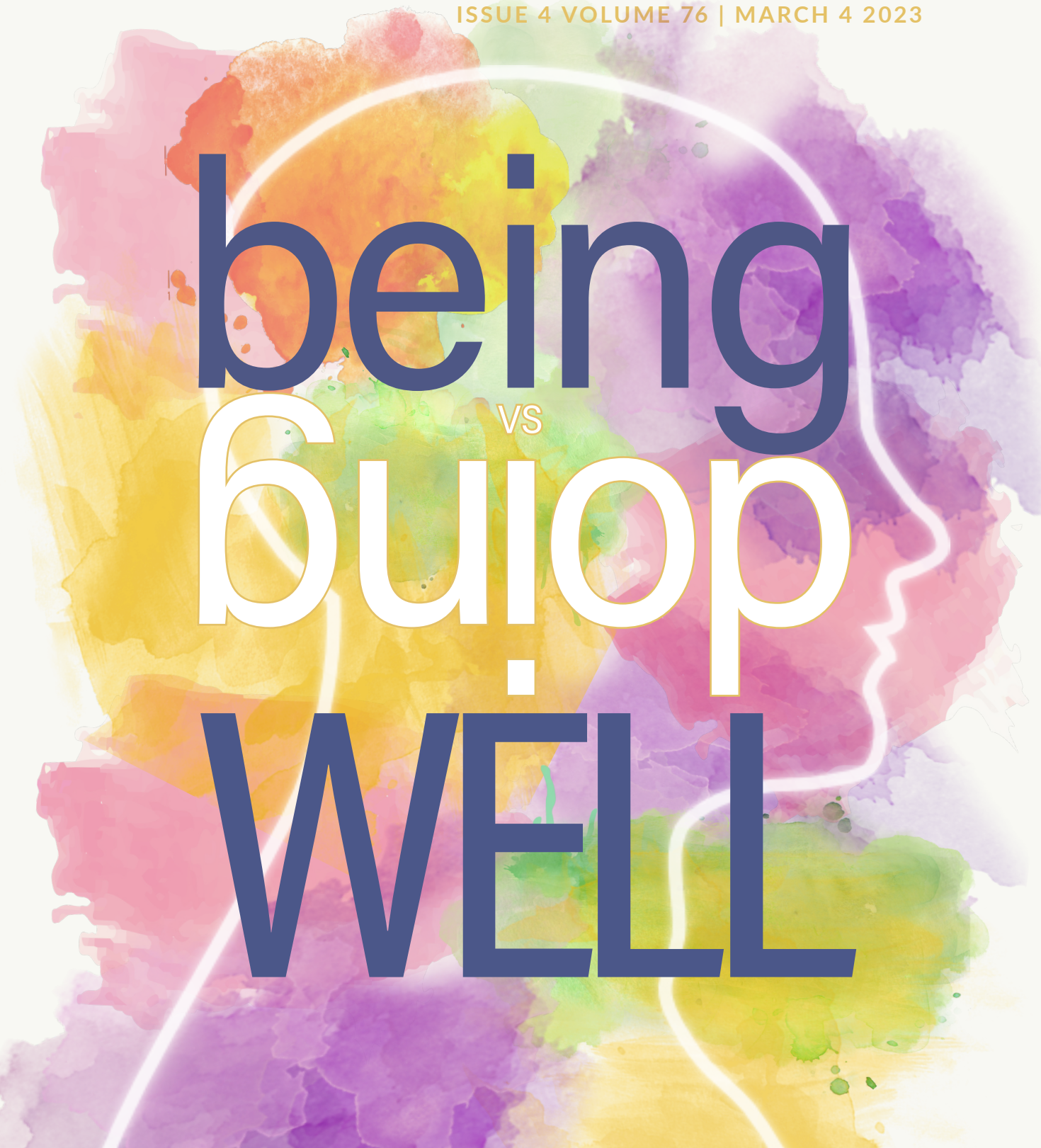


THE FALCON

ISSUE 4 VOLUME 76 | MARCH 4 2023



being
vs
burning
WELL

EDITOR'S LETTER

Dear Reader,

It's no secret that pressures are high for students here at Kinkaid. We push ourselves to take the hardest classes to be set up well for the college admissions process. We fail to prioritize our sleep because we want to cram in that last bit of information before the test. We try to do every activity under the sun because that is what the ideal Kinkaid student is "supposed" to do.

But this isn't healthy. Occupying every moment of our day without stopping to take a break is detrimental to our mental, emotional and physical health. As students, we can't continue to sacrifice our wellness at the cost of achieving these lofty goals.

Luckily, there are many ways to stay well, both on and off the Kinkaid campus. In the process of writing this cover story, I thoroughly enjoyed hearing from both student and administrative perspectives regarding where Kinkaid has successfully implemented wellness initiatives and where there is room for improvement.

Wellness is an ongoing process. There will always be room for improvement, room for growth. But I encourage every reader to take some time to think about what you can do to prioritize your wellness. You may find that it changes your life for the better.



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SENIOR ORGANIZES CONCERT FOR MENTAL HEALTH

Joycie Brass coordinated the “Music for the Mind” concert to raise money for the National Alliance on Mental Illness

Story and design by Madison Burba and Ellie Mehta

Students, teachers and parents alike gathered in the quad, cheering and dancing as the Electric Lunch Band played its rendition of “Bennie and the Jets” on stage. Students browsed a proud display of ceramic mugs, T-shirts and freshly baked goods that decorated tables.

Thursday the Feb. 16 marked the first-ever “Music for the Mind” concert featuring the Electric Lunch Band.

The concert, organized by senior and Electric Lunch Band member Joycie Brass, was organized to raise money for the National Alliance on Mental Illness, or NAMI.

Brass first got the idea after attending a similar student-led fundraising concert, and knew the Electric Lunch Band would be interested in mirroring something similar at Kinkaid.

Despite a plethora of causes to raise money for, Brass settled on mental health awareness.

“I’ve always been really passionate about mental health. I’ve done a lot of scientific research about mental health in independent studies so I was really excited,” Brass shared.

NAMI consistently appeared as a highly rated organization for mental health, according to Brass’ extensive research and was a perfect fit for Kinkaid because of its large Houston branch.

When Brass approached people at the organization about her concert idea, they jumped



at the opportunity to help coordinate the event, meeting with Brass in person and virtually to coordinate plans.

Planning the concert was no easy task; Brass spent over two months organizing the event.

“The planning process has been a lot of logistics. I was really lucky because I had a lot of people I could delegate, too, so I could work on the music. We have a really long set list, almost all new songs and coordinating with NAMI and the student bake sale and ceramic sale,” Brass said.

The Electric Lunch Band played “Back to Black” and “Bennie and the Jets,” among other crowd favorites.

They also invited other singers to come and showcase their skills throughout the concert, including Payton Daly who performed “Teenage Dirtbag” as the crowd sang along.

“It was a lot of fun to work with new people,” said junior Claire Hartung, singer for the Electric Lunch Band.

When the band approached junior Evelyn Mach who specializes in singing and playing the guitar, she jumped at the opportunity to perform and

Senior Joycie Brass playing keyboard with the Electric Lunch Band. Photo by Kimetris Baltrip

raise money for NAMI.

"It's a great way to bring the community together with music," Mach said.

In addition to sharing the stage with guest singers who performed with the Electric Lunch Band, they also welcomed other bands, including the famed men's acapella group, the Falchords.

The Falchords' presence at Kinkaid has diminished as members graduated, however, several upperclassmen saw the concert as a great opportunity to bring the group back together.

"We've been rehearsing weekly for about a month, but now that the concert is coming up, we've been practicing every day," said junior and Falchords member Chris Kositprapa.

Their practice paid off as the Falchords performed a flawless take of "My Girl" by The Temptations.

While the bands were performing, other students sold ceramic pieces and ran the bake sale to bring in donations.

Senior Sana Ghauri made her own mugs and plates to sell and collected other pieces that were donated by ceramics students.

"A lot of the pieces were made a long time ago and were pieces that were unglazed or unclaimed by ceramics students and I finished," Ghauri said.

The bake sale, organized

Junior Evelyn Mach performs with the Electric Lunch Band.

Photo by Madison Burba



by senior Helen Wexler, chair of Student Affairs Committee, was also an important way to bring in donations.

Wexler recruited members of the Student Affairs Committee to help bake goods and run the booth. "I'm really excited to see it come to life. It was a great idea for a great cause," said senior and bake sale volunteer, Mia Price.

Juniors Pierce Markowitz and Chris Kositprapa and senior Jaisal Kalapatapu sing "My Girl" by The Temptations with the rest of the Falchords. Photo by Kimetris Baltrip



3D PRINTERS

Even without formal semester-long classes, students can learn how to use machines to make useful products

Story and design by Ian Overman and George Kinder

The whirring and mechanical noises of the 3D printers filled the library classroom, as students excitedly worked together to design items and print.

Over Interim Term, Mr. Harlan Howe, technology coordinator and computer teacher, taught the class "Design to Print-3D."

Students worked together, learning the overall process of 3D printing, including producing creative ideas and making elaborate online designs that they would later print. They made objects such as keychains, whistles, phone holders, and even fidget spinners.

Although the 3D printing Interim Term class was extremely popular, there is currently not a 3D printing class during the normal fall and spring semester schedules.

However, Mr. Howe said he still strives to give students the option to take a year round or semester-long learning, focusing on 3D printing and design.

"We would like to [have a class] someday, but if people are interested they can kind of drop in and say 'Hey, I would like to learn', and I am happy to show them," Mr. Howe said.

Students who took this class discussed all the design techniques they learned and how much fun

they had with 3D printing.

Matthew Berman, sophomore, said that he took this class to learn about a new subject and to help gain knowledge that he could use for the future.

"It looked fun and I had outside experience with 3D printing and so I thought it would be a good class to help expand my knowledge on the subject," Berman said.

Overall, 12 3D printers can be found around the school, with 11 in the Upper School, and one in the Middle School.

Mr. Howe has been pushing for more 3D printers and more opportunities for students to learn about the printing process.

"I like the fact that you can make something from scratch that fits the need that you have. It's very special that formerly you would have to hand make something but with 3D printing, it only takes a matter of hours from your own home. If it fails, it was cheap and didn't take too long to make," Mr. Howe said.

The 3D printers are available to all Upper School students, and Mr. Howe would love to spread knowledge and information about 3D printing to anyone with interest.

"Just go talk to Mr. Howe and he walks you through the steps on how



Matthew Berman (10) demonstrates how to use one of the school's 3D printers.

to use it and as long as you tell him before each use you can print whenever you want," Berman said.

MEET THE STAFF

Net Ops adds new specialists



This year, Net Ops welcomed three new members to its staff: Mr. O'Neil Peterson, technology support specialist; Mr. Max Khavarian, help desk support specialist; and Mr. David Olivares, another help desk support specialist.

Mr. Olivares was working at the Village School when a position at Net Ops opened. One of his close Village colleagues who transitioned over to Kinkaid told him he should apply for the job opportunity as Mr. Olivares had been working in technology for around 10 years.

Mr. Olivares applied for the job, and now holds the position of help desk support specialist.

Mr. Khavarian, like Olivares, is also a help desk support specialist. He is a natural when working with tickets, so the job brings him a lot of joy.

"When anyone puts in a ticket - whether they have a problem with their computer or anything campus related - I will direct them to where they need to go if I cannot troubleshoot it," he said.

Mr. Olivares was referred to this job by a family friend who already worked at the school. He had no idea Kinkaid had even existed until he heard about the job offer.

"I've driven by this school many times and did not even know there was a school here," Mr. Olivares said.

The final new member of Net Ops, Mr. Peterson, found the job from a friend as well. His friend heard about the opening at and informed him about it.

"When this position opened up, [my friend] was like 'Yeah man, here's this job I think you would work well in,' and I wanted you to apply for it, so I applied for it, and I got it," Peterson said.



Max Khavarian



David Olivares



O'Neil Peterson

Story and design
by Will Burba

TEACHERS' PETS

Dogs add needed break from stress when they visit class during school

By Shaan Dhutia

Mr. Eric Emerson, Upper School debate coach, is known for his unconventional teaching styles, but his students' favorites are his pets.

Priscilla and Dodger are Australian shepherds from the South Texas Aussie Rescue. During the COVID-19 pandemic, when the Kinkaid debate team competed virtually, Mr. Emerson often brought Priscilla and Dodger to school and they were quite popular with his students.

"It was a lot of fun to play with the dogs in between rounds. It was a great break where

everyone could take their minds off debate for a minute and just chill, and they're so cute!" said Kaveen Shah, sophomore and debate team member.

Mr. Emerson emphasizes the importance of in-person interaction during this age of screens.

Playing with pets has been proven to have mental health benefits such as reducing cortisol and increasing serotonin levels in the brain.

"The dogs are great for reducing stress and the kids just loved having them around



as a break from the intensity of debate tournaments," said Mr. Emerson.

Priscilla and Dodger also helped bond the team members. According to Mr. Emerson, having the dogs around created a more comfortable and relaxed

CHIHUAHUA CRAZE

When you walk into the classroom for Ms. Vanessa Zamudio-Lara, Upper School Spanish teacher's, it's immediately apparent how much she loves her pets.

Ms. Zamudio-Lara, or *Profe*, as her students call her, currently has four chihuahuas and a cat named Dalí.

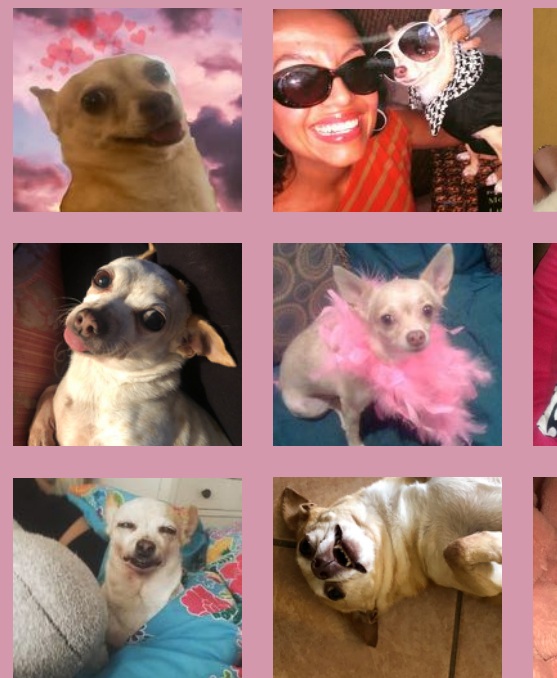
Profe described her dog Bailey as a perpetual puppy. Although she's almost 10, she's still always energetic and ready to play. But despite her playful personality, Bailey doesn't

always get along with others.

"She is the sweetest dog, but she's *un poca gordita*, so she's always searching for food, especially Dalí's. Every day I put his tuna fish in a dish up on his special chair so he can eat it, but he is a little bit dummy, so he always brings it down. That is not so smart because Bailey is always there to snatch it."

Holly Santita, her daughter, has a special connection with Profe.

"I believe that in a previous life, I was just like her, and that's why we get along so well. We're both tiny but mighty, and although she's only five and a half pounds, she thinks she is a wolf. She's the most protective lap dog, so once she sits on your lap, she owns you. If you need to move, you have to ask her permission," she said.



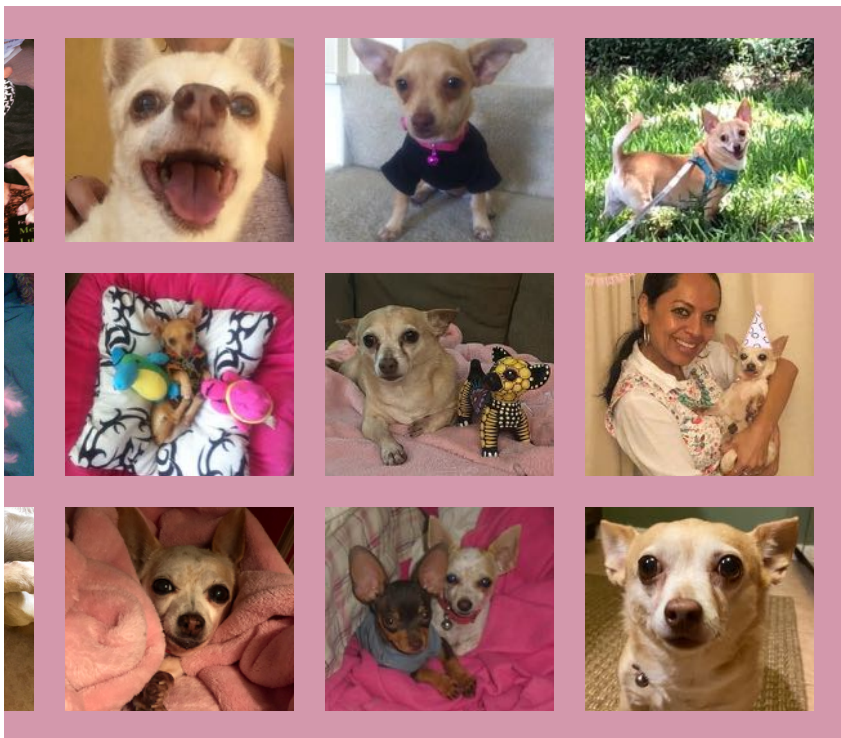


Priscilla and Dodger, debate teacher Mr. Eric Emerson's Australian shepherds.

Photo courtesy of Eric Emerson

atmosphere, which allowed the team members to connect with one another in a more informal setting.

This bonding experience translated into a stronger team dynamic and ultimately better performance during debates.



Moose, Mrs. Hawkes' Boykin Spaniel

RAINING CATS AND DOGS

Mrs. Jessica Hawkes, Upper School English teacher, has two pets that are sure to steal hearts.

Moose, a Boykin Spaniel, and Ralph, a black kitten, are known for their adorable antics and loving personalities.

Moose, or Moosifer, as Mrs. Hawkes calls him, is a bundle of energy who loves everyone.

"He's an idiot, and I say that lovingly," Mrs. Hawkes said.

Despite his playful nature, he's joining agility classes to give him a job.

Ralph is a typical cat.

"One minute he's loving and sweet and the next minute he's trying to claw your arm off," Mrs. Hawkes said.

Ralph was found under the hood of Mrs. Hawkes' husband's car during the freeze in Houston.

Ralph and Moose have become best friends and love making chaos. They enjoy cuddling and playing chase, but Moose is often unamused by Ralph's antics.

STUDENT CREATES FOR A CURE

Story by Eva Humble and Jordan Roberts,
Design by Eva Humble and Jordan Roberts



Elisabeth Bell poses with her creations at the Craft Fair.

Senior Elisabeth Bell creates trendy and stylish jewelry to support The National Scoliosis Foundation and to fund her own business

For senior Elisabeth Bell, what was once just a hobby that served as gifts for family and friends has now turned into a successful business that helps to raise money and awareness for the National Scoliosis Foundation, or NSF.

Selling jewelry is a large time commitment that Bell manages well in regard to the other aspects of her life.

She sells a variety of products such as bracelets, necklaces, earrings, rings, and more, taking various lengths of time to create them.

Bell, who has scoliosis herself, said she felt that her life-long hobby could be put to good use, so she began crafting a bead with a Peruvian company over email. Planning to use the bead for her bracelets, she designed it to have a green ribbon with a tiny graphic of a spine.

Ten percent of the profits made from her bracelets are given to the NSF.

Bell began in December 2020, following the start of COVID quarantine, and so far, Bell reports that she has donated 100 bracelets to girls with

scoliosis across the United States.

Since then, she was not only having success with the scoliosis bracelets, but more and more people began to become interested in the jewels she was creating for herself and giving as gifts.

"People started asking me to buy my jewelry and since I had a lot of downtime at home during COVID 2020, I decided to expand my hobby into a real business," Bell said

Over time, the company has grown from only selling bracelets supporting the NSF to many varieties of jewelry.

On top of making and creating the jewelry, she also has the entrepreneurial aspect of her job. Having both a website and Instagram page allows her to update her social media presence and take photos to share the work she has been planning and making.

In addition, she updates her financial spreadsheets regularly making sure that they are accurate as well as putting in time to prepare for local craft fairs or events. The craft fairs Bell participates in

on average take about eight hours.

She pitches her products to customers throughout the day as well as taking time in the morning and after her shift to set up and take down her booth.

Bell manages her time between schoolwork and her jewelry business by keeping her studies as her No. 1 priority.

She uses her weekends and free time once she completes homework to make jewelry. This lifestyle gets more difficult when she has upcoming craft markets, but she keeps this in mind when looking at her schedule for the week.

"I plan and work ahead of my schedule so I will be able to focus on making my products during the school week," she said.

Although Bell is a senior and will attend Tulane University next year, she says that she does plan on continuing her business.

"I think that it will do well if I continue it, but it also depends on how busy my schedule will be and if I will have room for all of my supplies and beads in my dorm," Bell said.

Elisabeth Bell, a senior, displays jewelry she sells to support The National Scoliosis Foundation.

ABOUT THE NATIONAL SCOLIOSIS FOUNDATION

The National Scoliosis Foundation is a non-profit organization based out of Boston, Massachusetts whose main mission is to improve the daily lives of people living with scoliosis.

Through avocation, they are attempting to detect scoliosis early

on to prevent further progression in spinal deformities.

All donations made to the foundation are used to fund scoliosis research projects. All levels of support are welcome by the foundation, which offers consultations to those who have been

diagnosed with scoliosis.

In the past, they have also hosted events for "scoliosis education day." At these events, scoliosis patients, families, school nurses, and health care workers gather for educational, fun games.

The NSF website is: <https://www.scoliosis.org/>

Bell's bracelets in support of scoliosis.



BOTTLE BATTLE



STRENGTH:

FITS IN
CUPHOLDER

WEAKNESS:

HURTS THE
ENVIRONMENT
DOESN'T
STAY COLD

STRENGTH:

TRENDY
FITS IN
CUPHOLDER
STAYS COLD

WEAKNESS:

CLUNKY
CAN BE HEAVY
TO CARRY



CHOOSE YOUR CUP CHARACTER

By Abby Johnson
Design by Sarah Xu



STRENGTH:
FITS IN CUPHOLDER
BOTTLE'S CONTENTS
HOLD TEMPERATURE

WEAKNESS:
DOESN'T STAY AS COLD
LEAKS FROM THE LID



STRENGTH:
STAYS SUPER COLD
HAS A GOOD AMOUNT
OF SPILL PER SIP

WEAKNESS:
DOESN'T FIT IN
CUPHOLDER
CAN BE LOUD

A watercolor illustration of a human head profile in white outline, filled with vibrant, multi-colored washes of paint. The colors include shades of purple, pink, red, orange, yellow, and green, creating a textured, artistic effect. The text 'being WELL' is overlaid on the lower part of the head.

being **WELL**

Story by Ana Susman, Jaisal Kalapatapu, and Charlie Sole
Design by Sarah Xu and Matthew Godinich
Graphics by Eshaan Mani

Staying healthy requires students to seek balance between school, personal life and practice making wise decisions

Seven hours of school, two hour practices, and around three hours of homework per night. Twelve hours of a day can be spent accomplishing these tasks without even having the time to do the essentials such as eating, showering, and spending time with family.

Forget having time to practice self-care, reading for pleasure, or bingeing Netflix. And grabbing dinner with friends can be just another setback for the next day. These are the testaments of high school students.

In the past few years, the idea of wellness has been brought to the forefront of the Kinkaid community.

Students are taught to prioritize mental, physical and emotional wellbeing. But, the work-hard, play-hard mentality of the community works against this ideology.

Up first is the work-hard mentality. Truth be told, not every student's schedule is completely full, but some are overflowing.

For juniors and sophomores with the ultimate goal of getting into college, attempting to make a "perfect" resumé makes prioritizing wellness all the more difficult.

The looming pressure of

college admissions pushes students to load up their agenda. Between AP classes, standardized test preparation, varsity sports, fine art commitments, and community service, there simply isn't enough time in a day.

"We are given way too much homework with the AP and honors classes. So I think on average junior year, I slept like four or five hours every night," said senior Lauren Heldebrand.

Jam-packed days eat into student's sleep time, having a detrimental effect on their learning capabilities and overall wellness.

"If you sleep five straight days with six hours or less, you get a 60% drop in intellectual retention. So if you come in on Friday and you've been getting six hours or less all week, you come in at about 40% of what you're intellectually capable of on Monday," said Upper School psychologist Dr. Laura Lomax-Bream.

Thus, after a long five-day school week, students are exhausted. All week they lived day to day, struggling to complete all the work for the day. The best thing they can do is rest up during the weekend to prepare for the next week.

However, due to existing social pressures, weekends are

the time high school students "let loose" and destress through partying. Thus, high schoolers can take on a play-hard mentality.

"I'm 100% more likely to go out and party if my previous week is more stressful than the norm," one senior, who asked to remain anonymous, said.

Administrators acknowledge this is a grave issue.

Head of Upper School Mr. Peter Behr, said substance use poses the greatest threat to student wellness.

"The things that keep me up at night of the wellness concerns are these weekend parties where, in many cases, parents are tolerating, if not providing, alcohol," he said. "Those decisions are disasters, and I think that's something we need to grapple with as a community."

Using substance abuse to cope with high levels of stress is not unusual, actually it is quite common.

In a study published by Cambridge University Press, it was observed that a significantly higher proportion of regular drug users were among those who spent more than four hours per week on extracurricular activities.

The study found a higher proportion of students

classified as "stressed" to be regular substance users when compared to both the total sample and the non-stressed group proportions.

"When you're really stressed out during the week and then you go off and are exposed to varying quantities of alcohol on the weekends, this of course also impacts memory, cognition and learning. It also screws up our social dynamics and sends emotions just through the roof on all kinds of issues," Dr. Lomax-Bream said.

Therefore the perfect storm is made. The culmination of sleep deprivation and stress induced substance use takes a significant toll on overall student wellness.

These are two of the main barriers to wellness in the Kinkaid community. But wellness is crucial to living a healthy, fulfilling life.

Upper School administrators emphasize the need for wellness to be a priority.

"It's extremely important," Mr. Behr said. "It's part of what we have to do as a school because we want to support our students."

In the following sections, we will break down where wellness initiatives have been implemented and how students can stay well.



FITNESS

Staying fit undeniably improves mental health and overall well being. Kinkaid promotes student fitness by requiring each student to participate in sports throughout their four years of high school. Additionally, an on-campus gym is available to students before, during and after school hours.

“We are very fortunate to have great coaches and other faculty members that allow us to achieve our fitness goals,” said senior Lincoln Colter.

STUDYING

While studying is essential to success in high school, it can also be very damaging to student well-being. Kinkaid students are no strangers to the stresses of studying. However, the administration attempts to promote healthy



study habits. Starting in middle school, students must take a course that teaches efficient studying and organization skills. Furthermore, in the required Decisions class, ninth-grade students are given additional tips about studying and avoiding procrastination. In recent years, the school has adjusted to lighten the load for over-stressed students. For instance, teachers have implemented a testing calendar where they can share testing dates with their colleagues to

ensure that students are not being buried in assessments simultaneously. No homework weekends occur a few times every semester to give students a break from studying.

“A lot of times, we take on more than we probably can do,” Mr. Behr said.

“Students just try really hard to compete with the competing demands of [having] the toughest curriculum.”



NUTRITION

For high schoolers, nutrition is especially important as they develop from teenagers into adults. But nutrition for teens isn't about having a perfect, clean diet. It is more about having a well-rounded lifestyle. Having a bag of chips or ice cream isn't the end all be all.

The cafeteria at Kinkaid has taken initiative to provide healthy options for students. For instance, a daily salad bar is full of a variety

of fresh vegetables and healthy sides.

“Kinkaid has both healthy and unhealthy options, so students are able to make those healthy decisions. The healthy options are always available,” said senior Elena Loya.



SLEEP

Little sleep is detrimental to growth. Sleep has been and still continues to be a major problem for Upper School students. The administration has made some changes

that may lead to students sleeping more. Said changes consist of later start days, with school beginning at 9 a.m. on some days, no homework weekends, the implementation of block schedules, and nightly homework limits. These may have had a positive effect overall, yet there's still some progress that needs to be made. "Since freshman year, I am definitely sleeping more, but the major problem I'm finding with sleep is teachers respecting the homework limits," said senior Lauren Heldebrand. Again, the administration is aware of this problem and continues to advise students to talk with their teachers about possible solutions when students are feeling overwhelmed.

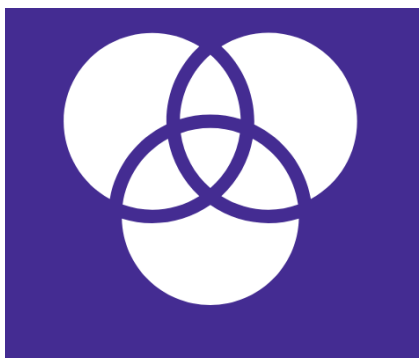


SERVICE

Kinkaid takes community service seriously. Failure to complete the community service credit can cost a senior a diploma. Each year, high school students must complete

a minimum of three hours of community service. Many students exceed this requirement through hours outside school. Volunteering is proven to have a positive impact on mental health and well-being. Research says that 94% of people who volunteer say that volunteering improves their mood. Psychologists call this a "helper's high." "I think the fact that we have a community service program is a testament to the resources that Kinkaid provides to students," said Nick Bhasin, vice president of the Community Service Leadership Council.

BELONGING



Belonging is an essential for any student to succeed. However, no matter what the school does, there is not one solution that can fix all the problems. One of the challenges with belonging comes with the fact that students can enter Kinkaid at a

different time. The older students enter, the more difficult they find it to make friends. "I came in ninth grade, and I still struggle to feel like I belong, as I came knowing nobody, and everyone already had their previous friend groups," a sophomore, who asked to remain anonymous, said. Moreover, even some lifers at Kinkaid understand how new students may feel like they don't belong. "Well, I have been here for 14 years now, so I obviously feel like I belong," said senior Cooper Buck. "That being said, I can easily see how some of the newer students feel like it is difficult to find their place."



MINDFULNESS

As it has already been proven, Kinkaid students are continually busy and it is easy for them to be stressed. One way to remediate stress IS through mindfulness. "Mindfulness is finding peace within yourself," said senior Will Pielop. Pielop and other seniors agreed upon reflecting on their last four years and found that practicing mindfulness helped them improve. "I hope the school can do more to incentivize more all-school activities for students in the coming years," Pielop said.

SPORTS CREDITS: A REQUIREMENT WITH A SLANT

Benefits of physical activity outweigh demands

Story and design by Ellie Mehta

With countless awards adorning the walls of the athletic facilities, students practicing on various fields throughout the day, and sports stickers decorating almost every locker, it is clear that athletics is a priority at Kinkaid.

Behind all that pomp and circumstance is a demanding sports credit system.

Requiring a minimum of six credits over the course of four years, many students find it difficult to balance the high demand of sports participation alongside Kinkaid's rigorous curriculum.

"The amount of time I have to put into my sports can make it really hard to maintain my grades," Riley Purdy, a freshman, said. "No matter how much I love athletics, the time commitment can be really stressful."

In light of this, however, students express little interest in changing the system's requirements.

In part, this is due to the mental and physical benefits of sports.

"I think that while I lose some time doing sports," Abby Woo, a sophomore, said. "I find that I feel much happier and healthier than during off-season."

Participation in regular physical activity can reduce anxiety and improve brain health for adults and adolescents, per a study released by the Center for Disease Control

and Prevention.

In terms of physical health, exercise also limits health risks while also strengthening muscles and bones.

Due to the requirements of the sports credit system being so high, Kinkaid has created alternative ways to gain a credit for other time-consuming activities without participating on sports teams.

These commitments — such as the Upper School musical, managing a sports team or shadowing an athletic trainer — are fun and unique alternatives to physical activity in order to gain a credit.

"I love being able to work with the trainer," said sophomore Marissa Boué, a student trainer. "I'm able to learn more about a type of career that I might want to pursue in the future, and I get first-hand experience of what that type of job would be like."

On the surface, the sports credit may seem like a lot to manage alongside a challenging academic program, however, the system allows students to develop social and physical skills that will be beneficial throughout their futures.

"We give our students the whole high school experience from academics to the arts to athletics," said Mr. David Holm, director of athletics. "Our sports credit system shows that as a school we value



physical activity, fitness and being a part of a team."

As a result of the credit system encouraging participation in more than one sport, students are able to branch out to other students who share a common interest.

Sharing joy through achievements and disappointment through losses, students enrolled in sports are able



Cynthia Griffin, Head Athletic Trainer, works on a student, then explains her process to Marissa Boué

to create new friendships with their peers outside their grade.

A study by the University of Florida documents that participation in team sports prompts adolescents into making positive, lasting friendships and allows them to learn responsible social behaviors.

“Before I met one of my best friends, there was almost no opportunity to get to know her because we had no classes together,” Woo said. “But then during softball we started to talk and it was easy to become great friends because we already had something in common.”

“ We give our students the whole high school experience from academics to the arts to athletics. Our sports credit system shows that as a school we value physical activity, fitness and being a part of a team. ”

David Holm, director of athletics

**DEBATE
SPARKS
OVER
ZERO
PERIOD**

Design by Cooper Buck

Senior Joycie Brass' Mondays start with a race from the track to the science lab. Cross country practice ends at 7:15 am. By 7:45 am, zero period has begun.

Zero period, an extra class period once a week before school that is required for AP and honors science students, was created to make time for labs, which take up class time. However, "labs are a bit different from class activities because of safety concerns and specific lab set up and clean up, so they take up more than usual activity time," stated Dr. Sonia Clayton, science department chair. In theory, zero period is a perfect solution. But how useful do students find zero period to be in effect?

"There isn't enough time to do anything very productive but cover a little bit of notes, so I sometimes feel that it's a waste," said senior and AP physics student Jack Lemon.

Zero period only lasts 40 minutes, leaving a small window of time to get work done. It is often used for teachers to continue lessons and review; however, because of the small amount of time, it is difficult to cover a significant amount of material, which leaves students feeling like it is inconsequential.

In addition, the ratio of zero periods to labs is not balanced. Many weeks students have no lab but are still required to attend zero period, which defeats its original purpose. On weeks without labs, teachers should reconsider if zero period is necessary. And it might

be if zero period is used for lessons and not lab work.

Students also may benefit more from the extra sleep that is lost by zero period. Sleep is essential to retaining information. Retaining AP and honors-level material at any time of day is not easy, but doing so early in the morning can make things even more difficult. In addition, in some cases, students receive assessments in zero period, which worsens the issue.

"Testing in zero period should not happen. Asking students to be that academically challenged that early in the morning is unfair of them and crosses a boundary," Lemon said.

Dr. Clayton defended this, explaining that she believes students retain information during zero period. However, she did mention that students seem more engaged on the 9 a.m. start days. Dr. Clayton compared zero period to G period, the class following lunch, which some students love and others students do not enjoy.

"Students get out whatever they put into zero period," Dr. Clayton said.

Some AP and honors science classes need zero period more than others. For instance, the necessity of zero period is more apparent for courses like AP Biology, which covers an immense amount of content.

"I think in bio, it would have been very difficult without zero. It would have been unpleasant for us to fit that extra content into the class," Brass said.

Instead of uniformly requiring the extra class period for all AP and honors science classes, a possible solution could be only requiring zero for courses with the most material. Also, eliminating zero period for honors classes could be a solution since it doesn't have a set curriculum that needs to be covered. Therefore, for honors classes, it is less consequential to cut extra material that doesn't fit the typical class period.

However, Dr. Clayton explained that there is use in having zero period in honors classes because they feed into the AP classes. Honors classes must cover concepts that will be covered in AP. She worries that letting go of zero period for these honors classes poses the risk of causing the AP course load to become more crunched.

Another possible solution is to have zero period every other week for honors and AP classes. Although possibly difficult to schedule, this would align more closely with the idea that zero period is meant to create space for labs, which occur roughly every other week in most honors and AP science courses.

Dr. Clayton encourages conversation between the students and teachers.

"Students need to have those conversations with their teachers and give them feedback over what is helpful and what is not," Dr. Clayton explained.

If students want to see changes, the best way to start is by talking to their teachers if they feel a specific zero period is a waste of time or ineffective.

TV SHOWS SENIORS CAN'T GET ENOUGH OF

By Matthew Berman

With the final few months of the school year rapidly approaching, many seniors have decided where they are going to spend the next four years of their lives.

Because of this, seniors have much more free time available to them and to fill this void of openness many turn to streaming services such as Netflix, Hulu, and HBO Max.

These programs categorize several titles by views and their popularity, but how do these titles rank with Kinkaid seniors?

Overall, action drama and adventure shows ranked the highest with seniors, with around 65% of polled people agreeing they were the most fun to watch.

Senior Javir Pande thinks that "Game of Thrones" is an "unforgettable classic show" that everyone should watch at some point.

"It's an older show, but still incredible," Pande said. He cited the show's fantastic world-building and amazing story as the main parts of its greatness.

"The GOT universe is so developed, with different spinoffs and a huge fanbase," Pande said.

"Game of Thrones" has also won a number of awards, including multiple Emmys and Golden Globes for both the series and its actors.

Another highly praised show mentioned by seniors was "The Last of Us" on HBO Max.

Senior Max De la Rosa thinks its popularity is due to "the polar main characters and their complex interactions."

"The show does a great job of making the audience feel invested in the characters and does a fantastic job making viewers care about what happens," De la Rosa said.

While many recommended various adventure and action shows, senior Lincoln Colter mentioned a new hit comedy-drama, "Only Murderers in The Building."

"I watched it with my mom, and I felt like we both really enjoyed it," Colter said.

"Only Murderers in The Building" is a hit show on Hulu, ranked No. 10 for the most streamed original show.

"It's an intense show following an investigation... it was one of the best things I've watched in a while," Colter said.

"Breaking Bad," an Emmy-winning hit TV show was also mentioned by several people. The show is available on Netflix and has an enormous fanbase.

"The suspense in the show and the way the story is written are both fantastic," senior Preston Herleth said. "They also use amazing filming techniques that give the show a unique feel."

Senior Cooper Buck agreed.

"I thought the multiple storylines and plots that all cross paths were really cool," Buck mentioned. "You have all these amazing and talented actors, all just doing their thing on-screen and creating this phenomenal show."

Senior Ana Susman wanted to especially point out "White Lotus."

"It is a great mystery-drama that has a touch of humor and is overall a fantastic show," Susman said. "I would highly recommend it to anyone who wants to try watching something a little different."

Other honorable mentions that m seniors mentioned include "The Boys," "The Designated Survivor," "Ginny and Georgia," "Ozark," "Narcos," "Outer Banks," and "Kaleidoscope."

Senior Ethan Jett takes a break and watches "Breaking Bad."





SHOWS PORTRAY WIDE VARIETY OF DRAMA, PLOTS

“Game of Thrones” is a highly popular American fantasy television series that aired on HBO from 2011 to 2019. The show is based on the “A Song of Ice and Fire” series of novels by George R. R. Martin. GOT can be viewed on HBO MAX, and has earned 59 Emmys and an IMDb rating of 9.2/10.

“The Last of Us” is an American post-apocalyptic television series based on the video game of the same name developed by Naughty Dog. The show premiered on HBO MAX in June 2021. The show is still releasing episodes each week and is not old enough to receive any awards yet, however “The Last of Us” has an IMDb score of 9.2 so far.

“Only Murders in the Building” is an American comedy-drama television series that premiered on Hulu in August 2021. The show follows three strangers, played by Steve Martin, Martin Short, and Selena Gomez, who share an obsession with true crime and become involved in a murder investigation in their Upper West Side apartment.

“Breaking Bad” is a critically acclaimed American television series that aired on AMC from 2008 to 2013. The show follows the story of Walter White, a high school chemistry teacher who is diagnosed with terminal cancer and decides to manufacture and sell methamphetamine to provide for his family after his death, scoring a 9.5 IMDb rating and earning 16 Emmys. “Breaking Bad” can be watched on Netflix.

“The White Lotus” is an American television series created by Mike White that premiered on HBO in 2021. The show is a social satire that follows the guests and employees of a luxurious Hawaiian resort, the White Lotus. “White Lotus” scored an IMDb rating of 7.6/10 and 93% Rotten Tomatoes rating.

MUSICAL ADDS DANCE FOR TRUE STORY WITH A TWIST

By Emerson Heath

“Legally Blonde,” “Mamma Mia,” “Pippin.” These are some of the quintessential shows performed by high school theatre troupes across the country. However, this year, the Kinkaid theatre department decided to go in a different direction.

From Feb. 24-26, the theatre department performed “The Hello Girls,” a musical that chronicles the true story of five American women who served as switchboard operators during World War I and their fight for their military recognition.

In World War I, the military was having trouble communicating quickly. Cue the “Hello Girls.” Hundreds of bilingual women were tasked with operating telephone lines, which turned the tide of the war. They worked together using their bilingual abilities to communicate orders and requests to the front lines.

Mr. Scott Lambert, director of Visual and Performing Arts, was inspired to choose “The Hello Girls” because of the fact that this story isn’t included in Kinkaid’s and most schools’ history curriculum.

“This is a story that needs to be told,” Mr. Lambert said.

The original Off-Broadway musical was written for 10 actors: five men and five women, all of whom played instruments on stage. Mr. Lambert adapted the 10-person cast to fit Kinkaid’s 60-person ensemble.

“It is definitely a challenge,” he said. “The job as a director is to have a creative vision and be able to communicate that vision to a large number of people.”

Students and cast members were mostly unaware of the Off-Broadway show.

“When I found out it was ‘Hello Girls,’ I was intrigued because I had never heard of it,” sophomore Ella Fox said. “I’m excited to be a part of something so fun and different because it’s a very cool story we are telling.”

For Mr. Lambert, centralizing the story about the five female leads was paramount.

“Every design element in the show and every choreographic element in the show is about putting your focus on the five ‘Hello Girls,’” he said.

The original musical didn’t include much dancing in it, so creating the choreography was an interesting process.

“This was a huge choreographic challenge for me,” Mrs. Danyale Williams, dance teacher and choreographer said. “There was no blueprint to follow or video to glean inspiration from, so the movement had to be organic and took a lot of thought. The most important aspect of choreography is simply to help tell the story of the characters.”

As the musical takes place in 1918, historical accuracy is a fundamental level of criteria. Mr. Lambert emphasized that the most important part of the show was “telling this story correctly.”

However, an exciting aspect of this musical was that even though the show takes place in 1918, the show opens with present-day actors telling the audience a story, then flashes back over 100 years ago. Throughout the show, there are subtle reminders that the characters were, in fact, actors, making the show a play-within-a-play. The contemporary music reflected that while the show takes place in the past, present-day actors told the story.

Mr. Lambert emphasized the idea of “The Hello Girls” being a concept musical.

“Things aren’t necessarily spelled out for you the whole time,” Lambert said. “It is asking you as an audience to go on the journey of telling this story.”

Students attending “The Hello Girls” experienced a blend of history and entertainment.

“The production of this show is going to be unlike any production of the show that has ever been done,” Lambert said.

THE ‘HELLO’ SISTERS SHARE LOVE OF THEATRE DURING SHOW

By Kate St. Julien

The McMullen sisters and King twins both shared their love of theatre.

In the spring musical, “The Hello Girls,” four out of the five female leads were portrayed by senior Taylor McMullen, sophomore Reese McMullen, and juniors Alexandra and Isabelle King. These sisters spent time together at home and at rehearsal, which was enjoyable for them.

“We can help each other on our own times, and it’s convenient for running lines and dances,” Alexandra said.

Reese McMullen explained how it could also be challenging at times.

“I hang out with other people so it doesn’t feel like I’m with my sister all the time,” Reese said.

This situation could change the dynamics of rehearsal, but it also made it challenging for the director, Mr. Scott Lambert, to costume the actresses and make them look different on stage, but it helped that each sister was wiggled.

“It’s been funny to deal with, but we’re wiggling them and that should make a difference for us,” Lambert said.

This situation was intriguing and caused changes to be made with directing choices and the way that the actors interacted with each other.



The "Hello Girls" and female ensemble members are about to begin a fun, carefree dance number. Photos by Bennett Bowman



Senior Jaisal Kalapatapu and junior Alexandra King act out a scene where he outlines the Army's rules.



Grace Banker, played by junior Alex King, expresses her desire to do something meaningful.

SENIOR ENSURES THAT LANGUAGE IS NOT A BARRIER

By Bennett Bowman

The search for a vital position in "The Hello Girls" ended when senior Senior Jack Lemon was recommended as the French consultant in the show.



Accuracy was crucial for the historical show, which incorporated elements of French language since it takes place during World War I.

Lemon was recognized as the perfect fit for the position since he is co-president of the French Club and president of Thespians. The consultant role blended his biggest interests.

"The job seems like the natural marriage of two of my greatest passions," Lemon said.

He was up for the responsibilities that ensured the show's accuracy.

"Mr. Lambert would definitely agree with me that I am more concerned about the French being accurate than he is, so a lot of this work is me being a nerd about the language," Lemon said.

In the beginning, Lemon was needed as a translator of the French dialogue. Once the cast was brought in, he ensured the actors' dialogue was precise.

"I pull the girls aside who speak to check in with them and hear them speak their French lines," Lemon said. "We make the adjustments as needed, and the girls go on and do amazing."

He said he was glad to assist with the show.

"I really love being able to do this," Lemon said. "I just love being able to help out with the show in any way I can."

BEHIND THE CAMERA

By Cami Culbertson

STUDENTS UTILIZE RESOURCES TO PRODUCE DIFFERENT FORMS OF PHOTOGRAPHY

Photography students at Kinkaid explore how the production of a photo, both digital and film, changes how they can express what photography means to them.

In Photography IV, students can experiment with different types of photography.

Film photography is a popular area of exploration for students. Kinkaid's dark room has multiple working spaces for students where photos can be developed quickly, which photography teacher Mrs. Bess Connell said sets it apart from other institutions she has been a part of, including Stratford High School and even the University of Texas at Austin. Kinkaid students enjoy the facilities as well.

"The feeling of having a polished, completed photograph that you have put hours into is wonderful," junior Marguerite Pyne said.

Many Photography III students love being in the darkroom, as they can have a more hands-on experience in the production of their photos.

"I love this step of the photo-developing process because I enjoy seeing my photo darken and come to life as it is put in the developer," sophomore Emona Ji said. "It is the moment when you see a photo you have been anticipating from a small negative into a print."

The photography program at Kinkaid not only lets students explore different photo production methods but also different types of photos from landscape to still life.

"My favorite type of photography would have to be portraiture," Ji said. "I think that people are able to tell such meaningful stories just through their facial expressions or their body language. I also enjoy meeting

new people to take photos of and bonding with those I am already close with."

Students are able to use the photography medium to deliver art in ways that they cannot necessarily achieve in other visual art mediums. In photography, students can use shutter speed, angles, apertures and timing to recreate a moment with a photo. Students especially treasure the permanence and reality of a picture.

"I believe that photography is an expression of reality. In photography, you are taking a photo of a moment in time," Pyne said.

Students found their love for photography and desire to explore with numerous different stories. Some started taking photos at a young age while others found their passion in high school.

Pyne said her experience in photography started when we first took Photography I in her freshman year with Mrs. Connell.

Camille Watson, senior, found her interest at a younger age. She would watch her mother take photos of her friends and read a book about Arnold Schwarzenegger when she was little. When she entered high school, she continued to explore and discover photography under Mrs. Connell's teaching.

Connell had her first 35 millimeter camera when she was young. She got a digital camera once she was in college and finds that technology for photography continues to improve.

For example, iPhone photography has taken a rise, phones being able to produce beautiful prints in high quality. Mrs. Connell encourages students to explore different types of photography, from an iPhone to film.



NEW FAMILY BROUGHT INTO THE PICTURE

By Harrison Lawrence

Mrs. Bess Connell, photography teacher, is capturing precious moments of her baby son William's growth through her lens.

Despite her busy schedule, she finds time to document milestones of her little one's life.

"I'm taking photos of him to remember," she said. "He had his first laugh last weekend. His dad was kissing him, and he

started giggling, and that was really exciting."

While time with her son is more scarce since she returned to school after maternity leave, photography allows her to document these memories and feel connected to William even while at work.

"Now that I'm back at work. I cherish the time that I have with him more than maybe I did before," Connell said.

PHOTO FEATURE



Photo exhibit hangs in Upper School hallway.



PHOTO BY EMONA JI, SOPHOMORE



PHOTO BY MARGUERITE
PYNE, JUNIOR



Kinkaid Dark Room



PHOTO BY CAMILLE WATSON,
SENIOR

PROSPECTS IN SWIMMING

By Elliott Crantz



Alexander Farahbod (12) dives in at the 2022 SPC Invitational meet.

With early morning practices, hard work, team members gain dominance in SPC

For years, the Kinkaid varsity swim program has been competitive in the SPC championship race.

Through a rigorous practice schedule and great team chemistry and companionship, the Kinkaid swimmers have found a great deal of success while working hard.

Every morning, the swimmers wake up at the break of dawn to jump into the pools for practice.

They have morning practices at 6 a.m. at the Dad's Club. The Dad's Club opens at 5:30 a.m. on weekdays, and it is only 10 minutes away from Kinkaid, so it is perfect for early morning swim practices.

It has multiple lanes, so all swimmers are able to practice at the same time.

This season, the team is fortunate to have two college commits who will spend the next four years competing among the best swimmers of their age group.

Both senior Sydney Smith and senior Cade Duncan are committed to Northwestern University to swim for their illustrious team.

Both Smith and Duncan have been on the Kinkaid varsity swim team and have been dominant since their freshman year.

The team was dominant this year during the 2023 SPC race.

The Kinkaid men's relay team won gold in the 200 free relay. The relay team consisted of Duncan, Thomas Carr, and brothers Alexander and Benjamin Farahbod.



Duncan also earned first place in the men's 50 and 100 freestyle, beating the current SPC record (a record that he held) in both races.

Smith earned first place for the women's 100 freestyle and for the 200 individual medley.

Like Duncan, Smith beat the current SPC record for both races, beating a record that she already held.

Another big winner was freshman John Patterson, who placed second in the SPC diving race.

"As a team, I think we did an amazing job. We all grew personally and as a team," Duncan said.

The program is led by head coach Erica Mayer and assistant coaches David Bargainer and Evan Chastain. These coaches have turned the Kinkaid swim program into a current SPC powerhouse, and their impact and great work cannot be overlooked.

For example, the team competed at



Sophomore Matthew Berman prepares to dive at a meet in Alief.

VICTORY LAP

Team celebrates its seniors

The swimming and diving team had four seniors: Paysan Lou, Alexander Farahbod, Sydney Smith and Cade Duncan.

Smith and Duncan committed early to Northwestern University.

They both dominant in their swim meets since their freshman year at Kinkaid.





SITTING ON TOP

Varsity Soccer Captains share a season to remember

Photos courtesy of David Shutts

By Camron Baldwin

Since he was little, Ethan Jett has kicked around a soccer ball in his yard with his dad, slowly building up his skill and forging a lifelong love for the sport.

Now, over a decade since he began his journey with soccer, he's a senior in the Upper School and one of the three captains of the varsity soccer team.

"I just always thought soccer was fun," Jett said. "I picked up the ball and never put it back down."

Jett has been playing soccer along with fellow senior co-captains Henry Hawthorn and Holden Peacock since he came to Kinkaid in the sixth grade.

"I always look forward to soccer season," senior Henry Hawthorn, a co-captain of the team, said. "My favorite part of every season is beating St. John's."

This season, Hawthorn's dream came true with a 3-0 victory over the St. John's team ahead of the SPC conference in February. At

the SPC conference itself over the weekend of Feb. 17, the team clawed all the way to the finals before a final 1-0 loss against Episcopal, ending the reigning champs' 2023 run in second place overall.

Through all the grand excitement at SPC, co-captain and senior Holden Peacock finds his favorite moments in the smaller goals.

"My favorite moment this season, for me, was when I scored against St. Marks," he said.

Through it all, the captains agreed that their biggest takeaway from every season is that their love for the sport only grew stronger.

"It's my favorite time of the year," Jett said. "I'm definitely

gonna miss my teammates, games, and even rivalries once I go to college."

Seeing as all three captains this year are seniors, this is their last season at Kinkaid; however, for Jett and Hawthorn, it's far from their last soccer season.

"This past summer, Tufts reached out to me to talk about committing," Jett said. "I went to Boston for a visit and a month later, I was committed. It'll be an adjustment for sure, but I'm just excited about the future for now."

Hawthorn is playing collegiate soccer for Carnegie Mellon University.

On leaving the team next year, all three captains agreed that the team would still be in good hands.

"I think they should be good next year without me," Jett said. "We have so many good juniors that can rise up to be captains next year, and I'm excited to see what they do without us."



The soccer team celebrates at the February SPC championship. Photo courtesy of Eric Wang

JV BALLERS: A SEASON IN PICTURES

By Camron Baldwin
Photos by Alexander Miles



The JV soccer team watches a game from the sidelines



The JV goalie guards the goal.



Coach Johnny Galic talks to the team.

This OR That

By Richie Klosek

Canes

Chik Fil A

Soccer

Fútbol

Fortnite

Fall Guys

Torchys

Chipotle

Texans

Rockets

UT

A&M

Black

Cyber

Friday

Monday

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