

the

ROCK



vol. 13, no. 1 – spring 2015
the student magazine of
trinity christian academy
Illustration by Caitlin Stephens

Time—abstract, indefinable, incomprehensible—creates the need for memories. However, everything must come to an end, and the clock must strike twelve. For me and the rest of the senior staff members, we are about to graduate, and our time at TCA is coming to a close. Yet, it is in these endings and these beginnings—these transitions—that our lives have vibrant pops of color that fill the *canvas of life*. So, in each and every moment, take hold. Experience. Live. Remember. Ask yourself: what does your canvas look like?

-Lexi Coley and Bryce Couch

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2014-2015

a period of transition:



By Sacha Francois, Molly Henegar,
and Allison Layman
Photography provided by the Yearbook

Bridging gaps and transitioning between milestones are key aspects of the progression of our lives. From Lower to Middle to Upper School, we all go through natural transitions as a part of aging, and with these transitions, there is always excitement.



The most anticipated event for the eighth-graders at TCA is going to the end of the year celebration known as The Bridge, designed to literally bridge the gap as everyone prepares to enter Upper School. This event takes place every year at the TCA football field for the future freshmen. Hosted by the upperclassmen, The Bridge is a wonderful experience that not only caps off a tremendous year but forges ahead into the next phase in each of our lives. In doing so, every eighth-grader is able to come together and begin new connections with the Upper School student body.

First impressions are off the charts as you pull up to the football field. In what can only be described as a riot (obviously not a bad one), upperclassmen bombard you, exuding pure excitement and creating a sense of exhilaration. What comes next can only be truly appreciated if you watch The Voice on NBC. You know what happens when an artist gets multiple judges to turn their chairs? Well, imagine that artist is you. For those of you who do not know, everyone begins to fight over you, trying to get you to join their team, and don their color of war paint. Once everyone has arrived and has selected their teams, The Bridge BEGINS!

From tug-of-war to dodge ball to a bounce house, many obstacles await the soon-to-be freshmen as the games begin.



The Bridge

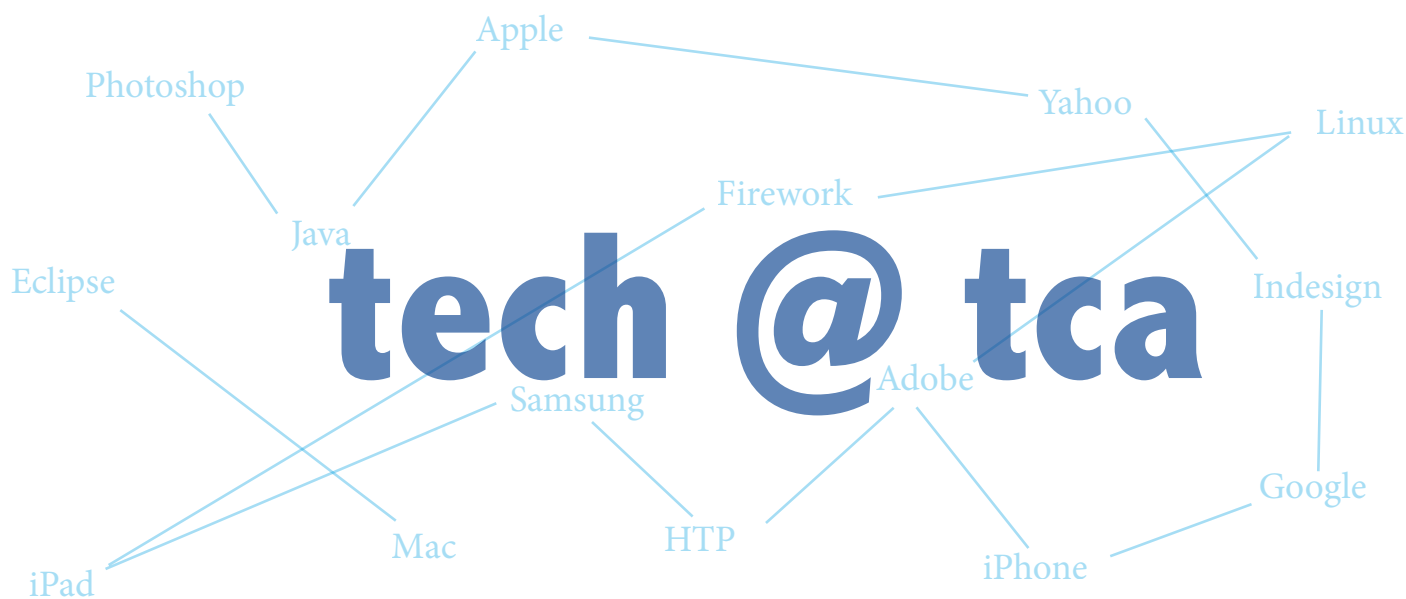


After rotating through every game, dinner (courtesy of the TCA dads) is served. Bon appétit! But this is not where the night ends. Unknown to all is the best game of them all. Off to the softball field everyone goes for a wickedly fun and crazily epic water balloon fight. As the night draws on and the fun and games come to an end, everyone, soaking wet, returns to the football field for the highlight of the evening.

The best part of the evening comes in the most simplistic way: worship. In coming together, in a single unit, the upperclassmen are able to leave us with the greatest impression: community. As we come together in worship, everyone knows that Upper School will be different. Sharing testimonies between songs, new relationships are made as we discuss the ways to maintain unwavering faith in Upper School.

With this incredible introduction to Upper School, newly made friendships, and more personal understanding of each other spiritually, we are prepared for the transition and the new beginnings. While the games and memories will last, they will not be the takeaway that you cherish most; rather it will be the times of bonding that make you realize just how blessed you truly are to attend a place like TCA, a place marked by true community, true commitment to the Lord, and true faith.





By Sacha Francois, Molly Henegar, and Allison Layman
Illustrations by Caitlin Stephens

These days, it seems that technology is everywhere you look. Computers, cell phones, tablets, and other devices are now common office tools. Schools have shifted in this direction as well. Recently, the idea of a more digital approach to education has been introduced in many schools, including Prestonwood Christian Academy, Prince of Peace Christian School and our very own Trinity Christian Academy.

Last year, the TCA Class of 2017 was issued Toshiba devices that double as a tablet and a laptop. This year, the current freshmen also received the efficient devices where in the past binders were issued with files for each aspect of a particular subject. The goal of using Toshiba is to eliminate some of the paper notes ultimately saving time, limiting organization issues, and helping the environment.

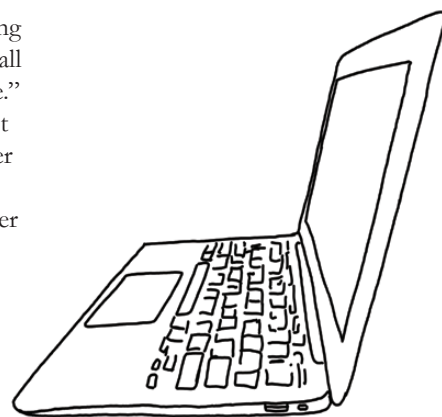
With the new tablets, TCA technology administrator Lisa Wong made sure that we have only the most compatible software to accompany the computers. This includes Microsoft 8 software with all the normal computer software accommodations, Microsoft Word, Publisher, Excel, Power Point, Firefox, etc. as well as Logger Pro, Paint, and many more applications. However, some mixed reviews have been expressed about the concern of whether or

not the Toshiba tablets are really worth the cost. To some, the tablets are seen as valuable tools for homework, teacher-student communication, and in-class organization. To others, there was a steep learning curve that accompanied the transition. Are the Toshiba really a hurdle to education? Or are they one step toward the future of education?

Together, we would like to explore many of these views, and by the end of the article, we hope that you can answer that very question.

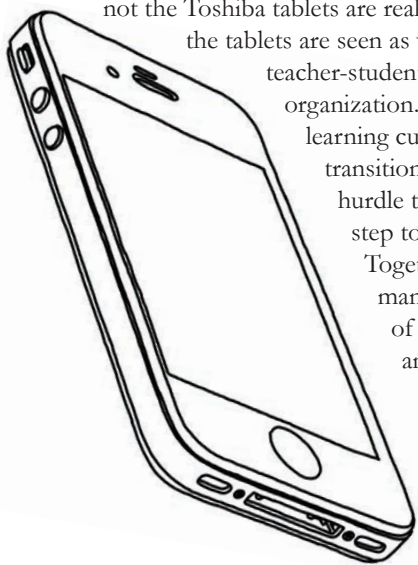
The greatest benefit is certainly undeniable. With the transition to Toshiba, organization has drastically improved, largely in the student population which is generally messy. Freshman

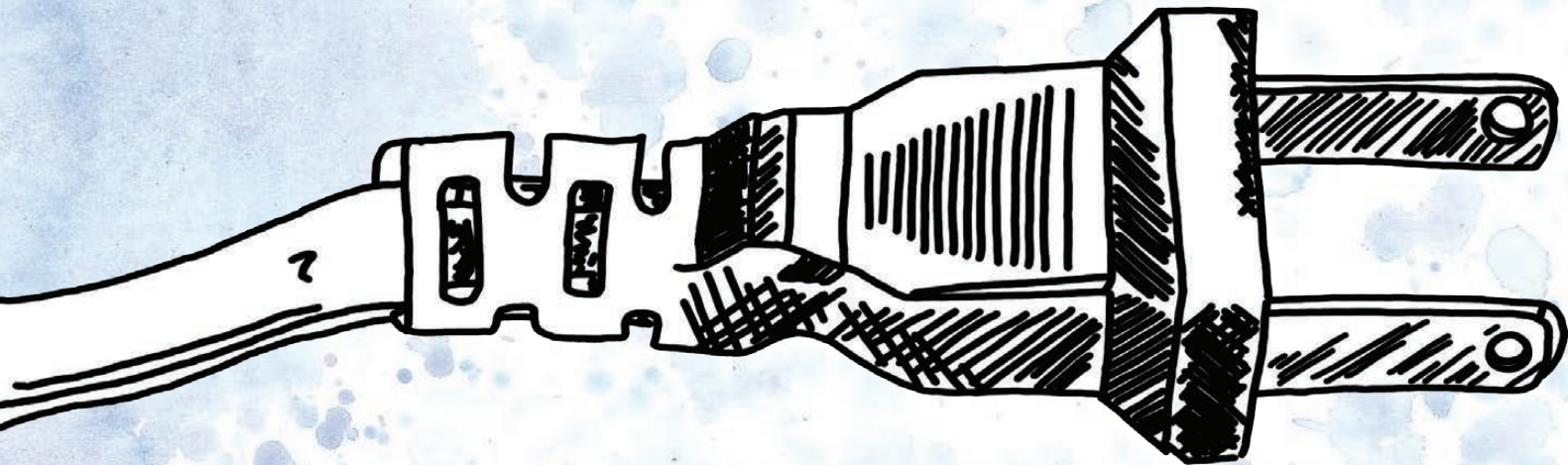
Foti Pakes commented on the computers, saying that "it's good to have all your notes in one place." Dodd Weyandt, current freshman and supporter of digital note taking remarked that "it's easier for organizationally challenged students to pull out their notes on their desk and not have to hunt them down—especially with handwriting like mine that stinks!"



Teachers around the Upper School have now been giving students with the tablets the long awaited option of either handwriting assignments like in the "old days" or typing and digitally writing them, which has been widely embraced. Many students with poor handwriting have enjoyed their teachers being able to actually read what they wrote instead of counting off on homework assignments for unclear answers. While this new system may be new and unexplored by much of the student body, TCA has aptly developed programs in order to ensure that everyone truly understands how to use each feature. From the newly created Tech Stop to the "How To" Seminars each teacher takes regarding the software, there are a plethora of avenues to find help in case of the emergency. So, yes, while there is a learning curve, TCA made sure to thoroughly cover all their bases by providing us, the students, with methods to further develop our skills with the Toshiba.

In addition to the handwriting problem being solved, many students enjoy being able to look things up on the fly in study hall, backwork, or whenever they happen to be doing homework. Didn't remember to bring your science homework home? No worries, because with the tablets, Pre-AP Biology teacher Sara Fusco, along with the other teachers of the science department, have now





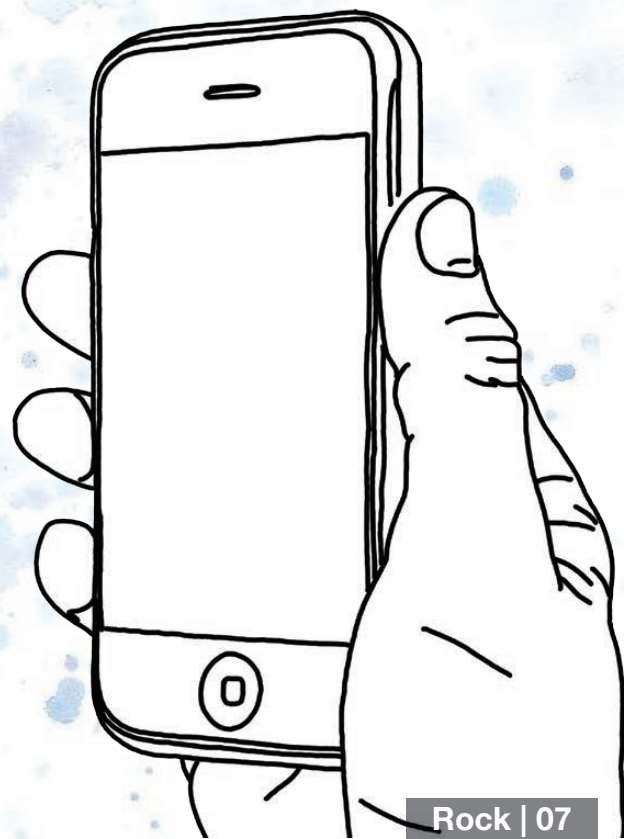
posted a link on the Trinity website so that TCA science students can have 24/7 access to their massive textbook if they have questions, reading assignments, or tests to study for. Perhaps some of the more fun things to do on the tablets are the online activities for the foreign language department. Spanish I students simply log on to their online textbook website, and the computers give them 10-20 practice problems to work out on the computer. If the student gets any of them wrong, the website gives the student a second chance to look up the correct answer and retry. With this, the approach to our education has shifted for the better. Rather than mere note taking in class, each lesson and assignment can be more interactive, adding a new dimension to our education while ensuring our future success.

Despite the many advantages, as with any innovation, there are transition issues as previously noted. Some students prefer the digital approach to education because it increases organization and is convenient for those students with less-than-perfect handwriting. Still, others prefer pen and paper due to the technical difficulties that can cause notes and other important files to be lost. Continued use, practice at saving files, and technological advances should assuage these issues.

Despite this fact, some students prefer manual note taking. Indeed some physiological studies have been performed testing whether or not paper and pen have an effect in recollecting information heard in class. These studies have shown that students who digitally take notes were also “more likely to take verbatim notes, and this ‘mindless transcription’ appeared to cancel out the benefits,” according to the Association for Psychological Science. This preference for physical transcription of notes is being addressed in the History/English classes where the OneNote application allows students to write on the tablets with a digital pen.

Moreover, while it may be nice that we have had the time in class to take paper notes in much of our educational careers, it is essential to realize that this will not be the case forever. In just a matter of years, the Class of 2017 will be in college, and there will not be time to copy down the teachers’ lectures word for word. Rather, students will be taking notes on laptops, cell phones, and even tablets, whether Toshiba or another brand. Ultimately, this integration not only prepares students for an even more technology driven future, but also for any future education that they may receive. Thankfully, schools like TCA are recognizing this direction, addressing it, and taking action in order to prepare students for what is to come.

Any change can be frustrating, as sophomores Bailey Chaffin and Ainsley Marquardt remarked, saying they “don’t like flipping back and forth between paper and the Toshibas.” However, carrying around bulky two-pound cell phones and switching between them and landlines was once a challenge not too many years ago. So, while in the short term it may appear a hurdle, the inevitable long-term benefits greatly outweigh these immediate complaints. There is no denying that technology is the future, and any effort spent worrying about the learning curve now will inevitably set oneself back in the future. Technology is no longer an option, and what may seem difficult now will be incredibly common in a very short time. As the saying goes, practice makes perfect, and this is nowhere more applicable than here. Thankfully, we go to a school that is willing to embrace the future. A school whose main focus is the betterment of its students’ education. A school that carefully considers every option with the students’ interests at heart. While it may seem difficult for the not so tech savvy, TCA is here to help and has provided paths to better your skills. With practice, this initiative is the future, and how awesome is it that TCA is at the forefront.



where to {eno}

By Addy Gibson, Waverly Kundysek, and Amanda Lilly
Photography by Addy Gibson

We are sure you've heard of the newest fad: the Eno. In case you didn't know, an Eno is a portable hammock that can be set up pretty much anywhere, as long as there are two sturdy objects around which to secure your straps. Popular places to Eno are between two trees, or even between cars, but we found more exciting and diverse locations around our very own TCA campus that are perfect for backwork, .ORG, or study hall adventures. If you feel in need of some relaxation time mid-day, we have the perfect solution.



Tom Landry Trees

These trees directly outside the concession stands by the Tom Landry Stadium are the perfect perch for your Eno. The good view and easy access to food make this the ideal location.



Basketball Courts/ MS Playground

This is a super fun location, but exercise caution, as your straps may slip. We set up our Eno on the pillars surrounding the courts that hold up the awnings. There is a perfect bench, which will allow you to hang your Eno at a decent height with ease of climbing in. The view of the stadium is great, and the awning shades you. This location is in the middle of the campus and not too far of a walk from the Upper School.



Lower School Playground

The Lower School playground offers countless structure beams that are the perfect distance for your hammock to hang. Whether reminiscing or practicing your swing, this jungle gym is the perfect balance between rest and play.

...some other options to suit your fancy...

The Food Trail

More of an obvious choice, the food trail offers many sturdy trees as well as friendly dogs to pet. It boasts a calming atmosphere and overall escape from the craziness of the school day. Great on a warm day, the food trail will not disappoint.

Senior Lot

One of the most popular (and convenient) destinations is the trees behind the Senior Lot. With several perfectly spaced trees, this is the ideal location for a group Eno session, as multiple Enos can be set up within close distance to each other. This allows for some enjoyable relaxation time while being able to have a conversation with a friend nearby.

{ We hope you enjoy our collection of Eno hot spots on campus. We encourage you to try them out and explore to find your own favorite spot. With these excellent spots in mind, you will be able to fully take advantage of the campus for relaxation needs! Happy Enoing! }

If you've heard it once, you'll hear it a thousand times: you need to get your rest! From parents to teachers, this phrase definitely is commonplace for all students, especially in the hustle and bustle for those in Upper School. Though some people like to say sleep is for the dead, teenagers really should try to sleep more while they are still alive. Now, I know what are thinking, and to answer your rebuttal, yes, there are ways for students to get the necessary amount of sleep each night. Some of these are definitely easier said than done though, so by the end of this article, I hope to address a key way and clear up this question: How is it possible?

A primary argument used to answer this question stems from the constant debate over when schools should start each morning. The Academy of Pediatrics recommends that middle and high schools start no earlier than 8:30 a.m. Though a seemingly easy solution for TCA, this actually does not lead to any beneficial outcomes.

Rather, such a suggestion leads to an ever complicated mess of new questions that need to be addressed such as the school's partnership with the Addison Police, drop-off times, school zones, and of course parent schedules. In other words, what seems to be an excellent option really creates more problems that are inevitably going to create serious concerns. Now that the issue of school start times has been cleared up, let's address some actual ways

students can confront this question of sleep in their daily lives.

There are a plethora of reasons that students cite for their lack of sleep, and many of these come in the form of school assignments. Yet, this argument is completely counterintuitive and results in the necessity to change perspectives. With a highly involved student body, it is not abnormal for the average TCA student to leave school, attend a sports practice, music practice, or dance practice, and then get home incredibly late in the evening. It doesn't stop there however. After getting

In order to get more sleep, students must learn to balance their time between school and play, making sure they have an adequate amount of time for homework. A primary issue is not sleep in and of itself. It is actually the belief that homework is not essential. As a student, school is literally a job, and in order to do that job well, schoolwork should not fall by the wayside. Instead, students must begin to plan their schedules (a valuable skill for college!) and break the misconceived perception about time to procrastinate. As a result, students can tackle the issue head-on by taking

action in ensuring they accomplish that which is necessary.

In reality, a major component in the lack of sleep is the lack of organization in student life. Regarding this issue, a student can plan better, and in this planning, one will conquer the hurdle and come out more rested and more prepared for the future. Practical examples to address this issue include the use of planners, folders for each specific class, and the use

of reminders on a phone. With just the simple planner skills, students can not only make their lives a whole lot easier but also afford more downtime by getting their work done early.

In the end, balance is key—a balance between work and play, school and sleep. By learning the skills necessary to plan and budget a schedule, one can indirectly solve the problem of sleep while preparing oneself for what lies ahead.



home, many students must eat dinner, do chores, and finally, start homework. In short, Trinity students must find a way to address an overwhelmingly busy schedule and balance time between extracurricular involvement and school. With a schedule dominated by extracurricular activities, to many it is impossible to squeeze in time for homework, oftentimes putting it on the backburner or not even doing it at all. This is detrimental and is part of the problem.

goodnight, moon

By Milcah Ntende

Illustrations by Caitlin Stephens

CUPCAKE WARS

Sugar, Spice, and Everything Nice

By Courtney Fish and Natalie Warrick

Illustrations by Caitlin Stephens

Sugar, spice, and everything nice: the perfect trio. Yet, in the wrong hands, it could be scary... What happens when you give TCA students sugar, spice, and everything nice (a.k.a. cupcake batter, hot sauce, and gummy bears)? Well, you get a TCA style cupcake war. Flour flying, icing leaving its mark, and hot sauce singeing everything behind it, the war is on. The first question was whether to pit males against females or underclassmen against upperclassmen? Should there be single chefs or teams of contestants? Should we restrict the number of members on each team? Would we set time limits on the baking, and where should we hold the contest? There might be an unfair advantage if it was held in the home kitchen of one contestant versus another. After lengthy planning and much culinary research, all the rules and decisions were made, and the battle for “Cupcake Champion” was fought by seventh-, eighth-, ninth-, and tenth-grade TCA students. While there was no monetary reward, we considered the title of “Cupcake Champion,” (a very creative title, we might add) would be compensation enough for the winners. After all, there could only be one winning team... So, who is it going to be? Who will walk away victorious and hopefully unharmed by gastronomic failure?

We know what you might be thinking: “How could this cupcake war be difficult?... I mean, they are just cupcakes.” Well, in two intense, mentally taxing rounds to make the best sweet and savory cupcakes possible, our competitors faced numerous challenges, predominantly in the form of the secret ingredients. For the Sweet Round, we surveyed fellow classmates’ favorite

treats and discovered everyone loves gummy bears, Sour Patch Kids, and fruit. So these simple ingredients were required to be used in the creation of a scrumptious cupcake worthy of the title sugary sweet. Sadly, we learned a very important lesson that should never be forgotten... Never, we repeat, never bake candy. Not only is it not very tasty, but it will leave you regretting every single candy decision you have ever made.

As for the Savory Round, we took pity on the contenders by not mandating that sushi or an infamous Whataburger be included in the ingredient list. Instead, we concocted the interesting combination of bacon, syrup, and hot sauce assuming this at least had a chance of being edible in some cupcake form.

Not surprisingly, this trio of savory ingredients resulted in varying breakfast cupcakes that were quite unique. There was no doubt that this war would push everyone’s baking skills to the limit. With merely fifteen minutes to prepare their cupcakes, everyone had to work fast, leaving very little margin for error when experimenting with the aforementioned ingredients. Yet, in the game of cupcakes, you live or you die... well, walk away without a title—let’s not be too dramatic! It was time to see who would rise to the occasion and who would crumble under the pressure.

Each team gathered their ingredients and prepped their kitchen area, ready for the timer to begin its countdown. It was a true study in team dynamics to observe how some students reached joint consensus on a recipe and method of baking while other teams followed a more dictatorial approach. Even before the first round, our contestants’ creative juices were flowing and ideas as well as insults were ricocheting off the kitchen cabinets. As the rounds went on, ingredients splattered on walls, fingers were scorched on hot pans, and cupcakes were flung in the oven dripping batter out of the pan. As the clock ticked down to zero, the contestants frantically scrambled to complete last minute details in presentation. The judges, Molly Henegar, Courtney Fish, and Natalie Warrick, calmly prepared the judging table with cups of water and napkins—many, many napkins. Then amidst a flurry of shouts and groans, time was up!

Taste and texture was only half of the scoring criteria for these miniature morsels. An appealing arrangement and eye-pleasing presentation was the other component of success. If the use of the unusual ingredients was demanding, creatively placing



the cupcakes on plastic plates with no specified theme and no available decorative items was equally challenging. However, the competitors took all these setbacks in stride, and the cupcakes were positioned carefully in front of the awaiting judges. Nervously, the judges looked down at these mysterious desserts. Knowing the ingredients in the cupcakes and watching their fellow classmates prepare them, the judges naturally hesitated before tasting the creations. One judge considered leaving without subjecting her stomach to the inevitable indigestion. Another asked if hygiene should be considered in the judging process, and a third judge commented on TCA's grace policy for illnesses related to writing articles for *The Rock*.

Ultimately, braced with Tums and Alka-Selzer, Courtney, Natalie, and Molly nervously sampled the first set of cupcakes prepared by the seventh- and eighth-grade team. The savory breakfast cupcake was flavorful, and the sweet fruit cupcake, topped with blueberries, was at least somewhat edible. Although their presentation and plating was a bit messy, the tastiness of the breakfast cupcake secured the seventh- and eighth-graders a strong position in the initial evaluation.

Next to be evaluated were the cupcakes baked by the sophomore team. The judges were surprised to find that the savory breakfast cupcake was actually quite delicious! The combination of bacon and syrup with only a subtle hint of hot sauce made these cupcakes delectable. Right alongside the success of the sophomores' savory treat was their scrumptious strawberry-filled fruit cupcake. Extra points were also given to this team for the very creative icing decorations.

With tough competition already in place, the freshman team submitted their culinary entries. In a surprising turn of events, their savory breakfast cupcake was the best one yet. It was light and delicate in texture with a perfect combination of flavors. It had an appealing and clean presentation. Had this been the only element of the contest, the freshman would have gone home

victorious. However, the sweet fruit cupcake submitted by the freshmen team sent the judges scurrying for the bathroom and napkins!

As the judges recovered, the freshmen team told them a beautiful story about hope in an effort to distract the judges from their failed sweet cupcake and gain their good favor.

Finally, it was time for the judges to consult in private and decide upon the winning team. Flavors and creative use of ingredients were weighed against eye-

catching displays and pleasing presentation.

The contestants nervously waited outside the sequestered judges.

While it seemed like

a lifetime for the

anxious contestants,

it was merely a

minute later that

a verdict was

reached. The

decision that

would change

the lives of seven

young contestants

was final. [Well,

the judgment

probably wouldn't

radically alter their

lives, but it would

provide bragging

rights or merciless

teasing for days to come.]

After a couple seconds of anxious anticipation, the ruling was

announced: the sophomores had won and were declared the

2014-15 TCA Cupcake Champions! Though a devastating loss for

some, cheers and fist bumps ensued. Hugs were given freely, and

all the participants congratulated each other for the remarkable

feat they all accomplished—the challenge to defy all expectations

and create gourmet and unique cupcakes. While the young chefs

and assistant pastry cooks celebrated, the judges toasted each

other with a bottle of pink Pepto-Bismol. They made a note for

future judges to reconsider before eating six dubious cupcakes the

weekend before homecoming.

After cleaning up the batter-stained and

icing-covered kitchen, the mentally and

physically exhausted contestants returned

to their homes. The demanding challenge

was a respite from schoolwork; however,

it had proven just as arduous, and the

contestants having tasted numerous

spoonfuls of raw batter in the process,

it was slightly more unsettling. Right

behind them were the judges, feeling

slightly queasy and hoping that the

syrup would come out of their leggings.

Officially declared over, the 2014-15

TCA Cupcake War marked a triumph

for some, a disappointing struggle for

others, and a paradoxical split between

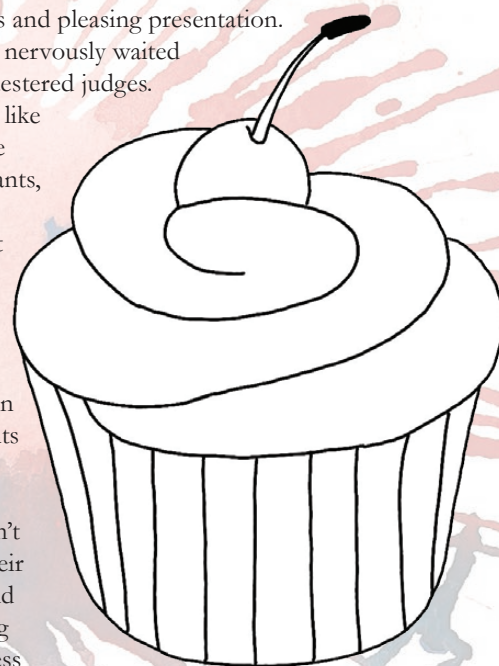
enjoyment and regret for a few. If

there is one thing we can say, the

war definitely showed the drive and

passion we all have for food. Till next

time, TCA—bon appétit.



NETFLIX

By Bryce Couch
Illustrations by Caitlin Stephens

Pitch black. 15, 14, 13 ... 3, 2, 1. A flurry of questions occupy your mind: what am I doing here? What do I do next? What is happening? What am I even doing with my life? Don't fear! This is not a sort of existential crisis, and nobody doubts the question of your existence. There is some sort of crisis however. A crisis rooted in the question, "What next?" If you have not guessed by now, I am talking about the most basic and relatable issue amongst us all: the fifteen seconds between Netflix episodes, the inevitable sign of a binge spree that ultimately points to a single inevitability: the show will end. Take a deep breath and do not panic; this is where we come in. The question that plagues us all is the question that we hope to answer, so go ahead and click play as we take you through these Netflix must-watch shows for all age groups. *(Note: Age ratings are based on reviews and recommendations from PluggedIn.com, CommonSenseMedia.com, and DecentFilms.com.)*

Lower

1. **Phineas and Ferb – Age 5+:**
104 days: the length of summer vacation, according to Phineas and Ferb. From building a rocket to finding a dodo bird, this quirky show is quite the delight!

The Adventures of Puss in Boots – Age 6+:
A cat that wears boots and can fight using a sword?
Talk about amazing!

2.

3. **My Little Pony – Age 5+:**
Well, friendship truly is magic. Fantastically amazing, incredibly relatable, down to earth, colorful ponies, and valuable lessons? Yes, please! Regardless of age, this lovable show will touch you in some way. Don't act like Discord! Give it a shot!

Turbo Fast – Age 6+:
New stunts? Competitions with none other than villains?
A RACING SNAIL?!?!?

4.

5. **Powerpuff Girls – Age 7+:**
Sugar, spice, and everything nice: these were the ingredients chosen to create the perfect little show, but Professor Utonium accidentally added an extra ingredient to the concoction—Chemical X (formerly known as Chemical Awesomeness). Thus, the Powerpuff Girls were born! Using their ultra-super powers, Blossom, Bubbles, and Buttercup have dedicated their lives to fighting crime and the forces of evil... Need I say more?

1.

Adventure Time – Age 10+:

A fantastic explosion of creativity, bright colors, great animation, and goofiness. What's not to like?

Saved by the Bell – Age 9+:

Corny? Yes. Memorable? Yes. Entertaining? Yes. It definitely makes the grade and is definitely one of the best young adult shows ever made.

2.

3.

The Wonder Years – Age 12+:

Known for down-to-earth characters and realistic plots, *The Wonder Years* is great as a family-friendly sitcom. Yet, unlike most comedies, this masters the craft by overcoming stereotypical and contrived humor for genuine stories and laughs.

The Avengers: Earth's Mightiest Heroes

– Age 10+:

Bringing to life the best parts of the comics, *The Avengers* truly captures the essence of the team while bringing to screen some of the best and most unique characters yet to be featured in the Marvel Cinematic Universe, including Ant-Man and Wasp. 100% true to the source material, this will not disappoint.

4.

5.

Merlin – Age 10+:

If you are a fan of Arthurian legends, this is the show for you. Combining the best of the BBC with family-friendly subject matter, this show is definitely entertaining and worth a watch.

Star Trek: The Next Generation – Age 10+:

Groundbreaking, fascinating, exhilarating are just a few words to describe this lovely show. If you are a fan of sci-fi, you will definitely enjoy this gem.

6.



1. Psych – Age 14+:

Some say a detective, comedy-drama show, some say a way of life, *Psych* details the journey of Shawn Spencer, who uses his heightened observational skills to pass as a psychic working with the Santa Barbara PD.

2. Doctor Who – Age 14+:

Fan of sci-fi? This is the show that started it all. The longest running sci-fi ever, Doctor Who is a glorious concoction of British amazingness that transcends genre. Words. Cannot. Describe. This. Show. The feels, man! The feels!!

3. Once Upon a Time – Age 14+:

Think back to your childhood... remember being told the story of Little Red Riding Hood? Snow White and Prince Charming? Pinocchio? Let me rephrase that: remember watching the Disney movies? Well, this is not exactly Disney, but it is just as family friendly. This show has incredibly creative twists and turns that intertwine all of your favorite childhood stories!

4. Lost – Age 14+:

With outstanding writing, complex characters, strong performances, and a mysterious setting, this show will leave you guessing until the end.

5. Gilmore Girls – Age 14+:

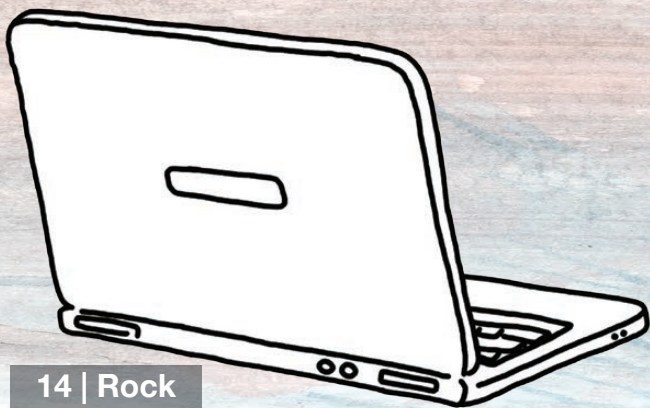
Intelligent, creative, sophisticated, and down to earth, this show escapes typical stereotypes of the day while providing a heartwarming show with easily lovable characters. (*Note: This show includes some thematic issues but is known to show consequences for unwise behavior, rather than glorifying bad choices.*)

6. The Hunt for Red October – PG:

An absolute classic. Taking an inconceivable setting, a submarine, this movie brings the viewer up close and personal, pulling the viewer into this new world and exposing them to the intensity of the Cold War. To be noted, this movie is not for all, but for lovers of war movies and all that entails, this movie certainly holds its ground.

7. The Keys of the Kingdom – NR (good for kids on up):

Promoting introspection and playing on themes of faith, *The Keys of the Kingdom* is truly a wonderful film that will last the ages. The lessons are incredibly valuable and will certainly help even in our modern lives.



a word to the wise:

By Florence Kam and Milcah Ntende

our compilation of senior Do's and Don'ts

"We're happy, free, confused, and lonely at the same time. It's miserable and magical, oh yeah. Tonight's the night when we forget about the deadlines, it's time." First off, this isn't an article about Taylor Swift. It was just a good way to intro our article. For those of you wondering, no, we're not turning 22. We're actually seniors soon to graduate from Upper School, but before we go off to college, we've taken some time to come up with advice for not only future seniors but all students. By the time that y'all get here, most of you will probably be eagerly anticipating a blow-off party year. Well, please know that it's not—unless you intentionally try not to do well in school, which, in our opinion, is definitely not smart. You're entitled to your own choices, though, so you can tune us out if you want. However, if you actually value our advice, read on. Maybe you'll get a new perspective on your years through school, senior year, and how to enjoy your last hurrah.

the do's

1.

Manage your time wisely!

If you like waking up the same day you go to bed, then by all means, binge-watch Netflix.

2.

Participate in school life!

Attend football games and fine art productions. Showing your school spirit can actually be fun!

3.

Read *Crime & Punishment*!

Shmoop or Sparknote your way through the quizzes, but do read the ending. It's beautiful. You may learn a thing or two! (Crazy, right?)

4.

Make new friends!

Who knows? You might go to college together.

5.

Interact with younger grades!

Younger kids look up to you, and you can make a positive impact whether through DIGs, Bible study, or even a kind word.

6.

Talk to your teachers!

After all, they're the ones who will write your college recommendations and surprisingly, they're full of life advice.

7.

Take breaks!

We're pretty sure even the übermensch needs to get away from the busyness of college apps and social life sometimes.

8.

Get involved!

Find something you're really passionate about, not something that will make you more appealing to colleges.

Don't procrastinate on college apps!

Save yourself some panic attacks and late-night cramming sessions.

1.

Don't go off campus all the time!

You might want to save some money for college. SAGE does have decent food, you know.

2.

Don't blow off school!

Maybe you've already been accepted to your college of choice. But you can still do your best in school and learn. Your parents are paying their hard-earned money for it.

3.

Don't stress yourself out!

We won't lie. It will be overwhelming, but remember... it's the climb.

4.

Don't get too prideful!

Just because you're the oldest does not mean you're superior to everyone else.

5.

Don't waste your time trying to look nice!

Honestly, it's just Upper School. Sleeping > trying to impress the opposite gender.

6.

Don't be a people-pleaser!

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." —Dr. Seuss

7.

Don't worry about the future!

Life is too short for you to constantly fret. Enjoy your last days of Upper School.

8.

the don'ts

This is "the beginning of a new story—the story of [your] passing from one world into another, of [your] initiation into a new unknown life. That might be the subject of a new story, but our present story is ended." With these pieces of advice, we are confident you will enjoy every second of it... well, maybe not the homework.

hidden gems: my cup

By Lili Figueroa and Julia Wickes
Photography by Lili Figueroa

It isn't everyday that you make a discovery, not just any discovery, but *the* discovery: a hidden gem. While we all love our Whataburger, Chick-Fil-A, Spring Creek, and Starbucks, there is an entire world out there waiting to be explored. This is the world of the hidden gems. The places that absolutely deserve your time, and hey, we all like food, right? For that reason, your mission, should you choose to accept it, is to embark on a culinary expedition. Go. Get out. Eat. Drink. Be merry. Most importantly? Broaden your horizons. Expand your culinary palette. Have Fun. Need some help? Well, that's where we come in: we have searched all the key places in Dallas and compiled lists of the best of the best. Next stop? Coffee shops, barbecue, and desserts. With an empty stomach, an indescribable excitement, and a salivating mouth, let's take this journey together.

In the Dallas area alone, there are one hundred and twenty-six Starbucks locations, but what about the independent, hole-in-the-wall coffee shops? Throughout Dallas, there are vast numbers of coffee shops that showcase local musicians and artists, each providing great coffee, unlike any Starbucks. These independent coffee shops make us feel at home while they feed our caffeine addictions, and there is true comfort in these hidden gems throughout the city, beyond the hustle and bustle of mainstream places like Starbucks. We explored a variety of coffee shops in a search for the best ones, and here are our findings.



Located on Beltline Road, Dunn Bros. Coffee is a great place to stop by if you're near school and want your coffee fix. While there are multiple locations in the Dallas area, Dunn Bros. looks and feels as if it is independently owned. By showcasing local artists and photographers, the shop has a unique comfort that every coffee shop should have. Their prices are inexpensive, with most drinks costing no more than \$3.00, and traditionally, they have various lattes, mochas, and black coffee. This isn't their specialty however. For the non-coffee lovers out there, Dunn Bros. also serves hot chocolate and

smoothies. Got a sweet tooth? If so, in addition to their drinks, cookies, muffins, brownies, and cinnamon rolls are just a few of the things you can buy if you're craving something sweet. Need lunch? If the answer is yes, there are plenty of sandwiches and salads to choose from. Need a new breakfast place beyond Chick-Fil-A? If you have time before school, they also offer breakfast items, such as parfaits, oatmeal, and breakfast sandwiches, which go perfectly with a cup of coffee. Need a place to hang out? Well, they have that too with plenty of comfortable seating as well as free internet. Dunn Bros. is an ideal place to come after school and have some coffee while working on homework and straying from the stereotypical Starbucks path. As for our official recommendation, their vanilla latte is a perfect pick-me-up for whenever you have a late night. (We know from experience...) If you become a frequent customer, they even have a rewards app that can earn you free coffee! Dunn Bros. is an excellent place to pick up your morning coffee, lunch, or an after school treat!

Next up is Drip Coffee! Drip Coffee is located in the heart of University Park on Lovers Lane, and with a colorful exterior, it is impossible to miss! Locally owned, this coffee shop roasts their own coffee beans in small batches, creating a fresh, unique, and flavorful taste. By using the "drip" method of making coffee, from which they

of joe

get their name, the coffee shop ensures that each batch of coffee has the boldest taste possible. (And by bold, we mean bold) Ready for the best part? For such a high quality cup of coffee, the prices are reasonable! Coffee prices vary depending on the specialty of the drink, but refills for drip coffee (the usual coffee) are only 50 cents (be careful not to go overboard or you will be up all night! We speak from experience... again). The menu is simple, offering drip coffee, cappuccinos, lattes, and iced coffee. Got food? They also serve dessert items, such as cookies and pastries. If you visit, be sure to order the brain freeze, which is their version of a frappe. If you're looking for a place to relax, however, keep in mind the design of the shop is very modern, and the seating options aren't the most comfortable, so maybe take this coffee to go. With speedy and friendly with-a-smile service Drip Coffee is another great place to find a great cup of coffee at a locally owned shop.

Last but certainly not least, Opening Bell Coffee offers everything anyone could dream of in a coffee shop. Located on South Lamar Street in Downtown Dallas, Opening Bell is well worth the trip. The shop itself is located underground, adding to the charm of this incredibly unique shop. Note: They brew their coffee until 10:00 p.m., Monday through Thursday, and until 12:00 a.m., Friday and Saturday. On Sundays, they stop brewing at 2:30 p.m., so be sure to get there early! Fear not, non-coffee lovers! In addition to coffee, they also serve sodas and smoothies. Their breakfast, lunch, and dinner items are served all day, and they also sell food from local vendors, such as Hypnotic Donuts from Deep Ellum, Henry's Ice Cream, and

Snappy Salads. Need any help deciding? Well, let us give you our two cents. Be sure to try their original creation, the Coffee Cooler, a milkshake with coffee added to it. Not only is it absolutely delicious but also one in a million. This drink will definitely have you coming back as a regular customer. With free internet and a comfortable, friendly atmosphere for you to work or talk to friends, this is the ultimate hangout spot. But wait—there's more! One of the more unique aspects of Opening Bell is that they have live music a few days a week. Songwriters perform on Monday nights, and Tuesdays are open mic nights at Opening Bell Coffee. If you are brave enough, jump on in and perform! That will definitely come with many memories. On Fridays, the most talented singer-songwriters take the stage and always give a great performance, so this is our personal favorite time to stop on by. If you are ever going to the Palladium, and need some energy before a concert, or are willing to make the trip out to downtown Dallas, be

sure to stop by Opening Bell! You won't regret it!

Dunn Bros., Drip Coffee, and Opening Bell are just a few of the great locally owned coffee shops in Dallas. Next time you need your dose of caffeine, forgo your usual Starbucks drink and check out one of these coffee shops.



hidden gems: the texas

By Abby Mathai
Photography by Abby Mathai

Texas. People say we've got some of the best barbecue around, and we do not disappoint. Oh, you think the best is actually South Carolina or Tennessee? Well, y'all definitely have not experienced the mouthwatering barbecue restaurants Texas has to offer. Thankfully, some of that amazing barbecue is right here in Dallas, which consistently ranks as one of the best cities for barbecue in the country. After searching high and low for restaurants that have mastered the art of barbecue, these restaurants passed with flying colors. Let's chow down!

The first restaurant to receive a gold star from us would be Pecan Lodge, now located in Deep Ellum. Family owned and operated, Pecan Lodge started from humble beginnings, serving food from the back of a pick-up truck. Now, the business has a prime location in Deep Ellum that never fails to be overflowing with hungry customers! Stepping into the restaurant, you notice a definite family-friendly, Southern feel. As you get closer to the counter, an endless debate regarding which mouthwatering entrees, sides, and of course, desserts to order begins in your head (and stomach!).

Best and worst thing about Pecan Lodge? Because their food is so delicious, item after item is rapidly marked off their chalkboard list of menu items—just in the time period of waiting in line! Due to their surplus of customers, they have a first-come, first-served policy, and because they make everything themselves, when they run out, they run out. For this reason, you must show up early to get your favorites, but do not fret however,



because no matter what you choose you will never be disappointed.



From the cooked-to-golden-perfection Southern fried chicken, to their pulled pork or brisket, there is no wrong choice. Didn't think Pecan Lodge was a must-try yet? Well, there is still the "Hot Mess," a jumbo, sea salt-crusted sweet potato with South Texas barbacoa (shredded brisket with Southwestern seasoning), chipotle cream, cheese, butter and green onions, an item that has graced the menu from their pick-up truck days. (Sounds like heaven, right!). Of course they offer scrumptious sides to accompany the meal, but I'm sure you would rather skip sides for desserts. To complete the truly magical experience they offer three mouthwatering desserts, all of which could not be more perfect. If our seal of approval is not enough for you, *D Magazine*, *Texas Monthly*, and *Southern Living* have all given Pecan Lodge rankings as one of the best BBQ restaurants not

bbq rodeo



only in Texas, but the U.S. as well. They have also been featured on *Diner*, *Drive-Ins* and *Dives* with Guy Fieri.

With about 100 years of history behind it, Lockhart Smokehouse, the next BBQ restaurant to satisfy our search, moved from Lockhart in Central Texas to right here in Dallas. Recently, they opened another restaurant in downtown Plano, in addition to the one in the Bishop Arts District. Now Lockhart, they have their own unique way of serving BBQ. They believe to truly enjoy your barbecue, you must see it prepared. After mulling it over for a bit, you finally make the final decision on what to order. Then you watch your meat get carved right before your eyes as you stand in awe of the perfection unraveling right in front of you. Dinner and a show, am I right? Finally, it is

wrapped lovingly and tenderly in butcher paper for you to enjoy. Who needs plates when you are about to dig in Texas style? Another decision is looming: sides, which come in their own containers to compliment your meat. Hungry yet? Just wait until you finally dig in! The worst part? The walk to the table! Full of anticipation, you wish to finally enjoy one of the best barbecue meals you could ever find! Like a child on Christmas, one cannot help

but rip into that butcher paper to devour that perfect piece of meat awaiting you. Believe me, I have said it a million times before (and you know I would not lie to you now!), there is no possible way to be disappointed by the flawlessness of their barbecue. All the meat, from the brisket to the ribs, practically melts in your mouth with a smoky flavor, a little spice and an irresistible smell of barbecue. In the grand scheme of things, we all know that the meat is what truly counts! Lockhart Smokehouse absolutely knows how to barbecue, and just like Pecan Lodge, they have been praised and applauded by *Southern Magazine*, *Texas Monthly*, *D Magazine*, and many others.

So, next time you find yourself in Deep Ellum, downtown Plano, or Bishop Arts with a hankering for some A+ barbecue, mosey on down to the Pecan Lodge or Lockhart Smokehouse and dig in. Embrace your inner Texan: peace, love, and barbecue!



hidden gems: a sugar

By Parker Heard
Photography by Alisa Coley

There are two types of people in the world: those who wait and eat dessert last and those who eat dessert first... If we really want to get crazy, there is a third type, the best type, the type that eats meals entirely comprised of dessert. While we cannot officially promote doing that for health reasons, we can definitely tell you that it is amazing... until the sugar hangover and horrible stomach aches that come soon after. I'm speaking from experience, people. How else do you think I wrote this article? From popsicles to cookies, and from cupcakes to snow cones, the possibilities are endless, and one might find oneself not quite sure about what hidden places to try. Luckily for you, I did the work for you! Below is my definitive list of hit restaurants in Dallas that are sure to satisfy your sweet tooth!



Steel City Pops

(5 out of 5 stars)

2012 Greenville Ave, Dallas, TX 75206

One of the more notable dessert places in Dallas and favored by Trinity kids is by far one of the coolest: Steel City Pops. Though I had heard about this place a lot, I had never actually been, and I was not disappointed in the slightest! Steel City Pops are all natural or certified organic, and are all gluten-free and vegetarian.

There are no artificial flavors, colors, or preservatives—in other words, just pure goodness! Besides having delicious treats, Steel City Pops is located in a cool part of Dallas where you are free to walk around and take a lot of cool Hipster pics for Instagram with your pop. #SteelCity #Delicious. Feeling adventurous? Try some of their crazy flavors, such as Strawberry Balsamic, Majarete, Hibiscus, or Tamarind. Best part? This place never gets old! By rotating their flavors seasonally, Steel City Pops constantly leaves you coming back for more.



Pokey O's

(4 1/2 out of 5 stars)

3034 Mockingbird Ln, Dallas, TX 75205

Located literally in the backyard of SMU (GO PONIES, by the way) this great little place combines two of my favorite things: cookies and ice cream, building

an incredibly beautiful and indescribable creation. You start off by choosing from a selection of 13 kinds of gourmet cookies, including Chocolate Chip, Fudge Nut Brownie, Coconut Chocolate Chip, Cappuccino Chocolate Chunk, Snickerdoodle, and White Chocolate Cranberry, to build your own one-of-a-kind sandwich. But wait: the crucial decision of which ice cream to get out of the 15 flavors comes into play. With all the options, there are over 3000 possible cookie-ice cream combinations! The only drawback is that it is a bit much; this place is not for those that have weaker stomachs because the sandwich as a whole is very, very rich. Consider yourself warned.



Sno

(5 out of 5 stars)

7814 Meadow Rd, Dallas, TX 75231

This is truly a hole-in-the-wall kinda place, absolutely no glitz or glamour here (and I mean it!). But let me tell you that this is by far my favorite snow cone place ever! Sno puts Bahama Bucks to shame (but they don't have those cool umbrella things that Bahama Bucks has, which stinks). Sno provides all the typical flavors like Cherry, Tiger's Blood, etc., but the syrup they use compares to none other! Another reason that makes Sno different from most snow cone places is that you

high

can add fruit and other sweets into your snow cone! I must say that Sno is located in a bit of a rougher part of town, not unsafe, but rougher, so keep that in mind.



The Cupcakery

(2 1/2 out of 5 stars)

2222 McKinney Ave., Ste. 230, Dallas, TX 75201

Honestly, I was a bit disappointed by the Cupcakery. Having heard many great

things about it, it sadly did not live up to the hype. In all fairness, it's still a cupcake, which means it will taste good either way. On the upside, they do have unique flavors of cupcakes like Tickle Me Pink, Southern Belle, Strawberry Lemonade, and Boston Dream. The cupcakes weren't amazing, and I personally will choose Sprinkles over The Cupcakery every day of the week, but cupcakes are cupcakes. All in all, the Cupcakery wasn't that bad, and the interior was quite cool and gave off a nice vibe. Plus, the cupcakes are neatly displayed on cute little plates if you eat them there. In short, it was a good experience, just not a place I'm going to recommend to a friend as a must try.



Sweet Mix

(5 out of 5 stars)

1811 N Greenville Ave., Ste. 300, Richardson, TX 75081

Wow, just wow. This place has a wide variety of desserts including crepes, waffle sandwiches (trust me, they are amazing), snow cups, and lots of different boba drinks, bubble teas, and milk teas. This is a place you don't pass by! We were also



drawn in by the assortment of games to play while enjoying our desserts! You'll want to try it all!

Twisted Root Burger Co.

(3 1/2 out of 5 stars)

The Shops At Legacy, 7300 Lone Star Drive C150, Plano, TX 75024

You might be asking yourself: why did a place known for burgers and root beer make the list for best desserts? Well, my answer is simple. While the taste of their burgers is undeniable, their milkshakes go largely unknown. Now, you may still be confused on what makes the milkshakes different, and the clear answer in this case is unique flavors, primarily that of the Fat Elvis, a milkshake that combines chocolate, peanut butter, banana, and... wait for it... bacon! 'Nough said, am I right? Everyone should try this at least once! Hey, you can always use it as bragging rights—many people would be incredibly jealous of your bacon-venture.

Still reading? Well, stop (for now at least!) and go try some delicious desserts! Make sure not to go overboard, however, or you will regret it afterwards!

SAGE Creations

By Lauren Roquemore

Illustrations by Blake Ellis

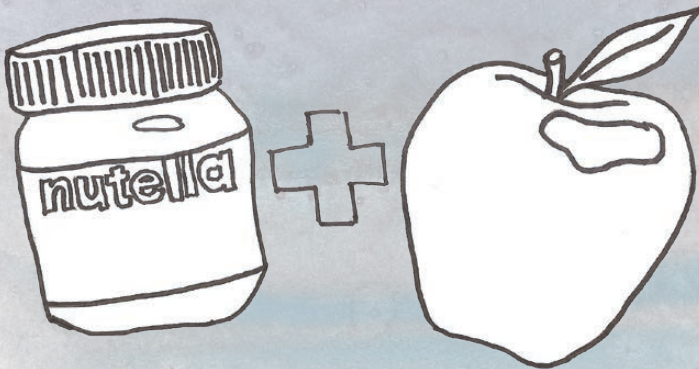
We all love the “break in our dreary lives” during Monday morning announcements with Mr. Morrill, guessing the lunch menu animations. It may be fun, but perhaps not all of us feel like chowing down on turkey tacos or beef macaroni (certainly not you pescetarians and vegetarians). However, you don’t have to go off campus to enjoy a delicious or healthy lunch! There are many creative ways to whip up a unique meal with the food that SAGE provides.

First Station: The Salad Bar!

Not only will you find vegetarians, teachers, and wrestlers here, you will also discover a wide variety of veggies and salad leaves. But don’t give up at the sight of spinach! Keep going and you’ll find different types of noodles and condiments that SAGE rotates every single day. Senior Sam Sadler has perfected her specialized salad/fruit creation:

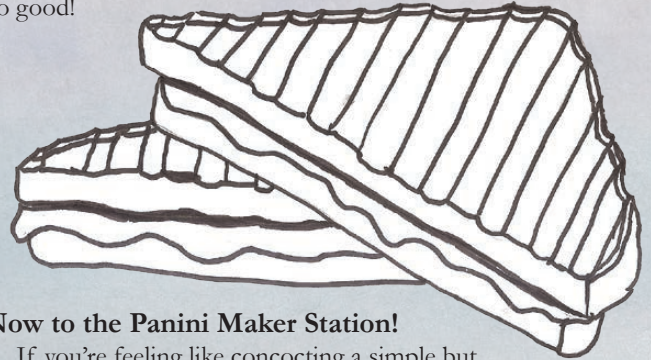
Sam’s Birdseed:

- 1) Add a layer of dried cranberries to the bottom of a small Styrofoam bowl.
 - 2) Fill the bowl to the bottom edge with sunflower seeds.
 - 3) Personalize your makeshift granola!
Either...
 - A) Add about a tablespoon of honey to the top
 - B) Add a packet of Nutella to the mix
 - C) Add a peanut butter packet
- Now mix and enjoy!



Next, to the Yogurt Bar!

SAGE almost always has strawberry or vanilla yogurt available. Karoline Fields and Charidy Lee love to make mini-parfaits by topping their yogurt with fresh cantaloupes, grapes, or whatever fruit is at hand. On Fridays you can be even fancier by adding the granola raisin coconut mix to your yogurt bowl. So good!



Now to the Panini Maker Station!

If you’re feeling like concocting a simple but yummy treat, try Rachel Doshier’s creation: just dollop honey onto a plate of pita chips. It’s fast, easy, and delicious. If you’re craving a sandwich, all you need is two slices of bread, peanut butter, honey, a banana, and one hot panini maker (Hint: the middle one works the best). Just toast the bread, spread on peanut butter, squirt some honey, and place a sliced banana between your two pieces of bread and...Voila! (Creds go to Emma Kate Lui for this sandwich!)

So what are some ways to personalize the actual entrée meals that SAGE serves? If it’s taco day, and you want to stay in line to maintain close proximity to the churros, you can still spice up your meal by making a taco salad. Just ask for a plate of meat and then scatter some lettuce, tomatoes, onions, and salsa on top. If you’re feeling really creative, you can even make quesadillas with the tortillas and shredded cheese.

And the Soup Station!

Try dipping some pita chips into your favorite bowl of soup. Also, Asian or not, you can add a spicy kick to your soup with sriracha sauce which can be found on the shelves by the yogurt. Just be careful not to add too much, or your tongue will catch on fire! Speaking from experience here.

Final stop: Drinks!

We can’t forget about the beverages. All this food talk has been fun but what about drinks? Amanda Trostel likes to mix different SAGE flavors from the juice machine. Her concoction tastes like a combo of kool-aid and fruit punch.

So next time you feel like mixing up your lunch, keep these creations in mind. Feel free to discover your inner Ratatouille and go explore your own recipes! Bon appétit!

The Immigration Issue

By Lauren Roquemore

For those of you who keep up with the news, you know that three things dominated our national agenda last fall: the growing threat of ISIS, the Ebola outbreak in West Africa, and the unprecedented surge of Central American children crossing the Mexican border. Particularly for Texans, the issues of Ebola and illegal immigrants are right at our doorstep. This humanitarian crisis simply cannot be ignored nor can the political associations be dismissed.

Many of the children flooding across the border are from poor, gang-ridden countries like El Salvador, Guatemala, and Honduras. These three were among the five most dangerous countries in the world in 2013. Many Republicans are calling for Immigration Reform and a swift end to Obama's DACA (Deferred Action for Childhood Arrivals), which stipulates that undocumented children may remain in the U.S. for two years and receive a work permit. Republicans claim this law encourages desperate parents to send their children on the dangerous journey

across Central America to the United States. Some Republicans argue for the strict and immediate deportation of all illegal immigrants to send a strong, clear message to Latin America.

Responses to the border crises have varied from angry protests in California to the open doors of Arizona churches. Although these are two very different responses to illegal immigrants, both groups are hoping to bring awareness to the need for immigration reform. For the legal immigrants who are allowed to remain, how difficult is the road to American citizenship?

As a second generation American, I've always been curious about the process of how my mom became a legal citizen, so I decided take a naturalization test. The naturalization test for citizenship is broken into two tests: The English test and the civics test which includes history and government information. You are asked 10 questions out of a possible 100 questions, and in order to pass, you must get at least 6 out of 10 correct. Take the sample test below and see if you would qualify for American citizenship!

1. What is one responsibility that is only for United States citizens?

- a) Serve on a jury b) Be respectful of others
- c) Pay taxes d) Obey the law

2. What is the name of the Vice President of the United States now?

- a) Dick Cheney b) Al Gore
- c) Joe Biden d) Barrack Obama

3. When is the last day you can send in federal income tax forms?

- a) May 15 b) April 15
- c) March 15 d) July 4

4. Name one war fought by the United States in the 1800's.

- a) World War II b) Korean War
- c) Civil War d) World War I

5. If both the President and Vice President can no longer serve, who becomes President?

- a) Speaker of the House b) Secretary of the Treasury
- c) Secretary of State d) President Pro Tempore

6. Why does the flag have 13 stripes?

- a) The stripes represent the number of signatures on the U.S. Constitution
- b) The stripes represent the original colonies
- c) It was considered lucky to have 13 stripes on the flag
- d) The stripes represent the members of the Second Continental Congress

7. Name one right only for United States citizens.

- a) Attend public school b) Run for federal office
- c) Freedom of speech d) Freedom of religion

8. When was the Constitution written?

- a) 1789 b) 1787
- c) 1790 d) 1776

9. Name one U.S. territory.

- a) Haiti b) Cayman Islands
- c) Bermuda d) Guam

10. What does the judicial branch do?

- a) Reviews laws b) Resolves disputes
- c) Decides the constitutionality of laws d) All of the above

If you got six or more right, then congratulations: you're on your way to American citizenship! (Or rather, since most of us are already citizens, you just confirmed your status as an American!) Now imagine studying for and taking this civics test without English as a first language. On top of this Civics test, you would also have to take the English test which assesses reading, writing, and speaking skills. This is the process that immigrants must go through in order to obtain our much valued citizenship. Hopefully this sheds some light on the struggles and work that each immigrant encounters on the journey to American citizenship. Hopefully it also gives you a new appreciation for your own citizenship.

Answers to questions: 1. a 2. c 3. b 4. c 5. a 6. b 7. b 8. b 9. d 10. d

Senior Spotlight

By Bryce Couch

Photography provided by the Yearbook

Upper School students hear it time and time again—work hard and you will go places. Yes, thanks for the commentary and the seal of well wishes and approval, but when it comes to college, this is an incredibly unhelpful remark. Rather, students seek advice, direction, and more than anything a person to listen to them in this unbelievably stressful period of time. Thankfully, college is in sight, but first, we all have to get there. After months

of hard work, the TCA Class of 2015 has finally jumped the hurdle, and in just a few months, we will all be attending college. In order to help the seniors-to-come, I have compiled a list from various students with different interests, schools, and career aims in order to shed some much needed light on one of most time intensive parts of the senior year.

Noah Clark

College: Georgetown University

Field of Study: Biology/Psychology

What do you want to be, career-wise?

Along with being a student, I will also be playing baseball at Georgetown, so if baseball doesn't end up working out, I would love to be a psychiatrist to either teens or adults.

Advice on the process:

It may sound silly, but make sure you like the school and that you can actually see yourself attending. Do not just tour your parent's alma mater or where everyone else is going. So many people do that, and you could be missing out. Also, see if there are tours exclusive to what you are considering studying. I visited UT and did a tour of the science department, and it was incredible.

Something you have learned:

Be as involved as you can in communicating with schools, they actually notice that you want to attend. Especially with a sport, you need to set your priorities and go after them.



Taylor Hayden

College: Dallas Baptist University

Field of Study: Elementary Education

What do you want to be, career-wise?

A second-grade teacher

Advice on the process:

Take your time with applications, but don't let them overrun your life. When you go to the school it's important to consider if you feel at home there because that's the best way to know if it is right for you. Ask the students there about their favorite part about going there.

Something you have learned:

It is okay not to know exactly what you want or where you want to go. Wherever you end up is exactly where you're supposed to be. Make sure your plans are flexible because sometimes they change, and you have to be ready to accept that.



{College Advice}

Waverly Kundysek **College:** Pepperdine University

Field of Study: Studio Art and Education

What do you want to be, career-wise?

I would like to be a child art therapist, where I could teach art to sick or disabled children in hospitals or at their homes.

Advice on the process:

Visit as many schools as you can! The school itself will be the most helpful in providing information and answering questions you have (Don't be afraid to ask). Not only are you submitting an application of interest, but they are eager for you to come to their school! If you have the opportunity to stay with a friend at a school, definitely do that as well. Visiting the school, staying with friends, and staying in close touch with my college advisor helped me choose the right school!

Something you have learned:

The Lord already knows where you will attend college and what you will do for the rest of your life. Through every application, resume, and visit, God will guide you to the right decision. It is really easy to forget this during the stress and chaos of applying. But God is with you and will use your passions for a greater plan. It's exciting really.



Blake Ellis **College:** Kansas State University

Field of Study: Architecture

What do you want to be, career-wise?

An architect

Advice on the process:

Try to find out what classes you can take now so that you won't have to worry about them in the future. Try to schedule a college visit on a Friday so you can spend the weekend to get a feel for the school.

Something you have learned:

I learned that the college guidance counselors are going to be your best friends in the college application process. They're a major help whenever you have any questions.



senior shadow day: the good, the bad, and the ugly

By Sam Sadler

Illustrations by Caitlin Stephens

One of the many perks of being a senior is getting to spend time shadowing people from your dream professions. Observing these successful men and women serves as a real eye-opener: while some people fall in love with the profession they shadow, others completely abandon their pursuits. Why? Hands-on experience in a field you are interested in provides a priceless opportunity to see where you might be spending the rest of your life. This is a big decision, and formal education and research can only prepare you so much.

This past Senior Shadow Day, many of our peers had incredible experiences observing a variety of professionals, including doctors, lawyers, and veterinarians. Bryce Couch, Lexi Coley, Emma Gabriano, and I all had different responses to the professions we saw firsthand. Hope these experiences give you an idea of what to expect on Senior Shadow Day!

Bryce Couch: *Lawyer-ific!*

An aspiring lawyer, Bryce Couch shadowed at the Lovelace Killen P.L.L.C. law firm. “It is actually where my sister just started to work,” says Bryce, “so I shadowed her for the most part.” Spending time on the office side of law showed him what it’s like for lawyers outside of court appearances. Between the drafting, research, and follow-ups

with clients, there’s much more reading and writing than in lawyer-themed TV shows. “It was cool to see the other end of that process!” says Bryce. Without personal, hands-on experience in the field, he wouldn’t have as rounded of a view of law. After his awesome experience, Bryce can claim with even more confidence, “I want to go to law school.”

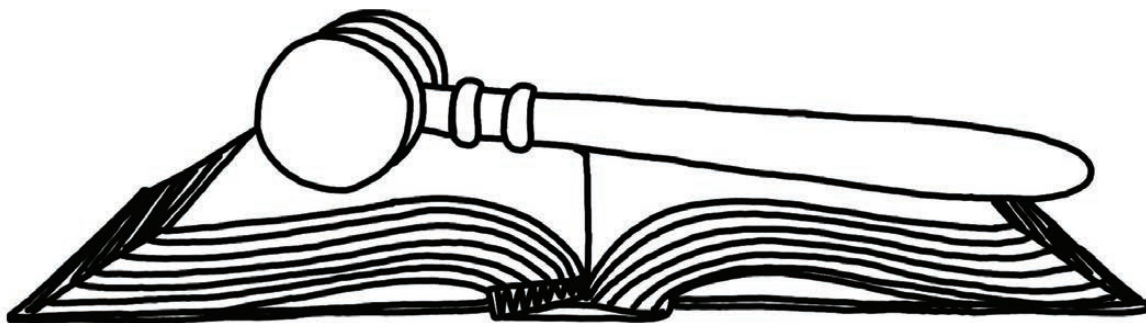


Lexi Coley: *Vet-tastrophy!*

Apparently, working in a veterinary clinic isn't a simple walk in the dog park. “You would think it’s all puppies and kittens,” says Lexi, “but there are those animals that are in need to help, like the dog that we prepped for the mass removal because she had breast cancer.” Lexi spent her Senior Shadow Day at the Canyon Creek Animal Clinic, following a veterinarian as she saw a handful of patients. This job proved to be much more intense than Lexi originally thought. Though the love the owners had for each

pet was inspiring and heart-warming, she wasn't a fan of the unexpected amount of blood and guts involved. This more complete picture of veterinary medicine turned her away from the field instead of drawing her to it. However, the day was not wasted! “I loved the time I spent there, but veterinary medicine is not the job for me, sadly,” Lexi explains. “It definitely let me mark something off my list of possible careers, which is nice because I’m now one step closer to—hopefully—finding exactly what I want to do.”





Emma Gabriano: *A “Range” of Motion*



In the field of physical therapy, there are a large range of specialties such as sports therapy, post-operational therapy, and occupational therapy. Interested in becoming a physical therapist but wanting to expand her general knowledge on this subject, Emma shadowed an occupational therapist (OT) at Texas Health Resources. This particular OT focuses on hands: “she does various exercises with the patient so

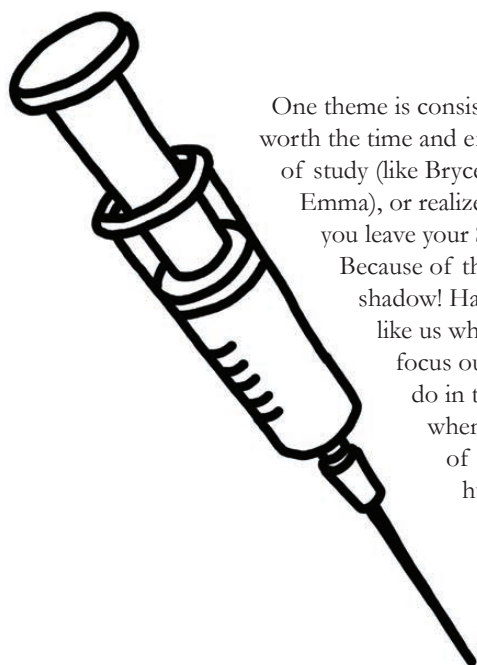
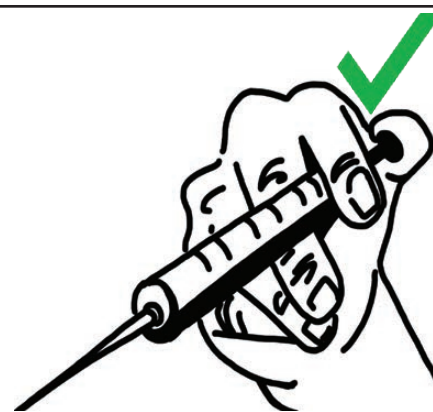
that, over a period of time, the patient will have full range of motion,” explains Emma. As the therapist traveled from patient to patient, she explained what was happening with each case anatomically. “I want to be a physical therapist for athletes specifically, but an OT is in the same category,” says Emma, still convinced of her original goal but glad she saw another facet of the therapy field.



Sam Sadler: *Got surgeon?*

Since entering Upper School, I have spent over 100 hours in the operating room, completely dressed out in surgical scrubs, shadowing doctors. This time, however, I was given ultra-special clearance in Baylor Medical Center Dallas to shadow a neurosurgeon, which is the type of surgeon I hope to be. Standing inches away

from the anesthetized patient and literally seeing the exposed spinal chord with my own eyes was such an incredible, rare experience for someone my age and with my early commitment to medicine. I am so blessed to have had such an opportunity, and I am further convinced neurosurgery is the route for me!



One theme is consistent through everyone’s shadowing experience: it was worth the time and effort. Whether you are confirmed to an exact field of study (like Bryce and I), are exposed to a new but similar field (like Emma), or realize that a job is not what you had expected (like Lexi), you leave your Shadow Day with something priceless: an impression. Because of this, be very careful and wise about who you choose to shadow! Hands-on experience is a real game-changer for students like us who will be leaving for college soon (yikes) to further focus our studies, so being more certain of what you want to do in the future is incredibly helpful. The bottom line is this: when life gives you Senior Shadow Days, make the best use of your time, and don’t let them go to waste. There’s a huge world out there full of millions of different jobs, so get out there and carpe the diem!





Our Last Good Word

By Lexi Coley

Look up! Please just look up
The sun is bright as ever and your life begins.

This is the day.

Please look up

Don't let your chin sink to the shadow there.

Your life begins here

It is the day of the forget-me-nots and the baby's breath

You've worried,

Over time,

Over significant things,

For this moment

Why won't you just look up?

The sun is making my eyes squint and you...

Still looking down, but why?

Here, take my hand,

Walk into the sun with me.

Feel the sun on your forehead?

Yes, that is life.

Let me take your hand.

Have you ever seen anything so beautiful?

Let's walk over there,

And survey the horizon,

Where I hear the promise lies.

Today is the day

And you are a beacon.

Look up! Please keep looking up

The sun is bright as ever and your life begins.