

Features

Helpful hints diminish fears of upcoming finals

LEXI WELP

It is easy to become stressed and overwhelmed during the last few weeks of the semester. As teachers pile on the projects and tests worth 10 percent of an individual's grade, it is easy to see how one can become easily frazzled. However, with the right preparation and a balanced schedule of studying and relaxation it is possible to survive the nightmare known as Finals.

"Take one subject at a time; don't try and focus on two things at once," Tom Swearingen, guidance counselor, said. The important thing to remember about finals, whether it is for Spanish or biology is that it is probably going to be cumulative and will cover anything learned since the start of September.

Keeping this in mind, it is a excellent idea to review any past notes taken in

each class. As Finals week approaches many teachers begin to hand out reviews for what their specific final will cover.

"The reviews are good because the kids can focus on what they need to study," Swearingen said. Having a review for each specific class is also helpful when it comes to time management because it lets each student focus on each class individually instead of looking at six different tests.

"I would try and not do everything at once," Swearingen said. "It's important not to multi-task."

Because each student has six finals to study for, it is important for each individual to map out a study guide for themselves and set aside allotted amounts of time for each class in order to review effectively. A good resource to use when trying to set

aside time to study is www.studygs.net.

This website allows students to navigate through their busy schedule and enter in their daily activities and amount of time it takes to complete each. Once a category is complete the website automatically calculates how many hours are left in a day to study. This website takes the guess work out of planning and is an important resource to every student looking for time to study.

"The time to study is now," Swearingen said. According to him the best time to really start reviewing for finals week is the slot of four weeks in between winter break and the end of the semester.

"Most every student knows how to study, it is a question of whether they want to or not and do it," Swearingen said.

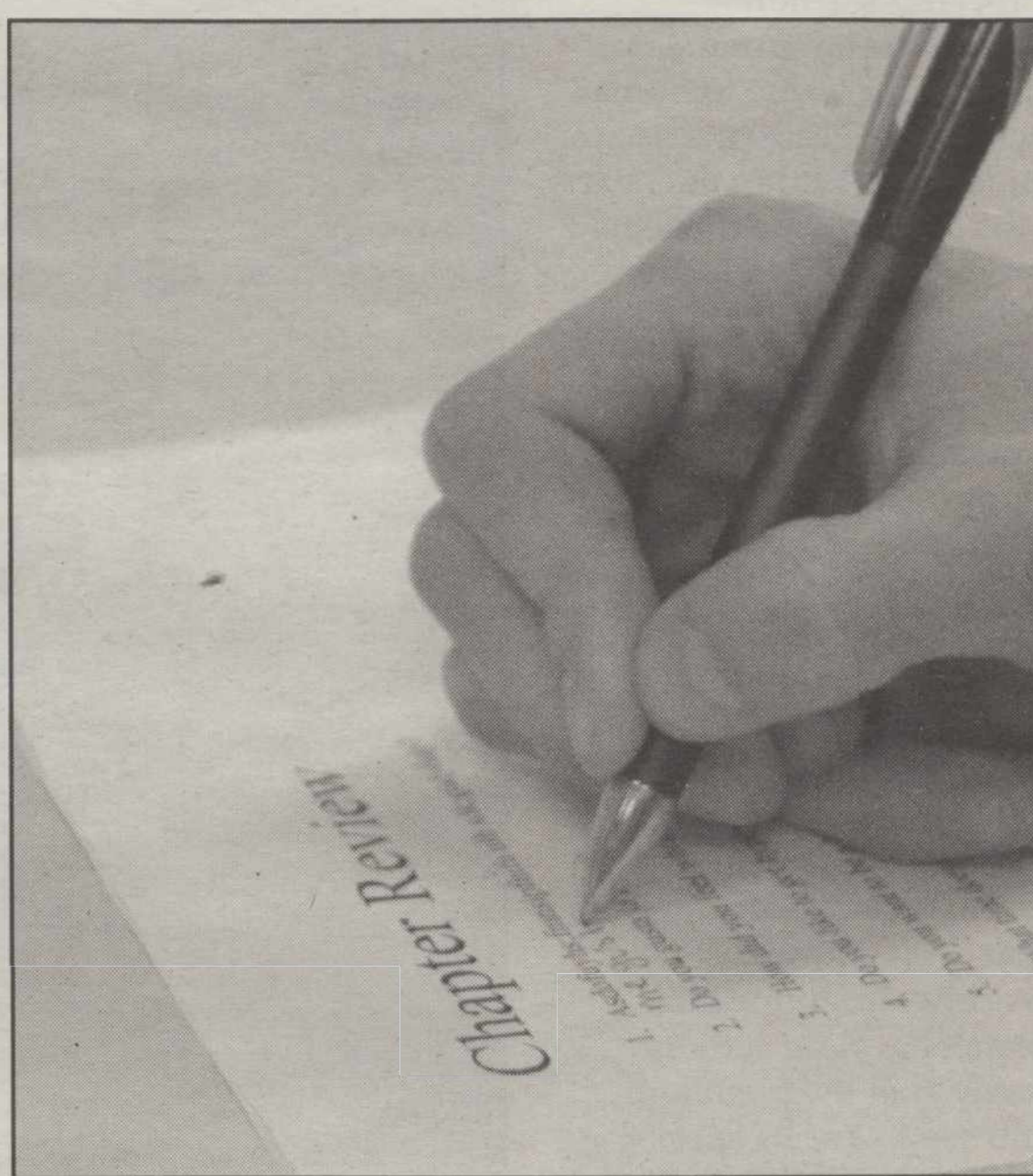


Photo by Libby Kara

A student works on a review for first semester finals. Students often fear the end of the term tests, but Tom Swearingen, counselor, suggests taking things one subject at a time and starting early. Finals begin Feb. 2.

Penny War goes to Haitian relief

EMILY REED

The annual "Penny War" raises funds for a different charity each year this year funds will be directed to the relief efforts in Haiti.

On Jan. 12, a 7.0 magnitude earthquake hit the poverty-stricken country of Haiti. With the fundraiser already organized, Associated Student Body decided to direct it toward Haiti.

"We always do this fundraiser, but this year, it goes to a better cause," Valorie Wallace, ASB president, said.

Each class has a large water jug to fill with pennies.

The goal is to collect the most pennies, and the least amount of silver coins in each jar. Students put the larger coins in other classes' jars, thus bringing down their score, but still donating to the cause. Each class will rack up a score based on the ratio of pennies to larger coins.

On the video ROAR, Lou Bailey, principal, pledged to match the total that all classes collect in the time that the fundraiser is run.

The Penny War will run for at least two weeks, or until a significant amount of money is collected.

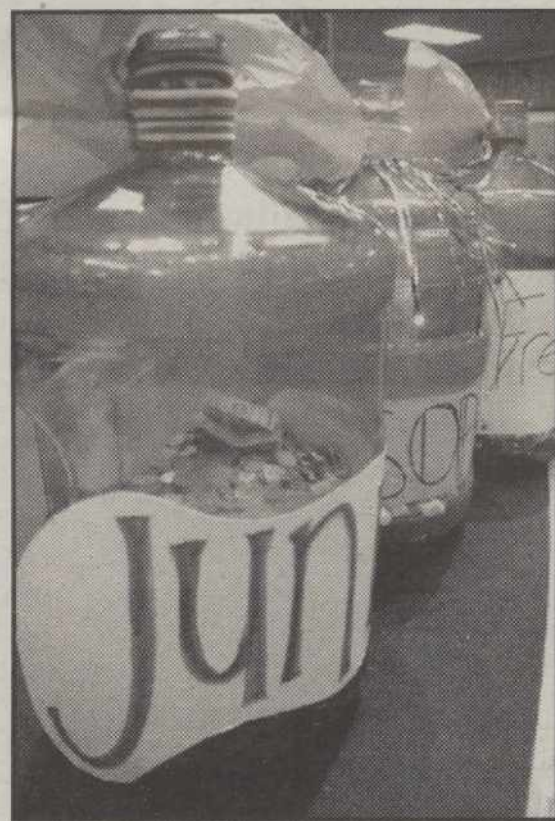


Photo by Zack Mueller

West Linn may be at risk for Haiti-like earthquake

ELISE BROWN

The nation of Haiti suffered a major earthquake on Jan. 12. What are the chances that something similar could happen in West Linn? There is a one in ten chance that there will be a 9.0 earthquake in West Linn in the next 50 years according to the Oregon Department of Geology and Mineral Industries.

The Portland metro area lies on the Cascadia subduction zone, where the Juan de Fuca plate is sliding under the North American plate, causing earthquakes. It also created Crater Lake and made Mt. St. Helens blow its top.

According to city-data.com, historical earthquake activity in the West Linn area is 273 percent greater than the overall United States average. In the past 20 years, the city has experienced six earthquakes, the most powerful being a 5.7 magnitude quake in 1993, a moderate rating.

To prepare for an earthquake of catastrophic proportions*:

- Subscribe to emergency alerts (to subscribe to WLWV's, go to <http://www.flashalert.net/news.html?id=19>)
- Yes, it's a given, but know to call 911 during emergency, as well as family members you can call
- Family should agree on a safe place to meet when there's an emergency
- During an earthquake, duck under a sturdy piece of furniture (i.e., table) and away from anything that could fall (i.e., picture frame)
- If you're driving while an earthquake is starting, pull over to a clear place free of poles and overpasses
- Have a disaster kit handy with first aid kit, flashlight, food and water, cash, spare keys, cell phone, maps of the city, and medicines (e.g., prescriptions, Tylenol, Pepto Bismol, etc.)

*The Federal Emergency Management Agency, American Red Cross

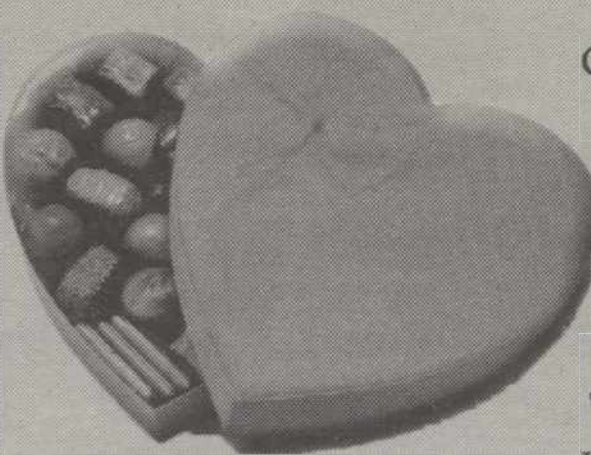
Valentine's Day gifts for under \$25

ALISON FIELDHOUSE

The most-widely known day of romance is coming in a few weeks. If you're strapped for cash consider these affordable gifts without breaking a sweat. Valentine's Day does not need to break the bank to be romantic.

For him:

- A personalized candy bar using the computer to design a new wrapper (\$1.50 safeway/albertson's)
- Fender Premium Celluloid Guitar Picks (\$3.99 for a pack of eight www.musiciansfriend.com)
- Apple iTunes Gift Card (\$15 Apple Store/Target)
- Box of Chocolates (\$10 Sweet Factory)
- NFL Universal Remote Control (\$24.99 www.amazon.com)



For her:

- iLuck Stretchy Gold Heart Bracelet (\$24 www.shopintuition.com)
- Fair Isle Sweater-knit Slipper Socks (\$10 www.oldnavy.com)

- The Proposal DVD (\$22.99 www.amazon.com)

- "I Love You" Bean Sprout Plant (\$7.95 www.gadgetbargains.com)

- Personalized Love Word Canvases (\$24.95 www.personalcreations.com)



For family:

- Sweetheart Dessert Plates (\$24.95 www.redenvelope.com)
- French Heart-shaped Sugar Cubes (\$25 Sur La Table)
- Electronic Sudoku Game (\$12.99 the Discovery Channel Store)
- Guatemala Cielo coffee (\$12.95 Starbucks)
- Valentine's Day Toilet Paper (\$14.95 www.justpaperroses.com)

No Cost:

- Bake cookies together
- Have a picnic
- Plan a scavenger hunt
- Take a midnight hike
- Write a poem