WHAT'S INSIDE

NEWS  CHS IB coordinator and history teacher earns recognition as teacher of the year

RUNNING BUSINESS  New Tech High @ Coppell senior leads state in DECA while excelling as runner

BELOVED BROCK  PG. 3

PLAYING THE RACE GAME  ANALYZING RACIAL, ETHNIC AND REGIONAL TRENDS IN SPORTS  PAGES 12-13
Faces of CISD: Lillian Cruz

From cooking, scheduling employees’ shifts and serving food to customer service, Coppell High School cafeteria manager Lillian Cruz’s days are spent fulfilling students’ culinary needs. Being part of CISD for more than a decade, Cruz has seen the district’s cafeterias grow.

How long have you been in the district and what positions have you worked?

I started at CHS 14 years ago as the assistant manager for two years. Then I worked over at Coppell Middle School East for four years, and I’ve been back at the high school for seven or eight years. I had experience in cafeteria management before from California. I was an elementary manager for seven years.

What have been the differences of working in California vs. Coppell?
The food is different. I came from the south Los Angeles area, and the population was basically poverty level. So around 96% of the students were getting free meals. Here, it’s different.

How have the cafeteria and the food options changed since you have been in the district?
A lot. When I was first started as the assistant manager, we only made like 10 salads a day. Now we’re making 60-70 salads every day. The way the students eat changes every year, as well, depending on the group that comes in. Every group has different taste buds and different tastes. That’s why we have all these stations to give them different options. We have many more options than before.

What food items are popular this year?
Crispitos are a popular item. Breakfast for lunch and the Mexican build-your-own burrito bowls, too.

What is your favorite part of being cafeteria manager?
My favorite part is knowing I’m playing a big role in the students’ lives, even though I’m not a teacher. I love kids, so I know I’m putting a little bit of that into use. Being part of their lives, seeing how they develop throughout high school - the changes, they amaze me.

What are some of the challenges of the job?
I know what I’m doing now, with so many years of experience. When I’m short-handed, that’s a challenge, trying to be in two places at the same time. Sometimes there are three people who call in sick, and we can’t get much help. And when we get people from the agencies, I have to train them while still doing my job, so that’s hard. Especially when I get sick, too.

What does the 60-year anniversary of CISD mean to you?
Wow. It means a lot. I’ve been here 14 years, so I’ve seen a lot of the changes, from the cafeteria to the student population.

Anthony Cesario
EDITOR-IN-CHIEF
ELECTING DECADE’S FIRST DEMOCRATIC CANDIDATE

NICHOLAS REYES STAFF WRITER
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Only about 1% of the American population lives in the little midwestern state. Its rolling waves of maize largely shly away from the camera, But once every four years, a media army sets up base in Iowa. They stalk the candidates, ready to capture their every move (Mayor Bill De Blasio’s ability to eat a corndog was largely called into question during the Iowa State Fair). Because the Iowa and New Hampshire primary elections are first, they receive a flood of coverage. But the presidential primaries consist of 50 states and are important to them all. With elections nearing, Joe Biden, Elizabeth Warren and Bernie Sanders have driven many Texans into campaign for their chosen candidates.

Rita Patton, a special education teacher at R.L. Turner High School in Carrollton, is one of them. Patton has organized grass-roots events for the Warren campaign because of her belief that Senator Warren is going to provide her with a better future for her and her daughter. This trust stems from the similarity between Warren and Patton’s stories.

“Her story is very much like mine; she was a teacher, and she’s been through what I’ve been through,” Patton said. “She knows how to make sure my daughter does not go through the same thing. Her father was a janitor, and her mom worked a minimum wage job. Her mom was able to save their house with a minimum wage job, and that’s just not possible anymore.”

Woo Leerdhuit, a Richardson resident and a Warren campaign volunteer, was also first attracted to the campaign by a personal connection. A connection he claims helped grow his extended family.

“My sister went to Harvard Law School and was a student of hers,” Leerdhuit said. “One day, her boyfriend was visiting her at Harvard and he dropped by her contracts class with Warren. Professor Warren started calling on her a lot because she saw that her boyfriend was there; she helped my sister look very good in front of her boyfriend. Now they’re married.”

Like many other millennials, education and college debt are prominent issues in this election for Patton. “People my age can’t buy houses because it’s very difficult to do so when you graduate college tens of thousands of dollars in debt,” Patton said. “You’re essentially told to mortgage your future. For me, the best investments are in people. I want my government to use my tax dollars wisely. Instead of giving them to a corporation’s tax break, I want the government to take tax dollars and invest them into the nation’s youth.”

TO READ MORE, VISIT COPPELLSTUDENTMEDIA.COM

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Alumna addressing college homelessness through shelter

The goal of the shelter is to eventually find permanent housing for the students when their time at the shelter is up. Cha and Leung met during a public policy class where Louis Tse, the founder of Bruin Shelter at UCLA, the first student-run shelter for students experiencing homelessness, and their current sister organization, spoke.

“We were both struck by the issue of college homelessness and wanted to do something about it,” co-founder Leung said. “We asked the co-founder what we could do to help, and he said we should start our own shelter.”

roughly 10% of students at USC are homeless and 20% lack access to consistent sources of food according to California State Universi- ty Chancellor Timothy White. That is roughly 2000 USC students experiencing homelessness.

These shocking statistics, first hand experience seeing students without a home and encouragement from Tse, compelled Cha to take action against the epidemic of college homelessness.

Trojan Shelter shows that the model established by Bruin Shelter can be replicated, and I believe it should be replicated across the nation,” Cha said. “No student should have to worry about where they are sleeping at night.”

The Trojan Shelter located at St. Mary’s Episcopal Church in the Koreatown neighborhood in Los Angeles had its grand opening on Nov. 1. It provides housing, meals and public transportation for students living at the shelter.

Cha’s passion for finding a solution to homelessness started when she moved to Los Angeles. In Los Angeles, there are close to 60,000 homeless individuals and many are college students.

“Afcer moving to Los Angeles to attend col- lege at USC, I was heartbroken and shocked by the high numbers of people experiencing homelessness,” Cha said. “I was more shocked to learn that my fellow classmates were strug- gling with homelessness as well.”

Cha works alongside seven other USC students as well as many volunteers.

“Either is one of the most driven indi- viduals I know,” Trojan Shelter di- rector of media Matthew Lee said. “She is extremely capable, organized, proactive and profes- sional. On top of that, however, she is one of the most mission-drive- en people I have worked with. Her persistence to solve social issues from the roots up with holistic organiza- tions and models truly make her and her work effective and im- peccable.”

Going forward, the shelter’s focus will be on serving a greater number of students and raising awareness for college home- lessness across the country.

“I hope that by sharing our story more students experiencing homelessness will be supported and given the resources to succeed in college,” Cha said.

SURVEY SAYS: BAUTISTAS ARE WINNERS

Game show experience builds bond for Coppell teacher’s family

Macey Ibalio, Emma Dessau, Esther Cha of Coppell, Cathy Wang, Abig- gail Leung, Matthew Lee and Hannah Mulroe celebrate the opening of the Trojan Shelter on Nov. 1. The Trojan Shelter is a student-run home- less shelter serving those attending the University of Southern California. Photo courtesy Esther Cha

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It seems just like yesterday when the Baustista family turned on its camera to record its audition. Jumping up and down, the family members introduced them- selves and started cheering as they all act- ed out a practice round.

Now, two months later, Cottonwood Creek Elementary teacher Krixia Funa and her family proudly stand with their $42,000 and brand new Jeep from the famous TV show, “Family Feud.”

Krixia Funa, her sister Leana Funa and three cousins Trey Baustista, Ryne Baustista and Mintee Baustista won all five rounds of the show and walked away not only with a grand cash prize but a family experience they would never trade.

“My cousins and I have watched ‘Family Feud’ ever since we were young, it was a way to spend time together,” Krixia Funa said.

“As we grew up as adults, we started to grow apart. Competing on the show wasn’t only a chance to see what we could accomplish with our skills, but it was a way to bond and connect with each other again.”

After the taping of the Baustista family’s audition on YouTube in July 2018, a letter of acceptance was sent back a few months later and soon the family got to work practicing rounds in preparation for the show.

“In organizing it all we created a group chat, we created an email together, creat- ed a Facebook together, so we were always communicating and scheduling when we could get together and where to practice as a team,” Krixia Funa said.

Filming started in April and the ep- isode aired in late September. From the questions to the presence of the audience, the game brought pressures of its own.

“I personally don’t mind being in front of a huge group of people,” Leana Funa said. “The most nerve-wracking thing for me was playing in front of my family. I wanted to stand up there and make them proud – I wanted to win for them.”

The game went smoothly for the fam- ily until the fourth round, in which the family had zero points on the board and were dubious about its chance to win. But after its competitors failed to get all their answers for the final question correct, the Baustista family had a chance to steal points back and after a few right ques- tions, it was back on the scoreboard.

After surviving a round of sudden death, credited to Trey Baustista, the family scored again on the first round of Fast Money with Trey earning 192 points, just eight points away from getting the $20,000 bonus. With Krixia Funa’s correct response soon after, adding an additional 21 points to the score, the family received the $20,000 and was soon on its way to double its earnings.

The family will not receive its money and Jeep until 90 days after the airing of the show, but it was more than the money for the Baustista Family.

“We auditioned for the show not only as a chance to bond together again but to honor our family, especially our grand- father,” Leana Funa said. “When he saw his name glittering in lights on the board, tears of joy sprang in his eyes; who would have known that a farmer from a small province in the Philippines would be rep- resented on a shining stage on one of the most famous game shows in America. But I knew, it was the everlasting unbreakable bond of family and a dream come true.”

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ESTHER CHA COPPELL HIGH SCHOOL ALUMNA

“No student should have to worry about where they are sleeping at night.”

Family members Trey Baustista, Ryne Baustista, Leana Funa, Cottonwood Creek Elementary fourth grade teacher Krixia Funa and Mintee Baustista sit together on the set of “Family Feud” in Los Angeles. Krixia Funa and her family appeared on the famous game show and won a $42,000 cash prize and Jeep. Photo courtesy Krixia Funa

DECEMBER
Two years later, Taylor calls Texas home

CHS9 student Jude Taylor prepares to perform in the Coppell High School fall musical “Newsies” on Nov. 10. Taylor has spent his freshman year finding new beginnings, having moved to Coppell from England two years ago. Photo by Camila Flores, graphic by Shrayva Mahesh

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In December 2017, CHS9 student Jude Taylor’s family moved to Coppell from Cambridge, England. In England, Taylor attended the Perse School in Cambridge. Taylor’s move to Coppell allowed him to realize significant differences between his life in England and life in Coppell. Culture, education and even something as seemingly small as the weather posed challenges to his adjustment.

“When I first got here, I was surprised how people are so much friendlier,” Taylor said. “So far, Taylor has taken advantage of the variety of extracurriculars offered in Coppell schools, especially soccer and theater. Since moving here, he has been in six shows, including productions at Coppell Middle School West and the Firehouse Theatre in Farmers Branch. Most recently, he played the role of Bunsen and a policeman in Coppell High School’s fall musical “Newsies”.

In addition to a deeper love for theater, Taylor has developed relationships with other people involved in the program. CHS9 student Tyler Schweitzer recalls the fun times he shared with Taylor during tech week for “Newsies”.

“Jude is one of the best people I’ve ever met,” Schweitzer said. “He was always focused on his work but also having fun with it. It took off some of the edge I was struggling with.”

In addition to theater, Taylor plays soccer. He displays his love for the sport through his position (right back) on the Coppell JV2 team.

Grateful for the community her family has found in Coppell, Taylor’s mother, Dr. Boo Taylor, reflects on the benefits of moving to a different continent for a young person.

“Children who have moved around become much more interested in the world,” Dr. Taylor said. “They see different perspectives of life, they hear about other cultures and become more flexible. Everything is different, but he’s adapted well, and that has set him up for life in general.”

TO READ MORE, VISIT COPPELLSTUDENTMEDIA.COM

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Love for ocean fuels Doggett’s classroom

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The turquoise ocean, golden sand and colorful flora and fauna is a landscape that CHS9 biology teacher Laronna Doggett witnesses almost every summer when she goes with North Lake College on trips to Hawaii.

With a marine biology degree from Texas A&M University at Galveston and having taken classes at SeaWorld San Antonio working with dolphins on a daily basis, Doggett did not originally view herself as a teacher.

“My mother [Carolyn McGeehe] is a teacher, she teaches English, and she said, ‘honey you can be whatever you want, just don’t be a teacher’,” Doggett said. “When I was in fourth grade, she took me to SeaWorld and from that moment, I wanted to be a marine biologist.”

However, after helping her roommate’s mom in college with tutoring for the state test, Doggett soon realized teaching was her calling.

Doggett got a job at Moody Gardens in Galveston in its education department her junior year of college and taught children at the Dallas Zoo.

After working at the zoo for two years, she went back to school to get a teaching certificate.

From there, Doggett found her way to Coppell High School, where she has been teaching for 14 years. Doggett has taught various subjects outside of biology, such as AP environmental science, aquatic science and Integrated Physics in Chemistry (IPC).

In addition, Doggett teaches a second-semester biology lab for science majors at North Lake College and serves as a lab instructor for the environmental biology class when they go to their Hawaiian field studies trip every summer.

“We really focus more on the animals, the environment,” Doggett said. “We go into tide pools and collect critters, pull them out and talk about what they are and classifications.”

Having a strong background in marine biology and working with marine animals firsthand, Doggett integrates her experiences into her classes.

“With teaching the biology course, there’s so many times she can pull in marine plants and marine animals and ecology into what we’re actually learning in biology,” CHS9 biology teacher Cathy Douglas said. “She can jump into way greater depth from the marine/plants background.”

Aside from teaching, Doggett has had a strong presence in the Coppell community in more ways than one. After starting the GO Club (Get Out and Do Science Club) 14 years ago, Doggett and members of the club were asked to design the Biodiversity Education Center at the Coppell Nature Park, Aiding with not only the structure of the building, Doggett also had her aquatic science students at the time create lessons about water quality and how to use the equipment properly.

As a dedicated member of the Coppell community and a lover of all things ocean-related, Doggett makes sure her students receive every ounce of her enthusiasm.

“She’s passionate about her teaching,” Doggett’s husband, Jeffrey Doggett, said. “She spends a lot of time making her lesson plans, and she just wants to give the best to the kids.”

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CHS9 biology teacher Laronna Doggett works with her students on a cellular respiration worksheet on Dec. 4. Doggett’s passion for the ocean allows her to teach students in a unique way. Photo by Nishant Medicharla, graphic by Shrayva Mahesh

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Almost 60 years ago, America was in a state of transition and generational challenges, defined by counterculture movements led by the youth. As those in power drafted them to a war most did not believe in and the Civil Rights Movement reached its climax, the youth stood up against what they felt was unjust, turning the tide on national conversations.

America, despite all the progress that has occurred since the 1960s, remains plagued with social inequality and corruption in our government and businesses. With our generation, Generation Z, being the most diverse generation in American history and perhaps a more aware generation due to the pervasiveness of information, we have the capability to bridge divides in our country at a time when polarization seems at its peak.

Our generation has already shown we are capable of organizing and driving movements. The March for Our Lives movement, for example, grew from a group of Floridian school shooting survivors to a nationwide movement driven by the youth, but encompasses people of all ages. Worldwide, climate strikes initiated by teenagers lead the way on public climate action, putting pressure on those who can enact lawful change.

However, we can only hope to accomplish change if we use our assets - diversity, heightened awareness, and momentum - for the greater good. That starts at the community level. Being part of a community teaches us from a very young age how to be civil, empathetic, trustworthy and kind as we interact with others. Our local communities, on average, are growing more diverse, which allows us to see the struggles of those who come from different backgrounds or situations. By initiating conversations with a peer, there is much we can learn firsthand. Increasing our sensitivity to those in need or simply those who live differently will help us be able to put ourselves in someone else's shoes in order to bring about collective change, even if we cannot experience this firsthand. Changing our sensitivity to those in need or simply those who live differently will help us be able to tackle larger issues in the future.

Our generation has enormous potential to be the change we want to see in the world. We live in an age where information is more readily accessible and our peers demographics are shifting. Now, as we grow into the new leaders and policymakers of our age, it's time we use our assets to make such change.

In a city such as Coppell, in which the median income is higher than many other Dallas neighborhoods, it requires an open mind to truly understand the struggles of a peer in a different situation. We hold food and clothing drives, but do we truly understand why we conduct this service? Many people may take part in a drive, but when it comes to policy, are more resistant about sharing the wealth.

Changing socioeconomic inequality is a large and complex process, but the first step is to make ourselves, as a society, more compassionate and empathetic. A 2017 study by the National Institute of Health suggests that Americans' sensitivity and support for such programs and policies to lessen economic inequality increases as they learn more about economic disparities.

This holiday season, consider meeting with a friend of a different religious belief and understanding their culture and background. As clothing and food drives are held, offer to deliver donations and visit a neighborhood in need. We even can take advantage of the fact that we are more connected than ever through social media to put ourselves in someone else's shoes in order to bring about collective change, even if we cannot experience this firsthand. Increasing our sensitivity to those in need or simply those who live differently will help us be able to tackle larger issues in the future.

Our generation has enormous potential to be the change we want to see in the world. We live in an age where information is more readily accessible and our peers demographics are shifting.

Now, as we grow into the new leaders and policymakers of our age, it's time we use our assets to make such change.
What being Mexican has become

67 PERCENT OF LATINOS THINK TRUMP’S POLICIES HAVE BEEN HARMFUL

Many Mexicans in the United States are treated with prejudice and stereotyped as criminals or illegal aliens. The Sidekick staff writer Camila Villarreal believes President Donald Trump has contributed to this hostility by setting an example of hatefulness and disrespect to Hispanic people. Photo by Charlotte Vanyo

When I was in elementary school, every third grader was asked to dress up according to their ethnicities and sing a few songs as a choir. I wore a traditional Mexican dress with red, white and green ribbons. My classmates circled around me that entire night, screaming, “Give us a twirl!” until I could twirl no more.

That day, I felt so proud to be unabashedly Mexican, because Mexico is beautiful and the people are so candid and good-natured. I felt empowered to be part of a culture that makes people smile.

When 2015 and ‘16 rolled around, I heard Donald Trump’s thoughts on Mexico for the first time.

“They’re bringing drugs. They’re bringing crime. They’re rapists.”

“When Mexico sends its people, they’re not sending their best.”

Since, I have heard rumors about Mexican adolescents being told to “go back to your country,” I have seen videos of Hispanic families being told to “speak English, you’re in America,” and I have felt the stinging pain of people telling me I must be illegal because of the way I look. I feel blinded by too many families being torn apart, too many neglected people in Mexico waiting for a Visa approval that may never arrive and too many little children choking on their own tears, begging for anyone to bring their parents back.

As an American-born citizen, I understand the importance of keeping our borders safe and protected. Trump’s strategy to increase support for stronger national security, however, relies on explicit and subtle hostility towards Mexico, which is where I begin to protest.

Several studies have found that a higher illegal immigration population does not increase violent crimes rates. In Texas, crime along the Texas border is much lower than the rest of the country. There are approximately 4.7 million Mexican immigrants living in Texas, and the Texas Department of Public Safety calculated that out of all crimes committed by criminal aliens, only 4.4% were undocumented aliens.

The reality is, Mexico is recovering from many years of corrupt politicians and shady government operations that have led to severely low standards of living. About half of all Mexicans live below the poverty line. A lot of my family lives in very poor areas of northern Mexico where the walls of the homes are cracked, the gates are rusted and the roofs leak during storms. Mexico is strongly divided between the poor and the rich, who, like many Americans, fail to have perspective.

Despite all this, Mexico is still beautiful to me. The morning air smells like gorditas and hard, honest work. Mexicans do not wait for Lady Luck to kiss them on the forehead. They roll up their sleeves and do what needs to be done to provide for their families. They give although they may not have.

Viva Mexico and all Mexicans who live in fear of this American country whose kindness has apparently run dry.

This is not meant to say crime of any sort is excusable. It is a tragedy that the victims of crimes by illegal aliens could have been prevented because they were not meant to be there in the first place, but Trump is weaponizing a hyperbole causing people to be outwardly prejudiced.

“My parents run a warehouse where most of the clients they receive are Hispanic or Mexican,” CHS senior Fran Jaubert said. “Almost all of them up and left their communities because of the sudden hostility they were getting for being who they are even though they were legal residents or citizens.”

Not all illegal immigrants are Mexicans, and not all Mexicans are illegal immigrants. Mexico may not send sainsts over every time, but a few bad apples do not speak for the 12 million Mexican immigrants in the United States.

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“Immigration has been made out to be a bad thing and Trump’s wall serves as a symbol of that,” Coppell High School sophomore Andrea Guerrero said. “It’s terrible that when people think of Mexicans, they’re reminded of the word undocumented.”

“We, as young adults, need to not feel like we are trapped inside this safety bubble.”

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Source: FiveThirtyEight
**Escape Coppell bubble for Dallas culture**

It is 10 p.m. on Elm Street in Dallas. Your typical Southern California surf rock band takes a tiny stage with a crowd of about 80 people spread out in the minimal space available. With stomachs full of pizazz and Cherry Coke, adrenaline pumps as the time approaches for live music.

Looking back, this is morally questionable. These animals have learned to live off resources provided for them so it is highly unlikely that they could provide for themselves if they were put back into their natural habitat. I decided to become vegetarian not only for health reasons but also for environmental reasons. I feel a lot healthier and more energized," senior Natalie Howit said.

I respect [vegans and vegetarians] for choosing to care enough to take into Dal-лас. We should take more time to explore Dallas as it provides us with culture and the ability to try new things. I have no desire to go to Dallas because I just feel that a lot of the time it’s just like, ‘oh, we’re gonna just go to Dallas,’ but there’s no set plan and no one knows what they actually want to do," CHS senior Camryn Rudd said. "If we actually made a plan of what we want to do in Dallas, I would be more interested in going but a lot of the time it seems that my friends just go to Dallas but what does that mean? What are we actually going to do?"

Rudd’s point of view is valid, but there’s an endless amount of new experiences just at your fingertips. If driving is an issue, try taking DART rail from Downtown Carrollton. If the cost is an issue, the Dallas Museum of Art is free and then enjoy a picnic lunch at neighboring Klyde Warren Park. No matter what neighborhood, there is something for all types of people.

While some may not enjoy trying new things, I encourage you to do so. Discuss your plan and intention with your parents and earn their trust. You can always invite them to tag along for the fun as well. I promise there’s something of every one’s interest.

**LILLY ’21 can be reached at lfg7953@g.coppellisd.com**

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**The lifecycle of farm animals begins with their birth; after they have grown strong, they are used as labor, and the animals are worked until they become weak. Finally, they are slaughtered and end up on our plates. The life of a farm animal is centered around humans. It did not choose this life, though I would hardly call this living. Most people tend to value the lives of humans over animals. But these animals are a valuable part of our lives and we still tend to take them for granted. I respect vegans and vegetarians for cherishing animals’ lives and not killing them. They must have a lot of discipline to be around humans over animals. But these animals are a valuable part of our lives and we still tend to take them for granted.

“I use tofu and many [milks made from] nuts… my diet also consists of a lot of vegetables,” Haque said. "I have no desire to go to Dallas because I just feel that a lot of the time it’s just like, ‘oh, we’re gonna just go to Dallas,’ but there’s no set plan and no one knows what they actually want to do,” CHS senior Camryn Rudd said. “If we actually made a plan of what we want to do in Dallas, I would be more interested in going but a lot of the time it seems that my friends just go to Dallas but what does that mean? What are we actually going to do?"

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We have the right to know the truth

Disclose fragrance in active ingredients to enable full freedom of choice

Under the deceptive layer of hand sanitizer lies the Drug Facts section, skimmed by many like the terms and conditions of websites. Through the seemingly foreign ingredients of Isopropyl Alcohol, Acrylates, Tocopheryl Acetate and more, the simple word “Fragrance (Parfum)” alleviates consumers’ worries from the supposedly scary chemicals they previously read.

But they are not aware that “Fragrance” is so much more than what it presents to be.

According to a study conducted by Fragrance Products Information Network, fragrance chemicals accumulate in the body in places such as tissues and breast milk. These chemicals can also trigger asthmatics, allergies and more.

Dee Coppell High School junior Keertana Narayanan, having chemical sensitivities to Fragrance and Sodium Lauryl Sulfate pushes her to be aware of the ingredients in the products she uses.

“When I first used [Bath and Body Works] lotions and body washes, I realized I reacted to the perfume,” Narayanan said. “Sodium Lauryl Sulfate is an ingredient in a lot of face washes and shampoos by companies like Neutrogena and Dove, so I realized the reason I kept getting the allergy was because of this product.”

It seems obvious those chemicals should be disclosed to the general public. Regardless of the safety of the chemicals being used, the people should have the right to know what they are consuming when they purchase a product. With this information, people can have free will to act as they want, either choosing to purchase or withhold from buying a product – regardless of the reasoning. By not disclosing the fragrance chemicals, companies are shielding the general public from the truth and asking people to make decisions that can greatly affect their lives without informing them of the risks.

Currently, the Food and Drug Administration allows companies to keep their “trade secrets” and list them as “fragrance” or “flavors” in the ingredients. However, companies can maintain their secrecy while still disclosing their ingredients, as the concentrations and processes used to make the product do not have to be revealed.

Dr. Sharima Rasanaaygam, Director of Science for the Breast Cancer Prevention Partners company, helped author a study that identified the chemicals within personal care and cleaning products. Of the products tested, the Just for Me Shampoo, a children’s shampoo marketed for kids of color was found to be the most toxic.

“We thought companies would be working harder to ensure their products that they were selling to vulnerable populations such as children, would be safe,” Rasanaaygam said.

These products include hormone disruptors, carcinogens, respiratory toxicants and more. Apps such as Think Dirty offer a database where people can search up products and find the chemicals that comprise them. The issue with these apps is the number of products in the database are limited.

Moreover, it is impossible to test each product for every chemical found in the world. To the general public, without access to labs to test materials in products, the only way to be certain of the ingredients in the products is if the companies disclose the ingredients.

Our every decision is based on the information we have available to us, from the food we eat to the colleges we choose to apply to. So, why aren’t we given the information needed to make decisions regarding the products we use on a daily basis?

OK Boomer deepens generational divides

Execute editorial page editor Claire Clements spills the tea on the latest happenings in the world, ranging from pop culture to politics.

“OK Boomer.”

It’s what you say when your grandpa claims your generation is always on your phones too much and then asks for your help with the Wi-Fi router.

It’s what you say when a random lady at Starbucks complains about how long it takes to make a drink, when she took 20 minutes to order.

While the phrase originated as a response to Baby Boomers, the generation born between the late 40’s and early 60’s, it is often used for anyone who’s older and considered close-minded by Generation Z, defined as those born in the late 90’s and early 00’s.

We live in a time where the growth of social media, and interconnectedness, has made the development of generational mind-sets easier, specifically with millennials and Gen Z.

As a result, we’re also living in a time when the relationship between generations is becoming more and more strained.

Boomers tend to view the news as fake, which makes younger Zs roll their eyes at. But a lot of Baby Boomers grew up with former President Richard Nixon and trusting the government, or much else, does not come as easy to them.

Currently, Gen Z is the most diverse generation ever – the way we see race, versus our former generations, is just naturally going to be different.

For example, my parents (a Baby Boomer and a member of Generation X) and I are very different in the way we treat servers – not that my parents are rude or hateful, but they are a bit more picky about what makes a good server.

This does not go for everyone, but it does say something about the different viewpoints of each generation.

Or, the way we view mental health – I view mental health as a serious issue that can plague anyone, while my parents believe that it does not really happen to everyone. One of older generations might view me in the wrong, while members of younger generations might view my parents in the wrong. But my parents did not grow up in a time when mental health was talked about, and I did.

Neither of us is wrong – we just have different opinions based on the way we grew up.

We cannot blame each generation for the way they think because we cannot change what happened in their time period.

Something everyone needs to remember, regardless of the generation that we grew up in – the events of each generation is going to change the mindset of each generation, and we’re not always going to get along. Rather than flinging insults at each other, even if they are meant to be harmless, we need to remember our differences and use them instead to grow and create new solutions to the issues each generation is facing.

Using “OK Boomer” as a joke may be harmless, but remember to add some respect to it, just as we expect and want our generations to respect us.
Becerra bringing human side to language learning

**ALISHBA JAVAID**
**STAFF WRITER**
@alishba24

Coppell High School Spanish teacher José Armando Becerra is new to Coppell ISD and is in charge of the National Spanish Honors Society. Photos by Pranati Kandi

“Even though I was from a little town, my dreams were pretty big,” Becerra said. “I was aware we were poor, and I didn’t want that to be the rest of my life.”

Becerra is a new teacher at CHS, teaching Spanish III and AP Spanish Literature. Moving from San Diego to Dallas, Becerra has added his experience to his teaching. Fellow CHS Spanish teacher Eligio Mares helped Becerra with the transition to Coppell by mentoring him.

“Unlike most, he’s the only [Spanish teacher] actually born and raised in a Latin American country, so he has a lot of knowledge,” Mares said. “I really, really appreciate him sharing some of those experiences where even I can learn.”

Growing up in an economically challenging environment, Becerra started working at 9 years old. At age 15, he was the manager of two tortilla factories with 10 employees.

“I had to go to work full time, from 8 a.m. to 4 p.m. and then 5 p.m. to 10 p.m. I would go to school,” Becerra said. “I was going to work in the morning and studying on my own in the evening.”

Even while working, Becerra still excelled in school being persistent in the things he wanted and saw how education opened doors for him. After receiving a full scholarship to the Seminario Teológico (Theological Seminary) in Baja California, Mexico, Becerra pursued a bachelor’s degree in pastoral studies as well as two minors in Christian education pedagogy and apologetics.

“My whole background and studies has to do with literature in one way or the other,” Becerra said. “Spanish literature gives you an insight about the culture and evolution of Hispanic culture. Our literature, our books are a reflection of our society.”

After graduating, Becerra continued his education even further, graduating with a master’s degree in Arts and Biblical Studies in Southern California Seminary, requiring him to immigrate to the United States in 2002, a difficult transition.

His dedication—whether by working the drive-thru at Wendy’s, watching TV with English subtitles, reading The Chronicles of Narnia in one hand with an English dictionary in the other or having his wife (who was fluent in English) telling stories out phonetically—allowed him to become proficient in English after two years of total immersion.

Becerra relates his past experiences with the struggles of learning a new language to develop a new level of empathy and compassion for his students and brings a human side to language learning.

“I understand what it is [like] to be judged because you didn’t pronounce the word the right way,” Becerra said. “I understand how frustrating that can be. But I was able to do it, so you can do it.”

TO READ MORE, VISIT COPPELLSTUDENTMEDIA.COM

TRACY ‘22 can be reached at ahs9204@g.coppellisd.com

Students Life

TRACY TRAN
**STAFF WRITER**
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“I had to help the world and make it a better place.”

It was me talking to the world leaders what I want to see changed. It was not just a normal essay that followed the school formail, it was me, showing my voice,” Coppell High School junior Swetha Tandri said.

On Oct. 11, the 12th Eco-generation Environmental Essay Competition ended with the nomination of CHS junior Swetha Tandri for first prize. The contest is hosted by the United Nations Environment Program.

Hosted annually as an academic opportunity for worldwide youth, the competition has raised awareness about environmental issues. This year, the theme is Beat Air Pollution.

“This means a lot to me,” Tandri said. “I have never thought that I’d actually win that essay; it was just me, writing about my passion for the environment. I’m so happy it took me this far.”

Beginning in fourth grade, while other elementary students spent time hanging out with friends, Tandri chose to dig in-depth about the environment.

“My teacher at Universal Academy, Mrs. Pardeep Hundal, gave me an essay project to do based on how to protect the environment,” Tandri said. “That was when I realized global warming is an issue and it needs to be fixed. I learned about the Amazon rainforest fire, polar ice caps [melting] and sea levels rising; that made me cry.”

The essay highlights consequences of polluting air environment. Tandri aims to share her thoughts on the causes of climate change.

“Before I went to Chennai, India, I just looked up environment essay contests because I was bored and I wanted to do something,” Tandri said. “I found the 12th Eco-generation Environmental Essay Competition. There was a water crisis that was happening and my family lived there. I knew this was the effect of climate change. In addition, the trees, which are the natural carbon ‘suckers’, were being eliminated through cutting down and firing; there is more carbon in the air, which heats everything up.”

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Coppell High School junior Swetha Tandri promotes her nonprofit organization Trees for Tomorrow at the Coppell Farmers Market on, Nov. 16. Tandri promotes the use Ecosia over Google since it is a search engine that plants trees with a portion of the profits from advertisements. Photo by Kyah Jones

Tandri shining in both Madrigals, environment

**ALISHBA JAVAID**
**STAFF WRITER**
@alishba24

Coppell High School Spanish teacher José Armando Becerra grew up in the small central Mexican town of Puebla, south-east the capital of Mexico City, raised by a single mother in a rental house being the fourth of five children.

“I had to go to work full time, from 8 a.m. to 4 p.m. and then 5 p.m. to 10 p.m. I would go to school,” Becerra said. “I was going to work in the morning and studying on my own in the evening.”

Even while working, Becerra still excelled in school being persistent in the things he wanted and saw how education opened doors for him. After receiving a full scholarship to the Seminario Teológico (Theological Seminary) in Baja California, Mexico, Becerra pursued a bachelor’s degree in pastoral studies as well as two minors in Christian education pedagogy and apologetics.

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2019
Immersed in history of New Orleans

ANJALI KRISHNA
STAFF WRITER
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The occupant of room B207 at Coppell High School is Dan Gillette, who teaches AP World History, AP European History, he is also the social studies department head. While teaching history in the city of Coppell, Gillette experiences it in the city of New Orleans.

Gillette visits New Orleans many weekends throughout the school year and during the summer, Thanksgiving, Christmas, Mardi Gras and Halloween.

“Some people have a lake house and some people have a beach house—my wife [Brenda Gaillot] and I have a New Orleans apartment,” Gillette said. “The apartment is a piece of history; [it was] slaves’ quarters many years ago in the French Quarter, which is one of the oldest historic areas in the country, over 300 years old. [New Orleans also has] some of the best food and music and architecture in the world.”

New Orleans’ storied past begins with the land being taken from Native Americans captured by French colonizers who wished to control the Mississippi River, key to controlling the rest of the land. Following the British triumph in the Seven Years’ War, the land was ceded to the Spanish to compensate for their loss of Florida. The city was briefly passed back to the French, who then sold the land to the United States in 1803.

“Higgins thought if he could get a boat through the bayous then onto land,” Gillette said. “Then he could do it on a beach anywhere—and those boats helped us win D-Day. Strategically, every country has a contingency plan for battle, and if they’re attacking the United States, they want the Mississippi River.”

New Orleans controls the river so if New Orleans is taken, enemies can split the country in half.

“After the Italian invasion, there’s a tremendous amount of culture,” Gillette said. “Then he could do it on a beach anywhere—and those boats helped us win D-Day. Strategically, every country has a contingency plan for battle, and if they’re attacking the United States, they want the Mississippi River.”

Along with enjoying food in New Orleans and absorbing the musical atmosphere among his favorites are French Market and Congo Square, which was the only place where Africans were allowed to play their own music. They still have a stage dedicated just for R&B music. When you mix all of those groups together, you just have a tremendous amount of culture.”

CHS social studies teacher Shawn Hudson thinks that while Gillette’s time in New Orleans is not only enjoyable, but also educational.

“Anyone who is exposed to other cultures and ideas is more able to convey the ideas of cultures you are not familiar with because you build that empathy,” Hudson said. “Once you learn to understand one culture that’s not your own, you can better understand and teach other cultures that aren’t your own. As teachers of world history, it’s great for us to have that exposure.”

Associated Press

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Lee shares experiences about student council

AKHILA GUNTURU
STAFF WRITER
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Coppell High School junior Lily Lee is the junior class president, action leader and center manager for CHS percussion, and club president of Language Beyond Barriers.

What is Language Beyond Barriers?

Language Beyond Barriers is a club where we help students who may not be fluent in English from all levels. Whether they’re elementary students or high school students, we hope to break the language barrier. For example, right now we’re creating books for elementary students in ESL, and we’re also planning to start a one-on-one program for students in the high school level who can’t speak English. Our purpose is to break those language barriers in our school and in our community.

Why did you join student council?

“In the senior class. As a program, I really hope to see people more open to bringing the entire student together, instead of a select few. I really want the entire student body to interact with student council, and to know that student council cares about their opinions and voices. I want people to know they’re being taken care of.”

AKHILA: “22 can be reached at axg0588@g.coppellisd.com

Coppell High School junior class president Lily Lee announces homecoming dance ticket sales in the cafeteria during B lunch on Oct. 23. Photo by Sneha Sash
THE COWPOPP COLOR PALETTE

COLORING IN THE LINES

RACE BREAKING PLAYERS:

American football and basketball originated on a white-dominated playing field, while the NBA and NFL cannot include black players. According to Sports Illustrated, Hispanic and Native American players have been left out of these sports for the past several decades. The problem may be solved by increasing the diversity of the players.

PEELING BACK THE LAYERS

Just as the final color of paint is the product of the many layers previously added, certain races and ethnicities are more prone to participate in sports that may not have been open to them in the past. The origins of some of the most popular sports in America, football, basketball, and baseball, were all unapologetically limited by white supremacy.

Football, which developed in Europe during the late 19th century, is actually based on all of the English sport rugby, which developed from soccer. The idea of American football became popular throughout the country and is now the leading spectator sport of the nation, as it has been since the late 1960s.

It has been suggested that American football is predominantly white, but with only a few exceptions, the sport has almost exclusively been played by white players. In the 2017-18 season, the NFL had a total of 211 players, of which 194 were white, 17 were black, 9 were Hispanic, 3 were Asian, and 2 were of another race.

In recent years, there has been an increase in the number of black players in the NFL. In the 2017-18 season, black players made up 40.1% of the league, up from 35.7% in the 2016-17 season. This increase can be attributed to the growing diversity in American society and the increased acceptance of black players in sports.

THE HIGH SCHOOL LANDSCAPE

Coppell High School, located in an affluent suburb of Dallas, is one of the many high schools across the country that have diverse student populations. The school has a mix of students from different racial and ethnic backgrounds, including black, white, Hispanic, and Asian.

In recent years, the school has made efforts to increase the diversity of its student body and to create a more welcoming environment for all students. These efforts have included increasing the number of black and Hispanic students, as well as increasing the number of students from low-income families.

In regards to sports, which is a global sport, the resulting demographic is very diverse. As Foster said, “I’ve seen over the years that football has become more international and more Mukerji said. “The world is a very much an international sport, and as the world becomes more diverse, the sport becomes more diverse.”

In the future, the school hopes to continue to increase its diversity and to create a more inclusive environment for all students. This includes increasing the number of black and Hispanic students, as well as increasing the number of students from low-income families.

Around the world, certain centers are more successful in producing high caliber tennis players. In some countries, it is mainly white men who play tennis, while in others, it is mainly white women. The United States, for instance, is a country where tennis is very popular among blacks, but also among whites.

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THE HIGHER EDUCATION LANDSCAPE

At the university level, the number of black students participating in football and basketball has increased in recent years. However, the number of black students participating in track and field and tennis has remained relatively constant.

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RUNNING TO PRESIDENCY

AKHILA GUNTURU  
STAFF WRITER  
@akhila_gunturu

The lights on the stage are bright, almost piercing as she stands at the podium. A few seconds later, New Tech High @ Coppell senior Sikyra Castle gives her Distributive Education Clubs of America (DECA) state officer acceptance speech.

“Right after I gave my state officer acceptance speech, I started bawling my eyes out, because I knew that at least one person had been inspired by what I said,” Castle said. “I definitely feel like I’m doing something greater than myself.”

Castle started participating in DECA, an international business and marketing organization for high school and college students, freshman year. Initially, she was attracted to the idea of going on trips and opportunities with DECA students, freshman year. Initially, she was attracted to the idea of going on trips and looking for something to get involved in, but DECA proved to be a driving force in her life.

“I had no idea I wanted to pursue business,” Castle said. “I just wanted to find a way to get involved, and I felt so involved when I went to the first meeting.”

In February, Castle was announced as the president for the DECA program in the state of Texas after spending her sophomore and junior year as District 11 president, which consists of Dallas and Rockwall Counties. As president, her biggest role is to support the rest of the state officer action team, which consists of five other DECA students from around the state, as well as to speak at different national conferences to represent the state.

“I feel an immense pride in Sikyra for seeing a goal and accomplishing it,” DECA advisor and business educator at NTH @ Coppell Kirstin Petrunin said. “There are very few students who can give their all to a goal. It’s easy to take the simple way or to make excuses, but Sikyra never does that.”

State officers are elected every year in February, and the state president for the 2018-19 year was Oliver Shi. Castle is the first female DECA state present in seven years, but her achievements extend beyond that. Castle attended the Yale Young Global Scholars program this past summer, a highly selective academic leadership program for high school students all over the world. Students concentrate in different fields, participate in projects and experience life in the dorms at Yale University, where Castle decided to launch a financial literacy awareness project.

The financial literacy project stemmed from Castle’s desire to leave a lasting impact on the community. The project is paired together for two years now. As president, her biggest goal is to give back to the community.

“Castle is a bright light,” Coppell Middle School West registrar Brandi Paschall said. “She’s got the most bubbly, outgoing, refreshing personality and she’s so driven.”

Paschall serves as Castle’s mentor in the Coppell-based Christian organization Coffee Talk, where mentors and mentees are paired together to connect about their faith. Paschall and Castle have been paired together for two years now. Students, too, have nothing but praise for Castle’s efforts.

“Students, too, have nothing but praise for Castle’s efforts. She’s somebody we all look up to [in DECA],” NTH @ Coppell sophomore Faiza Rahman said. “She’s so dedicated. And even though she has such high academic success, she’s still relatable once you talk to her. She’s as good a leader as she is a friend.”

Ultimately, Castle’s biggest goal is to give back to the community.

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“Our economy is changing, and knowing about finances is the backbone of our world,” Castle said. “It’s important people know how to manage their money. We don’t have any programs in school to learn about how to pay for college and to look for scholarships. This is a way to help the education system improve and provide more resources we don’t already have now.”

Castle was selected as an alumni ambassador for the YYGS Program this past October by communications officer Melissa Dwelley. Along with DECA and her financial literacy project, Sikyra has been involved in Coppell track since seventh grade. Despite having so many things to juggle, Castle has nothing but a smile on her face.

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Painting the world a better place
Siblings create, sell greeting cards for Doctors Without Borders charity

SREENA MUDUMBY
STAFF WRITER
@sreejamudumby

The green cacti and pink flowers shine with wet paint as the card is placed on a table, consisting of a plethora of cards, paints and brushes. Another finished card for a customer and another donation to help impoverished people in the world.

Coppell High School sophomore Rohan Palavali and CHS9 student Maya Palavali created the nonprofit Pal O Valley Cards in June of this year, where they design custom cards for sale and donate all of the profits to Doctors Without Borders, a charity that reaches out to countries around the world that do not have proper medical care and provides free treatment for everyone.

“I decided to start a nonprofit because I felt like I should do something with all of the free time (my sister) and I had to help the world and make it a better place,” Rohan said.

Rohan and Maya contemplated over many charities before choosing Doctors Without Borders. They chose this charity because they think this is where their profits will have the most value.

“We researched a bunch of charities, and we found that Doctors Without Borders is really the charity where the money gets the most impact,” Rohan said.

Rohan and Maya are both passionate about art and are involved in it at school, which is why they decided to incorporate it into their nonprofit.

Each card is sold for $4, and 100% of the profits are donated to Doctors Without Borders. Rohan is also planning on going into the medical field and Maya into the business field, so both of their passions were combined into this nonprofit.

Pal O Valley Cards is advertised through Instagram and its website. On these two platforms, people can view the different styles of cards and contact Rohan and Maya if they are interested in purchasing a card.

“It’s cool they’re using their talents to do something they enjoy and would help the community,” CHS9 sophomore Vallika Chitkara said.

Rohan and Maya have inspired their parents to do something like this and make it really nice,” Maya said.

Rohan and Maya have gained a lot through the creation of Pal O Valley Cards, and they are inspiring the community around them to follow their footsteps.

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TEACHER OF THE ISSUE: clint rushing

Why did you decide to become a teacher?
I have been a teacher for 12 years. Before CHS I taught at Cypress Springs in Houston. I liked being around kids and the school system.

Both my parents were teachers so I grew up around that kind of environment. My mom taught chemistry and my dad was the principal of Klein Oak. Mom teaches chemistry.

How did you come to teach physics?
I got my bachelor’s degree in physics. I have gotten the opportunity to teach multiple aspects of physics and have enjoyed all of them. I decided to also take on the role of a baseball coach because I played [baseball] during high school and college.

Teaching and coaching puts you in different elements. The relationships and interactions with students in the baseball program are very different from those of the classroom. When we are in baseball season, it’s hard to balance because it tends to take up a lot of time. It changes my schedule so I have to make a new routine. The hardest part is time away from my family—thankfully, my wife supports it.

What is special about being a physics teacher and coach?
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Coppell High School physics teacher and assistant baseball coach Clint Rushing assists CHS seniors Sophia Raza, Devan Patel, Andrew Tao and Vanulí Arya construct a working circuit board during his third period on Dec. 4. Rushing has taught at CHS for 11 years and was named The Sidekick’s December Teacher of the issue. Photo by Ava Mora

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ENTERTAINMENT

CREATIVITY ON DISPLAY P. 17
TIKTOK CULTURE P. 18
SPILL THE TEA P. 19

Student writers become published authors

What started as an idea Coppell High School sophomore Mira Jiang wrote in seventh grade turned into the 367-page book *Straight Flush*.

Although conjuring the concept earlier, Jiang started actually writing the summer before ninth grade and finished about a year later.

“I wanted to read about some of the things I wasn’t really finding very easily in books around here, so I just started writing them instead,” Jiang said. “I just want [readers] to feel like they experienced a good story and as though they really got to know [the characters] instead of just being words on a page.”

In the past, Jiang had always found joy in reading, but was not always a fan of writing. It was only in seventh grade when she started to explore her writing and was encouraged to continue. Coppell Middle School North seventh grade language arts teacher Emily Horn worked with Jiang’s class throughout the year, learning about plot and character development, concepts Jiang made sure to focus on and put a lot of work into when it came to her own writing.

“From the first day, it was very obvious that she had talent,” Horn said. “She was an amazingly gifted writer, even in seventh grade.”

Through the ups and downs of writing, whether it was doubts or writer’s block, Jiang reminded herself to get her ideas out there first and remain positive.

“I would slow down and try to make everything good, but it really is better to just straight out write and get everything down and make it nice later,” Jiang said. “You can edit bad writing but you can’t edit a blank page.”

Jiang also received help and feedback from a couple of friends who edited for grammar as well as offering suggestions. After four months of working to finish publishing, Jiang published *Straight Flush* on Oct. 14. It is available on Amazon for $9.99.

“It was a really cool feeling,” Jiang said. “This thing that I wrote is actually here in a book form.”

Each page covered in sparkly pen, journals filled with nearly a decade’s worth of emotion sat untouched in Coppell High School senior Roma Mazumdar’s room. Through all of her frustrations and joys, writing was her outlet.

Her collection of poems were untouched until CHS teacher Stephanie Spaete’s IB English class required Mazumdar to write poetry, causing her to look into the years of work, some even written during her time at Denton Creek Elementary. After looking through her old work Mazumdar was inspired to publish a book. *The Beginning of My BS* was published last month more than six months after the process began.

With Spaete’s assurance, Mazumdar’s confidence surged, which gave her the inspiration to publish a collection of her poetry. Through this lengthy process, Mazumdar began to believe in her writing and herself.

“It gave me a sense of accomplishment and made me feel a lot more confident,” Mazumdar said.

Mazumdar’s book is a collection of poetry from her middle school years to now. The earliest poems were written when she was in eighth grade at CMS North, but the process of publishing started over six months ago and required constant revisions of her original manuscript.

After several weeks of contacting publishers, Archway Publishing, a section of Simon Schuster, expressed an interest in publishing her work.

“She’s just very energetic, personable and driven,” Spaete said. “When she finds something she’s passionate about, like her poetry, she goes with it and doesn’t stop.”

One of Roma’s biggest passions is her activism against child marriage, something she witnessed in India this summer while filming a documentary, *On Her Feet*.

“The poems that I am most excited about are focused on child marriage, which is a big topic for me,” Roma said. “It taught me about how good my life is, and I wrote a lot about that.”

In *The Beginning of My BS*, Coppell High School senior Roma Mazumdar tells her experiences of adolescence and perspectives on the world. Photos by Lilly Gorman

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2019
Illustrating her future  
Potdar’s love of art extends all around

A stroke of paint, a smudge of charcoal, the tiniest dab of turpentine. Coppell High School junior Swarangi Potdar has infused art into all aspects of her life, from her two in-school art courses to multiple clubs and organizations in her own free time.

Potdar has immersed herself in multiple artistic outlets, finding inspiration in her academic and personal settings.

"I draw inspiration from everything around me – my family, my other hobbies," Potdar said. "Outside of art, I’m in dance. Since dance has played a big part of my life, I incorporate a lot of elements of dance in my art."

Potdar took AP Art History and Drawing II as a sophomore and is currently in Digital Arts and Media and IB art. As art is the only IB course Potdar is taking, she must also take the Theory of Knowledge class; despite having to be in this extra elective, Potdar takes TOK without any complaints, as it allows her to experience the depth of artistic analysis within IB art.

"IB art synthesizes both the disciplines of a studio course in Drawing II and the analytical, historical side of AP Art History," IB art teacher Michelle Hauske said. "Right now, [Potdar is] diving deep into the subject of loss of innocence; she’s using that as a symbol in her artwork to not just create the story, but also put each character into a higher context."

Outside of her artistic pursuits in an academic setting, Potdar is a volunteer for the Teen Advisory Council for the Dallas Museum of Art. There, she helps shape the direction of how the DMA engages their teen and youth audiences.

"Right now, we’re organizing a family festival where we celebrate the power of creativity and all the ways we make art," Potdar said. "We’re asking people to bring in cans and making a whole sculpture out of the cans. In the end, we’re donating them to the North Texas Food Bank."

Potdar’s fascination with art began as a childhood hobby, but it ultimately became an all-consuming passion in her life.

"I started my business because I wanted to do something more than just make art pieces," Potdar said. "Now, everything about art just draws me in. The most important aspect is self expression – being able to show ideas and concepts in my own way without having any limitations."

"Rather than just following an idea or just another topic, she knows how to put her feelings into her artwork," CHS junior Harshini Akarapu said. "She paints with her emotions, and it really shows."

Aiming to share her love of art with others, Potdar created a public Instagram account (@artisanpalette) displaying her favorite pieces.

She also started her own website, selling prints of her original artworks and custom commissions.

"I started my business because I wanted to do something more than just make art pieces," Potdar said. "I want to see what others think of what I do and how I can make others happy through it."

For her future, Potdar looks to keep art as a driving force behind her career. As president of the Interior Design club at CHS, Potdar explores how she can incorporate studio art and spatial awareness as a profession.

"She’s someone who really wants to pursue art as a career, so she’s looking at it very seriously," Hauske said. "She’s always looking into ways of deepening her art portfolio. With an interest in architecture and interior design, [Potdar] really likes exploring the functionality of art. Not just for visuals, but how people interact with it."

Potdar’s fascination with art began as a childhood hobby, but it ultimately became an all-consuming passion in her life.

Like any other kid, my love for art first started when I was drawing on walls," Potdar said. "So I started my business because I wanted to do something more than just make art pieces," Potdar said. "Now, everything about art just draws me in. The most important aspect is self expression – being able to show ideas and concepts in my own way without having any limitations."

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Enjoy a visual spectacle at the Dallas Arboretum, where guests can traverse a holiday village of 12 cottages, each selling various goods. Aside from this, 25-foot gazebos scattered through the gardens tell the tale of the carol Twelve Days of Christmas, and a massive decorated tree stands in the middle. For more information and pricing details, visit www.dallasarboretum.org. Through Dec. 29

Continuing an annual tradition of Holiday fun, the Gaylord Texan Resort and Convention Center is jam-packed with activities and attractions through December. Pose in front of lights and decorations, take on a winter-themed escape room, marvel at colorful ice sculptures from A Charlie Brown Christmas and more. Prices and packages vary by activity. Visit the Gaylord Texan’s official website for more information. Through Jan. 5

Drive by Downtown Dallas on New Year’s Eve to see dazzling fireworks light up the night sky. These pyrotechnics will begin a minute before midnight, bursting behind Reunion Tower to ring in 2020 in the most spectacular way possible. Admission is free. Dec. 31, 11:59 p.m.

Twitter: @CHSCampusNews  Instagram: thesidekickcoppell  Facebook: Sidekick Online
TikTok resurrecting old style in new setting

LAASYA ACHANTA STAFF WRITER @laasyaPA

“I got muscles like Superman’s trainer.”

Without skipping a beat, someone finishes the song with “Real real rare like Super Saiyan manga.”

In 2017, a lip-syncing app known as Musical.ly rebranded to form TikTok, a social media video app. However, only recently has TikTok transformed from a lip-syncing platform to one with content varying from comedy to dance routines.

For some users, TikTok is where they explore new genres of music. Likewise, artists can increase their exposure through the app.

One song Coppell High School junior Presley Abercrombie found through TikTok is “Trampoline” by Shaed, which was released in 2018.

“I've definitely found different kinds of genres and music I like and new artists I've never heard of,” Abercrombie said.

Lesser known artists, such as Shaed and Lizzo, have been brought into the limelight through videos that feature these songs as background music. Lizzo’s transformative single “Truth Hurts” was released on Sept. 19, 2017; however, Lizzo reached No. 1 on Billboard Hot 100 in 2019.

Although TikTok and Musical.ly are essentially the same, what attracted more users to the app after the rebranding is its ability to essentially replace the now extinct Vine.

Vine was an app that ran from 2013 to 2016; it featured short six-second videos that were primarily comedic in nature, appealing to teenagers’ ever so short attention span. After the app’s closure, creators transferred their short-form content to YouTube, with popular Viners such as David Dobrik accumulating more than 6 million followers on that platform.

But short-form content is resurging, as users are limited to only a minute in TikTok. Recently, popular creators, including Dobrik, have started to post videos on TikTok.

“Since Vine got deleted, a lot of people are trying to use TikTok like it is the new Vine, which I love because I was really into Vine,” Abercrombie said. “I downloaded TikTok as a joke to make them for fun because my friends and I used to make Musicals.ly. Then, I started watching TikTokers and there were these trends I wanted to do.”

Abercrombie (@aszaprockxoyo1) creates dance and comedy videos and has garnered more than 38,000 followers.

Coppell High School junior Neil Upreti (@ynwnellyyy) also creates videos on TikTok, though, his reasoning for doing so is different.

“It was cringy at first, but my friends were making them and they got around 25,000 likes,” Upreti said. “Although I didn’t want to join TikTok, I wanted to show I can do better than they did, so I started using it out of competition.”

Upreti has now garnered more than 4,000 followers with his most viral videos gaining more than 123,000 likes.

In our fast-paced world, quick videos that require minimal attention seem to be the perfect form of entertainment. One click led to another, and another, and within a day, 15 year old Charli D’Amelio amassed more than 2 million views on a 15 second video. A simple tap hurled her into instant fame. With the allure of a quick chance at fame, TikTok may surpass the success of its predecessors.

STAFF WRITER

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JOANNE KIM STAFF WRITER @joannekkim

Growing up in a household where he was encouraged to be loud and expressive, senior Max Madlambayan has learned to successfully channel his energy into a variety of performance groups. Currently, Madlambayan is president of the Coppell High School choir program, has a role in Madrigal, and is part of Polaris, an internationally recognized barbershop quartet.

He is also involved as a performer in the theater program, though he is not officially enrolled in any of the classes. As the leader of the choir program, Madlambayan does his best to lead by example and make sure people understand how valuable the art of choir is. He also gets paid to sing at churches on the weekends.

How long have you been involved in choir?

I have been in choir since sixth grade (at Coppell Middle School North), and I have been in it for all four years of high school. Choir has always been something that I love. In middle school, I certainly did not need any coercion into it, because it was something all my friends did, and it was something I gravitated towards because the people in it were extremely kind to me. It’s a program where like-minded people come together! Because we all understand what it’s like to have the same ambitions and goals.

How has your experience in choir and different performing groups shaped you?

It’s certainly been influential. I can remember back in eighth grade when I was sort of going through that edgy My Chemical Romance period that we all go through. It’s certainly helped me understand I don’t have to be unhappy with who I am or what I think I can do, because it’s just shown me I’m allowed to be who I am. I can be loud, I can be expressive, and that doesn’t necessarily mean people are going to get tired of me.

How does attending CHS impact your identity?

CHS [and its many programs and interesting and varying people] has helped me become the performer and human being I am because it’s not a place like anyplace else. As opposed to other schools, no one isn’t going to make an impact on your life. Every single person I meet, every single person I glance at in the hallways, there’s always going to be certain parts of my personality that would be different had I not gone to Coppell and met all of these people.

TO READ MORE, VISIT COPPELLSTUDENTMEDIA.COM

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Madlambayan dabbling in performing arts

Coppell High School senior Max Madlambayan acts out a scene during the choir’s annual Madrigal feast titled “The Perfect Lie” on Dec. 6. Madlambayan shows his love for the fine arts through the CHS theater and choir departments. Photo by Mari Pletta
It is that wonderful time of the year. You are either enjoying a good pumpkin spice lattes in aesthetic cafes or you are coming down with a cold. Here are some soothing tea recipes that will help you take on the fall season with joy.

**MINT TURMERIC TEA**

**INGREDIENTS**
- 1 cup water
- 3 mint leaves
- ½ teaspoon turmeric
- ½ teaspoon cinnamon (optional)
- ½ teaspoon honey (optional)

**DIRECTIONS**
1. Add water, turmeric powder and thinly sliced mint leaves into small pot.
2. Add cinnamon (optional) and bring water to a boil.
3. Pour into a cup and add honey (optional).
4. The sweet and hot cup of tea will soothe your sore throat in no time.

**PUMPKIN SPICE CHAI**

**INGREDIENTS**
- 1 cup milk
- 1 stick cinnamon or ½ teaspoon cinnamon powder
- 1 inch ginger roots or ½ teaspoon ginger powder
- ½ teaspoon nutmeg powder
- ½ teaspoon ground cloves
- 1 pinch cardamom powder
- 5 black tea bags
- Sugar as per preference

**DIRECTIONS**
1. Add milk to a small pot
2. Add cinnamon, ginger, nutmeg, cloves and tea bags and bring to a boil.
3. Add sugar (based on preference)
4. Serve it in a cup and enjoy!

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TIKTOK RESURRECTING OLD STYLE IN NEW SETTING

YASH RAVULA
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@yashravula

• 1 cup water
• 3 mint leaves
• ½ teaspoon turmeric
• ½ teaspoon cinnamon (optional)
• ½ teaspoon honey (optional)

INGREDIENTS

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**RECIPES OF THE ISSUE**

**TikTok ressurecting old style in new setting**

YASH RAVULA
STAFF WRITER
@yashravula

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**TREAT YOURSELF**

**THE SIDEKICK**

**ENTERTAINMENT**

Twitter: @CHSCampusNews
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Facebook: Sidekick Online
Walking through the Coppell High School hallways, one could spot senior Jack Marlin with his Ironman backpack and lanyard. Most people would think the backpack was just a materialistic possession, but for Marlin, it is a symbol of his accomplishment after the triathlon. Marlin participated in a half Ironman, a triathlon held annually, on Oct. 26 this year, after months of training. At his first Ironman, Marlin was faced with the cold temperatures of Brazos River, a grueling 52-mile bike ride and closed off with a 13.1-mile run for the final leg of the event.

"My coach, Matt, is a coworker of my father and he gave us the idea to get started," Marlin said. "We selected the Waco one because my dad graduated from Baylor so we felt it all lined up really well."

For the past 10 months, Jack has been training alongside his dad, Joseph Marlin, to have the chance to run in the half Ironman. However, the achievement is a reward for the hard work and dedication he has put in leading up to this point.

"Both of the Marlin were at different starting points when they first started training," Ironman trainer Matt Ongiorno said. "Watching them finish the race together was amazing, given the Marlins had limited time to prepare."

Jack is under extensive training; every day before school, he runs or bikes 10-15 miles. On the weekends, he hooks up to a bike trainer for up to four hours to build stamina for the race.

With all three events considered individual sports, having his dad beside him made the experience more enjoyable.

"Just talking to him at the same time doing something physically demanding was super nice," Mr. Marlin said. "When either of us was down, we had each other to look back on and push through that workout."

While training for their big race, the rest of the Marlin family made sure to help out and show support.

"My grandparents always checked up on me to make sure how my dad and I were doing," Marlin said. "My mom started cooking healthier and helped us become the most successful we could be." With plenty of support around his hard work, Jack inspires students who want to enter the Ironman community.

"When they see my backpack, they usually ask me what my story is," Jack said. "I just tell them about how hard work pays off for something you love, it does not even have to be running an Ironman. You don’t always have to start big, work on smaller goals."

His work ethic and family is not the only reason Jack has been successful, as he credits the large Ironman community for being supportive.

"Coming from basketball, where people are usually yelling at the referees, parents and players, the Ironman community was a change," Jack said. "They saw the age on my tag and made sure I was fine throughout my practices and during the real deal."

TO READ MORE, VISIT COPPELLSTUDENTMEDIA.COM

ARMAN MERCHANT  STAFF WRITER  @arman_merch

Coppell senior Jack Marlin trains for the Ironman triathlon on Nov. 16 at Andy Brown Park. Marlin discovered a passion for rigorous activity after his father decided to participate in one. Photos by Sydney Rowe

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Moussa completing family trend on Egyptian national team

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As the third sibling to play basketball for an Egyptian youth national team, Coppell senior guard Adam Moussa comes from a basketball-oriented family.

His father, Hesham Moussa, played professional basketball in Egypt. His older sister, Coppell High School 2011 graduate Reem Moussa, played basketball at Rice and now plays in the European league. His older brother, former CHS student and Creating Young Minds Academy 2016 graduate Kareem Moussa, plays basketball at Delaware State as well as for the Egyptian professional team Eisalat.

Now, Adam carries on the family legacy as he plays for the Egyptian U17 national team. Adam was introduced to basketball when he was 5 years old, attending practice with his father from time to time.

At that age, he also played table tennis. At the age of 7, he won the Dallas Open, a table tennis tournament where he defeated an adult in his mid-30s. However, table tennis is not as popular in the United States as it is in the Egyptian culture, and after realizing this, Adam decided to drop the sport and continued to develop his basketball skills.

“At first, I’ll be honest, I hated basketball,” Adam said. “Getting forced into it, I started liking it. It started becoming fun, winning it, playing with them, I got to learn from their mistakes, see what they did, see what they didn’t do. Even in life, choosing college, different states and stuff like that, I get a bunch of choices and I know which ones to make and which ones not to make from their mistakes.”

Now spending his summers in Egypt and the rest of the year in Coppell, Adam can transfer skills from one team to the other.

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Moussa’s siblings, all deeply immersed in the sport, practice together whenever they can.

“Basketball became our life,” Mr. Moussa said. “It’s nice because, at home, they would communicate, they talk. It’s very nice to have the whole family doing the same thing. It’s gathered them together.”

Despite the bright accomplishments of both of his older siblings, Adam is not weighed down with expectations.

“I don’t feel any pressure because I know I’m different than them,” Adam said. “Also, I had more opportunities than they both did. I got to practice at different times, so we can go whenever.”

The Moussa siblings, all deeply immersed in the sport, practice together whenever they can.

THE SIDEKICK

Nelson pursuing basketball, academics at Trinity

AKIF ABIDI
STAFF WRITER
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The feeling of dribbling a ball down the court and taking a jump shot from the three-point line just to hear the satisfying sound of the whoosh is a feeling Coppell senior point guard Jordan Nelson knows all too well.

Over the last summer, Nelson traveled to San Antonio to play in an Amateur Athletic Union (AAU) girls basketball tournament. With Trinity University being nearby, she decided to give it a visit.

“I visited the campus with the coaches, it was an unofficial visit and I just fell in love with it,” Nelson said. “Sometimes you get that gut feeling, and I knew this was the place I wanted to spend my next four years. The academics are good and they really cater to you as an athlete, that was something I couldn’t find in the other colleges I was looking at.”

During that time, Nelson was considering basketball offers from out of state schools such as Johns Hopkins University, Emory University and Vassar College, and was also considering schools with acceptance rates running in the teens. But Trinity’s relative proximity to Coppell compared to the other colleges played a large part in her final decision.

At Trinity, Nelson looks to pursue finance with a minor in history and hopes to find a future in sports finance. She also hopes to start an organization to empower and push young girls and women to pursue greater education and graduate school, especially in third world countries.

“Division III college basketball is a level where you can actively work on academics and pursue athletics without having one interfering too greatly with one another,” Nelson said. “I was looking at some Ivy League schools at the beginning of my recruiting and that lifestyle really just did not fit me at all. I care about my friends, I care about my family, I would rather be closer to them than be at a college that’s just better in its academic capacity.”

Coppell girls basketball coach Ryan Murphy agrees with her decision.

“Trinity has a terrific academic background along with having a great basketball program, I am sure Jordan will fit right in,” Murphy said. “One thing you know about players who go to Division III colleges is they are there for their love of basketball, not for the money and scholarship.”

Nelson is also very scholastically invested at Coppell High School, standing at rank 4. Juggling life as a top-ranked student and a team starter can be hectic, but Nelson manages it well.

TO READ MORE, VISIT COPPELLSTUDENTMEDIA.COM
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Coppell senior Jordan Nelson prepares to shoot on Nov. 12 at the Coppell High School Arena against Reem Oak. Nelson committed to Trinity University to play basketball next year. Photo by Samantha Freeman

With Reem Oak.

Coppell senior guard Adam Moussa prepares to shoot on Nov. 22 during the Classic Chevrolet Showcase in the CHS Main Gym. Moussa comes from a family of basketball players and is pursuing a future with the Egyptian national team, carrying the legacy of his father and older siblings. Photo by Sydney Rowe

With Reem Oak.

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With Reem Oak.
Francis slammed the competition

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The referee blows his whistle, and pulls her arm up, holding it victoriously. She's won - not just the match, but another All-American title.

Coppell just recruited Hannah Francis not only wrestles for the school team, but also competes at the national level. She's won - not just the match, but the All-American title, ranking among the greatest wrestlers in the nation.

"When you think about national team, you think about all these kids coming from all over the nation," Francis’ mom Dionne Sylvester said. "These kids have been wrestling forever and for [Francis] to be a newcomer... I just wanted her to have the experience, but then she got there and she placed and that was amazing."

After competing in the national tournament last year, Francis became acquainted with a wrestling club, the Spartan Mat Club, with whom she practices and competes to this day. This team led her to her third and latest All-American win at the Pre-Season Nationals in Iowa in October, where she won first place.

Francis’ rigorous practice schedule sheds light on the commitment and dedication required for wrestling. Constant maintenance, discipline and improvement are commonplace among wrestlers.

"Wrestling has helped (Hannah) so much," Sylvester said. "Through wrestling, she has a whole family of wrestlers from school [and] other cities within Texas, so she’s made these lifelong friendships with people, where before she would not have had that opportunity because she didn’t allow for it. She’s more confident in knowing that if she works hard at whatever she’s trying to do, she can achieve it."

European champ to Coppell coach

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CHS9 EDITOR
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A typical day for Coppell head swim coach Marieke Mastebroek starts early. At 6:45 a.m., she paces the pool as her varsity swimmers practice sets at the Coppell YMCA. As a decorated former swimmer for the Netherlands’ national swim team and top swimmer for South Methodist University (SMU), the swim team and top swimmer for South

Mastebroek arrived in Texas in 1994 on Nov 8. Mastebroek grew up in the Netherlands and started swimming at the age of 10. At the age of 15, Mastebroek competed at nationals, training for up to 12 hours each week.

"I didn’t really decide that I would do it professionally, I just got progressively faster," Mastebroek said. "It’s a progression, a step by step process. You only hope you’ll get as far as possible, and I was lucky to be able to do that.”

Mastebroek later joined the Netherlands’ national team, travelling to events in more than 20 countries. In 1997, Mastebroek competed in the European Championship held in Berlin, Germany at a time when the Berlin Wall still divided the city.

"We all knew that these Eastern European swimmers from communist coun-
tries were taking steroids and doping," Mastebroek said. "I remember in the fin-
als it was just me and one more girl from Western Europe. I looked to the right and I looked to the left and it was all East Ger-
man swimmers with muscular, massive builds. Still, I won that world cup, and that’s something I’ll never forget.”

Mastebroek moved to Texas in 1994 after earning a swimming scholarship at SMU. She ended her athletic career with a second place team finish at the National Collegiate Athletics Association (NCAA) championships in 1996.

"I prioritized swimming in my high school years," Mastebroek said. "Once I got to SMU, I really started to make a Donation from athlete to wanting to be a young professional coming out of college.”

When Mastebroek’s eldest son, Jack, began swimming locally in 2010, she recognized a need for teaching stroke techniques to young swimmers. Months later, Mastebroek founded Streamline Biomechanics, a company that would of-
fer coaching camps.

Her experience in swimming and running her busi-
ess has made her one of the best technique coaches we have in the area,” Coppell assistant swim coach David Conrad said. "[Mastebroek] has the ability to take an athlete with a stroke prob-
lem, identify the correction and find the right words to help make the change.”

During her three years in Coppell, Mastebroek has built a booster club for the swim team that has allowed it to compete in and host more meets.

"We have a larger pres-
ence this year in expanding what we’re doing and becom-
ing more visible for the team and for the community and I would attribute that to her," swim booster club President Renee McCoppin said.

Swimming has shaped Mastebroek’s life for over thirty years. The lessons the sport has taught her are ones that she’ll never forget.

“Swimming has taught me that if you constantly push yourself to the limit physically, you can do way more than you think you can," Mastebroek said. "It makes you tougher.”

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Coppell head swim coach Marieke Mastebroek looks over scores at the Vaquero Battle at the Coppell YMCA on Nov 8. Mastebroek grew up in the Netherlands and started swimming at age 10. Photo by Samantha Freeman
Taylor embracing varsity culture

MEER MAHAFUZ
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Coppell freshman Preston Taylor's obsession with soccer started off ever since he was able to walk.

Taylor would kick around a soccer ball in his house and take it with him whenever he went outside. Taylor eventually played soccer with more vigor as he got older and that is when his burning passion for soccer skyrocketed.

Taylor's soccer development and his push to be the best at soccer were further elevated by his breakout, Coppell High School 2017 graduate Nick Taylor.

Whether it would be them playing together in a little room they had in their house or when Preston would join Nick and his friends when they went out to play.

Nick played as a forward for the Coppell varsity team from 2015-17 and was an integral part in the Class 6A state championship in the 2015-16 season. Nick went on to play Division I soccer for the University of New Mexico from 2017-19 before transferring over to his current team at Southern Methodist University in Dallas.

Nick's personal achievements do not fall short of greatness either by picking up many achievements including being named to multiple All-American and All-State teams, winning numerous district awards including back-to-back district MVP and back-to-back nominations for the Texas Gatorade Player of the Year.

But even with all of Nick's accolades and achievements, Preston never tries to compare himself to his older brother.

Preston, a forward, enjoys his own uniqueness, his own skillset and his own style of playing soccer. He thrives in his own corner, focusing on perfecting his craft day in and day out.

"I am going to achieve my own personal list of accolades," Preston said. "I want to be known as Preston, not Nick's brother."

Preston's desire to be the best has seen him accomplish something that no other freshman has done for eight years. Preston will be the first freshman to take the pitch with the Coppell varsity soccer team since Ryan Barlow in 2011.

Barlow was seemingly one of the best players in the country in his age group when he played for Coppell and when he signed to play for the University of Denver. During this time, Barlow received the District VII Newcomer of the Year Honors in 2012 and made appearances with the U14 National Team in 2011 before playing at CHS.

"One of the biggest differences Preston has over most freshmen is that he is physically ready to play against 17 and 18 year olds," Coppell soccer coach James Balcom said. "We often have talented freshman but they aren't physically ready with their speed, quickness and strength to play at the varsity level."

Preston's sharp playing technique and precise finishing have also made positive impressions on the two senior captains, Coppell midfielder Sebastian Blaas and defender Maxwell Winner, in practice.

"Preston's plays like he has been in the program as long as the rest of the seniors," Blaas said. "I am fascinated by how good he is for his age and how well he plays."

Winner asserts that Preston completes the team.

"Preston is as a dangerous playmaker, a goal threat for and he is a monster to try to defend," Winner said.

"Preston will definitely provide a scare for anyone guarding him this season."

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Taylor embracing varsity culture

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TAKING THE LEAD

Pak guiding Cowgirls with strong work ethic

ANVITHA REDDY
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The crowd is silent. All eyes are on the ball. The Cowgirls attempt the shot but Mansfield Lake Ridge saves the ball. The score is 0-0 between Coppell and Lake Mansfield Lake Ridge during the fourth minute of over time, until then freshman forward Mi...
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