

# TIPS FOR SUCCESS



February 2008

A Newsletter for West High Seniors

Available online at [www.asdk12.org/staff/barker\\_debbie](http://www.asdk12.org/staff/barker_debbie)

## THIS MONTH:

- Surviving Love Month
- Celebrating Black History Month
- Important Dates in February

*It is a dangerous thing to ask why someone else has been given more.*

*It is humbling—and indeed healthy—to ask why you have been given so much.*

--Condoleezza Rice

## FEBRUARY: THE MONTH OF L♥VE

Valentines Day can be either the BEST or the WORST day of the year. If you're in love, flowers and candy and hearts and sparkles make everything feel like a day at Disneyland. But if you're single, this Hallmark holiday might only make you feel *more* singular. Take some advice from someone who's loved and lost and lived to tell about it:

**COUPLES:** Use this holiday to share what you love most about your mate. Gifts are nice, but the most valuable gift is your words. Write a sweet note she can carry with her during the day. Text him across the week telling him how much you love the little things he does for you. Go out of your way to make them feel as special as they make you feel everyday. ♥

**SINGLES:** It may not feel like it, but this is the perfect opportunity to tell those you love what you love about them, too! Write your best friend a note describing everything you appreciate about him or her. Your parents would freak if you did the same for them (how cool of you!). You might consider even working up the nerve to tell that guy or gal you've adored all year long that you'd like to hang out sometime. Don't sit at home wallowing in your alone-ness... You're only a question away from finding the person of your dreams! Go for it! ☺

No plans this Valentines Day? *Sleepless in Seattle* and a bag of popcorn might do the trick. After all, loving and being good to yourself is always a good start!

## CELEBRATING BLACK HISTORY MONTH

February is Black History Month, a time to recognize the many contributions of African-Americans and celebrate the various cultures represented in our nation. West High enjoys one of the most multi-culturally diverse populations in Anchorage, and this distinction carries with it the opportunity for us to model sensitivity and appreciation of our differences. In an effort to learn the significance of Black History Month, two of West's counselors shared their thoughts.

*"Black History Month to me not only honors Black Americans that have made major contributions to our country, but it is also a time to celebrate the diversity in our community. Many different hands have helped to build and shape America. The month of February is a time to remember Black Americans who did just that, like Ruby Bridges, Mahalia Jackson, and George Washington Carver. It is also a time to pay tribute to those Americans who came from countries across the world, each contributing their own flavor to our country."* --Lisa Mounds-Craft

*(Continued on the back page.)*



*The mind does not  
take its complexion  
from the skin.*

*--Frederick Douglass*

**WHS ADDRESS**

1700 Hillcrest Drive  
Anchorage, AK  
99517

**COUNSELING OFFICE:**

(907)742-2503

**COUNSELING FAX:**

(907)742-2615

**E-MAIL:**

barker\_debbie@asdk  
12.org

**Next Month:**

Work and Play  
in Spring

## **CELEBRATING BLACK HISTORY MONTH: Continued**

*“As a woman of African-American heritage I believe it is important to take time to recognize the rich contribution African-Americans have made to the United States of America. I come from a familial background, which emphasized the strength present within each of God’s creations. In celebrating Black History and its importance I am moved to remember the ‘bridges’ I am crossing, and have crossed, over. When I remember the inventions created by such persons as Garret Morgan, Madame C.J. Walker, Benjamin Banneker, George Washington Carver, and community activists such as Fredrick Douglass, Sojourner Truth, Dr. Martin Luther King, Jr., Supreme Court Justice Thurgood Marshall, and Marianne Wright-Edelman, to name a few, I am moved to strive to make a difference in the community in which I live.*

*“I have been a resident of Anchorage, Alaska for several years and have witnessed its growth in a myriad of ways. I have seen and experienced the struggle for equity in our society, whether it be the workplace, community, or education. I realize the need to be involved in building a more harmonious society. In so doing I believe it is encumbered upon me to show appreciation for my ancestral ties by promoting the positive side of my culture. When I reflect in the area of racial conflict that has haunted American over the centuries I do so with the hope that the day will come when humanity will appreciate and acknowledge differences while building on common ground. Recognizing Black History Month serves as a catalyst to remind us that greatness has no bounds. The celebration of Black History allows me and others to share in remembering the contribution African-Americans have made, and continue to make, to humanity and our country--the U.S.A.” --Tawana Wilson*

Take some time this February to think about how Black History Month is meaningful to you. Encourage others to appreciate their roots, heritage, and culture. Challenge yourself to recognize, respect, and celebrate our differences.

*Special thanks to Ms. Mounds-Craft and Ms. Wilson for their kind contributions to this newsletter.*

## **IMPORTANT DATES IN FEBRUARY...**

- 2/10** College Goal Sunday at 2pm in the WHS Cafeteria
- 2/14** Valentines Day
- 2/18** Holiday – Presidents Day
- 2/20** Providence Career Night from 3-7pm at Providence

**ALL MONTH:** *Seniors must focus on getting applications completed and sent for college, scholarships, and FAFSA, if you haven’t already! See Ms. Rutz in the CRC if you have any questions.*