

drink to that

SURVEY SHOWS COFFEE AT BOTTOM OF PREFERRED DRINK CHOICES

Walking into Starbucks, sophomore **Josh Hogue** takes in the warm, bittersweet aroma of freshly ground coffee beans and immediately closes his nose. The plethora of espressos, lattes and Frappuccinos on the menu hold no interest for him — his only interest is getting out of the coffeehouse as quickly as possible.

"I don't like coffee because I think the smell is appalling," Hogue said. "My family has always made fun of me because every time we walk into Starbucks I would hold my nose for the duration of the time because I just couldn't stand the smell."

Most of Legacy seemed to agree with Hogue's opinion of the beverage; in a survey conducted by therideronline.com, almost 73 percent of respondents said they drank coffee either not that often or never. Sophomore **Ben Speigner** counted himself as part of the minority.

"Coffee is the best," Speigner said. "It gives you energy and is pretty tasty."

In the same online survey, energy drinks proved overwhelmingly unpopular. About 82 percent reported never drinking them, including senior **Lesley Cruz**.

"I've never had energy drinks," Cruz said. "My mom never allowed me to drink any, so I just never drank any."

While Cruz fell into the majority when it came to energy drinks, she disliked the most popular soda: Dr. Pepper.

"I don't like Dr. Pepper," Cruz said. "It's really sweet, and I don't like sweet-tasting drinks."

Speigner lauded Dr. Pepper's unique taste.

"It's pretty good," Speigner said. "There's not really an imitation that tastes just like Dr. Pepper does."

Apparently most people felt the same, as only 2 percent chose Pepsi as their favorite soft drink. For Hogue, his heart belonged to one special soda. Every day after tennis practice, he and his best friend visited Sonic for a watermelon Sprite.

"It's like a ritual to us," Hogue said. "I think it's a nice reward for all the exercise I'm doing, so I indulge myself."

If given a choice between soda and water though, Speigner would, along with about 72 percent of Legacy, pick water.

"Water is my favorite," Speigner said. "It's plain, and it's good anytime."

Senior **Mary-Margaret Bertucci** touted the benefits of water in theory but had a harder time putting those beliefs into practice.

"Water basically should be the only drink we drink," Bertucci said. "It's the best option, but I drink more soda than water. I'm a contradiction to myself."



sodas

10%

"I just like the taste of it"
ALEXEI MARTINEZ, 11

"I don't drink it, I'm in athletics so barely ever."
JUSTIN O'SHIELDS, 9

"I've never liked any other soda. Soda doesn't appeal to me."
ARIANA AYALA, 12

16%

"It's the perfect combination of lemon, lime, and fizz."
HUNTER YOUNGER-GURLEY, 11

"I don't really like dark drinks. They have more caffeine."
DORRIS LARROY-HADEN, 12

"It's not as bubbly and there is not as much carbonation."
GRANT MOORE, 10

18%

"It reminds me of when I was younger, and I'd go to Georgia and visit my family."
TABITHA HAMILTON, 11

"It always keeps its signature flavor and doesn't switch it around like other sodas."
NATHAN PRIVETTE, 10

"I like diet coke because it tastes much better."
LIESL PRATER, 10



energy drinks

41%

"Because it's spicy!"
ROXIE RENTERIA, 10

"I like the way it tastes. It brings my taste buds joy."
NANCY MARRUFO, 11

"My family is always drinking it."
DANIELLE SMITH, 10

"It's cold and fizzy which makes it taste good."
ELISA GONZALES, 9

55%

"It gives me energy in the morning, and it tastes pretty good."
COLTON PATTERSON, 10

"It's filled with sugar and deliciousness."
KAILEY VESSIER, 9

"Not very often. I've only drank it twice."
HANNAH GARCIA, 10

37%

"It gives me energy to last through the day."
BRITTANY BALLANCE, 10

"My dad bought it for me and I've been drinking it ever since."
AUSTIN HOLIMAN, 10

"I'm always tired and Red Bull wakes me up."
CAMERON DALLAS, 11



"When I was little, my dad fixed me coffee," Luke Lee, 12, said. "He poured it into my sippy cup. Since then I've loved it."

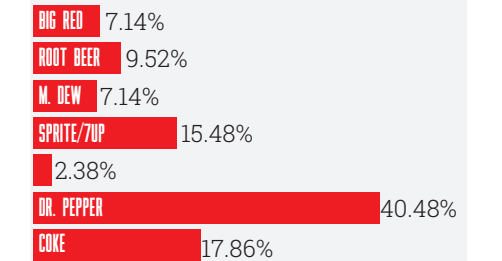


"I mainly drink water because it's healthy, and it's refreshing," Nick Hubbell, 9, said. "I drink about six cups a day."

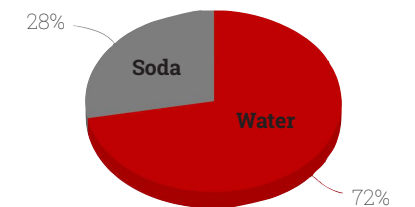
"I drink water a lot," Jacob Smith, 12, said. "At least three cups a day."

survey says

Which soft drink do you prefer?



Would you rather drink water or soda?



How often do you drink coffee?

2-3 day	9%
Every morning	14%
All day long	4%
Not that often	44%
Never	29%

How often do you drink sodas?

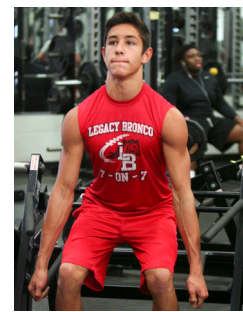


Survey results based on 100 random Legacy students polled online during the month of January

By Shalavé Cawley

MENTAL PEP TALK

Terrence Bell, 11, lifts with a spotter behind him during the meet at Timberview. "When I lift, I think light weight and stay on your heels," Bell said.



PRACTICE LIFT

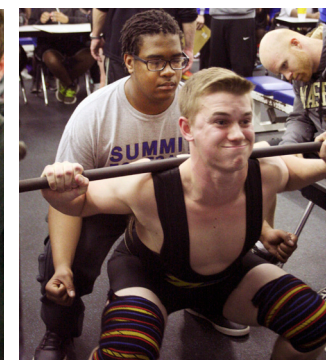
Practicing for future meets, Cesar Antuna, 9, works to become a better powerlifter. "I feel like I'm working harder and getting better everyday," Antuna said.

JUST DO IT

After preparing himself, Tyler Strawn, 11, picks up his set of weights for the deadlifting event. "You don't really think," Strawn said. "You just do."



"I feel like I'm working harder and getting better every day."
CESAR ANTUNA, 9



NOTHING BUT THE MOST

Squatting the most he has ever done before, Parker Brown, 11, lifts 315 pounds during the first meet. "I was so happy when I came back up and they said it was good," Brown said.

ALL ABOUT THE PLACEMENT

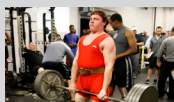
Making sure he is properly squared, Cooper McCauley, 9, prepares his position before lifting in the deadlift event. "I always make sure my feet are in place before lifting," McCauley said.



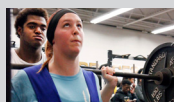
just the right lift

BEST LIFTS

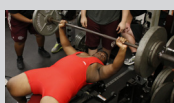
of the season



COOPER MCCAULEY
450 pounds
deadlift



KASIE HAEMKER
295 pounds
squat



TERRENCE BELL
300 pounds
bench press

As the powerlifting team entered Mansfield High School, a stench of sweat lingered in the air. Walking into his first meet, sophomore **Neyantez Langston** began to squirm as he passed by boys that towered over him. After Coach **Rodney Nutley** told the lifters they only competed against students in their weight class, a sigh of relief came from the powerlifting team. For his first meet, Langston placed fifth in his weight class.

"It was a relief," Langston said, "but at the same time I really wanted to compete against those bigger guys."

Two of the four days a week the team worked on upper body activities, and the other two days were full of lower body exercises. The time junior **Terrence Bell** put in at practice allowed him to surpass his goal of benching 305 pounds and squatting more than 400 pounds. In addition to that, sophomore **Kasie Haemker** received first place in every event she's competed in.

Bell decided to join the team his freshman year because he liked lifting weights. Working out helped Bell relieve stress.

"I've actually gotten strong enough that I've won medals," Bell said.

Because the team was 25 people, it was easy for everyone to get to know one another.

"I've made a lot of new friends," Haemker said. "They actually make practice fun."

By Hannah Garcia



GIRLS JUST WANNA HAVE FUN

Being the only girl on the powerlifting team, **Kasie Haemker**, 10, squats at the Summit meet. "It's pretty awesome [being the only girl]," Haemker said. "I get a lot of one on one time with the coach."

HEAVY STUFF

Preparing to press his biggest lift, **Robert Hawes**, 11, lifts 275 pounds for the bench pressing event at the Summit meet. "I wasn't worried on dropping it even though I knew it was my max," Hawes said.



GUIDANCE

At after school practice, Coach Rodney Nutley visits with **Trenton McDonald**, 10, about the proper way to lift. "He was cool and helped me out a lot," McDonald said. "He helped me out with my squatting technique."

PUSH IT TO LIMIT

Pressing as much as he can, **Neyantez Langston**, 10, pushes his body to limit while bench pressing during a powerlifting event. Langston placed fifth in his weight class at the first meet of the year.

how it is here

dinner makes a happy team

To maintain a connection with all the other team members, some of the powerlifters went out together after meets late at night to all grab a bite, allowing the team to bond with each other.



handprints for all

The boys' powerlifting team prepares themselves for the deadlifting event. One thing all the team did was make sure they got plenty of chalk on their hands so when they smacked each others butts, a handprint remained. "It's a funny tradition, but it lightens up the mood because there is nothing more embarrassing than a handprint on your butt," **Tyler Strawn**, 11, said.



getting hyped

With lots of time on their hands to get mentally prepared for their lifts and events, the team listened to their own music to get pumped and psyched. "I listen to anything upbeat and fast to get pumped," **Kasie Haemker**, 10, said.

UP TO SWING

As the boys' golf team waited for the groups to tee off, seniors **Christopher Stephens**, **Hunter Caldwell**, **Mason Seekins**, and **Justin Kimbrough**, scrape the mud out of the grooves in their drivers so the mud won't interfere with future shots.

TRAVEL TIME

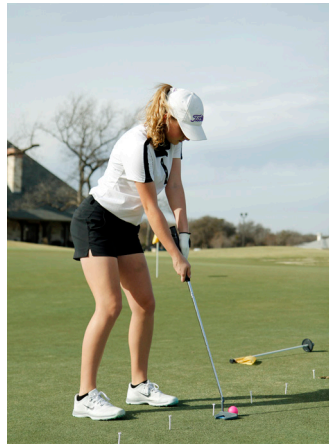
After hitting a few practice putts, freshmen **Kolton Newman** and **Preston Hayes** walk to tee off at the first hole. "Hanging around all the guys is great because we always crack up at one another," Newman said.



STERLING GREBACK PHOTO



STERLING GREBACK PHOTO



STERLING GREBACK PHOTO

PUTT BY PUTT

During after school practice on the hilly green, **Kaitlyn Crump**, 11, hits the ball into the hole by 12 inch increments to help her putt during tournaments. This exercise allowed golfers to see how the ball caught the slope at different angles to help the golfers reference back to the drill while they were on the green playing their rounds. The increments were marked by tees they can range up from 3 to 6 feet at the most. This drill worked on consistency and helped golfers focus on their skills.



STERLING GREBACK PHOTO

EYELINE

On the slope of the green, **Justin Kimbrough**, 12, determines what putt to make to get the ball in the hole. "I felt nothing when I made my putt because that's correct way to play golf is with no emotions," Kimbrough said. The boys' golf team plays nine holes everyday and 18 to determine who attended upcoming tournaments.

TRAPPED

Filled with determination, **Savannah St. John**, 10, makes her way down into the sand trap. The sand traps are on a par three, hole three of Southern Oaks golf course. The sand was moist from the rain the past weekend. "I knew I had to hit behind the ball harder than usual to get out of the trap," St. John said.



STERLING GREBACK PHOTO



STERLING GREBACK PHOTO

HOW IT IS HERE

Making their way down Southern Oaks Golf Course, **Rachel Henry**, 11, and sophomores **Kylee Bena** and **Brittany Ballance** pick up their bags as they walked onto hole one. Legacy golf is the only school in Mansfield school district who has custom made stickers on the bottom of their bags. "Our stickers say return with honor we have them on our bags to help remind us to do so," Mesch said. Boys' coach **Chris Word**, and Girls' coach **Chad Redwine** came up with the idea of the stickers. The saying on the stickers "Return with honor" was based on what Word and Redwine wanted for the program's reputation to be known for.

swing of things

tallies of the year

Nerves set in as senior **Austin Rhodes** steadily tallies up his strokes at the Cleburne Tournament. The total came down to 71 – one under par.

"I was satisfied I with my results, even though I felt like I lost a few a shots," Rhodes said. "But I was glad knowing it was the I've played this year," Rhodes said.

Golfer's were required to play despite the difficult weather conditions.

As **Brittany Ballance**, 10, started her first week back at school playing golf at Southern Oaks she continues to sweat in the blistering heat.

"It was so hot, I thought I was going to pass out," Ballance said.

Golfer's practiced in the fall season from August through May with a break from December to the new semester.

"I will never forget those awful tan lines from being outside all the time," Ballance said.

Team practices were from 2:30-4:30 p.m. Monday through Thursdays. Playing nine hole rounds on Tuesdays to qualify for upcoming tournaments, practices exceed 4:30 p.m. depending on how fast they play.

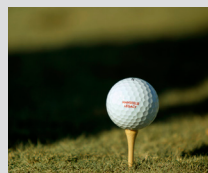
"Spending so much time on the course let's us become closer and bond as a team," sophomore **Kylie Bena** said.

Legacy Golf also acquired a golf simulator. It was an electronic golf course that was projected on the screen, and allowed players to play a full round of 18 holes.

"I like the noise of my club swinging through the grass, rather than the grass," freshman **Kylee White** said.

By Meagan Mesch

play by play



STERLING GREBACK PHOTO

TEE UP

Each golfer got a package of three Wilson Staff balls monogrammed with the Bronco logo for each tournament.



STERLING GREBACK PHOTO

PRACTICE SWINGS

Drake Milligan, 11, steps up to the tee box to take a few practice swings. "I try visualizing the ball flight I want," Milligan said.



STERLING GREBACK PHOTO

DISTANCE CHECK

Range finders calculated the distance from the golfer's ball to the flag.



STERLING GREBACK PHOTO

CRUSH THE BALL

Once a player checked the range, and took a few practice swings, the golfer was ready to hit the ball.



STERLING GREBACK PHOTO

ESCAPE OBSTACLES

Sand traps were difficult to get out of and were placed specifically so golf balls would get caught in them.



STERLING GREBACK PHOTO

LINE UP

Golfers line up their ball to aim it according to the slope, so they could help minimize their strokes.



STERLING GREBACK PHOTO

FINAL PUTT

As **Savannah St. John**, 10, walked up to her putt, she barely tapped the ball, and it sank into the hole.

JUST KEEP SWINGING

Concentrated to hit the perfect shot, **Tiffany Miller**, 12, teed up her ball. Slowly taking her back swing Miller hits the ball straight down the fairway more than 200 yards out. "The more golf I played over the years the more I fell in love with it. It takes a lot of work but it's worth it in the long run," Miller said.

things heard here
KOLTON NEWMAN, 9
 "I saw a big brown cow on hole seven."

Golfers often ran into livestock on the golf course in Burleson.

how we survived

injuries



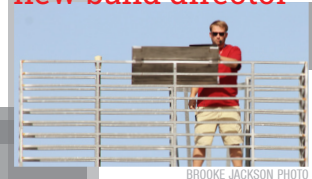
Baylee Barry, 11, plays alongside other French horns in their feature during the halftime show. With the difficult drill, Barry learned how to work with her previous knee injury. "Just having to push through the shows, practice and contest was challenging," Barry said.

difficult music



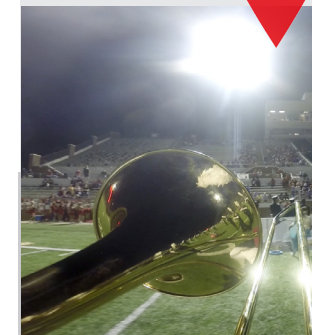
During band class, **Alex Rodriguez**, 10, perfects his marching music. To showcase the band's abilities, the music was the most challenging to play out of prior years. The students worked diligently in class and were required to pass off every piece to their section leaders. "All of the weird rhythms were challenging," Rodriguez said.

new band director



Director **Adam Hoffmann** conducts practice after school on the tower. Mr. Hoffmann moved from Iowa and joined the program in August after band camp started. "It's always hard coming into a new program in front of new students," Hoffmann said. "Everything was easier with the awesome staff, students and parents." Mr. Hoffmann directed the Wind Ensemble also.

#howitis HERE



HOW TO SEE MORE

Kyle Sims, 11, plays trombone in the band's halftime performance of *Essential Rome*.

TWO TIMES THE CHALLENGE

Shortly after her drill team performance, **Tedra Henderson** performs again during halftime with the band. This was her first year on varsity drill team, and she learned how to manage both activities. "It was hard to balance all the stuff at once," Henderson said. "Everything always felt rushed."



FROM THE BOTTOM TO HERE

Connor Lusk, 10, plays marimba in the front ensemble. Lusk practiced more than two hours everyday to receive the opportunity to play the most challenging part. "It was really hard when Mr. Vasquez was having us learn so much in a short amount of time," Lusk said. "I went home and practiced."



A NEW PERSPECTIVE

Elizabeth Shaner, 12, **Jared Fox**, 12, and **Kelsi Davis**, 9, take their positions for the trumpet feature. The columns used in the show were introduced as a new idea this year. "We had more weight on us because if we didn't place those columns right, the whole show would be off," Shaner said. "They were devil columns."

A CHALLENGING OPPORTUNITY

Alongside other top brass players, **CC Waggoner**, 12, participates in the Mavs Maniaacs show for AT&T. The top brass and percussion players were invited to play at this charity event. "Doing something for a big, renowned company is always cool," Waggoner said.



ONE DIFFICULT DUET

Juniors **Angela Austin** and **Tristen Dodds** play their flute duet during band practice. Their challenging feature required them practice everyday. "It was very nerve-racking because we had microphones, so you could hear any mistake we made," Austin said. "It was exciting and stressful all at the same time," Dodds said.

A WHOLE NEW WORLD

As a first-year band student, **Jillian La Voie**, 9, performs in the band's halftime show. La Voie decided to join when the band needed tuba players, and she earned a spot among the students who have played instruments since sixth grade. "One of the hardest parts was starting from the bottom and then playing catch-up," La Voie said.



UNCHARTED TERRITORY

During the red-out pep rally, **Landon Dodds**, 9, entertains the crowd alongside the snare section. Before this year, he didn't know how to march or play marching snare drum. "The jump from middle school to high school was insane," Dodds said. "Last year, I barely knew how to hold sticks and now I'm the only freshman on the snare line." Dodds continued to develop his playing skills and received a position in the top band.

rising to the challenge

band members overcome obstacles during marching season

"It's not hard. It's a challenge, and we will rise to it," hangs proudly over the lockers in the ever-bustling band hall. This statement set the tone for the marching season to come.

The band directors chose to give the band students significantly harder music and drill to showcase the talent present in the students this year. Additionally, last year's assistant band director left at the beginning of the season adding to stress of all.

"I feel like this season had one of the most dismal outlooks it could possibly have," senior **Shamiran Prater** said. "That's why we developed the slogan so people would have a healthy way to look at the hardships we were facing."

As band president, Prater was responsible for motivation of the band as well as the leadership team.

"I tried to make connections with as many people in the band to form a better sense of commodity," Prater said.

With a positive attitude, the band performed at several competitions and received sweepstakes at their UIL performance. Judges recognized them as one of the highest placing 5A bands.

"A true definition of how well a body functions is how well it can face adversity," senior **Brock Mudie** said. "I think we did really well as a band overcoming the challenges at the beginning of the year and ended up having a really successful season."

By Brooke Jackson

"My favorite project was the fish project. We got to make a fish out of clay. It was cool."
FAHIM KHAN, 10

HOLIDAY SPIRIT
 During art class, **Madeleine Cotton**, 12, and **Channa Parvin**, 11, draw ornaments to put on their Christmas tree drawing. "My favorite part about helping Maddie with the project was watching her overcome obstacles," Parvin said. After they finished the project, they hung the tree in Mr. **Shane Skinner's** classroom to display their artwork.

CHRISTMAS DANCE
 To practice for the Christmas dance, **Jacob Pelayo**, 12, dances alongside **Angela Huff**, 11, in the gym. "I liked how involved we all were in the show," Pelayo said. Huff led the dance. "The thing I liked most was being the DJ and the hip hop music," Huff said. Ms. **Brooke Parlin** organized the dance for students to perform at the halftime show.



EMILY SKOCZLAS PHOTO



helping hands

students work together in class to create different works of art

Smiling faces scrambled in the classroom, in a not-so-single-file line to art teacher **Shane Skinner's** room, eager to start their next project. With eyes scanning the room, they talked amongst themselves, saying hi to all their friends and took their seats around the scattered, rectangular tables.

"Alright guys, we're making bowls today," Mr. Skinner said. "You cut out these leaves and paste them onto these balloons."

Excitedly, half of the class got up and ran to pick out the colored paper that they would turn into leaves and flowers. Mr. Skinner manned the paper cutter to cut the paper into manageable squares.

One student, **Wayne Vaughn**, 10, stifled a giggle as he tried to draw a leaf. "Can you help me?" Wayne said to the girl next to him.

They drew the leaves together and then split the piles to cut them out separately.

Mr. Skinner came around with deflated balloons and told everyone to blow them up. They needed them for the second part of the project they continued the next day.

The students worked, some sang and laughed, while others worked quietly and diligently. One girl walked the aisles singing "Blank Space" by Taylor Swift.

After all of the leaves were cut out, the class gathered everything up and put it in a safe place to finish it the next day.

"I can't wait to see how these turn out," Mr. Skinner said as the bell rang.



AISHA DEBURR PHOTO

CONCENTRATED COLOR
 Art students worked on a variety of projects throughout the year. **Wayne Vaughn**, 10, draws in Mr. **Shane Skinner's** art class.

By Alanna Zaskoda



MADISON BROWN PHOTO

TENNIS MATCH
 Celebrating their victory against the other students, **Amy Parra**, 10, and **Hannah Roe**, 12, high five on the tennis courts during PE. "I won and I was happy about it," Parra said.

HUG IT OUT
 Relieved that the final performance of the dance was over, **Sarah Heath**, 9, and **Amy Parra**, 10, hug it out. "She was happy about how the performance went and asked for a hug so I gave her one," Heath said. "What I liked most about helping was watching their excitement when they learn a new move."



SHAYLI HOLLINGER PHOTO

WORK OUT
 During PE, **Monica Salazar**, 11, and **Hannah Roe**, 12, get some exercise in by jogging around the hallways. The girls usually do about three laps around the spectators gym. "I love getting to see the smile on her face when she gets to let all of her energy out," Salazar said.



MADISON BROWN PHOTO



STERLING GREBACK PHOTO



AISHA DEBURR PHOTO

TEAM WORK
Rachel Jusko, 11, helps **Lindsey Dugan**, 9, by gluing flowers in place on their balloon project for art class. "My favorite part about the project was getting to work with others," Jusko said. "Lindsey is a really sweet girl."

THE FINAL PERFORMANCE
 After a week and a half of practice, **Amy Parra**, 10, and the rest of the Partners in PE class perform the annual holiday dance at the varsity girls basketball game. "The thing I liked most was helping them dance," Ms. **Jayne Schroeder** said.