go out to dinner with your partner or take them on a picnic. Make a meal with them then watch a movie marathon. You can also make a playlist or chocolate covered strawberries for your significant other.

For all the cynics of love and those who do not have a current partner, you can still join in on the fun. Go get your bestie and find out what restaurants have Valentine's Day discounts, pretend to be a couple and reap the rewards with a nice meal. Treat yourself to the clearance section of grocery stores on the day after Valentine's, buy the chocolate on sale. If you want to stay home, have a movie marathon, invite some friends over for a potluck or secret cupid exchange. Use the day to celebrate your friendships.

I think someone must have stolen the stars and put them in your eyes.

If I were a cat, I'd spend all nine of my lives with you.

KATHERINE MOZISEK
Staff Writer

MOVIES COMING THIS YEAR

As the new year comes in, students are hit with stressful workloads and packed agendas. However, new movies provide students with a chance to escape the stress of academics by allowing them to sit at the theater with family and friends, with buttery popcorn in one hand and a Coke in the other.

Missing:

This is a mystery movie about a girl whose mother disappears after going on vacation with her boyfriend. Though the two are separated by thousand miles, the teenage daughter, June, finds ways to help her get her mother back before a major tragedy strikes. Released on Jan. 20.

Ant-Man and the Wasp Quantamania:

The movie falls into the Marvel studios category. It is about Ant-Man and the Wasp finding the quantum realm and coming face to face with new creatures and venturing into new journeys. Released on Feb.17 in theaters.

The Super Mario Bros. Movie:

Originating from the widely popular Nintendo video game. It is about a Plumber traveling through an underground labyrinth attempting to save a captured princess with the help of his brother. Released on April 7.

Guardians of the Galaxy Vol. 3:

A popular Marvel series that falls into the adventure and sci-fi category. This franchise started out in 2017. It follows the story of characters fighting antagonists. Released in theaters on May 5.

Mission: Impossible- Dead Reckoning Part 1:

This is an upcoming spy movie follows an IMF agent named Ethan Hunt through a series of adventures. This movie is the 7th sequel to the original, released in 1996. What makes this movie unique are the high-risk level stunts done by the actor Tom Cruise. Released on July 14.

Indiana Jones and the Dial of Destiny:

Indiana Jones, an archeologist, goes through an adventure as he meets the Nazis again during the late 1960s. Some of their scientists end up working for America while the US and Soviet Union go head to head competing in the space race. Indiana Jones and the Dial of Destiny releases on June 30.

Creed III:

When a former boxing prodigy is finally out of jail after 18 years, he is desperate to prove his worth in the boxing ring. He faces off against his former friend and ends up with worse consequences than expected. Released on March 3.

Spider-Man: Across the Spider-Verse:

Spider-man is catapulted across the multiverse, where he encounters a group of people similar to him to protect the universe. He faces numerous problems as he deals with what his identity means to himself. Released on June 2.

Transformers: Rise of the Beasts:

This movie takes place in 1990's where the Maximals, Predacons and Terrorcons go into battle on Earth between Autobots and Decepticons. This movie is the seventh installment in the series. Released on June 9.

Hunger Games: The Ballad of the Songbird and Snakes:

This movie acts as a prequel to the first installment of the Hunger Games trilogy. This movie is about Coriolanus Snow mentoring a girl named Lucy Gray Baird because he sees potential in her. Released on Nov. 17.

Aquaman and the Lost Kingdom:

In this movie, Aquaman allies himself with an unpredictable ally in order to save Atlantis. Aquaman and the lost kingdom is the 2nd movie to be released in this series. Released on Dec. 25



TikTok Recipes to Try

ELAINE LIU
Co-Managing Editor

Ideas spread quickly on the internet, especially on the short-form video sharing platform TikTok. Although most known for dances and vine-like memes, TikTok also hosts a collection of recipes and food hacks by average people, professional chefs, and content creators. No matter your cooking skills, there is always an easy, satisfying recipe on TikTok.

1. Tortilla Wrap

This TikTok food hack shows a convenient method to make a tortilla wrap. Make a straight cut from the center of a round tortilla to its edge, creating one quadrant. Then, fill each quadrant with any topping of your choice. Based on the guidelines of your toppings, fold each quadrant to form a triangle with a round base. Lastly, toast your tortilla wrap on a lightly oiled pan.



2. Salmon and Rice Bowl:

Emily Mariko's viral TikTok showcases a simple, quick meal that works ideally with leftover fish and rice. In a bowl, mash a piece of salmon with a fork, then place white rice on top before adding an ice cube. Cover the bowl with parchment paper, microwave until warm, and remove the ice. Drizzle soy



sauce, sriracha sauce, and kewpie mayonnaise over the rice. Mix the sauces, rice, and fish. Finally, add sliced avocado, kimchi, and nori sheets to the bowl.



3. Baked Feta Pasta:

Finnish food blogger Jenni Häyrinen first developed this recipe in April 2019 before it became popular on TikTok. Place cherry tomatoes and garlic cloves in a deep oven dish and drizzle with olive oil. Then, set a block of feta cheese in the middle of the oven dish, shifting the tomatoes to make room. Season the tomatoes and cheese with salt, pepper, crushed red pepper, oregano, parsley, garlic powder, and onion powder. Bake in the oven at 375 degrees F for 40 minutes until the tomatoes and cheese have softened. Next, cook your pasta to your liking and mix the cooked pasta with the tomatoes and

6. Krispy Kreme Donut Bread Pudding:

American chef Paula Deen first shared this recipe before it became viral on TikTok. Eggs, milk, heavy whipping cream, brown sugar, salt, vanilla, and cinnamon form a french-toast-like mixture, which gets poured over Krispy Kreme donuts in a large baking dish. Then, bake the soaked donuts in the oven at 350 degrees F for 40-45 minutes. Cool and serve.



5. Baked Oats

This recipe mixes oats with a banana, milk, or an egg to create a thick batter that gets transferred into a ramekin. Cook the oats in the oven until they are lightly golden brown. Alternatively, you can microwave the oat batter, but you must add baking soda to the mixture along with the same ingredients previously used. Once cooked, add any toppings you wish to the oats, such as chocolate chips or fruit.



4. Oreo Mug Cake:

If you like Oreos, you will likely enjoy this 1-minute microwave recipe. Place eight Oreos in a mug and crush them. Then add small increments of milk. Ultimately, there should be more cookies than milk in the cup. Next, microwave for roughly 75 seconds or until your mug cake has reached a brownie-like consistency. It may require 15-30 more seconds in the microwave.





Who Are You Most Compatible With?:

Introvert vs. Extrovert Compatibility Quiz

ELLA RAY
Editor-in-Chief

My ideal person...

1. LOVES GOING OUT TO PARTY

Agree Somewhat Agree Neutral Somewhat Disagree

2. LIKES TO COMMUNICATE THEIR THOUGHTS AND EMOTIONS

Agree Somewhat Agree Neutral Somewhat Disagree

3. PREFERS TO STAY QUIET AND LIKES A LOT OF ALONE TIME TOGETHER

Agree Somewhat Agree Neutral Somewhat Disagree

4. HAS LOTS OF FRIENDS

Agree Somewhat Agree Neutral Somewhat Disagree

5. IS SENSITIVE AND AVOIDS CONFLICT

Agree Somewhat Agree Neutral Somewhat Disagree

6. LOVES TO TRAVEL AND EXPLORE THE WORLD

Agree Somewhat Agree Neutral Somewhat Disagree

7. CAN KEEP UP A CONVERSATION FOR HOURS

Agree Somewhat Agree Neutral Somewhat Disagree

8. IS VERY ORGANIZED AND KEEPS A CONSISTENT SCHEDULE

Agree Somewhat Agree Neutral Somewhat Disagree

9. WOULD RATHER TEXT THAN CALL TO COMMUNICATE

Agree Somewhat Agree Neutral Somewhat Disagree



If You Answered More Towards Agree for Questions 1, 2, 4, 6, and 7...

You are more likely to be compatible with an extrovert. Extroverted individuals tend to prefer going out, seeing friends, and maximizing their social batteries by connecting with other people. By dating an extrovert, you would be with a partner who is willing to explore new hobbies and adventures with you. Dates with an extrovert may range from outdoor activities such as hiking and rock climbing to exploring different house parties.

If You Answered More Towards Agree for Questions 3, 5, 8 and 9...

You are more likely to be compatible with an introvert. Introverted individuals tend to prefer to stay indoors, read and have lots of alone time. By dating an introvert, you would be with a partner who prefers to focus on you specifically rather than a huge group of people. Dates with an introvert may include a cozy night in with a movie marathon or picnic dates in your local neighborhood park.

Dance of the Decade

Photos by Marianna Mata

