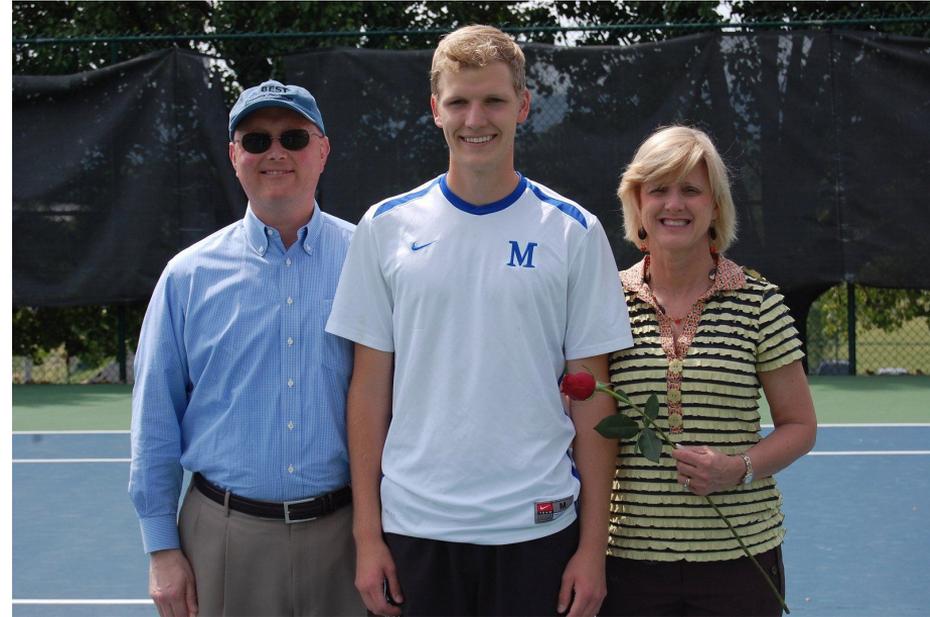


Advice to My High School Self

1. Build relationships with your friends that matter. Too often, friendships can be superficial and based upon nothing substance. Entrust your friends with who you really are--what you are struggling with, what you are really feeling--and challenge them to entrust you with the same. If you do so, you'll have reliable friendships that will extend far beyond your high school years.
2. Do something outside of academics that you love. Whether it's a sport, volunteering at a charity that interest you, or participating in a club, you'll meet awesome people, grow as a person, and have fun.

Sam Best--English Teacher



Jessica Roney--UNC Counselor Intern

The biggest advice that I can give you is to worry a little less, you will overcome every negative situation thrown your way, if you work hard and stay positive. Life gets even more stressful as an adult, due to bills and other obligations, so take time to enjoy your youth. Go to the movies with friends, read a novel, play music, learn to dance. Grades are important for getting you where you want in life, but moderation is key to both happiness and health.

Another piece of advice is to simply embrace the awkwardness. High school is about new experiences, both good at bad. If you spend so much time in your head worrying about what others will think of you, then you will never fully be able to appreciate how wonderful of a person you are. Appreciate the small moments, you will remember these moments for the rest of your life, but even better moments are yet to come.



Donna Kuhl- Science Teacher

Develop an understanding, compassion and love for the people you don't like; they will teach you a lot about yourself.



Elizabeth Tricomi- School Counselor

- Focus on the positive. When times are rough, hang in there, they will pass.
- Don't worry so much about what other people think.
- Have confidence in yourself and stay true to yourself!



Oakley Lyon- Band teacher

1) Do what you are interested in. If you don't know what that is, try lots of things till you find something.

2) Don't let bullies ruin your life. They aren't worth the time or effort.

3) Be friends with who you want to hangout with because you enjoy that person or persons rather than somebody because that person is seen as popular



Nikki Balderas-Art/Graphics/Photography/Yearbook Teacher

- 1.) Work Hard. On that day, when you walk on the campus of your dream college, you will thank yourself for all the hours of hard work you put into high school.
- 2.) Believe in Yourself. Push away any self doubt-believe in who you are and what you can achieve. You're destined for great things!
- 3.) Be a member of team-whether it's a sport, club, or yearbook. You will learn a lot about yourself but most importantly you will learn how to work with others.



Ms. Balderas designed her high school school mascot!

Lauren Acome- Principal

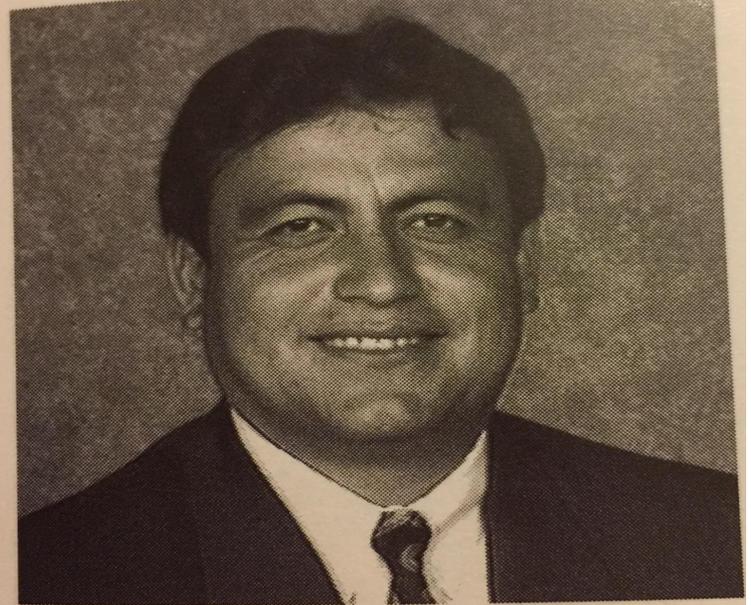
1. Not everyone is going to like you - My dad used to tell me "even if every person in the world liked you, there will still be one person that didn't simply for the fact that everyone else did." I wish I had taken this to heart because it is the best piece of advice he could have given me.
2. Speak your mind whenever necessary. It's better to project and protect your beliefs than to be indifferent about things that young people should really be talking about.
3. Your parents aren't out to get you. They understand. They were 17 once, too.
4. You're not officially an adult yet, so it's OK to make mistakes-- just make sure those mistakes don't have the potential to destroy your life before it even begins.



Carlos Bardales-Spanish Teacher

Do Well In Academics

That's the one thing that you don't want to screw up. Develop good academic habits for college, absorb the information being taught to you, and walk out of high school with a good GPA. If not, you are making waste of the most important function of high school.



Carlos Bardales

La Lima, Honduras Orchestra 1,2,3,
President 4; Resident Assistant 4; Spanish
Club 1,2,3,4; Student Council 4; Ambassador
Club Treasurer 1,3.

Charlie Oakley- History Teacher

- Get to know everyone.
- Take advantage of opportunities.
- Ask for help if you need it.
- Take responsibility for your own lives.



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