



Features



EDITOR: SUSAN GRANTIER

Editorially Speaking . . .

By Meonne Blalock

Jr. Civitans Recognize Teachers

The Junior Civitan Club is up to something new this year at AHS. Each month a different teacher will be selected to be the Teacher of the Month. Each teacher will receive a personal booklet filled with reasons from students on how that teacher is unique and special. The Teacher of the Month will be rewarded in many ways according to the students' decision. One person will stay after school two days of the month to assist the teacher in any way possible. Members of the Junior Civitan Club who are involved in this newly formed program are as follows: Regina Crowell, Misty Dennis, Jennifer Eller, Summer Holt, Rachel Kendall, Tracy Rabon, and Sara Snodgrass.

To get this program underway, Mrs. Grigg has been selected as Teacher of the Month for November. Congratulations, Mrs. Grigg!

Did You Know . . .

Which language is spoken most? If you are thinking in terms of the most popular international language, you will probably answer "English" to that question. Yet, according to the 1990 *World Almanac and Book of Facts*, Mandarin Chinese, spoken by some 844 million people, is the language most used by the human family. This compares with 437 million, spread all over the world, who speak English. Which language do you think would be third in the world league? French or Spanish? No. It is Hindi, spoken by 338 million people, mainly in India.

Principally Speaking . . .

By W.K. Morgan

Every crisis is different and individual, whether it's drug use, a runaway child, pregnancy or a death in the family. Think of the Chinese character denoting crisis; it combines the symbols for danger and opportunity. It is important to see the opportunity in a crisis as well as the danger.

The most common mistake made during a crisis is to assume that something must be done **right now!** This is seldom the case. Here are four common elements that help us deal with a crisis:

1. **Crises are often temporary.** Remembering that this is a temporary problem helps us from becoming so anxious we become paralyzed or overinvolved. Many times a crisis is simply a long-term problem we haven't known about until now. If we suddenly discover we have cancer or our daughter is sexually involved with someone or our child has been taking drugs, it's a big happening! It certainly may be far from a good happening, but it's not necessarily a crisis.
2. **Few crisis need an immediate answer.** Usually, there's time to seek advice from someone we respect, someone who has had similar experiences or who is a competent professional. It's also helpful to write down all of our options, including what would happen if we did nothing at all. This may not be the best solution, but at least it should be considered among all of our choices.
3. **It's important to ask ourselves what would be the worst possible outcome.** Once we can *state* the worst possible outcome, we also realize we can actually cope with it. It helps to ask, "*Will we live through this?*"
4. **Always try to keep the monkey on the back of the person(s) responsible for the problem.** If it's your teenager who has run away from home and is telephoning you for money, he or she may need to know they're welcome to return home. However, it's their responsibility to come up with the means of getting home, just as they figured out the means of running away. However, parents may *loan* the teen money, backed up with collateral, in order to return home.

Remember, take a moment, breathe deeply, and relax. Write down all the possible choices, talk them over with a person you respect, and think about your ability to cope with the worst possible outcome.

FULL MOON

Published nine times per year by the journalism class
at Albemarle High School
Member Quill and Scroll

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Look at Those Lips!

By Sally Lowder

No other single accessory suggests as much femininity and glamour as red lipstick. Ever since Revlon introduced Fire and Ice in 1952 (the other hot seller, Love That Red, debuted in 1956), red lips have always been said to be bold, sexy, and sophisticated. What's changed and what is new is when you wear it.

Today it seems like red lipstick goes on anytime or on any occasion. It's like a fragrance that when put on becomes a part of a person's personality. For example, when asking some people how they felt when having on red lipstick, they responded by saying: "It makes me feel sexy", "I feel fresh and new!" "It makes me feel confident and feel like I have beauty!" Many famous people gave those same reasons. Look at Marilyn Monroe. Would she have worn red lipstick all her life because she thought it looked cute? No, I don't think so. She wore it to be vibrant and sexy and her wearing red lipstick is remembered as one of the big characteristics of Marilyn Monroe.

Though you might think that red lipstick is just red lipstick, this is most certainly not true. Red lipstick has changed since the 50's; it's not

so much the color as the difference between the reds of the 50's and today's red, when you're talking about texture. Years ago you could have a lipstick that stayed on from morning til midday, but now there is a full range of improved formulations-from classic wax-based lipstick to high-shine glosses. These lipsticks will stay on ten times longer than the ones before and they won't stain your lips for days either! That's always a plus! Some red lipsticks to try for your money's worth are Lancome's Le Stylo in Claret, Revlon's Colorshine in Sporting Red, Maybelline's Lip Pearls in Red Radiant and Estee Lauder's Automatic Lipshine in Gingham Red. There's also the classics: Lancome's Le Red, Ultima II's Norell Red, and Elizabeth Arden's Lacquer Red.

Don't be scared to wear red because of your skin color, but make sure you always choose a red that looks right for you. Make sure that you look for a shade that complements your skin's undertones. So put some of that sizzle in your lips and knock'em dead!



Show off those lips, ladies!

As Christmas Lists Are Made, Consider . . .

Are All These "Things" Necessary?

By Susan Grantier

Your house has caught on fire. The flames are spreading quickly; it is probable that all of your possessions will be lost. What would you grab as you ran out the door? Only what is needed for your survival.

All of us are guilty. We, over the course of our lives, have accumulated vast amounts of junk - "things" that we cannot live without. Most of our lives are spent trying to obtain these "things". A new hair dryer (even though the one you have now works fine). A ceramic figurine that sits on your shelf and collects dust. Stop and think about it. Do we really need these?

What would happen if all people on this planet were forced to throw out each and every item that they did not need? We could only keep those things that were absolutely vital to our survival. The amount of "stuff" thrown out would be staggering. And in today's age of depleting space, this is not a positive fact. Our planet is too crowded.

Perhaps it is time for all of us to get back to the basics. I'm not asking everyone to get rid of their earthly possessions and live off the land. Just to look inside yourself and determine those things which are truly important to you.

As the Christmas season approaches, keep these things in mind. Put a lot of thought towards your purchases. And before composing that list for Santa, remember that the true spirit of Christmas is not greed, but instead is peace and happiness for all mankind.

Recycling Award for November

Cheers to the manufacturer of Downy Fabric Softener for their new "refill." After purchasing the plastic jug of Downy one time, the consumer is then able to purchase a powder refill in a small paper carton which is poured into the original jug; after filling the jug with water, the consumer has a new jug of Downy! This innovation will save countless tons of nonbiodegradable plastic in our landfills!