

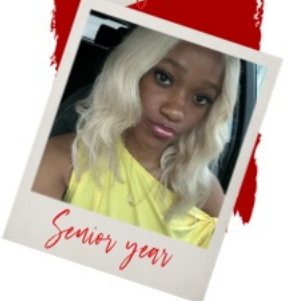
CLASS OF 2025





Dear Diary..

Senior year has been the greatest year of my highschool career. Coming into high school, my parents and family members have always told me that the four years would go by very fast but I paid no mind to it with me being a 14 year old girl. I entered T.F. South, excited and ready to look for a fresh start and to meet new people, yet I am now leaving feeling sad yet happy. Turning 18 and coming to the realization that I am now an adult has taken a toll on me especially while being a senior that will be graduating. Looking back now, I remember the times where I went to the football games with my friends freshman year, laughing so hard that I cried on the bus with my teammates for swim during sophomore year, my AP Lang first hour convincing Ms. Metoyer we should push back the due date in the library junior year, and now there are so many memories that have been made this past year that I cannot count on my fingers. I am very proud to say that this is the most I have participated in school spirit! Usually, I wasn't confident enough to show out during the spirit weeks but as a senior, I took the opportunity every chance I got and wore a dinosaur onesie, dressed up as a minion for character day, wore red almost every Fridays (surprising), and even ran for Homecoming Queen and made it to top five which was so fun. I also went to get breakfast with my best friends and skipped early bird (totally didn't ;)) which was so very thriving and freeing especially since I never got the chance to do that in high school. Though this is a very bittersweet moment for me and I'm sure for other seniors too, I am grateful to say that I have tried my absolute best throughout my four years of High School and will now begin continuing my journey at North Carolina A&T University (HBCU)! Yes, yes, this is a very exciting time for me but I want to give a very big THANK YOU to my parents, family members, friends, and my teachers for supporting me and giving me the push that I needed to achieve my goals. My best teachers out of my four years and have helped me get to where I am now are Mr. Jones who has helped me grow as a Newspaper/English Writer and made me feel confident as the Editor-in-Chief, Ms. Metoyer who gave me life lessons outside of school which was more rewarding than school work (lol), and Mrs. K (Mrs.Kirkpatrick) who is like my second mom at the school and made my junior year very fun while eating lunch with her every day. With great teachers and supportive people surrounding you, you will be able to achieve anything you put your mind to. A motivational tip from me is enjoy your youth and embrace your bests over your worsts. I wish good luck to all the underclassmen and make it so fun that you can look back on your memories and smile instead of frowning! Everything isn't set in stone so live in the moment please (Wise words from Coryannah). Aggie Pride forever!!!



Yannah



Dear Diary..

1,365 days ago, on August 16th, 2021, I walked into high school for the first time. I had just moved to Lansing after spending most of my life in Chicago. Although I had changed schools and homes frequently, meeting new people and adjusting my personality to fit in was something I was used to. Changing my style, jokes, and even aspects of myself felt normal. However, moving to a different city for the first time gave me a new challenge. I found myself in a completely different environment with entirely different people, and adjusting wasn't as easy as it had been before. At the time, I hadn't tried anything new besides my usual arts and crafts.

My freshman year, I found a friend group and stuck with that. I didn't really take school seriously and came to have fun. I joined sports for the first time which was surprising because I am far from athletic, but it was fun. I tried tennis and loved it, later on I was dragged onto the track team by my tennis friend who didn't wanna go in alone and it was amazing. From the coaches, to the team's energy, to the art of running, it was something that could not be recreated. In the midst of all of that, I forgot the real reason I was in school in the first place. I became a "athlete student" rather than a "student athlete". Looking back, the advice I heard the most was to "dont worry too much about your grades during freshman year, colleges really don't look at that" (Spoiler alert: they do). I took the terrible advice and ran with it, having no idea of what a cumulative GPA was. Although I always took all honors classes, I developed a routine of procrastination and carelessness when it came to school work and it set me back entirely.

That was the worst advice I've ever received as I definitely followed it and didn't care too much about my grades. I was so caught up in having fun and doing other thing. It ended well though, fun. I give Freshman year 9/10 stars.

My sophomore year, classes got harder and it seemed as though everything fell apart. From friends to grades to sports, I was juggling so much and I didnt know what to do. I learned that what my mom told me was really right, *everyone is not your friend*. It was a year of reformation and change and it was a long season that I thought would last forever. I tried basketball and it was great. I met many new people and learned to talk to others and make friendships even when I may feel scared, even though I didn't take it seriously, it was very fun. Although sophomore year wasn't the best, I wouldn't trade it for anything as it brought me to something greater. I give sophomore year a 4/10.





Dear Diary..

My junior year, a fresh slate. New friends, new talents, and new classes. This year, I realized that everything isn't perfect for a reason. I truly found God for the very first time and learned what a true perfect love is through Him. I realized that God is love and I am put on earth to spread just that. I learned how to love correctly, forgive correctly, and to be myself. To be genuine is one of the best things I've ever become and it's one thing I would never want to lose. I realized that I went through a season of what felt like rain to a lifetime of bloom. Although nothing is perfect, there's an unexplainable comfort during hard times. Like still water under crashing waves knowing that it will calm down eventually. I am forever grateful for what everything my junior year brought me and the progress I've made. I give my senior year a 10/10 stars.

As my senior year comes to a bittersweet end, I'm typing this on my last day of journalism class.. eating doughnuts and signing shirts. I am so happy that I tried brand new hobbies, classes, sports, and more. I never would've thought that I would get into journalism but it is my favorite class I've ever taken. Honestly, I can't stand English so I took AP Lang and journalism to get out of my comfort zone knowing that I will have to write in college. I love everything about journalism and it has also led me to get into video editing, photography, and storytelling. It's great to be able to write about what's on my mind and be able to publish it for everyone to see. I loved everything about this year and it was an amazing experience overall. I give senior year a 11/10.

To conclude, highschool was fun and taught me a lot. I'm excited to finish school at North Carolina A&T and for whatever God has planned.

"But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin."

1 John 1:7 NLT



Savannah Williamson



Dear Diary..



I have never been too fond of going to school and having to interact with others. Being remote for an entire school year made me enjoy learning from the comfort of my home so going into freshman year I was dreading every second. I have always been quiet and kept to myself in the classroom because my main goal has always been to get my work done in class so I would have no homework. Freshman year was such a shock to me mainly because everyone was on their phones. I knew some people going into high school but that was only because I have gone to school with the same people for the last couple of years. Doing sports and joining clubs helped me make the friendships I currently have and cherish today. Being active in school activities has been one of the most beneficial things I have ever done in high school. If you do not participate in school activities, clubs, sports, etc you are not going to have a fun experience. Go to homecoming and Friday night football games. Hang out with your friends outside of school and make memories that you will be able to look back on when you get older. Something I learned this year as a senior was to not let school get in the way of me having fun with my friends. I feel as though I have made the most of my high school experience but there are still some things that I could have done such as being more relaxed about my classes and not being so anxious and nervous about everything. High school is an experience you will only get to have once in your life so the main goal should be to make the most of it.



Aaliyah Harb



Dear Diary..

Creative minds in medicine

Art and medicine to a lot of people, are two completely foreign fields from each other. Not one similarity... Maybe the most art you have seen in medicine has been small murals in the hallways of a hospital. Or anatomy drawings in your textbook. But this sentiment is simply not true. And I plan to change that.

Ever since I was little I have always enjoyed hospitals. Whether that be leaving school early for an appointment. The sterile cleanliness in the rooms and equipment. Listening to doctors' medical jargon. And watching nurses hard at work up and down the halls. Although this might be strange to some, I always found comfort at a hospital. So naturally I knew this was the road I was destined to go down when I grew up.

Yet despite my love for all things medical, in the last couple years a complete wrench was thrown into my future plans. I had found that I had a deep passion for art. Over the pandemic I had begun painting, sewing, filling entire sketchbooks in a matter of weeks. I even created my own personal arsenal of every art supply you can think of. And once the global quarantine was lifted I signed up for art classes. Eventually my junior year I gained an art internship in Chicago that gave me so much experience with teaching kids and developing my own skills. But I have become passionate for something I never planned to do. So what now?

Well, I began the great search of how to combine my dreams of working in medicine, and still utilize my newly found creative skills. So the summer of my junior year I began my research. First I landed on medical illustration. Medical illustrators are trained artists who translate complex medical information into a clear understandable image. Although very interesting, this didn't seem like the right choice. So my search continued.

As I looked around my environment, art therapy seemed to pique my interest. At my interning job, aside from working with a handful of art teachers, I also worked with art therapists in their clinical years. I was able to consult them and get some advice. Not only had they understood my frustration of trying to mix medicine and creativity, but they really encouraged me a lot. And after a lot of shadowing and nice conversations I felt I found the one. Yet I still felt a bit torn. While this job seemed nice, I wasn't completely sold on pursuing talk therapy. Although I have a lot of respect for talk therapists, I still couldn't imagine dealing with so many different emotions daily without burning out immediately. The more I thought of it, I would probably just cry with my client rather than be of any help. So once again I was back to the drawing board...





Dear Diary..

As I returned for my senior year I felt a bit defeated. I listened to my friends and peers chat about their future plans. I had the feeling I was falling behind in some ways. Would I ever find what I wanted to do? And just before I threw in the towel, it landed right in front of me...Occupational therapy. Specifically pediatric occupational therapy. Occupational therapy is the practice of helping a child cope with newly or preexisting physical, mental, or psychological limitations that affect their day-to-day life. Not only do you have the flexibility to work in a school, hospital, and private practice, but you also spend most of your time in colorful rooms filled with a wide range of activities and materials. Whether that's art projects or foam playsets, various sensory toys, and even balance beams and swings — all have very important uses. Some examples being helping a child learn to walk and play by building their balance on foam mats. Or using art activities and board games to help a kid build cognitive skills.

In order to become an occupational therapist you need a bachelor's in any field, then a master's in your respected major. And lastly, you must get accepted into an occupational program and pass the exam to become a registered therapist. Although for some this amount of school might be daunting, I'm all in. Not only am I counting down the days till I can walk the stage, but I'm even more than ready to take a leap into my future. So if you are unsure of your future, maybe you feel lost or stressed, don't break your mind over it. Because when you least expect it, your future will find you...



Angelique Avila



Dear Diary..

Dear diary this is going to be one of my last times writing a story in high school. I am not going to lie, I do feel a little sad about everything that has happened up to this point. Freshman year was so different from now. Back then I didn't even want to talk to anyone I had no confidence in myself and I was scared of what was going to happen to me in this school. But after all of these four years it has brought me so much joy and amazing friends along the way it has made me feel good and accomplished. My second year was about the same; I didn't really understand what was going on easily after covid going on after and my mother telling me to wear a mask everywhere that I went. But that didn't stop me from trying to reach accomplishments. I wanted to try to go for the basketball team that year too. I really wanted to go but unfortunately I didn't make the team. I found a new love in another sport: track and field. Which I'm in now and I am going to college for as well. At Saint Xavier University with my boy Nazz, I kinda miss my upper classmen even if I am a senior now. Sometimes I wish I could go back and see them in my classes one last time to help them and watch them grow and prosper as a result. But this is about me and not them so let's get back on the story my junior year of high school was way better than last year. Covid was fully gone and I could finally see what I wanted to do last year. I started to get into photography and I really started to enjoy all the pictures that I was taking. It was very exhilarating and made me feel like I finally found something I loved to do. And now finally senior year, which is now. I'm finally about to graduate and move on. I want to say thank you to my teachers for believing in me and my coaches that helped me along the way while I was at South. Thank you so much for being there for me and with that being said: 2025 Benjamin Gresham signing out.

Ben Gresham



Freshman year



Sophomore year



Junior year



Senior year



Dear Diary..



No one wants to look at life for what it is. I don't even think I do. There are times in a person's life when they have to reflect on themselves and everything they've done, not for judgement but for their own self. To see where they made mistakes as a person and where they grew, to compare past to present and hopefully with a bit of foresight, present to future. As a senior, I'm going through that myself. Life seemed to stretch on for a while before it didn't anymore, deadlines came up and assignments hit me like a wall of bricks. Sadly, I'm a terrible procrastinator, opting to do everything close to the last minute to get the fire under my pants and make me work my butt off. All throughout the years of my high school career this has affected me in various ways. But it wasn't all bad. There were of course good moments, the best part about school is the structure truly, The structure of waking up in the morning and going to do what needs to be done. Really the best place to learn about the world from. High school has been a long and hopefully soon ending ride of stress, fear, and a lot of emotions between good and bad. Starting in freshman year, getting into high school was bad enough since I had barely passed 8th grade due to being lazy. Freshman year was also a hard thing to get over as coming off of quarantine and going straight back to human interaction after what was probably a year was almost foreign. I acted out, was a lot more hyperactive and felt very irritable. Why? Because while I still had remnants of social skills, my interactions before for about a year were limited to closing a door to end a conversation or pressing block on a friends list. The truth is that I went from being extroverted to anti-social and forgot how to work properly in social situations. It was a hard time and considering how many friends I lost in quarantine, I also didn't know how many friends I still had left. Later, I started developing my social skills again, but

what remained was still splintered. I had gone through puberty during quarantine and didn't exactly know how to adjust from being a kid before, to being a young adult after. That problem will only really affect one generation if even a full generation of children. But to which all of us could possibly relate in our own ways. During the summer of freshman year, I had to deal with various things like new friends, new relationships and the more common freedoms that come with being older. I wasn't only allowed to finally leave my house to explore the neighborhood, but the whole city if I wished. There were obviously limits as to what I could and could not do, but when you give someone so young so many opportunities, there's only so much you can hold yourself back from. Summer was a crazy time during most years of high school, but freshman year had me learn the basics of what I could and would probably not do. I became slightly more responsible during freshman year summer, making me adjust properly to what was to become sophomore year. Sophomore year following is a bit of a blur, a little lackluster but a calm year where the stakes weren't exactly high. I remember thinking that Sophomore is the coolest title of a high schooler because it didn't exactly mean much. Freshmans are the new guys, juniors are under seniors and Seniors are just old. Sophomore year came and went, summer came and went and my problems were right back up junior year. Junior year was stressful. With things like the ACT test and various

problems thanks to procrastination, it was a close shave. I clearly didn't learn my lesson. Junior year summer was the more boring year thanks to it being spent getting my license.



Dear Diary..

I had to bike to school from Lynwood to Lansing through the forest preserves every morning early just to get to driving class. Eventually what became of that was more structure and routine in my life. For the couple days I drove with my instructor, I learned more about what I already knew, highlighting my arrogance at how I think I

know many things when in truth it's not so simple. Nothing is ever that simple, and when I accepted that I got good at driving, good enough to get a license. After that, starting senior year I had a car. My car isn't anything impressive, but it's nothing shoddy. My car keeps me in business and I keep it in shape. I definitely think if there's anything that will continue to be there for me that doesn't have a brain or a living body, it's my car. I could sleep in it if I wanted to, I could live in it if I wanted to. But knowing that doesn't make me slack. Knowing that makes me want to keep moving so I'll never have to sleep in my car. Senior year has been the most stressful year, anytime I think it's time to relax, it's time to actually panic and work. Senior year has to be straight working or you aren't going to make it, that actually makes me sad for a couple reasons. Knowing that so close to the finish line I could trip up and fail. Knowing that this is my last year in high school. Even if I make it past the goal by the skin of my teeth, is it worth it for what's on the other side? I can't stop myself from asking those questions, because there's no choice for me. Life keeps moving, it's a current. Fighting it means you lose a war you don't want to lose, but going with the flow of the current yields the benefits we all look for. Happiness, togetherness, wealth, employment. Yielding to the current of the water means that we accept that in life there is no one shot to the top, everything in the world could be a threat and happiness is found in the things that life shoots your way while you're on your own ride down the not so lazy river. Senior year is the reminder that beyond the veil, there's something waiting and you don't know if it's good or bad. And what happens when you get past it all? Maybe a year or two of doing nothing at home, or going off to college? After high school, it's a small rest period before the full experience of life hits you. There's bad, there's good. But if being here has taught me one thing, it's that it'll never be too late to make a change, it's never okay to give up, and nothing you do will ever make it okay to give up. Mess up, make mistakes, life will change, and you will with it. So go along with the current, don't fight it like I did. Then, I can only hope you'll have it thousands of times easier than I did. This school, this building has been my teacher, my anchor for four years, and hopefully? It's time to leave this anchor behind, castaway to a new adventure and brace myself for the world ahead of me.



Freshman year



Sophomore year



Junior year



Senior year

Christian Freeman



Dear Diary..

I'm happy to finally end my senior year. This school year for me was very smooth, easy and

overall very chill. My four years at T.F. South was good with ups and downs, but I made them

some of the best years. I've met many people who've changed my life for the better or worse.

When I started my freshman year I was a nervous, shy, and scared kid who didn't know what to

do in this massive school. As the year went on I made new friends, and formed relationships that will last a lifetime. I

ended my freshman year knowing that I was slowly growing into someone I will be proud of one day. My sophomore year

was even better than my freshman year. I had new classes which meant new opportunities to meet new people and have

new experiences. This was the year I started my elective class. My class was culinary arts, and it was very much fun.

We cooked many different recipes from different cultures.

Some of the recipes we cooked were fried rice, tacos, pizza, and lasagna. I left that school with new knowledge and skills I never had prior to taking culinary arts. My junior year was an

absolute blast. I took a new class this year too, the class was TV production. In this we learned about different camera

angles and shots. In this class I made two new friends who were seniors now graduated. We got along very well while we

learned how to operate a studio camera, and how to act on camera. At the end of my junior year I left with another new

skill and a passion that still burns inside me to this day. Now we've arrived at my senior year. This school year has been

the best year of my four years here. I joined a club and met new people. I've also volunteered at school which was a first

for me. Now I'm ending off my year with a bang with prom coming up in two days, and graduation in two weeks. These

past four years were very fun, but I have to move on and start a new chapter in my life which is college. I'll never forget the

memories I've made here, and I'll carry them with me forever.



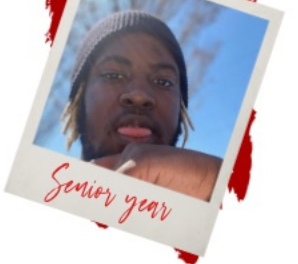
Freshman year



Sophomore year



Junior year



Senior year

Duane Levey



Dear Diary..

During my 4 years here as a student of TF South I experienced a lot. I even experienced things I never thought I would until they happened. When I first started back in 2021 I was almost a completely different person compared to who I am today. First off, I was basically bald and I walked around carrying a huge iPhone 6 plus, rotating between the same five outfits everyday and wearing all white basketball shoes that eventually became brown due to how dirty they were. I used to be super shy and quiet. I was so introverted that I'd speed walk through the hallways either looking down at the floor or at my phone until I reached my desk in whatever class I was headed to. My circle of friends was also small as I only talked to the same 4 people everyday- considering there were people I knew but haven't talked to in over a year due to the pandemic. Over time during my freshman year, I began talking to more people and making new friends which taught me a lot of things throughout my 4 years of high school- don't be afraid to socialize with and meet new people, not everyone is your friend like they claim to be, you can't please or satisfy everyone so don't seek validation from others, don't procrastinate and do what you have to and what you want to do as soon as possible, try to form bonds and good relationships with not only your peers- but teachers and staff also. Every year might seem the same but you learn different lessons which is why each year provides value- or at least it did for me.

My senior year has undisputedly been my best year of high school. I went through every emotion possible while also doing good in school and spending time with my friends and new peers I've met. I've enjoyed every class I've been in this year and I've gotten along with everyone I've met. I even got to get some early experience for my intended major at college through my journalism and newspaper class. Unlike my last three years, I participated in things, talked to people out of nowhere in different classes, formed many more bonds, and tried different approaches with focusing on my life outside of school rather than worrying about sports and instead watching from the bleachers. I'll admit that this year didn't go as I expected at all considering that my two best friends transferred back to back in the first semester and due to emotional problems towards winter break. However, I made new best friends and spent a lot of time with them doing things I dreamed of doing when I first arrived at TF South. In the end, I can say that high school was DEFINITELY not like High School Musical- but still has given me some of the best years in my life so far.

Jelani Jones





Dear Diary..



Freshman year



Sophomore year



Junior year



Senior year

"This one moment when you know you're not a sad story. You are alive, and you stand up and see the lights on the buildings and everything that makes you wonder. And you're listening to that song and that drive with the people you love most in this world. And in this moment I swear, we are infinite.", said by Charlie in "The Perks of Being a Wallflower". You will never understand the concept of people saying, "These next 4 years will fly by" until your last week of senior year. All the bittersweet feelings will catch up on you, the days will feel faster than ever and you will notice small things you have never seen before. My first day of highschool, August 16, 2021, was a new beginning of a chapter in my life. The football games, Homecoming dances, and so much more is how my highschool career became so special. Being involved in clubs and sports truly do wonders, enforcing the understanding of the value of friendship and teamwork has. High school comes with scary moments that can feel like a setback or something you will never get over, however, once you overcome that obstacle, you grow immensely. Majority of high schoolers have a mindset to go the easy route and settle for less. However, my biggest take from high school is to challenge your capabilities and never hold back from making a change. Today, May 6, 2025, I am writing this story based on the experiences I have gained from high school. Friend groups, schedules, and attitudes towards school all change, but one thing that should never change is staying true to who you are. No matter how many phases you go through or how many people come and go, your authenticity is what will carry you through every chapter of life. Looking back on everything I've overcome, I am beyond proud of the hard work I've poured into my high school journey. The endless nights of homework, the late night practices, the nerve wracking presentations, every bit of it has shaped me into who I am today. Now, I'm proud to say that all of that effort has led me to the next exciting chapter: attending the University of Nebraska-Lincoln to pursue a degree in Engineering. I will carry the morals and lessons high school has taught me, do not procrastinate, be outgoing despite the awkwardness, and the biggest of all, be who you are.

Kaylyn Inala



Dear Diary..



This is not a love letter to T.F South or my time in this school, I don't feel I need to write one. I think the fact that I walked into this building at 7:40 with a smile on my face, no matter the weather, for 4 years despite the fact that it's only a 5 minute walk from my house is plenty. Though I will take a moment to acknowledge all the people who helped me maintain that smile for 4 years. All of my friends, and teachers, especially Mr. John Conrad, who ascended being a teacher, became a mentor for me. I don't have enough words to acknowledge everyone, but I will acknowledge a few people before getting into the meat of this story.

I would like to thank Dan and Cy, the maintenance guys, for keeping the school running. Ms. Roggenkamp, Jonathan, and all the other cafeteria staff that ensure all of us Red Wolves have hot lunches on a daily basis.

Mr. Ruckert, Mr. Karsson, Ms. Brown, and all the other substitute teachers who show up day in and day out, despite getting disrespected by teenagers on a regular basis. Finally, thank you to Collin, Luke and all of the other custodians who ensure that we have clean hallways to walk through, and clean classrooms to learn in. I would also like to take a moment to really acknowledge all of the Dean's Assistants. Justin, Nigel, Lionel, Brian, Kelly, Ms. Griffin, Mr. Muhammad, Lamar, and all the others that I can't name off the top of my head. More often than not, they are ones maintaining the peace, and they are the ones that students get mad at when they don't agree with either a district rule, or a Dean's rule. Much like employees at a large corporation, such as cashiers, students take their frustrations out on the first person they see who is related to the issue, rather than going through the proper channels

and getting the issue resolved with the people who are responsible for it. All of the students who have taken the time to get to know, and develop a friendship with the Dean's Assistants recognize that they are just doing their job. They aren't out to get any of you, and honestly, they are some of the coolest and most chill people in the school.

A very special thank you to Mrs. Wengren, who always has a smile on her face, even when dealing with parents who's stress and frustration usually comes out as anger towards her. Her absence this year was felt by everyone. Thank you to all of the people who ensure that T.F. South is the best school it can be. I can't name everyone, but I hope this can remind you that you are seen, and you are appreciated. Thank you so much for everything you have given to, and sacrificed for, not just the school itself, but your coworkers, and the students who attend.

Logan Daigre



Dear Diary..

Rather than write a story, or reminisce on all of my favorite memories of T.F South, I want to leave you with a piece of advice: Don't be scared of change. I take that back. What a hypocritical statement. I am so scared of the change that is about to occur in my life, so allow me to reword that. Don't try to stop change.

Change is natural, and an important part of life. Too many people get caught up on a single moment of their life. They remember the best days of their lives and they chase that high for the rest of their lives, only to become bitter and angry. They get angry at their friends for changing and growing up, having kids. Angry at their family for growing old. They are stuck in a moment and they are mad that they can't stay there forever.

Sincerely,



Freshman year



Sophomore year



Junior year



Senior year

Logan Daigre



Dear Diary..

As I get ready to close this chapter of my life, I cannot help but look back at how much I have grown during my senior year. It has been a mix of challenges, memories, and moments that shaped who I am today.

My days started with Child Care in first period. That class taught me a lot more than how to care for children, it taught me patience, responsibility, and how small actions can make a big difference. It was a unique and rewarding way to start each morning.

Second period was P.E., which gave me a chance to stay active and clear my mind. It was a good balance to the rest of my schedule and helped me relieve stress while staying healthy. Plus, being around friends in class always made it fun.

In CWT (Career Work Training) during third period, I learned valuable life and job skills that I will carry with me after graduation. Whether it was building a resume, preparing for interviews, or just learning about the working world, CWT prepared me for what is ahead.

My fourth period, Advanced Journalism News, was one of my favorites. It allowed me to be creative, informed, and part of something bigger, sharing news and stories with the school. Writing, editing, and working with others in the newsroom helped me develop my voice and confidence.

Lastly, in English 12, I found myself challenged in the best ways. Reading, writing, and analyzing texts pushed me to think deeper and communicate better. The class helped me prepare for college-level work and gave me a better appreciation for literature and expression.

Now, as I look ahead, I feel ready for what is next. Senior year was not always easy, but every class, every experience, and every lesson made it meaningful. I am proud of how far I have come and excited for the future.

Nathalie Galvan





Dear Diary..

With the school year coming to an end and all us seniors finally graduating and starting a new chapter in our lives, it's important for the incoming freshmen to know a few tips for their journeys through high school. That way it can be assured that they won't struggle throughout their high school years here at TF South.

Minding your own business is an important lesson to learn if you want to get through high school without having any problems with anybody. Everyone's always going to have something to say about you no matter what, but the important thing is to not let what they say bother you and to not act on it in a violent way. Starting fights only causes more problems and doesn't solve anything or make you look cool.

Choosing your friends wisely is another great lesson to learn if you want to have people you can always trust at your side. Not everyone is going to be a great friend, which is why it's important to look at someone for who they are and think on if you'd want them to be your friend. I have seen many students have friends who don't even like them but don't tell them, and other students only be friends with someone for their car or anything else they might have. Choosing a good friend is one of the most important things you can do during your high school years.

Joining a club or extracurricular is a great way to make new friends and expand your horizons on what you find interesting and might want to do in the future. Clubs are a great way of making friends who have similar interests with you and can possibly create some lifelong friendships, while also going on fun field trips and doing fun activities for the school and other students. Extracurricular activities like volleyball and tennis are just one of the many sports you can do here. Playing a sport is great exercise, a great way of making friends, and a good way to find out what you like to do, while also being a great time killer.

Do your work. While all of these sports and clubs are fun and all, doing your work and focusing on your education is even more important if you want to graduate and get into a good school. If you have bad grades you can't participate in any of these clubs or sports, and if they're too bad then you won't be able to graduate. Taking your studies seriously throughout all 4 years of high school is the most important thing you can do.

While there are many more things that you can do to make all 4 years count, it's important to remember who you are as a person and who you'd like to be in the future, which is why choosing the right friends, focusing on your studies, and joining a club or sport is such an important thing to build yourself as a person. In the end, your high school life is what you make of it, so don't be shy and stay quiet for all of it. Make the most of your time here and who you spend it with, because before you know it, you'll be graduating too — time really does fly fast.

Seniors, signing off.

Have a great year everyone, it was truly a pleasure to be able to be with you all and get to know some of you. Though you will be missed, we will never truly forget you — and maybe someday we'll meet again. Goodbye.

Nelson



Dear Diary..

Many things in highschool feel permanent, but as the years go on you realize that life moves on, with or without you. When I got here I wanted to be liked by everyone, and I was trying my hardest to impress people around me, but doing so I started to lose who I actually was. I wanted to be memorable and vibrant to everyone, but it came to the point where I didn't feel like I was being true to myself. Then I became more quiet and minding my own business as people should do, and all the people I used to entertain never talked to me again, and that showed me that they only liked the character I was playing. I didn't mind much, because it showed me who my true friends were. High school can put so much pressure on the teenage brain to be picture perfect, but many don't realize that everyone's different, true friends are made

by both people being themselves. Never change yourself to fit the latest trend or to fit in with everyone else, focus on yourself and most importantly, school work. Many of us get caught up in all the useless drama that happens in high school, when the reason we are here is to obtain a basic education. Sometimes certain people don't get along, and that's okay not everyone is going to like each other, but just because someone doesn't like you doesn't mean much when there are over 8 billion people on this earth, it's important to remember that this is only highschool. There are so many stages in life we've never

experienced before so don't get caught up in highschool, because it's all temporary. Many people in high school can judge someone for being different, but nobody knows how the other person's home life is going. Mental health is a huge part of highschool, it's important to know that everyone's situation is different, don't make fun of or judge a person when all they are trying to do is live. High school is hard enough as it is, bullying or cyber-bullying doesn't make it any easier. With all beings said, if I were to give advice to any incoming freshman or any student in general, I'd say to be yourself, and hang with the right crowd, and just mind the business that concerns you, focus on yourself and your schoolwork, don't feed into things that will waste your time. Ending on that note, It's been a heck of a 4 years, but I wouldn't be who I am today without everything in highschool. Also appreciate your teachers! They provide so much and deal with so much daily, I appreciate every single one of my teachers and I'm thankful for the time I've spent with them all. Class of 2025, signing out, see you all later!



Ray



Dear Diary..

As my time in high school comes to an end, I can't help but look back on senior year with a full

heart. This year has been the most incredible journey—a year of growth, success, and

memories I'll carry with me forever. I walked into senior year determined to make the most of every opportunity, and I'm proud to

say that's exactly what I did. Whether it was giving my all at track meets, pushing myself in

dance rehearsals, or stepping up in the classroom, I stayed focused and driven. In track, I hit new personal bests and learned the value of discipline and perseverance. In dance, I poured my energy into every routine, and the stage became a place where I truly felt alive.

But beyond the medals and performances, what truly made this year special were the people. I

made so many new friends—people who supported me, laughed with me, and helped me grow.

From late-night talks to spontaneous adventures, those friendships have shaped who I am today.

High school has been a rollercoaster of lessons, laughs, and unforgettable moments. As much

as I'm excited for what's next, it's hard to say goodbye to something that meant so much. I'll

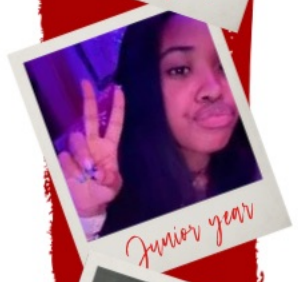
miss the pep rallies, the crowded hallways, the long practices, and even the stressful moments

that somehow brought us all closer.

Senior year gave me more than just accomplishments—it gave me confidence, connection, and

a sense of who I want to be. I'll leave these halls with gratitude in my heart and a fire to keep

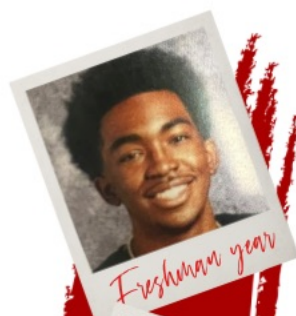
striving, wherever life takes me next.



Saniya Porter



Dear Diary..



I've grown a lot over these four years of highschool, ways I didn't think I'd change. I've had some of the best experiences with friends, school, sports and life in general. I've achieved goals in ways I wouldn't normally think I would. While having good times and experiences here at TF South and in life in general I've also had some really bad one's making me question my purpose and what I should do in life. One of the things that have changed me into who I am now was wrestling from freshman to junior year. Wrestling has broken me down and built me back up time and time again. Losing matches and winning matches I took everything personal and at heart. I got a concussion sophomore year during one of my matches and was forced to go home. This was one of the many moments where I broke down mentally during wrestling questioning whether I should continue or quit but something within me wouldn't let me quit. I continued to show up for myself and my team knowing I had influence I didn't believe I had on the team. During sophomore year after wrestling ended I joined a MMA gym called Premier MMA on my birthday. I was looking for a MMA gym for years and finally found one after the season ended. Because of my hard work, grit, discipline, leadership, and being humble I was made captain my junior year. This honestly surprised me because I don't think of these qualities that some people who really know me say I have. It takes someone else to say these things about me, and so my coaches did and made me captain. I've made great improvements junior year from Premier MMA but still wasn't at the level I wanted to be during the season. More and more I couldn't wait for the season to be over with. I was either at the same level or got worse. I couldn't grow and took some time to think whether to wrestle my senior year or continue to train, grow and gain skills not only for wrestling but also striking. I told my coaches that I was thinking of not wrestling toward the end of junior year and they tried to encourage me to stay for the team. If I continued to wrestle it wouldn't be for me but for others on the team. I couldn't do that to myself I wasn't going to go through all of that just for my team and not myself so I decided to stay at Premier MMA. During the summer I trained there at Premier and had some of the best time and experience there and the athletes and fighters were some of the best people I've met. I've been training there ever since and my coaches were mad but I didn't care because at the end of the day I'm doing all of this for me, not them. I took this year to focus on school and MMA and feel like it was the right decision for me. Academically I started this year off bad but took some time reflecting on myself and reminded myself of where and I want to be in life. I've really out done myself this second semester academically in my opinion. I've been maintaining my grades and got into the college I want. I've made so many memories with my family and friends during highschool and don't have any regrets. But honestly I am so ready to move on from this I feel like I've outgrown it. I wanna give thanks to my family, friends, and my grandmother who passed away last year. She has been very close to me and built my foundation in my faith in Jesus Chrst. I also want to give thanks to my parents for always being here for me and raising me. My parents have done an excellent job in guiding me and supporting me with my dreams and goals and nothing can separate me from them and the love I have for them. I also want to give thanks to my little sister since she's been in my mothers womb. She still motivates me today to be a better brother, son, grandson, friend, and person over all. Lastly I want to thank Jesus CHrist for saving me so many times over the years even before high school. He has saved me from things I don't like to talk about and I am grateful to be here. I'm grateful for all of the memories I have from my childhood to now and I'm ready to start my own life with guidance from my parents and God. I'm excited to start moving towards my dreams.

Sebastian Martin



Dear Diary..

In your transition to childhood and adulthood you go through many different stages and changes in your life. Growing up is a part of life and is going to happen no matter if you like it or not. In the saying of growing pains, examples of things you are likely to endure are bad habits, getting in trouble with parents, making life changing/bad decisions that may bring issues to your relationship with your parents and the people around you. Referring personally, I made a poor decision and I had to deal with the consequences of my actions. I had to face the after effects of my actions and acknowledge my anger and feelings and realize where I was wrong. This is what I know now as my "growing pains." This phrase connects to emotional, physical and social challenges that seemingly occur during this time of transition. Some teens have concerns over body image based on acts and specific standards from society. As

the transition to being a teenager to adulthood is a lot, growing pains have helped shape me with making better and smarter decisions along with referring to the people I keep around me. But which is also important is recognizing that there are positive and negative solutions that can impact how you handle growing pains. Some teens cope with their struggles by picking up habits that they have seen from others, and what they believe can make them feel at their best. It's important to know that there are many ways to cope with your growing pains rather than falling into influences from other people around you. Growing pains are not meant to be permanent, they are meant to be temporary and primary for your journey in personal growth. Adapting to new situations and understandings of environment and yourself is important to expand your knowledge. This is more widely known as Emotional growing pains.

According to instagram user mindmatterswithdiv, Psychologists have defined "young adult" as a stage of transition." Along with transitions that relate to a child to teen then adult. It's best to allow control of your feelings to fight your growing pains, just always remember that this is temporary and necessary for your personal growth.

Share Mitchell



Freshman year



Sophomore year



Junior year



Senior year