



# UCHS Senior Spotlight

## Jay Sowers



**Plans for after Graduation:  
Attend the University of North  
Carolina at Chapel Hill and  
pursue a degree in Business**

**What are you most grateful for?  
My parents and sister.**

**Favorite UCHS memory:  
Beating HCA in basketball my  
junior year.**

**Advice for other  
UCHS students:  
Live in the moment and always  
listen to Mrs. Hamblin.**

**Favorite Bible verse:  
Jeremiah 29:11**

**"For I know the plans I have  
for you," declares the LORD,  
"plans to prosper you and not  
to harm you, plans to give  
you hope and a future."**

**Favorite activities: Tennis,  
basketball, lake, and  
hanging out with friends.**

