



Subtle Arts Speaking about what makes her the happiest in her life, English teacher Erin Coggins tells students that being the happiest in life involves not letting your happiness be taken away from you. Coggins has been inspired by a book by Mark Manson that has taught her to not let the little things in life affect her attitude. "I used to get so upset at things, but ever since I've started reading this book, I've learned that getting mad about little things is useless and it's stealing my happiness," said Coggins. Photo by Chemise Montgomery



Being free Smiling at all the great opportunities that life has to come, freshman of the University of South Carolina, Chris Carter, speaks about being openly gay. Carter decided to come out last year and since then has compared the feeling to having a big weight lifted off of his shoulders. "I find nature to be very relaxing, and when I come to the fountain, I'm able to refresh myself and breathe for when times get stressful," Said Carter. Photo by Chemise Montgomery.



New Beginnings Looking forward to life as a Christian, a student of Columbia University of Columbia, Gabby Reed, focuses on her faith and health to get through all of the new obstacles she might face. Reed has been looking forward to all the new opportunities that she will face with being a college student. "I think that all I will need this year to succeed is my faith, health, and heart," Said Reed. Photo by Chemise Montgomery



Keep Going Leaving all the stress behind as he enters his car, Kiashan Gray looks ahead in his life instead of behind. Gray has Type 1 Diabetes that he battles with each and every day and fails to let his disease hold him back from enjoying his life. “I just keep going and thank god that I am here every day,” Said Gray. Photo by Chemise Montgomery.