

# Oak Views!

## Inside this issue:

Principal's Corner & Alumni	2
October Board Meeting	3
Yosemite	4/5
Everest & Natural History Museum	6/7
Lokrantz	8/9
Technology, Early Grads, Moorpark field	10/11
Senior Breakfast	12/13
4-Way Essay contest, pictures and essays	14/15
Calendar, final essay	16

## Yosemite — The Great Outdoors Indeed

The Yosemite trip was a success!!! At 8:00 sharp on Monday morning April 1<sup>st</sup>, the Oak View students and chaperones loaded up a bus with a group of excited Oak View students and began our journey to beautiful Yosemite. We arrived in Yosemite Valley around 3:30 that afternoon and were greeted by views of El Capitan, Glacier Point, and Half Dome. What an amazing sight! We stayed in cabins in what is now Yosemite Village, formerly known as Curry Village. Once settled in, we went to the dining hall for dinner

which was followed by a night educational activity about the cosmos. Our Nature Bridge Educators and hosts were outstanding. They provided daily hikes and lessons and taught us about and showed us Yosemite in a way that would not be possible for the average visitor. Each evening there were lessons and activities as well. The students were great. They became invested in the program right from the start and bonded with each other and the educators very quickly. By the time we had

to leave, the students were exhausted but invigorated. They all wanted to stay and were sad to see the journey end. This was a once in a lifetime experience for all of us and the memories and knowledge gained will last throughout all of our lives. We are looking forward to doing it again next year!!!

Kent Cromwell

More pictures and stories from the wilds on page 4.

### Graduation

May 24

OVHS

5:00

No tickets required

All are welcome

### RETURNING STUDENTS:

2019-2020 Registration forms will be available on line through Parent Connect the end of July. We will send an email reminder out when we return from summer break on July 22, 2019.



## Principal's Corner

Wow! I can't believe how quickly time has gone by. It seems like just yesterday that I was standing out in the warm August air greeting you as you came back to school. Here we are at the end of the year and time sure has flown by. Summer is finally here!

Graduates, I am so proud of you. You have all worked so hard and over-



Mr. Cromwell at Lokrantz.

came so much to realize your goals. You all Rock - you are true champions and we are all so proud of you! We will miss

seeing you around campus and we will always remember you as part of our big Oak View family. Go show the world who you are. Be positive and live your dreams.

Oak View stu-

dents returning next year, I look forward to watching you all accomplish your goals as well. You all have so much to offer the world and I feel blessed to have the opportunity to watch you grow. I look forward to seeing you next fall.

Parents, keep up the positive efforts. You are the rock behind these great kids. Your support for them is the main reason for their successes. Thank you for



Mr. Cromwell leading the Yosemite orientation.

your support and for helping to make Oak View thrive!

Staff, you all have worked so hard and put in so much time and effort. I can't express how much I respect and value all of you. You are the "Dream Team" that every Principal wants. You are the reason that Oak View is such a great school. Enjoy your summer!!!

**HAVE A GREAT  
SUMMER EVERY-  
ONE!!!!**



Alums Tony Millas ('11) and Ashlea Sneed ('11) brought forth new life! Bentley Thomas Millas was born January 11. The happy family is, well happy! And OVHS staff and alumni are happy about the addition to our family.

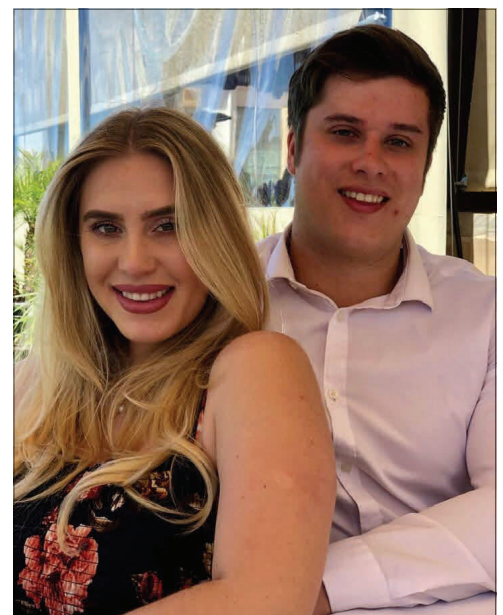
Zack Lewine ('13) is studying Diagnostic Medical Sonography at CBD College.

Anissa Hewitt (attended '12/3) was

just accepted into graduate school and will be earning Master's degree in Clinical Psychology at CSUN beginning next fall!

Ashley Swartz (2012) was just engaged to Matthew Pygott. They have been dating for a while now and are looking forward to a happy life together!

## Alumni Update





## NOTES FROM THE AUGUST SCHOOL BOARD MEETING

### SOME NOTES FROM THE SCHOOL BOARD MEETING

April 23, 2019

#### Educating Compassionate and Creative Global Citizens

At the April 23rd regular meeting of the OPUSD Board of Education, the OPHS Robotics team received a grant for \$3,000 from the College of the Canyons. The Board heard reports from School Board Members, the Superintendent, and the Site Council representatives from BES and OPHS.

**Carole Ly**, Director of Student Nutrition, provided an overview of the student nutrition program, showing the growth of sales and participation, and highlighting how the program continues to be a model of high quality, nutritious, sustainable, and delicious food service.

#### CONSENT ITEMS

The Board approved the following:

#### Certification of 2018-19 School Bell Schedules and Minimum Instructional Minutes

Education Code (EC) Section 46201 requires the governing board to certify that each school and each grade level has met the minimum number of instructional minutes as described in EC 46201 and meets the intent of the longer school day provisions of SB 813. All OPUSD schools are meeting these criteria:

Kindergarten = 36,000 minutes/year

Grades 1-3 = 50,400 minutes/year

Grades 4-8 = 54,000 minutes/year

Grades 9-12 = 64,800 minutes/year

#### Quarterly Report on Williams Uniform Complaints – April 2019

No complaints were filed with any school during January - March 2019

### ACTION ITEMS

#### CURRICULUM AND INSTRUCTION Approved Implementation of Gender Identity Curriculum for Grades K-5 and the Related Instructional Material

Elementary Counselor, Holly Baxter, and Director of Student Support and Safety, Stew McGugan, shared **this presentation** about the proposed K-5 gender identity curriculum. Three members of the public spoke on this topic. After Board discussion and review, the curriculum was approved. The program will include a notice to parents prior to implementation and a parent education component. Parents will be invited to review materials and other relevant information and meet with the site counselor or principal if they have questions.

#### Reviewed Report on the Recommendations of the OPHS Task Force

One of the District's goals and actions plans for 2018-2019 (Goal 1a) was:

**Examine the practice and policy of not accepting high school course credit eligibility from outside of OPUSD during regular school year and summer school. Bring recommendation to Board for possibly revising this practice and relevant Board policies.** In an effort to meet that goal, OPHS Principal Buchanan put together a task force comprising of OPHS Students, Leadership, Staff, Parents, and a Board member. The task force met for two full days and brought the following recommendation to the Board:

These recommendations are to be implemented for the class of 2021 & beyond: With pre-approval, students may take courses at other institutions that are not taught at OPHS for High

School graduation general elective credit (5 per semester with a maximum of 15 credits per high school career). In addition,

Drop the total credits to graduate OPHS to 230 from 240

Increase General Elective credit requirements to 60 from 55

Move the Life Skills, Computer Ed/Technical Ed, & Practical Skills requirements to general electives categoryThe Board asked for a report on the progress of these recommendations in or before April of the next school year.

#### Approved Amendment to Board Policy 6146.1 High School Graduation Requirement

### BUSINESS

#### Reviewed Measure S 2019 Master Plan Update and Related Funding Options

The Board tabled this item and requested to hold a special board meeting before the May 14, 2019 meeting to review this item in more detail.

#### Approved and Authorize Project 19-07F, Chromebook 1:1 Take Home Program Implementation for Grades 5-12

All students in grades 5-12 will be required to have a Chromebook for the 2019-2020 school year.

The board approved the project for a budget of \$1,070,000, to be funded jointly from the General Fund (\$400,000) and Measure S bond fund (\$670,000) in 2019 and from the general fund thereafter. Parent participation in a lease to own program will help offset the cost of Chromebook purchases.



# Yosemite

*Missives from the adventure:*

**April 1** Just leaving dinner after a beautiful drive. Snow on the ground and full blown waterfalls. We are in deluxe cabins with beds, dressers, bathrooms, heaters and more. The rooms even have bathtubs! Food is decent. Off to evening program soon.

**April 2** We had a beautiful morning hike with our group leaders. NatureBridge selected just the right staff for our kids. There was a lot of science, natural history, and hiking and surprisingly (and most welcome) activities supporting socio-emotional and personal development. We are in three small groups and the staff is loving working with our kids instead of 15 middle-schoolers.

During our picnic in a meadow with a view of Half Dome, it started to rain. We pulled out umbrellas and finished our meal and talk, then headed to Yosemite Falls. Our guide is a fungus enthusiast, so we did much foraging (no eating!) along the way. At the falls, we were introduced to a new type of precipitation called “graupel” that is a cross between hail and snow. Cold and exciting to play in, but rather wet.

The kids were excited last night and some didn't get much sleep. Because of that and the fact it is still raining we are forgoing our night hike this evening. The kids are gathering in a couple of the cabins — the girls' and (you-guessed-it) Hady's— for talk and music and sharing pics. The bonding is strong in this group!! Tomorrow's forecast is for more sun and less rain. We look forward to that!

**April 3** It's a good tired! We engaged in a variety of activities today from painting watercolors of Yosemite scenes to yoga by the river to lichen identification. One group had an afternoon rock scramble (AKA boulder climbing). One group went to Yosemite Falls and then on to the Spider Cave. One group added a river wade to their water coloring. All had an engaging and thoughtful time.

The weather could not have been better — brilliantly sunny and bright. The rainbow at Yosemite Falls was spectacular this morning as were the stone formations spotlighted as the sun crept ever lower down their expanse.

A couple of kids were not feeling well. Kent stayed back with one person this morning and Cindy brought one of her group back at noon with stomach issues. Both are resting up tonight in hopes of hitting the trails tomorrow.

The best aspect of the trip is watching the kids' faces







— as they realize they have actually made it to the top when they didn't think they could even start, when they lean in to check that someone is okay and to offer support, when they light up relaying their excitement of having discovered a love of the outdoors and their plan of coming back as an employee someday.

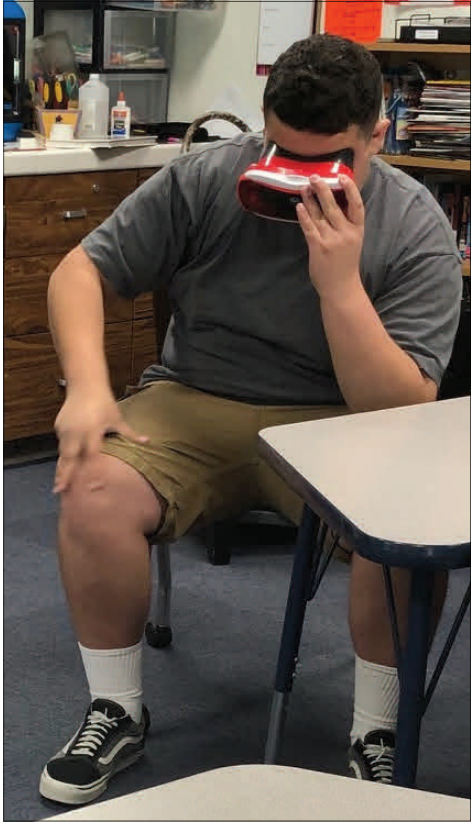
Today it's a good tired.

**April 4** The day began sunny and bright once more and the weather held all day. Just a light sprinkle on the way to dinner. A stomach bug claimed a few of the students, so I stayed back today. After a morning of exploration, two of the groups headed out on a challenge hike up along Yellowstone Falls. There is a bit of wincing as staff and students get up from the dinner table, but it was worth it for the views and the props. Plus, hey, tomorrow we have plenty of time to rest and sleep on the way home. The third group did fire suppression work (AKA chopping down trees); there is a lot of that going on at present. Students will have lots of stories to tell and most of them will be absolutely true. After a week like this, with so many new and awesome activities, there's no harm in tall tale or two, is there?

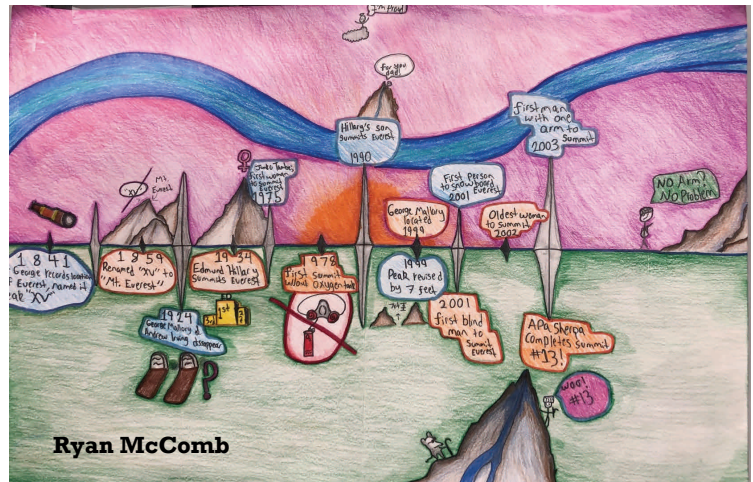
Now off to the wind up campfire and a good night's sleep.



# Everest



While some students were up at Yosemite, back at school, others spent the week working on a PBL Project on Mount Everest. Students started the week by exploring the mountain and surrounding areas on a Google 3D



Expeditions. The project included watching the IMAX documentary on the tragedy of 1996, researching the geography, history and challenges of the mountain. They also investigated the current ecological issues and social issues of climbing Mt. Everest. The week ended with a viewing of the blockbuster movie *Everest*, which was a dramatic version of the same 1996 tragedy, the was the basis for the best selling book *Into Thin Air*. Mrs. Kelem





# Natural History Museum



Students travelled to the Natural History Museum in Los Angeles, the largest one in the Western United States. In addition to viewing the exhibitions, students learned about various urban predators such as coyotes, mountain lions, and bears, their impact on the environment, and our impact on them. Mrs. Kelem organized this trip, and students enjoyed the interactive lessons as well as the various exhibits.

Far above left, Ryan McComb, Yasamin Eftekhari, Makenna Brown, and Emily Barber get a kick out of the various dinosaur skeletons at the museum.

Far above right, Lydia Husein, Michael Ruble, Melanie Farfan, and Adi Eminente work through their predator lessons.

Above, students get an introduction to the program by one of the experienced guides.

At right, a guide leads students through a brainstorming session on the impact of bears on human populations in the Los Angeles area. Nate Kegley, Jake Sands, and Daniel Lugo look on.





## Lokrantz School

Every year in December, Mrs. Liepman leads our school in our most significant community service activity — purchasing and delivering gifts for severely disabled students at the Lokrantz school. Ably assisted by Emily Barber, Yasamin Eftekhari and other members of the ASB, she made sure every single student at the school received a gift this year. Thank you to all who participated.

Below left, Jackson Spence and Andrew Escobar. Below right, Jacob Saul and Daniel Lugo. At right, Mrs. Liepman.







Left to right, Nathan Lewis, Genevieve Akoury, Andrew Tamisen, Matthew Ruble



Left to right, Melanie Farfan, Armen Kazarian, Roy Hershko, Jake Sands



Left to right, Lydia Husein, Makenna Brown, Yasamin Eftekhari, Corey Hayward



## 3-D Printing & Graphic Production Technology



At left, Kai Balke shows Mrs. Liepman his Autocad moves. At right, Kellen Lignitz and Steph Griffin remove items from the new 3-D printers. They lead the program at OVHS. Below



left and middle Daniel Lugo, Jacqueline Mathers, Ramona Reeder, Shaeli Young, Blake Hayward, and Nate Goldstein create their projects. Below right, Blake Hayward and Armen Kazarian transfer an image onto a cell phone case. Students in GPT have been making multiple projects from t-shirts to towels to kerchiefs for their pets.



From left to right, Gabe Ortiz & Makenna Brown, Taylor Roberts, Nathan Lewis





One of the many benefits of attending school at OVHS is that students are allowed to graduate when they have earned the requisite credits. Above, Principal Cromwell leads the school in celebrating the early graduation of Michael Rodriguez, Emily Barber, and Emma Meek. Congratulations to all of you!

## Early Graduations And Moorpark Community College Field Trip



**Aaron Villaescusa, Nate Kegley, alumnus Jacob Fuller, and Michael Rodriguez**

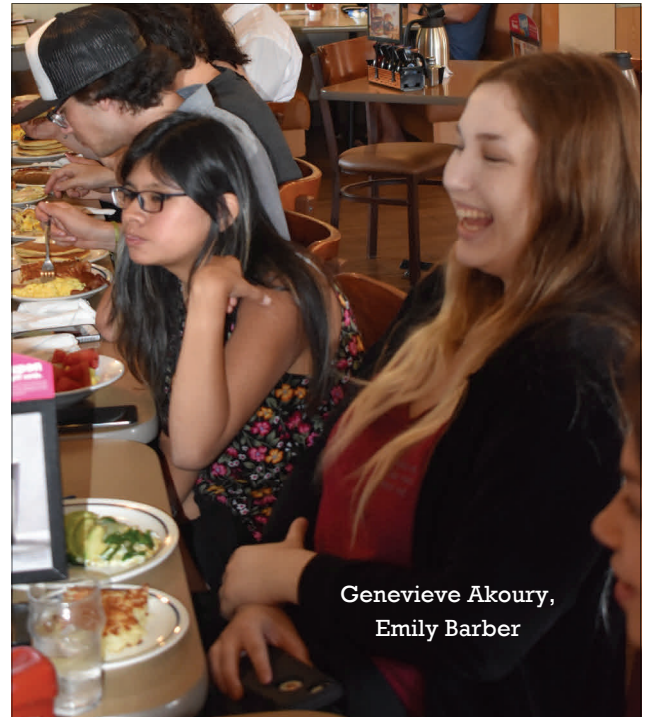


**Yasamin Eftekhari and 2018 alumnus Jonny Trogman**





## Senior Breakfast



Genevieve Akoury,  
Emily Barber



Makenna Brown, Michael Rodriguez,  
Marc Funes



Shaeli Young, Ryan McComb



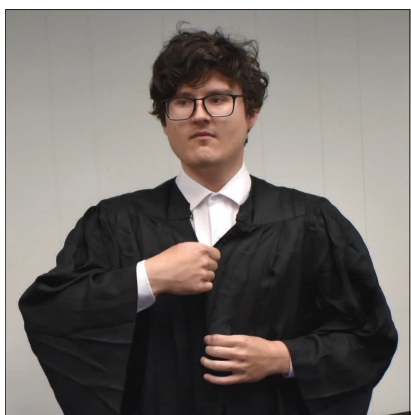
Taylor Roberts, Aaron Villaescusa, Jake Sands



Kaytie Romero



## Senior Pictures



Above left, Blake and Corey Hayward. Above, Taylor Roberts, Kaytie Romero, Shaeli Young, Mrs. Roberts. At left, Aaron Villaescusa. At right, Marc Funes, Michael Rodriguez, Mrs. Roberts. Below left, Makenna Brown and Yasamin Eftekhari. Below middle, Genevieve Akoury. Below right, Emily Barber, Hady Tawil, Ryan McComb.







## 4-Way Essay Contest Winners

Every year OVHS students participate in the Rotary 4-Way Essay contest, and this is the first time we, or any school, has won 1st, 2nd, and 3rd place! These amazing writers, and all who participated, can be proud of telling their stories so compellingly.

### Tough Questions to Ask, by Shaeli Young

Barbie dolls, beach days, dress up, and play-dates. These are common experiences for a typical 11-year-old. I, however, didn't get to enjoy such things as a growing young girl. I still remember the day I found out—my heart beating out of my chest, aching to find comfort. The phone rang and the voice on the other side lingered in my ear. My best friend, my mom, was dead. As my body began to shake and my hands began to tremble, I was left with the truth: I had just lost my only parent. My mind was suddenly filled with questions. When dealing with a hard truth I struggled to accept, I was able to use the 4-Way Test of the Things We Think, Say or Do to help me through the process of healing and recovery.

I was determined to understand the truth. Was this even the truth? It couldn't be. She knew me better than anyone else. Suddenly I felt like a bird without feathers, as if my life no longer had meaning. For months I sat in my bed filled with anger and sadness, unable to fully understand what had happened. I wasn't going to accept the truth. I didn't want to. I was a little girl left with the burden of knowing I didn't have any parent left, unable to find a reason to keep going. I wanted nothing more than to be with her again, so I fixated on that idea.

My inability to accept this truth led to me making an unfair decision. My mind was filled with research, plans and a never-ending cloud of evil thoughts. I would once again be with my mom, things would be normal again, and I would finally be okay. I sat in my room, staring into the dark, counting down each second as I opened my medicine bottle. Each time I backed away from the bottle, I reminded myself of the truth: a truth that simply wasn't fair to me. My heart began beating faster as time went on, and then I heard something hopeful. My grandmother's voice echoed in the kitchen below, laughing with my siblings. The nothingness I felt before soon turned into a question filled with regret. Was my decision fair to my family? I sat in bed, knowing how I felt when my mom died. I argued against every truth to back up my own feeling of despair, but what about my family? Would it be fair to them if I added more despair to their own feelings? Would it be fair of me to take my life and hurt them in return? It was simple, the answer was clear. I threw the bottle and its contents away. My family would be even more devastated if I died too. However, I knew I still needed to do something for my mom. I took the sadness and anger I once felt, and turned it into an act of good will and friendship.

I became determined to uncover the real truth. How exactly did my mom die? I learned the nurses released her from the hospital three hours too early, and with that information I was eager to turn my tragedy into a lifelong goal. I took these new feelings and actions I discovered and decided I would become a nurse and be the reason why another little girl will see her mom again. My dream to become a nurse was no longer just a career choice, but also an act of good will. I had not only the intentions of honoring my mom in mind, but those of every other human left breathing. I would make sure that no one else had to feel what I went through.

I was able to finally understand the truth, accept it, learn from it, and change a devastating event into a choice, a choice that would not only benefit me, but benefit others as well. Ever since the day I stood up for myself and faced my fear like a little girl facing into a December storm, I have made every step in creating a positive denouement from the tragedy of my mom's death. She would have wanted me to do right in the world and have a beneficial effect on everyone. Focusing on the positive goal of helping others through nursing, will keep me from the despair I once faced. Since those lonely days, I have taken every measure possible to work towards my goal of becoming a nurse. I have dedicated my free time to watching medical videos that supply me with new medical information, along with an understanding of the patients experience. Any volunteer work I do is to help everyone ill and weak, and by helping



Nate Goldstein, 3rd place



Makenzie Brown, 2nd place



Shaeli Young, 1st place



others, I honor my mother and enrich my own experience. I can proudly say that I will earn my nursing assistant certification this summer, and attend nursing school in the fall.

Through losing my mom and nearly giving up on my own life as well, I learned to step outside of my head and ask myself the questions of the 4-Way Test of the Things We Think, Say or Do. Is it the truth? Is it fair to all concerned? Will it build good will and better friendships? Is it beneficial to all concerned? I struggled to accept and find the truth, but doing so paved the way for a journey leading to fairness, compassion, and a life of service. Using this test helped change my life from focusing on a disheartening situation to creating a life full of value for myself and everyone around me.

#### **The 4-Way Essay, by Makenna Brown**

As we encounter hardships in our lives, we are given the choice to lose our power in the face of difficulty or to empower ourselves, which may determine if we fall flat or flourish. These obstacles are tests; disposed to each individual to evaluate our strengths and intelligences. One of my trials was making the decision to nurture my relationship with my mom or to let it crumble. My judgment on the matter was fluttering in all directions, until I had the harsh realization that there was a need for change. The 4-Way Test of Things we Think, Say or Do helped me to figure out just how I am going to get this done.

The truth of the matter is, my mother and I tended to clash quite regularly after she and my dad split up back in 2011. As she was constantly stressed from work and trying to gauge how we would be getting by the next month, she had a lack of compassion and little time for a young girl entering her teenage years. I made the mistake of allowing our relationship to spiral downwards, without pushing to salvage the last bit of hope that was left for us. There were constant arguments over the slightest inconveniences, both of us too stubborn and thirsty to get our way. It was not until about a year ago that my eyes were opened to the importance of the upkeep of our relationship.

As a girl struggling to meet the expectations of society while also trying to discover and love myself, I lacked the compassion and empathy that my mom desperately needed. I was only concerned with my own well-being of what was fair for me, as I felt that I had a rough go in life. I was losing sight of my mom's emotions, while being completely inconsiderate of what she might be going through; that was unfair of me. She had been working since she was just eight years old, taking care of her three younger brothers, never given the chance to live a normal teenage life. And yet, I thought that I had it rough. One day, she mentioned that she would be needing a minor surgery in May, but never spoke any more of it. The day that she left to UCLA for her procedure, I had a few friends over since no one was home. It was a few hours later that I received a text from my uncle; images of my mom's swollen, black face; half of which was normal, while the other looked as if there was a softball implanted in her cheek. The pillow that rested below her head was engulfed in blood. My heart immediately wrinkled and dropped into a never ending pit in my stomach. My life would be forever changed that day.

Following her procedure, things had already begun to look up for the both of us. Her lack of stress and her freedom from work allowed us to bond more than ever before; we finally developed the mother-daughter relationship that I had always dreamed of. The situation developed a sense of good will and better friendship between the two of us as we had a short role change, where I needed to help take care of her. Her eyeball had been nicked during her surgery, leaving it stuck in the inner corner, unable to move; the doctor explained to us that scar tissue would forever grow, leaving her eye permanently damaged. Soon after that she received a letter from her employer of twenty-three years, stating that she would be terminated in March. This would force her to move to my grandparents' house in San Gabriel. My life had just started to look a bit more sunny, but another tornado was on the way. I would need to decide where I would stay until I graduated high school in May. Although I am very close with my dad, I have not lived with him for the past eight years. He lives with two of his lifelong friends, whom I consider to be uncles. Moving in with him could help to bring us even closer than before, but it would be a strange and difficult adjustment. It could either help to bring good will and better friendship or do the complete opposite. The house is dirty, as three grown yet childish men are living in the premises; coming from a spotless neat-freak home, I might just lose my mind. My younger brother would be moving in with him, while I would need to make a decision as to what I would do.

Considering that I am a young girl, moving in with three men and my brother sounds quite unpleasant; but what can one do when put in such a situation? I looked into moving out; but where? With whom? How? I put the numbers together, I did the research. I could do it if need be, but I am only seventeen. I shouldn't have to be worrying about these kinds of things. I shouldn't have to decide where I'd be moving before I graduate high school, before I even turn eighteen. The situation could indeed be detrimental, but it might even be beneficial for all of us. I must consider all of the factors. Yes, it could be a great opportunity for my dad and I to grow even closer. I'm sure he would be delighted to have his children live with him for the first time in so long. Yes, I can save money, maybe take a year off of school and work to travel and then move out the following year. My mom can live free of rent, she can figure out what she wants to do differently with her life, maybe even travel with me. I can make this situation into a horrid one, but I can also make it beautiful. It may be a tragic story, but in the end it seems to be beneficial to my whole family -- a learning experience, a new adventure, a fresh start!

Although I am still in the process of putting the 4-Way Test to use, it has already opened my eyes to amazing things. It has helped me to develop a lovely relationship with my mom, which I previously had no faith would happen. Now, it can help me to decide what I must do with myself this next year. I know I can make something great of it; I just need to ask myself the right questions. The answers will do the rest.

#### **The 4-Way Test, by Nate Goldstein**

Back in the day, I was lazy, unmotivated, and just overall not a productive human. In August 2018 I was sent to a residential treatment facility to put me back on the right track. While I was there I implemented a process of self-discovery that I later realized implemented the Four-Way Test of the things we think, say or do, at the center. From that point on I became conscious about my actions. I would base all my actions on honesty, fairness, and overall positivity, but when I first got there, it was really hard to adopt to my new living patterns.

Within the first month I was there, I was getting in trouble a lot. I was resentful of the process and just didn't want to be helped, this was my flaw. When I finally got rid of this blind spot bias of thinking I did not need any help, I started to think about the reality of my situation. Every night in my bunk before I fell asleep, eyes barely open and mind still groggy from the exhausting day leading up to that night, I would think hard to myself "Is this my painful truth? Or, am I just resenting this program because I don't think I need help?" It took awhile but after many nights of thinking I began to be more truthful to myself and to others. It was progress but I still had a long way to go.

Before I went to the center I really wasn't fair to myself or my friends. I was constantly setting myself or them up for failure. We would always get ourselves into trouble by doing things we knew we weren't supposed to do. It wasn't fair to me, my family or my future. Yet, as my stay there progressed, I started to think ahead and make bright decisions. These smart and positive decisions led me to being more fair to myself and the people around me, giving them and me, a fresh, fair chance at the future.

Once I learned to be fair to myself and others, I felt the last piece of resentfulness leave my body and replaced by a shining, small glimmer of hope: that this program might actually be helpful to me. Even though I was making these small steps, I still had a lot to learn about myself. I started getting more and more depressed each day. Something was wrong, But I couldn't figure out entirely what it was. I was alone. I had no friends. Sure, I was fair and (continued on next page)



## Oak View High School

5701 E. Conifer St.  
Oak Park, CA 91377

Phone: (818)735-3217  
Fax: (818)735-3290  
E-mail: [sallen@opusd.org](mailto:sallen@opusd.org)

**Respect,  
Resilience,  
Responsibility**



truthful to everyone around me, but I still truly didn't connect with them. I desperately needed the change before the loneliness actually killed me. I used skills I previously learned to start a small study group, which evolved into my close friend group that stayed with me the entirety of the program. Using the prior skills I had learned, I finally had created a safe haven for myself, away from the loneliness. Like a bunker in World War II, The little study group I had, turned into a positive safe haven for people that built amazing friendships and good will.

As I was approaching the end of my stay at the 10 month program, I thought I had everything, Friends, amazing grades, and I was about to see my parents again, which made me feel like I was a dog at the shelter waiting for a new family. Until it hit me late at night when I was finishing up a project for one of my classes, "Was this program beneficial to me and the people I love?" I had been planning to leave with a victimized attitude of "I was sent away for 10 months, pity me." This realization spurred me to have a long conversation with myself about what would happen when I left. Would I just be glad that it's over and I get to go home? Or would I be glad that I went through this experience, even though it was tough, and leave with all the knowledge and lessons I learned while I was there? I decided right then and there that this process was beneficial for me and everyone else around me.

Sometimes I wonder what my life would be like if I had not had that experience. Sure, I probably would have skipped it, if given a choice. But, I would have never learned the lessons I had learned about life today. Life is about enjoying what it has to offer, but how can you have fun if you are not a productive member of society. That is why when I encounter an obstacle in my life I will think like a Rotarian and let the 4 Way Test guide me through that obstacle.

# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	Senior Roast 7	Teacher Appreciation Day 8	9	10	11
12	13	Paraprofessional Appreciation Day 14	15	16	17	18
19	20	21	1 & 2/3 finals 22	4/5 & 6 finals Zach Hirsh's birthday 23	Graduation 5:00 OVHS 24	25
26	Yasamin Eftekhari's birthday 27	28	29	30	Shelly Cohen's birthday 31	