

Misinformation Its Effects on Society and Tips to Avoid It

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i heard...



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The girls in the Girl Up Club have many engaging conversations with each other. The club has created female empowerment among Tompkins girls. Photo from Instagram Page @tompkinsgirlup

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Singer Minh Makes Melodious Comeback This Year



Sydney Jackson
Editor-in-Chief Nestline

The ambitious singer Miles Aidan Minh Thompson, known by his stage name “Minh”, has been on the up and rising Houston music scene for the past two years, accumulating to a successful past year in 2023, garnering over 10,000 monthly listeners on Spotify, with over 120,000 streams on his most popular release, “devil’s daughter.”

Recently, after reaching out to Minh through Instagram DMs, last November, Minh opened for South-Korean Hip Hop artist Jimmy Brown for his concert in Houston with 300 attendees. Although nerve wracking, Minh hopes to collaborate again with another singer to open for their concert, from the exhilarating experience he had at this concert. Along with this collaboration, he additionally collaborated in 2023 with singer Ben Chow as a featured artist on his song “ur mine” from his album “WHY?”

“It was amazing [performing],” said Thompson. “I’ve never played for that many people before.”

Participating as a second violinist in the Sinfonia orchestra, the most advanced orchestra, Minh has always had a passion for music. However, it was not until his sophomore year that he began to pursue music. Using both a combination of his own personal instruments, his guitar and voice, and his computer that adds beats, Minh released his first song “keep in touch” in Dec. 2021, a song about a girl Minh no longer wants to be in contact with. The song features his signature chill beat with his soft, mellow voice. Cementing this chill, lo-fi beat as his signature sound, however, was his first EP “butterfly” in April 2022, a compilation of four songs.

“I’ve always liked it [singing],” said Thompson. “And I always wanted to make music, but I never had the chance to get around to it.”

This January, Minh released his latest single titled “hypnotized”, a song remarking the feeling of missing a girl he is currently on a break with. Like most of his songs, the instrumental features a chill beat that creates a relaxing feel from the listener.

“Life experiences mainly inspire my music,” said Thompson. “Relationships and stress play a big part in my music.”

After a successful year, Minh hopes to continue his positive trajectory, one of the singer’s biggest goals is to reach 1 million streams on Spotify, to which he currently has 600,000 total streams, as well he hopes to perform, either being an opener or for his show, again this year again. In addition, later on this year, he hopes to release his second EP.

“It’s an ambitious goal [reaching 1 million streams], but you know, you never know what could happen it might,” said Thompson.



Cover of singer Minh’s latest single “hypnotized”. Minh has now amassed to 21k Spotify monthly listeners.

Photo via Spotify



Cover of singer Minh’s most listened to single, “aphrodite”. The song has in total over 137,000 streams on Spotify.

Photo via Spotify



JOURNEY OF PRESIDENTS



Elia Naz
Staff Writer

Senior Allison Tang, junior Abigail He, sophomore Santiago Torres-Rocca, and freshman Anwitha Bhat
Photos by Mridhini Koppiseti



The presidential election is a vital part of American democracy. Every four years, the citizens of the United States bring their opinions to the voting ballot. Similarly, students bring their views to the school elections. For the school year of 2023-2024, the students have projected their voices in voting for our class presidents. The responsibilities of the president of the United States are challenging. Just like the class presidents, they hold many responsibilities and have the responsibility of making many people happy.

"I think the position comes with a lot of responsibility, but there are also a lot of possibilities because there are not a lot of limits so that we can make big plans," said senior class president Allison Tang.

Tang is an optimistic leader who is always looking for ways to innovate. Tang is a natural mentor who understands how to motivate and inspire her team. She believes that by setting clear goals and expectations and providing guidance and resources, she can bring out the best in her team.

"This spring, my officer team and I are planning a clothing drive and thrifting event to raise money for our prom," said Tang.

Tang is determined to make this a successful event and is confident that her team can make it happen. She looks forward to the challenge and is excited to watch the team work together to achieve their goal. She believes this event will benefit her team and the community and is determined to ensure the event succeeds.

"I think I am pretty creative,

but I could not do anything without the rest of my team. I feel like my creativity and collaboration make us successful," said Tang.

She believes that by combining her creativity with the talents of her team, they can create something that will benefit everyone. She wants to ensure everyone on the team feels appreciated and acknowledged for their efforts because their collaboration and hard work will pay off.

I am very honored, and I enjoy the role. I have a lot of ideas for us," said junior class president Abigail He.

He feels blessed to be given such a high position as the junior class president. He plans to use her position to bring more unity to the school community and create better student opportunities. She is looking forward to making a lasting impact on the school community and plans to build relationships with students, faculty and staff.

"We do not have anything confirmed yet, but we have something planned for Valentine's Day, senior year, and springtime; we also have some ideas for Falcon Food Frenzy," said He.

He has a lot on her hands as she plans terrific activities for the class of 2025, hoping to engage her class and bring positivity. He will strive to make the year meaningful and memorable for her classmates. She wants to create a respectful and supportive atmosphere for all her students and focus on creating opportunities for her classmates to learn and grow together.

"I think I am very good at communicating. I think I can make rude things sound good and create peace within a group, which I believe is a quality for having a thriving theme," said He.

To be president, an individual must have certain qualities. He does as she has a way with her words to lead her group. She is a natural leader who motivates people to work together, can listen to everyone's ideas, and creates an atmosphere of collaboration and respect. Similarly sophomore class president Santiago Torres Rocca has the same amount of responsibilities and needs the skills to handle them.

"I feel like I have more responsibilities because I have to meet people's expectations and do what is right," said Torres.

Torres feels like his greatest huddle is pleasing the class of 2026. Torres plans to do this by listening to their ideas and concerns and using his experience and knowledge to guide his class in the right direction. Torres is determined to make sure that the class of 2026 has a successful school year.

"I plan to make sure that everyone feels inclusive, and we have a lot of activities, for example, like the winter movie and creating more fundraisers," said Torres.

Any leader's most significant responsibility is to ensure everyone feels invited. Torres also plans to create more opportunities for people to feel connected and heard. He plans to ensure everyone is happy by planning more

events for his class and promoting activities.

"I have good leadership qualities. I think I can make people follow my ideas and get them to join me," said Torres.

Torres's leadership qualities make a proper president. He has a solid ability to communicate and build relationships with his staff. Torres is committed to creating a fun and productive workplace with his class officers and 2026 class. Underclassmen class presidents work with the same persistence as upperclassmen. Their hard work can be shown through freshman class president Anwitha Bhat.

"I feel like it is a lot of responsibility to be class president, but I am happy that I can contribute to making this school year better for our class," said Bhat.

Being the class president is challenging as they must handle many tasks and responsibilities while ensuring everyone is happy. Anwitha Bhat has taken up the challenge and is working hard to ensure the school year runs smoothly. She is dedicated to creating an inclusive environment where everyone feels heard and respected.

"I feel like I lack a lot to be as good as I could, but I am good at managing my time and just being able to communicate with everyone," said Bhat.

She realizes that communication is a two-way street and strives to ensure she hears everyone's ideas and opinions. She believes that by fostering open communication, she can help foster an environment of collaboration and trust, but Bhat's most excellent skill is admitting her flaws that she needs to overcome.

"I think towards the end of the school year, we are planning more events and trying to get people to participate more," said Bhat.

Bhat has created many ideas to engage the class of 2027, hoping to create a more inclusive environment. She believes that by engaging the students through these events, she can help them develop a sense of community.

Power Up!

OTHS's New Girl Empowerment Club 'Girl Up'

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Sydney Jackson
Editor-in-Chief Nestline



Women around the world are continuously discriminated against for their gender in their environment, causing them to feel discouraged to pursue their passions, especially if their work is typically male dominated. Hoping to make a positive impact, the new 'Girl Up' club is trail blazing a way for girls and women to pursue their own passions here at Tompkins.

'Girl Up' is an organization founded by the United Nations Foundation to support and educate girl empowerment movement worldwide. Through efforts of hosting conversations and events discussing the hardships of girls and women in school and workplaces, they unite women around the world. National coalition leader and senior Willow Miller expresses great joy about her time being a member of 'Girl Up', reminiscing on her close friendships with girls from Bangladesh and UAE met through the organization.

"If there was one slogan I could use, it would be 'For Girls. By Girls' because it's a youth lead organization, led by girls all across the world," said Miller. "There's so many opportunities to do things within S.T.E.M, within law, within science, so it's very broad."

As a coalition leader, Miller has had the opportunity to make a difference in the lives of girls around the world. Miller was able to create curricula for girls in Katy to learn about coding and financial literacy. In addition to this, 'Girl Up' coalition leaders, like Miller, speak at national and global summits to inspire girls across the world, sharing stories and tips for girls. Her impact on the community and jubilant experience has inspired her to encourage others to try to join the organization.

"So there's a lot of room to do things at 'Girl Up' and I'm really glad we have one at our school now, that way we can outreach more to the community

in Katy," said Miller. "I think if you are a girl at Tompkins you should try to join the club this year because there's a lot of room for growth. You won't regret the experience at all."

Miller's friend and mentee, and founder of the club, sophomore Madelyn Qayyum gained inspiration to start a club at Tompkins after hearing about it from her. Qayyum is dedicated to her passion for women's equality and wellbeing, and hopes that this club can provide both an education opportunity and support for its members.

"Our hope is that we can address issues within our community, pertaining to female empowerment," said Qayyum.

Qayyum hopes the club will create a community of girls that feel heard and seen by each other. She wants to cultivate an area where each of the members has the comfort to speak up to the club leaders and members when they deal with matters that affect them personally, as they want the club to feel like a safe haven for girls when they are in need of support. Moreover, the club hopes to foster a plethora of donations and fundraisers in the future, as the club continues to grow, that can help girls both at OTHS and Katy.

"It's actually the only female focused club at our school besides Girls in S.T.E.M.," said Qayyum. "So I'm excited to see the community grow. I'm excited to see the people who show up and the change we can make for the community at Tompkins."

If interested in joining the new club, meet them in room 2217 after school from 2:50 p.m. to 3:50 p.m. on Thursdays.

Sophomore Madelyn Qayyum is the founder of the "Girl Up" club. She hopes to create a community of girls that can help and support each other. *Photo by Mridhini Koppiseti*



Club members chat as they converse, getting to know each other during the club's first meeting. They discussed the club's focus and wrote letters to their future selves to read later in their school career.

Photo from Instagram Page @tompkinsgirlup



Senior Allyson Tang has a Chinese heritage. She loves celebrating her culture with her family.

In Katy, a myriad of cultures intertwine, creating a diverse community that allows individuals to feel free to express their beliefs. Each neighborhood is immersed in rich cultures, blending to form an inclusive community. Senior Allyson Tang has family on her mom's side from Taiwan and her dad's side of the family is from Hong Kong.

"My culture is more centered around my mom's background because we have more family on that side that lives in Houston," said Tang. "So we do a lot of Chinese and Taiwanese traditions such as celebrating holidays from both cultures."

Tang likes certain parts of her culture like activities but finds a deep connection with the family values associated with her culture. She also has a passion for Chinese pop music and timeless classics. Tang's family adheres to traditional beliefs due to the influence of her extended family.

"When it comes to Chinese culture, there are a lot of different traditions because the culture is so broad so my family has unique traditions as well as more common ones," said Tang. "An example of a customary cultural tradition is the Lunar New Year where everyone cele-

brates it."

In Tang's culture, there is a belief that family always comes first. Whenever she has school activities, there is an expectation that all of her extended family is very involved and come to support her. From Tang's perspective, there are various ways in which people with a Chinese background experience their culture; some are deeply rooted, while others may not be as connected.

"I know for most people traditional dance is a really big thing, which is fan dance, lotus dance and dragon dance," said Tang. "I got the opportunity to do the dragon dance for the Thanksgiving parade last year, and I think the dragon dance is my favorite."

In Tang's culture, there is a belief that family always comes first. Whenever she has school activities, there is an expectation that all of her extended family is very involved and come to support her.



Sophomore Mia Chaparo comes from a Venezuelan background. She enjoys being surrounded by people from diverse backgrounds.

From Tang's perspective, there are various ways in which people with a Chinese background experience their culture; some are deeply rooted, while others may not be as connected.

On the other hand, Junior Arin Gupta's parents were born in Kolkata. He deeply appreciates his culture due to its vibrant nature. "I feel that some important beliefs emphasized in my culture are collectivism and harmony," said Gupta. Both are highly valued by Indians, emphasizing a strong connection with their community and relatives, prioritizing unity, and maintaining harmonious relationships with others."

Gupta is proud of the culinary traditions that are an essential part of the culture. What makes his culture unique are the artistic aspects such as music and dance because there are many different types of styles and genres. Gupta feels safe expressing his

Celebrate Cultural Diversity in Katy

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Shriya Rajagopalan
Nestline Co-editor



Junior Arin Dasgupta comes from an Indian background. He values his background due to its vibrant nature.

Break It Down

Breakdown of Diversity at Tompkins

White: 33.6%

Asian: 29.3%

Hispanic: 24.2%

Black: 9.4%

2 or more races: 3.1%

American Indian: 0.1%

Native Hawaiian/ Pacific Islander: 0.1%

beliefs and ideals within Katy's diverse community simultaneously enriching his knowledge of his cultural heritage. Sophomore Mia Chapparo comes from a Venezuelan background and the support system provided by the people within her culture is what she values most.

"The average American would probably associate poverty with Venezuela, but in reality, Venezuela is a really beautiful and diverse country," said Chapparo. "It has really beautiful landscapes, range from snowy areas to desert

areas and the people are really friendly."

During the holidays, Venezuelans use specific instruments to celebrate and bring festivity. Dance is a very important aspect of the culture. One of the most popular art forms in Venezuela is Salsa, a dance form that has fast tempo and quick rhythmic changes and Bachata, a dance form involving partners involving an eight step count movement. Chapparo loves her culture because of its uniqueness and inclusiveness.



Julia Busby
Co-Managing Editor

Dealing with Fake Fake News Sweeps Society

With the new era of how information is spread via technology, the way information is received and handled has drastically changed. When the internet has the capability of altering someone's body, speech and the world around them, a lot of news and facts one may come by could very well be, in all sense of the word, fake. Even reliable local news stations have often been accused of being fake, igniting fear in individuals who care about seeking truth and reporting only the truth. These situations have led to an era of misinformation, a concept that has had a substantial impact on not just the naive youth, but even those with years of life experience under their belt. Misinformation may also have small effects on the world, and also effects that could very well have long lasting negative consequences on society. Hate speech, bullying, harassment and more are all some instances that have resulted from fake news, and now that the public has become more aware of the idea that not everything one comes by is truthful, there will always be doubt on what they see is actually real. According to Amy Watson, a research expert and writer for Statista, an online data gathering company, fake news has become its own industry, where many writers are encouraged to write false stories in order to get more people interested. These writers will use clickbait titles and surprising promises, tricking the viewer into believing that the article they come by is perfectly accurate, but librarian Michelle Tuttle knows that this idea is farthest from the truth.

"I absolutely think that misinformation is a big issue nowadays," said Tuttle. "Anytime someone uses the web, like Google for example, there is an algorithm for results. There is a reason you would see those results on the first page. So when someone is searching something up on Google, they will typically look at what comes up first or second. There is a reason they are first,

maybe they paid for it to be there, there are a variety of reasons. But those articles that pop up first could very well be completely fake and contain multitudes of false information. People have to know these things, they have to understand how to do thorough research, otherwise fake news will only continue to harm the world."

Fake news has led to a society where people no longer have faith in sources that are supposed to report on nothing but the facts. Consequently, audiences are ignoring news outlets and are getting their news from social platforms like Facebook, X, TikTok and other social media platforms where news is typically never reviewed and people are allowed to have fully biased opinions, leading to situations where there is a huge gap between what is real and what is opinion-based. In Watson's opinion, this will only lead to disaster, as social media is a place where people have the ability to hide behind a screen and avoid revealing their real life identities, making people feel more entitled to spreading lies.

X, previously known as Twitter, is full of faulty information according to Science Magazine, where 70 percent of fake news tweets were more likely to be reposted, garnering more attention. These tweets often blow up because the fake news has an air of excitement, unpredictability, and often seems way more interesting than real news. After all, the reason why fiction is preferred over nonfiction is because the fake is much more entertaining than what is real. Certain fake news stories, some which are about regular people, have made segways on X, leading to the lives and careers of these individuals to be ruined. These stories, which are nothing more than rumors, infect the lives of innocent people who are just trying to live with no conflict. Freshman Brooke Busby reflects on the time where fake news has infected her life, causing her to have serious mental health issues that followed.

"I remember in middle school,

I had a horrible rumor spread about me," said Busby. "The rumor was so bad, it is hard to talk about. But I will say, the rumor caused me to have multiple breakdowns throughout the day. Everyone believed the rumor, even my close friends, and I felt so betrayed by them that they would believe such a rumor, and I also was so embarrassed that I could not go to school the next day. That situation taught me to never believe something until I research deeper into it, because it can seriously harm others."

With Generation Z, a generation that has grown up with technology and therefore knows how to properly navigate online spaces, there are still issues with navigating the realm of fake news, specifically interpreting whether or not a source is valid. If a student were to ever credit an invalid source on a major research paper, not only would their grade be affected, but the validity of the research paper itself. Faulty information leads to a chain effect of disaster. By lighting a single match, it can turn into a forest fire. When fake news infects the world, it gets into the hands of youth, who are still learning on how to examine a source of information. Many students will take the information they get and run with it, using it for themselves and creating further consequences that could either be short-term or long-term, depending on the context.

According to a study run by the Stanford History Education Group, directed by Joel Breakstone, 13 percent of students out of 3,446 noticed that the source they were given, which detailed information on climate change, was created by a fossil fuel industry. These statistics showcase that most students have a dangerous way of gathering sources. They may not look at who is giving this information, but instead what information is being given out. Thankfully, many schools have created an environment that can ensure valid sources on their carefully selected databases, such as

Gale and JSTOR. More specifically, school librarians have made it their mission to properly educate students on finding valid sources of information, integral to a student's future and their safety. They welcome questions about the problems with misinformation and are perfectly willing to educate large groups of students on this issue.

"People assume that teenagers are so tech savvy that they are more aware of how to navigate online spaces, but that is not necessarily true," said Tuttle. "They know how to make things work, but they do not always know how to verify it. It is so easy to put information online, and a lot of people do not put in the effort into verifying that information. They see it, and a lot of times the information they see is jaw dropping. Instead of fact checking, they will send it to their friends and it becomes viral. I remember there was a news article last year saying that Ed Sheeran was being sued because he took music from someone else, but he did not 'steal' it, there were just some copyright infringement issues. It just goes to show how people will see something online and immediately accept it as truth."

Ultimately, the issue of misinformation not only affects online spaces, but it also affects real people and their lives. Even students, who have access to multiple databases with reliable information in their school libraries, still fall for traps like fake news on other sites like social media. It is easier to read a small tweet detailing the latest news instead of verifying multiple sources using horizontal thinking, where people who are researching into a source do multiple background checks to check its validity. As it stands, misinformation will only get worse as the years go by and technology gets more advanced, so it is important to educate others on not only how to properly distinguish what is real news and what is fake, but also to let others know how it affects the world.

Tips to Avoid Misinformation

Sydney Jackson
Nestline Editor



Photo via Unsplash

Deciphering between the truth and the incorrect in the news is increasingly becoming challenging with the vast amount of misinformation taking over the media, especially social media. Collectively as a society, there has been a surge in the usage of social media as a main source of news information, notably in young folks. According to a survey conducted by the online data and statistics website Statista, 50 percent of Generation Z, people aged 11 to 26, obtain their daily news from social media.

For many young folks, social media provides a convenient way to keep in touch and understand world affairs at the tip of their fingers. Nevertheless, social media sites that present news, like Instagram, TikTok, and Twitter, frequently have occurrences that contain false information. On just TikTok alone, 20 percent of the news generated in their search engine contains misinformation, according to a study by News-Guard.

As a consequence of this, it is highly important to make sure that the news that is being viewed does not contain any false information. Ryan Culver, a former journalist for the Baytown Sun and current AP English Language teacher, parallels this thought, however he has high hopes that the majority of young folks will

learn to identify misinformation easily.

“In the short term, that [misinformation on social media] makes young people more vulnerable to the negative trappings of social media, but long term, we all learn,” said Culver.

Watching one video on the topic might seem like enough to have a grasp on it. However, Culver argues that reading, watching, or listening to one source has a possibility of not fully understanding a story. One source could contain nonfactual information, and not confirming with a second source could lead to a receiving of misinformation. Having a second source provides an additional informant of the topic to then compare and contrast the two to see the differences and agreements of both stories, and overall finding the true facts. This is why Culver stresses the importance of double checking.

“The funniest thing my media writing professor used to tell us was about that was, ‘If your mother tells you that she loves you, you should ask your father to confirm,’ said Culver. ‘Get a second opinion in other words. Don’t trust a single source. It’s basically a rumor until you get it confirmed by a second source.’”

Bias towards a specific person or group of people has become more popular in media in recent

years, especially with the rise of “clickbait” titles on social media that are intentionally made to make people click on an article. This has cultivated a rise of news media sources pandering to a particular group, sharing biased opinions rather than facts of a situation. This is why Culver believes it is key to be able to detect bias from news. To avoid bias, make sure to watch out for words that have a “black and white” fallacy effect. This effect portrays two sides of a situation unfairly, propping one up to the “good side” and the other to be “the bad side”.

“So much of the monetization on the internet is about getting page views and getting clicks,” said Culver. “So the emphasis has moved away from providing accurate information, instead focusing more on getting attention.”

Now more than any other time in history, there are a variety of sources for obtaining news, including many non-fact checked sources, which Culver believes

can be dangerous. He stresses the importance of being able to tell the difference between a credible news source and a random person writing or saying incorrect information. To avoid this, make sure to choose websites with a “.gov” or known credible sources like PBS.

“It’s so easy to publish things on the internet that forgeries and misinformation gets through without anybody having to look at it first,” said Culver. “Whereas, something that goes through a publishing process or where there’s a researcher, there’s a writer, and then there’s an editor who reviews it before it even gets posted or published anywhere, that is going to be a much, much more consistent process.”

MISINFORMATION the statistics and facts

1/3 of Americans have reported seeing misinformation in 2023

2/3 of Americans have little to no confidence in the news as of 2022

30% of Americans feel as if the news attempts to promote false news

38% of Americans admitted to sharing fake news in 2020

Source: Statista

SCHOOL PSYCHOLOGISTS SUPPORT STUDENTS



Baneen Rizvi
Editor-in-Chief

Teenage years differ for everyone; it can be an era of great highs, full of memorable moments and experiences or it can be like a mundane book, forgotten and shelved away. Regardless of however an individual's journey goes, navigating the unknown can be frightening and overwhelming in the moment. Emotions can feel much more frenzied and it can be perplexing to understand these feelings alone. To resolve this problem, Tompkins offers services from LSSPs, licensed school psychologists to aid students in their endeavors during their four years at the school.

For school psychologist Daniela Assing, connecting and counseling students has been one of her life's greatest joys. Originally a Biochemistry major in college, Assing decided to sign up for a psychology class as an elective, with little expectations of what was to await her in the course. But just a couple days of being in the class, Assing was adamant on switching her entire career. She had realized she harbored a sense

of passion for the subject and knew this is what she wanted to do in her future.

"Getting to build relationships with families, students, and staff and seeing how much progress students can make despite challenges has been my favorite part of my job," said Assing. "I love working with children and it is something I have always felt I wanted to do."

Assing felt motivated to leave an everlasting impact on students' lives. Having witnessed what school psychologists did for her brother, who struggled in school, she was amazed by the influential role of this career. She enjoyed communicating with people and building relationships. She believes it is important for students to have this type of support they can rely on when needed. She understands high school can be daunting for students and it brings her joy when students come back to visit her. "Graduation day is one of my favorite days," said Assing. "One of my previous students walked up to me after graduation looking

so proud, they hugged me and said, Mrs. Assing, I did it, I really did it! The look on their face, seeing how far they had come and how proud they were of their accomplishments is something that will stay with me for the rest of my career."

Yet being a school psychologist can have its bad days as well. Helping students cope with the loss of another student or a family member can be challenging. School psychologist Katherine Feagins shares similar sentiments. Assisting students with a loss and managing the journey of bereavement can be hard, but Feagins opts to look for the positive aspect of things.

I had a former student, who had a traumatic past, lots of behaviors in junior high, when I worked with them and then they transitioned to high school where we continued to work together and now they have graduated and are going to college on a scholarship," said Feagins. "They utilized support in school, worked on their own mental health, and made goals for themselves that

they never thought were possible years ago, and it was very endearing to see that." Being a school psychologist has led Feagins and Assing on a journey they never imagined to walk on before.

Having seen the experiences of students in high school, both believe it essential to not underestimate the struggles students go through. Feagins believes that students should have more self-appreciation for their work in school, and in their personal life as well. She advises students to always be aware they can always ask for help from her, Assing, and the rest of the LSSP team. She emphasizes the importance of speaking out during struggles and hopes her and the LSSP team's efforts will not go in vain. If you know a student who is struggling, do not hesitate to contact the counselor's office to request to see an LSSP.



Licensed School Psychologist Daniela Assing

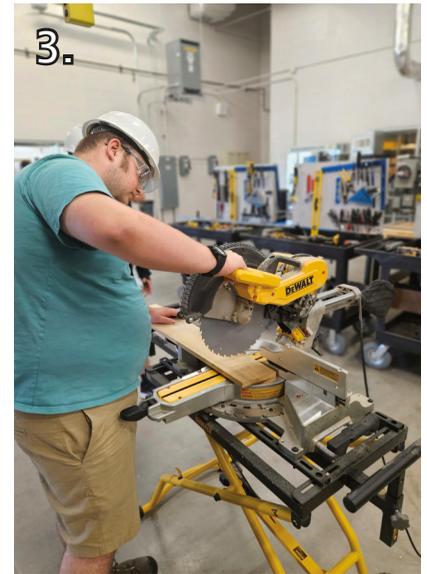


Licensed School Psychologist Kathryn Feagins



Zainob Azeez
Staff Writer

Day in the Life : Miller Students



1. Musa works on the car he was assigned in Automotive Technology.
2. Sembrowski makes crepes during Culinary Arts.
3. Dunn uses a saw to cut wood during his Constuction period.

Photos by Ana Perez

Miller Career & Technology Center (MCTC) is an instructional school that offers career and technical education programs. It provides hands-on training in various fields such as automotive technology, cosmetology, culinary arts, health sciences and more. MCTC aims to prepare students of different schools in Katy ISD for successful careers by equipping them with practical skills and knowledge. It is a great place to gain valuable experience and explore different career paths for a high school student before they move on to finally start their own field of careers that they want to pursue.

While MCTC is a great way for students of different schools to learn and get ready for the many different career paths that they are going to start embarking on in their later school life and life, it can prove to make a students'

school day more clustered and packed. While also having to travel to Miller after morning routines, the start of the day can prove to make a students day consequently more filled, especially students like senior Jackson Dunn.

"My dad drops me off on his way to work so I've got 30 minutes to go through my normal morning routine. I get my brother up and in the shower. Then we have to drive all the way to Miller," said Dunn. "First period is when I have English. I've noticed that the English curriculum there is different from the English curriculum here at Tompkins, so they're going at different paces at different units. Second period is study Hall. Then finally, 3rd and 4th period I have Construction."

Even though it might make one's day more packed, MCTC still proves to be very educational and impactful to students that have the ability to go there. Their 3rd & 4th periods or early morning periods and for some even afternoon classes are occupied with Miller courses and for students like senior Tate Sembroski, who is in Culinary Arts during their MCTC time, their day there can start and carry on just like any other class.

"So basically, everyday we just

begin once the bell rings, we wash our hands and just start cooking and baking and we usually do it independently," said Sembroski. "And if we have any questions, there are always going to be answers. Our chefs are very able to teach us properly and help us when we need it."

Construction is also one of the courses in MCTC that can enable students with skills like the fixing of electrical materials, plumbing, ventilation and even heating. Student who take the course have to learn to do these different types of construction during two of their periods in a regular school day, the things that students like Dunn actually do in these types of courses everyday are based on curriculum just like for other students that do not go to MCTC, though of course they have to do more complex things that the course would require mostly everyday.

"I am in the construction shop, which used to be an old unused part of the auto Body Shop that they renovated last summer," said Dunn. "We do a lot of stuff like in the shop. In construction we are working on a lot of OSHA and

MCTC Programs

Business & Industry

- Architectural Design
- Automotive Technology
- Cisco Internetworking Technologies
- Computer Technician
- Construction Trades
- Culinary Arts
- Cyber Security
- Digital Audio
- Film
- Manufacturing Engineering
- PACE-KAP/GT
- Veterinary

Public Services

- Clinical Rotation
- Cosmetology
- Dental Assisting
- Education
- EMT-Basic
- Health Science
- Law Enforcement
- Legal Studies
- Pharmacy Tech

STEM

- Practicum in STEM

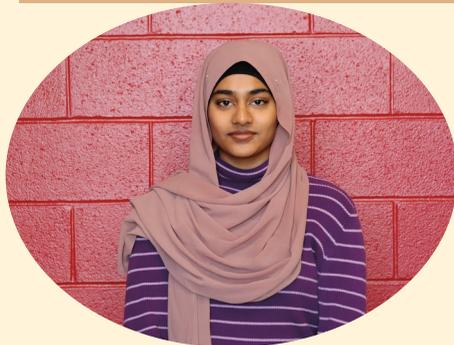
LIGHTS, CAMERA, ACTION, PRESENTING TOMPKINS



Elia Naz
Staff Writer

"If Tompkins were a movie, it would be the Bollywood movie 3 Idiots because I feel we are all struggling with academic pressure to achieve a goal," said junior Ayesha Moham-mad.

For those who have not watched the classic and hilarious Bollywood movie 3 Idiots, the movie follows the journey of three intelligent students who study at India's best engineering college. Due to the extreme academic competition of the school, the principal forces the students to strive for good grades. This constant desire for good scores causes the students not to enjoy learning. Mohammad ties this scenario with today's reality of high school, where kids only learn for good grades and not for gaining knowledge. Considering Tompkins is such a competitive school, many students are trying to earn a grade; therefore, they are not enjoying learning, which she thinks should be the primary purpose of school. This also is the central conflict in the movie "3 Idiots". As the movie "3 Idiots" ends, we learn the importance of making time for ourselves and genuinely striving for our passions, which many students learn in high school. Like the movie, many students go through some sort of pressure, but people become new characters at the movie's end.



"I feel like everybody in high school has their groups, so if Tompkins were a movie, it would be Mean Girls," said freshman Yva Tezano.

The most enjoyable and iconic movie in Hollywood is Mean Girls, which explores the journey of Cady Heron as she gives the group of mean girls in her school a taste of their own medicine. How could the stereotypical high school movie plot represent Tompkins? At the movie's beginning, Janis Ian shows the different groups made in high school, such as the band kids, debate kids, or newspaper kids. Janis explains how most kids stay in their group, similar to reality. Many students communicate with many people but have their own small circle, like in Mean Girls, where one knows each other but stays in their circle.



"The Diary of the Wimpy Kid is a phenomenal movie showing a boy trying to assimilate into high school," said junior Ryan Mustafa.

Diary of the Wimpy Kid follows the journey of Greg Heffley as he tries to find his place in high school. Greg joins many clubs and tries to partake in different activities, all to find his identity and place of home. Many students do the same thing. We all start as confused, surprised, immature high schoolers, and then the four strenuous years of high school build an individual personality. We may join many clubs, volunteer, or join classes that spark interest, all to find a sense of enjoyment or make life-long friendships. Ultimately, high school helps us find our way in life and become the person we want to be. Like Greg went on a journey in high school, many students do too. High school helps us find our strengths and weaknesses and teaches us how to cope with the challenges of adulthood. It also allows us to develop social skills and build meaningful relationships. Finally, high school helps us to grow both academically and personally.



"If Tompkins were a movie, it would be the Titanic because everybody in high school hits the iceberg at some point,"- said sophomore Soujash Wawdhane.

The heartbreaking romance of two star-crossed lovers whose love was destroyed by nature's physical obstacle, an iceberg. But how does this tragic love story describe Tompkins? Every student wants to create a relationship with success. This could mean something different for everyone: getting good grades, becoming better at a sport, or excelling in an extracurricular. We are all trying to earn success, just like Jack strives for success with Rose on the Titanic. Though many try to achieve greatness in school, sometimes students run into the iceberg, which could be academic pressure, an injury, or a personal problem. It causes our prudence to be destroyed or damaged. Though the Titanic ended in separating two loving couples, it created a beautiful and passionate love story. When students hit the iceberg, they think they will sink and never come back, but in reality, when one is genuinely in love with something, they often find a way to swim around the iceberg and find their way to the top.



WHAT ROM-COM SHOULD YOU WATCH THIS VALENTINE'S DAY?



Baneen Rizvi
Editor in Chief

Find out which romcom you should watch, whether with friends, a partner or alone this Valentine's Day!

1. If you could magically time travel, which era would you prefer your romcom to be set in?

- a) The vibrant 1980s
- b) The rebellious 1990s
- c) The glamorous mid-2000s

2. What high school scenario appeals to you the most?

- a) Navigating the complexities of teenage life and love
- b) A rebellious love story with a touch of Shakespearean drama
- c) Dancing your heart out in a school musical

3. What type of comedy do you enjoy in a romcom?

- a) Witty and nostalgic humor
- b) Sarcastic and clever banter
- c) Whimsical humor

4. How do you feel about emotional twists in a romcom?

- a) A mix of heartwarming and nostalgic moments
- b) Emotional highs and lows with a touch of drama
- c) An emotional rollercoaster with a mix of love and tragedy

5. How would you like the romcom to conclude?

- a) A magical, wish-fulfilling ending
- b) A grand, unexpected gesture of love
- c) A mesmerizing and dreamy finale



If you got mostly A's..

You should watch *13 Going On 30*. Starring Jennifer Garner, the movie follows 13 year old Jenna Rink, who after suffering a humiliating moment at her 13th birthday wishes to be an adult with her dream life as a posh magazine editor, with a romantic relationship of her dreams. Jenna awakens to find her wish come true; now in New York City, 17 years later, as a 30 year old woman, Jenna realizes she doesn't have everything she has ever wanted, having lost her friendship with her best friend Matt. Now, Jenna must deal with the challenges of adult life to find the true love she left behind. Just like your preference for a classic, *13 Going On 30* is a feel-good movie with a true fairytale ending. The film is available on Netflix for you to watch this Valentine's Day.

If you got mostly B's..

You should watch *10 Things I Hate About You*. Inspired by Shakespeare's comedy, *The Taming of the Shrew*, this film starts off with new student Cameron James who is utterly smitten with sophomore Bianca Stratford. But to Cameron's poor luck, Bianca is forbidden to date by her father unless her older sister Kat gets a boyfriend first. Determined to date Bianca, Cameron enlists the help of the charismatic Patrick Verona to woo Kat and have her fall in love with him. But Kat is known for being abrasive, making it a challenging feat for potential suitors. Neither is remotely interested in the other, but as time passes, feelings start to change and Kat begins to let her guard down. The film is a classic portrayal of the popular enemies to lovers trope and sure to leave your eyes glued to the screen. *10 Things I Hate About You* is available for streaming on Disney+.

If you got mostly C's..

You should watch *La La Land*. Set in the glamorous and glitzy scenes of Hollywood, *La La Land* focuses on aspiring pianist Sebastian, who dreams of opening his very own jazz club in the City of Angels, and Mia, a budding actress waiting for a casting call and spot on a screenplay. After constant run-ins around the city, the pair eventually fall in love. But life in Hollywood isn't as perfect as it seems, and both Sebastian and Mia struggle with continuous setbacks and failures in their career. They are forced to face choices that could crumble the intimate love affair they have created so far and threaten to tear them apart. Just like your love for musicals, *La La Land* is the perfect mixture of romance, emotion, comedy portrayed through entrancing musical numbers. The film is available to watch on Netflix this Valentine's Day.

You

By Jianfeng Liang



It was so sudden and sweet
 but it wasn't love at first meet.
 At first, you were of no interest to me.
 but our eyes meet.
 Jack the Frost they said
 words that froze my motion
 and shifted my body towards them.
 nothing caught my face but a sweet smile that can bloom the spring tulips.
 they were nothing special.
 average looks
 average height
 average personality.
 well that's what others said.
 my thoughts were of no different at that time,
 you were just like the fishes in the sea
 one comes and go and to be forgotten like the wind during a spring breeze
 but as our fate got closer and closer,
 all I could think of was you
 You were cold
 I was warm
 I wanted nothing but to share this little warmth
 Music was your shield from society and their judgment
 And so was mine.
 Our ideas and beliefs are one
 and so are our feelings too?
 I've always hated school, having to walk these halls
 and hearing a thousand birds chittering.
 Before I knew it, I loved going to school now,
 My heartbeat slows down as I see you, and my world moves slower.
 My attention was only focused on you and only you.
 It would all be destroyed with a single bump to the wall or shoulder.
 We've become partners, friends, best friend,
 but platonic was just not enough for me.
 And like what Kiera Cass once said,
 "You are sunlight falling through trees.
 You are laughter that
 breaks through the
 sadness...
 you are not the world
 but you are everything
 that makes the world
 good.
 Without you,
 my life would still exist,
 but that's all it would
 manage to do."
 Before I
 knew it,
 I fell in love with you.

About The Poet



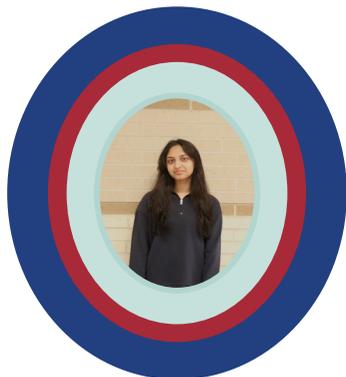
Senior and contest winner
Jianfeng Liang

Senior Jianfeng Liang is the winner of the Nest's very first Valentine's Day Poetry contest! His poem, "You", is a beautifully written, romantic declaration of love between two lovers.

Photo by Jackson Reuter

Where do you see yourself 20 years from now?

Elia Naz
Staff Writer

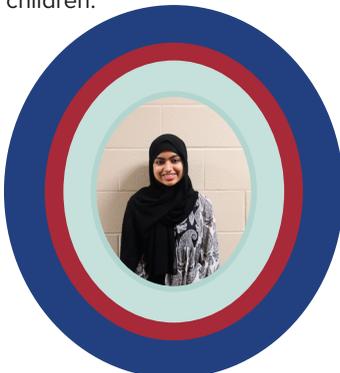


Zoya Mohammed. 10

"I will be hopefully married with two kids, going places and meeting new people."

Rida Abbas. 11

"I see myself being a mother. I want to have kids and family, but I hope that I can be a physician assistant before I have children."



Sandeep Senthil. 12

"In 20 years, I have made a lot of investments in real estate. I also want to have a family."



Yujin Cho. 9

"I see myself in an RV looking at a sunlit horizon looking over the Andes Mountains."

Falcon
Order

Photos by Mridhini Koppiseti

Facing the School Year with Words: Best Self Help Books



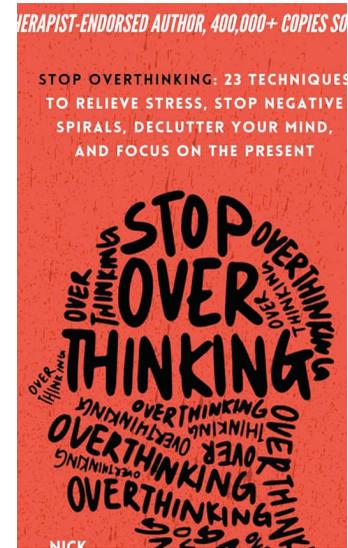
Shriya Rajagopalan
Nestline Co-editor

As a high schooler, self growth is a crucial way to ease stress and foster healthy habits. Navigating these challenges in high school can prove to be helpful during college life. Navigating through the intricate web of academics, societal pressure and extracurriculars poses a considerable challenge. Some self help books can provide solutions to dealing with these obstacles

Mental Health

Stop Overthinking: 23 Techniques to Relieve Stress: This book by Nick Trenton is about finding ways to overcome negative thought patterns, reduce stress and live life without constant worry. It provides insight and solutions into what overthinking patterns are as well as how it can impact your life. The book strives to motivate its readers to combat anxiety using different techniques.

The Power of Letting Go: This book by John Purkiss emphasizes being able to live in the present moment rather than reflect on the past or wonder about the future. He breaks the book down into four different steps. He proceeds to dig deeper into how one can learn the art of letting go by providing exercises such as meditation, visualization and journaling exercises.

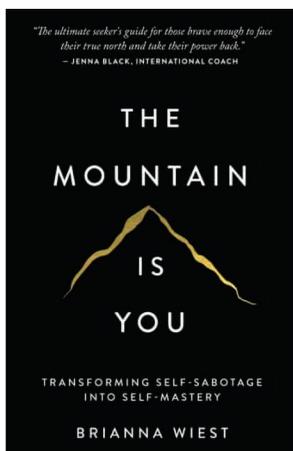


Motivational

Atomic Habits: this book by James Clear focuses on how to create good habits and change the bad ones. It also dives into how small changes in one's life can later create a bigger impact on life. The main idea of this book is to show how small changes in behavior can impact one's life in a significant way.

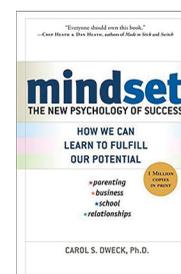
The Mountain Is You: This book by Brianna Wiest talks about self-sabotage such as why and when we do it. It also explains how to shut that habit down for good. This book also helps readers gain a deeper sense of emotional intelligence by understanding how our brain and body work when releasing experiences on a cellular level.

Thinking Fast and Slow: This book by Daniel Kahneman talks about how our intuition and slow thinking affect and shape our judgment. It describes the different scenarios in which each is used and why it is used in that particular situation.



School

Mindset: This book by Carol S. Dweck shows us how an individual's mindset can reflect how they view their own abilities and actions. It also uses evidence from Stanford University to explain how people with certain mindsets approach challenges and how to change their mindset.





Julia Busby
Co-Managing Editor
Photos by Siena Gelotti



Ashley Park as Belle from Beauty and the Beast

She has a kind, almost magical air to her. She is also a lover of literature, just like Princess Belle.

Ashley Park- English/AP Literature



Vern Eikrem as Dr. Doofenshmirtz from Phineas and Ferb

He is extremely passionate about science, and many of his students have reported him to have "mad scientist" energy.

Vern Eikrem- Science/Physics



Meredith Jeppeson as Velma from Scooby Doo

Mrs. Jeppeson has the smarts and the sarcasm that is perfect for a character like Velma, who is known for being the smart one in the Scooby Doo franchise.

Meredith Jeppeson- Science/Biology

Match
the
Teacher

with

the

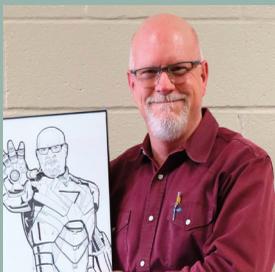
Character



Marisa Miller as Spongebob from Spongebob Squarepants

Like Spongebob, Ms. Miller has an enthusiastic and happy-go-lucky attitude. She never fails to make her students smile.

Marisa Miller- Science/Coach



Patrick Henney as Iron Man from Marvel Comics

Mr. Henney is a great engineer, which is exactly what Iron Man is known for: his smarts and his incredible, almost other-worldly, engineering skills.

Patrick Henney- CTE/Engineering



Tina Vu as Unikitty from the Lego Movie

Ms. Vu is known for her love of unicorns, and Unikitty is a unicorn. She loves cutesy things and is very kind.

Tina Vu- AP Physics

