Mission

Aletheia (ah-LAY-thee-uh), which means "truth" in Greek, is a student outreach publication that strives to provide a voice for all students at Lynbrook High School. Inspired by Los Gatos High's *Reality Check* and Monta Vista's Verdadera, *Aletheia* was created to facilitate communication and overcome stigmas concerning prevalent and taboo issues within the Lynbrook community.

About

At the beginning of the school year, the *Aletheia* staff designates a list of monthly topics pertaining to the realities of high school. Each issue comprises of firsthand experiences submitted anonymously by Lynbrook students and alumni, professional articles relating to that month's theme, and resources compiled by the student staff. Finalized newsletters are uploaded online and emailed to Lynbrook families. Back issues can be found on our website, www.lhsaletheia.org, under Archives.

The content in *Aletheia* is composed by the students of Lynbrook High School in San Jose, California. Ideas and opinions expressed within the publication are not necessarily reflected by members of the school administration or faculty.

Submissions

All Lynbrook students and alumni are eligible to submit stories. We publish all submissions that adhere to our guidelines, which are posted on the website. The Aletheia staff is committed to preserving the integrity of your content and will not make any changes, with exception to certain profanity (which are asterisked-out) and basic spelling errors. We do not edit stories for grammar or syntax.

Our January topic is Physical Relationships and Desires; stories are due by January 11, 2014. If you are interested in contributing, a submission box and a suggestion form for future topics are both available online.

Expressing what remains unspoken.

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My biggest (and pretty constant) regret in life would be procrastination for projects, homework, tests, etc. It's like, every night at 12 in the morning, I look at myself and I think, " why do I do this to myself?" I then proceed to solemnly swear that it won't happen again. I bomb the test, and I get depressed just looking at my grade curve steeping down. But I can't blame anyone, because it IS my fault. There is nothing anyone can do about it to help me.

Speak when you are angry and you will make the best speech you will ever regret.

-Ambrose Bierce

Back when I was in elementary school, I used to have tons of friends. One of my friends was not the best friend in the world. He loved provoking me and ended up making me get myself in trouble. I regret not noticing this earlier and staying away from him. I wish I could have no regrets because with all the regrets I have, I cannot look forward to the brighter things in life. I look at life and I just see all my regrets.

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You hear it all the time. Things that don't turn out the way you expect end up teaching you life lessons and shaping you into the person you are now. I'm starting to believe that more and more. Yes, I have a ton of regrets. With not taking that test that would bring me up to another competitive level, continuing to do what I loved, and not having so many personal issues that I made it affect my school performance. With not stepping out of my comfort zone and trying for some leadership positions , and a lot more things. However, through all the tears and frustration I have gone through to understand all of this, I feel like I have become a much more informed person as to what I want to be like, how I want to grow as a person, and I've discovered my passions and true interests. I strive to improve, but don't regret anything when things just don't turn out the way I want it to.

Make the most of your regrets; never smother your sorrow, but tend and cherish it till it comes to have a separate and integral interest. To regret deeply is to live afresh.

-Henry David Thoreau

You know what I regret? Not joining the staff for aletheia. "Your submission must… include a personal experience." But the whole point of aletheia is "to provide a voice for all students at Lynbrook High School, to facilitate communication and overcome stigmas concerning prevalent but often taboo issues within the Lynbrook community." This doesn't mean to force people to express their thoughts on a topic through a personal experience. Your story. Your words. They don't have to be a nonfiction biography. Your words can simply be your words, because this was my one haven to speak my mind and not be questioned. Yet here I am again, being censored, and having my words cut and sized into a specific shape and format, just like it is in literature class, just like it was and still is in Vertigo. There's a reason I continued to submit to aletheia while I quit Vertigo, you know, and that reason was that I was able to have my words seen by an audience, and have my words be untampered with. Hey, this probably won't even make it into the issue, will it? Too bad for me I didn't join aletheia. I could've saved my only saving grace from becoming a disgrace. It was a good run, aletheia, my old friend, but you'll have to run without me now, and I guess it was partially my fault, wasn't it?

~ ~ ~

My mom died when I was in the third grade, and the last thing I remember saying to her was, "I hate you."

I have many regrets, and I'm sure everyone does. The stupid things you do, you regret… if you have any sense, and if you don't regret them, maybe you're stupid.

-Katharine Hepburn

I try not to regret anything, because I find that wasting time regretting things in the past helps achieve nothing in my present or future. Regrets drag you down, and hold you moored to one place in time, always lingering around that one mistake you made. I find that moving on and working to catch up with life and making the best of the predicament you put yourself in is a much better way of dealing with mistakes than regret. Yeah, I may have f***ed up many things in my life, from failing math and not telling my parents about my grades, to ending up in trouble because I didn't ask for help. But I'm still here, and I'm struggling to fix my mistakes and get ahead of the game.

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I regret taking ap lit

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I regret having taken AP Lit

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I regret taking AP Lit. I'm sure the class will be worth it in the end, and I'm sure there will be people for whom it defines their senior year as an overall positive experience, but that's hard to think of right now as I barely sleep and never have time to do anything. I just want to sleep.

Of all the words of mice and men, the saddest are, "It might have been."

-Kurt Vonnegut

 NOTE: FOR THE FOLLOWING SUBMITTER, PLEASE REFER TO THE PROFESSIONAL AR TICLE.

My biggest regret has to be trusting someone that I thought was my friend. I use to be gullible, and use to think that I could trust my friend since we are both religious Jews. I told my friend everything about my life, every little detail. I told him about how I am a homosexual, I had alcohol problems, I had doubts in our religion, and the fact that my mom had cheated on my dad. My "friend" told every kid at synagogue my secrets, they all told their parents, and now, I can't even step outside of my house without the fear of accidentally running into someone that heard my secrets. I have learned that you can't trust anyone with secrets, or else they might ruin your life, but I've learned too late. If I could do anything to change the fact that I told my "friend" about my secrets, I wouldn't waste a split second. I don't know if I will ever be able to move on. Sometimes I think that the only way to let go is to kill myself.

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Regrets, I have had so many. Actually I don't even know if I have any actual regrets, but my worst fear is having regrets later. I fear regrets so much, I spend so much time to making the smallest decisions. People say I worry too much and care too much, but it's all for the purpose not to regret later. I want to feel happy in my life without saying that one mistake messed me up. Regrets just make me scared and worried. Am I going to regret this later? One thing that is hard for me to admit is that regrets are not everything and I can move on. Sometimes I feel my biggest regret will be worrying about regrets... I really wish I was fearless and not afraid to make stupid mistakes, but I am not. I hope one day I am able to do things without thinking about my regrets. I just want to feel confident for once to make a decision and be okay, but I cant. I'm working on it though. I know there will be no drastic change, but I know I can work towards just being more confident about my decisions.

If you aren't in the moment, you are either looking forward to uncertainty, or back to pain and regret.

- Jim Carrey

I wish I never joined the Lynbrook Marching Band. Extreme waste of my time....the only thing those people know how to do (besides march and play an instrument obviously) is to yell and boss other people around. It gets on my nerves and it makes me hate it even more and regret joining. Honestly, we're not even that great...(see SoCal trip) I wanted to join cross country, but because I'm taking band, I HAVE to take

marching band (stupid rule, i know). I decided that I'll just get my art credit over and do band and marching band. Worst decision ever. If my regret never happened, my grades would probably be better. My Saturdays are busy and my sundays are unproductive because I am too god damn tired. I know for sure that I will not be joining next year. I have some good friends in there, and I do like the concept of marching band, but it's not something I'd sacrifice my life and my happiness for.

"We should regret our mistakes and learn from them, but never carry them forward into the future with us."

-Lucy Maud Montgomery

There are so many things in my life that I wish I could change... too many in fact. Perhaps maybe my entire existence, I would change. It's such a conflict, I want to be a new person, yet I still want to stay the same... Getting back to the topic, probably the one most important thing I would change is the way I treated a friend years ago. Every time I think of her, and how we used to be so close... there's a sharp pain. I wish so bad that I hadn't acted the way I did, and of course, karma came back to bite me. I didn't realize that my actions affected her, I was seriously blind. Now... we drifted so far apart, and came back together, only because we joined the same team. But after I stopped playing that sport... we drifted apart again. We sit near each other during lunch, but hardly ever speak. I can't look her in the eye, afraid that I'll see hurt, or sadness. So I really wish... that I could redo everything.

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I look back the last four years I've spent here, and at times I feel like it's been a waste. I don't know how anyone else really feels but I can testify for myself. It's been quite rocky. I've done some pretty stupid, reckless things out of my own supposed loneliness. But what can I say? The past is the past. So it goes. There are many regrets, needless to say... Recently, little things like stupid mistakes on tests. I've been mak-

ing so many of these lately. But from this I was able to see the larger picture. How much growth I lack still. At first, I had regrets on not being able to take certain opportunities and risks in order to expand my horizons. But now, I don't know what to think of it, if it was because of the different environment, my possible undiagnosed anxiety and depression, etc. For example, after taking a certain life-changing class, I realized that I currently had extrinsic motivation to do things, and I really wanted intrinsic instead -- much stronger and enduring. But what really happened was I still let what other people said and thought of get to me. What's more ironic is that now that I am in the process of trying to get by classes because I want to learn and not because of grades (I see you scoffing there), my grades are actually worse than the opposing attitude I had before. I just wish I didn't feel so much. I wish I could have a lesser heart. A regret in all spans of time. In the future, I suppose I would thank Lynbrook for how rigorous it is. I know now how emotionally unstable I can get under environments like Lynbrook. I only hope I don't bend so much as to that I break. I have to remind myself to breathe, sometimes.

"Often regret is very false and displaced, and imagines the past to be totally other than it was."

-John O'Donohue

What is regret? That bad feeling you have after you do something "wrong." But what's the point of regret? For me at least, regret is devoid of purpose. All it does is make you feel bad about a past action/inaction. There is nothing you can do about it. The feeling goes on, dragging you down as you try to live out your life. That's why I choose to ignore regret. It does me no good. What's past is past and all I can do is move on. There's nothing I can do to change the past, so I'm not letting it drag me down. Even though I still make stupid decisions at times, I've decided to factor out regret. That way, I can actually live my life and not be dragged down.

"Remorse is the poison of life."

-Charolette Bronte

One of my high school regrets was that i never learned about a lot of things. I realized that i would have become a much better student had i set my mind to it. If only i had tried a little bit harder, if only i had tried that thing a bit earlier, if only i had known it would end up like this, i would have become more wary of what to have done. I wish i was more involved in school activities, i came in as a freshman ready to battle my way through high school, but slowly as reality started to sink in my expectations got lower and lower until i put everything off until the last day. I just want to look at myself from 3 years ago, shake him up, and tell him that you have to work hard to get where you want to be, but at the same time i feel my future counterpart shake me, telling me that we all die and that not every little detail determines your success. I just feel swamped. There are times when i have found no pleasure in my old activities. Games no longer entice me as they used to, no longer does talking to friends make me feel social. I regret not having taken the time to have slept for all those years. I regret not using my resources to the fullest ability. I feel helpless and swamped under regrets. I remember the little things of the past, i reminisce the time when i was at the library, feeling elated that i just sat down and told myself "i did it." It was a feeling i haven't felt in over a year because of my dashed successes, my "i came so close, yet so far"s. My happiness has been drained and i've become a mindless, pudding-brained pile of stigmatized jelly.

Of all Sad Words of Tongue or Pen, the Saddest are these, "It Might Have Been."

-George Ade

I wish I could have went back in time and been more careful. I really regret falling for this boy over the summer. He was a great guy and I really admired many aspects about him. As I got to know him more and more, I thought I was falling for him. I took a step and we got closer. After summer ended, everything ended and it was back to how it had been before the summer had started: like we didn't even know each other. While most would regret big decisions in their lives, it's also the small things that make you regret your decisions even more. Even though he goes to a different school, I see him around every once in a while. My heart drops every time I see his face. I can't help but think what we could've been and how much he had meant to me. My regret is that I wasn't careful enough. People aren't who you think they are and you can't trust someone until you really know them. I wish I didn't make the move because I feel like we could've at least been friends. I can't even have that now. It's hard to trust people now because I have a fear of that happening again. I'm not sure if it's a good thing or a bad thing but it's important to remember that everything happens for a reason. Sometimes people aren't going to love you. Whether it's your parents or your boyfriend or even your dog, you have to understand that some people are not quite as ready as you to let someone else hold their heart. But just hold tight, because when the times comes, not only will someone be your other half, they'll come riding a horse holding their hand out to swoop you away. Now, if only I could take my own advice...

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The reason you aren't getting submissions is because you're asking the wrong question. I did not bring this competitive hell onto myself. I did not give myself OCD, or ADHD, or whatever it is that's making me a nervous wreck. I did not start compulsively pulling out my hair because I thought it would be fun. I did not tell my parents to start being abusive and emotionally manipulative. I did not demand that my friends drift away and abandon me. Regret isn't productive. Stop wasting time moping about what you did, and instead find a way to fix it. I have no regrets, only schemes and plans.

"Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable."

-Sydney J. Harris

I regret not being able to show emotions and open myself up to others, even those who are really close to me. I regret a lot of things. I regret ever losing contact with you and so many other old friends. I regret not taking the extra time to talk to all of you and catch up. I regret having drifted from so many people somehow. I regret ever investing so much time into you. I regret hoping that we'd ever have a chance. I regret ever falling for you. I regret letting myself feel what I feel toward you. I regret not listening to my parents when I was younger. I regret not trying certain sports and activities. I regret not focusing on only a few activities. I regret not practicing enough. I regret not keeping myself excited to play and practice. I regret not putting more thought and time into work. I regret not training myself to stop procrastinating and start working efficiently. I regret being so selfish and bratty that day. I regret not sitting down and enjoying the time I had with you. I regret not asking you to tell me stories about your life. I regret not saying a final goodbye to you before you went back home that day. I regret not giving you my email during that summer camp all those years ago. I regret being scared of what my dad would think. I regret ever being so caught up in what others think of me, even now. I regret letting go of you and all that we had because of a couple of stupid fights and my stupid standards that you didn't quite meet. I regret not realizing that your love was enough to make up for things you lacked. I regret trusting you. I regret interfering and being selfish with him and ruining our friendship. I regret regretting all of this and lastly, I regret using this as a way to put off doing homework.

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I used to regret a lot of things. I used to regret the choices I made in elementary school, middle school, and now at Lynbrook. Not anymore though. Regret is pointless to me. When I was younger, I used to look back and micro-analyze all my actions. I even sang in front of the school in a talent show and even though everyone told me I did well, I felt a lot of regret because of my low self-confidence. Did I actually do well? Or was everyone feeling pity for me? And what does regret did for me? It just made me feel worse about my life. It didn't stop me from repeating my past mistakes, but it stopped me from even thinking about attempting anything again. Nowadays, regret is a hazy remnant of the past. I only live for the present, and sometimes I plan for the future, but living with regrets has only ever weighed me down. It can be hard, but I've always been a happier person letting go of my regrets. I'm removing my personal, spiritual roadblock.

Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true.
                                                    -Robert Brault

I regret being who I am and not someone else

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Something I have always been regretful since I was very young is not helping the less fortunate when I had the time, money, and ability. Whenever I see someone on the corner of the street holding up a cardboard sign and looks so in need, my heart just breaks. I want to do everything I can to help that person but I never seem to get the courage to go up and do it. I have always hated that about myself and have been very regretful of that. There are people around the world who desperately need our help, but we let our ego get in the way. I try to do my best to help people I see on the streets now but I still regret the times where I didn't do anything when I could have done something that would have impacted their life in someway. I really try to live my life with no regrets but sometimes you just cannot make everyone happy and you cannot do what your heart desires to, which brings regrets. There are many things I am regretful for in my life but not helping someone in need just hangs on to me, and never lets go. I feel terrible everyday for letting those kind souls just pass away without even offering a dollar. Instead I go spend that dollar for something very useless which I really do not need like an extra pair of shoes when I have a whole closet filled with them. Just breaks my heart to think of how cruel I was to those people who I just passed by without even giving anything. It's a regret which will never leave me and will haunt me down forever until I change my ways and help as many people as I possibly can.

I regret a lot of things in my life. I regret not joining sports. I regret not making certain friends, having come to a point in my life where it's too awkward to bridge the gaps created. I regret not joining more activities when I was younger. I think, looking back, that most of my regrets are not of things that I did, but of things I didn't do. Of opportunities I didn't take. I wonder how much busier or more diverse or just different I would be had I taken every opportunity thrust in my path. But the thing is, I feel like I'm almost using my past as an excuse to not look further. Because I didn't join sports, I feel like I can't join sports now, because it's 'too late', and 'too awkward'. So maybe that's what it means to 'regret' something for me. To miss an opportunity and never take it so I can keep on regretting it. I don't know. Is it really better to miss than to mess? Perhaps it's different for everyone.

I'd rather regret the things I've done than regret the things I haven't done.

- Lucille Ball

I regret not working harder. i regret not understanding that high school means everything. im a junior now, and time is running out soon. high school basically defines my entire life. And now I realize that I haven't done nearly enough to put myself in a position to succeed. I am doing fine in school, my GPA is near perfect. I admit that I don't really study all that much for tests because I can get by without doing that. But my work ethic has ruined me. I spend all day surfing the web, doing everything except working. I regret not taking advantage of my intelligence to accomplish what others might not have the capability. Instead, I settle for average. I regret that I never understood, I still don't truly understand. I regret not studying more in science, in chemistry, in biology. I regret not learning how to program. But all these all things are not the things that truly matter! I regret not being able to pursue what I love. I play ___ (a sport). That is the only thing I have every truly loved and enjoyed. I regret not believing that i could surpass my physical shortcomings to become the best at this sport. I cannot imagine my life, in college, without playing the game I love. I regret not working harder. I regret staying indoors and not practicing when it was raining because I did not want to get soaked in the rain. I regret going away in

the summer for academic purposes instead of playing and practicing. Now it is too late, I might never play the game competitively ever again after high school. I am only a junior, and I hope that with this post, I could motivate myself to realize that it is not too late to turn my life around, to follow my dream. And yet, even now, I regret this post, because I know that what I wish for is impossible. It is too late. There is no more time. I give up. But what if, I regret saying these things, and it was never actually too late

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I regret staying in my comfort zone in middle school. I feel like 6th grade was the optimal time to create bonds and friendships with no judgement because everyone was new. Instead of carrying the bonds through with my classmates, I spent most of my time hanging around only a few people. I thought I would have time left to make new friends later on, but Lynbrook turned out to be a Miller 2.0. I felt like it got harder and harder to make really good friends as the school years dragged on; people had already formed their best friendships and carried through with them. As high school rolled in, I felt the increasing need to meet new people who had similar interests as me. My friends and I grew apart and there's nothing much that we still have in common. We used to have the same mentality in sixth grade (subconciously judging the popular people and rebelling against social standards), but now I feel like rebelling for the sake of rebelling isn't a part of me anymore. The only reason why we're all still together is that we're afraid that if we leave, we won't have another group to go to. I wish I could spread out my wings and fly and explore other personalities and people, but I feel like I am stuck where I am at. My reality at Lynbrook is static; nothing new or innovative to make me excited about my life or myself. It's especially hard to meet new people that I could potentially be friends with because I feel like how most people perceive me is already set in stone. I feel like most people see me as a rigid, academic-based person, when in reality I have grown far from that! This is the view that people have had of me since the sixth grade, and it haunts me whenever there is a group project or something with people I am not that familiar with. I feel that everywhere I go, I am being judged, and I'm not comfortable in my own skin. I envy the people who can make friends quickly and easily at the beginning of the

school year with people from multiple grades, while I, horrible at small talk, am forced to resign to the same people I've been with for four years. I feel trapped under a ceiling that I cannot overcome; a ceiling that separates people like me from popular people. Maybe underneath all this I am a vain person who just wants to be popular. Or maybe I just want to add different perspectives into my life. But yes, if I could change anything about my life, I would show more affection to others and be more open (and learn to be less awkward too. ugh). It's too late to change my life at Lynbrook now, but as soon as I get out of here, I plan to leave California and explore other parts of the world.

Adrian R. Medina, MA, LMFT

Adrian Medina, MA, is a Licensed Marriage and Family Therapist. He works with individuals with issues ranging from posttraumatic stress to depression and general coping with life, families, and couples. With over 20 years experience he has an office in San Jose and once a week is in Los Altos. If you'd like more information about him: www.adrianRmedina.com.

Change The World!

It's cliché to say this is the generation that will change the world. So, instead let me say that these teens are smart. Parents, pay attention.

I was seriously impressed with the students of Aletheia, their positive intent, their intelligence, and their dedication. They are giving voice to those that aren't always heard. They're providing a vehicle for their fellow students to speak up and sometimes shout out. We have a sense, with what's gone on these last several years in schools, of just how important that can be.

Their current topic for the student body? Regret. As you can see, they got quite a response. Kudos to all those students brave enough to put words to some of their thoughts, their experiences, their wisdom, their pain, their regrets.

Change comes, in the words of Michael Jackson, from the man in the mirror. I agree. For the world to change, it doesn't happen from those "over there", or in a top down fashion from our leaders. It begins with us, in our hearts and in our souls. As these kids share their inner personal wisdom and turmoil, they're teaching us to communicate, to not hold things in. Holding things in is cancerous. Let it out. Let someone know!

And what's the advice about how to cope with regret? Not from me . . . who am I, somebody with a degree who you don't know. Besides, advice isn't my style. But, from peers I hear poetry in the responses: . . . "It just made me feel worse . . . It can be hard, but I've always been a happier person letting go of my regrets. I'm removing my personal, spiritual roadblock."

Oh sure, how? There was quite a bit said about the pressure at Lynbrook -- a school filled with excellent students all striving to do their best. One of the Aletheia students shared how when she realized she procrastinated doing an assignment and found herself working on it at four in the morning as a result; rather than feel regret "I should have done X, Y, or Z instead," she thinks something like "I'm glad I spent the time with my friends or enjoyed that play time." Voila, no regret. Instead, some cheer. Easier said than done. But very doable. This generation is starting to show us how. There's a book available on depression called "Change Your Brain, Change Your Life." So true. We usually believe we don't have any say on how we feel, but we do! It's a pretty simple fact actually. It just takes practice.

The easier regrets are the ones we ourselves have caused. Like guilt, it's a signal that we did something we're not happy about, that doesn't fit with how we see ourselves, or who we want to be. It's done. Can't undo it. We can, however, apologize, make amends if it makes sense to do that. It might be ourselves we need to forgive. It doesn't do anyone any good to just beat ourselves over the head. We've got to be able to let ourselves off the hook. So, we make a decision. Is there something I need to do differently? If there's not, move on. If there is, then resolve to do it differently next time.

We can't get around it – crappy things happen. We can't change the past. We can learn from it and do better next time. If someone did things to us, we can work to not let it affect us, to not take it personally, to not let it be about us. After all, if they did something it is about them. It doesn't change who I am. They were the jerks.

So, let me pause here to acknowledge that some things are traumatic and that change is hard. It's simple, but not easy. Did I say that already? Sometimes because of our humanness, the way our brains work and the way we learn (e.g.

if a snake bites me I may become very scared of snakes. That's survival!), our brain has a way of remembering very bad things. Unfortunately, sometimes we get left with some negative thinking about ourselves, wrapped up in that memory stored in our brain. Oh, and if somehow we believe we participated in causing or allowing the terrible thing? Way more difficult. We get stuck with negative thoughts like "I suck," "I'm powerless, I can't," "I'm unlovable" or any number of negative self-thoughts, permutations of those thoughts, consequent insecurities, and just plain being unsure of ourselves. Not helpful.

Anyway, the point is, sometimes life throws things at us that we just can't be ready for. Sometimes, bad experiences happen in a moment. Sometimes they're what we live with. Sometimes, they're subtle so that you hardly notice them, you're used to them. They're difficult to pinpoint because they're always there, but they are no less powerful or impactful. Oh, yeah, the point. Talk to someone. Sometimes, parents can help. Sometimes it's a caring aunt or uncle or close friend, or the school counselor. You know about confidentiality in counseling right?

Any first step towards working through challenges, towards working through regrets is a good step. I know from experience that the students at Aletheia, together with their advisors, are bent on doing the right thing. If you responded to this call for input, that's a good start, but don't stop there if regret is still bothering you.

Go ahead my fellow students of life, do something different, take the steps. When it comes to regret, change your thinking. You will change your life. You will change the world. Show us how. Write about it. The world could certainly learn from what you're all doing.

Wishing you the very best,
Adrian