



Barbara Alyn Woods

Barbara Alyn Woods Hinsdale South High School Class of 1980

Ms. Woods is a “celebrity”. She said when she looks at the list of past recipients of the Hall of Fame including physicians, corporate law attorneys and engineers, she feels she has not accomplished anything out of the ordinary. But she is most proud of never veering away from her childhood dreams.

Ms. Woods is most known for her work in the hit television series, Honey I Shrunk the Kids and One Tree Hill. About One Tree Hill, Ms. Woods stated that. “I am so very fortunate to be attached to a television show that has shaped millions of young lives. One Tree Hill addressed sensitive human issues that, not until recently, did I realize have had such major impact on teenage society.” She connected with Friends With Benefits Charity Events and began to make appearances to raise funds for St. Jude Hospital. She also visited fans during the Paris riots to meet and greet and bring much needed emotional support. She has kept in contact with many of these families in distress and they have openly expressed how grateful they are to One Tree Hill for getting them through challenging times, dealing with issues such as alcoholism, drug addiction, suicide thoughts, bullying, teenage pregnancy, and family relationship problems. She dedicated nine years of her life to a show that faced controversial issues that other networks dared to touch. She’s now realizing how many lives “her little TV show” positively affected. Media-mass recently called One Tree Hill “one of the most influential TV shows ever on pop culture.” She is now in touch with teenagers and their parents from all over the world who are attempted suicide survivors, cancer survivors, kids who have been bullied at school or cyber bullied, recovering alcoholics and drug addicts, and children/girls who struggle with low self-esteem and body issues. The power of this show, and specifically her character, who endured so much pain and addiction and survived, has given strength and motivation to so many, to stay strong, seek help and to overcome and move on with courage.

While at South, Ms. Woods was Homecoming Queen, a cheerleader, a thespian, in choir, in Student Council, National Honor Society, and Drama Club. She also starred in many plays and musicals. In her words, she encourages all of you to take advantage, sooner rather than later, of the opportunities you have been given. She said in all of her travels, she has never found a better place to grow up than right here in Darien. She said “I have never found friendly, more sincere, honest, hardworking people than in the suburbs of Chicago and I have certainly never found a better high school. Darien is always my home base. This is the place that nurtured me, taught me my values, and made me who I am. Takeover the world, but never forget your home.”

Her legacy message to the students:

“GIVE BACK”... My message to the Hinsdale South graduating class of 2020, and to the freshman who are just beginning their high school journey is this: Embrace every moment at Hinsdale South. It all matters. Every laugh, Every friendship, Every class, Every football game, play, concert, test, assembly, teacher - The “good” and the “not so good” will live in your heart forever. It’s unavoidable. So, take every moment as a gift toward learning about who you truly are and shaping your unique self. I feel beyond proud to call Hinsdale South my alma mater. It gave me the foundation and courage to pursue my dreams and passions in a very competitive and cut-throat, male-driven field, while maintaining my core values, strict work ethic, and most importantly... heart. And for that, I am forever indebted to you Hinsdale South.”

1989 – Present

Over 50 television and feature film appearances including: “Seinfeld,” “Desperate Housewives,” “Married With Children,” and “The Goldbergs”

2003 – 2012

“One Tree Hill” Series Regular

1997 – 2000

Disney’s “Honey I Shrunk the Kids: The TV Show” Series Regular

1989

Television debut “Star Trek - The Next Generation”

1983 –1988

Joseph Jefferson nominee e- Victory Gardens Theatre, Lincolnshire Theatre, and Drury Lane

1980

Northern Illinois University
Sydney Smith theatre scholarship recipient