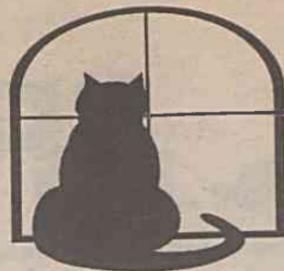


Features

EDITOR: SALLY LOWDER



Recipe for a Happy Holiday

By Courtney Brown

With little children acting especially nice, parking lots full at local malls, and the distant sound of Christmas carols heard over retail store speakers, one can only guess the season of glad tidings and great joy is upon us. Yes indeed, "Christmas is my favorite time of the year." Just recently I have become aware of the true meaning of Christmas because in years past the determining factor between a good Christmas and a bad Christmas was the amount of presents I received. Christmas to me is helping someone less fortunate than myself. This isn't hard to do and you don't have to look far to find someone that needs help. I'm glad to see some school clubs are performing community services that help others. The FHA just finished their Coats for Kids drive which will provide a warm coat for a child on a cold winter morning. Also the FCA had a Christmas party for their Little Brothers/Little Sisters to show the kids how much we care for them. Over the holidays look for ways to help out others not only in your house, but in your neighborhood and community also. All it takes is a little time to make someone's holiday season meaningful. So before you go to bed at night think about what you have done for someone else during the day and remember that feeling you get because it will surely make you want to do it again.



FHA members check coats before taking them to Dun-Rite Laundry.

We All Have "One of Those Days"

By Leslie Morgan

You wake up on a Monday morning at 7:00 a.m. only to remember you have to get up and get ready for school. To start the day off you get up on the wrong side of the bed. You can tell already this day is going to be a terrible one for you. You go to take a shower only to find out there is no more hot water. It's bad to have to take a cold shower in the winter. You get out of the shower and it's freezing cold and you forgot to get a towel out of the closet. After all of this you're about awake and you go to get dressed. It takes you forever to try to find something to wear, because all of your clothes are dirty. After you get dressed, you go to dry your hair and your hairdryer breaks. Then you have to towel-dry it. For most of the girls after they dry their hair, they have to put on make-up. Some girls are lucky; they don't have to wear make-up, while others, like me, don't go anywhere without make-up. You wouldn't think anything else could go wrong. While you're putting on your mascara your hand slips and you have this big black dot on your face.

Finally, you're ready to leave to go to school. You go to get in your car and realize that you have left your books in your room. Going back inside to get them is going to cause you to be late for school. On the way to school you're speeding trying to get there on time and you pass the cop that stands and directs traffic at the lower parking lot. You slam on breaks hoping he doesn't decide to pull you. You look in your rearview mirror and sure, he's turning around. He pulls you and gives you a ticket for going 50 in a 35. Now you're really late for school. You get a tardy and have to listen to your teacher about being late. (You know you should never be late for school) During the class you take a big test and you don't know anything on it. After you finally get out of first period things start to get a little better. I guess this shows that if you do wake up on the wrong side of the bed it's not going to be such a great day. So I advise you to just stay home.

Wishes of Christmases Past

By Christy Hendrick

And what do you want for Christmas? Remember as a child being asked by everyone in sight what you wanted for Christmas Eve? Christmas is an anxiously awaited holiday by children and kids at heart everywhere! Nowadays with the many cars, dolls, electronics and games, our wish lists take much time and many hard decisions to complete. Now being in high school many AHS students feel Christmas just "ain't like it used to be." Sadly enough most teenagers won't find a rocking horse, race car track, or Barbie dolls waiting for them under their tree for Christmas. For those of you that still race out of the bed at 3 o'clock the same day of the year to tinker and experiment with their newly acquired gadgets, good luck! But, for those who have to remember the good 'ole days, here are a few fave's on Christmas lists past.

Mimi Austin- Care Bears!
 Kerry Brooks- A bike with motorcycle handles
 John Stokes- shotguns
 Jeremy Talbert- rifles
 Harold Poston- bows and arrows
 Brian Smith- Trucks
 Jeff Euto- Go cart
 Jill Smith- Cabbage Patch Kids
 Kelly Russell- The Bible

Christy Brooks- A rose that died the day after
 Amanda Yandle- HOT WHEELS
 David Cranford- GI Joe
 Robby Bailey- My Yurtle the Turtle book. It played records.
 Danny Benoy- HE-MAN
 Leslie Boyd- I got the chicken pox!!
 Marissa Tuzenew- A gold necklace from my grandfather with a ring that belonged to my grandmother.
 Tony Simon- a big 20" woofer speaker
 Alicia Quarles- money
 Suzanne Sharpe- a bride's dress, with flowers and a veil
 Brooke Simpson- a bake set
 Alicia Hartsell- Buzzy the Cookie Cutter
 Chad Ingold- Trans-Formers (They were great!)
 Ella Lee- Barbies!
 Kou Lee- money and bicycles
 Betty Medley- tea sets
 Karen Morton- A red wagon that my brothers pulled me around in
 Rich Myers- B.B. Gun (It really paid off)
 Rshonda Corpening- A certain N. Stanly ball player (A.M.)
 Mandy Horton- Cocker Spaniel
 Chris Cotton- A wolf!

Sit Ubu Sit: Good Dog; Whoof!!

By Shanta Maske

When people buy a pet, the pet's name is given much consideration. An excessive amount of hard turmoil, time, and effort are spent to find the perfect name for their perfect animal.

People may name their animals based upon the animals looks or characteristics, such as Josh Cates did. He named his dog Sandy. And Brooke Simpson has a dog she named Bear. Some people may name their animals according to a feeling that their pet gives them when they are around the pet. Tanisha Hamilton calls her dog Lucky. Latwana Lennon named her dog Champ. Others may name their animals after someone famous or just a everyday common name that they like. Brian Ellington named his dog Tammy. Kino Lilly has a dog he calls Dino. Adrian Kimrey has a dog named Tucker and a cat named Sam. Sally Lowder has a cat whose name she had to change. Originally the cat was called Bonnie, but after her dad remarried to a lady named Bonnie, she

changed the cat's name to Connie.

Whatever name you decide upon, make it something you like, because you'll be saying that name thousands of times during the pet's life!



Sally hugs her "Connie Cat."

Are Your Nights Colorful?

By Wendy Smoak

Once you lay your head on your fluffy pillow and slowly drift into sleep, you cross a line. Not a line into evil, but a line into the world of dreams. While you are pleasantly catching some z's, you are not always aware of what you are doing.

Did you know you change sleeping positions about 30 times a night? Did you know you have anywhere from four to six dreams a night? Were you aware of these things going on? Sometimes we remember our dreams—usually the last one we had. Whether you remember your dreams in the mornings when you wake does not matter, because you still dreamt the night before.

Scientists have learned when your eye starts twitching under your eyelid you are dreaming. They gave this the name REM (not the group!) and it stands for rapid eye movement. With this knowledge scientists have been able to learn a lot of intriguing facts about dreams. Your first

dreams are short, only around ten minutes, and your last dream is around 40 minutes. Studies have also showed that women dream more than men and that children dream more than adults. Pretty interesting, don't you think? Have you ever thought about any of this before?

Are your dreams in color or in black and white? Or is this another something you haven't ever given much thought? Very few people dream in full color, but it is not necessarily true black and white either. It seems some have a color tint to them. Maybe they are in shades of red or shades of blue mixed with the black and white.

I'm not sure if you have paid attention to these things before, but if not, you should. Dreams are a fascinating part of life. Next time you have a dream see what you remember. Dreams help to keep life interesting and to keep hopes up.

FULL MOON

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