



**Excelling**  
with  
**Eagles**

**Or**

Creeping In The  
**"Valley of the**  
**Vultures"**

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Definitions by Merriam-Webster Online.

All poetry written by Eric L. Taylor, Sr.

Excelling with the Eagles  
Or Hanging in the Valley of the Vultures  
ISBN

Copyright 2006 by Eric L. Taylor  
943 Deercrest Circle  
Evans, Georgia 30809  
(706)231-2429

Printed in the United States of America  
Printed by  
Graphix Network  
4104 Colben Network  
Evans, Georgia 30809  
(706)210-1000

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## PREFACE

Students of today is faced with many challenges. Some are good. Some are bad. With each challenge a student must make a choice. Each choice will give you a consequence. Some are good. Some are bad.

The purpose of this book is to help students choice to make the right decisions. We base our success on the years of working with youth in the public school setting.

We will use the eagle as a symbol for doing what's right. And for the wrong decision, we will use the vulture as a symbol. It's nothing personal about the vulture. It looks like an eagle, but it's not.

It is my hope that you will read this book and make a decision to be an eagle. If you chose to be a vulture, it's your choice.



Can you tell the difference?

## EAGLES

Eagles are generally larger and more powerful than hawks and may resemble a vulture in build and flight characteristics, but they have a fully feathered (often crested) head and strong feet equipped with great curved talons. Most species subsist mainly on live prey, which they generally capture on the ground. Eagles have been a symbol of war and imperial power since Babylonian times. They mate for life. They nest in inaccessible places and use the same nest each year.



## VULTURES

Vultures are medium to large-sized birds that are adapted to a diet of dead animals. They have weak feet with blunt talons and bare heads to prevent the feathers from becoming dirty while feeding. Their long, broad wings are efficient for long distance soaring.

Vultures regurgitate food from their crops for their young instead of carrying prey to the nest.



## Eagles in School

Eagles are individuals that **want** to succeed.

Eagles distance themselves from trouble. They look for opportunities to succeed. They make plans to fly high and when the opportunity becomes available; they swoop down on it and get their prey.

Eagles are the leaders in school. They are not necessarily the athlete or cheerleader. They are the class leaders, the peer mediators, and the college bound students.

Eagles know their teachers and the teachers know their eagles.



## Vultures in School

Buzzards circle the hallways. They:

- a. are tardy to class
- b. skip class(es)
- c. come to class unprepared
- d. are removed from class
- e. skip school; leave school without permission.
- f. are suspended more than once

Buzzards look for trouble. They watch for students that everyone picks on.

Buzzards like to use bad language.

Buzzards like to be seen for all the wrong reasons.



## **Eagles And Vultures in School**

Eagles dress for success. They are not designer crazy but they are neat in their appearance. They know what to wear and when to wear it.

Buzzards look like eagles but are not the real thing. They want to be recognized for their style. Most of their styles indicate they are copycats, styling after troublemakers who really don't live like that.

Eagles give respect. They honor that which is good. They even respect those who are hard on them because they know that the harder that individual is, the better they are going to be.

Eagles know the "Golden Rule!" "Do unto others as you have them do unto you"

Buzzards disrespect those who are hard on them. A buzzard likes to be seen but doesn't want to work hard.

What is wrong with being “intelligent, smart, capable of doing your work?” There are some forms of media that would only promote “thug” life. Wearing the white t’s, baseball caps, pants sagging, females exposing breast, behinds and /or barely dressed. This form of media promotes profanity and degrading women to being called female dogs and garden tools. In the street this is acceptable. But in the business world, it won’t go far.

Companies are looking for bright, self-motivated people that they can groom to become executives and keep the company going. They are not going to take a successful company and give it to someone who will not maintain their standards. Companies are looking for eagles.

## Your Attitude Determines Your Altitude



Attitude- **a** : a mental position with regard to a fact or state <a helpful *attitude*> **b** : a feeling or emotion toward a fact or state

Altitude- a high level (as of quality or feeling)

A good attitude helps you to challenge the circumstances in your life.

“A winner never quits  
A quitter never wins!”

There will be days when you don't feel good.  
That's when you make an attitude adjustment.  
Tell yourself in spite of the circumstances, “I'm

wonderful, enthusiastic and a great person to be around.” Say it with confidence.

Bad Attitudes are bad for your health. Bad attitudes:

Make you feel down.

Make you look down.

Make you talk down.

Make you act low down.



You will live on the “down-low”(creepin) until you have a vulture’s mentality. You look for the dead things on the side of the road. You have to be quick or you might get hit by a passing car on your food taken by other predators. Oh the joy of a Vulture. “Road Kill!”

## The System

Life has a system. There is an adult with leadership abilities at the helm of the ship. These individuals have come through the ranks. They have had to crawl and take their bumps and bruises. They have made their mistakes along the way. And they have matured through the process.

Eagles do their homework. They study the lives of those who have gone on before them. They talk to those who have done what they want to do. They practice flying until they get it right.



In school, the door through education is through your teachers. They will guide you through the knowledge that you will need to know to pass

the tests that you need to pass. When you give your best, a mentor will come into your life. That mentor/teacher will recognize your special qualities and began to shape you into the eagle that you are to be.

After the shaping and modeling, the eagle will go up to the cliff to fly. Sometimes the wind carries the first flight. Sometimes there isn't any wind and an emergency landing is necessary, but not to worry, the eagle is prepared. The eagle will recognize where he/she needs to regroup and go back to the peak. When it sets out to fly the on the next opportunity, it will be more prepared



## High School Time Line

**Freshman Year:** Starting Brand New. Making the transition from Middle School. Trying out for a sport or joining a club. Making new friends. Selecting a track for your education: college preparatory or college tech.

**Sophomore Year:** Taking the PSAT. Continuing in your club or athletic team or both. Ordering your Senior Class Ring.

**Junior Year:** Taking the ACT or SAT. Selecting Universities/Colleges that you would like to visit. Getting your class ring. Making sure that you have your credits and passed your classes. Junior Prom.

**Senior Year:** Ordering graduation materials. Sending out applications to the universities and colleges you would like to attend. Applying for financial aid. Senior Superlatives. Senior Prom and Senior Trip.

**GRADUATION**

## **Choices and Consequences**

**Choices-** suggests the opportunity or privilege of choosing freely

**Consequences-** something produced by a cause or necessarily following from a set of conditions

The choices you make will determine your consequences. Simply stated:

“You make bad choices and you will have to deal with bad consequences.”

You make good choices, you will reap good consequences.”

### **Choices For Eagles:**

1. Surround yourself with friends that are positive. Ones that don't mind telling you the truth even when it hurts. Let the liars go.
2. Feed your brain with positive feedback.
3. Take time to meditate.
4. Listen to good music.
5. Honor your parents
6. Put your time in and you will reap a reward at the end.
7. Practice like you want to play and play like you were at practice.
8. Rest.
9. Eat properly.

10. Exercise
11. Don't get involved with alcohol and drugs.
12. Leave sex alone. Until you can soar on your own, having sex is inviting trouble to come to you and those supporting you.

**Consequences For Eagles:**

1. Lifetime friends.
2. Positive feedback makes your brain grow.
3. Meditation
4. Good music allows your brain
5. Honoring your parents gives you the best allies in the world.
6. Work Hard-
7. Enjoy the moment
8. Rest. Gives you energy
9. Think about the food that you eating. Take care of the body that God has given you.
10. Working out can give you a high
11. Alcohol and drugs give you a temporary high but a lifetime of misery.
12. Sex alone is not an answer for anything. It must be accompanied by love. If not, you could be sharing a (STD-Sexually Transmitted Disease).

**Choices for Vultures:**

1. Hanging around “Thugs.”
2. Listening to Negative Feedback.
3. Live for the moment
4. Listen to negative music.
5. Dishonor your parents.
6. Don’t work hard
7. Don’t practice
8. Don’t rest.
9. Eat fast foods
10. Don’t exercise
11. Get involved with alcohol and drugs
12. Have sex without love.

**Consequences For Being A Vulture**

1. Hanging around “thugs” will bring you the same results that thugs get- roadkill!
2. Listening to negative feedback leads to lies and eventually you will be lied on.
3. Living for the moment will cut your life short.
4. Negative music gives you negative rhythms which cause you to make bad decisions.
5. Dishonoring your parents will cause you to lose your closest ally.
6. By not working hard, you can not expect to get the best.
7. By not practicing, you will not know how to perform in a time of crisis.
8. Don’t rest. You will burn out!

9. Eating wrong can cause physical problems.
10. Lack of exercise will cause your muscles to get weak and make you grow fat.
11. Alcohol and drugs used illegally will become an addiction that leads to internal injuries.
12. Having sex with others is like having sex with the other folk (10 to be exact) that the individual has had sex with.

“Old Truths”

If life gives you lemons, squeeze them and  
make lemonade.

Don't look at the glass as half-empty, see it as  
half-full.

Engage your mind before you engage your  
mouth.

If you keep on doing what you always do  
And keep on getting what you always got  
And if you are failing at what you are doing  
It's time to make a change.

## **Eagles & Vultures Conclusion**

You can fly as high as you wish. Your work ethic will determine your altitude..

However, if you chose not to work, short-term get-overs will result in long-term failures.

School is for you to achieve. It is not the place to “Wild Out!” It is not the place for you to defy the system. It is a place and time for you to define yourself. Don’t write your history so that you will be ashamed of it.

Be an Eagle. Fly High.  
Don’t be a Vulture. AIM High.