

BODY IMAGE

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story by molly irland || photos by lauren mccord

SOMETIMES SKIN ACTS AS A CANVAS, telling the stories of someone's life. From stretch marks to dimples, freckles to laugh lines, and birthmarks to creases, everyone has different facial and body textures that make them who they are.

These distinctions were not always appreciated by the media, and celebrities hid their imperfections under heavy makeup or airbrushing techniques. These differences were considered flaws, which ultimately impacted the general population's perception of body image. People compared themselves to the "touched up" versions of celebrities, resulting in low self-esteem in many cases. Social media only exacerbated the trend.

According to *Common Sense Media*, 75% of teenagers in America had social media accounts. Celebrities, magazines, social media, and an individual's surroundings were all contributing factors to body image.

"People can be physically influenced by the way bodies are represented in the media," freshman **Thanvi Kodali** said. "They can become physically unhealthy when chasing this ideal image, but also mentally through the mindset that they aren't seen as beautiful in our society."

Social media had the ability to confuse readers as to reality. Celebrity posts and online ads potentially caused readers to make inaccurate assumptions or cause physical or mental problems.

"High schoolers often are just trying to figure out who they are and the media doesn't help this happen positively," sophomore **Robert Estrada** said. "Students want to be something or someone they're not, and in the long run, this can lead to a negative state of mind and more serious issues in a person's life."

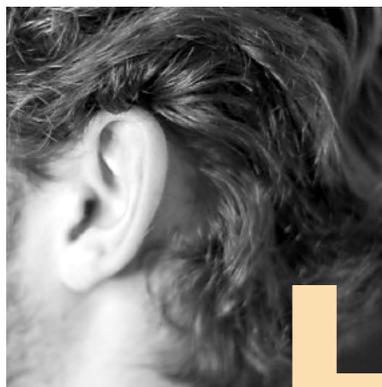
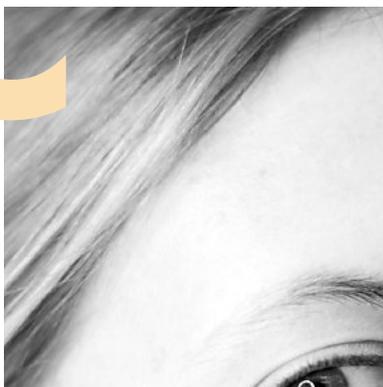
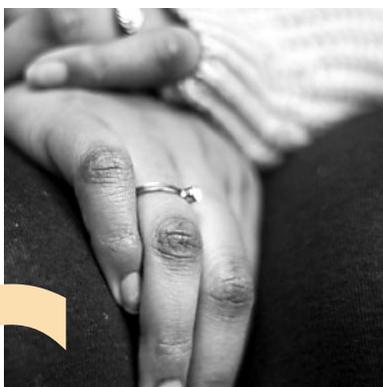
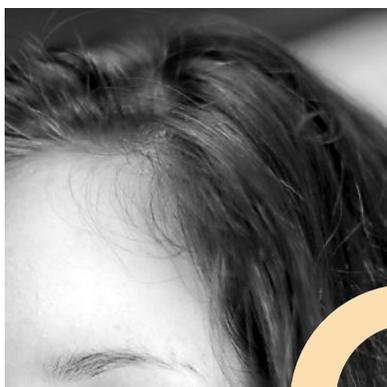
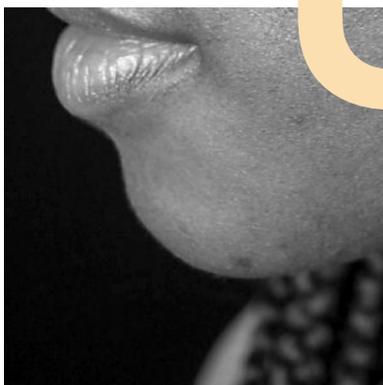
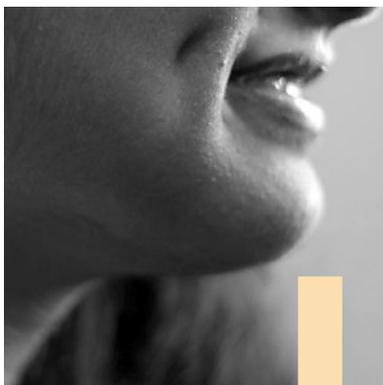
A recent shift in the social media messages began to encourage self-acceptance. Advertisements become more diverse in the types of bodies that were shown.

"I've seen different catalogs and advertisements that show plus-size models more and more nowadays," Varsity Cheer Coach **Tiffany Giamanco** said. "It shows that your beauty isn't affected by whether you're a size 4 or a size 14, and you just have to be comfortable in your own skin."

Social media began to promote individuals' distinctions as being beautiful.

"Communities of people online have come together going against the typical standards of beauty perceived through the media," sophomore **Emma Strong** said. "People on Twitter have started hashtags and trends supporting body positivity and self-love, which has really made an impact both personally and in our world as a whole. Society is slowly starting to accept others in all aspects."

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THE LITTLE MOMENTS

FROM DAY ONE, WE **MADE HISTORY**. WE WATCHED THE SOLAR ECLIPSE. WE ASSISTED HURRICANE VICTIMS IN OUR HOME STATE. WE MARCHED IN PARADES DOWN PARKWAY. WE GATHERED IN CLASSROOMS THAT TAUGHT US THROUGH LECTURES, **LIFE LESSONS**, AND CLUB MEETINGS. WEEK AFTER WEEK, WE ATTENDED CLASSES, REHEARSALS, AND EVERYTHING ELSE OUR CALENDARS COULD HOLD. VOLUNTEER HOURS WERE OBTAINED BY NHS MEMBERS. **GLOBAL PROBLEMS** WERE ANALYZED BY SOCIAL STUDIES CLASSES. WE ALTERNATED SCHEDULES DAILY AND SCHOOL HOURS SHIFTED FROM THE PAST. OUR YEAR WAS MARKED BY BIG MOMENTS. THE FIRST DAY OF SCHOOL, THE HOMECOMING DANCE, SENIOR SWING; THE LIST GOES ON. IN BETWEEN THE **BIG MOMENTS** WERE SMALL ONES TOO. CONVERSATIONS WE HAD WITH CAFETERIA WORKERS, THE RELATIONSHIPS WE FORMED WITH **CLASSMATES-TURNED-FRIENDS**. ALL OF THESE MOMENTS CONTRIBUTED TO THE **MORE WE HAD TO OFFER.**



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HELPING GIRLS TO GET THEIR OUTDOOR ART BADGE, National Art Honor Society students plant gardens and paint. Senior **Connie Fralick** said she felt that it was such a unique combination of both nature and art. "We had such a great time learning about art in a natural environment," Fralick said. "Art is such a natural thing, so gardening and artwork flowed perfectly with one another."
photo by katie skrepnek

citizens take pride
in celebrations
at newly-built park
by sarah pryor

PARKS AND PARADES



AFTER MONTHS OF RECONSTRUCTION, citizens came to commemorate the nation's independence in the newly renovated Andy Brown Park and around town. The band performed in the annual parade, along with students who gathered for activities at the re-opening of the park.

The specific renovations to the park were part of what made the night unique to several individuals, including sophomore **Karen Lu**.

"The pavilion was a great addition for any event since it lets people come together and get some relief from the Texas sun," Lu said. "I also loved how they had a proper stage this year during the fireworks, because my friends and I were able to jam the entire time."

Behind the fireworks and activities there were many procedures that had to be taken care of before the event. **Jessica Carpenter**, the Assistant Director of Recreation in Coppell, contributed to the production of the event.

"It was wonderful to see the community come together to celebrate Independence Day as well as the grand re-opening of the new park," Carpenter said. "The purpose

of both special events and parks are to build community, and I think July 1st was a perfect example of that."

As part of the festivities, members of the band participated in a parade while citizens gathered to watch. Senior **Mihir Chadaga** played the trumpet and performed in this tradition.

"My favorite part of performing in the parade is that it really solidifies our connection with the community," Chadaga said. "Everyone in the community has always been really supportive of all the activities that students can participate in, whether it be in band, athletics, debate, or academics, and it feels really awesome to give back to the community through music."

Along with the parade, students were involved in the production of the event as well. Junior **Anusha Mittal** attended and worked at the event with friends and family.

"I worked at the Coppell Taekwondo Academy booth, which had me playing with the kids," Mittal said. "When I had free time, my favorite part of the event was hanging out with friends, watching the fireworks, and being in the awesome and new environment."



MORGAN ROBB (10)

photo by irene son



JONATHAN MCGILL (11)

photo by irene son

BREAKING A SWEAT

athletes prepare for upcoming season

by brooke madigan

DESPITE THE BREAK, sophomore **Morgan Robb** and junior **Jonathan McGill** work to maintain their strength. For three months, athletes exercised with their teams and built better connections. The focus was on conditioning, weight lifting, and becoming healthier overall. "I think my biggest improvement was getting more conditioned for this year," McGill said. "This will help get me ready for the upcoming football season."

SUMMER SLUMBER

by megan mcgahey

AS A PART OF an annual tradition, the Lariette sleepover provides an opportunity for team bonding and preparation for the upcoming year. During the event, which was organized by the social officers and was held at the YMCA, members played games, danced, and ate pizza. They also discovered their "Bigs and Littles," a mentoring technique which paired experienced members with new ones. "Starting the year with the sleepover shows how special the year will be and gives the girls the joy of being on the team," junior **Addison Davis** said. "This year both the AC and lights went out and we had a huge dance party. I loved getting to run around in the middle of the night, making new friends with no lights."



photo by sara kim

A LITTLE BIT MORE ABOUT

AMELIA VANYO (12)

"I **JOINED SIDEKICK** because I knew I wanted to write, but I had no idea how much writing meant to me until I was on staff. I dove right into articles and really tried to put myself out there which was more difficult than I had ever imagined, but also more rewarding. Last year's Sidekick leaders showed me exactly what being a journalist meant. It was due to their dedication and love for what they did that I started to live like a journalist, seeing every part of my life as something I could turn into a story."



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SPENDING TIME WITH friends and family, junior **Anusha Mittal** participates in one of the various activities at the re-opening of Andy Brown Park. Mittal had lived in Coppell for five years and said she continuously found joy in the events in Coppell. "I loved the event because I was able to hang out with friends and enjoy the fireworks," Mittal said.

1. **ANUSHA MITTAL** (11) 2. **MIHIR CHADAGA** (12)



2

photo by shruti nair

photo by grace pittinger

1. **PILAR CASTRO-ZENA**
2. **ROSIE SPEANBURG** 3. **RYAN LAM**



photo by lauren mccord



photo by lauren mccord



photo by lauren mccord

by sara kim

SEASIDE SHENANIGANS

IN THE SPIRIT OF SUMMER, junior **Laurie Sanford** devotes her vacation to traveling and spending time with her friends. Sanford traveled to Seaside, FL with a group of friends. "My favorite memory from the trip was meeting new people on the beach," Sanford said. "On our last night we went crab hunting and met up with our new friends."

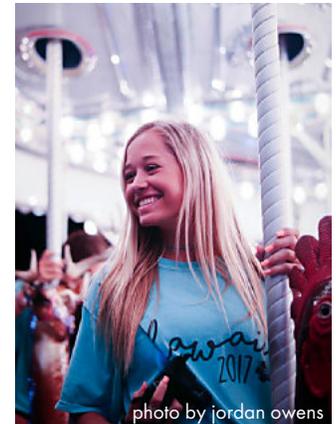


photo by jordan owens

by jordan owens

MENTOR MADNESS

DISPLAYING THEIR PASSIONS, choir members take part in the week long Vivace and Madrigal (VAM) camp at Cottonwood Creek Elementary. Children between 3rd and 8th grade took part in the choir workshop, working on both music and dance. "It's always a great feeling to be with the kids," senior **Marcus Reyes** said. "The older students continue to get better because of it."

1. **PRYCE WENSEL** (12) 2. **TAYLOR BUI** (12) 3. **MARCUS REYES** (12)



photo by lauren mccord



photo by megan megahey



photo by lauren mccord

educators kick off in-service week **||** by katie skrepnek DEVELOPMENT IN DALLAS

IN PREPARATION FOR the upcoming school year, teachers get a surprise field trip to the Perot Museum and Dallas World Aquarium. Staff members competed in teams for a selfie challenge, with each of the winners getting \$500 for their classroom. "I was already excited about the trip, so my team winning the challenge was just the best," teacher **Pillar Castro-Zena** said. "And because I am new this year, I can now make new additions to my classroom."

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photo courtesy of austin tran

"TAEKWONDO HAS ALWAYS BEEN AN IMPORTANT PART OF WHO I AM, AND IT HAS SHAPED ME TO BE THE PERSON I AM TODAY."

SECOND IN THE WORLD in his age division, junior **Austin Tran** held an undefeated record in national taekwondo competitions. Tran planned on competing at the 2020 Olympics for taekwondo.

"Taekwondo has always been an important part of who I am, and it has shaped me to be the person I am today," Tran said.

According to his mother, Tran was initially a shy and quiet teen. She said that through taekwondo, he grew to be a more courageous and driven person.

"We first put Austin in taekwondo mainly to keep him active and gain confidence," his mother **Christina Tran** said. "He has matured a lot as a person and as a student, through his travels and experience."

Traveling across the world for both small and large-scale competitions, Tran increased his understanding of the sport. He said his parents financed most of his equipment, travel costs, tournament fees, and coaching fees, which came along with the sport.

"It costs a lot for me to travel.," Tran said. "Not only money, but the time my parents have to take off work to go with me. So, I make the most of my training no matter what."

Once Tran started gaining more points at competitions, he found a sponsor. His sponsorship with JCalicu funded most of his financial needs. Tran said he was grateful for the journey he has made.

"Everyone has to start from somewhere, so for me the smaller tournaments showed the mistakes I made, and from there I worked to fix those and get better," he said.

With the satisfaction that came with having an undefeated record at national competitions, also came the stress. Tran faced pressure not only from teammates and parents but also his coach to train his best in preparation for competitions.

"Because I have never lost at nationals, people are always looking up to me or expecting more from me, which adds to the pressure I receive," Tran said.

Teammate senior **Cole Crawford** trained alongside Tran for five to six years since Tran began taekwondo.

"I've seen him become extremely successful at a young age which to me is pretty inspiring," Crawford said.

Tran worked towards his goal of competing in Tokyo in the Olympics.

"I hope to compete in the Olympics. Right now I am just trying to get more points to increase my world ranking so I can be eligible to compete in 2020," Tran said.

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story by manasi kunte

THIS IS AUSTIN TRAN



TRAN

photo courtesy of austin tran

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TRIPLE THREAT TRIUMPH

three captains lead the team
page by alli feille & megan mcgahey

AFTER CHEERING TOGETHER SINCE THEIR FRESHMAN YEAR, senior cheerleaders **Delaney Winkler**, **Mackenzie Dennis**, and **Avery Zaves** became the team's captains. The team had never experienced three appointed captains in the same year.

"Having three captains this year has taught me how to work together," Winkler said. "Since there's three of us we have to communicate well during games so that we are all on the same page."

Not only had the cheer team never had three captains, but it had never had a senior class of only three cheerleaders.

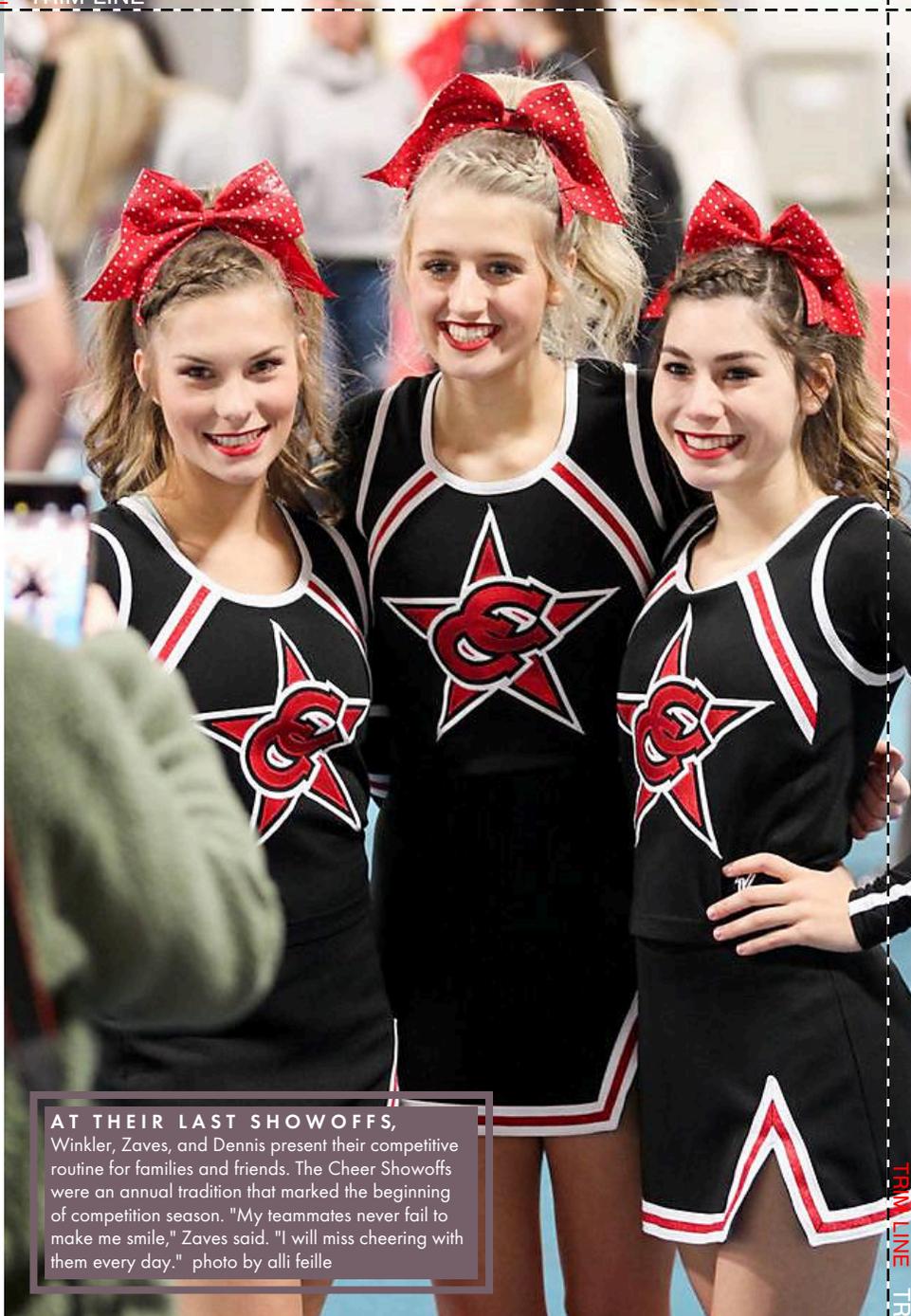
"I think having fewer seniors on the team this year made it so there was no division between the seniors and the underclassmen," Zaves said. "We were able to get along as equals which I think really helped us grow as a team."

The captain position held many responsibilities including choreographing dances and cheers, as well as calling cheers on the spot at games.

"I have watched each of the captain's leadership skills grow since their freshman year," cheer parent and teacher **Lisa Hackl** said. "I've seen them positively influence the other cheerleaders through relationship-building and motivation of the squad."

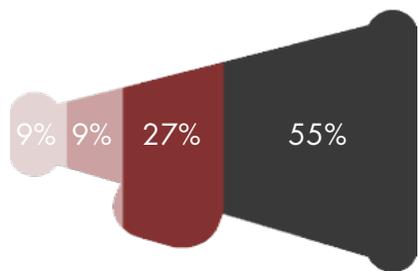
The seniors' leadership growth set an example for the underclassmen who would fill their positions in years to come.

"I do feel the juniors have looked up to the seniors as they value what the seniors bring to the cheer program," cheer coach **Tiffany Giamanco** said.



AT THEIR LAST SHOWOFFS, Winkler, Zaves, and Dennis present their competitive routine for families and friends. The Cheer Showoffs were an annual tradition that marked the beginning of competition season. "My teammates never fail to make me smile," Zaves said. "I will miss cheering with them every day." photo by alli feille

FAVORITES ON THE FIELD



EVERY VARSITY FOOTBALL GAME DAY, the varsity cheer team was responsible for maintaining school spirit. The 12 members of the team voted on their favorite aspect of cheering for the football team.

- tumbling after touchdowns
- dancing at pep rallies
- leading student section cheers
- stunts

CAN'T HIDE OUR PRIDE

spirit for all occasions

EXECUTING THEIR DANCE

ROUTINES, cheerleaders seek to engage the crowds at volleyball games and the UIL State Spirit competition. Throughout the year, the team practiced to perfect dance and stunt routines to take to competition in the winter. "This year has been challenging, trying to balance school work, competitive cheer and cheer at school," junior **Graysie Flynn** said. "Despite challenges, cheer has shaped me into who I am by teaching me how to work well with others."



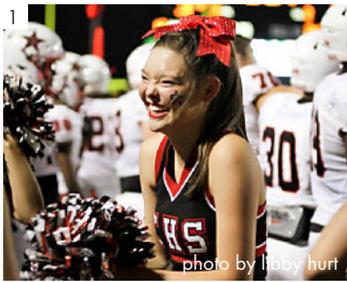
AVERY ZAVES (12)

photo by katie sanger



GRAYISIE FLYNN (11)

photo by alli feille



1. **AFTER A CHEER**, junior Addison Sork keeps the energized momentum. This was Sork's first year on the varsity team. "I had to adapt to the Friday night environment," Sork said. "It was challenging, but it taught me a lot about teamwork."

photo by libby hurt



2. **TO SUPPORT HER FLYER**, junior Chloe Eubank bases Laurie Sanford in a stunt. Eubank teamed up with Sanford all year. "The best part of cheering is being able to spend Friday nights with my teammates," Eubank said. "All of our cheer events allow me to become closer and strengthen the bond with my teammates."

photo by libby hurt

3. **IN FORMATION**, the varsity team uniformly completes a cheer at a varsity football game. The team consisted of 12 girls. "I love cheering with my teammates because we are all like a family," junior Nicole Jordan said. "We help each other grow as athletes in our practices and take care of each other like sisters."

video by maddie johnson



photo by libby hurt

1. **MACKENZIE DENNIS** (12) 2. **MADELEINE BROCK** (11) 3. **JULIANA WHITE** (11)

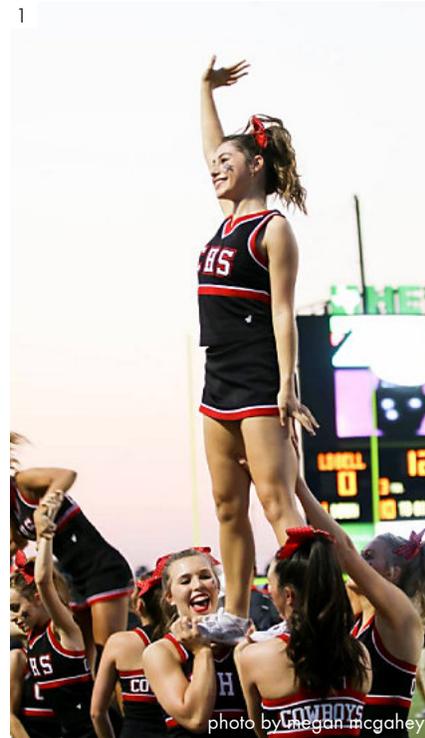


photo by megan mcgahey

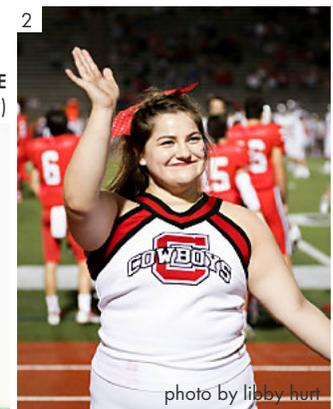


photo by libby hurt



photo by megan mcgahey

friday night lights

LOUD AND PROUD

1. **COMPLETING THE STUNT**, senior Mackenzie Dennis cheers at the varsity football game against Hebron. Dennis was a flyer all four years while cheering for the school. "I went straight from competitive gymnastics to cheer, so it was the perfect transition," Dennis said.

2. **CONNECTING WITH THE STUDENT SECTION**, junior Madeleine Brock engages the crowd. As a varsity cheer member, Brock said she appreciated the feeling of school spirit. "I love that cheer allows me to support my school while getting to hang out with my friends," Brock said.

3. **ENCOURAGING THE FANS**, junior Juliana White performs at the Breast Cancer Awareness varsity football game. White cheered for eight years. "I love the energy that comes from everyone when we are cheering for our team," White said. "The crowd involved makes the games so much more enjoyable."

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photo by lauren mccord



photo by libby hurt



photo by megan mcgahey

HANDS UP

1. **STRIKING THE FINAL POSE**, senior Delaney Winkler performs a routine at the last pep rally of the year. Winkler was one of the senior cheer captains. "When I graduate I'm going to miss being up close at the football games and cheering with my teammates," Winkler said.

2. **TO GET THE CROWD INVOLVED**, junior Laurie Sanford performs a cheer at the first pep rally of the year. Sanford cheered competitively since 1st grade, and followed in her older sister's footsteps by cheering for the school. "Through cheer, I have been able to learn and grow in my motivation, cooperation, and respect for my teammates and coaches," Sanford said. "

3. **GUNS IN THE AIR**, junior Kaitlyn Sork strikes the initial pose at the final pep rally. Sork said that being a part of cheer allowed for the opportunity to support multiple sports teams. "Cheer has taught me how to collaborate with others and manage my time," Sork said.

WARMING UP, sophomore **Soumya Thotakura** aligns her hand and racket as she anticipates the ball. Thotakura said her love for the sport started when she watched professionals play on TV. "The ground shots and the technique are essential for playing," Thotakura said. "Having stamina and being quick on your feet is a huge part of what makes a player succeed."



photo by michelle moller

TO END THE VOLLEY, sophomore **Sam Won** keeps his focus on the ball as he prepares his swing. Won thanked his teammates for motivating him to be a better player and help him rally. "Motivation helps me succeed on and off the court," Won said. "My teammates motivate me to try harder and put in a better effort."



photo by kylie park

1. FOR THE NEXT PLAY, junior **Mrityunjay Mishra** concentrates on his ball contact. Mishra thanked his teammates for the support they gave during matches and how the coaches guided him as a student-athlete and as a person. "Tennis has helped me athletically by making me faster and stronger," Mishra said. "Also mentally, whether I'm taking a test or in a match, I've learned to handle the pressure much better."



photo by parker odette

2. READY FOR THE ACE, sophomore **Elias Diaz** anticipates where the ball will go. Diaz said he had always enjoyed playing many sports, but tennis became his favorite over the rest. "Being apart of the team has taught me how to encourage others and help out," Diaz said.



photo by caroline chasant

3. TO BEGIN THE PLAY, freshman **Sydney Hubert** positions herself for the serve. Hubert said that the new friendships she was able to make helped the team bond and play better together. "Tennis has taught me to fight for what I want," Hubert said. "I've learned to give everything I have and that trying something new never hurts."

video by william leslie

MAKING A RACQUET

TO PREPARE FOR THE SEASON, the team practices every day after school in order to improve their movement and skills on the court. The athletes said they were eager to get to work and see how they could improve throughout the season. "Playing doubles is always exciting," sophomore **Clark Parlier** said. "It's cool to know that I have someone who I can count on if I miss."

JACOB NELSON (11)

CLARK PARLIER (10)

AUSTIN GREGORY (09)



photo by anna guzniezak



photo by caroline chasant



photo by jordan owens



photo by kylie park

IN IT TO WIN IT

TO IMPROVE UNITY, the tennis team was taught to encourage each other on and off the court. As they developed bonds, they said they discovered new abilities they never knew they had. "The biggest lesson I've learned is that the team matters more than myself," junior **Rishi Vontivillu** said. "My goal for this season is that as a team, we improve and next year make the playoffs."



photo by katie goetting

1. SMRITHI VENKATRAMAN (10)
2. RISHI VONTIVILLU (11)



photo by emma hyden

1. RIYA REDDY (09) 2. SANYA BHATT (10) 3. NEIL KONDAPALLI (09)



photo by reagan wall



photo by kylie park

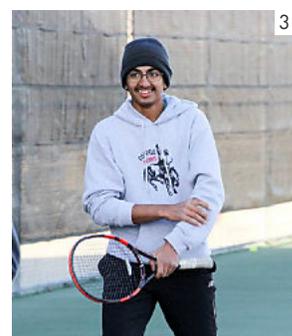


photo by kylie park

PLANNING THEIR STRATEGIES, the players consider ball placement. According to NASA, a tennis ball flies at around 150 mph. "Thinking about where the ball will go and being quick on your feet is such a rush," freshman **Riya Reddy** said. "Playing really helps me think quickly and reminds me that losing just motivates you to get better and practice."

MATCH POINT

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RETURNING THE BALL, freshman **Neha Desaraju** delivers a return. Desaraju said she learned time management in order to balance school, extracurriculars and her social life. "With my dad running my family by himself for the past five years, he has always pushed me to manage my time wisely," Desaraju said. photo by jordan owens

INTERNATIONAL INTELLIGENCE

desaraju instructs children in india
page by jordan owens & kylie park

WITH INTENTIONS TO EDUCATE THE YOUNGER GENERATION, freshman **Neha Desaraju** founded a non-profit organization. Desaraju's organization, named Young Teachings, worked with other groups to provide students around the world with an educator. This program allowed children internationally to receive tutoring in English and mathematics.

"Through my organization, I get to teach both locally and internationally through video chat," Desaraju said. "The cool part of what I do is partnering with other organizations. They are the ones who provide learning centers where my services could be of help."

Desaraju's contributions to the non-profit organization assisted kids. Through her partnerships with other groups, learners in India received more access to education.

"What Neha has done is unique and innovative in the thought that the idea is simple yet the effects of it can be revolutionary," Desaraju's friend, freshman **Ananya Sampathkumar** said.

Desaraju said that through her time with the non-profit she learned how to better manage all of her responsibilities. She said that she strived to stay productive and that she made an effort not waste any time.

"Neha is a very mature young lady who is a quiet leader, and it is great to have her in our program," Coach **Rich Foster** said.

Desaraju shared the perspective she gained from her experiences.

"I've realized that things like this take time; it's not going to happen overnight or in a month or sometimes in a year," Desaraju said. "But the thing that will make you succeed is that you just keep going through all the failures."



SYDNEY NGUYEN (11)

photo by katie goetting



SIDDHARTH MASKARA (11)

photo by jordan owens

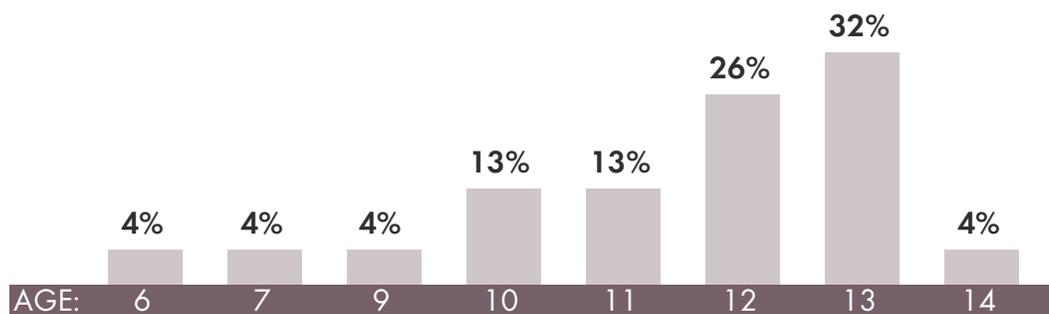
YOU JUST GOT SERVED

players work to improve skills during practice

AS THE SPRING SEASON BEGINS, the team practice schedule advances. The team members were required to wake up as early as 7:00 a.m. for some morning practices. "I would say tennis is one of the more understanding sports," junior **Sydney Nguyen** said. "It takes a lot of time and work to get good."

STARTING STATS

TEAM MEMBERS BEGAN PLAYING tennis from ages 6-14 years old. Twenty three members were surveyed. "I started playing two years ago. Since I started at that age, it was harder for me to catch up to everyone else, but it made playing tennis a lot more fun. I met a lot of great people because of it," sophomore **Elias Diaz** said. "I plan to continue, because it is fun."



Design is my passion. Throughout my three years on yearbook staff, my passion has turned into a real career path.

As a first-year staffer, I learned the basics of photography, writing, editing and design. I quickly realized I had a “knack” for design, as my fellow students asked for help and my adviser used my work as examples.

My second year on staff, I was elected as the Design Editor. My workload increased monumentally, but my passion still grew. Even with the demands of deadlines and our staff’s high standards of excellence, I never grew tired of designing. And, I never stopped learning.

By my third year on staff, I was the Senior Design Editor and part of the Top Tier Trio. I was in charge of all designs for the book and checking every page, module and folio before we submitted for publication. It was exhilarating!

As I approach my graduation day, I can most assuredly say that Design is what I love to do most. I will pursue an education in Mass Communications, with emphasis on design and graphics.

I am thankful for the opportunities yearbook staff afforded me in realizing my strengths and encouraging me in my pursuits.

Sincerely,

Libby Hurt