



adventure risk challenge

a leadership and literacy program

2013 University of California, Berkeley | Sagehen Creek Field Station



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I am an Osprey
Beginning as a delightful surprise to my parents
Always flying toward my parents for help and love
Soaring through the sky but always looking back to them

Little by little my parents love for each other began to decrease
Affecting my family's unity
A minor but hurtful storm hit once a week
However we were forced to act as if everything was okay
Our nest was beginning to drop
No one took the effort to fix it

Until a huge storm hit
Strong enough to drop our nest
Completely scattering everything I had known
Our nest wasn't the only thing I lost
The storm took my father with it too

I was hit with the lightning of reality
My father was no longer there
My Mom became the father I needed
Always being there
Never showing how tired she really was
Never knowing all the meals I threw away
Whenever she turned her back

After 2 years, my father found his way back
But my mother had become a strong independent Osprey
No longer needing a man

My hopes of becoming the family I had missed for so long
Were crushed
Feeling as if someone had me in a cage
And was making me watch the nightmare
Fighting hard but not being heard

I had to choose between two winds
Unsure of which one I wanted to follow
I decided to follow the person I had lost years filled with love
I decided to follow the person that needed support
I decided to follow my father

We landed where there was anger and jealousy
Meeting new people who were like dead trees
Dead trees without hope or any more life in them
They overflowed with apathy
I tried to ignore their advice
Which would only lead me to downfall.

Surrounded with dead trees but having the light
That I needed
My father and sister are my light
They helped me enjoy life
Get healthy again
They took me to the highest peak
So I could begin to fly

Just one thing was missing
My mother
Who had decided not to talk to me

Pushing to Fly

I felt like a wing had been cut off
I did not have the support
I needed

I learned how to ignore the gap
Never learning how to fix it
Two years passed
Until my mom broke out from her pride
And flew to me
She led me to a beautiful place
Relaxing and happy
I began to recover
Suddenly a rush of winds invited me to follow
Finally having the support I needed



I felt strong enough
To push myself to fly far off to places
Where I began to find myself
Realizing my abilities
And strength
Being able to fly
Knowing I have all the support
I need

Now I have goals
Goals that keep me flying forward
To go to college
Be confident
Be my own leader
Have trust in myself
Find what I am passionate about

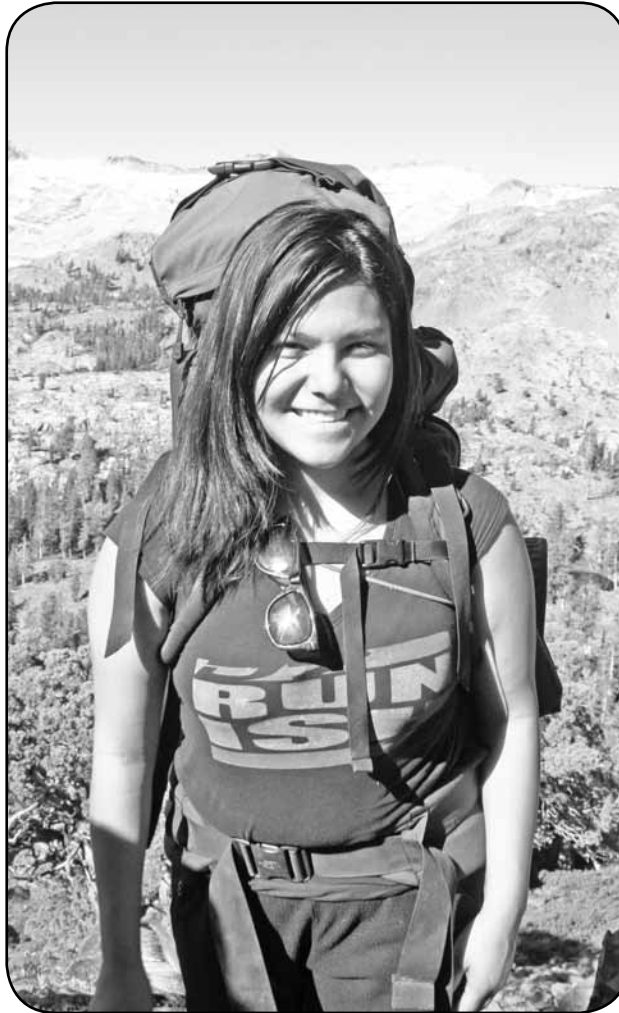
Goals that are my fish
Waiting for my precise opportunity to catch it
Flying higher and faster towards it
Not needing anyone to lead me to it
Waiting To get home
To show my parents what I have accomplished
To prove I am
STRONG

My Path to Success

I had forty days, nine hundred and sixty hours, fifty-seven thousand six hundred minutes, or three million four hundred fifty-six thousand seconds to make unforgettable memories with complete strangers. Every day brought out a new lesson that impacted my life. The way lessons appeared were unique and let me realize what I could learn. For example, U2 learned how to work as a team at the challenge of Eagle's Nest in the ropes course! The Eagle's Nest consisted of two large logs. The logs were placed ten feet from each other leaving a gap covered in dirt. A rope hung in the middle of the two logs. The challenge was to cross the whole team over without touching the ground. We expected the challenge to be so easy and fun. However, we struggled to get even five people to cross the Eagle's Nest. It was blaring hot, and we had spent forty five minutes just on that challenge. Everybody was beginning to give up. It just wasn't working and it didn't make any sense. We had the "stronger" people go first and the "weaker" behind. It seemed correct but it wasn't. We were underestimating and over estimating people's strength. When we realized that, we did a 180 degree turn. We began treating each other equally and working as a true team. Exactly like that moment I have learned to be determined, love myself, and to speak my opinion.

Having a determined mind has been a struggle. To keep all negative thoughts away and only focus on your goal can be hard but will lead you to where you want. Needle Peak was where I realized I have lots of determination. The ground would slip out of from under my feet and would cause me to fall but I would get up every time. My legs and muscles were so tight and achy. The sun hit my face and no breeze would pass by to give me a slight moment of freshness. The peek sneered at me but I kept my attitude strong. I would win this fight and enjoy my way there. My legs couldn't take it anymore but I exceeded my expectation and arrived to my destination. I celebrated my accomplishment and looked down to see what I had overcome. The peak, covered in loose rocks, was completely uphill and long. "Whoa," I

whispered to myself. I had made it! A few weeks back I would have pouted my way there and had thrown a fit about it. The feeling I had when I reached the top made me feel proud and confident in myself. I had encouraged and pushed myself to the top. I will take this determination to my daily life from running a long distance, to getting myself to college. Whenever I have a long way to my goal all I need to know is I will get there with my own determination.



To accomplish many things you need to learn to love yourself. I always had trouble accepting who I really was. When the Solo day came up I was nervous and excited. I had never been alone for a whole day nor enjoyed my own company. I looked at trees and the sky for what seemed hours. Listening to the beautiful melodies of the birds and following the shade of the trees. I thought to myself how useless this experience was. There was no way I

was going to talk to myself like a lunatic! After a while I gave into the idea. I began to think of who I wanted to be and who I was. While I began to list, I realized I discovered I was more complex than I had thought! I had grown in many ways. For example, I used to compare myself to many girls and think of ways to be like them. I had learned throughout the course that I am me and they are them. We are completely different and why try being someone else when you have the opportunity of being unique. I loved every detail of me because it made me, me! Solo Day helped me realize that I have grown and I am no longer insecure of myself. To make me proud of who I am and what I am doing with my life.

Before ARC, I rarely spoke up. My voice wasn't connected to what I actually felt. I didn't want to be the person bringing up truth or issues. I felt as though my friends would judge me. Until one week, I realized our team was beginning to break up and not have much communication. I waited for days for someone to speak up about it. Nobody did. I finally grew the courage to speak up about it. I wanted our team to be together and happy. I worried my team would think it was nonsense and a waste of time. I didn't care because I knew being a team was more important. However, many of my peers agreed with me. Since then, I began to feel more secure that my group would accept and understand my opinion. Knowing how to use my voice will be a great advantage. I will be able to debate and speak in front of audience. Most importantly, I will be able to follow my voice and motivate myself through it.

This summer has been my highlight of my life so far. I never thought that in forty days I would finally learn to voice my opinion. Or that in nine hundred sixty hours, I could begin to use my determination to reach my goals. Most importantly, in three million four hundred fifty-six thousand seconds I would finally learn to love and be proud of myself! These are lessons I can use throughout my life in college or high school, in a basketball team or family, and in my accomplishments or in the start of my way towards my goal.

I am a river
Always moving forward.
I am not someone who lives by his mistakes
If I make an error
I don't repeat it
I change it to make it better.
When I first started washing my horses
I started to wash the mane
With the wrong brush
But found out fast it hurt the horse
And I have used a different one ever since
And the horses liked it
As much as I liked washing them.

As a slow moving river
Showing my feelings was never
something I did.
When people get mad
they yell
Or scream
But not me
I keep my cool
And pass it off as a simple talk
I don't plan on this,
It just happens.
When I felt hurt
Or sad
I never let it show.
So when my grandfather died
I missed him
But when the sadness came
I didn't cry
I know I should have
But it never came.
When I cut my arm with barbwire
I only cleaned it
And covered it up
But I didn't cry
I didn't yell when it happened
I only continued to work
And ignore it.
Not by choice,
But by blood
My mind never told me to show it.
Why show what you don't feel?
I don't feel it.
I don't know why.
I don't know how.
But if I did I would know.
I don't dwell in the past
Or look ahead in the future
But only live in the present.
Only going with the flow.

I soon realized
A river is only as strong as its connections.
When I started high school
I made connections with people.
And we became friends
I knew my friendships would grow
And get stronger
Until graduation.
We linked up by something
We had in common
Like the T.V. shows we watched
And the games we played
We went to school dances
And parties,
I did not stick to my friends' shadows
But cast my own.



When the time came
My friend that kept us all together,
Moved from my home town
I stayed where I was
He had to live his life in Fresno
Without us

I soon felt the connections I made fade,
Some left to flow their own way
To search for a new group of friends
Who made them laugh and have new fun,
This is how my river
Found the division point
The point where the river breaks
And finds a new direction to carve out
I decided then to extend my connections,
To make my river grow

I soon met many new friends at ARC
They earned my trust
They were truthful and easy going
We all helped each other
Climb up steep trails
We made it to the top of a mountain
We worked together to set up camp and
Complete our tasks quickly
We had fun swimming in the lake
Skipping rocks,
Splashing each other
And teaming up against the instructors

Like a river
All the water works together
To get to a place
Where we all want to be
We work together to move forward
And keep the flow moving
As a family

I started to change how I act
What I do to have fun
And how social I am
I learned to talk more
To try new activities
I learned to be more positive
And to work together to
Complete a common goal
So our goal can be reached
quickly and easily

My river will always stay strong,
Always united,
Never easy to break

By having more fun
I can always have a smile on my face
And give a smile to all my friends.

I will live the true,
The great
And best way to live my life.
I will live without regret,
Without a second thought,
I will be happy and responsible
I will live it the way it's supposed to be.
I will live my life to the fullest.
This is the only way I can live.
I am the river that will flow
Into the ocean.

A Change of Thought

What is an adventure? Is it a devastating or dangerous journey into the unknown? Or is it just a walk through the park with only your shadow for comfort? An adventure is what you make it; as for me, I've been having them all throughout the summer. I have not only had an adventure for the most exciting and challenging experiences but also for small and relaxing events as well. One of the most exciting encounters I had this summer was hiking up and down a steep and rocky peak, not knowing what challenges would await me when I reached the top. I knew only that the ground below was always unstable. I would have to take each step with caution, only one wrong step and I could fall and bring the whole team down with me. A relaxing and pleasant experience I had was just lying down and watching the stars overhead which glowed with a radiant light. I saw many more stars than I could in the midst of the city. My adventures taught me teamwork, to trust in myself, and finally to live in the moment.

ARC was a great experience for me in many ways, but especially in teamwork. When we started the first expedition, we were all excited. None of us wanted help from each other; we wanted to do it all on our own. By working alone, we always argued about what we had to do but we never got anything done. The instructors told us if we wanted to get something done we had to work together. The next day when we went hiking we took their advice and motivated each other to keep going and encouraged each other to make it to the end of the hike. After we finished the hike and got to a place to set up camp we all went to work on what we needed to do. We all chose a task that we had to do or was assigned to us and completed it. Some of the many things to choose from were filling up the water bottles and purifying the water, setting up tents, getting the food ready, and putting up the bear hang. If one of us got done early we helped someone that was struggling with their task or just needed a little help. After that day we always worked well together in helping set up camp, being supportive with each other on the trail, never giving up and always trying our best. I learned that no matter how difficult a time the team is having or what their differences are, it is always best if they work together for a common goal instead of working as a single person.

As a team something we needed was trust, not only trust in a new person but also

in ourselves. We don't usually trust ourselves to be able to do something that we have never done before. When we started rock-climbing many people were afraid to try but gave it a chance. I volunteered to go first when they asked who wanted to go up. On my way up, it was tricky but the instructors said to not think about if you fall or if you slip, but just to climb and enjoy the view. When people saw that I could do it they also tried it out. Even though some of my peers were still scared, they tried it and had lots of fun and climbed up and down many times after that. After accomplishing the climb I wanted a new challenge. I wanted to keep testing myself, and I wanted to test my abilities. They asked if I wanted to go up



blindfolded which was not something I thought I would be able to do. I was determined to do my best and face the challenge head first so I agreed to do it. With the blind fold I couldn't see where I could step and where I was. The only way was to feel my way up. Half way there I could hear people giving encouragement like, "Your almost there!" And, "You're doing great!" I couldn't see but I was determined to finish and not long after I made it to the top with triumph. After finishing that, the rest of the challenges the instructors threw at us were easy. I learned that the best way to trust myself was to let go of my fears. Without fears I was able to accomplish more than I thought I could. But getting rid of your fears is never enough. I also had to be determined to keep on going and to challenge myself to be the best that I can be.

I live in this world, I enjoy every bit of it but I realized I don't always see what's around me. I've always been in a hurry or

trying to get something finished. I learned that the best way to enjoy myself was to live through life without having any distractions around or anything that needs to be done. I experienced this the most when I went on my solo day. I was left alone without any notice of time and no other peers to distract me. On my own I got to see the sunset without having to worry about getting something done. The sunset was a beautiful sight seen by only a few people. I witnessed the many colors coming together as one when the sun went down, I cherished that moment. I wanted to live it for as long as I possibly could. As the sun fell behind the mountains the blue sky changed to a light red and orange glow that surrounded the land as I heard only the wind. The next morning I woke up before the sun even rose. I was thinking about going back to bed, but stayed awake to witness the rise of the sun. Unlike the sunset the sunrise was a different experience all together. As I lay under the stars the sky grew brighter, and the birds around started to sing awaiting the rise of the sun. Bright light poured out through the mountains changing the night sky to a new luminous day. Both were beautiful in their own unique way. I loved the moment I had to watch this miraculous experience and wished I could see it more often. I think it would take my breath away every time. "Live for the moment, die for the future," Robert Kyriakides once said. I have been through something I might never be able to go through again. I learned to savor every moment I have, since every second that passes I might miss what's around me. Somewhere I've lived my whole life and missed many things but now I want to take the time to look around and to take in my surroundings. I want to find the things I've never noticed before.

Was my summer an adventure? Did every moment of it live in me as a great accomplishment? I know that my summer was an adventure. I know it will live in me as something I would never regret doing. I learned to trust in my team to get advice from them and to be responsible to achieve something great with them. I learned that with all the trust I earned within myself, I can accomplish anything that I put my mind into. By savoring the moment I learned to appreciate what's around me to not take it all for granted. Team work, trust, and savoring the moment were my way of finding myself. I hope everyone can find themselves the way I did.

Running for My Future

I am a protective wolf
Who takes care of my pack
My family
Whom I love so much

As a cub, I was playful but feeble
Who couldn't protect
Myself
I had to get fed
I had to get washed
I had to get helped
Weak, I needed protection
From the world

Born into a Christian family,
I grew up at church
Living a happy life with my family
Learning to be a good Christian boy
My father, our pack leader, a pastor, he
always showed me
How to treat people,
To be compassionate
To lead a lot of people with many different
opinions
My mom, always took care of me, played
with me,
Taught me to be responsible,
And always talked about my future.

Now,
I am a growing wolf
I got tougher
I got larger
I even managed to help my dad protect my
pack when
He was gone for three months

But I'm still not full grown
I still need advice
I still need Lessons
And have to learn how to survive in this
dangerous world
With a lot of bad influences

Last year,
I thought I was an adult
I thought I could do things alone
I thought I could lead the pack
I thought I could survive
Between people who are smart
Expected to be one them
And this pressure pushed me away
From my pack.

These thoughts
Made me turn against my parents
Not listening to what they were saying
Not following their lessons
Even though they gave up their jobs
And moved to America for my education
For my future
For my life

They could have had an easier life in Korea.
I thought I was responsible enough
I started building unbreakable barriers
Between me and my parents
I DID NOT talk about my life at school
I did not talk about my grades
I hated talking
I always thought
"Leave me alone
I will do what I need to do
Just don't interfere in` my studies"

But I was wrong.
BAM!
Last semester I became lazy
I became irresponsible
My grades dropped
But I didn't do anything about it
Rather I played more computer games

As a 17 year old boy
I needed the pressure,
The structure.
My parents tried to reach out to me,
But the strong, immense barrier that my
Rebellious thought had built
Blocked them
I did not listen to them,
Just wanting to live my life easy.

But I faltered
I was cold
Alone
And hungry for my old life,
Conversations and time with family,
Laughter.

And that's where I found my parents
Still spreading their wide, warm arms
Waiting for me
They embraced me
And healed me.

From now on,
I will be a full grown wolf
Graduating high school
Graduating from an university
Becoming a designer or an architect
Eventually I will make a new pack
And lead them in the right direction
feed them, teach them
as my mom and dad did for me
My pack will ultimately
Face other challenges
And I want to be a wolf
With integrity
compassion,
and determination,
In service to my family.



I Am Strong

Travelling in a train with strangers, having all kinds of weird feelings mixed together, was the first risk I took on this trip. During the ride I wondered, what is going to happen, who am I going to meet, what should I say, and what if they don't like me? All these thoughts occupied a large portion of my brain and made me anxious. As soon as I stepped off the bus in Truckee and met U Squared, which is our team name, all my fears and weird feelings were gone because they were so welcoming and so friendly. I had no idea what I was about to go through, but time flew by really quickly. We have been through so many things together over the 40 days; things I would have never even thought of trying. ARC made me realize how strong I could be, both physically and mentally and gave me more confidence to overcome obstacles that I will face as I get older.

One of the challenges that U Squared had was trusting each other. I thought we were a good team. I personally thought we were really tight after our first awesome expedition, where we had less struggles. On the second expedition, rock climbing helped our group with trust. When we first climbed up with pros Chris and Jared belaying, climbing was very comfortable. After about two climbs each, U Squared started to belay each other. At first I thought I trusted my peers very much but I became really scared as soon as I reached the top. I kept saying, "You got me," several times. Still I was not sure whether I could trust my peers or not. It was a huge conflict inside me. I kept thinking about what "If's" and what held me from trusting them. Finally I decided to trust them. It took me awhile to be prepared. I was really tense and my nerves were tingling every step I took coming down. When I noticed I was all the way down to the ground, nothing happened. This experience taught me how to trust people. This trust brought our group tighter and also helped on our rest of the expedition.

Another challenge that U Squared had to overcome was teamwork. When we came to the ropes course, we hit the greatest struggle on our 40day course. On the Eagle's Perch, we encountered the highest peak that we had to overcome. All of us needed to get to from one log to the other by a single rope that

came down the middle. As I tried, my body in a perfect "L" shape, I swung to the other log perfectly. I thought it was an easy task, but not for some of my teammates. If anybody fell from the log we started all over again. We started to get frustrated at each other, and we were talking amongst others and not paying attention. Mike, the ropes course instructor, pulled us over, made us think of what was the problem, and about the tools that we talked about before. Then we realized how chaotic it was. Finally, we brought ourselves together to overcome the high peak that we could not overcome for a few hours. That was when I learned about how much we grew in a few minutes and finally realized the struggles that some of my peers had. They tried their best to jump over the struggles. After realizing what was the problem, and listening to others we were able to go to the other side of the log without anyone left behind, even staff. This process taught me that there are so many tools within the category of teamwork. I realized certain problems require stepping back and trying to fix it before I can overcome the challenges.



In ARC, basecamp, Sagehen Creek Field Station, I became an interviewer for the first time. My nerves were all tingling, filled with excitement, and not knowing who I was interviewing made me more nervous. I met a wonderful guy named William Francis Griffin III. It was so fun interviewing him and he kept me very interested. His story taught me many life lessons. One of the lessons I learned was about the fear. He told me that fear can occur in

many different forms. Fear could be one of the reasons why you cannot overcome the challenges you have had for a long time. He mentioned that fear is like a tree. There is always a root and it spreads to the smaller fears like leaves. If you don't find the roots the tree of that fear would keep growing and at the end you will have bunch of smaller fears that will limit your growth. To overcome this immense tree of fear, you have to step back and see what is actually scaring you. Most of the time you will find out that it was not too bad at all. Your brain is actually changing your small things into big things. The cure for that is to listen what other brains are saying about this matter. You will see another perspective

of looking at this small thing and again you will realize that it was nothing. Finally you have to find the root of the tree. If you know the origin, that makes and forms the huge tree and hide it self very low, you will be able to figure out what was causing the problem and will be able to solve the struggles. After that you will decide whether you can try to overcome it or come up with a way to go around it. After the interview I thought about my fear of heights and I thought that it is not that bad. I managed to rock climb and go through ropes course.

On my third expedition, on the third day, our group went on a 24 hour solo. During this activity, I thought a lot about myself. I was away from society, and from people. I was on a rock looking at the sky where I saw clouds forming and making shapes like sheep. The sun hit the tree in front of me and made huge shadows where I was sitting. It was really quiet and calm. After completing all the assignment I had to do, I started to think about my life. It went through it like a film or movie. I realized how I was different person in school. I had too much pressure on my shoulders. I was expected to get straight A's and was expected to be a good student. These pressures came from my friends also. My friends were astounded whenever I got B or C in the tests and always commented, "What! You are Asian. Disgrace, man." Whenever I got an A they said, "Of course! You are Asian." I was expected to get As in all my classes. I realized these were what made me give up or a reason of why I lost interest in studying and began to be lazier. I also realized that I have grown a lot through ARC. I realized that I could grow infinitely. "Argue for your limitations and they are yours!" said Richard Bach. I learned how to grow more and more. ARC has pushed me out of my comfort zone, make me see the outside world. That outside world became my comfort zone. Through ARC my comfort zone has been growing. Through ARC I have overcome so many challenges, the high peak, which I would have never even thought about trying out.

ARC is a great organization where I learned so many things that I can countlessly name. They also gave us opportunity to explore out of my comfort zone, to be more independent. I learned about myself a lot, learned about the fear and also about teamwork. These are the lessons that I would never forget and will always hold onto it even when I am back home.

"Everyone is the painter and the sculpture of his own life,"-St. John Chrysosrom

A Part of Life With No Sun

I am a cloud
I began white and puffy
I was happy because I was growing
Papa and Mama Cloud always took care of
Me and my three cloud siblings

As time went by,
Papa and Mama Cloud took us to a better place to shine,
Be big, happy and safe.
I kept getting bigger, taller and maturing and started to realize
How life really was.

Papa cloud had to leave us,
He had to work
Long hours to give us a good life
He just wanted the best for me and my education
But many conflicts struck my mind
I felt thunder was going to be inside me forever.
I felt gloomy and worried
I lost my best friend, my dad
I turned Black and started to cry
Raining down on cities, states, and countries.
Mama cloud had to take care of us
It was a struggle for all of us not just me.

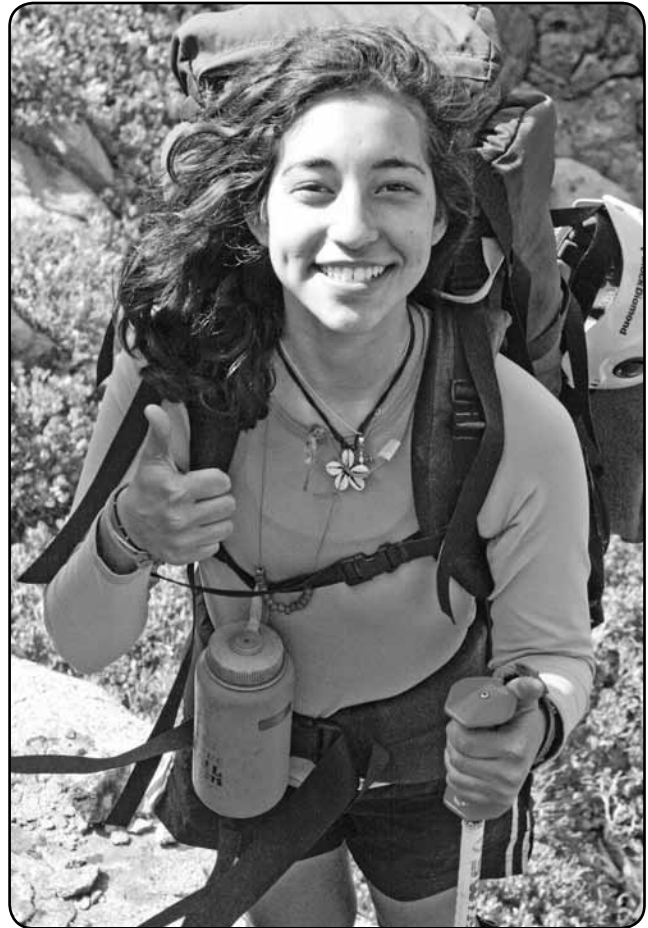
I'm a Black cloud
Just like a cloud stuck on a mountain range
Unable to move on
I'm eager to be white, puffy, strong and happy again
I shut myself off from my family, I felt alone
I became black by all the negative evaporation
From the peak I was stuck on

I was a Black Cloud,
Trying to be strong and happy
I kept thinking about my dad
Trying hard to forget about what had happened
But there was always that feeling and memory
That my dad was not with us,
That my dad was never there for my birthday
It was tough to think everything was going to be back to normal
With all my negativity stuck on my mind
I still had residual rain inside me

I'm tired of being that Black cloud
I'm tired of listening to another cloud's happy ending.
Right now this is how I feel
I feel like I can't wait 'til the moment
The wind blows me away

I try talking to Mama Cloud
But there's a thunder inside of me
That isn't letting me open up and just be happy.
Making me feel like a part of my heart is missing
I feel depressed at times
However, I try to hide it

A really big, white, and puffy cloud
Came into my life
Made my day



Bright, sunny and beautiful.
His name is Anthony and we merged
At that moment I had a lot on my shoulders
I was having fights with my sisters
And the rifts kept getting bigger
Yet
I felt like I actually had someone to talk to
He tried to open me up and step by step
I told him my feelings

A cloud is always there
For someone who needs a friend
When you look up to the blue sky
There's always something to imagine
I feel like I want to be that white friendly cloud
I want people to trust me so I can trust them
It's hard butut thanks to my peers and ARC
I have grown into a robust,
Joyful Cloud
Got stronger and powerful
Tried to understand my father's feelings and issues
I turned white and blissful
As I let my puffs roam around
I was eager to show off my talent
And be stout, determined, and cheerful

Accomplishing My Expedition

It was the 1st day of our course and we went straight to packing for the first expedition. It was hard sitting in the room still getting to know my peers while learning what and how to pack for a week long hike. I was scared and shy. I had trouble with some tools and not knowing what most of the objects were for. I was feeling upset that I wanted to go back where I came from. I felt like no one was there for me, although I was surrounded with my new family. I had a little confidence and I started to talk to my team. It didn't take us too long to get to know each other more, and I couldn't wait to learn more about them. Throughout the 40 day course in ARC I learned to have more confidence and how have more patients.

On the first expedition we got really personal during our English lesson. We all talked about our problems and learned how to overcome them. It was a challenge because I discovered so many things about myself that I had never shared with other people. On this expedition we hiked to Aloha Lake, Gilmore Lake, Dicks Lake, and finally to Eagle Lake. On the first day, Aloha Lake was 6 miles away from where we were. It was a hard experience because I wasn't prepared for backpacking. It was hot and sunny; we were all out of energy, which was making it worse for everyone. I didn't think it would be this hard. After a day at Gilmore Lake, we started our English lesson. It was way different from what an actual English lesson was. That day we started to work on our poems. It was super hard for me because I'm not really into poems, but I had to give it a try. After I was done brainstorming I was ready for my stanzas. When I was writing, it was weird because I had never realized that I was having the feeling of how "alone" really feels. I don't really display my feelings to people so it was hard to understand. My whole poem was about my dad. It was hard for me to grow up without him. I had never shared that to anyone in my family. It was shocking that I could share this to people I didn't really trust then to people I did trust. "Why?" I asked myself. After all, I loved how my poem came out because it taught my peers a side of my life that they didn't know. I learned that I should know who, how, and when to trust people. It's also really painful when you keep things inside of you. When I go back to my home sweet home, I will

make sure I try to open up to people. It will be hard at times, but trusting yourself and others is a part of life.

During my time with ARC, I learned to multi-task, trust myself, and work together. On our second expedition, it was my first time doing the Ropes Course. At first, I didn't really know what an actual Rope Course was like. I knew it was a rope that was over 20 feet high and we had to walk on it, but never thought I would learn so many things from it. When we got there, I was so excited. I saw all the ropes hanging from tree to tree, logs everywhere and ropes that were around 30-40 feet high. I was so anxious to get on any type of rope that I forgot about everything else. I thought it was going to be a quick lesson about safety and then get to it. I was wrong. It was weird at first because Mike, the Ropes Course instructor, was making us play a game that seemed like it had nothing to do with the Ropes Course. After he explained how the game was going to work, it made more sense. We got in a circle and we did a group juggling game. In order to play the game right, we had to



say our name and work as a team. I was impressed because I never thought one weird game could help me understand a lot, like learning how to communicate with others, and working as a team. I had so much fun that I had forgotten about the ropes. When we were done playing the games, I was super excited because we were getting started on ropes. We went to a 20 feet high rope activity. That activity was called Pipe Dreams, it was two hard cords that were about 10 feet apart from each other and 4 pipes were in between them, leaving some space away from each pipe. My name and my partner's name, Kim, were called. "It's time," I said to her with a big smile and held her hand. I started to climb the tree stairs and I got really nervous when I got to the start of the rope. We started to walk on the rope and I wasn't that scared until we got to the middle. My feet were shaking on the rope and my hands were sweaty. I started to be in a panic zone and we both got really scared. I seriously wanted to quit and get off. But my partner Kim started to push me and we made it to the end of the rope. I was scared, because I did not know if my belayers would be able to hold my weight. "I had to trust them at some point." I said to myself. I learned so many things that one day that I never

thought I learned on a regular day at home. I will make sure I tell every little step of this adventure to my parents. Maybe they will learn something from me. For example communicating more and multi-tasking, it's a good feeling to teach someone about something that I have experienced because usually we learn from experienced people.

On our third expedition we had our solo day. It was a really hard day for us because we were going to be alone for 24 hours and I learned that people always need other people's comfort and support. I was nervous for this expedition. At Needle Lake, we got the news about our solo. At 4 p.m. we started walking to our solo spot. I was nervous, but at the same time happy that I was getting time for myself. When I got to my spot, I was happy because of the view I had. I was on a rocky surface and on a cliff. If you looked down, you would see a pond and forest all around. The sky was blue with no clouds at all. You could see mountains that were really close and mountains that were probably 1,000 miles away. It was a beautiful view that made me think a lot. While I was lying down, I was writing on my journal and thinking about life. I was thinking about my feelings towards being alone. I always remembered telling my family members to go away, to leave me alone or something else that was really harsh. This day made me realize how to appreciate people that are always there for me, how to trust them, and how to talk to them. I also thought of people that are alone in life. I really liked the idea of being by myself, but never thought it would be so hard. I believe people in life should always have someone to talk to or be there for them. This experience made me appreciate my family, friends and all the stuff I have in my young life. I am going to take this experience home and say sorry to my family if I ever pushed them away. I was reserved and it was really hard for me to open up. Thanks to ARC, I got things out of my chest. It was hard but I accomplished my goals.

Throughout the 40 day course in ARC I learned many things that I had never realized. I learned to be open minded and how to trust myself and others. Also I have grown physically and mentally. I gained a lot of confidence with the help of my ARC familia. This was a one-time life experience that I would use at home and wherever I will be in life. I hope this brings me closer to my family and my friends. This summer was a challenge for me and because of the challenges, I have more self-confidence, open-mindedness, and ability to trust others.

Let Us Take Off the Dress and Mask

I am an American White Pelican
I have a white dress with black sides
People always see me fly
Gracefully
In the wide blue sky
They also see me catch fish quickly
In the crystal clear lake
How easily do I live
But is it true?

I am an American White Pelican
I can fly high and far
With my powerful and elegant wings
In my travels near and far
I have seen the green and peaceful forest
Calm, clear and quiet streams
How great I am
But is it true?

I am an American White Pelican
All of my life
I moved place to place
I changed communities a lot
Every time
I tried as hard as I could
To fit in with others
And make new Pelican friends
However, life is not always peaceful
Without challenges and problems
In Hawaii
I felt that I was alone
Because I couldn't find
any other pelicans there
I saw other birds
Playing, singing and having fun together
But I was always on the outside
Like a bystander watching them play
I felt
Tired, bored and lonely
Frustrated, helpless, and hopeless

Sometimes I met birds
That were kind to me
I wanted be friends with them
I started to agree with things
That I usually disagreed with
Because I wanted to keep
those relationships

Later on
I felt I was slowly losing myself
I didn't know what I liked
I didn't know what I hated
I felt like I was a stranger to myself
Am I an American White Pelican anymore?
I didn't know
So I stopped those friendships

I still needed to discover
How to fit in with a community
I started to make my place in the world
By being an excellent,
beautiful and cool bird
I tried to catch fish quickly
To show how fast I can finish my work
I tried to fly gracefully
To show how confident I was
All of them were my dress and mask
The dress and mask
Covered all my feelings
Scared, confused and lonely
Frustrated, helpless, and hopeless

I moved to new places
In the wide big world



I saw a lot of wonderful views
I met a lot of different cultures
But I was a lost child
In the big world
Always stuck in the darkness
And had
No way to escape from
My dress and mask

During my vacations
I met thunderstorms
The rain wanted to wash me down
The stress of homework weighed me down
I felt depressed and my wings were tired
The lightning tried to hit me
I tried to be careful of everything
And not make mistakes
I needed to pretend
That I was strong
In front of other birds

After the thunderstorms
I found a little tree

My quiet room to myself
There was no one there
I cried by myself
Tried to forget all the things
That put me down
And I tried to make my wings
More powerful and elegant

One day I flew without knowing
where I was going
And I saw a beautiful place
Full of sunlight
There, I found the power
To change my life
I met nine other birds
We were different kinds of birds
However, I still could be friends with them
I am not lonely anymore
Although we were different
We had the same experiences
They knew how I felt
They always cared about me
We were one family
We helped each other
And We shared our feelings
And experiences

Here
I decided to trust them
I took off
My dress and mask
To show them my real personality
I want to be free forever
From the dress and mask

I am an American White Pelican
The other nine birds are different
We will separate soon
To find our own places
In the Big World
It's sad to leave
But it is for a better life

After Forty days
I will find my place
In the big world
Without the dress and mask
I want to be stronger
Fly higher and farther
To see the wonderful world
I want to enjoy every trip
Even if I am lonely
I won't care
How others talk about me
I will be myself
A free and powerful
American White Pelican

Growth Steps

It was a flat space with trees and huge rocks on the edge, which formed a natural circle wall that separated me from the others. The grass and flowers formed a natural blanket pulled over the ground, soft and comfortable. The sounds of bees, flies, birds, and the wind blowing the trees formed a wonderful natural song. This was my beautiful solo place. Surrounded by nature and without interruption, I recalled the whole summer. If life is a trail, the steps that we take are our growth. This summer, I took three huge steps forward in my life.

The first huge step was to learn to trust my teammates. In the ropes course, the Pipe Dream was the hardest challenge for me. There was a thin tiny rope connected with several pipes. The first time I saw the Pipe Dream, my heart dropped down to my stomach. My excitement changed to fear. The rope was so thin that I felt I could fall in any direction. It was my turn now—after the first group. My partner and I climbed up a big pine tree. It was easy for me so I gained some confidence while I climbed up the pine tree. I told myself, “Maybe it is not as hard as it seems.” However, when I put my foot on the rope, the little confidence that I had gained disappeared. The rope was moving from side to side so I couldn’t balance on the rope. My hands were holding the tree, and I didn’t want to leave. I slowly pulled one of my hands off the tree, and tried to grab the pipe. However, the distance between the pipe and tree was so long that I couldn’t grab the pipe. I heard my partner tell me to take my hand off the tree. He said he would stand between me and tree, and holds my hand and tree to make the distance between the tree and the pipe shorter. I put one hand to his hand and tried to move. However, the wind blew the rope, and the rope started to swing. “No! I can’t do it,” I almost cried out. Even though I knew I was safe, my fear was growing. My breath went faster and faster. I heard my heart pounding and I felt my hands sweating. I almost wanted to cry and shout out to them that I wanted to give up. Suddenly, I heard some sounds from below. I turned my head down and I saw my teammates there. They smiled and encouraged me, “Good job! You can do it!” I also heard my partner say, “Yes. Don’t worry. I am holding you, I won’t let you fall. Trust me! You can do it.” I took a deep breath, and tried to trust my partner, I started to move my feet slowly. I slowly pulled my foot up, and carefully put it down on the rope. Finally, I took one step forward on the rope, and I grabbed the pipe. “I did it!” I said to myself. As I grabbed the pipe, I didn’t feel fear anymore, my excitement was coming back. I felt more confident and I was successful passing through the Pipe Dream. Even though I only took one little step forward in the beginning, it was a huge step in my life! I stepped forward in my heart, and I gave the room for a feeling called trust to come in. I let this wonderful feeling come in to make me stronger and stronger.

The second huge step was to learn to trust myself. The scariest and hardest experience in ARC was when we went down the Needle Pass and contoured 400 feet below the range line. This was the fourth day of Expedition Three. As usual, we tried our best to climb up the peak, and we did better than we thought. However, the big chal-

lenge came after we crossed the ridge line. After the ridge line, it was a steep downhill with rocks and some plants. It seemed very easy to go downhill because there were rocks to hold our feet. However, when we started to step into this steep area, nature started to show us its reality. When we went around the Needle Pass, we went through the rocks, and a lot of them weren’t stable. My mood got worse and my fear was growing when I heard someone yelled, “Rock!” I saw some rocks roll down the hill. I could imagine that I would fall down like those rocks. As more rocks ran down, I felt that my brain was blank—I couldn’t think about anything; my legs were shaking; and my hands were sweating. I tried to ask some boys for help, but all of them went forward to scout. All girls tried their best to go through the rock. No one could help me except myself. I held my breath and walked very carefully. I held the hiking pole as tightly as I could; I slowly moved my feet from one rock to another. However, my teammates moved so fast that I couldn’t follow them. I asked them to simmer down. They looked back and then told me, “Come on, Haley! You need to trust yourself. You can do it.” “I can’t!” I yelled in my mind, and tried to catch up with them. However, because I walked faster, I didn’t pay attention and I stepped on a loose rock. Everything happened so quickly. “I will fall down!” my brain shouted at me. My heart beats went faster and my breath went faster, I was so scared! But, nothing happened. When I almost fell down, my hand quickly reacted by putting my hiking pole in the ground and held it to balance my body. I held my hiking pole, and my hands were still shaking and I gasped. I heard my teammates yelling out, “Are you OK?” and some of them walked to me. I calmed down. “You need to trust yourself. See, nothing had happened, right?” Their sentences let me think about that. Maybe I need to trust myself more. I didn’t fall and nothing happened so far from the beginning of ARC to this moment. I could carry a thirty pound backpack for many miles and I did the Ropes courses and went rock climbing. They were so hard, but I did them. I am stronger than I think. I need to trust myself! I continued walking that day and I discovered that after I overcame my fear, I enjoyed the trip very much. I learned there was nothing to be afraid of, if you trust yourself and overcome the challenges.

The last huge step I took was to learn to never give up. I was the leader on the second day of the final expedition. Our trip was separated into two parts: the first part was crossing country from Mr. Pond to Paradise Lake; the second part was following the PCT trail to Peter Grubb Hut. It was a rocky and steep area near Paradise Lake. As the leader of that day, I was motivated to lead the team to find a safe way down to the

lake. After two hours, we were close to the lake and we could see the shore of the lake. However, we figured out that there were too many tall branches on the shore and we couldn’t pass through them. We went back to find another way to go down. I kept scouting and I found many ways to go down, but people thought the ways were too steep or dangerous. Finally, we decided to go back to the ridge line and followed it to hit the saddle between the Paradise Lake and Warren Lake. Then we would go down there. I didn’t scout anymore because I was so tired. I felt the sun spread out all its energy, and the heat tried to cook my face; the weight of my backpack tried to hold me back. My feet rebelled against my brain’s message and tried to drop out of the work. As we continued to climb up, I felt very tired and my feet wanted to break apart. I wanted to give up and had a water break because as the leader of the day, I could decide to have it anytime. However, I saw Jose, who was the great eye of that day, and even though he scouted a lot with his hurt toe, he didn’t say anything. Therefore, I decided to push myself to continue hiking. Finally, we hit the PCT trail. However, Kim hurt her hips so we needed to stop and lighten her load. My hips were burning as we continued to hike, and I was very tired from scouting. I wanted to give up. There were two conflicting voices in my mind: “I am the youngest and smallest in this team, I



am not strong and I am hurting now. I need my teammates to carry some of my stuff.” “I shouldn’t do that. They already got some extra weight from Kim. I shouldn’t give them more extra weight.” “It’s fine, they will understand me. They won’t say anything about me.” “No, there was not only me hurt. A lot of people hurt, but they still got the extra weight from Kim and they didn’t complain about that. I need to push myself. I need to be stronger.” Suddenly Carmen’s quote came into my mind: “Never give up!” “Yes, don’t give up on anything. Try to push to your limit, and try to overcome your limit.” Every time I felt my feet almost broken apart, or my hips burning, I said to myself, “Never give up.” Finally, after eight hours and fifteen minutes of

hiking, we reached our campsite. It was a long tired day, but I didn’t bring my teammates down and I didn’t give up. I learned to never give up and try to overcome my limits to be stronger. I grew in both mental and physical strengths.

After I finished my recall, I was still alone in my beautiful solo place surrounded by nature. I discovered that I learned so many things from ARC: to trust my teammates, to trust myself and to never give up. I was eager to finish the twenty-four hours solo and join my teammates to learn more, to grow and to become stronger. ARC is an amazing place. Most people need their whole life to change their personality, but I found out I could change it here in only forty days.

Wings

I am a caterpillar
I just awoke from my long dormant sleep.
My vision, blurry at first, like a baby who has just opened its eyes.
I do not know what to do.
My whole life has been a blur
Like a dream that I grasp,
but slips slowly and gradually out of my grip.

I was never truly happy.
I had a black hole inside, sucking the life out of the people I met.
But consuming away at everyone's expense
I would blow up at my little brother.
Mentally hurting him inside
I consumed his garden of happiness.

Somehow,
I stumbled upon a leaf.
This particular leaf had a name
ARC is what they called it.
40 days is a long time from home, but it was the break I needed.
You see, I fed upon this simple leaf.
I sank my teeth into my first bite
I felt safe gnawing on this leaf and proceeded for another
This one for my messed up relationship with my father
The next bite was for my mother, who I always seemed to distress
I carried on with the feast, every bite for every mistake I've made.
I became a fat caterpillar
I learned that my mistakes defined me
It is after every bite and every mistake that I realized
I am gorged
I am done with my way of life, and who I used to be.
I no longer want to have the weight of being a disobedient boy on my shoulders.
I no longer want to make my parents mad, because of my absence from home.
I no longer want to make my family feel unloved
It is only with this realization, that I feel the need to change.
I quickly attached myself to a stem, and gave it time.

I nap.
After so much time I embrace my past
It engulfs me and takes the form of a cocoon
I doze for seconds, minutes, hours, and days
I know that my past will shape me,

The time has come
No longer a fat caterpillar,
I become a magnificent butterfly

My eyes cringe open, but no longer is my vision blurry
I am anxious and break free of my cocoon
I thank the time for what it has done and begin to fly

I take my last glance and wave goodbye
To my past that was attached to my stem and set sail.
Thanks to ARC, my leaf that I fed myself upon
It gave me the spark to start my transformation
I left behind my cocoon because I no longer need my past
But I now have wings

Wings that will carry me farther than what I know
Wings that will help me flutter into college
Wings that will help me travel around the world
I am now confident enough to climb my life mountain.
Strong enough to reach my goals,
which are placed on a high summit

And I know that if I should fall
I will not fall hard, but rather catch myself
Thanks to these wings



The Big Jump

Laurie Brown once said, "You are the biggest mystery that you will ever meet." The quote itself is mind blowing and can stand true to its meaning. If you think you know yourself, try harder, there's always something new lurking in the dark. Spending 24 hours alone allowed me to open my eyes, not just to the world that surrounded me, but to the world that was inside of me. From the moment I got to my area I looked around and got familiar with it. I found out that the left side of the area was plainer and not as bumpy. This side was shady, and I seemed to like being there. It was only a few hours before sunset and I decided it was on that side that I would spend my night. The following morning I got up, did some stretches, and wrote for a while. It was after I had finished writing on my journal and having taken it to my "turtle," that I decided to draw. I was on the right side of my area, when I realized; this area was me! The whole area defined me. It showed how I too had some bumps and some smooth parts. I realized that I had chosen the left side, because that was the part of me that I liked. It showed me how much I had refrained from looking around on the right side, because that was the side that I did not like. Nature was a great metaphor for my life, because it showed me that even though we do not like something, we should still explore it, and find out if there is anything that you do like. It made me realize that I should not hide my flaws but explore them, in order to fix them, or learn from them. The force that swept me at that moment was incredible, nature started talking to me after that, and I saw how much I really enjoyed being secluded with Mother Earth.

I have always had trouble reaching some of my goals in life, but I found out I had a passion for nature after I went rock climbing. It was my first time actually rock climbing. I had seen people do it before, but I had not attempted it myself. As soon as we got to the rock we would be climbing for the day, part of me felt confident about it, and part of me felt scared. I knew I could not wimp out, and so I was up for it. There were three different rope difficulties: easy, medium, hard. I started off easy, and went through with it; boy did I feel good when I reached the top. Being belayed down seemed easy for me; we had belayed before at the ropes course, and I knew I could trust my team down below. After having climbed, I knew the rest would come easy; if I could do it once, I could do it again. I wanted a bigger challenge, so I migrated to the medium rope. The medium rope gave me a slightly bigger challenge, but not hard enough. Now I was really sure that since I had climbed twice, I could do it a third time. I moved on to the last level. This rope was placed on an area where the climber would have to trust his feet in order to reach the top. I gave it a try, and reached the top eventually, but still even after having gone three times, I did not feel challenged. After having reached the bottom, Jarred, one of our rock climbing instructors, told me to go up blindfolded. I was happy, because not only would I go up on the hard rope, but I would be blindfolded. I felt as if I would finally face a good challenge. I received the blindfold, and tightened it on. "Belay ready?" I asked. "Ready," shouted my teammates. "Can I trust you?" I called. "Yes," they responded. I felt like a cat at that very moment, climbing up, with only my hands and feet. I noticed that I reached the top much faster than when I was not blindfolded. I real-

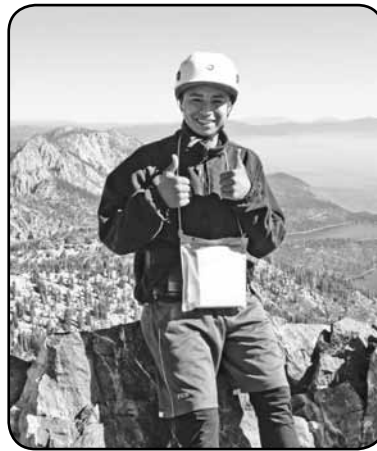
ized that if you do not know, and trust your feelings, and instincts, you cannot see what is in your way. Sometimes your eyes can deceive you, and the only way to get through it is with your natural instincts. This will allow you to work your way around the problem, instead of seeing your way around it. Not only did I feel my way up to the top, but I felt how passionate I was for nature. I realized that no matter where I am in the world, as long as I am with nature or have a glimpse of it, I will always be happy. Even if I am traveling, and I'm far away from home; I will always feel at home with Mother Earth.

The person I interviewed on Interview Day had an abundance of positivity, and rubbed some of it off on me. Keoki Flagg, a Hawaiian photographer, helped me open my eyes to nature and positivity. He told me about his travels and the people he had met. His way of communication and positivity made me realize that I want to travel as well. I want to capture some of these moments and help inspire people to try something new as well. He told me that reaching goals begins with baby steps and positivity. He asked me, that if he told me to jump off a canyon, and fly for a second, and pull a cord to release the parachute on the first try, would I be able to do it. I said no, and he said "correct." You begin small. You first learn how to jump. He said, "You take the first step by jumping off a roof into a pool, or a cliff into water below." "After you have that down, you learn to fly." "You go to a person to help you with gliding through the air." "You could get a giant fan to blow air towards your way." At first, he explained, you might fall, and the force of the wind will knock you off your feet, but after a few times you will be able to handle the wind and learn how to maneuver around it. After you have those two baby steps down, you practice pulling the cord, with the wind blowing at you. The last step is to "stay positive," because you can have all these skills, but if you aren't positive, then you are unsure about the jump. So what good does having skills do if you do not have the main component, positivity? After you have achieved all these skills and you have your positive mental attitude, you are ready to do the jump. I want to reach my goals, but the way to reaching them is by taking small steps and keeping up the positivity along the way. He also made me realize that I am really happy when I am surrounded by nature. He not only opened my eyes, but also my ears to the sweet music that nature provides. It is soothing and relaxing. I now want to travel; it does not matter where, because 99.9 percent of the time, I will always have a piece of nature to cheer me up, or to give me the extra push to keep me going.

24 hours alone had a great effect on me. During this period, after having seen how the area related to me, Nature began to speak. It spoke in a soft voice, because it is only with a soft voice that one can hear and talk to the truly miraculous beings of Mother

Earth. I was sitting and looking into the meadow that stood before me, when my eyes encountered a growing tree. You may wonder why, out of all the trees in my area, this one stood out to me? Well the answer was simple. This little tree stayed positive, and continued to grow, when part of it decided to give up. A dead tree trunk lay on the ground; you could tell it had fallen down, and been chopped up to clear the area. I realized you can always give up, because you hold the power to do it, but part of you will always try to strive. The fortitude this fallen tree trunk held allowed part of it to continue to strive. Refusing to give up, this tree trunk gave birth to a tree, to continue its legacy. I was baffled to have seen this. Another great thing nature taught me was that where you are in life is where you are meant to be. The silent rocks whispered that to me. They stated that they are where they need to be, and eventually natural forces will help move them. What I mean is this—you are the natural force, and only you move your rock to where you need it to go. If you want to head out somewhere, the only thing holding you back is yourself. Your rock will go, wherever you decide it needs to go, and it will stay, wherever you leave it. Having experienced this, I feel the need to push my rock on forward. Most of the time, I do not even see that I am holding myself back from all my goals, but this allowed me to continue and push on. Even if it is a heavy rock that I am pushing, as long as I have a way to keep it moving, I will be content, and I will reach my goals. It does not matter how you push it, whether you carry it, or roll it, or put it in a car and drive off with it, but as long as it's moving, you will always be moving.

Before coming to ARC I questioned my life, and who I was mentally. I questioned whether living was worth it, or not. Every great action or movement needs a spark, and luckily ARC was the fuel I needed to get that spark going. I quickly learned a lot about myself, and who I want to be after having been here for two weeks. I later found out who I was, mentally, and spiritually. I realized that I do love nature, and traveling. I realized that life is not as bad as it seems to be. I found out that, "possibilities through positivity," means anything is achievable, as long as you have a positive mental attitude. I found out who I was, and that is—a butterfly. My cocoon holds my past, but I no longer need it. All I need are these wings to flutter me forward into who I shall become. Who I will become, who knows? I'm still living the present, and have yet to see the future. I feel very honored to have made it through the 40 days. We had 40 days of ups and downs, not just through the trails, but with the whole group. We learned what a real team is, and we learned how to work with one another. I enjoyed interviewing Keoki, because I was inspired a lot. I loved rock climbing because my passion for nature really stood out to me. I cannot explain the feelings I have, for the 24 hour solo, but it is greater than love itself. I will carry out all these moments and lessons out into the world, to spread them on like a disease (contagious passion), hoping people will catch it, and pass it on.



Lost in Confidence

I'm a creek
Small and quiet
Waiting for the rain to come
The wrinkly snags keep holding me back
From finding my way to the lake

I might look refreshing
But lost
I'm lost on my way to the lake
I'm lost in my relationship with my parents
I'm lost between the rocky mountains.

I might be clear as crystal
But confused
I'm confused why the snags and the rocks
Keep getting in my way.
I'm confused why I keep shutting the doors.
I'm confused why I can't
open up to my parents.

These nonstop thoughts keep running
through my mind
Over
And over again.
The jagged rocks keep appearing
On my way to the lake.
My confidence started fading away

Like a creek,
I would act normal
Strong and independent
But inside
I'm lost in my relationship with my family
I'm somewhere in between

My parents grabbed their luggage
With their tickets in their hands
After a fancy lunch.
I looked at them so happily
"We're going to the train station together."
I said.
I was so happy until...

The moment that I will never forget

When my dad hands me to my uncle,
The smile on my face disappears.
I realize that my parents are leaving
without me
I quietly stare at my parents in the train
Trying to figure out
what's happening
Just like a giant rock blocks the creek.
Everything stops.
No matter how hard I try
to reach out to my mom
A strong force keeps pulling me back.

Without my parents
I created my own way when I was 7
I kept everything to myself
I put many cliffs in front of me
And never let anyone in.
Day by day,
I continued losing my confidence.

Everything changed after that day.
I continue my own journey avoiding the
obstacles on my path
I tried to run away as far as I can.

I tried my best to make it to the lake
But the unmovable rocks
keep getting in my way
I'm drove me away from the lake
further and further.
I grew up without the warmth of my parents.
I grew up with the polluted water.
I grew up with jealousy.



I'm jealous of other creeks
Who always can run straight to the lake.
Those who always have their parents
by their sides.

Five years,
It took me five years to reunite with the lake.
Five years of losing myself
Five years of losing my confidence
Five years of waiting

Finally,
The day that I reunited with the lake
had come
I was anxious

Didn't know what to do
when I see my parents.
Didn't know what to say
There was an unbreakable wall
Between us.

The day had come but
Why were the rocks still in front of me?
Why couldn't I cross that last barrier?
Why?

My parents,
The people that are always behind me
Looking at every step I take every day.
The people that I always love and respect.
The people that I always want
to be my best friends.
But...
Why the fear of opening up to them
keep appearing?

9 years has passed,
I'm still waiting for the rain to come
The rain that gives me more power
To pass the last barrier in front of me
To open the doors
to let my parents in.
However,
It's hard.
Really hard.

When the rain comes once in a while.
I keep losing the chance
to pass the giant rock.
I don't know if is it
The snags keep holding me back?
Or I'm too afraid
To cross over?

I'm still at the border
Between my heart
and my parents'.

One day,
I'll become a river.
Taking all the chances
That the rain gives me..
I will go on another adventure
Go to college
Be the best river as I can be
Make my mom and dad proud.
Most of all
Be confident
To keep my water clear and fresh
To follow my path
Above everything
Never lose myself again.

What Makes Me Who I Am

“Why do I have to do this?” I thought. My legs kept shaking like crazy on a 20 foot high wire. My fear of heights kept getting to me and pulling me back. My partner, Evelyn, and I were really scared; we both wanted to give up when we got up to the wire. I held her hand, and put all my trust in her and the belay team. After we took a deep breath, Evelyn encouraged me to keep going and not to give up. At first, I thought I couldn’t move my legs at all but didn’t want to give up because of my partner. The wire kept moving like crazy. It was hanging between two trees which were about that 30 ft away from each other. I imagined weird things like I might hit a rock if I fell. After I took another deep breath, I started taking baby steps toward the pipes. When I hit the first pipe, I gained more confidence and pushed myself harder to finish the Pipe Dreams. “We’re almost there. We can do it!” I said. We looked straight at the beautiful view in front of us and avoided our thoughts of falling. It took us a while to finish it, but we accomplished the task because we worked together. ARC showed me that without teamwork we can’t ever achieve anything as group. We have to work together as a family, and trust each other. ARC helped me to understand who I really am and push myself to pass the challenges.



Before I came to ARC, there were many fears and challenges that I had in my life. I never had been out in the wilderness before. I hated bugs; I never thought they were cool at all. I was a lazy person, who never cooked or cleaned the dishes. I always wasted water and tried to dress up just to impress people. I never really listened to people’s advice. I kept shutting the door and kept everything to myself. I didn’t feel comfortable to share my life story with anyone. I always decided to go out to spend time with my friends more than my family. I feel like I’m another person after the first expedition, because I no longer have as many negative thoughts as I did on the first day. The struggle to pack my backpack and put it on made me feel like I would break my back because of the weight. We hiked for 6 miles from Echo Lake to Aloha Lake. It was my first time backpacking. During the hike, I kept wondering what my mom was doing and what I would do if I were home. I tried to hold my tears back the best as I could but even while I looked at the beautiful views of Lake Aloha, my tears kept rolling down on my face. I couldn’t open up to anyone at that time. They were still strangers to me. However, the day at Gilmore Lake, I had another chance to get to know the people that I

would spend 40 more days with. I had more confidence and shared the struggles that I had been through in my life, the things that I had never told anyone before. I learned how to push myself through the hike, help others, and stay positive. In life, we always have to push ourselves harder and harder because you’re stronger than you ever think you are. I learned that there’s no point of thinking negative; it would drag me down more and stop me from doing things. It’s always better to think positive.

“Finally, we’re home sweet home,” I said, after every expedition when we got to our basecamp. Sagehen Creek Field Station, where there is a history of discovering things about nature, and is owned by UC Berkeley. I don’t know how or when the basecamp became my home for this summer. The run in the morning, the English, science, and leadership lessons every day, and the ABC news every night kept us busy. All of these activities required me to share, and that was a challenge for me because I was that kind of person that always kept everything inside; most of the time I just went with people’s opinions. I didn’t speak up about my opinions at all. Leadership was like a rock that was a challenge for me to step over. I learned how to share my thoughts and keep my opinions straight about world’s problem, technologies, etc. Everyone gave me their full attention, and made me feel more comfortable to find my voice more and more every day. The last activity of the day was ABC news; it’s when everyone gathers up in a circle and shares our appreciations of people, life or the day. We also talked about our challenges, accomplishments and issues. After the half course, we all got so close to each other. We started to become a real family. However, there were many issues that we brought up every night during ABC news. Each person gave different ideas how to fix the problems, and then we combined it and made it a pinky promise. There are times in life, we need to listen to other people’s opinions and find our voice in a group of people. As a team, our U2 worked together to fix the problems, listen to people’s ideas and made sure that we were being heard by others like a family.

Under the beautiful night sky that was full of stars at Peter Grubb Hut, our group went to a deeper place in our hearts to be open up more about the issues that we had with each other. Usually the instructors didn’t let us to put anyone down during ABC news, but we were an independent group on the last expedition. We wanted everyone to enjoy our

last hike and stay together as a family, so we decided to let everything out on the night before our last hike together. At first, it was difficult for us, because we didn’t want to hurt anyone’s feelings. It was silent after Evelyn told us that we should let out all the problems that we had been holding in since the beginning. It stopped until I started speaking about my issues. Sometimes being honest with others is hard, because you don’t know if that would hurt that person or not. However, it was the only way for us to be closer and not let anything bother us on our last hike to the summit to see the amazing sunrise. I looked at the magical stars that night; tried to hold my tears back because I was so proud of everyone. “Finally! Finally, we can be open up with everyone about everything. Finally, a real family is here,” I thought. The tears of joy, the tears of pride, the tears of our true feelings, finally came out on all of the girls’ faces. The shooting stars came and went just like our problems. I learned to forgive and be honest with other people no matter how hard it was for me. I wanted to be myself and show them how I feel about specific things. If I don’t speak up, that person wouldn’t know what they did wrong. Honesty is what we always have to do to gain people’s trust.

Life is not as easy that I think it should be. There are many challenges and fears that I have in my life. Thanks to ARC I had overcome more than half of them. I took all the chances that ARC gave me to find the real me, the person that I had been hiding inside for so long. I learned to be independent, not relying on anyone as much as before. I found my own voice in a group of people; spoke up what I have to say, my opinions, and my ideas. I experienced different things every single day. The things that I would never think I would do in my normal life. I kept learning from people around me, the volunteers and nature. The most important thing that I learned is to be honest. Five years without my parents changed who I was, but once again I’m coming home with the old me; the person that always let people in, stay honest with others, share people my feelings and never block anyone out again. I promised to myself after the last expedition is not to lose myself again. It was a long journey to find out who I really am, and realized every person that I have met changed my life little by little. I overcame my fears; took all the chances that people gave me, stay positive and finish all the challenges in front of me. In this world, no one’s life is perfect. I was a quiet, lazy, and lost girl, but now I’m different. I have found the real me, the person that I lost 9 years ago. Now I’m stronger, louder, and have more self-confidence. I might still not perfect, but I’m happy with who I am and what makes the real me.

Paulina Mosqueda Gonzalez

Stay Strong Give It a Chance and Try Hard

I am a waterfall
Furious water rushing through me
Rocky and immense, filled with life
Surrounded by flowers which bloom by day and night

I may not seem Intimidated
But if you ever try crossing me
You will leave me with a trace
Making my water slowly diminish

Now let me tell you my story
Maybe you will see
People always cross and step on me
But many don't know,
How much pain they leave

As a child there's not much you can do
Like a trickle of water just starting to mature
I still learn from what's right and what's wrong
And always having to depend on mom and dad

I've always been told to help others
To not let anyone bring me down
To just hope for the best
Because everything will come
At its right time

"Your friends will always be there" they told me
I lived for years trusting them
Thinking they were just like family
Until ONE DAY THEY FAILED ME

The pain I felt
That adrenaline rushing through my veins
Trying to act strong but seeing them
Just made me run away

Drugs they tried to make me taste
Trying to contaminate my water
I refused to say yes

Not being considered the cool one
For not tasting or taking a smoke
One by one
I let them go

As I saw my friends walk away
One by one
It hurt the most
One by one
They ignored me and told me "NO"

Thinking it was okay
I looked at the mirror everyday
Just wanting an answer
But seeing my tears run down my face
One by one

Going faster and faster like a waterfall
Every time a brick of cold ice hit me

As time goes on
Day by day
I realize how it was the best choice I could ever make
Making me stronger
Making my water stay fresh
Rushing faster and clearer
Every time a good decision is made

The few friends I have now
Are true friends
Whose best strength
Is to be there for me



I am a Waterfall
With few rocks now
But those who stayed
Were there to support
ME
Through my roughest times

The rushing water that splashes with fear and strength
One day will change with a
Peaceful rush of water
That soon will make a melody of happiness
The birds will sing, splash and play along
The flowers will bloom with bright petals that reflect the sun
Finding life from my calm water

I will be independent
I won't rely on my parents anymore
I will accomplish my goals
Like going around the world and help the poor
To make my parents proud
To show everybody that If I stay strong
Anything I commit myself to
Can happen any time

I will work hard
I will be passionate about my dreams and goals
I BELIEVE ANYTHING CAN HAPPEN
IF I JUST GIVE IT A TRY

Open Your Eyes and Look at the Big Picture

“Let the adventures begin!” I exclaimed excitedly. I had lived in Tahoe for so long, never realizing how many beautiful places there were to visit. I simply did the same things over and over. I chose to come to ARC which gave me the eyes to see and explore the beauty of Mother Nature. That early morning with strangers, I realized I was going to be away from home for 40 days. I launched myself into Adventure Risk Challenge not only to have fun, but also to overcome my challenges and learn more about myself.

Every day was a challenge to overcome. I thought I was over the fear of heights, so I was looking forward to the ropes course at Project Discovery. There we met an amazing man called Mike Selby. While we were instructed on how to safely put on the harness, I realized how excited I was to begin. The time had come, the time for me to get to the Cat Walk, a high obstacle where we had to climb up 30ft of elevation. I had to walk sideways on a long log. With sweaty hands, and sweat dripping down my face, I was scared to death. I looked down once. I looked back to where I started, and all I wanted was to give up. Almost at the middle of the log I looked to my right with tears running down my face. I saw Mike encouraging me from the end yelling, “You can’t turn back. I know you can do it. I believe in you!” As I heard his voice running through my mind, I turned to my left to keep going. I saw my team mate Jose with a reaching hand for me to grab onto and make it to the other side. Once I went down and finally stepped onto the safe soft ground, I looked around, and was greeted with smiles and hugs. My heart warmed from everyone’s support. I learned to always try to take small steps, to push myself out of the comfort zone and that no matter how long I will take to make it to the end I will always have people around that love me and support me with a helping hand. Many challenges we faced as a group which

included going rock climbing, kayaking, water rafting, and backpacking. My biggest challenge came during the 3rd expedition. Our 24 hour solo was the time where we finally had time to think to ourselves. That afternoon we were all assigned into two different groups. I was in Laurie’s small group with David (AKA Russel), Haley, and Daniel. That afternoon we were told to grab all our stuff without talking to anyone. I was excited to start but nervous because it was going to be a long hard alone time. We started walking in a line. One by one we got dropped off in our assigned places. We were placed 50 yards away from each other. We said bye with

ed getting bored. The sun was dropping, and as I wrote in my English journal, I realized I couldn’t be alone. I craved for the next morning to come, but all I wondered was if I was the only one thinking that. The sun went down, the moon came out, I munched on jerky thinking, “If a bear came it would be because of my jerky,” Silly right? After those 24hrs I learned a lot about myself, but most importantly, it was once in a life time opportunity.

After every expedition we headed to basecamp, a place at Sagehen Creek Field Station that we learned to call, “home sweet home.” Being in basecamp gave us time to learn and relax while freeing us from worrying about pooping in the woods or carrying a heavy backpack. I love waking up at 6:15 for stretch circle and going for a run. While listening to the birds sing and sometimes even coming across a deer I learned that nature is not just trees and rocks. Nature is all around us in our everyday lives. Every day there was something new to learn from it. No matter if we are in the backcountry or in basecamp, we can still enjoy nature’s beauty. I don’t have to go very far away to see its beauty. It is everywhere.

Over the 40 day course I began to realize all the wonderful, exciting but challenging experiences I went through, with people I learned to love like family. My new family Uniquely Undefined (U²). ARC is not an experience you can just talk about and assume you know what it’s like from pictures and videos. You have to live it and experience it, to discover its true adventures within it, where the team work becomes into a family working together. Never leaving anyone behind and learning what defines each and one of us. **UNIQUELY UNDEFINED, THAT’S WHAT WE ARE.**



a hug and walked on. I was anxious and excited knowing that the solo had begun. As I laid my Thermarest on the floor and said, “bye,” I realized I was all by myself. I looked around at my “home” for the next 24hrs. All I wanted was to rest. For hours I tried to rest, but I wasn’t able to. I start-

Why I Will Keep Pushing Forward

I am a creek
newly formed from strict snow
I wanted to explore the endless world and its possibilities
curious new sights, always so mysterious
I followed dark colorful clouds
Through windy paths
I felt the wind and the flow of the earth
The dark clouds were false hopes
But being a pure innocent creek
I couldn't figure it without the help of
My parent snow

I thought I was a strong river
I tried to be independent and face my own problems
I pushed my family away
I thought they were smothering me
I did not understand the protection they were giving me

The first challenge I faced was when
I moved from Orange County to Bakersfield
I felt excluded
Long standing groups pushed me aside
They were like
An enclosed lake Surrounded by high mountains
Full of strong bonded rivers
A lake I wanted to be a part of

They used their words to build
An immense dam
Words like gay or weirdo
That were not true
But hurt just the same
Blocked me from moving forward and growing
I was stopped
Too feeble to break down the dam
I felt
Stepped on and kicked
Weakened and beaten
Hurt and defeated
too scared to meet new people

I felt alone
And kept apart
I felt like an outsider
Too afraid to push my way through to make a few Friends

That's when my parents pushed me through
the greatest lesson they fused into my brain was
Patience
Patience to wait for a true friend
Someone who could understand me
Because they have a similar water source
Matured in the same roots and struggles I faced
With shared values that my parents had instilled in me

Time slowly passed
I became stronger and pushed myself forward
Becoming more flexible to maneuver around obstacles
To keep moving along no matter what challenge
All thanks to my parents
Teaching me to stand up for myself

And be responsible for my actions
I try to make them happy and proud of my actions

I've seen other creeks merge with the wrong creek
Being guided to no where
Wasting all the own efforts
Becoming a pond of wasted dreams,
Unmotivated ideas,
And moments of not looking towards the future
I know they will become nothing more than a dried up pool
A memory of what they could have been

This summer I've gone more places and experienced my own chal-
lenges
My creek has flowed further from my safe
Parent snow
Even here, I'm still connected to my parent snow
A flow that gives me strength to keep going

I have decided not to become a shriveled up memory
I will make my parents proud
And become a glittery, clear body of water
Even if I leave my parents

A terrifying path is ahead of me
My road to college
It's the most rocky and jagged path that I will face
Rocky because I will be far away from my parents
Jagged from the mistakes I will have to face by myself
Having my own family will be the most life giving reward
Because I will become like my parents,
Nourishing and protecting young creeks
When that time comes they will know
They did a fine job nurturing this young creek

I will fully become a part of my family
Enclosed by support
Protected by understanding
Purified by new relationships
Kept strong by hopes we will protect

I will be dependable
So Strong so people can come to me for help
fun to be with
a loving son and brother
That will keep me honest,
Making a more harmonious me

I am a creek
A growing creek
And I'll keep pushing forward



New Found Identity

The scariest unknowns aren't the ones in nature, but the ones inside each of us. These unknowns are the ones you face when your back's against the wall and you just want to quit. Before ARC, I knew that I had qualities within myself that just brought me down. I knew I could live a better life without the scary unknowns, but I never knew that some of those unknowns were good. One side of me is lonely, has personal limits, and is lost in his identity. The other is assertive, dedicated, and quickly understands. ARC pushed me into situations where I learned to bring out my good qualities and subdue the nonessential ones. ARC took me to the wild, but I was the one that embraced the isolated wild and my unknowns.

Isolation brings out unwanted feelings of loneliness. The first challenge I faced was home-sickness within the first few days of my arrival. I have a strong healthy relationship with my family, and not being able to see them regularly hurts me. My family is my strongest motivation and support. I later came to understand that since they were not with me, all the challenges I overcame were because of me and my team. I now consider this team a family. I thought I wasn't going to get lonely again with my new family, but I was wrong. During our second expedition, we had the most amazing activities, and everyone was so excited and happy. However, once the fun stopped and we had to start our responsibilities, the struggle began. I believe that because the activities were so great and exciting that we ended up wasting most of our energy on them. Everyone was getting exhausted and irritated by one another. We faced many internal issues where people felt unconsidered, picked on, or misunderstood. We took the right approach and tried to fix these problems; something I would have normally ignored. It was a great

example of growing and maturing from a tough situation, and I did mature because I was able to learn from different points of view and be part of a supportive change.

The first day of the second expedition was a big day for me. The ropes course, an adult playground filled with different kinds of challenges, put me in a situation I never thought I would be in. Normally when I came across a group challenge, I would usually stay in the back of the crowd and try extra hard to not take the lead or be in the spotlight. The reason I held myself back was because of my personal limits of not wanting to be a part of a group. Before I got to ARC, I considered myself a shadow because I stayed behind the scene and apart from everyone, but now I consider myself a string holding something meaningful together. The ropes course pushed me into becoming a leader, and I felt it was a situation perfectly fitted for someone like



me. A big concept in getting through a challenge in ropes course is slowing down and analyzing the situation, which I often do in a group. I didn't think of that when the first challenge of juggling was presented to us. We started off in a circle passing five different kinds of objects to one another, and every time our group dropped something we had to start all over and even add another object. We started off great, but we ended up dropping an object twice. Eventually, I came up with an idea of yelling "stop" when the objects were getting too chaotic. I knew if we kept throwing it fast at each other we were going to keep dropping them. I kept in mind that if we started going too fast I needed to stop everyone and slow down the pace, and we managed to do the whole routine of tossing it to one another with only two mistakes. We had other challenges, each of which required

us to slow down. As more people understood that idea I slowly stepped back. The hardest challenge we faced was the Eagles Perch where we had to swing from one log to another one using a rope to swing across. We were almost not going to overcome this challenge, and I thought it was because the team was only thinking of getting themselves across. I spoke out, leaving my comfort zone, and started giving ideas of working as a team by having people that already had swung across help the people that were swinging to the other side. Before ARC, I considered myself an outsider since I moved a lot and never became part of a strong bonded group, but through ARC I realized I was only holding myself back. I will no longer outcast myself if I meet a new group.

"Knowing others is wisdom. Knowing yourself is enlightenment," by Lao Tzu. The lessons that taught me the most about myself were the leadership lessons. Instructors explained what kinds of leaders there are and the leadership qualities that are already inside of us, so I managed to get to know myself a little more. They also taught us about leaders, what affects our daily lives, and life skills. A lesson that really stood out to me was the Gender Box. The box is a stereotype of who I should be. I always thought I was in charge of my own personality and lifestyle, but whether we like it or not, it is true that other people do affect who we are. Media, friends, and even family can change the way we want to live our lives. It is called the Gender Box because we are kept inside because of how we should all follow a certain lifestyle falsely presented to us by society. Also, when we try to leave our box and follow our own path we can get pushed back into the box by hurtful words. I won't be stopped from being myself because now I am conscious when someone tries to push me to be somebody I am not.

ARC showed me that I can overcome personal challenges. By pushing me into situations that I didn't want to be a part of, I learned that I can overcome them. I stepped up to each challenge that ARC put me through. Some were harder than others. The biggest challenges made the ARC experience so majestic. I got over my loneliness, personal limits, and even got a better idea of my own identity. I personally feel like I've gotten a jump start to becoming more mature and independent which I will carry home with me.

community interviews

Halfway through our summer course, nine community members volunteered their time to be mentors for our participants. These are excerpts from the narrative biographies students wrote about their partners.

Taking Your Chance



On July 13, 2013 I met the person that has inspired me the most. The morning was sunny and there was a gentle breeze of chilly air. My heart began to pound as soon as I began to see all the interviewees coming closer. I closed my eyes and took a deep breath. In the background I could hear the creek swiftly pass rocks, trees' leaves rustling with each other, and birds chirping a beautiful melody. In my head I hoped to meet a person who was interesting, a strong believer in his or her opinions, and had found their purpose in life. Soon enough a young lady with a Scottish accent introduced herself. I hoped I would be able to interview her.

- Alondra Chavez

New Life Lesson

William is like water. He is very flexible but has purpose in life, and also moves around with an unstoppable force just like water. His father, William Francis Griffin Jr., taught him that, "It does not matter if he succeeds. What matters is that he tries." His mom taught him, "Life could be really hard, bad things can happen but not to live in dread of what might happen." These are the things that shaped him.

- David Jung



Help Comes When We Need it the Most

She admitted that success for her is feeling fulfilled with your efforts. You work for something to get your results. An example of this is when she found a job in Chicago that allowed her to get her permit to stay in the U.S. lawfully, instead of taking a short cut like getting married. If she never did it on her own and if she took shortcuts she wouldn't be the woman she is today. I learned that going through hard times is never easy but if I want to get somewhere in life I would always have to take the hard way out. - Daniel Ortiz



Overcoming Loss and Challenges

Cathy's passion for helping people gave her determination to achieve. It shaped her life. At first she thought she would never have the opportunity to go to college. Teachers in her high school, and friends helped her face her tasks through her life. Her kids also helped her because they motivated her to keep going and fighting. She gave me good advice that anybody would love to hear. Such as, don't be afraid of being yourself, don't let yourself be discouraged and don't beat yourself up. She warned, "there would always be obstacles but don't be afraid to face them". I will always appreciate the interview I had with her because I learned many things, especially how to be more positive about myself.

- Evelyn Lopez



A Lesson that I won't Forget Ever

Carmen and I are alike because we both have had a hard time fitting in this new country and new culture. Sometimes, it was so difficult to fit in. I was frustrated and discouraged, and avoided facing my problems. After talking to Carmen, I will work hard and won't give up because without hard work, I won't have a fulfilling future.

- Haley Liu

One Word



One word: positivity. Before Keoki came, I did not have this. The day started out with a chilly

and freezing morning. I personally hate interviews, and was feeling really nervous about it. When the time came, all the interviewees came like a swarm of ants into our territory; we took our places. Everyone greeted each other, and broke the ice with a nice little game. I noticed Keoki, and he seemed to be an energetic guy. He had a black and white striped flannel and some thick orange pants. I was baffled when our names got called, because not only was I nervous, but he did not seem like the type of person I could have connected to. Boy was I wrong. - *Jose Gonzalez*

Challenges That Lead to Success

As the day ended she opened up and gave me advice of her own. She advised to never underestimate the power of relationships and mentors. To always look for someone that



will help bring me up and develop me. To do anything I can to expose myself to areas of focus or interest, and show myself. Her words of wisdom will

always stay in my mind. As day by day passes I remember the conversation Brooke and I had. Filled with integrity, compassion, and love. As Brooke said, "Never underestimate your strength." - *Paulina Mosqueda Gonzalez*



My Inspiration

Have you ever thought that someone you never met before could open up to you about their lives? I never thought that anyone could trust me and would share their life stories to me the first time we met until when I met Niki Martin, my interviewee. It was surprising how I had a feeling that she might be my interviewee before we met. Every interviewee was asked a question to compare himself or herself to an object in nature. Niki compared herself as a humming bird that loves to travel, moving fast and always staying active. She's a strong, independent young lady that always shows her integrity in her personal life and work.

- *Kim Mai*



Living Example

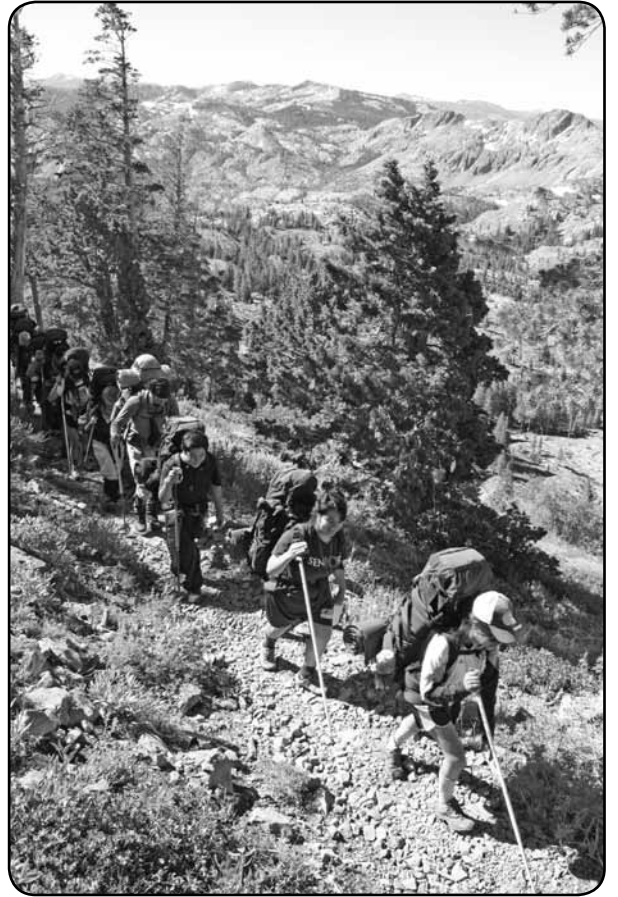
If you have passion, your life will be more meaningful and pleasurable. Lara's everyday life passions are helping people, something she learned from her mother, and helping nature. Lara is a strong believer in an abundant universe. An abundant universe means that she has everything she needs and a little more. By giving up that little more to someone else she can trigger an enormous chain reaction of people sharing and enjoying life. Lara loves playing outside, just like any healthy person, so she feels she has a personal responsibility to keep nature beautiful. She can't keep nature beautiful if corporations pollute it so she tries to work on making sure companies become more environmentally conscious. The fact that

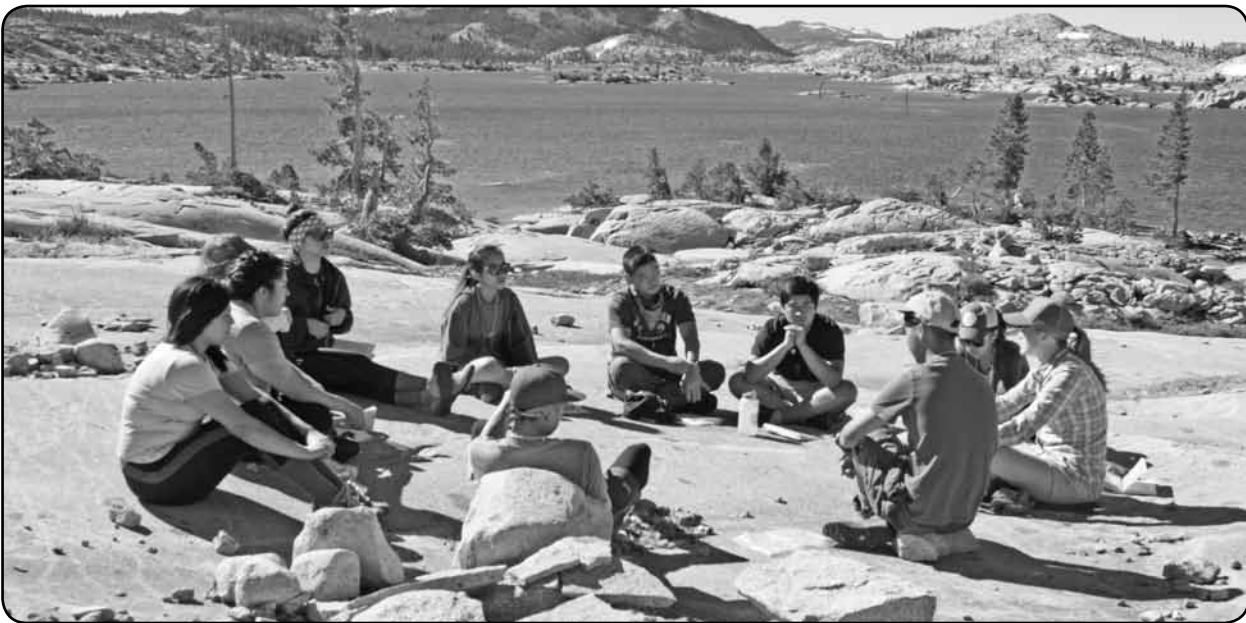
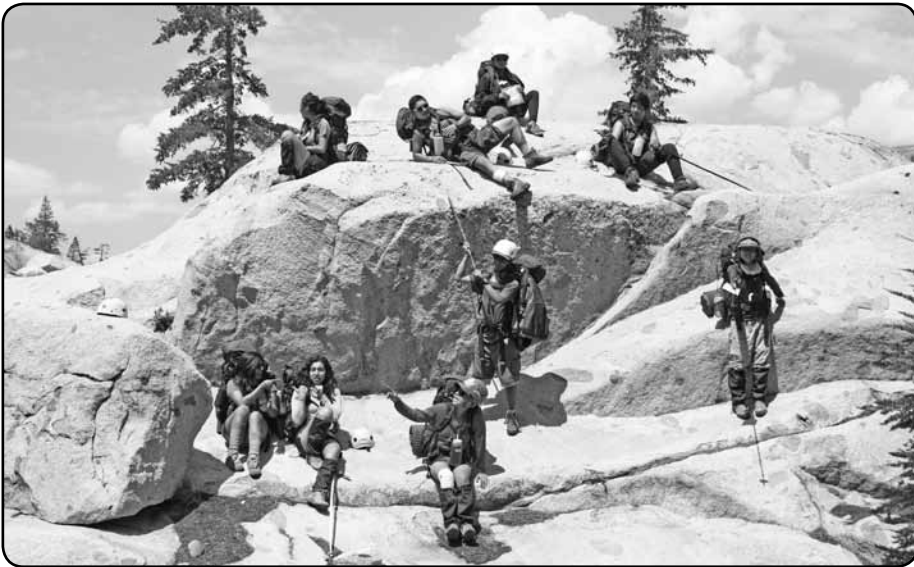


she is able to overlap her passions and careers makes her a successful person in my eyes.

- *Ronaldo Amaya*









ARC would like to thank the following foundations, organizations, businesses, and individuals for their generous support: S.H. Cowell Foundation, Placer County Health & Human Services, Tahoe Mountain Resorts Foundation, Tahoe Truckee Community Foundation, Vail Resorts Echo, Outdoor Foundation, Truckee Rotary, North Tahoe Rotary, Soroptimist International of Truckee, St. Patrick's Episcopal Church, Sagehen Creek Field Station, Summer Search, Summer FUND & Cathy Kornblith, Cedar House, IRIE Rafting Company, NASTC - In Stone, Kayak Tahoe, Project Discovery, Atomic Printing, RISE Designs, TIP Printing, Tahoe Safe Alliance, North Tahoe Family Resource Center, Truckee Family Resource Center, North Tahoe Boys & Girls Club, North Tahoe High School, Tahoe Truckee Unified School District, Truckee High School, Incline High School, Barbara Ilfeld, Candra Canning, Danielle Rees, Devin Bradley, Dylan Fitzsimmons, Eve & Steve Giovenco, Faerthen Felix, Jay Lambiotte, Jeff Brown, Jennifer Morrison, Joanna Mitchell, Katie Zanto, Kate Rutteneberg, Nancy Evans, Nicole Sayegh, Reini Jensen, Susi Lippuner, Tom LeFevers, Trisha Baird, Val Fletcher, all of the Community Interview Day participants, the ARC Advisory Council, and everyone at UC Berkeley.

Without all of you, this extraordinary program would not be possible!