

## Working Out MOOR Solutions for AHS

Many factors determine a school's strengths and weaknesses. The students of the school play a huge role in its pride, accomplishments and even setbacks. Although AHS could use some improvements, its students set high goals from the start to motivate them in the future.

### QUESTIONS?

**Q: Which elective courses should I take?**

A: The electives you take are completely up to you. However, you should choose wisely. Some people will choose to take classes, such as Ceramics or Child Development. Others may choose to take classes that will fulfill their science, Visual and Performing Arts (VAPA) or foreign language credits. There is a list of all the electives AHS has to offer at the school website: <http://www.ahsmoors.org/>.

**Q: Should I take AP classes and what are the pros and cons of doing so?**

A: AP stands for Advanced Placement, and they are college-level courses that you can take in high school. During May, you will have the opportunity to take the AP exam, which may earn you college credit based on your score. (1- No recommendation, 2- Possibly Qualified, 3- Qualified, 4- Well Qualified, 5- Extremely Well Qualified) Naturally, an AP class requires more work and responsibility. You should only take an AP course if it interests you and if you are willing to take on the extra work that it requires.

**Q: How do I deal with all this stress?!**

A: The transition from middle school to high school is always hard. Do your best in school and learn to keep things in perspective. Always stay positive and do not do anything that would have a negative impact on your life and grades. Also, whenever you are having trouble in school, go to a teacher or your parents for help.

**Q: There are so many things I have to accomplish. How do I find the time to do it all?**

A: Try not to take on so many things at once. Know your limits and how much you can handle without being overwhelmed. Always keep track of things you have to do, preferably in a planner so it's organized. Extracurricular activities are important, but always put school first. Lastly, do not forget to take some time for yourself and relax a bit from time to time.

**Q: What food habits should I get into that will benefit me?**

A: Your food consumption determines a variety of things. Not only does it affect your health, but it also will affect how you do in school. You should always make sure to eat a healthy breakfast so you have a good start to your day. It can affect your mood and school performance in a positive way. Also, you should make sure that you don't eat out too much and make sure to always stay hydrated, but stray away from unhealthy drinks such as soda.

Deborah Chen  
Copy Editor

### GOALS?

"Being a junior, my main goals are to: ace my classes, pass the PSAT and SAT, get good scores on my AP exams and, of course, work hard in my extracurricular activities." -**Tony Situ, junior**

"My goals for the school are to keep up with all of my academic classes and definitely graduate. On top of that, I want to have the fun I couldn't have in my last three years [of] high school. I want to enjoy myself as much as possible but always within reasonable measure." -**Daniel Castaneda, senior**

"I want to pass all of my classes and get a better understanding of the school system so that next year, can take any AP classes I can get my hands on." -**Joseph Ney-Jun, freshman**

"[My goal is] to get other sophomores more involved in school activities [and to] raise school spirit." -**Kristie Sham, sophomore**

### STRESS RELIEF

- Massage**— It relaxes tense muscles, reduces pain and improves circulation.
- Meditation**— Set aside time to let thoughts roam and just focus on breathing.
- Exercise**— This releases endorphins in the brain, which improves mood.
- Organize Your Life**— Start good habits and try not to put things off until the last minute.
- Eat Healthy**— Consume whole grains and protein for long lasting energy.
- Limit Internet and Cell Phone Use**— The result is that it locks some stress from reaching us so we can live in the moment and enjoy it.
- Music**— Soothing sounds reduce tension, lower blood pressure and promote feelings of tranquility.
- Vitamin B**— Another way is by increasing consumption of foods containing Vitamin B, which include cereal, peas, eggs and dairy products.
- Aromatherapy**— Inhaling scents like lavender, cypress and rosemary can release chemicals in the brain that create a calming mood.
- Sleep**— Being well-rested the night before can make one ready for the next day.

Dalla Wong  
Features Editor

### IMPROVEMENTS?

"We could put out more tables for students to eat at [during] lunch." -**Tori Simper, senior**

"I think Alhambra can definitely improve in school spirit because I feel like I don't see enough blue and gold around campus. I always wanted my high school to look like a Quidditch match from Harry Potter." -**Joy Chen, senior**

"[We should] provide more shade for benches on third street." -**Vanessa Wong, sophomore**

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