

RETURN TO SCHOOL

Student Stress & Teachers' Plans

Pages 8 - 9

the Nest

thenestline.com



MORE INSIDE

FEATURES	3
IN DEPTH	8
SPORTS	10
ENTERTAINMENT	12
GALLERY	16

CONTENTS

Cover photo by Brinley Snyder

YOU COULD BE IN OUR NEXT ISSUE

Do you have a great story to tell? Email us at thenestline@gmail.com to possibly be featured in our next edition.

Editor-in-Chief
Ella Ray

Co-Managing Editors
Elaine Liu
Shriya Rajagopalan

Editor-in-Chief, Nestline
Sydney Jackson

Social Media Manager
Elaine Liu

Staff
Baneen Rizvi
Katherine Mozisek

Head Photographers
Amber Gibson
Brinley Snyder

Asst. Head Photographers
Angela Mesa
Marianna Mata

Photography
Amber Gibson
Angela Meza
Bella Riggan
Ben Sanchez
Brinley Snyder
Chase DeLellis
Derek Lee
Emma Jamison
Jacob Miller
Kyndahl Wiseman
Marianna Mata
Mridhini Koppiseti
Siena Gelotti

Adviser
Shetye Cypher

3



Feature: Catch a Butterfly with a Song

Junior Aidan Thompson- a lofi r&b/pop artist- releases his first EP, Butterfly.

7



Feature: Freshmen who just Keep Swimming

Varsity swim team adds several freshmen.

10



Sports: Football Season Kicks Off

Varsity football team begins a new season.

11



Sports: Run Through the Tracks

Cross country teams in full swing.

Follow us on Instagram @othspress

Check out www.nestline.com for more

Tompkins Celebrates 10th Anniversary

ELLA RAY

Editor-in-Chief

With Tompkins's 10th year of establishment creeping around the corner, the campus makes it their mission to remember the past struggles they have overcome, as well as cherish the accomplishments that they have obtained. Along with the collaborative celebration among all athletic and fine art departments that took place August 10th, Campus Secretary Janin Huerter assures that there will be miniature celebrations within each of the different sections on campus throughout the year. AP Literature teacher Ashley Park had been one of the original staff members since it first opened, allowing her the opportunity to serve as a department chair, as well as be a part of setting all of the new traditions.

"I was really lucky that the spring before [Tompkins] opened, I got the opportunity to be the department chair," said Park. "I got to see when the building was unpainted and unfinished, getting to really see it

come to life."

While the campus had started out as a small pool of individuals, Park explains that it has grown into a connected community, students and staff meeting new people every day. Park also believes that students following different paths also often collaborate with each other, appreciating their peers' unique perspectives and interests.

"As our programs have gotten really strong, with great fine arts and athletics, there are so many places people could get plugged in and get that excellence," said Park. "Seeing everybody find a place to fit has been really neat."

Throughout all of the years of establishment, the campus has been able to accumulate a certain set of morals, each newly enrolled student adopting them into their daily lifestyle. Park emphasizes that acts of simple kindness have been known to consistently occur within the student body, setting Tompkins apart from all of the other districts at the time.

"Within a year or two, we started to build an identity,"

said Park. "It was interesting to build that culture and figure out what we wanted to be and what was important."

Carrying on the tradition, assistant volleyball coach Cassie Prejean has become the first graduate to come back and work on campus. Similar to Park, Prejean believes that it was really unique to be present in building the culture and community of the campus. With such a small student body in the first few years, Prejean insists that the campus was so close as the students and staff had felt like they were a family. Prejean also emphasizes the amount of passion that both students and staff had brought to the table during the earlier years, teachers constantly trying to make their classes more engaging and connecting more with the students while Prejean's peers were always determined to obtain more knowledge and create a shining reputation for their new school.

"We also felt like we might've been the underdog," said Prejean. "That's a position that I like being in because you can prove other people wrong in

both academics and athletics."

Even after graduating, Prejean had still held great pride in the everlasting community she and her classmates helped create, wanting to come back and preserve that welcoming culture. Prejean also had fondness for the fact that many of the pioneer staff members that were present when she was a student, such as Principal Mark Grisdale and Math Department Chair Lauri Crestani, were still roaming the halls and continuing their legacy. Seeing familiar faces, Prejean knew that it was a good sign that people had stayed. Additionally, Prejean stresses that returning staff members like Crestani had immensely helped grow her love for math, making her realize that she wanted to teach and create that same experience for the future students of the campus.

"It meant a lot to me as a student to see that community, so coming back and being able to be that teacher or coach role to continue that tradition for other students was something I really wanted to do," said Prejean.



Catch a Butterfly with Song

ELAINE LIU

Co-Managing Editor/ Social Media Manager



Junior Aidan Thompson
Photo by Angela Meza

Spotting an unoccupied piano, junior Aidan Thompson sits down at the instrument and plays a jazz chord progression. His playing catches the attention of those around him, leading to a singer and guitarist joining in. Despite not having pedals on the keyboard, Thompson invokes emotion into the performance. The musician, known online as

Minh, is no stranger to musical expression.

Whenever he feels inspired, Thompson picks up a guitar or piano, playing chords until a progression satisfies him. Then, he attempts to add lyrics on top, producing an acoustic song. Motivated, Thompson implements the song into production software, DAW, Logic Pro X, where he refines the instrumentation and creates a beat. The four instruments Thompson plays, piano, guitar, drums, and violin, hold prominence in his songs.

“My favorite part of music production is watching the small details come together,” said Thompson. “Seeing multiple harmonies and countermelodies begin to work together as I continue building the song is really satisfying.”

The lofi r&b/pop artist produces music heavily inspired by artists Keshi, Joji, and Demxntia. In 2021, Thompson released his first song, “Keep in Touch,” culminating in over 3,000 listens on Spotify. This year he has released another single, “Winter Nights,” and his first EP, Butterfly.

“Butterflies are a symbol of fleeting beauty that you can’t have. They come and go in the blink of an eye,” Thompson said. “Some butterflies are poisonous and can only be observed from far away, and the same applies to people.”

In the music video for a sin-

gle from the EP, “love/lust,” the camera spans the Houston night skyline and streets, eventually focusing on the singer walking in circles around a glowing lamp post. The moon shines brightly down on Thompson as he ponders about a past relationship. He sits down on a curb, staring off into uncertainty.

“I find that I tend to write songs when I’m feeling stressed, frustrated, or down,” said Thompson. “Most of my songs are about past relationships or internal struggles such as feelings of self-doubt.”

For Thompson, writing both catchy and meaningful lyrics proves the most strenuous part of songwriting. The singer often struggles with a lack of inspiration and general burnout, leading Thompson to form high standards for the music he releases. However, two songs have made it to his heart: “Heaven” and “Keep in Touch.”

“Heaven’ is a really introspective piano ballad that really means a lot to me, and ‘Keep in Touch’ is the first song I ever released,” Thompson said. “They have very different sounds and contain some of my favorite instrumentals and lyrics.”

To add more diversity to his discography, Thompson plans to release more upbeat songs in the future, celebrating new experiences in life. He plans to continue releasing songs to form a career out of songwriting and music production. For those interested in the music industry, Thompson advises them to start writing without overthinking it.

“The first songs may not be great, but if you keep working hard at it and take input from those around you, it’ll become easier over time,” said Thompson. “Also, make sure that you’re making music that you enjoy making and have fun with it despite what others say about your art.”



Butterfly

Minh
EP - 2022

reciprocate 3:20

butterfly 3:45

love/lust 3:21

heaven 2:16



Leaning against a wall, Thompson contemplates the outcome of his relationship. The singer, known for his musician name Minh online, began releasing music to the public last year. Photo provided by Minh

After continuous trial and error, experimentation, and commitment, Thompson has found success in music production and songwriting. His skillful instrumentation and lyricism create artistically expressed songs that hold universal appeal. Though, he has no fear of changing up his style and writing more light-hearted songs. Curious listeners can find Thompson’s most recent release, “waste our time,” on Spotify, Apple Music, and YouTube under the name Minh.

ONE BAND, ONE SOUND, LOTS OF SWEAT

Photos by Chase Holt



As The marching band practices, the Tuba students follow their choreography and notes. Marching band practice is difficult for students in the Texas heat, however the weight of the tuba adds another layer of difficulty for the musicians.



Dressed in their hats and gym clothes, the marching band students practice grasping their instruments in time to play their music. The band choreography includes drop, turns and other dance steps this fall adding more steps and cues for the students to memorize as they play for the drill team to dance to

KATHERINE MOZISEK Staff Writer

The band hall is bursting with excitement, today is the first football game of the year, and the marching band shows off their talent for the first time of the semester. The thrill currently on their minds is playing under the bright lights with the nervousness of being watched by everyone in the stands. Although they will not get home till 10:00 p.m., the homework and studying can wait.

“It takes a lot of discipline, scheduling and planning. We lose a lot of sleep sadly. Late night football games equal staying up even later to study especially after a Thursday night game,” said sophomore Chloe Brown.

The community in the band ends up being really tightly knit. The practices are a trial that everyone bonds over and everyone has at least one common interest. Time and people eventually become a family, giving them an advantage in competition in case of any slip ups. The students help each other with studying on the bus in impromptu study halls and give advice where it’s needed.

“With band, there’s a bond that you create with everyone, there’s never a moment in the band room when I don’t feel at home,” said senior Spencer Cruz.

Being in the marching band is tougher than anyone could imagine. Students that stay in the band have a certain type of grit that allows them to get up every morning and stay after school in the Texas heat to practice. The repetition of steps and notes prepares them for concerts and football games. As the band choreographer dictates the steps they must do, the students test their strength as they master the steps.

“Band practice ends up being really painful but it’s rewarding in the end,” said sophomore Olisa Torola.

Football games are the highlight of the week. The band enjoys their time playing on the field and spreading the hype to the students at the game. The hype they create leads to stronger school spirit and becomes a staple to have in the community.

“The football games are really fun because everyone is super hyped up even though we are there for a long time,” said freshman Jira Laros.

Leadership in band is passed down from the director to students in a strict chain of command. The drum majors are second in command after the director, but since they are students, they are also less of an authority figure, allowing for unsure students to ask questions. The section leaders are under the drum majors and lead the different types of instruments in the parts and solos.

“Being a drum major is really impressive because they have to go through a really difficult audition phase in order to get the position. The band director looks at their skill, leadership, and commitment,” said Torola.

Marching band teaches all the members life lessons because of the time and effort put in, the demanding practices building mental strength and grit. The practice may be up to two hours long and with how often the weather shifts in Texas, it could be freezing cold, or melting hot, but when the practice ends they sound better than before.

“Band Competitions and football games along with practices means I’m really busy, but I’m doing something that I enjoy so I don’t mind that much,” said sophomore Cristian Cazenave.

Dance the Year Away with the Folk Dance Club

BANEEN RIZVI
Staff Writer

The soft pattering of feet fills the classroom as students dance rhythmically; the common occasion of laughter occurs at a misstep during practice. They all come to a stop, the flow of conversation enters the room, as Folk Dance Club president, junior Jadyn Bryce turns on the music. Although it may seem that it is just another day of dancing in the Folk Dance Club, for Bryce, it is a time to spend time with friends and have fun.

"I actually learned about folk dance through my older sister; she graduated last year and made me join," Bryce said. "Our German teacher, Herr Schmidt, also talks about it in class a lot, so I had given it a shot."

German folk dance originated in Southern Germany by a monk in the 1030's. It was inspired by many dance styles at that time, and usually done with a partner.

The club had originally been started by German students participating in a project for the HoustonFest competition, and with help from the Keine Kunst dance troupe, the club competes annually. Bryce enjoys it greatly, recalling her first competition from last year.

"I have so many memorable experiences from last year. My sophomore year was the first year back from COVID-19, so everyone was really eager to dance and perform," Bryce said. "We were at the Tomball German festival and we had just finished performing. After we performed, we did volunteer dances, where we teach volunteers from the audience a simple dance. The next thing I know, I see my old teacher in the audience and I had him do the dance."

Besides competing, Bryce has met many close friends from folk dancing, creating many memorable experiences in the club as well. Folk dancing has

become a way of relieving stress from school for Bryce, and an important part of her life.

"My favorite part about folk dancing is that most of the time, it is 'stress less'. Yes, we have to know the dances, but at the end of the day we are there to have fun," Bryce said. "I like spending time with the members of folk dance because we laugh and crack jokes during practice and it makes the experience fun."

With fun and conversations, Folk Dance Club meetings are also heavily centered around practice. Members let loose and have fun, as they practice footwork and different dances for performative competitions, such as HoustonFest, an annual competition for Houston-based students who are learning German.

"A typical practice is we start it with a warm-up, which is typically footwork from a dance called Sauer 5," Bryce said. "Then we dance or learn new dances by walking through the

steps and then dancing with the music. We usually finish around 3:30 p.m."

Although Bryce loves being a part of the club and practicing dancing, she hopes students can learn more about the club as well, and understand that it is not what they think. Bryce herself feels the club as an influence on her character and identity, allowing her to connect with her German heritage.

I hope other students learn from this club that German folk dance is not what most people think," Bryce said. "Most people I tell create a bias without even knowing what we do, so I hope they figure out that we are here to have fun because high school is stressful and this is a great extracurricular to have fun while being productive."



Sophomores Mary Katherine Schmidt and Katherine Mozisek get ready to start dress rehearsal. The two have grown a strong bond over their experiences in the club.

Photos by Mridhini Koppiseti



Students discuss which dance to learn in German teacher Herr Schmidt's room. Cooperation is crucial in Folk Dance Club for students to participate together.

Freshmen Who Just Keep Swimming

Photos by Amber Gibson

KATHERINE MOZISEK
Staff Writer

Walking into the natatorium at 5:30 a.m. is an experience that most of the student body does not get to have. Barely any freshmen make the varsity swim team, except this year. Freshmen Zayden Bach, Maggie Davis, Ryan Lin and Luke LaBrose, have rare times under 1:30 seconds for the 100 meter Butterfly (one of the hardest strokes) and under 30 seconds for the 50 freestyle.

"I was a bit overwhelmed and nervous the first day, I even threw up a few times, but after I got past the initial anxiety I had a great time," said Bach.

Tryouts is one of the hardest events for the swim team. Warmups start at 6:00 a.m. officially, but everyone has to get there at 5:45 a.m. to prepare for the races of the day and to set up the natatorium. After a quick word from Coach Katherine Sweeso, tryouts officially start and nerves immediately sky rocket.

"Varsity is more exciting and fun while club is more about swimming faster and working hard," said LaBrose.

Being on a high school swim team freshman year is a whole different world from club swimming. In high school, members are required to practice everyday, the sets they get are hard and only get harder as the season ends. Before the competition season heats up, there is hell week, a week of the hardest sets of the year, where students must swim for two hours straight without any breaks.

"Usually I will warm up, then listen to music, right before I race I do some jumps to loosen up," said Bach.

Preparation is always key in swimming. If swimmers are not in the right mental space before a race they will be thrown off for the entire race. Everyone has different tactics during meets depending on what events they

swim. Some do not eat during meets while others cheer on their teammates the entire time.

"The swim community is really supportive and caring," said Davis.

The girls in the varsity are tough, they are aware of how hard they have worked to get on the team and they know where they need to be to reach the goal of qualifying for state. Even though the upperclassmen seem intimidating, they take the freshmen under their wing to show them the ropes of varsity swimming.

"All the guys have been really chill and they've made sure that I know what we are doing that day," said Lin.

The guys are relaxed during meets, but they know what they are doing. The men's swim team has high expectations that the freshmen are expected to keep up with. Freshmen keep up with the practices and even compete with the upperclassmen, leading top productive team meetings and practices.

"The best part of it all is feeling tired after a race but you know you gave it your all," said Davis.



Freshman Luke LaBrose



Freshman Zayden Bach



Freshman Maggie Davis



Freshman Ryan Lin

Kick Off the New School Year

Get Back to School

SHRIYA RAJAGOPALAN

Co-Managing editor

As the routine of summer wears off, teachers find a new routine to jump into. Teachers must work to brace themselves for a new school year, but they are also aware of the hardships students face coming back to school, so they find ways to slowly ease into a new routine by working hard and organizing their itinerary.

Ryan Culver has been teaching English for a total of 17 years. He enjoys being in the classroom because he likes to learn new things too, but he felt uncertain about the first couple days due to having new students and ideas. Culver works to be comfortable with coming back to school again, and to find joy in the idea of a new school year and starting fresh.

"There are always mixed emotions because I think everyone likes the comfort of their home, the freedom and the euphoria of summer," said Culver. "But I think school is always exciting, especially at the beginning of the year."

While Culver misses the summer, he looks forward to seeing people he has not seen in awhile. As a teacher, he has high expectations that he hopes his students reach. He wants to help students recognize their ability to succeed if they work hard. Culver's goal as a teacher is to help students to be confident and expand upon their potential. He wants to guide them to be able to reach past their limits.

"I just want them to develop their own voice and get their feet under them. I think confidence is really important for people to function and show their potential. I am going to try to help them get better and push themselves," said Culver.

Although Culver eases his students into a new school year, rather than overwhelms them with new information, he sets the bar high from the beginning of the year so they know what to expect coming back from summer. He loves to see students understand concepts and gain new perspectives of the material he teaches.

Lisa Miller, a dual credit and AP Lit English teacher, has been teaching at Tompkins for six years. She had a positive attitude about coming back to school to see students and teach. She has a deep appreciation for her students and being able to enjoy time with them every day.

"The students are my favorite thing about teaching. It's funny because we teach the same thing every year, but every year the students bring something new to the table," said Miller. "Not only that but I get to learn how to teach it differently each year."

Miller likes to have her plans ready to go before she teaches or introduces new specific concepts to the students. She tries to figure out ways to create momentum in the classroom by working with other teachers. Working with other teachers helps her create plans beforehand.

"I love the first day of school, I love the second day of school, I love every day of school," said Miller. "I mean, I love teaching and I love my job and seeing the students."

A bright smile spreads across Lisa Miller's face as she is thrilled to kick off the new school year. Miller has always enjoyed seeing her students and other teachers.



Photos by Derek Lee



AP Lang students are very attentive to their teacher, Ryan Culver. He explained how to set up argumentative essays.

The Woes of Academic Stress: A Student's Perspective

BANEEN RIZVI

Staff Writer

With school back in session and the community ready for another school year, a haunting burden creeps up on oblivious students: stress. Although the new school year brings a wave of opportunities and excitement for clubs and events, the stress that comes with academics is almost unavoidable for students. Junior Sofia Vik feels the same way, as she manages her already increasing workload this year.

Vik spends the first weeks of school studying for upcoming tests while managing her homework. As she gathers her Pre-Calculus homework, Vik prepares herself for another restless night of work before school the next morning. The feeling of stress lingers as she submits another assignment on Canvas, and it is yet to leave as the school year continues.

"My schedule revolves heavily

around school because I have so much homework and studying to do when I get home," Vik said. "But once I have been able to take care of all that, I am able to keep a normal bedtime sometimes and make time for talking to my friends and spending time with family."

Vik has been taking APs- also known as Advanced Placement courses- this year. AP is a program in the US and Canada created by the College Board, which offers college-level courses and exams for high schoolers, allowing them to earn college credit and placement. AP classes are known to be beneficial, but rigorous with students usually facing high stress levels from an overwhelming workload.

"Honestly, with APs in my schedule, it is definitely pretty difficult to keep up with everything sometimes," said Vik. "The homework load can be a little overwhelming, and with Pre-Calculus in my schedule as well, which I am horrible at, school can be pretty stressful."

Although Vik has been able to manage her schedule, she still has periods of stress and worry over school. She is one among many who feel the same way, an issue also known as academic burnout. Usually common among high schoolers and college students, academic burnout is commonly caused by handling homework, taking tests, and attending classes.

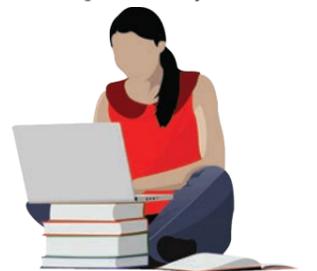
"I feel burnt out pretty often because of school, because I get so tired of studying for tests, quizzes and doing so many assignments all the time," Vik said. "It has made coming back to school pretty stressful. I think starting school later in the day by an hour would help because of how tired I am. It really affects me and a lot of other people I know during class or when it comes to doing assignments at home."

Even though academic burnout can be hard to deal with, there are many different ways to help deal with it and ease academic pressure. Some methods include practicing self-care or develop-

ing better study habits. For Vik, watching videos and teaching herself has helped her understand course content at home.

"Watching YouTube videos about things we are learning in class and taking time to study a little bit every day instead of procrastinating all the time, like I did last year, has definitely helped me academically," Vik said.

There are also various other solutions to deal with stress and burnout as well, which school administration and teachers can provide as well. Helping students understand class material better can lead students to succeed better academically. Fortunately for Vik, she has access to various resources provided by teachers.



Junior Hajra Rahim works productively in study hall. She worked on her homework to have less to do at home.



Junior Julia Busby works hard during her study hall period. She tried to finish her homework.

Photos by Ben Sanchez

SYDNEY JACKSON
Staff Writer

The football season began early August. Positioned as one of the top three teams in the district, the varsity football team success is anticipated to pull through, with the addition of a few new coaches and team coordination.

This season brought the addition of five new co football coaches: Lance Gamble, Bryan Keefner, Zeke Fancher, Cody Johnson, and Hunter Schmdit. Todd McVey, head coach of varsity football, says that these coaches have been great additions to the staff and team. Along with learning the football culture of teamwork, and teaching the culture to new players, the new coaches hope to further improve the team.

"They've come in and really bought into our culture and what we're doing," said McVey. "Those coaches coming in have not only learned the football part of it, they've also had to learn our culture and

FOOTBALL SEASON KICKS OFF

the way we do things around here as well. Which is good. I mean the guys that left did an outstanding job. Now these coaches will upgrade it some more."

Football culture is what ties the football team together. Brotherhood and teamwork are the core of it. McVey puts an emphasis on this on each and every player and coach by teaching the team to love each other like a brother and to hold each other accountable. This is what McVey calls an "Accountability Coach." An accountability coach holds each player accountable for their wrong doings and keeps everyone from slacking off.

"Play for each other. Love of the brother. Be a teammate. It's different from being a friend. Friends can be finicky and you can have other friends. A teammate is going to hold you accountable to what you have to do everyday even if you don't feel like doing it," said McVey.

When asked who their biggest competitor was for the season, McVey said there was none. To him, and to the team, worrying and stressing on the other team's plans only allows outside influences to infiltrate the team. Instead, they focus on themselves and how they can get better and improve each step of the way. And that's the thing that they want each member to keep with them, even after leaving the team.

"We have to not worry about the outside noise, not worry who we're playing. We've got to focus on ourselves and get one percent better everyday...we want our kids to leave thinking that there is no finish line, don't think you're done. Worst thing you can think is that you're done getting better. And that's the thing we not only want to teach them in football, but in life," said McVey.

Football season started Aug. 25 and ends Oct. 28 and playoffs are on Nov. 11.



Senior Pedro D'Silva runs to the field to resume playing with high spirits.



Junior Rhys Phillips aggressively tackles a Seven Lakes player for the ball.

Photos by Siena Gelotti

ATHLETIC TRAINERS HELP ATHLETES FOR UPCOMING GAMES

SYDNEY JACKSON
Staff Writer

A lot happens behind the scenes in the sports world. Most might think that coaches do most of the work and training that goes into creating a successful athlete. And while they do have a great majority of influence, athletic trainers have just as much of an influence.

Dallas Allmon, the head athletic trainer for all sports, describes athletic trainers as people who specialize in preventing injuries and training to athletes from all sports. To prevent the athletes from having injuries at all, they focus on strength and conditioning. They focus on working with all coaches to help strengthen target muscles, mainly by conditioning with workouts.

"So first of all our main priority is to try to prevent injuries, it's our job to aid with injuries, but it would be even better for the athlete and us if we could prevent it before anything could happen," said Allmon.

Injuries are inevitable. So it is important that an athletic trainer is on immediate response. In situations where there is an on field injury, they have to be able to pinpoint and evaluate what injury the athlete has and be able to bandage or brace as treatment. And in the case of a student being severely injured, athletic trainers provide help to parents for rehab and referrals.

"Secondly when they do get injured, we provide first aid, if needed we help parents with any outside resources. Mainly we just help them get back on the field," said Allmon.

Student athletic trainers also

impact the field. Their main priority is to add additional aid to the athletes that athletic trainers do not have time for or that is assigned to them. This aid could be as simple as providing the athletes with water or as demanding as helping the athletic trainers with the on field injuries.

"The student athletic trainers have just as much of an impact as us on our athletes. They help out with the small stuff which makes a big difference," said Allmon.

Throughout the year, Allmon hopes to keep everyone safe and healthy, so that the whole athletic department can win as a team.



Sophomore Andi Rawlings diligently carries water bottles to the tired athletes.

Photo by Brinley Snyder

RUN THROUGH THE TRACKS

SHRIYA RAJAGOPALAN Co-Managing Editor

Cross Country students get up early in the morning, and run with sweat pouring down their faces. The darkness of the dawn sets the mood for the runners as they jog up through the haziness. The red headlights shine on the path as they follow each other through the morning darkness. Runners participate in multiple team bonding activities and help each other gain stamina and confidence in themselves.

Coach Walt Yarrow, head coach of Cross Country and Track, works hard to help the runners train and increase stamina. His high spirit motivates the team to bond together and look forward to practices. He enjoys seeing the team's energy and enthusiasm carry out in track

meets and districts.

"District is the biggest target right now and that's on October 13," said Yarrow. "But short term, we're taking an overnight trip to McKinney, Texas, to a school called Lovejoy. We're going to the Lovejoy festival on September 17, so that's our big fun trip."

With district around the corner, the boys' and girls' Cross Country teams prepare day and night with constant practices. Spending a lot of time together also allows the team to get to know each other outside of school. They participate in activities outside of school to build relationships.

"We do a little team building during practice, but the biggest thing is the team does pasta nights two nights before the meets for traditional carb

loading," said Yarrow. "They eat, they have a pool party, they play games, and that's super super fun."

While the students enjoy being part of a team and the outdoors, the sport does come with hardships that most endure everyday. They must persevere early morning practices and runners withstand the heat outside.

"It's like you have dessert at dinner and you have to eat all your vegetables and then dessert is here," said Yarrow.



Photo by Sienna Gelotti

The Girls Cross Country team kicks up their legs as they make it through the race. Keeping a high spirited energy during meets has allowed the team to pull through.

Photo by Marianna Mata



The Boys Cross Country team sweats through an intense meet. To maintain their high results, the team has prioritized practicing endurance, as well as obtaining a consistent and enthusiastic attitude.

ELLA RAY Editor-in-Chief

As the ball soars through the air, student and staff cheer ring through the gymnasium. Volleyball season has begun, and the varsity team along with their coach Mary Merrell are more ready than ever. This year, the team is ecstatic to set off the new season with hard work and determination pulsing through their veins. For this year's season, the team captains include senior Cindy Tchouangwa, senior Presley Powell, and senior Tendai Titley, athletes who are determined to give more than a helping hand to the team as all three players are returning members with three years of ex-



The team sets up their final shot for the game. The players prioritize teamwork to keep their winning streak.

VOLLEYBALL SETS OFF FOR A NEW SEASON

perience each. Merrell expresses how these students manage to develop not only themselves but the entire team every day.

"They bring different dynamics, techniques, and personalities," said Merrell. "The combination of the three of them pushes us to be better."

Although the agenda of the team has been very consistent over the years, the members and coaches are still pumped up for every game and competition. However, new teams from Jordan and Paetow have definitely elevated the playing field, the team planning to face their new opponents Oct. 21 and 25. To prepare for any district game, Merrell does some scouting behind the scenes before the team actually goes to play another campus. At the team meeting after practice before they play that opponent they talk about strengths and weaknesses in order to create a successful game plan.

"Before every single match, we sit down as a group, and write out our goals for that

match," said Merrell. "After we play that match, we'll come back the next day and rank ourselves on how we did on a certain skill."

With the team accomplishing tournaments such as the Cy-Fair Varsity/Sub-Varsity and San Marco Varsity Tournaments back in late August and early September, they are used to the intense routine of getting ready for big competitions. Merrell insists that volleyball is like a 6-day week job as the team comes in on Monday, Wednesday, Thursday, and even Saturday to practice for at least two hours while also playing matches on Tuesday and Friday. With these intense training hours, Merrell makes sure that every member of the team is ready to dive in and put in all their effort each time they are on a court.

"They just are always hungry and want to do better. Their self-expectations are so high, so I don't have to push them," said Merrell. "They take care of that themselves."

Team building is what helps

the girls thrive not only physically for their game but also mentally as they develop relationships that will last throughout their high school career. Merrell believes that practice makes perfect as the girls have team dinners once a week. Although their winning streak may seem enticing, the girls cherish their teammates and are constantly trying to bond with one another.

"Team chemistry can really make it or break it for you," said Merrell. "You have to foster that chemistry and embrace it."



Photos by Marianna Mata

The team huddles together before they make their next move. The members have always relied on strong communication when planning out their games.

Match the Student to their Boba Order

ELAINE LIU

Co-Managing Editor/Social Media Manager



Bonnie Man, 12th



Travis Marasigan, 9th



Rhea Bhatt, 10th



Jiajun Chen, 11th



Kendall Porter, 9th



Samuel Primera, 10th



Nikki Puno, 11th



Peter Wang, 12th



Lemon Ai Yu with White Pearl, 30% sugar, light ice



Lychee Passion Fruit Green Tea with lychee jelly and strawberry pearls



Pearl Green Milk Tea



Mango Passion Fruit Smoothie with Pearls



Classic Black Milk Tea with half sugar, light ice



Strawberry Matcha Latte with pudding and pearls, 70% sugar



Mango Green Tea



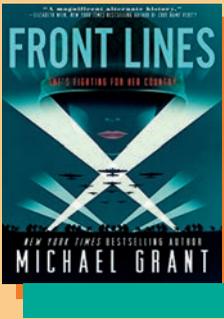
Strawberry Green Tea with fruit jelly

Bonnie Man: Lemon Ai Yu with white pearl, 30% sugar, light ice; Travis Marasigan: Strawberry Green Tea with fruit jelly; Rhea Bhatt: Mango Passion Fruit Smoothie with Pearls; Jiajun Chen: Pearl Green Milk Tea; Samuel Primera: Classic Black Milk Tea with half sugar, light ice; Kendall Porter: Lychee Passion Fruit Green Tea with lychee jelly and strawberry pearls; Nikki Puno: Mango Passion Fruit Smoothie with Pearls; Peter Wang: Strawberry Matcha Latte with pudding and pearls, 70% sugar

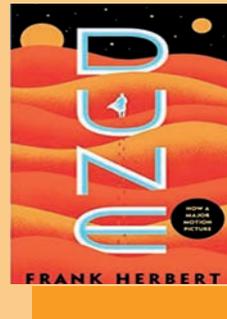
Best Books for the Start Of School

KATHERINE MOZISEK
Staff Writer

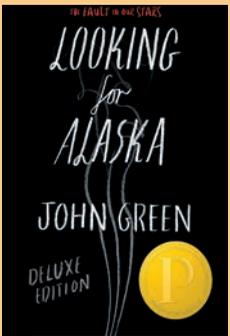
Books are one of the best resources a student can have. Parents and teachers try their best, but with a book a student is able to see fictional characters do things out of pure imagination. Books can provide refuge to the lonely and the lost, and provide direction to the misguided by letting strange events play out. Books are objects that hold stories, tradition and culture that affect everyone that reads them.



Frontlines by Michael Grant is an alternate history of World War II where 18 year old women are forced to register for the draft as well as men. The story follows Rio Richlin, Rainy Shluterman and Frangie Marr as they navigate through boot camp and the front lines in North Africa. They have to fight Nazis, Italians and the societal norms as they attempt to survive and stand out.



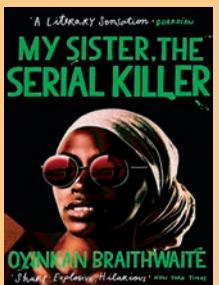
Dune by Frank Herbert tells the story of Paul Atrides as he navigates between deadly house rivalries, greed, and morals. The House of Atrides accepts stewardship over the planet Arrakis, a planet where the only resource is a sought after and needed drug that stimulates mental capacity.



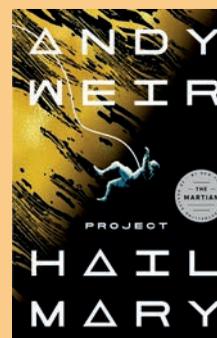
In *Looking For Alaska* by John Green, boarding school holds more mystery than public school. Lies, secrets and religion classes hold more than they seem to and nothing is meant to be taken seriously. Miles "Pudge" Halter wants to go to boarding school, not because he has no friends but because he's following inspiration from the last words of poet François Rabelais. At Culver Creek, a boarding school in Birmingham, Ala., Miles is thrown into a world where snitches get caught and memories do not fade.



Red Queen by Victoria Aveyard mixes revolution and lies to create a powerful book like no other. In a world where status is dependent on blood color to separate society, red for commoners and silver for nobles who have special gifts, the line between classes is thinning. Mare Barrow has red blood, yet she finds that she has a gift at age 15 when working for the royal family as a servant.



My Sister The Serial Killer by Oyinkan Braithwaite is a book that lightens the mood with dark comedy, romance, and just enough sisterly love to keep a person sane. Ayoola is beautiful enough to find a rich husband like her mother wants and sly enough to get one, yet all her boyfriends are being found dead. Her sister, Korede, is left to pick up the pieces and the mess her sister left behind.



Project Hail Mary by Andy Weir follows Ryland Grace, a middle school teacher who became an astronaut, as he wakes up from a coma on The Hail Mary with amnesia. Grace must choose between saving humanity, another race or himself while in the depths of space. Project Hail Mary is Weir's third book about Earth's future of space travel; the plot of the book holds actual information along with theories on how extraterrestrial life could live.

ELLA RAY
Editor-in-Chief

Fall into a Trend: *Fall Fashion Trends from the Past Five Years*

Whether you believe it or not, fashion is a huge part of student culture as students are able to fully express themselves in their true form and share their creativity with their peers. As the leaves start to brown, fall fashion is at its peak with students bringing out their unique sweaters and boots.

SWEATERS

During 2017, cold-shoulder tops were immensely popular especially in collars such as a cool teal and a pale peach. However, in 2018, the fashion world had transitioned to more subtle and dark colors for their tops, black Champion hoodies came in hot. Layers were also heavily shown as students started to bring out their light-wash jean jackets to give their outfits an extra spritz of life. Throughout late 2019 and early 2020, oversized sweaters had taken their moment to shine as students abandoned their habit of wearing knit-cropped sweaters earlier in the year. From late 2020 to this year, students have adored layering with collared shirts and long sleeve mock necks under their oversized sweaters, spicing up the outfits from the previous years.



SHOES

Casual sneakers are more than familiar to the fall fashion world. Shoes from Nike, Converse, Adidas and Vans dominated the playing field throughout all five years of past fall fashion as their canvases mostly consisted of the black-and-white color combination. Combat boots under brands like Doc Marten and Steve Madden have also had their time on campus, making a comeback every single year as their style has proven to be timeless.



PANTS

Throughout both 2017 and 2018, ripped skinny jeans were every student's best friend. However, as 2019 made its grand entrance, dark-wash mom jeans and ruby-colored scrunchies came back into style from the 1980s. These trends had taken over the fashion world, and are still thriving to this day, the pants becoming more wide leg and less ripped each year.



ACCESSORIES

In the years 2017 and 2018, a minimal amount of jewelry was the majority's choice in fall fashion as students desired for their sweaters to steal the show. However, within 2019 through 2022, that habit of layering pieces had begun to show once again like with their tops. The accessories include silver and gold chains as they have been seen to elevate outfits.



1. What tends to overwhelm you the most?

- a. Losing your sense of self
- b. Feeling misunderstood
- c. A fast-paced lifestyle

2. What is one favorable trait that friends or family members often say you possess?

- a. Creative
- b. Friendly
- c. Resilient

3. What is your favorite film genre?

- a. Animation
- b. Comedy
- c. Independent/art

5. Who is someone successful that inspires you?

- a. An artist (painter, writer, poet, musician)
- b. A TV/media personality
- c. An activist/advocate

4. How open are you to new experiences?

- a. You occasionally experiment with new ideas
- b. You will try anything as long as you are with your friends
- c. You tend to stay in your comfort zone

6. Which do you value the most?

- a. The future
- b. The present
- c. The past

Your Results

If you picked mostly A's...

You wish to express yourself authentically and artistically. Your identity and who you will become are crucial to you, causing you to constantly view your life as a revolving art piece. Therefore, try writing a letter to an old friend or your future self whenever you feel lost. It does not have to be anything formal.

If you picked mostly B's...

You appreciate other people, especially your social circle. When you feel stressed, talking it out with someone you trust brings you the most relief and comfort. Try going to a restaurant or cafe that you and a friend have never been to in order to elevate what would have been a normal conversation.

If you picked mostly C's...

You tend to be reflective and sentimental. You notice the small details by constantly observing your surroundings, tying them to a larger picture and theme. If you find that your precise intuition has faded, try slowing things down by watching the sunset without taking any pictures or posting on social media.

IT'S SPOOKY NOT HAVING A YEARBOOK

Yearbook



Ad/
Dedication

**BUY YOURS
TODAY!!**

Homecoming Week

Photos by Amber Gibson

Anything But a Backpack



Dynamic Duo



Spirit Day



Culture Day



Dance

Photos by Jacob Miller

