

Summer activities provide budget-friendly fun

ALEX SISCA

Thinking about those endless days of summer? Try something different this summer to enjoy summer to the fullest.

Twilight fans:

If you're interested in "Twilight," check out where the Twilight Saga was filmed. For instance, you can eat at the Carver Café in Carver, which is not too far from Portland. There you can enjoy very good homestyle café food and in St. Helens, you can find Bella's house where she meets Jacob for the first time. Even closer, and right in Portland, is the Cullen's house. Closer than this is the Stone Cliff Inn in Oregon City, where Edward says his famous line, "Say it out loud." One last Twilight site is The View Point Inn, just 22 miles from downtown Portland where the prom at the end of the first movie is held. For more information, visit www.movie-locations.com/

movies/t/Twilight.html

Oregon Coast:

Another destination is Cannon Beach. Go and visit



Photo by Laurel Massaro

The Carver Cafe is just one of the many possible "Twilight" locations to visit this summer. Bella and her father ate at the cafe multiple times in the movie.

one of the Oregon Coasts' Haystack Rocks. This one was briefly shown in the 1985 movie, "The Goonies." Cannon Beach is also a

great place to stay and to look through fun shops. There is something for everyone in Cannon Beach.

tribe.

At the coast you can relax, or if you're up to it, you could visit more Oregon movie landmarks. For instance, in Astoria is "The Goonies" house. On the northern Coast and the bank, also posed as a jailhouse. Also in Astoria, visit the school from the 1990 movie, "Kindergarten Cop," along with the hotel where they stayed in the movie. For more information on the exact "Goonies" and "Kindergarten Cop" locations, visit www.thegoonies.org.

Staying close to home:

Free Geek:

If you don't care for "Twilight" and want something else to do, you can volunteer at Free Geek. Free Geek is a place where you can learn how to fix computers and to provide the less fortunate with computers. Volunteering at Free Geek gives you the satisfaction of knowing that you helped someone

in need of a computer, as well as learning important computer skills. For more information visit www.freegeek.org

State Fair:

If you're not a person into technology, then in August you could plan to go the State Fair in Salem. The fair has something for everyone: food, animals, music, carnival games and rides. For more information, visit www.oregonstatefair.org.

Family Fun:

Oaks Park:

If you don't want to travel very far this summer, you could stay right here in town and have fun at Oaks Park by participating on rides and roller skating. Oaks Park is always a fun place to be with friends and family. If you're not a person for rides, there are always games you can play to win fun prizes. The rides open in May. Check the Oaks Park website at www.oakspark.com for days, prices and hours.

Weird Museum: The Wax Works

Meet the crew of MASH and sex symbol Marilyn Monroe at The Wax Works. This is located in Mariner Square in Newport Oregon along with Oregon Undersea Gardens and Ripley's Believe It or Not. The square is open Monday- Sunday 9 a.m. -8 p.m. (July and August). Admissions are \$ 11.99 for adults and 6.99 for youths. For more information visit www.marinersquare.com

Tips for finals to help eliminate stress

Tips for finals

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4. Make flash cards for important vocabulary.

It may be more work than you want to do, but just the act of writing terms down will help you to remember them. They're easy to make and convenient to carry. Whenever you have a free moment, you can whip them out and test yourself

on a few quick terms.

5. Form a study group. It can be with one other person or with a bunch of people, but make sure that you're able to focus on studying. Sometimes, having more than one brain to bounce ideas off of is helpful in learning and reviewing concepts. You can quiz each other on topics to test what you may or may not know.

6. Take breaks from studying and relax. It's important

to de-stress when life can be overwhelming. Ways to do so include listening to music, taking a quick walk outside or taking a bath. Also, you should take 15 minute breaks between studying to ensure you aren't overloading your brain with too much information.

7. Go to bed early and eat breakfast. In this case, early means not staying up the night before until 2 a.m. studying

your head off. It's much better to have a good night's rest. By this point, you either know the material or you don't, hopefully the former.

As long as you put in the effort to study, you will see some reward. Be as diligent as you can and have confidence in what you know. Trust your instincts. Finals are only a few of the many tests you'll encounter throughout your life.

Four WLHS staff members leave for next stage in life

Staff Retirements

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Not only has he had a role in school productions, but he's also been involved in designing the current school building, especially the open library, as he was the librarian at the time. He even admits, at times, that he developed our current class schedule.

Eppelsheimer has already made some post-retirement plans; he and his wife (Jan) of 30 years, she is a retired teacher as well, have tickets to Spain to visit their friends living in Valencia. They'll be there from the end of September to the beginning of October. Aside from traveling, he also has plans of doing

freelance video work and possibly developing an artist in residence program, working with children making films in their classrooms.

Eppelsheimer wants to be remembered as fair, kind, patient and someone whom students could trust.

"What I'll miss the most will most definitely be the students and staff," Eppelsheimer said. "As they say, working with young people helps to keep one young. I'll miss the energy."

Marilyn Ellwood, District Nurse, 25 years

A less constant presence around the school, but just as important is Marilyn Ellwood, District Nurse. Without her, many a student would be in trouble if they became ill. Ellwood has been working for the district for 25 years. She originally became a nurse because of a desire to make a difference in people's lives, especially children's. "My favorite part of the

job is working directly with kids," Ellwood said. "I really enjoy any opportunity to do some teaching regarding health and wellness. I want kids to understand that their health is important and to be mindful of making good decisions in life to preserve their good health."

Her best memories include the interactions she had with the staff and families in the district. Also, in the 1999-2000 school year, Ellwood was named Oregon School Nurse of the year.

"It was a huge honor

and I was very delighted to receive the award," Ellwood said.

After retiring, she plans to find volunteer opportunities to continue helping others. One of her hobbies is gardening and so she will also spend much of her time out and about among her flowers. She will miss working with kids every day as she never finds a dull moment when working with students. After her time in West Linn and Wilsonville, she hopes to be remembered as a person who cared tremendously for others.

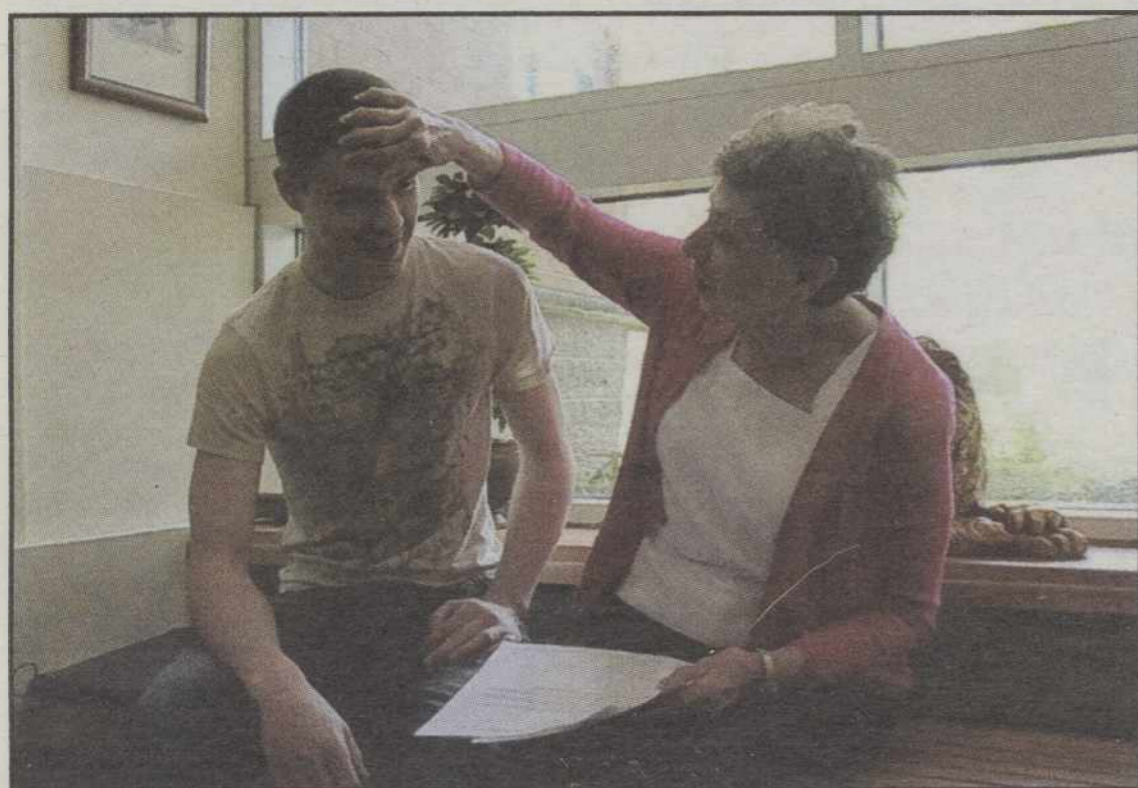


Photo by Laurel Massaro

Marilyn Ellwood, District Nurse, feels senior Kyle Harbour's forehead to check for a fever. Ellwood has been the district nurse for 25 years and was named Oregon School Nurse of the year for the 1999-2000 school year. Once she retires, she plans on spending time gardening and volunteering so that she may continue to help others.



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