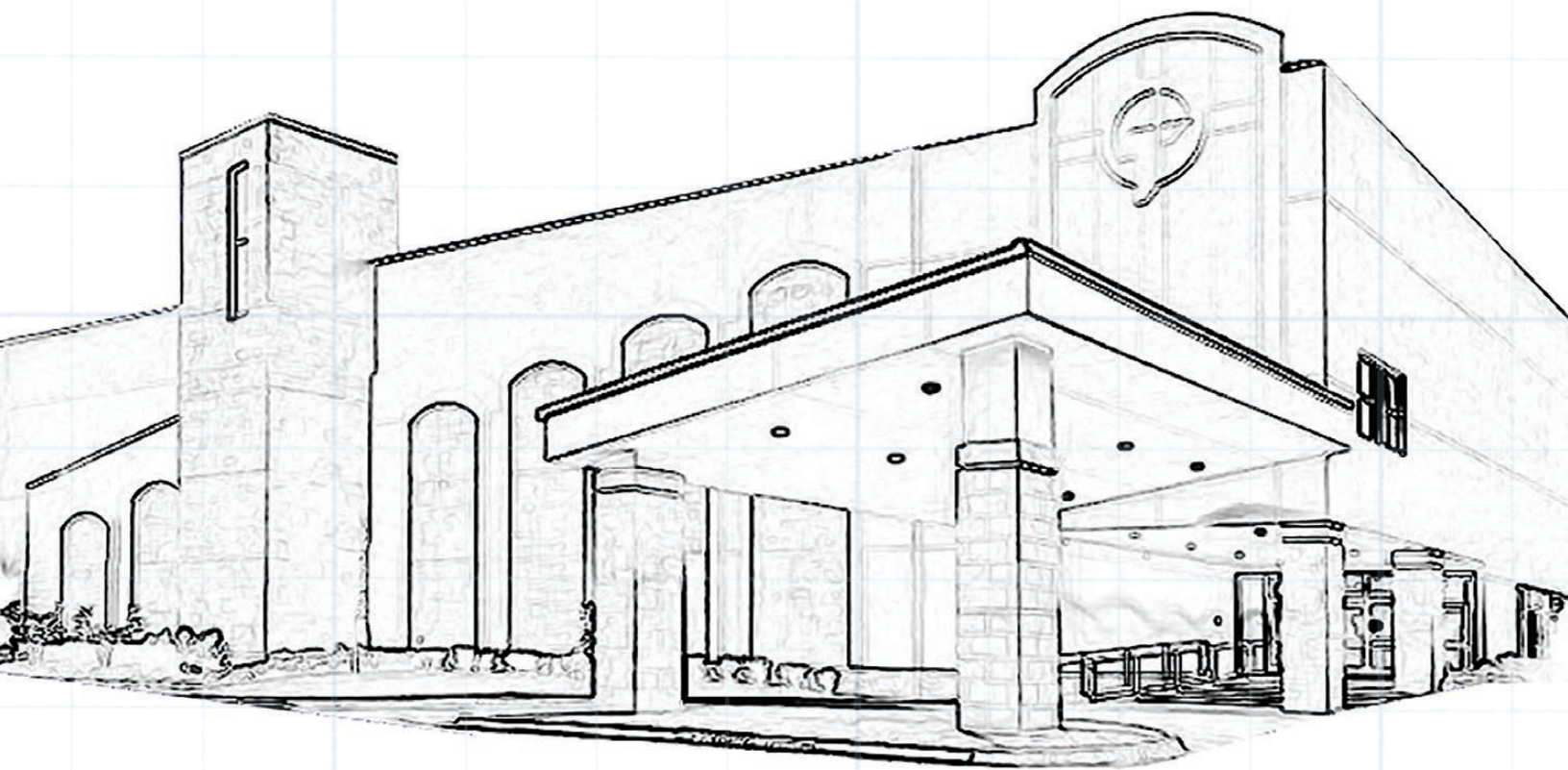


THE ROCK

the student magazine of trinity christian academy

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beyond
these
walls



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If we have heard it once, we've heard it a thousand times—we live in a bubble. We live in the bubble of TCA, within the bubble of North Dallas, within the bubble of the greatest state ever—Texas. Here at TCA, we have heard teachers, speakers and students talk about the walls we reside in and how we tend not to venture out of them. Maybe it's because we're scared. Maybe we're uncomfortable. Or maybe we are just so used to our bubble, we don't always notice it. Quite honestly, it can be hard to get past these walls because we have no idea where to start. So, this ROCK is for those who dare to venture out. For the ones willing to go somewhere new, taste something they've never tasted, and learn something about the world beyond what we know here. We have taken little parts of the unknown and placed them all right here. So take the dare, and go with us BEYOND THESE WALLS.

A handwritten signature in black ink, appearing to read "A. Mattis". The signature is fluid and cursive, with a large initial "A" and a stylized "M".



Cover design by
Nathan Holden

Volume 15, number 1, the spring 2017 issue of *The ROCK* magazine was designed and produced by the 2016-17 *ROCK* staff. This 36-page, all-color issue was printed by Millet the Printer, Dallas, Texas, on 80 lb. gloss text paper. 300 copies were printed and for sale on the TCA campus for \$2. Cost of printing is paid for by magazine sales and additional funds from the TCA Communications Department. Adobe InDesign CC 2015 and Photoshop CC 2015 software applications were used for design and layout. Typefaces used throughout: Ostrich Sans Rounded (headlines), Bebas Neue (headlines), Basic Title Font (headlines), Baskerville Semibold (subheads), District Pro thin (body copy), Century Gothic (by-lines).

The ROCK magazine staff is comprised of TCA Upper School students. Students join *The ROCK* at the beginning of the school year, usually in September, and meet regularly throughout the school year during off periods and outside of school to discuss, decide and execute the magazine's theme, article topics, writing, editing, photography, design and layout. Staffers submit articles for inclusion in each year's issue and also judge/select when there is a call for Middle School and Lower School art and writing submissions for a particular story.

If you have feedback, ideas or suggestions for *The ROCK* or would be interested in joining the magazine staff for the next school year, please contact Kendall Ellis, TCA publications coordinator and *The ROCK* sponsor, at kellis@trinitychristian.org.



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EXPLORING EUROPE

One TCA senior's recent travel experience to a few countries across Europe allowed her to discover that there is a greater chance to see world culture and experience once-in-a-lifetime opportunities beyond these borders.

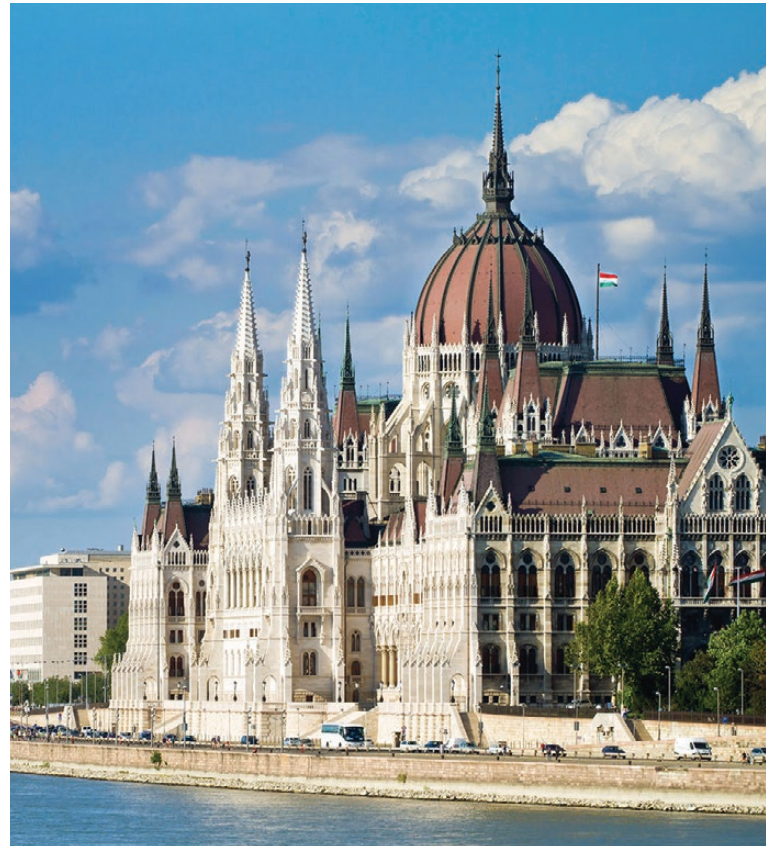


PARIS, the city of love, is one of the most popular destinations of the world. It is the Mecca for all kinds of global interests. Artists dream to visit the Louvre, writers find their inspiration in the sidewalk cafés, and the most famous fashion designers are drawn to the expensive stores on the Champs-Élysées. After visiting the must-see landmarks such as the Notre Dame cathedral and Arc de Triomphe, visitors grab a crepe and relax under the Eiffel Tower with the local Parisians.



The **AMALFI COAST** solves the great debate between the mountains and the sea. Visitors relax in front of crystal-clear sea water after biking on the tops of cliffs. Or they can indulge in an authentic Italian gelato after scavenging the crowded streets for the beautiful pottery for which the city is famous. The possibilities of the Amalfi Coast are truly endless.

BUDAPEST is home to some of the most iconic sights of Europe. It is filled with historic and prominent buildings such as the Hungarian Parliament Building, Matthias Church, and the Szechenyi Thermal Bath. Aside from the common tourist attractions, Budapest is known for their exquisite tea shops and Hungarian cuisine. Although it is great to visit in the summertime, Budapest is famous for its winters, as every inch of the market is covered in Christmas lights.



GLOBAL SNAPSHOT

By Kat Petersen

THE MIDDLE EAST

TURKEY: On July 15, 2016, an attempted coup threatened to overthrow President Erdoğan from power. It was organized by a faction within the Turkish Armed Forces called the Peace at Home Council. The coup failed when it did not receive public support or wider military backing. The nightmarish overthrow resulted in 300 deaths and some 2,000 casualties.

LIBYA: Muammar al-Qaddafi seized control of the government and ruled as a dictator until his recent overthrow in 2011. In the aftermath of this, Libya is in a state of chaos and the country has divided into city-states. It was not until early last year that an Islamist-dominated government ran the capital.

LEBANON: In March, protestors rallied from a variety of civil society groups and partisan organizations in the center of the Lebanese capital, Beirut. They did that to protest the bill to increase taxes. Protesters believe the tax unfairly targets the country's large labor class, while the government says the money will be used to pay teachers.

AFRICA

KENYA: In March of this year, Kenya saw a strike of doctors in hospitals almost everywhere. The doctors demanded a 180% pay rise from the government, improved working conditions, and structure for promotions. As hospitals in Kenya are already incredibly understaffed (1 doctor to 16,000 Kenyans), around 2,500 public health institutions were affected. As of now, the average salary is 40,000 Kenyan shillings per month, an equivalent of \$400.

NIGERIA: Nigeria is under a constant threat of violence from a terrorist group, Boko Haram. This group aims to implement a strictly Islamic state and eliminate all Western social and political values. After their launch of military attacks in 2011, Boko Haram now aims their primary acts of violence towards women and children. In the year 2014 alone, they were responsible for the death of 6,000.

EUROPE

FRANCE: France is nearing an election for president on the 23rd of April. The current president, Francois Hollande, is not seeking a second term, the first to do so in modern history. According to polls, the French are voting out of consideration for unemployment, as 1 in 4 under 25 are unemployed. The crisis of 2008 damaged the economy, and France is recovering very slowly. Also, national security remains a top concern after the Bastille Day attacks in Nice in November.

GREECE: With a crisis stemming back to 2007, Greece has been in a state of chaos for quite some time. In 2013, Greece had a youth unemployment rate of 60%, and an overall unemployment rate of 26.8%, the highest in the European Union. The country underwent 12 rounds of tax increases, spending cuts, and reforms from 2010 to 2016, all the while enduring riots and protests in response to these reforms.

ASIA

INDIA: In 2015, India and Bangladesh signed a historic deal allowing more than 50,000 people living in border enclaves to choose which of the countries they live in. Officials described this deal as the most important act that Prime Minister Narendra Modi has overseen since taking office three years ago. The countries now swap territories, and residents can choose where to live. The meeting was a historic milestone between the two neighboring countries.

CHINA: Xi Jinping came to power in 2013 as the hand-picked heir of predecessor Hu Jintao and is expected to lead China for the next decade. Since taking over, he has concentrated power in his hands in a move seen as a turning away from the People's Republic's traditional system of collective leadership and has sought to present a modern face to China and the world.

REYKJAVIK



By Georgia Ballew and Avery Schuster

AROUND THE WORLD

five must-see travel destinations

Contrary to its name, there is more to Iceland than its snowy features. It is a gorgeous country where movies like *Batman Begins*, *Interstellar*, *Journey to the Center of the Earth*, and *The Secret Life of Walter Mitty* have all been filmed. The land is mountainous with exotic black sand beaches and giant glaciers, which are actually accessible. Take a truck all the way to Langjökull Glacier, wear special anti-slip boots, and walk right inside. At first you might be blinded by the pure white everything, but inside it's a tranquil dark blue mass of glory. Aside from the views in Reykjavik, the foods are exotic and heavenly. Some local delicacies include puffin (Icelandic bird), skyr (Icelandic flavored cheese), whale, and Hákarl (fermented shark). Another sight not to miss while in Reykjavik is the view from atop the 240 ft. Hallgrímskirkja Church. And last but not least, do not miss out on a chance to see the Northern Lights in all their glory.

AUSTRALIA



The land down under is overflowing with the cutest animals and the most picturesque views. Whether you're on a strict schedule or roaming around, you must visit the Taronga Zoo, Sydney Harbor (be on the lookout for Nemo), and the Wattamolla Royal National Park, all located in and around Sydney. At the Zoo you can venture into some animals' cages, such as wombats, cassowaries, kangaroos, and many others. My tour guide showed us the feeding rooms and then proceeded to casually eat a couple mealworms just to keep it exciting. Another enticing attraction is the famous Sydney Harbour, where a boat ride can show you the Sydney Opera House, Luna Park (an amusement park), and the place where *Dance Academy* was filmed. If you're traveling around Australia, head to Melbourne, where you can visit Mount Martha, a prime place for cliff-diving and more. Or take a trip down the Great Ocean Road.

Fun fact about Patagonia: it is not a country. The southern tip of South America, including Argentina and parts of Chile comprise the wonderful region of Patagonia. Another fun fact is that the sheep outnumber the people 10 to 1. In the Chile portion of Patagonia stands the Magdalena Penguin Reserve, which provides a habitat for around 65,000 penguins. Now, one of the things you must do if you go to Patagonia is visit Torres Del Paine. With breathtakingly beautiful glaciers and mounts surrounding a crystal blue lake, Torres Del Paine is regarded as one of the most exquisite places in the world. If you are of the more adventurous sort though, the Villarica, a volcano, is the place for you. It is one of Chile's most active volcanos. And when I say volcano, I mean an honest-to-goodness volcano with a lava lake in the middle, eruptions, landslides, and lava flowing down.



PATAGONIA

JAPAN



The country of Japan is very culturally different from The United States, putting it high up on the list of places to visit. When you think of Japan, you probably think of ramen noodles, anime or green tea, but Japan has a lot more to offer. Asian food has become a very popular type of cuisine. The most famous—and delicious—are probably ramen noodles. The majority of people devour bowls of ramen with chopsticks, and while chopsticks may seem like they would be easy to use—the inexperienced beware—you may end up with noodles all down your shirt and in your lap just like I did. However, looking back on my trip to Japan, I realize that being there felt like I had been transported to a whole different world because of how interesting and unique the food, fashion, and overall culture is.

Known as Saint-Martin to the French, and Sint Maarten to the Dutch, the small island is divided in half, with the north side being under French control and the south under Dutch control. The food, language, atmosphere, beaches, and stores are distinctly different depending on which side of the island you are on. And the crazy thing is that Saint Martin is only 34 square miles, which is smaller than Disneyworld! Saint Martin is mainly a tourist attraction, known for its amazing food, sights, and experiences. For the brave of heart, there is parasailing. For the aquatically curious, a jet skiing tour that ends in snorkeling. And for general lovers of food, this is the place to be! All types of meats, pastries, soufflés, crème brules, crepes, and varieties of lobster, and sushi permeate the island and tempt the senses (and the wallet). I can honestly say the best meal I have eaten in my sixteen years was on a French beach, and there wasn't one aforementioned food that I didn't consume earnestly.



SAINT MARTIN

THE CAKE - OFF



Tim "DarbDog" Darby



Court "Erback" Walker



Blake "GameChanger" Hinton



Christopher "C-Dub" Wines

LET THEM DECORATE CAKE! Ok, "decorate" doesn't flow quite as well as "eat" but the ROCK staff couldn't be held to blame for making four of TCA's top senior football players fat. We knew that they were pretty decent at football (slight understatement), but the real measure of masculinity - the ability to decorate a cake - had yet to be tested. So we gave each player a cake, various icing colors, toppings, candies, and 30 minutes to show off everything their mommas had ever taught them about cake decorating. And then they smashed all their hard work onto each others' faces.



Photography: Nathan Holden

CITY LINE

Richardson, TX

While Richardson might seem out of the way for most of us TCA folks, this new area makes it totally worth it. City Line is a new combination of retail, food, and entertainment all wrapped up in one spot. There is place to stroll around, shopping to do, and plenty of food to eat. City Line is split onto two sides of Plano Road, both offering more than one could hope for. Soon there will even be a Cinemark to satisfy the movie-goers as well. City Line is perfect for a Sunday lunch spot or Friday night dinner because they cater to every kind of food desire. The restaurants have everything from BBQ to tacos and from doughnuts to custard. And if you're feeling lazy, the DART has a stop that will take you to and from City Line at your leisure. We wanted to check out this new spot in order to let you know some of our recommendations. So please enjoy and plan your next night out at City Line!

TOM+CHEE

Top Pot Doughnuts

Edoko Sushi & Robata

Super Chix

Good Union Urban BBQ

Piada Italian Street Food

Mod Market

Tricky Fish

Where To Go:

3661 N. Plano Rd. #2500
Richardson, TX 75082





Photography: Abby Mathai

— 90s KIDZ —

By Delia Rowland

As the last class to graduate from TCA that was born entirely in the 90s, it is our civic duty to reminisce on the glory days. A time when frosted tips ruled and the peak of social media was AOL. While we were born on the tail end of the 90s and barely make the cut to be “90s kidz”, we unashamedly claim this coveted title. Without further ado, let’s stroll down 90s memory lane.



FASHION

Styl in the 90s comes with a conglomerate of moods, connotations, and feelings. Some might look fondly back at the days of overalls, monochromatic patterns, chokers and mini skirts. Others cringe at the thought of teased hair, tie-dye everything, and overall baggy-boyishness that carried them through this defining era. Whatever it may be, at least we can all agree that the 90s were unlike anything we have seen in past decades.

90s teens expressed themselves through everything from shredded graphic tees to bucket hats with no shame.



FILM & TELEVISION

This decade encompassed groundbreaking films that touched on styles of cinematography never seen before. As a kid I watched an array of movies I love to this day, from “Home Alone”, “Space Jam”, “The Secret Garden”, and the true classic, “The Lion King”, there was something incredible around every genres corner. My personal favorites being “Matilda”, and “The Sandlot”. The 90s are also notorious for creative and inventive television. In case anyone doesn’t believe me, here are some I know I miss: “The Amanda Show”, “Dexter’s Laboratory”, “Sister Sister”, “Kenan & Kel”, “All That”, “Clarissa Explains It All”, “Full House”, “Boy Meets World”, “Rugrats”, and “The Fresh Prince of Bel Air”. Hope those jogged your memory enough because those are only a few of the shows I have mourned the loss of.



MUSIC

Music from the 90s can be summed up in one word: legendary. Legends were born and superstars were made in the 90s. It was the golden-age of rap, the peak of boy bands and the height of teen superstars. Of course who can forget the punk rock geniuses like Blink 182 and Green Day who ruled this era. I have clear and distinct memories of playing any and all CDs or cassettes I could find around the house on my purple boombox and jamming hardcore to “Kidzbp”, “Now That’s What I Call Music”, Usher, Mambo No.5 and the Macarena.



GAMES

Apart from watching my favorite flicks and shows on VHS, growing up in the early 2000s with the after effects of the 90s meant playing with something other than my non-existent Apple products. I remember playing hours with my Bop It, Tamagotchi, original Gameboy, Beanie Babies, and Moon Shoes. My brother and I would refuse to play anything but Mario Kart while my sister had her Pokemon cards sprawled on the floor reorganizing them for her trading album. Playing in the cul-de-sac was more common than shutting ourselves indoors with an iPad. This was the era ruled by Nintendo 64 and the GameCube. Just having chalk, a sprinkler, or a hacky sack was good enough to entertain ourselves indefinitely.

If somebody ever asks you to do something, do it really badly so you never have to do it again

Is that a chicken?!

YOU KNOW MY SWAG, NOT MY STORY

BECAUSE I'M YOUR DAD

Hannah Montana says noboddy's perfect, but here I am

I don't know what I'm doing, but I know I'm doing it really well

She believed she could and so she did

NO, THIS IS PATRICK

I DONT'T ALWAYS GRADUATE, BUT WHEN I DO, IT'S BARELY

Don't live your life, live your dream

I got beans, greens, potatoes, tomatoes, lamb, ram, hog, dog, chicken, turkey, rabbit, YOU NAME IT!

Go forth and set the world on fire

All pizzas are personal pizzas if you try hard enough

**REAL EYES REALIZE
REAL LIES**

It's never too early for ice cream

History began on July 4, 1776. Everything before that was a mistake.

I'm actually not funny. I'm just really mean and people think I'm joking

**IT MAY BE STUPID
BUT IT'S ALSO DUMB**

THIS IS THE YEAR OF REALIZING THINGS

**WE TAKE THE NAPS WE
THINK WE DESERVE**

VOTE FOR PEDRO

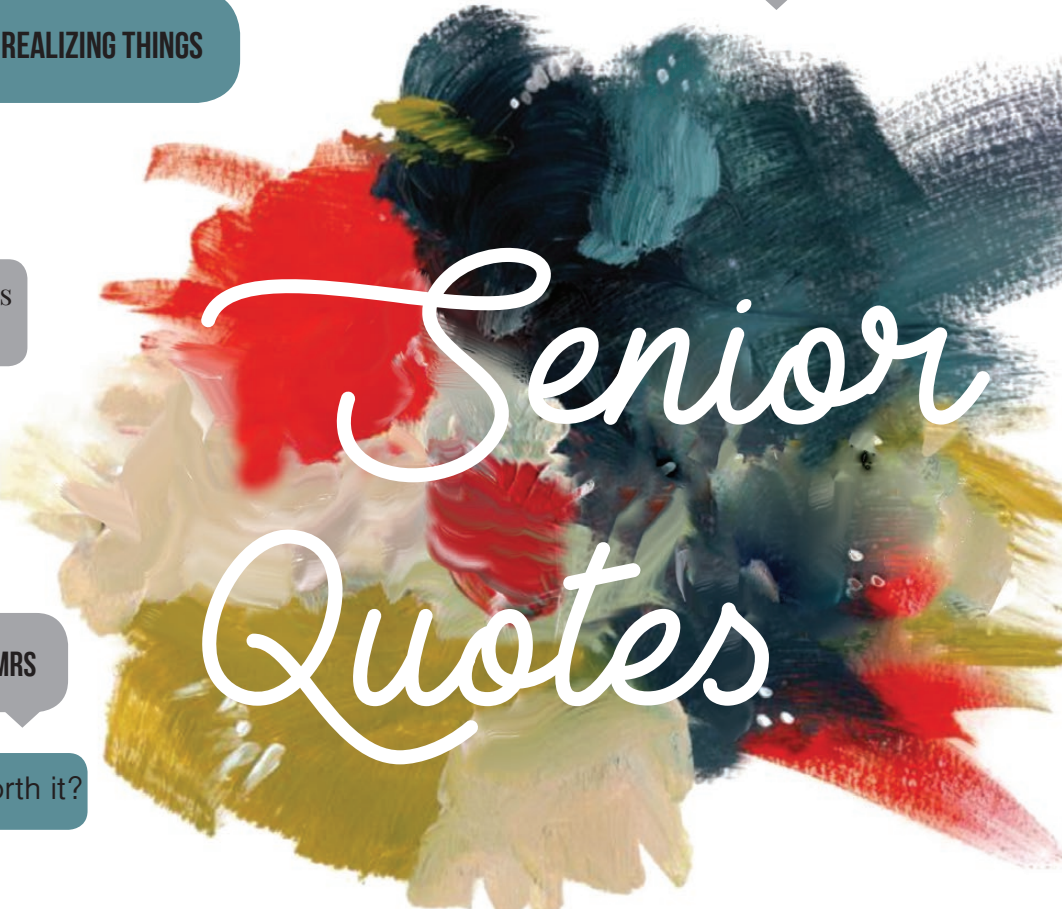
Donuts are always the answer

I just came out to have a good time and I'm honestly feeling so attacked right now

It's fine, I'm fine

THNKS FR TH MMRS

If the burro isn't grande, is it even worth it?



Senior Quotes



most funny
Mr. Spence



most texan
Mr. Blagburn



most trojan
Mrs. Spence

teacher

*Voted By The Teachers
For The Teachers*



most athletic
Ms. Fusco



best prankster
Mr. Morrill



best dressed
Mrs. Birnbaum



an spirit
ringer



best dressed
Mrs. Vittetoe



most likely to be on
reality TV
Mrs. Azzi & Mrs. Legband

superlatives



ancer
ningham



most likely to win a
rap battle
Mr. Merrifield



most talented
Mrs. Warner

THE SYRIAN REFUGEE CRISIS

By Emily Miller

OVERSEAS :

Beginning in 2011, the Syrian Civil War caused numerous Syrians to flee their homes, resulting in the worst humanitarian crisis since World War II. Because of this, millions of people have fled to neighboring countries such as Turkey, Lebanon, and Jordan, while many remain displaced within Syria. Although many refugees have found asylum (predominantly in other Middle Eastern countries and Europe, while the United States has admitted a smaller amount), still millions remain displaced. These displaced refugees—about half of which are children—must contend with bombings, illness, trafficking, lack of medical supplies, shelter, food and clean water, and loss of loved ones, among other things. As a whole, children are the most affected by these issues, as they are more susceptible to malnutrition due to the significantly smaller availability of nutritious food in war-torn areas. Also, their weaker immune systems increase their likelihood of contracting dangerous diseases such as pneumonia and cholera. After witnessing and enduring these hardships it is often difficult for these children (many of whom are separated from their relatives) to rebuild their lives. Also, many of these children are forced to work in order to help support their families, which in turn prevents them from receiving an education (78% of refugee youth do not attend secondary school, and only about 1 in 100 ends up pursuing higher education), which makes it even more difficult for them to establish a career in their country of settlement, as most stable professions require a high school diploma or beyond. On the other hand, in America, 80 percent of teens finish high school, and around 66 percent pursue higher education.

“*They chose their son.
They gave him every-
thing they could and told
him to leave Syria and
look for a better life.*”

GERMANY :

One of the many volunteers aiding refugees gave an account of her time helping refugees settling in Hamburg, Germany. After hearing a sermon at her church concerning volunteers needed to assist the refugees “making their way to Germany, arriving at the time in thousands by train to Hamburg,” she decided to help assist refugees that had recently arrived in Hamburg. Upon their arrival in Hamburg, the refugees needed “a temporary shelter for the night, a wash, and a plate of food just to feel safe.” Volunteers at Caritas Hamburg helped provide this by offering food, shelter, and clothing for refugees at a local church (many of them having “sold all their belongings to pay for their escape, and the rest of the money they carry with them”). Our volunteer recounted a story about a medical student from Syria, whose entire family remains in Syria, in a town that “has no water and no electricity, and the only road to the next town, where his university is, had been bombed out and the university closed. His family had worked and saved enough to send him to university; they did not have enough money left to enable the

whole family to flee. They chose their son. They gave him everything they could and told him to leave Syria and to look for a better life.”

HERE AT HOME :

With a crisis of this magnitude, it is imperative that people across the globe get involved so that the situation can be resolved as soon as possible. In addition, as Christians, we are called to follow Christ’s example by working to help those who are in need. There are numerous ways that one can help refugees, on a global, national, or even local scale. Donations to charitable organizations such as UNICEF and UNCHR help them to continue to deliver essential services to Syrian families and their children, including immunizations, clean water, and nutrition. In the United States, Texas leads the nation in refugee resettlement, resettling 2,677 refugees between October 2015 and March 2016 (with 695 settling in Dallas alone). Because of this, here are numerous opportunities to help local refugees transition to life in America (and North Texas) as seamlessly as possible. For example, For The Nations Refugee Outreach (a Dallas-based Christian non-profit) works with local churches both to share the gospel with and help Dallas refugees adjust to life in America by helping them learn to speak English, leading arts and crafts and VBS for the children, and helping them learn about American culture. All of us can help aid refugees, be it through a monetary donation to an organization, through giving our time in assisting local refugees in numerous ways, and, of course, through prayer.



soft-baked chocolate chunk cookies

By Georgia Moore
Photography by Abby Mathai



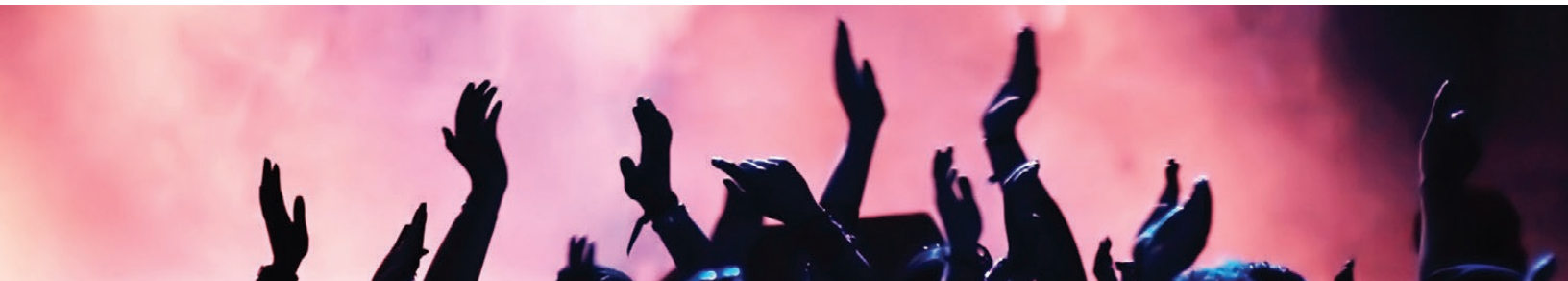
INGREDIENTS

- 2 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup granulated sugar
- 1 cup packed light brown sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 1/2 sticks unsalted butter, melted
- 10 ounces semisweet chocolate chips

INSTRUCTIONS

1. Preheat oven to 350. Line two baking sheets with parchment paper.
2. In a bowl, mix together the flour, salt, and baking soda.
3. In another bowl, whisk together the melted butter and sugar. Whisk in the eggs one at a time; then add the vanilla.
4. Mix in the dry ingredients slowly. Stir in the chocolate chips.
5. Scoop the dough onto the baking sheets, spaced two inches apart. Bake for 15 to 18 minutes, or until the cookies are brown around the edges.





A PLAYLIST FOR EVERYONE...



ROCKERS

Non-Believer // La Rocca
Spirit In The Sky // Norman Greenbaum
Simple Song // The Shins
One // Three Dog Night
The Underdog // Spoon

OLD SCHOOL

Jumpin' Jumpin' // Destiny's Child
God Only Knows // The Beach Boys
These Boots Are Made For Walkin' // Nancy Sinatra
Can't Take My Eyes Off You // Frankie Valli
Sugar, We're Going Down // FOB

DISNEY DIVAS

Rush // Aly & AJ
If We Were A Movie // Hannah Montana
Say OK // Vanessa Hudgens
He Said She Said // Ashley Tisdale
Lovebug // Jonas Brothers

DREAMERS

Ocean Eyes // Billie Eilish
Something Good // alt-J
VCR // The XX
Youth // Glass Animals
Drive // Dornik
Soul Phazed // Jessica Hart

HIPPIES

Half Moon // Blind Pilot
Indigo Home // Roo Panes
Let It Happen // Tame Impala
The Great Divide // The Mowgli's
Weekend // Smith Westerners

JAMMERS

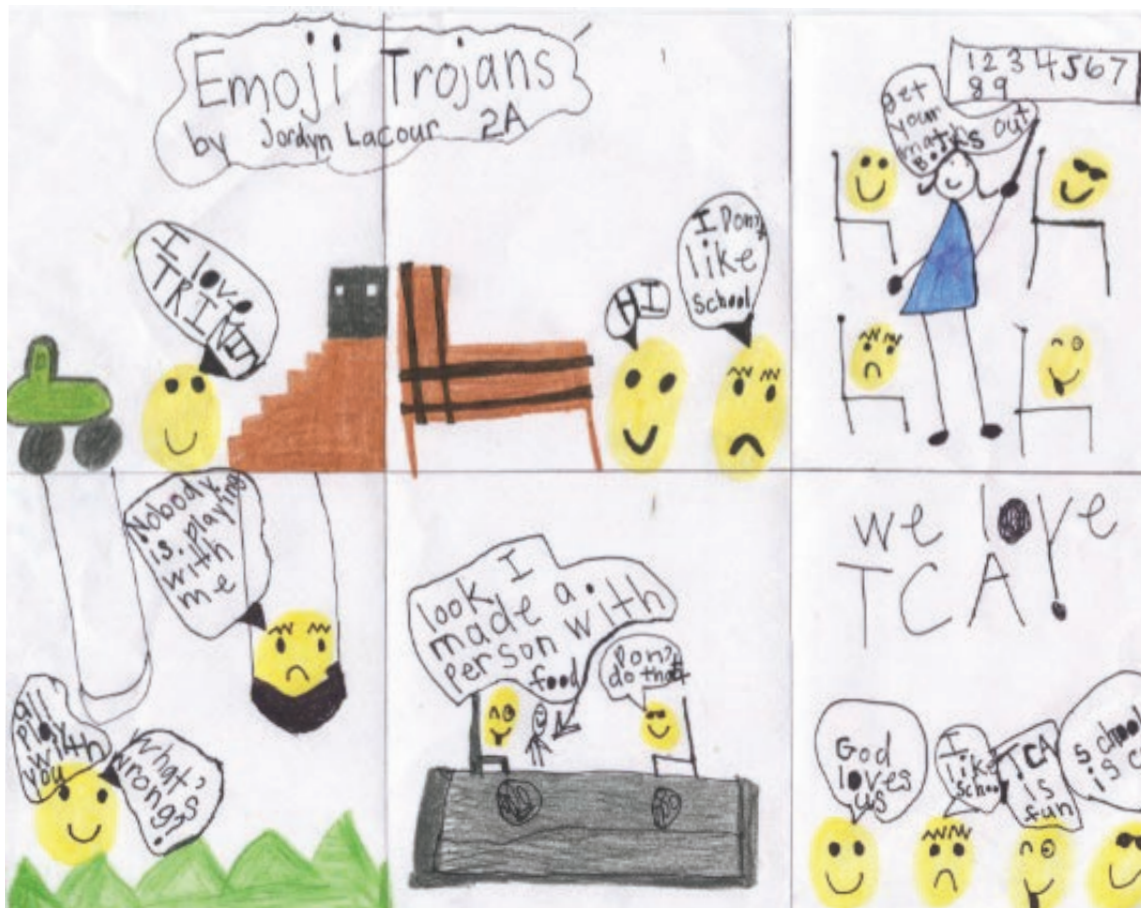
Take It All Back 2.0 // Judah & the Lion
Anywhere // Dillon Francis
Not Going Home // DVBBS
Stay // Zedd, Alessia Cara
One Step At A Time // Bearson
Circles // machineheart, Vanic

lower school COMIC CONTEST

By Ruthie Turner & Anna Beth Lowery

With the purpose of partnering with and inspiring the creative talents of the Lower School students, The ROCK held an art contest. For this contest, the lower-schoolers were challenged to write and illustrate a school-themed comic. There were no limitations on the size or shape of the comic, and The ROCK staff judged the competition on standards of artwork, creativity, and humor. We were thrilled with all the submissions and the talent, creativity, and humor they demonstrated. After a lengthy process the staff selected the three following comics as the winners of the contest. Thank you to all of the participants! We were amazed by the talent demonstrated through the contest.





HOW TO RULE THE FRESHMEN

A Schooltape Letter

Dear Junior,

I am responding to your letter that asked how you might, as a senior next year, fulfill your obligatory duties of suppressing the freshman grade. Thank you for your initiative. The number of upperclassmen devoted to this goal has shrunk dramatically to a dreadful level of near extinction. This must be due to a disgusting rumor I overheard the other day that essentially said we seniors were once freshmen. What impotence! The rumor went on to blasphemously imply that since we were once freshmen, we should sympathize with, bond with, and even *become friends with* the current freshmen. How dangerous is this way of thinking! It has trapped and overcome many of our most seemingly stalwart seniors. Those who have fallen for this flawed philosophy simply haven't thought it out. How could something as great as us – as powerful, wise, and amazing in general – ever come from the depths of freshmanhood? It is inconceivable and dangerously entrapping. My concern about this issue grew after the ROCK staff received an article from Haleigh Brown*, a freshman, describing how great freshman life is. It was a disturbingly well written, coherent article with points that could sway people of lesser solidity. My letter to you, therefore, is a refute of all of her points. Refer back to this anytime you need affirmation in our great cause.

1. Get to the gym. Really, you need to be gigantic. To be truly intimidating, you need to essentially be a wall of muscle. It is much more difficult to make a freshman scared of you if you look like a shrimp. As a tip, it sometimes helps to wear a very small (like a youth medium sized) shirt so that your arms look even bigger. This approach has worked effectively for some of the current seniors who weren't able to build as much genuine muscle as, well, me. To help supplement this objective, you should essentially be inhaling protein on a regular basis. This has also been beneficial to many seniors.

2. We all know that the lowly freshmen eat in a separate cafeteria. And if separate is inherently unequal (thanks, APUSH) then one of the cafeterias must be lesser than the other. Your job is to make it plain that the Upper School cafeteria is exponentially better. The proponents of freshmen will factually counter you by saying that their lunch experience is more peaceful and efficient since they have only a third of the line that we have. This argument has merit, but never, ever concede to them. If you have to, make up benefits of our cafeteria. Say we have Chick-fil-a. Talk about the secret all-you-can-eat barbecue line and the frozen yogurt machine installed in the back of the senior area. Whatever you do, make sure the freshmen feel insecure and unhappy with their cafeteria. Jealousy in this area is just one seed of unhappiness that can be reaped oh so well.

3. I should have mentioned this next one earlier as it is of the utmost importance. It didn't even cross my mind, as it seems so obvious. Yet after some of the failures I've witnessed this past year, I need to emphasize a point. Don't mingle with freshmen. Don't talk to them, don't smile at them, and certainly don't give high-fives or any other gesture that could possibly be interpreted as encouragement. And of course you must sanitize yourself after any (obviously accidental) contact with the freshmen. You can't afford any contamination.

4. We, as mean, freshmen-hating seniors, have one great enemy that we must boycott as much as possible. This, of course, is DIGs. DIGs—the program in which every freshman is put in a group with a couple upperclassmen—is horribly and institutionally detrimental to our cause. It has the effect of encouraging freshmen and bonding them to upperclassmen. This of course also means that upperclassmen become attached to the freshmen. How could an upperclassmen willingly become friends with a freshman? All that this does is proliferate the awful rumor that we were once freshmen and should therefore befriend and encourage those small children. Beware of the mighty DIGs.

5. We must discourage the freshmen with rumors of hardships and busyness at any chance we have. Make them stress about college. Make them worry only about their transcript and resume instead of choosing activities that they actually enjoy. What a great and subtle way to ruin their experience! Imperative here is to make sure the freshmen only take classes that they think will help them get into an elite college (whatever that means) rather than classes they are interested in. This is not to be confused with taking hard classes for the sake of actual learning—this latter idea could be beneficial to them and thus dangerous to our position.

6. Make the freshmen believe that we are somehow inherently smarter and better humans than they. Make them think that they have no way of passing school—the only way we passed was by way of our own genius. Never let them entertain the idea that they can ask their teachers (and especially upperclassmen) for help. And keep them so so far away from the wonders of Shmoop.

Although my sources tell me that this letter will be published, I have no fear of freshmen reading it and thus trying to foil our plans. You should have no fear of this either, for we all know that freshmen can't read. Never forget how much better you are than them. Rule with brutality.

Don't disappoint,

NATHAN HOLDEN
The meanest of the mean

1/4 CUP ORANGE JUICE
+
1/2 CUP VANILLA
GREEK YOGURT
+
1 SMALL ORANGE
+
HANDFUL OF PEACHES
+
GRATED SMALL CARROT



Pro Tips: add honey or agave nectar for some
sweetness, or ginger for a little spice

1 CUP COCONUT WATER
+
2 BANANAS
+
1 PEELED APPLE
+
1 1/2 CUPS BABY SPINACH



Pro Tips: add chia or hemp seeds for extra protein.
use green apple for a more tart flavor

2 CUPS ORANGE JUICE
+
1 CUP VANILLA YOGURT
+
1/2 TEASPOON VANILLA
EXTRACT
+
2 CUPS MIXED BERRIES



Pro Tips: add chia or hemp seeds for extra protein

SMOOTHIES SMOOTHIES SMOOTHIES

By Georgia Moore
& Delia Rowland

It's the oldest story ever told. The one we tell ourselves, that one day we are going be healthier. Maybe try that thing called running. Or visit the place known as the gym. Maybe even sprinkle a couple lettuce leaves into our food every now and then. This story always ends the same. We give up, quit and say "it's just too hard.". Well, here at the ROCK we understand this endless struggle and we sympathize with you. We have also decided to help you in your brave endeavor to be "healthy", so here is our first piece of advice. Instead of taking down a bag of cheeto puffs next time you feel hungry, do yourself a favor and maybe try a smoothie! So, to get you started we tested out a couple recipes and found three of our favorites. Three smoothie recipes that will fill you up, and quiet your rumbling tummy. These recipes are quick and simple to make, just throw everything into a blender and abracadabra - a smoothie!

CHASING THE C▼RROT

By Avery Gann and Michelle Raybourn

Trinity Christian Academy has been home of The Carrot™ for as long as anyone can recall. Raids of this vegetable have taken the form of cryptic messages about upcoming events, carrots hanging from the ceiling, and sometimes brownies if you're lucky. It's not uncommon to stumble upon a banner on the wall of the senior hallway that says, "Put your hands in the air like you just don't Carrot." There has never been an exact reason for the existence of The Carrot or a common knowledge regarding how the unidentified decorations began. Everyone at TCA has accepted the idea that an unnamed person under an alias of a vegetable decorates the school every once in a while with his/her words of wisdom and various shades of orange. We do know that the beginning of The Carrot predates the knowledge of everyone at TCA. But we wanted to crack the case and solve the real mystery: Who is The Carrot? Our first step toward unlocking the secret was asking people for their guess as to the real identity behind the Carrot. We interviewed the top six.

mr. williamson

Approaching Mr. Williamson after we discovered that he had a baseball base with a carrot on it in his room, we found that he had a few theories concerning the TCA tradition. Mr. Williamson told us that The Carrot had far outlived his time at TCA, so he suspected someone who has been working at the school longer than he has. He threw out the names of Mr. Burdette and the Harmons. Also, he proposed the idea that students could be behind the long held phenomenon. When we asked him what he would do if he was The Carrot, Mr. Williamson proceeded to tell us that he would work alone in decorating the school for a carrot display. Since the main reason that he had entered our minds as a suspect was his carrot base, we further inquired upon the history of the object. He revealed to us that it was a gift from The Carrot him/herself. When we asked Mr. Williamson the big question, whether he was The Carrot, he told us a decisive no, but he did proceed to explain how The Carrot is not always a recurrent character at Trinity. On some occasions, it never made an appearance at TCA the entire year. As soon as a new suspect came into Mr. Williamson's sights, a teacher would leave and throw off his whole theory. Although we did not in any way figure out the identity of The Carrot through Mr. Williamson's interview, we uncovered more information and gained a better idea of who to interview next.

mr. burdette

With the knowledge that we had gained from Mr. Williamson, we decided to interview the man, the myth, the legend...Mr. Chuck Burdette. Time wise, he believes that The Carrot began as far back as 1980 or ever since he began to work at TCA. Since he knows that he is the only person who has worked for the Upper School for that entire period of time, Mr. Burdette guesstimates that The Carrot must be a passed down tradition, because no one person could be at Trinity long enough to carry that legacy. He holds a hunch that it could be a group of students. When we tossed out Mr. Williamson's idea of Mr. and Mrs. Harmon, Mr. Burdette also agreed that they could be regarded as possible suspects. Adamantly, he also told us that he was not The Carrot, despite the Photoshopped picture of him in a bunny costume on his wall. After we asked Mr. Burdette what he would do if he was the Carrot, he told us that he probably wouldn't be as nice as the current Carrot. However, he did propose that he would get everyone a carrot cupcake.

tca students

Both Mr. Williamson and Mr. Burdette mentioned the possibility that the face behind The Carrot lies with the students of TCA. When we asked around, the best guesses were in the concept that the job was passed down through the senior students year to year. The Carrot definitely has been passed down at some point since it began before 1980, and no one has been at TCA that long. So, why not the seniors? However, if we settle on the solution of it being seniors, is it one senior or is it a group of seniors? We have also returned to the question of how does the gig get passed down? More unanswered questions arise at this concept. However, this theory is the most common amongst the TCA population.

ms. fusco

Ms. Fusco's name was brought up by many of the students as their number one guess of the identity of The Carrot. When she was interviewed, she mentioned a peculiar outlook on the inner workings of The Carrot. She deducted that The Carrot would have to be in a position of power because he/she would need to have a master key. She noted that there were mornings when a teacher would arrive at their classroom only to find that it remained locked but The Carrot had decorated inside. Considering this information, it is easy to discover that The Carrot must have access to locked classrooms and then have the ability to lock the door after he/she leaves. Apart from these facts, Ms. Fusco told us a definite no regarding the suspicion of her participation in the reign of The Carrot during her seven years at Trinity. She may not be The Carrot, but Ms. Fusco did lead us to a conclusion that makes us question the validity behind the senior theory. If the senior theory is correct, maybe there is a teacher in charge of a group of students who decorate.

mr. and mrs. harmon

The Harmons have been teaching at this school since 1983, which makes them prime suspects on this case. Mr. Harmon proposed the idea of Mr. Burdette or Mr. Bradley being the reason behind the school-wide phenomenon because they have been at TCA the longest. When asked about the senior theory, Mr. Harmon deduced that it was probably more than one person, yet still not a large group. He said that it must be limited to a certain number of students because it is no longer a secret if too many people know about it. However, he severely disappointed us in stating that neither he nor Mrs. Harmon held the widely desired position of The Carrot.

mr. bradley

When Mr. Bradley was questioned about his knowledge of the history, he told us that up until a few years ago, Mr. Waples was the head of maintenance of the school. This caused him to have complete access to all doors. Mr. Bradley has reason to believe that Mr. Waples was The Carrot for the first fifteen years of its existence. After that Mr. Bradley believes that the student council took over the tradition. While he denied being in charge of The Carrot, he did say that if he was a part of the honorable position, his main goals would be causing world peace and making sure that no children were hungry. He also said he would create 'carrot challenges' that provide school wide unity among the grades.

So, we may not have discovered the true identity of The Carrot, but we did uncover some useful facts that can help you make a well informed guess. Keep in mind, although they denied their participation in the tradition, it still could be any of the suspects on this list. We'll leave the guessing up to you.

Hey, Carrot, if you're reading this, call us. We'd like an interview.

why would YOU be a

pre-k

"Because I'm smart
and would give
everyone a puppy"



"I'm good at
solving problems"

kindergarten

"I would help
people by making
sure every
American is safe."



"I would give
everyone an
extra day off from
school"

1st grade

"Everyday I would
make planes drop
pancakes and grilled
cheeses"



"I would make sure
everybody only eats
one or two sweets a
week"

good PRESIDENT?

2nd grade

"I want to be the first girl president"



"I would make sure everyone has lots of pizza"



3rd grade

"I would make sure people aren't treating each other unfairly"



"I would pay off debt and help people in other countries"



4th grade

"I would give everyone a speedboat because they're cool"



"I would make more orphanages for all the little kids"



places to go AROUND DALLAS

By Cassidy Ellison

*Dallas. We recognize the skyline, we've seen the Pegasus, we bandwagon for the Cowboys and we love Dirk Nowitzki. We look at Christmas lights in "The Bubble," we don't know what snow is, we act like we ride horses while in reality we just get stuck in traffic behind Range Rovers. And we, as true Dallasites, **must visit...***

1 klyde warren park
Completed in 2012, Dallas's famous greenspace offers great food trucks and often hosts live music artists. The park features walking trails, a dog park, and a performance pavillion.

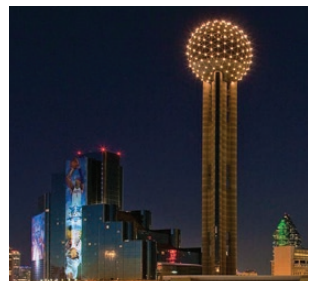
2 dallas arboretum
Connected to White Rock Lake (which almost made this list), the Dallas Arboretum showcases vibrant flowers throughout the year.

3 concerts at starplex pavillion
Formerly and more commonly known as Gexa Energy Plaza, Starplex brings established and just-beginning artists alike into its iconic walls.

4 aquarium/zoo
The Dallas Aquarium and Zoo aren't simply Lower School field trip destinations. The animal exhibits can excite and entertain anyone with an animal interest.

5 museums
Dallas is home to many world-class museums, including the Dallas Museum of Art, the Sixth Floor Museum, the Perot Museum of Nature and Sciences, and the George W. Bush Presidential Center.

6 reunion tower
An iconic staple of the Dallas skyline, Reunion Tower offers a high-end restaurant and an observation deck with breath-taking views.



THE RIVALRY

By Molly Henegar & Courtney Fish

“It’s hard to describe... just think OU vs. Texas, Cowboys vs. Eagles, TCA vs. PCA.”

TCA coach Brandon Graham stumbled to express the rivalry that has developed with our northern neighbors, Prestonwood Christian Academy. Anyone who has attended any TCA vs. PCA sporting event has no doubt noticed the obvious differences in size, noise, and general rowdiness. Audacious posters, lion suits, and meow-out shirts distinguish these games from any other. “Cage the Lions! Cage the Lions!” and “in the jungle, the mighty jungle, the lion sleeps tonight!” are sure to be heard at these anticipated events. Walking through the student section as a TCA high schooler, the hype and overwhelming enthusiasm are contagious. So why the difference? What is it exactly that awakens the TCA community so much more at a PCA game versus any other game?

According to Steve Mercer, TCA football coach, this rivalry evolved more recently than you would think. PCA was moved to TCA’s district around nine years ago, planting the roots of competition. The strife heightened, however, when the winner was different for each game and sporting event. Blowouts were unheard of. Combined with the other obvious similarities between

the two schools, this pattern created the perfect recipe for an epic rivalry. Contrary to popular belief, competition thrives when two organizations are similar to one another. While opposites may attract, similarities definitely repel. TCA and PCA are both conservative, private, Christian schools in the suburbs of Dallas. They both take about 130 students per grade level and offer rigorous academic programs. Another perspective on this rivalry comes from students of the TCA community who are also members of the Prestonwood Baptist Church congregation. These students find it funny to be a part of the rivalry between their school and church.

“the hype and overwhelming enthusiasm are contagious”

Since TCA and PCA kids are often in contact at church and often have mutual friends, smack talk is plentiful, to say the least. This matchup is different in that sense because with most other teams you never really know the student body.

Many TCA students are somewhat familiar with some PCA students, especially because some TCA students have transferred to PCA and vice versa. This reality further increases the rivalry because students who were previously rooting for or playing for TCA are now cheering on TCA’s opponent. Of course, the fact that so many students from both schools are friends only serves to intensify and magnify each matchup. Everyone wants to be able to talk to their friends who attend the opposing school and boast in the latest athletic accomplishment. No game is quickly forgotten and is typically brought up over and over in order to prove which school is better (obviously TCA). Mercer explains the current development of this rivalry best by saying, “I think at first it was more of a friendly rivalry, but it has gotten kind of intense lately.”

Now, while the students and younger crowd of people in attendance at TCA vs. PCA functions may have an ever so slight tendency to over-cheer (just a little bit!), our much more esteemed and wiser faculty and parents often repeat words like something along the lines of, “We are ALL brothers and sisters in Christ.”



