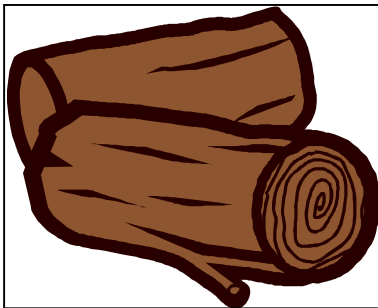


Christmas Celebrations Have Changed Since Middle Ages

by Harmony Peterson

The holiday season is upon us and most of us are out shopping for our decorations or Christmas presents. But have you ever wondered how people a long time ago celebrated Christmas day?

Pagans of the Middle Ages, as a part of their tradition, would burn a log called a “Yule



log”. This special log was to be kept burning for 12 days. Then for the following year they would keep a piece of the log that was burned and use it to light the new Yule log. Along with this log would be a very large feast.

The feast consisted of many different kinds of meat. Goose was probably the most im-



portant dish. The oddest dish would probably be Humble or 'umble pie. It was made from the "humbles" of a deer -- the heart, liver, brains and so forth.

The most important tradition of their Christmas was the tree. It symbolized the promised return of life in the spring and came to symbolize eternal life for

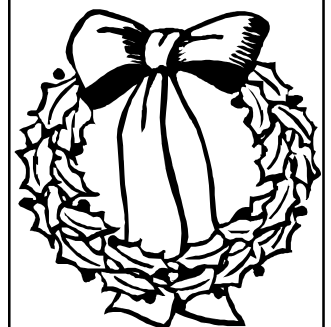


Christians. After the feast everyone would watch a drama in which actors would participate.

This is how we would probably be celebrating Christmas if it wasn't for the many changes throughout history.

INSIDE THIS ISSUE:

Twilight Mania	2
Dirty Bathrooms	3
Prepare for Finals	3
Food Bowl	4
Horoscopes	4



SPECIAL POINTS OF INTEREST:

- *Why bathrooms are dirty*
- *Solutions for the stress of final exams*
- *Who is on the Twilight soundtrack?*
- *What did a fan think of the Twilight movie?*
- *What's your lucky number?*

Student Review of the *Twilight* Soundtrack

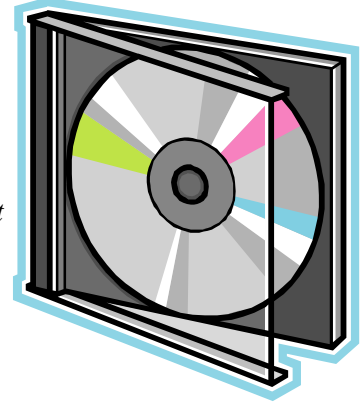
By Stephanie Trahan

If you like bands like Paramore then you will love the “*Twilight*” soundtrack. Filled with amazing bands like Linkin Park, Muse, and Paramore, you are sure to love every song on it. There is even a song by Robert Pattinson, who is playing Edward Cullen in the movie. This soundtrack, which topped the Billboards charts, is available at any store that sells CD’s.

Although the songs are awesome, I am not sure how all of them relate to the book. Most of the songs recount Bella and Edward’s struggle and confusion about their feelings for each other. “Bella’s Lullaby,” which has a big role in all the books, is played by Carter Burwell who mixed just the right amount of

harmony and darkness to capture the whole feel of the book. The lullaby starts out with a darker tempo then gradually moves into a softer more romantic feel from the piano. Robert Pattinson’s “Never Think”

describes almost perfectly Edward’s struggle with loving Bella, but not wanting her to get hurt. The soundtrack from *Twilight* is a good mix of songs that compliment the film perfectly.



Twilight: A Fan’s Perspective

By Harmony Peterson

At midnight on Friday November 21, teens and adults all over America got the movie they had anticipated for a very long time: *Twilight*.

Twilight is young adult novel written by author Stephenie Meyer; it introduces seventeen-year-old Isabella “Bella” Swan, a girl who moves from Phoenix, Arizona to Forks, Washington and finds her life in danger when she falls in love with a vampire named Edward Cullen.

There have been a lot of positive reviews, but what exactly do the fans think? While I was walking out of the theater on Friday night I heard a lot of “wow that really sucked” as we were all herded out of the building. But I also got a lot of good feedback from friends and acquaintances. Even though they changed the movie slightly, it was pretty amazing. I mean you can’t expect movie makers to do EVERYTHING exactly and the Harry Potter movies are a very good example of that. But I really liked the fact that they added

an extra scene for Victoria, Laurent, and James—the “Bad Vamps” of this action-romance.

I found myself laughing throughout the whole film, especially when all the crazy “fan girls” would scream when Edward Cullen’s or Jacob Black’s giant heads filled the screen.

It was also pretty funny when I went and saw it a second time and two guys were in front of me and in the middle of the movie one guy turned to the other and said “Dude, you brought me to a chick flick?”

Summit Entertainment announced today that the studio is officially moving forward with the production of *NEW MOON*, the second installment of the *Twilight* saga.

Lastly I would NOT recommend watching this movie until you have read the first book. It will be more insightful and you will love this wonderful book series.

“...I mean you can’t expect movie makers to do EVERYTHING exactly.”

Dirty Bathroom Are Our Fault

An editorial by: Hannah McFadden-Trail

Do you think our school bathrooms are clean? I don't; I think they are dirty and gross. Often times I hear people say, "Well why don't the janitors clean them? It's their job right?"

I got the answer while talking to Doug George -one of our school janitors- and it isn't what most would think. He told me it was because they are too busy picking up garbage. They spend so much time picking up trash that they don't have time to clean the bathrooms intensely like a school bathroom needs.

So if you want clean bathrooms, throw garbage in the trash cans, not on the ground. I see people everyday litter when ten feet away there is a garbage can. Why not just hold that wrapper until you reach a trash can? It is not like you won't see a trash can; they are everywhere. Especially in our school, you see a trash can in every hall. There are also garbage's in every classroom right by the door. Then there is at least four in the commons. So why does the garbage still end up on the floor? Laziness, that is all it is. Come on people!— we are in *high* school. We should be able to throw our own garbage away and not rely on the janitors. The bottom line is that we need to get our act together so that we can see our school as a better place to be, since we practically live here anyway.



Students Need Steps to Avoid Getting Stressed

Winter break is just around the corner...and so are semester finals. Is there a certain class you're really stressed about or do you maybe just need to re-view overall? Here are some studying tips to help prepare for the finals.

1. Where to study:

Find somewhere where you can study without interruptions. It should be where you are comfortable and won't be distracted by T.V., phone, or anything that would cause you to lose focus.

2. What to study:

You should study in the opposite order of your finals. Study for your last final first, as the information for your first final will be fresh in your mind.

3. How to study:

You should study in sessions. Studying for a long period of time can cause you to forget what you just read. Also decide on which way to study works best for you, whether it's reading, listening, or writing.

4. When you should study:

You should not procrastinate and yet everyone does at least somewhat. The best way to study is to review the material often even before the week of finals. If you have reviewed the material it will make it easier to remember, and it will make your studying more effective.

5. Who to study with:

Get a study group together; that way if you are having trouble understanding something there will be someone there to help.

Here are some tips to make sure you are in your best condition for taking the finals.

1. Sleep

Make sure to get plenty of sleep two days before your finals to the night of. This will ensure you are plenty rested and will not become tired or fall asleep.

2. Food

Eat a well balanced dinner the night before that is full of carbohydrates, for lasting energy. On the morning of finals have a light breakfast. Eat a bowl of cereal or some toast with fruit. This will supply you with energy and avoid filling your stomach to the point that it will take blood away from your brain causing you to be tired. For a snack between finals, take an apple. Apples supply you with the same energy as caffeine but will not make you hyper or give you a sugar high.

These are just some tips towards helping you study for finals. The most important thing is to not get discouraged and be sure to keep an "I can do" attitude. Oh, and remember.... if one must guess, your first inclination is usually best. Good Luck!

**Elma High School
The Elmanac
Staff**

Contributing Reporters:

Hannah McFadden
Harmony Peterson
Stephanie Trahan

Advisor: Deanne Woita

Phone: 360-482-3121
Fax: 360-482-1200
Email: dwoita@eagles.edu

Editorials are the official opinions of *The Elmanac*. Opinions and letters are the personal viewpoints of the writers and do not necessarily reflect the opinion of the entire staff.

Horoscopes

♈ **Aries**-(March 21-April 20)- The stars are sending you in a new direction of life. Be weary to not lose track of where you are!
Lucky Number- 45

♉ **Taurus**-(April 21-May 21)- You may feel that other people are giving you orders on what to do. Just go with it for a while and things will soon become better.
Lucky Number- 63

♊ **Gemini**-(May 22-June 21)- Your relationships are slowly getting a little more tense and will need some attuning to. They will only get better while you work on making things run smoothly!
Lucky Number- 87

♋ **Cancer**-(June 22-July 23)- Things may be running great, but the reality of the fact is you feel overworked. Try relaxing for a while to relieve the growing stress!
Lucky Number- 12

♌ **Leo**-(July 24-Aug. 23)- Everything seems to be going your way, but that may be changing

soon. Your attitude has fooled you before and it is coming close to doing so again!
Lucky Number- 56

♍ **Virgo**-(Aug. 24-Sept. 23)- You feel very meek and mild lately and don't know why. The planet Mercury has been doing this to you. So try to liven yourself up to make the feeling disappear!
Lucky Number- 7

♎ **Libra**-(Sept. 24-Oct. 23)- You are very confused on the matter of love at the moment. Things keep seeming to get in the way of you being happy. Just keep trying to obtain what you feel you need, and eventually you'll get it!
Lucky Number- 13

♏ **Scorpio**-(Oct. 24-Nov. 22)- Some unexpected things have started to bother you in the past month. Try talking them out with your close friends and you'll find out that you're not alone!
Lucky Number- 33

♐ **Sagittarius**-(Nov. 23-Dec. 21)- You feel that all the world needs is love and you've decided to bring it into the world. Don't try to create things that won't work with the situation. Try to bring love in a new way!
Lucky Number- 49

♑ **Capricorn**-(Dec. 22-Jan. 20)- You feel "edgy" lately, like people are watching your every move. Don't let yourself play tricks like that. The only person watching you this critically is you.
Lucky Number- 6

♒ **Aquarius**-(Jan. 21-Feb. 19)- You're feeling the need to go out and do something to drastically help people this holiday season. Just try not to go too far and help by just giving a little to the needy.
Lucky Number- 25

♓ **Pisces**-(Feb. 20-March 20)- Being ambitious is a good thing this time of the year. Use it to help people and to bring joy to others and you'll end up feeling better about yourself!
Lucky Number- 10

Help Your School Help Your Community

By Stephanie Trahan

There are millions of people who rely on food banks around the country, especially now since our country is in an economic crisis. Everyday people are being laid off from work. Elma High School has been helping people for over ten years through the food bowl. Our goal for this year is to raise over 60,000 pounds of food. That would raise the amount we raised last year by about 10,000 pounds. This year's Food Bowl started on December 1, 2008 and will end on December 16, 2008.

We have already raised some money through our Food Bowl assembly by auctioning off people for a day. There has also been people collecting money at the stop light in Elma, and parking lot ransoms. A Powder Buff Volleyball Tournament was held on December 8, 2008 at the Elma High School gym. Students have also been bringing in food items and money to their classes.

Last year we raised over 50,000 pounds during the time of a massive storm that hit Washington State. The storm caused substantial flooding and power outages all over Elma, but we still managed to raise a lot of food and money. So even with our country being in an economic crisis it is still possible for us to reach our goal and even surpass it. With so many people being out of work, now is the time that people need to come together to help one another.