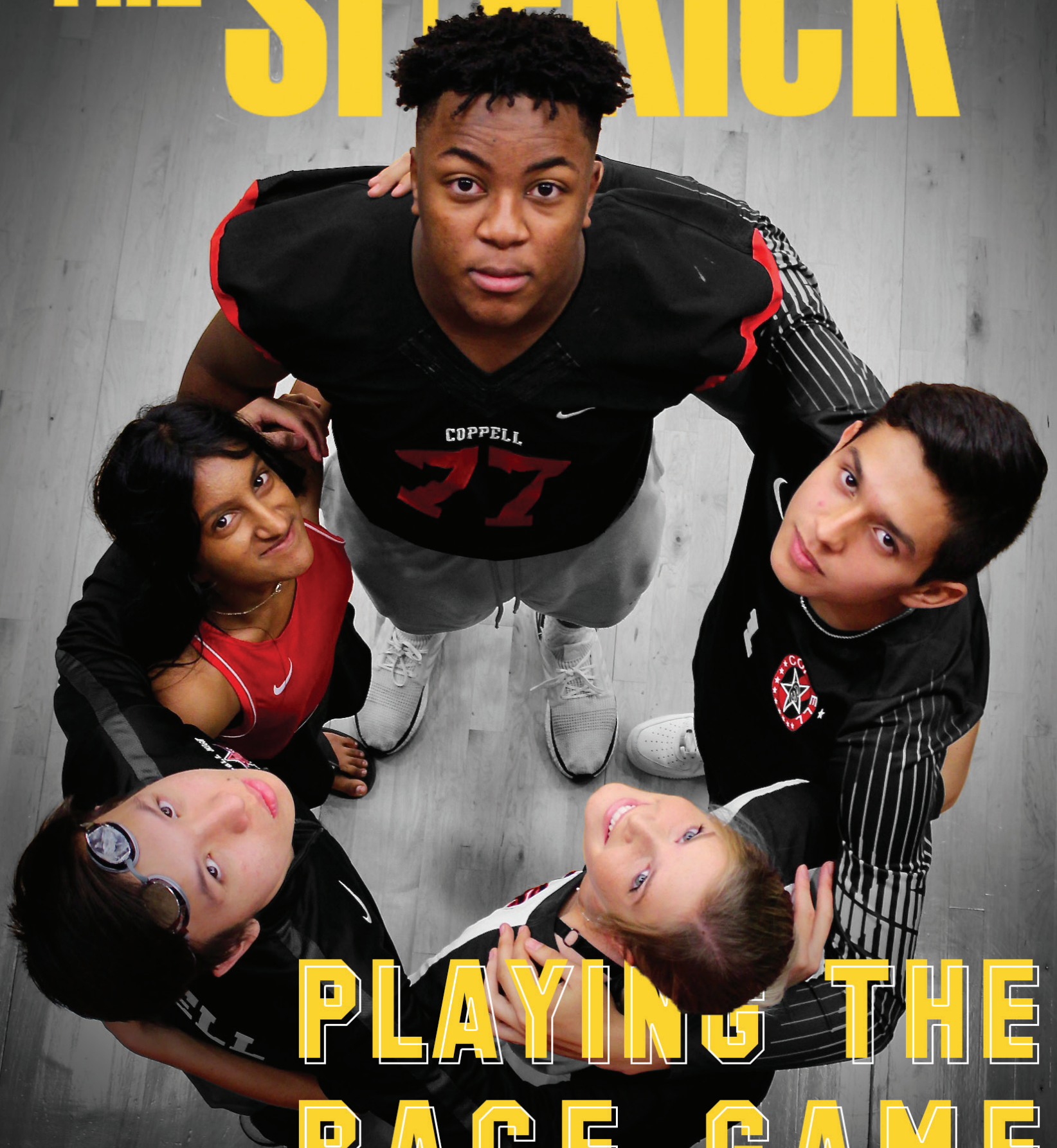


DECEMBER 2019

# THE SIDEKICK



## PLAYING THE RACE GAME

ANALYZING RACIAL, ETHNIC AND REGIONAL TRENDS IN SPORTS

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

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**STUDENT LIFE** New Tech High @ Coppel senior leads state in DECA while excelling as runner

LETTER FROM  
THE EDITOR



My parents finally sold our piano last month.

I can't pretend I'm all that upset it's gone. I started off loving the instrument, but the practice requirements, lessons every Saturday morning and the competitions I begrudgingly participated in eventually caused me to resent it. So after eight years of playing, I quit.

That was two years ago. I've hardly touched the piano since.

Still, there's something oddly poetic about it. I closed out the last decade watching a brand new (used) piano be installed in the empty space behind our couch; I closed out this one with that space now empty once again. It reminds me just how much has changed in my life over the last 10 years - and how much could change over the next 10.

This year had a lot of firsts for me: first college application, first episode of my podcast/passion project, first date, first paycheck. But, it was also the perfect conclusion to the decade. I've learned to let go of things in the past that I can't change, to accept myself for who I am. I've reconnected with friends I haven't talked to in years and realized that maybe it's better for me to let others go.

On one hand, it feels like life is rushing by a million miles a minute - but on the other, it also feels like it's all slowly starting to fall in place. I didn't come into 2019 anticipating any of this, but it ended up being the best year of my life.

As I'm writing this letter, I am awaiting the decision from my dream college. Will I be crushed for days if I get rejected, and have to entirely adjust my life plans? Yes. But could I, if I had to? Also yes.

I am not the world-famous pianist I once thought I might be; 10 years later, I have different interests, priorities and dreams. As we enter a new decade, let's appreciate everything that has made us who we are - but also look forward to everything life has in store.

Here's to the triumphs of 2019 and possibilities of 2020.

Anthony  
Cesario

EDITOR-IN-CHIEF

# Faces of CISD: Lillian Cruz

COPPELL ISD  
60  
YEARS

*Faces of CISD is a Sidekick series in which executive news/enterprise editor Pramika Kadari profiles an influential member of Coppell ISD to commemorate the district's 60-year anniversary.*



Coppell High School cafeteria manager Lillian Cruz leads a team of more than a dozen cafeteria workers every day. When making food, Cruz prepares meals for about half of the school. Photo by **Camden Southwick**

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?**

This year, crispos 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.

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“My favorite part is knowing I'm playing a **big role** in the students' lives.”

**LILLIAN CRUZ**  
CHS CAFETERIA MANAGER

News



“I was *heartbroken and shocked* by the high numbers of people experiencing homelessness.” P. 4

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Brock wins Teacher of the Year



Coppel High School Principal Laura Springer congratulates IB teacher and coordinator Michael Brock as Teacher of the Year. IB students and teachers, administrators, counselors and district leaders came to support Brock’s Teacher of the Year award during fourth period in the main hallway on Dec. 4. Photo by **Neveah Jones**

CLAIRE CLEMENTS  
EXECUTIVE EDITORIAL  
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On Wednesday during fourth period, the Coppel High School Teacher of the Year for 2019-20 was announced as International Baccalaureate (IB) History teacher and IB coordinator Michael Brock.

Fellow IB teachers and students congratulated him in the main hallway, following remarks made by CHS Principal Laura Springer and others. He was joined by his wife, Rose, his 14-year-old daughter, Olivia, nephews, sisters and mom and his oldest daughter, Madeleine, CHS class of 2019, who was Facetimed from Oklahoma State University.

“At first, I was like, this can’t be happening. I never have and never will really consider myself the best teacher in this building, there’s tons of them, but because of that I just feel so humbled to get this award,” Brock said. “There are so many teachers that are so good, and phenomenal kids, and it makes it a lot easier to be a great teacher when you have great students.”

While in past years, Teacher of the Year was decided through polling teachers at CHS, this year, administration decided to change to polling students and parents in CISD.

“We decided that we don’t want Teacher of the Year to be a personality contest, we want Teacher of the Year to be an opportunity for us to look at teachers that are on campus and making a difference in kid’s lives,” Springer said.

For many, what stands out about Brock is his humility.

“Mr. Brock is one of those teachers that works just as hard, if not harder, than any other teacher in the building, loves his students just as much, if not more than any other teacher in the building, but the one thing that makes Mr. Brock stand out is, he is humble and does not seek out credit for anything that he does,” CHS IB math teacher Ian VanderSchee said.

Another important quality that administration was looking for in a Teacher of the Year is demonstrating the Fish and GRIT (Gratitude, Respect, Integrity, Trust) philosophies.

“[Brock] possesses every quality we want to look for in a teacher here at Coppel High School. Our new philosophy of relationships and culture building and making sure we don’t just teach kids but that we love kids and that we provide kids exactly what they need to be, and that they can grow into the kind of adults that we want to see in our world,” Springer said.

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Electing decade’s first Democratic candidate

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Only about 1% of the American population lives in the little midwestern state. Its rolling waves of maize largely shy away from the cameras. 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 corn dog 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 broken from the pack.

Though candidates are not coming south to gorge themselves on Texas State Fair food, the 2020 Democratic primaries have driven many Texans into campaigning 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 bet-

ter 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.”

Woot Lerdisit, 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,” Lerdisit 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 dol-

### 2020 DEMOCRATIC PRIMARIES

Electability

College Debt Forgiveness

Climate Change

Women’s Rights

Democratic Presidential candidates Elizabeth Warren, Joe Biden and Bernie Sanders are campaigning for the 2020 primaries. Topics such as college debt and climate change are of central discussion. Photos courtesy commons.wikimedia.org & Flickr. Graphic by **Kaylee Aguilar**

lars 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](http://COPPELLSTUDENTMEDIA.COM)

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# SURVEY SAYS BAUTISTAS ARE WINNERS

## Game show experience builds bond for Coppel teacher's family

**SARAH HABIB**  
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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 themselves and started cheering as they all acted out a practice round.

Now, two months later, Cottonwood Creek Elementary teacher Krixia Funa and her family stand proudly 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 Bautista, Ryne Bautista and Mintee Bautista 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, created 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 episode 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 family 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 Bautista family had a chance to steal points back and after a few right questions, it were back on the scoreboard.

After surviving a round of sudden death, credited to Trey Bautista, 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 Bautista Family.

"We auditioned for the show not only as a chance to bond together again but to honor our family, especially our grandfather," Leana Funa said. "When he saw

his name glittering in lights on the board, tears of joy sprung in his eyes; who would have known that a farmer from a small province in the Philippines would be represented 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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Family members Trey Bautista, Ryne Bautista, Leana Funa, Cottonwood Creek Elementary fourth grade teacher Krixia Funa and Mintee Bautista 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**

## Alumna addressing college homelessness through shelter



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

**JILLIAN MOORE**  
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Sleeping bags and blankets line the streets of Southern California as temperatures dip and winter approaches. Among the homeless are thousands of college students.

Coppel High School 2017 alumna and current University Of Southern California student Esther Cha and her partner Abigail Leung are working to combat this issue at USC by establishing a homeless shelter, the Trojan Shelter.

Open seven days a week from November to May, the Trojan Shelter provides shelter and food to six college students who are enrolled in two units for an entire school year.

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 University Chancellor Timothy White. That is roughly 2,000 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 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.

"After moving to Los Angeles to attend college 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 struggling with homelessness as well."

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

"Esther is one of the most driven individuals I know," Trojan Shelter director of media Matthew Lee said. "She is extremely capable, organized, proactive and professional. On top of that, however, she is one of the most mission-driven people I have worked with. Her persistence to solve social issues from the roots up with holistic organizations and models truly make her and her work effective and impactful."

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

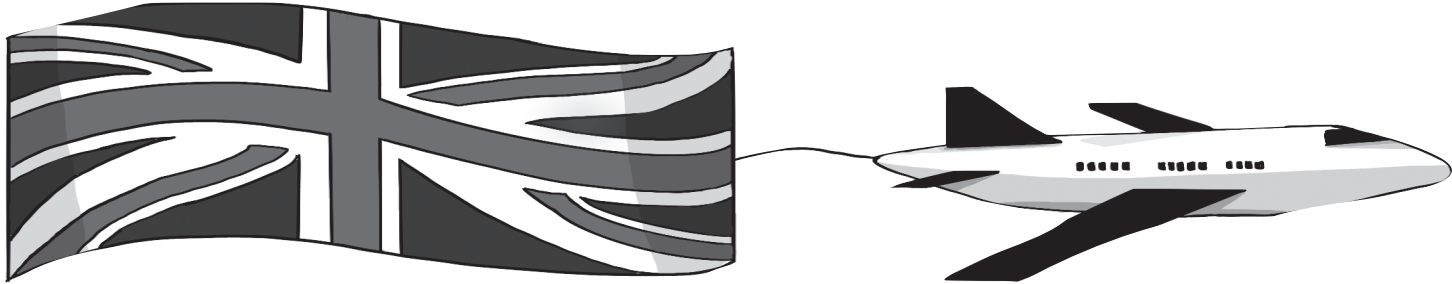
"I hope that by sharing our story more students experiencing homelessness will be supported and given the resources to succeed in college," Cha said.

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

**ESTHER CHA**  
COPPELL HIGH SCHOOL ALUMNA

THE BEAT FROM CHS9



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 **Shravya Mahesh**

TRISHA ATLURI  
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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  
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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 McGehee] 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 go 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



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 **Shravya Mahesh**

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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**THE SIDEKICK** is the official student newspaper for Coppell High School. Its purpose is to inform, entertain and provide an educational resource for its readers. This newspaper is a public forum for student expression, with staff members (with assistance from their adviser) making content decisions. The editorials and columns in this paper reflect the view of their writers.

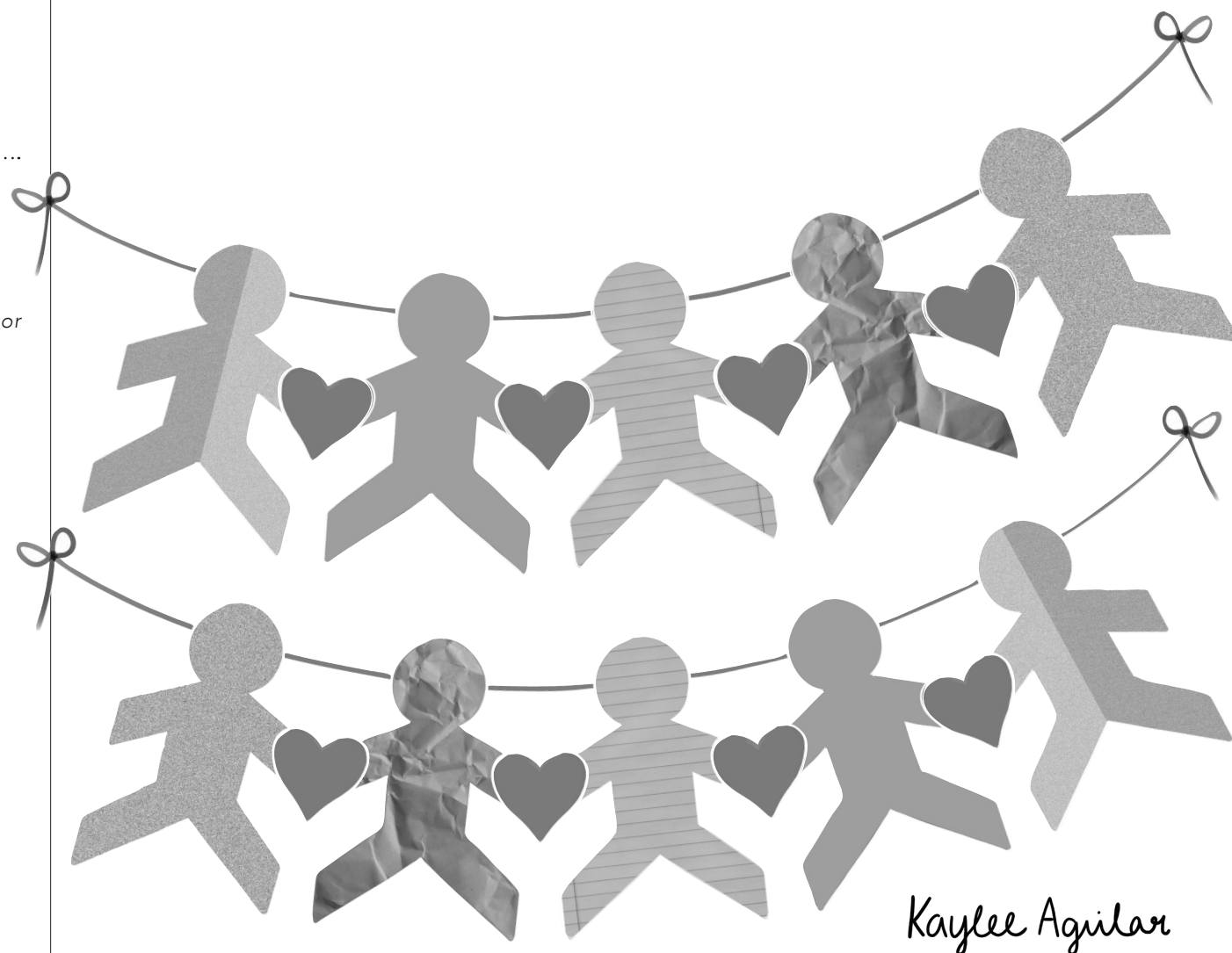
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Kaylee Aguilar

## STAFF EDITORIAL

# We can be the change

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 a lens to see through the struggles of those who come from different backgrounds or situations. By initiating conversations with a peer, there is much we can learn about the prejudices they face or the concerns they have about social inequality. One of the strongest contributors to prolonged social inequality is simply a lack of exposure to diversity, whether racial, economic or otherwise, and cross-cultural programs could be useful in facilitating this exposure.

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 hesitant 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.

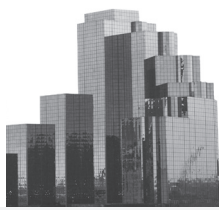
Our generation has enormous potential to be the change we want to see in the world. We live in an age where information is more readily accessible and our peer demographics are shifting.

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

## GOT SOMETHING TO SHARE?

We are always happy to accept tips and guest columns. Email [cwofford@coppellisd.com](mailto:cwofford@coppellisd.com) with your suggestions, feedback, stories or letters to our editors. We're all ears!

Opinions



“We, as young adults, need to not feel like we are *trapped* inside this safety bubble.” P. 8

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What being Mexican has become

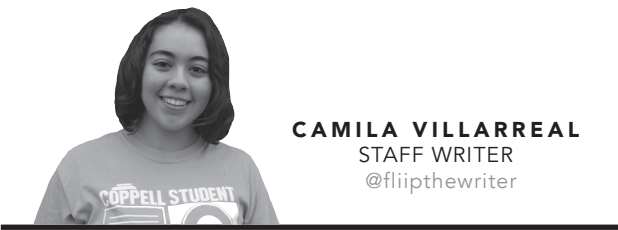
67 PERCENT OF LATINOS THINK TRUMP’S POLICIES HAVE BEEN HARMFUL



THE SHARE OF LATINOS WHO SAY THEIR SITUATION HAS GOTTEN WORSE INCREASED FROM 31 PERCENT TO 57 PERCENT

Source: FiveThirtyEight

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



CAMILA VILLARREAL  
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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 Texan 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.

“It seems, as of late, to achieve the American dream, you should have already been born with it.”

“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.”

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 recieve 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 saints over every time, but a few bad apples do not speak for the 12 million Mexican immigrants in the United States.

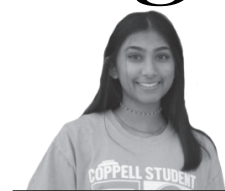
The reality is, Mexico is recovering from many years of corrupt politicians and shady government operations that have led to severely low standards of living. About half of all Mexicans live below the poverty line. A lot of my family lives in very poor areas of northern Mexico where the walls of the 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 beaches invite you, the mountains reach for the sky and 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.

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# Vegans stuck in a world of meat eaters



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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 your plate.

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 people who eat meat," Coppell High School sophomore meat-eater Edward Kim said.

Most people never recognize everything animals do for them and just consume their meat and byproducts without another thought. Even I was guilty of this before I became vegan.

I chose to be vegan after becoming more educated about how animals are treated. I wanted to make a difference in the environment and cutting out meat and

byproducts from my diet allows me to do so.

The difference between a vegan and a vegetarian is vegans can not consume anything that comes from animals, including their byproducts such as eggs or milk.

These animals must evolve and adapt into domestication.

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 Howitt said.



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

Currently, there are many protein substitutes that offer similar nutritional value as traditional sources of protein. "I use tofu and many [milks made from

nuts]... my diet also consists of a lot of vegetables," Haque said.

The amount of abundant substitutes make it easier to gain access to a substantial amount of protein in a healthy diet.

I understand that some people can not financially become vegan. One possibility could be slowly transitioning into the lifestyle. Once you get more and more used to it you could see the benefits and make adjustments to your budget.

"When I first started [being vegan], [eating meat] was tempting because I had been eating meat my whole life but when you are in the right mindset, it's easy to avoid the temptation," Haque said.

Since such a large portion of our economy is dependent on the animal industry if more people became vegan the gap could be filled with focusing on less cruel industries.

"People should be vegan so we can lower the amount of animal cruelty that occurs in the industry. Nothing is going to change if there is continuous mass production of animal meat and their byproducts," Haque said.

For me, being vegan is a peaceful protest because I can not control the choices others make. I want to do everything I can to help Mother Earth. I feel that by being vegan I am making a difference in my world.

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# Escape Coppell bubble for Dallas culture



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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 pizza and Cherry Coke, adrenaline pumps as the time approaches for live music.

This is my ideal Saturday night. These shows create an ecstatic energy within me, and there is nothing in the world I would trade for this feeling.

"I love being in Coppell," my mother Hillary Gorman said. "I like it for [Lilly] and [her] brother to live somewhere with lots of stability, but I also did not want it to be stifling. There is a lot to be offered to you in Dallas and Fort Worth. I want us to feel like [she lives] in this whole Metroplex, not just Coppell."

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

Getting out of Coppell does not have to have some negative and scary connotation attached to it.

Deep Ellum, the Arts District, Uptown, Downtown and the Design District are the neighborhoods of Dallas. In Uptown, there's a variety of boutiques and shopping areas such as Knox/Henderson.

Downtown has restaurants for miles as well as the Farmers Market. Deep Ellum brings us live music and street artists. The Arts District provides many museums that enhance our cultural knowledge. Finally, the Design District has a bunch of niche hole in the wall places to eat and activities such as Cidercade.

"Normally, when I want to go to Dallas it is to go to concerts, and I go once a month or once every couple of months," Coppell High School junior Shelby Shultz said.

Dallas doesn't have to seem like an occasional place to visit, but sadly it is. Some don't get out there because of expenses and distance, while others just believe it's not enjoyable.

There are plenty of kids who don't care enough to take in Dal-

las. 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 just gonna 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 everyone's interest.

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Architecture and street art complete Dallas's cultural aesthetic. *The Sidekick* staff photographer Lilly Gorman states it is beneficial to go to Dallas for cultural and independence reasons. Photo by **Samantha Freeman**

# We have the right to know the truth

Disclose fragrance in active ingredients to enable full freedom of choice



Graphic by Samantha Freeman



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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 asthma, allergies and more. For 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 these 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 “flavor” 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 Rasanayagam, Director of Science for the Breast Cancer Prevention Partners company, helped author a study that identified the chemicals with in 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,” Rasanayagam 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?

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# OK Boomer deepens generational divides



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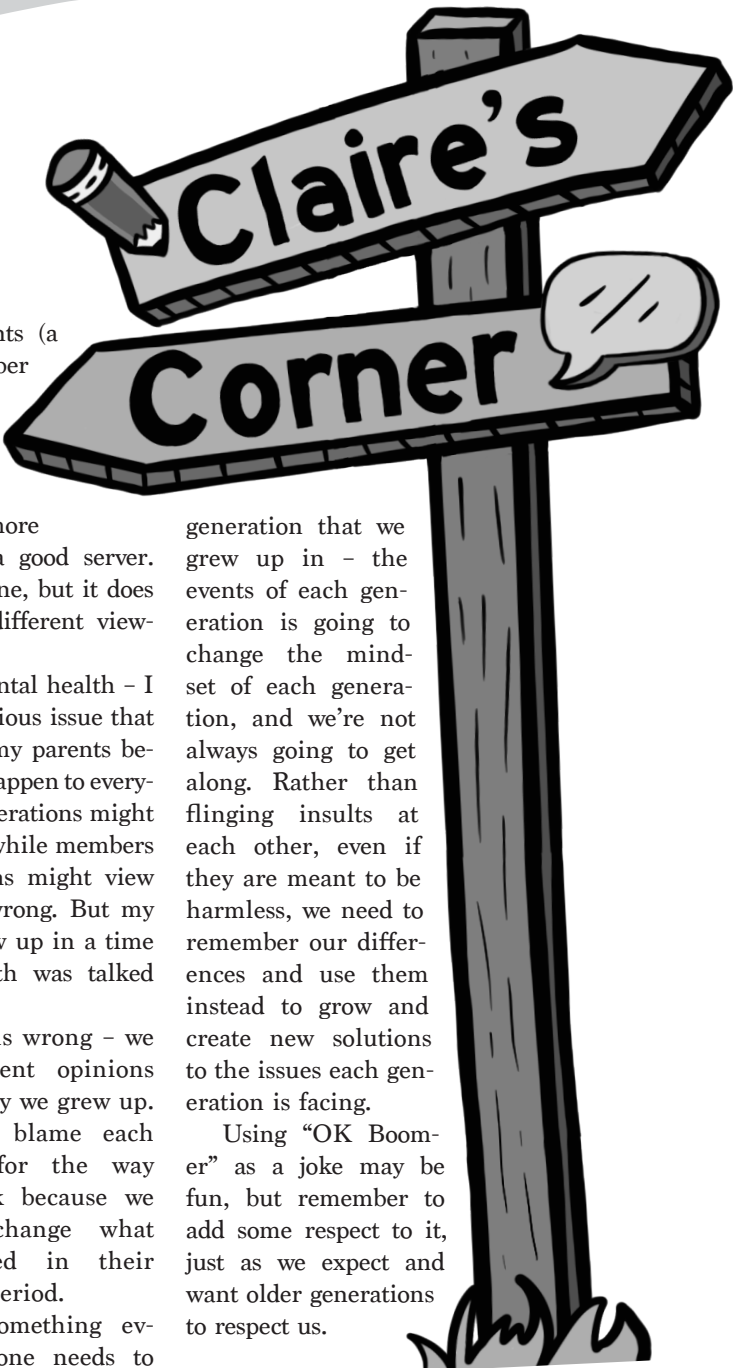
Executive editorial page editor Claire Clements spills the tea on the latest happenings in the world, ranging from pop culture to politics. “OK Boomer.” It’s what you say when your grandpa claims your generation is always on your phones too much and then asks for your help with the Wi-Fi router. It’s 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 mindsets easier, specifically with

millenials 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 many Gen Zs may 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. Members 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 fun, but remember to add some respect to it, just as we expect and want older generations to respect us.

CHS Principal Laura Springer and *The Sidekick* executive editorial page editor Claire Clements stand together. Clements thinks the phrase “OK Boomer” should simply be a harmless joke, not something to separate generations. Photo by Sneha Sash



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# Student Life



"I had to *help the world* and make it a better place." P. 15

CRAVING FOR THE CRESCENT CITY P. 11

RUNNING FOR PRESIDENT P. 14

CARDS WITHOUT BORDERS P. 15

## Tandri shining in both Madrigals, environment



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"It was me talking to the world leaders what I want to see changed. It was not just a normal essay [that follows the school format], 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."

TO READ MORE, VISIT  
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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**

## Becerra bringing human side to language learning

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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**

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.

"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) spelling things 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  
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# Immersed in history of New Orleans

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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 Gaitlin] 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 it 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

the Louisiana Purchase. The influence of the Natives, Spanish, French and slaves who lived there remain today, creating a cultural melting pot.

“A lot of the beginnings of [U.S.] history originated in New Orleans,” Gillette said. “It was owned by the French, owned by the Spanish and you can see all of the influence in New Orleans today. There’s a tremendous amount of slave history as well. There’s an area called 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.”

Along with enjoying food in New Orleans and absorbing the musical atmosphere [some of his favorites are French Market Restaurant, Irene’s and Commander’s Palace], Gillette appreciates the military history and strategic value of New Orleans.

“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.

TO READ MORE, VISIT  
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Coppell High School AP history teacher Dan Gillette owns an apartment in New Orleans and spends many holidays there with his family. Photo by Sydney Rowe

## Lee shares experiences about student council

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Coppell High School junior Lily Lee is the junior class president, section leader and center marimba 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. So 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?**  
I’ve been involved in StuCo for a very long time, since fifth grade, so for about six or seven years. For me, I always notice lots of problems in my surroundings, so student council helps give me the voice to share those things that need changes and do something about it, do something proactive.

**What are your goals for student council this year?**  
As an individual, I really hope throughout this year I can prepare myself for serv-

ing 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.

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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




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Story by SALLY PARAMPOTTIL

Graphics by KAYLEE AGUILAR Front page photo by CHARLOTTE VANYO

## COLORING IN THE LINES

Throughout the world, around 200 sports are internationally recognized. In total, there are an estimated 8,000 sports throughout the world, including regional and specialized sports. Just as those smaller-scale sports are associated with a specific region, ethnic group, race or nationality, larger sports take on similar patterns - with certain locations or groups producing more successful athletes. Upon the large canvas of stereotypical athletes, various sports are painted with diverse colors.

## PEELING BACK THE LAYERS

Just as the final color of paint is the product of the many layers beneath, certain races and nationalities are more prone to participate in some sports than others due to a multitude of reasons, many of which build upon each other.

The origins of some of the most popular sports in America, football, basketball and baseball, were all unsurprisingly located within the country itself.

Football, which developed into a sport during the late 19th century, is actually based off of the English sport rugby, which developed from soccer. The uniquely American take 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 remained uniquely American because it has not had a chance to spread as other sports have.

America, unlike Britain and other major European colonizers, was a global influence for significantly less time and in a more concentrated area. At the peak of American imperialism from the mid 1800s to the mid to late 1900s, the most popular sport in the country was baseball. Baseball spread to areas such as Cuba and Japan, where it then spread further to places such as Puerto Rico and the Dominican Republic. In areas where America influenced the culture through colonization and military occupation, baseball is popular, whereas former British colonies such as India have a strong love for cricket.

However, this pattern of diffusion left football and basketball mainly in America.

On the professional level, the NFL and NBA's players are mostly black people, with both statistics more than 70%. While both organizations originally began as white-dominated sports leagues, they eventually turned non-segregated with the breaking of the color barrier by Kenny Washington for football in 1946 and Earl Lloyd, Chuck Cooper and Nathaniel Clifton for basketball in 1950.

The reasons why these sports have such a strong black presence are debated and likely a combination of multiple factors, such as economics and historical segregation from other sports. Some even theorize there may be biological differences leading to higher success for black people in certain sports or positions within a sport, but those are unconfirmed.

Basketball is a relatively inexpensive sport with the only necessary

equipment being a ball and a hoop. It was created by James Naismith in the early 1890s as a way to impart masculine values and good discipline on young men through the Young Men's Christian Association (YMCA) system. However, due to the strict segregation of the time, it did not catch on with the black population. Many years later, a black man named Edwin Bancroft Henderson attended Harvard University's Summer School for Physical Training, where he was introduced to the sport. Due to the strict race laws still in place, Henderson established the first black basketball league in the nation. As time progressed, black-only teams such as the Harlem Globetrotters took root and became popular throughout the nation. Now, basketball is one of the stereotypical "black" sports.

Another angle to examine is the possibility for a collegiate experience granted through athletic scholarships. While on paper, the numbers are rather small with 3.4% of players moving to collegiate men's basketball and 6.8% of players moving to collegiate football according to the NCAA, the hope is enough for some players. As economically, black people are more likely to live in poverty and lower income families, athletic scholarships offer them opportunities to make it. A lack of education opportunities or, at least, the same education opportunities as their peers (some who can afford tutoring or private education) can mean a lesser chance of receiving an academic scholarship.

Beyond economic reasons, the power of the media is also a strong factor in the sports student athletes play in America. According to Coppell tennis coach Rich Foster, the media influences the way American athletes choose their sports.

"We are a sports-oriented society, we have so many sports to choose from, and kids at a very young age, they watch media," Foster said. "The U.S. Open is big, it's on TV, but football, during football season, is on TV on a daily basis. Baseball is on TV on a daily basis. Our kids tend to migrate towards their heroes. Most American athletic kids, kids that are genetically predisposed to be athletes, they watch TV and

they want to be what they see all the time. In advertisements, you're gonna see Dak Prescott, you're gonna see James Harden, you're gonna see all these big-name basketball and football players, and that's what our kids want to be."

In regards to tennis, which is a global sport, the resulting demographic is very diverse - far beyond what is seen from either football or basketball (though basketball is gaining more international popularity each day).

Around the world, certain centers are more successful in producing high caliber tennis players - for men's tennis, it is mainly white men from Europe and for women's tennis, it is mainly African Americans.

"If you look at men's tennis, we have not had a dominant American-born player in many, many years," Foster said. "When I was a kid, Australia was producing all the great tennis players. Now it's Spain, Sweden, the European countries...On the ladies' side, I don't want to say America dominates but [with] the Williams sisters and the new young lady, Coco [Gauff], others from America - we are still very dominant."

Outside of America, the most popular sport in the world is soccer. Referred to as "football" by countries other than the United States, soccer has spread rapidly throughout the world.

One of the main reasons the sport gained so much popularity is due to its simplicity. As an activity that can be played regardless of socioeconomic status, soccer spread throughout even impoverished countries and has grown to the single most popular sport in the world.

In 2018, the World Cup was viewed by 3.57 billion people around the globe. As of 2008, 226 countries have soccer as their No. 1 sport; of the remaining 35, 21 countries place soccer as second. While stereotypes of Latino and European fans are valid in that both Latin America and Europe are incredibly strong fan bases for soccer, the truth is that soccer paints most of the world as fans. Each continent, with the exception of Antarctica, has a fan base of soccer. With four billion fans worldwide, soccer is a true transglobal phenomenon - the product of globalization, cultural diffusion and the rapid spread of pop culture.

## THE COPPELL COLOR PALETTE

Coppell senior Rithat Sindhi and junior Rishita Upuluri shake hands with their Longview opponents at the CHS Tennis Center on Sept. 28. Tennis is an international sport, with many players from around the globe. Photo by Tracy Tran

Coppell senior guard Brandon Taylor drives down the court against Killen Ellison in the CHS Main Gym on Nov. 23. Basketball originated as a white-only sport but now consists of a majority black players in the NBA. Photo by Sydney Rowe

The Coppell football team lines up against Marcus on Buddy Echols Field on Oct. 18. Football is a majority black and white sport, with the Coppell varsity team only having two Indian players. Photo by Neveah Jones

## THE HIGH SCHOOL LANDSCAPE

Coppell High School, boasting an athletics department of 13 sports on its official website plus additional non-UIL sanctioned sports, is divided in its following of stereotypical patterns. While some sports, such as football and baseball, resemble the professional level, others, such as tennis, more closely align with the racial demographics of the school itself.

"Tennis in itself is very much an international sport," Foster said. "You take football, it's a very American sport. We're starting to see some international players enter the football game, but it's predominantly black and white Americans who are involved. Soccer is very European, you see a lot of European players. Golf and tennis tend to be very international. Texas reflects that a little bit, but Coppell even more so. Coppell is a true melting pot. We have people living in this area from all over the world. It's true on our tennis team, especially in recent years."

The tennis team, with a mixed population of Asians, Latinos and white people, was not always as multiethnic as it is now. As Coppell seemed to diversify over the years, the team followed suit.

"When I first came to Coppell [High School] to work as an assistant tennis coach, I believe it was 1995, our tennis team was probably 90% white," Foster said. "Through the years, our Asian population has grown exponentially. On our tennis team, our Asian population is a lot higher than our white population. It's a sport that is loved by people all over the world."

The Asian population of CHS, as reported by the 2017-18 Texas Academic Performance Report (TAPR), surpassed the white population, the former being 40.8% and the latter being 36%, both excluding people identifying as two or more races, which is similar to Foster's observed racial layout of the varsity tennis team. Compared to the 2018 reportings of the NCAA of male and female student-athletes,

both divisions of tennis are majority white. However, with 53% and 56% respectively, that majority is declining compared to the 2008 report, which shows a 72% and 75% white majority. Such diversity in the collegiate levels trickle into the professional level and serves as a source of role models for high school athletes, in addition to the professional athletes from other countries.

According to Foster, seeing one's own race succeeding within a sport inspires one to take on the sport and work hard at it.

"With anything, you watch a young kid who aspires to be a football player, they're going to look at their idols of that sport and try to be like their idols," Foster said. "For our international students, they can look at a sport like tennis and see someone from their homeland doing well and they aspire to be like that person. It inspires them to work hard and to be like somebody that they admire."

According to World Atlas in 2018, tennis is the fourth most popular sport with one billion fans around the globe. The international reach of the sport is a major factor in how the sport is taken on by multiple races and ethnicities at CHS.

Even with sports such as football, in which the Coppell team consists of a majority black and white player population, the trend is shifting towards more diversity. Coppell senior offensive lineman Aayush Dalal is one of two Indians on the varsity football team and notes the shift in the racial demographics.

"There were not a lot of Indians back when I was first starting to play," Dalal said. "As the years kept on going, especially this year, in the younger groups, there are so many Indian kids. I feel like there's been something that's happened, a certain change that has happened in the past few years."

Dalal, who began playing in the eighth grade at Coppell Middle School West, originally faced opposition from his parents regarding playing the sport.

"They heard of football and they were aware of what happens in football, meaning you get hit a lot," Dalal said. "They were kind of

scared at first that I was just going to be in such a bad condition, that I wouldn't be able to move around a lot or something like that. It's something that scared them, but they eventually got over it."

Many of the main popular sports in India are limited or non-contact sports such as tennis, badminton and cricket. Indian culture has a limited influence from contact sports. Some of those sports include wrestling, soccer, field hockey and kabaddi (which is a team contact sport with its highest popularity in South Asia). Despite being a former British colony, India does not have that strong of a rugby presence (though it is estimated to be growing), nor many other contact sports such as football, lacrosse or ice hockey.

The worries about players' safety resembles those shared by many parents. This concern over safety is also influencing white and black participation, and the general popularity of the sport, as concerns of chronic traumatic encephalopathy (CTE) rise. Overall, the participation in football has declined nationwide for a multitude of theorized reasons, including said health concerns, early sports specialization and a decreasing school-aged child population, according to Forbes's Bob Cook.

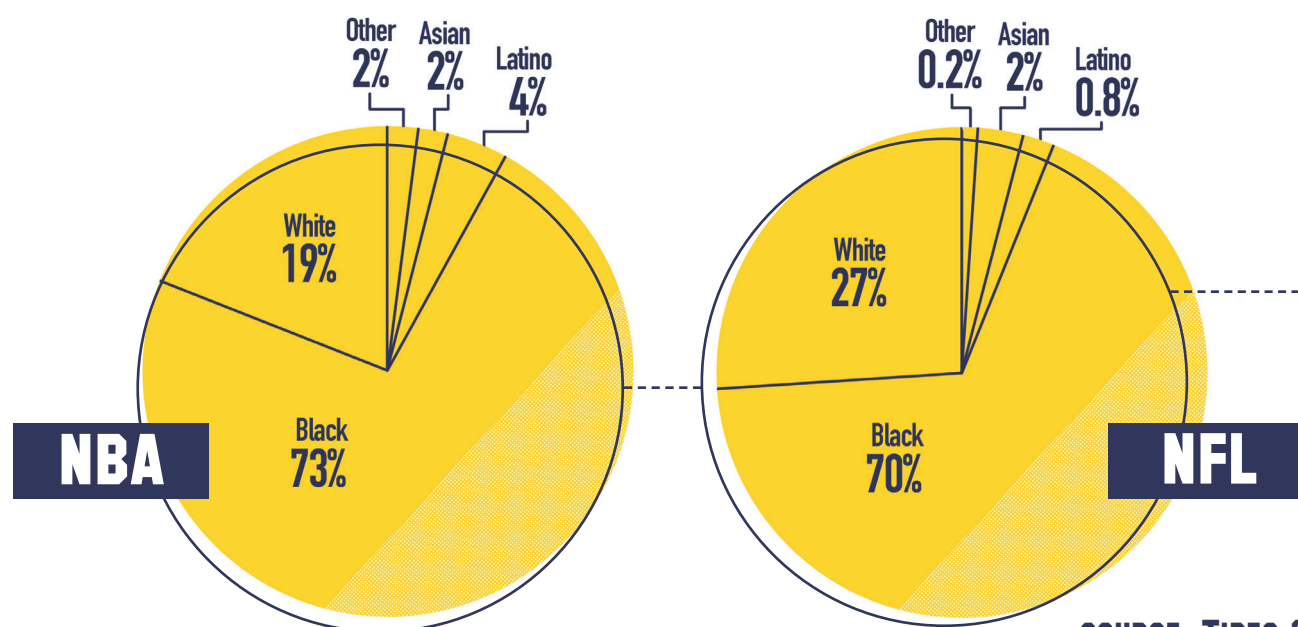
However, in Coppell, there is still a large participation in the sport, with a varsity team, two junior varsity teams and three freshmen teams.

While there are only two Indians on the varsity team (the same number as the total number of Indian players in the NFL throughout its entire history), the Indian demographic is represented in other sports.

"When we have offseason during the spring season, I see a ton of Indian kids in different sports like soccer, tennis, track," Dalal said. "You could say baseball doesn't have a lot of Indians too, but other than that, not many other sports have [very few Indians]."

Coppell is growing in diversity, both in school population and sports participation. As more ethnic percentages grow, the trend in the athletics sector is expected to follow. In years to come, the high school's athletic canvas might become less and less monochrome.

## RACIAL BREAKDOWN: PLAYERS



While both football and basketball originated as white-dominated sports, now both the NBA and NFL consist majority of black players. According to Tides 2017 NBA/NFL Report, the diversity of each organization has increased over the years.

SOURCE: TIDES 2017 NBA/NFL REPORT

# RUNNING TO PRESIDENCY

DECA state leader applying multi-faceted approach to school

**AKHILA GUNTURU**  
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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 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 Pertrunin 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 president 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 directed towards educating the se-

niors in New Tech on how to pay for college, and looks at credit, debt and student loans. Castle plans to launch a podcast to prepare the senior class for their years in college this month.

"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.

"[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.

"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.

"[Presidency] is very, very stressful," Castle said. "It's like an unpaid job, but I don't regret it. I want to give back to the community, and DECA allows me to do that. I want to inspire other young girls, especially young black girls, that they can do it too. They can run for state president too."

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# Painting the world a better place

Siblings create, sell greeting cards for Doctors Without Borders charity

**SREEJA MUDUMBY**  
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The green cacti and pink flowers shine with wet paint as the card is placed it 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.

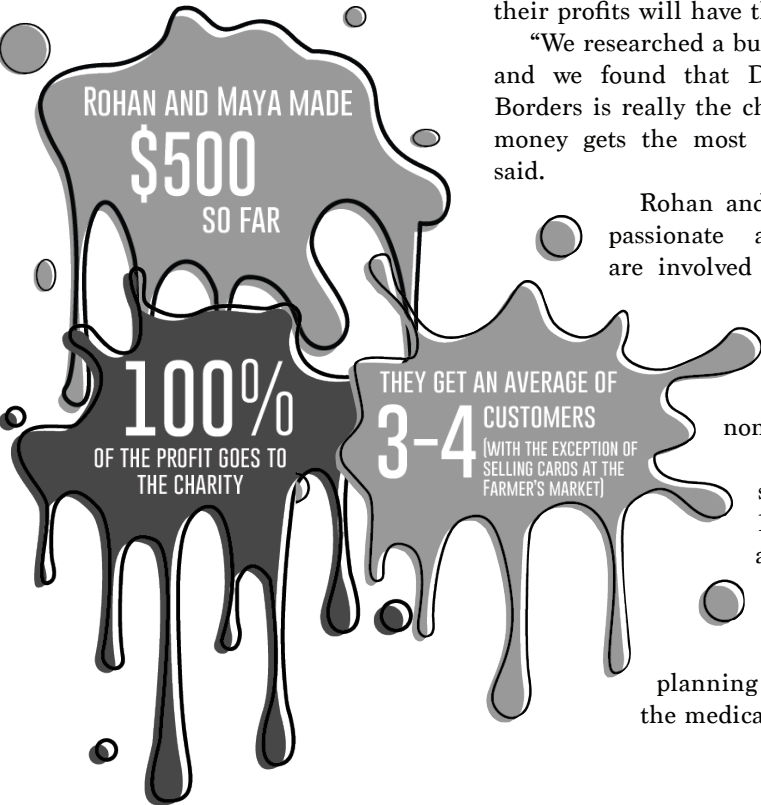
“I decided to start a nonprofit because I felt like I should do something with all of the free time [my sister] and I had to help the world and make it a better place,” Rohan said.

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.



CHS9 student Maya Palavali and CHS sophomore Rohan Palavali create holiday cards at their house on Nov. 10. The Palavali siblings founded Pal O Valley Cards, a nonprofit which donates to the charity Doctors Without Borders. Photo by **Trisha Atluri**



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,” CHS sophomore Vallika Chitkara said.

Rohan and Maya got their inspiration for the nonprofit from their parents a n d

the general public.

“[Rohan and I] both like making cards, and we saw how our parents sometimes bought cards for people and we thought, ‘We could probably make 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

Coppell High School AP physics II and baseball coach Clint Rushing is *The Sidekick's* December Teacher of the Issue, chosen by our staff. Rushing has taught at CHS for 11 years and hopes to help his students find their identity. He wants students to understand they should not be defined by grades, because they are so much more.

**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.

Honestly, I couldn’t see myself doing anything different.

I like the variety that every day brings because you never know what situation will come up, whether it’s something dealing with the academic stuff or getting to know students in the classroom.

**What is special about being a physics teacher and coach?**

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 does support it.



Coppell High School physics teacher and assistant baseball coach Clint Rushing assists CHS seniors Sophia Raza, Devan Patel, Andrew Tao and Vanuli 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**

# Entertainment



"There's always going to be certain parts of my **personality** that would be **different** had I not gone to Coppell and met all these people." P. 18

CREATIVITY ON DISPLAY P. 17

TIKTOK CULTURE P. 18

SPILL THE TEA P. 19

## Student writers become published authors



### MIRA JIANG *Straight Flush*

ALISHBA JAVAID  
STAFF WRITER  
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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."

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*Straight Flush* is about two 14-year-old boys, spy Nicholas Pierce and assassin Ace Griffin, who struggle to navigate the world of high school while working to solve a threat against the city. Photos by **Elaina Hair**

### ROMA MAZUMDAR *The Beginning of My BS*

ANVITHA REDDY  
STAFF WRITER  
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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.

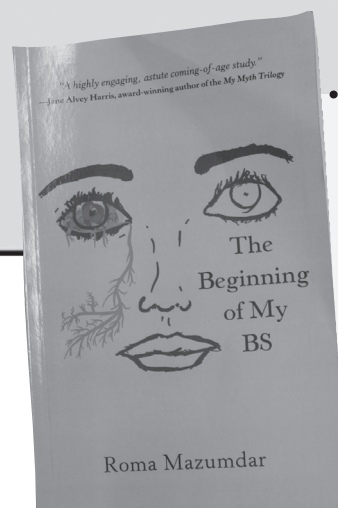
After several weeks of contacting publishers, Archway Publishing, a section of Simon Schuster, expressed an interest in publishing her work.

"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."

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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**

# Illustrating her future

## Potdar’s love of art extends all around



Coppell High School junior Swarangi Potdar uses a variety of mediums to create artwork. Potdar promotes her art through social media pages, including her Instagram account @artisanpalette, and a personal art commissions website. Photo by **Lilly Gorman**

**KAREN LU**  
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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.”

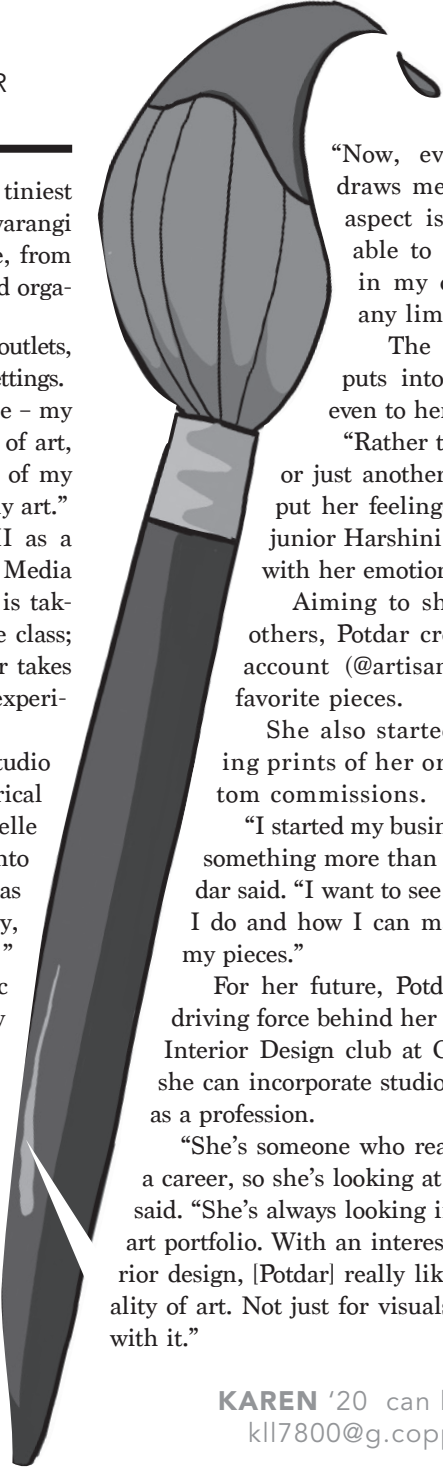
Potdar took AP Art History and Drawing II as a sophomore and is currently in Digital Arts and Media and IB art. As art is the only IB course Potdar is taking, she must also take the Theory of Knowledge class; despite having to be in this extra elective, Potdar takes TOK without any complaints, as it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



“Like any other kid, my love for art first started when I was drawing on walls,” 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.”

The depth of feeling Potdar puts into her artworks is obvious even to her audience.

“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 my pieces.”

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.”

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## HOLIDAY ATTRACTIONS



### HOLIDAY AT THE ARBORETUM

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](http://www.dallasarboretum.org).

**Through Dec. 29**



### LONE STAR CHRISTMAS AT THE GAYLORD TEXAN RESORT

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**



### OVER THE TOP AT REUNION TOWER

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.**

## A MINUTE TO FAME

## TikTok resurrecting old style in new setting

LAASYA ACHANTA  
STAFF WRITER  
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"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 is 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 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



TikTok is a social media app that lets users post 60 second videos with music. Because of this style of posting, many artists have discovered popularity and many creators at Coppell High School have gained followers. Graphic by **Bella Mora**

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 Musical.lys. Then, I started watching TikToks, and there were these trends I wanted to do."

Abercrombie (@psaproxyxoxo11) 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.

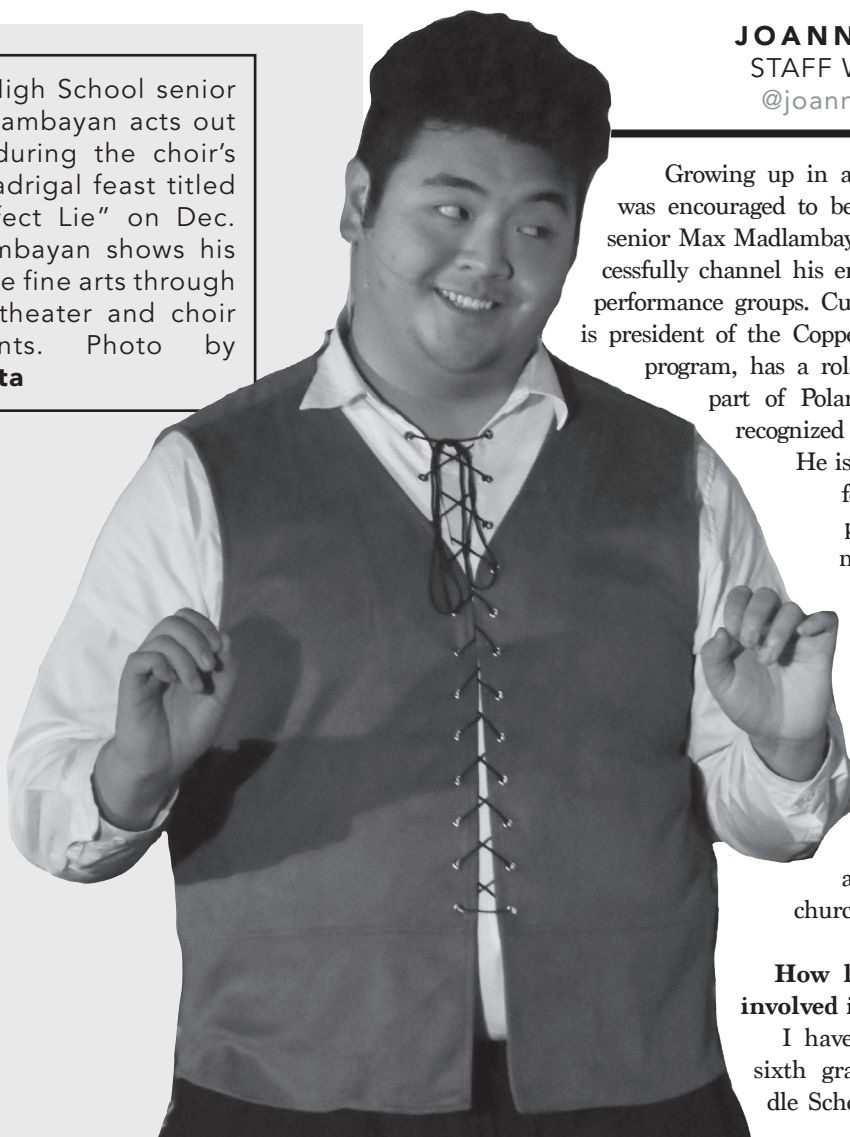
In our fast-paced world, quick videos that require minimal attention seem to be the perfect form of entertainment. One click led to another, and another, and within a day, 15 year old Charli D'Amelio amassed more than 2 million views on a 15 second video. A simple tap hurled her into instant fame. With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

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## Madlambayan dabbling in performing arts

JOANNE KIM  
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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**



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 have helped me become the performer and human being I am because it's not a place like anywhere 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.

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RECIPES OF THE ISSUE

YASH RAVULA  
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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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# Sports



“[Taylor] provides a role as a **dangerous** **playmaker** and a **constant goal threat** for the other team.” P. 23

WRESTLER GOES NATIONWIDE P. 22

SILENCE ON THE FIELD P. 22

STRAIGHT TO THE TOP P. 23

## Marlin challenging himself through Ironman



**ARMAN MERCHANT**  
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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 13.2-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 Marlins 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 up 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

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**

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.

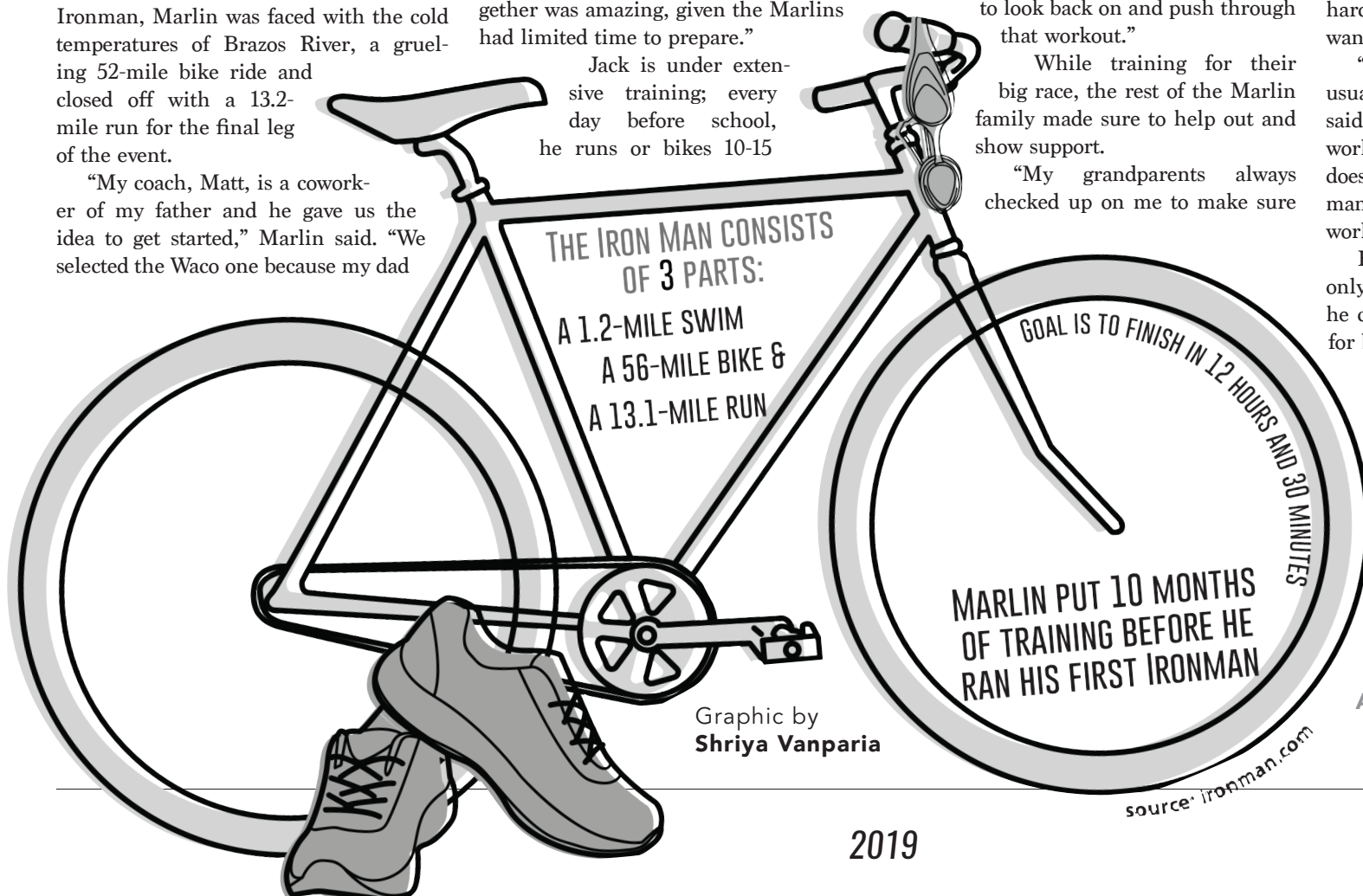
“When they see my backpack, they usually ask me what my story is,” Jack said. “I just tell them about how hard work pays off for something you love, it does not even have to be running an Ironman. You don’t always have to start big, work on smaller goals.”

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.”

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Graphic by  
Shriya Vanparia

source: ironman.com

# Moussa completing family trend on Egyptian national team

**SALLY PARAMPOTTIL**  
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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 Etisalat.

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 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 all the games when you’re younger.”

What Adam used to dislike soon became a deep love, and now he spends four to six hours a day practicing outside of team practice with Coppell.

“We don’t [have a basketball net at home],” Adam said. “We have four memberships to different courts (Pick-Up USA Fitness, The CORE, 24-Hour Fitness and LA Fitness) that

are open at different times, so we can go whenever.”

The Moussa 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

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 them, I got to learn from their mistakes, see what they did, see what they didn’t do. Even in life, choosing colleges, 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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# Nelson pursuing basketball, academics at Trinity

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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

Coppell senior Jordan Nelson prepares to shoot on Nov. 12 at the Coppell High School Arena against Red Oak. Nelson committed to Trinity University to play basketball next year. Photo by **Samantha Freeman**

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 scholarships.”

Nelson is also very scholastically invested at Coppell High School, standing at rank 47. Juggling life as a top-ranked student and a team starter can be hectic, but Nelson manages it well.

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# Francis slamming 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 junior Hannah Francis not only wrestles for the school team, but also boasts three All-American titles - signifying she finished in the top eight of her weight class at a national tournament thrice - and is currently part of Team Texas, which competes at the national level.

Francis did not start out in the big leagues. In her freshman year, she enrolled in a basic P.E. class, where Coppell wrestling head coach Chip Lowery and assistant coach Ted Witulski recruited her for the team.

The following year brought challenges. Though she was allowed

to wrestle, Francis struggled with grades, as juggling sports and schoolwork was difficult.

"You have to be passing all your classes to wrestle; I was not," Francis said. "We would have to go to tutoring sessions during practices."

Francis's first endeavors in competition occurred in her sophomore year offseason, as she participated in numerous tournaments. After earning herself the title of Regional Champ in February, she proceeded to participate in the state tournament, where she won first for two styles of wrestling (Greco-Roman and freestyle) and was recruited by Team Texas.

In July, Francis participated in the USA Wrestling Nationals in Fargo. Despite the grand scale of the competition, Francis snagged her second All-American title,

ranking among the greatest wrestlers in the nation.

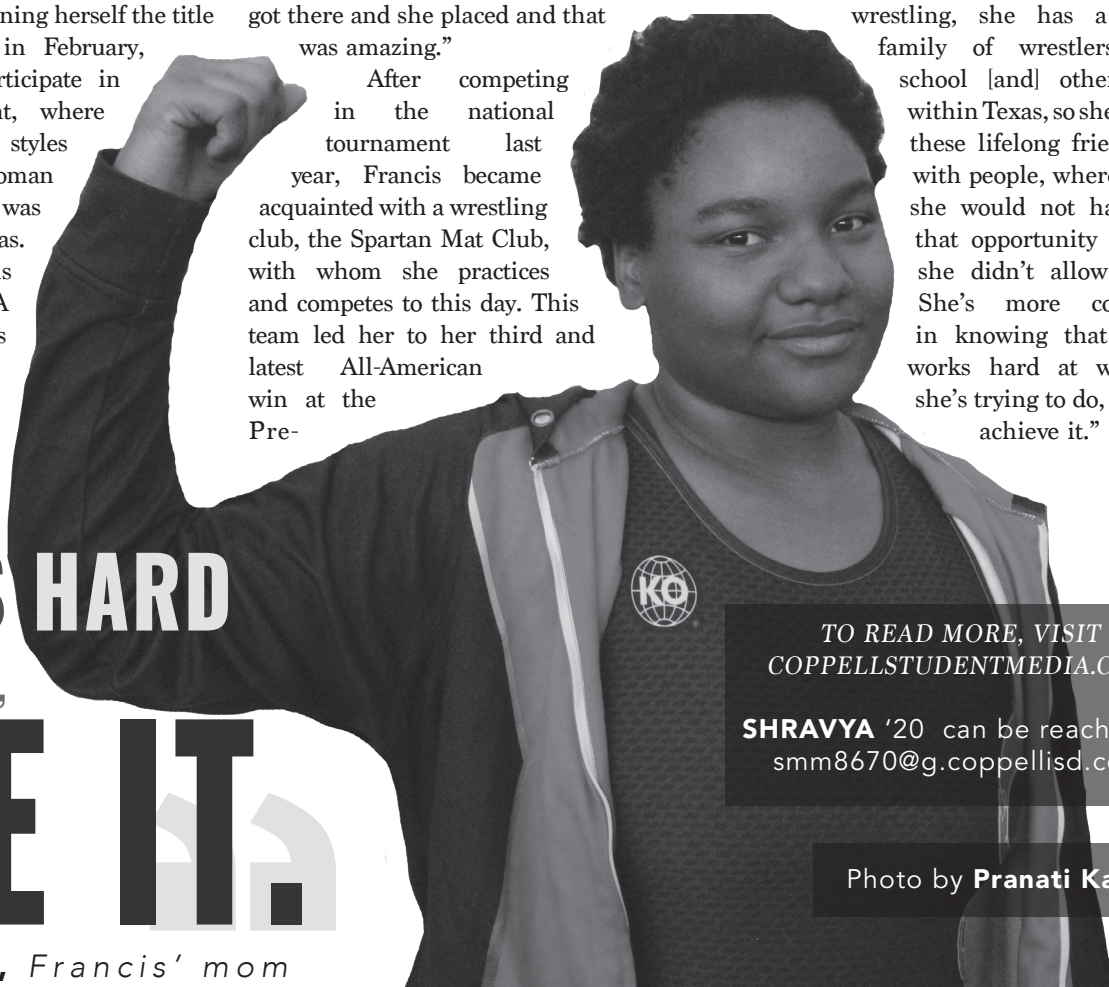
"When you think about national team, you think about all these kids coming from [all over the nation]," Francis' mom Dionne Sylvester said. "These kids have been wrestling forever and for [Francis] to be a newcomer... I just wanted her to have the experience, but then she got there and she placed and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



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Photo by **Pranati Kandi**

“When she **WORKS HARD** at whatever she's trying to do, she can **ACHIEVE IT.**”  
- Dionne Sylvester, Francis' mom

# European champ to Coppell coach

**SHIVI SHARMA**  
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 Southern Methodist University (SMU), the roles of athlete and coach were reversed for Mastebroek for many years.

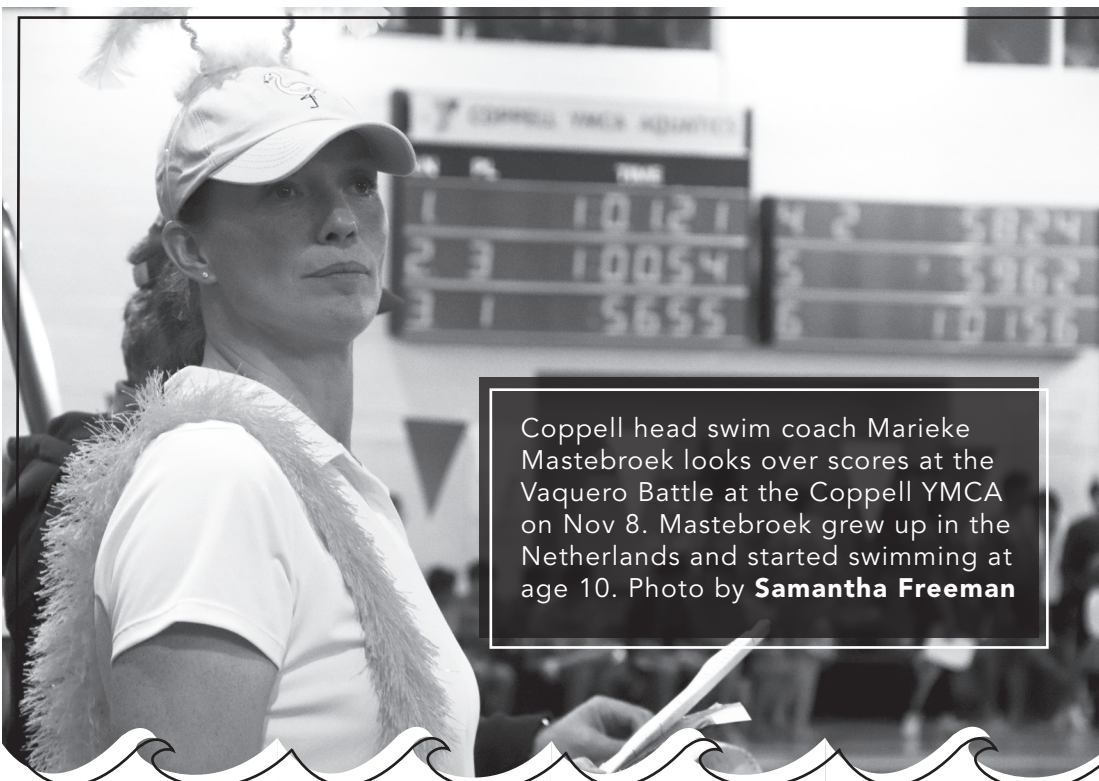
"From the beginning I always felt like I could do really good in swimming if I just worked on it," Mastebroek said. "I just had a feeling - I loved it."

Mastebroek grew up in Veendam, Netherlands, starting 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 1987, Mastebroek competed in the European Championships 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-



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**

tries were taking steroids and doping," Mastebroek said. "I remember in the finals 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 German swimmers with muscular, massive builds. Still, I won that world cup, and that's something I'll never forget."

Mastebroek arrived in 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 Athletes 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 transition 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 offer coaching camps.

"Her experience in swimming and running her business 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 problem, 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 presence this year in expanding what we're doing and becoming 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 limits physically, you can do way more than you think you can," Mastebroek said. "It makes you tougher."

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# Taylor embracing varsity culture

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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 sky-rocketed.

Taylor's soccer development and his push to be the best at soccer were further elevated by his brother, 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 piece in its Class 6A state championship in the 2015-16 season. Nick went on to play Division 1 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 at 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

Winneker, in practice.

"[Preston] 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."

Winneker 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," Winneker said. "[Preston] will

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

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## TAKING THE LEAD

# Pak guiding Cowgirls with strong work ethic

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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 Ridge during the fourth minute of overtime, until then freshman forward Michelle Pak scores the game winning goal.

The goal gives the Cowgirls a win in the Class 6A Region I Area playoffs during the 2018-19 season. Pak highlights this moment as pivotal in her soccer career.

As a freshman just being pulled up to varsity, Pak was unsure of exerting her dominance on the field. However, throughout the season, Pak's confidence surged.

"She was very timid initially and we saw her as someone who was trying to feel things out," Coppell assistant Rebecca Sawers said. "[Now,] she knows what she wants to do and she's willing to take on defenders and will go all out without hesitation."

Pak began the 2018-19 season as a JV player, eventually moved up to varsity and

later in the year was named a District 6-6A All District Award Winner.

Although Pak's reserved nature while on the sidelines juxtaposes her aggressive nature with the ball, her success is a direct result of her hard work.

"She's always been a hard worker but once she got into varsity, she started to work extra hard," Michelle's father, Brian Pak, said. "If she loses, she works very hard at what she did wrong."

Although quiet, Michelle's personality is not a hindrance to her communication while playing. When on the field, her ability to communicate with her teammates allows her to be a successful player.

"As she got more comfortable [playing on varsity], you could see her kind of get out of her shell a little bit and this year has been a breakout year for her," Sawers said. "She will go all out without any hesitation; it's just part of her personality."

On the field, Michelle's work ethic pushes her team forward; although an underclassman, her persistence inspires those around her.

"Over the years, she's gotten more driven and she is someone you can count on

to work hard everyday," Coppell JV forward Mackenzie Shannon said. "She's focused and doesn't give up."

Michelle's skills have strengthened the Cowgirl's defense and have contributed to the environment of Cowgirl soccer.

"She is going to do anything she can and give 100% effort, which makes everyone else around her want to do better," Sawers said. "[Coppell defenders] don't want to get beat by Michelle so they work hard to keep up with her."

This season, Michelle will continue to

play with Coppell's varsity soccer.

"I know she is going to kill it on the field and just do Michelle Pak things, which are taking advantage of her speed and her technical ability," Sawers said. "She'll be scoring some goals for us this season."

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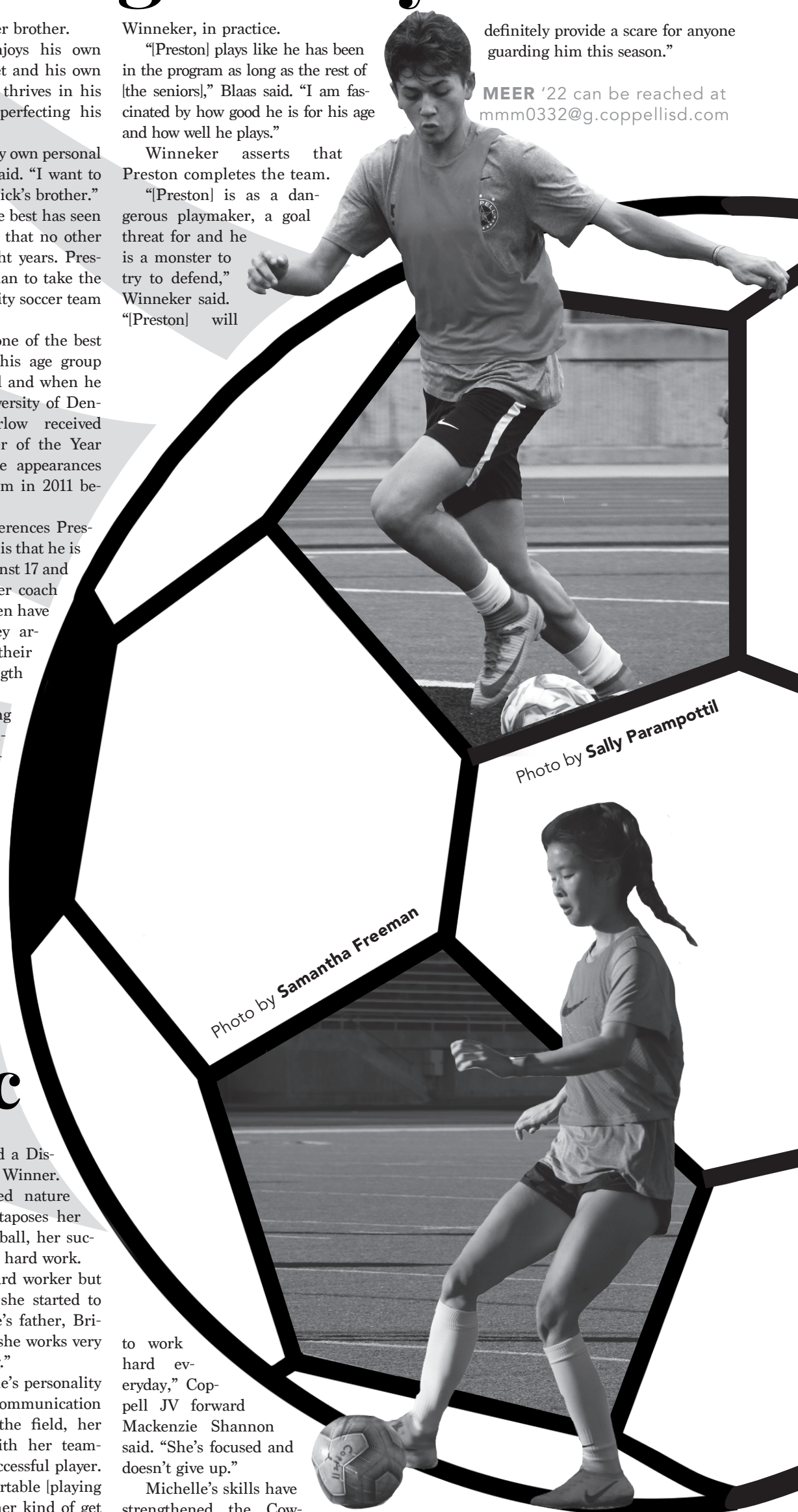


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