Lorissa Figueroa Mrs.Hipp Health Institute March 6,2015

My Life

My name is Lorissa Figueroa, my world has shaped my dreams and aspiration in many aspects. My family, friends, and school have been a great inspiration to me. I try my best to do the best of my abilities. I have had many struggles throughout my life, but it doesn't stop me from fulfilling my dreams.

I look at family as a blessing. It mean you will love and be loved forever. My family has more love than you can ever imagine. Our love for each other are endless. They fill my world with happiness and bliss. I come from a family that is close and big. They are here for me when I need them. They've influenced me to do my best and lead me to the right direction. They've been here for me through my struggles and accomplishments. Through the hard times they gave me strength and hope. Through my accomplishments they give me pride. They have taught me lessons that have made an impact on my life. They are the ones who keep my head high when I feel low. In my family we do a lot of favors for each other and have each others back when we need help.

I have many good friends. They are more than friends, they are family. They do what they can to be involved in my life. They support the decisions I make as long as they believe it is the right thing for me. They are the reason I have good characteristics. They do what they can to make me a good person and make the right decisions. They help me when I'm in need of guidance. They are all a good influence on me and they inspire me to follow my dreams. My dreams might not be the easiest to get to but they have faith in me. They taught me to be who I am and be proud. They've taught me how to get out of my comfort zone and enjoy every second of life. My life would be different if I had different friends. I would be a completely different person if I didn't have them.

Education means a lot to me. I take it very seriously and I always try my best to strive. Washington Union is a student-centered high school which promotes a nurturing environment where students can learn and prepare for the future. My school provides the Health Institute to lead many students and I to the medical field. I plan on becoming a registered nurse, the Health Institute educates me on medical aspects. Not many schools have a program like ours. We also have counselors that look at our grades to make sure we're on the right path. Our counselors are also here for us if we're in need of support or care.

My life might be stressing sometimes, but the stress and struggles make me a better person. I give all my appreciation to those of who are in my life. I also give appreciation to my teachers and counselors for being a big part of my education. I'm thankful for the life I have - I wouldn't trade anything in my life.

Talent Accomplishments

The Polynesian Club of Fresno is a professional Polynesian dance group that has been bringing the beauty of the islands to the San Joaquin Valley for over 40 years. Under the guidance of the Kuma family, they share the love of the Polynesian culture and the heritage of the people of the islands. There are more than 450 dancers, drummers, and musicians involved in 35 classes each week. I've been a part of the Polynesian Club of Fresno for over 12 years now. I started at the the age of 3 1/2 and immediately fell in love with it. Along the way I decided to join cheer. I've also joined Tahitian Drumming.

Cheer did not compare to the love I have for hula, but it brought me out of my comfort zone. Before I cheered, I didn't dance unless it was choreographed dances. Now I consider it a passion, I would like to join different cultural dance groups. It's hard to stop dancing now, I'm outgoing when it comes to dancing. It's hard to keep me from dancing. Cheer did not only make me a better dancer, it made me a better hula dancer as well.

Although I want to join different cultural dancing clubs, none of them will compare to Polynesian Dancing. Polynesian dancing is practically my whole life, I can't even remember life without hula dancing. Hula relieves my stress when I'm frustrated. People that don't have experience in the club think it's easy and requires no commitment. It requires a lot of commitment, especially when we are practicing for competition. We spend four to six hours preparing for competition, these practices are usually held during the summer. Hula is way harder than it looks, you need to have proper posture and movement. If we don't do something, punishment requires a lot. Just like a sport we do something that works us harder to be better. We don't consider ourselves a club, but we consider ourselves a big family. The experiences I've had at the Polynesian Club of Fresno have been the best experiences of my life.

I didn't drum as long as I've cheered or Hula due to finance, but it was something new. I've danced my whole life and did nothing other than dancing. It was a great experience, it taught me how hard it was to make the beautiful beats to the Dances we dance to. I didn't expect it to be that hard, but I guess everything is hard but you just have to work up to where you want to be.

My experiences with hula, cheer, and Tahitian drumming have done a lot for me. I would not be the same person if I never participated.