

How do you handle stress?

"I try to be optimistic and think about why I'm a teacher. I start everyday thinking about God's objective and not my own."

— Mrs. Lynn Stroble

"Usually I ignore the person or thing bothering me and hope the stress goes away. Listening to the choruses sings calms me."

— Mrs. Stephanie Drawdy

"Lifting weights and jogging enables me to eliminate stress."

— Coach Rusty Adams

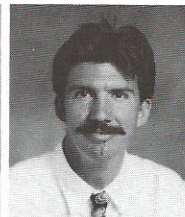
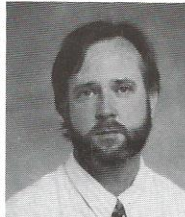
"I talk about the stressful situation with my friends to get some positive feedback."

— Ms. Donna Fields

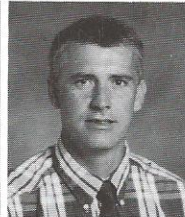
"I enjoy walking by myself or with my son. Reading a good mystery novel is another great stress reliever."

— Mrs. Julia Waddell

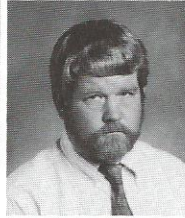
Linda McMillan
Troy McWilliams
Joe Mesach
Clair Middleton
Chris Minard
Vennie Mitchell



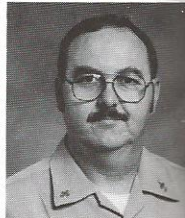
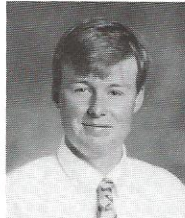
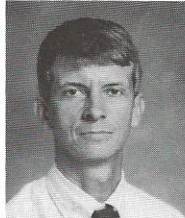
Cheryl Murdaugh
Frances Murdaugh
Joan O'Briant
Valinda Olds
Danny Parnell
Michelle Parnell



Patricia Pawlak
Paula Polk
Russell Polk
Evelyn Pringle
Craig Reid
Pat Rhode



Michael Ritter
Sallie Searson
Lillie Singleton
George Smith
John Speer
Richard Spofford



Sandy Stearns
Kimberly Steele
Douglas Stephens
Sallie Stephens
Brian Strickland
Lynn Stroble

