

# Cafeteria to Receive New Furniture

By Pleasant Lindsey

photo by Henry Voges

The tables and stools now present in the cafeteria will be removed, and new tables and chairs will be put in their place during spring break, April 14-18.

There will be 57 tables, with 540 chairs. The tables measure six-feet by three-feet, making them six inches wider than the tables that are now in use.

The tables are made of Formica, but have an oak-wood design. Each table will be mounted on two pedestal bases. This will make it very difficult for them to be removed from the cafeteria, for the pedestals are stationary and cannot be folded under the tables.

The chairs will be light green plastic, similar to the ones used in the offices. According to Assistant Principal Woody Hatfield, the school had originally asked for dark green chairs mixed with a few gold ones. When representatives from the school went to look over the chairs, the employees of the distributor had gotten them dirty from rough handling. So, the school changed the order and asked for light green chairs.

SW did not receive the furniture earlier because the School Board had orders filled on a rotation basis. Vashon and Cleveland received their tables and chairs before SW because it was believed that these two schools had a greater need for them.

The cafeteria furniture was chosen by Mr. Hatfield; Miss Vicki Mathews,



**TABLES AND CHAIRS** such as these will replace the old tables and stools in the cafeteria during the week of April 4-8. Students will have to take better care of the new chairs, as they are not as durable as the stools.

cafeteria manager; and senior Mark Chavez, Executive Officer of Student Council. At this writing, no price has been quoted for the tables and the chairs.

Vashon High School has had a table and chair combination such as this for the

past two years. During the spring break last year, Cleveland High School also obtained this type of combination. The chairs are not as durable as the stools, and, therefore, students will have to take better care of the new ones.

## Pioneer

Southwest High School Vol. XL No. 6

February 22, 1977

## Nutrition Knowledge Helps Dispel Food Myths

By Jerry Belton

Exams got you down? So tired from staying up late working that you can't stay awake in class? Feeling the bulge of last night's pizza? If so, student life may be getting to you. In fact, you're probably experiencing your own personal energy crisis. Tension, fatigue, sleep, exercise, what you eat—they all affect your physical and mental energy levels.



The irregular schedules, exams or deviations in eating habits induced by conflicts and jealousies can play havoc with old eating habits.

The major nutrition problem during this period, as Miss Karen VonGlinow, Home Economics teacher, sees it, is one of "developing and maintaining sound food habits," despite the pressures and emotional problems that occur.

While parents were mainly the ones to ensure that your diet consisted of something from the four basic food groups, (meat, milk, breads-cereals, vegetables-fruits), Miss VonGlinow stated that it's now the students' responsibility to build a diet around the four food groups, and not just once in a while, but every day.

Here are a few of the old familiar eating rules, along with some counter-advice to guide you as you experiment and establish new, hopefully, better habits.

"Clean your plate."

"Any foods in excess can be bad for you," stated Miss VonGlinow. Think of all the obedient children who are now

obese adults because they obeyed this commandment... and are still obeying and overeating. If you can't kick the habit, take smaller amounts of food each time. You'll still be able to clean your plate but will eat less.

"Three meals a day: small breakfast, small lunch, large dinner."

Actually, three is an arbitrary figure. "The best eating pattern is one which spreads the amount you eat more evenly," Miss VonGlinow also stressed the importance of breakfast.

"No between-meal snacks!"

On the contrary. A high protein "mid-meal" helps keep the blood sugar level high so your craving for "between-meal" sweets and other goodies will disappear.

"Hurry and eat. You'll be late for school!"

Think of the nervous stomachs that have suffered over the years. Rushing through meals is one of the worst habits we have. While keeping to schedules is a fact of life, Miss Von Glinow suggests

Continued on Page 3

# New Policies May Regulate Students

By Kathy Ortleb

This semester, a new system of student cuts has been developed with the purpose of decreasing the number of failing grades on report cards.

According to Assistant Principal, Mr. Maurice Grant, four steps will be used to achieve this:

1.) A daily absence list will be in effect. Students absent from a class whose names do not appear on the list will be issued five days of study hall for each cut.

2.) Students who cut one of these study halls will receive an additional five days.

3.) If additional disciplinary action is needed, a conference with the parents will be scheduled.

4.) The final step will be an adjustment transfer.

At the beginning of this new marking period, no study halls were assigned. They were reserved for penalties. Together with class cutting, study hall penalties will also be administered for

breaking rules, such as ten weeks for smoking in the bathrooms and five weeks for loitering out of bounds. Emergencies that may interfere with these rules must be taken care of by a note from a teacher or administrator.

These new policies will sound harsh at first, but they may be proved effective. Students who choose to smoke have been given the privilege of having a smoking lounge. They should not abuse it.

There seems, however, to be misplaced priorities in the new policies. Five weeks of study hall will be issued for merely stepping on the wrong side of a yellow line, while only five days will be issued for an unexcused absence from a class.

photo by Henry Voges

## Future Parents View Parenthood

By Karen Pope & Bruce Zauf

In a recent Ann Landers column, a poll was taken to determine how parents felt about rearing children. Surprisingly, 70 percent said they wouldn't repeat parenthood.

Recently, PIONEER conducted a poll of juniors and seniors, tomorrow's potential parents, to see how they feel in comparison with the adult feelings.

One hundred and six students out of 110 said they would have children. Many students felt parenthood is a part of life. If a married couple doesn't have children, somehow their adult life will be deficient.

But 50 percent of students polled felt all married couples were not cut out to be parents.

Could this be because students doubt that they would make good parents themselves? Many students commented they liked "little People," little kids and small children. But what happens when their children become high school age?

Most students polled looked only into the near future. Girls idealistically saw themselves feeding babies, changing diapers, and teaching junior to walk. Boys

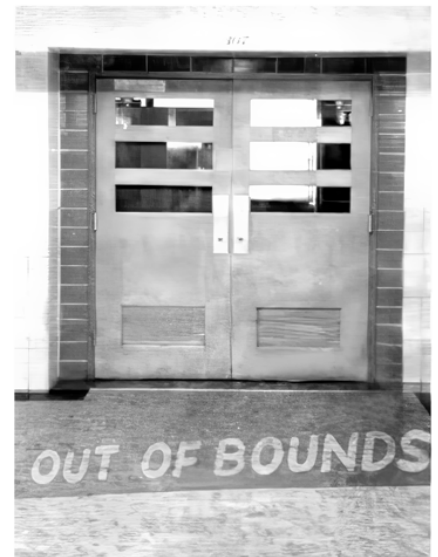
wanted to be fathers, but windowpane fathers, looking in every now and then when a child is crying.

Students felt parenthood should be postponed, at least a couple of years after marriage. Young people are more interested in getting to know each other and establishing a sound financial basis before any children arrive.

With the declining population rate in the U.S., the trend is moving toward smaller families. SW students upheld this trend with the majority of students wanting two children and agreeing that declining population is indeed a good trend.

Teenagers do want children, but some don't realize the many responsibilities that go with parenthood. Most want to be good parents and want to be able to provide a good life for their children.

Parenthood is no bed of roses. It requires patience, maturity, understanding, and most of all, love. It also is heartache, sacrifice, tears and pain. On the whole, SW students are willing to take the plunge.



## Pioneer

Published by the PIONEER staff of Southwest High School, St. Louis, Mo., 63139. Subscription rates: \$3 per year; 25 cents per copy. Opinions expressed represent only the PIONEER staff or identified individuals.

Co-Editors: Mike Blase, Margie Fichtenmayer

Section Editors: Sherri Davis, Valorie Jenkerson, Ty Tanner, Don Villella

Business Manager: Valorie Jenkerson

Advertising Manager: Beverly Collins

Artists: Bill Morris, Mike Parish

Photographer: Henry Voges

Reporters: Debbie Baker, Jerry Belton, Mike Blase, Cyndee Browne, David Campbell, Beverly Collins, Mary Cox, Sherri Davis, Mary Elliott, Margie Fichtenmayer, Valorie Jenkerson, Pleasant Lindsey, Richard Maskell, Bill Morris, Cyndee Newlin, Kathy Ortleb, Mike Parish, Karen Pope, John Riddle, Ry Tanner, Don Villella, Henry Voges, Bruce Zauf

Advisor: Mr. Larry Gross



# Variety Gone from Menu

By Michael Parish

Every day for approximately 350 days many students have been going into the lunchroom just to be given the same old food.



Since March 8, 1976 the Division of Food Services has required that all public high schools serve hamburgers, pizza, and French fries every day, according to Miss Vickie Mathews, Southwest cafeteria manager.

Before these measures were taken, students didn't know what to expect for lunch and happily greeted chicken, noodle casserole, spaghetti, and turkey and potatoes, just to name a few dishes.

Now, every day students are offered the same thing over and over again. After the students become tired of the same thing they may resort to bringing their lunch or going out to lunch. A third and fourth dish are sometimes added to

satisfy the students who get tired of the same old thing. But this still isn't enough variety.

Why was the variety lunch stopped for this monotonous selection? The Division of Food Services must have thought they were helping students. The decision was made because many were noticed leaving the building just to eat at Burger Chef and McDonald's, obviously for hamburgers and French fries. So, to give the students what they wanted hamburgers and French fries were to be served.

But, what they didn't note was that students don't go to the same restaurant every day because they soon become tired of those too.

A variety lunch should be added to the everyday menu which would benefit both the students and the cafeteria. If a variety could be offered with hamburgers, French fries, and pizza appearing occasionally, then perhaps more students would eat at school and the cafeteria would make money.

If this couldn't be done, maybe an old goody should be added once a week to liven up the lunch hour and save time.

A survey should also be taken of the student body on the views of whether or not they would like to continue the present lunch system or return to the old variety lunch.

If the survey were taken and the results showed that a majority of the students favored returning to the variety lunch, then the information could be passed along to Miss Mathews, who said, "I would then approach the Division of Foods and question them about it."

## Nutrition

Continued from page 1

that you get up earlier and instead of eating on the run. Slow down, relax, enjoy what you eat. Your body can better digest and use the food (and it'll help prevent overeating, too).

"Eat this, it'll make you feel better."

Now really. Can a chocolate sundae replace that friend you're missing? Or save that exam you should be studying for? Chances are, the cravings are psychological and emotional and can be satisfied in other, less fattening ways.

As for health foods, Miss VonGlinow stated, "There is nothing wrong with health foods if you understand what you

are eating," "People who eat health foods or follow a vegetarian diet receive the necessary proteins and nutrients but in different forms."

"Well balanced meals and exercise can prevent problems with obesity," said Miss VonGlinow. The school's Gateway meals are well balanced, offering something from each of the four basic food groups.

It really doesn't take much time to get and stay in shape. Before you know it, you'll eat your way to a good complexion, trim figure, more energy, and maybe better grades.



## 'Roots' Causes Varied Reactions

By Cyndee Newlin

During the week of January 23-30, over 135,000,000 viewers experienced the widely talked-about, twelve-hour production of "Roots." This dramatization focused on this nation's African roots in an accurate and factual way. The portrayal of slavery came about when the author, Alex Haley, traced his ancestry over a 100-year period.

The presentation was both tasteful and well-written. It gave a precise description of the horrors, brutalities, and inhuman treatment of blacks tracing from the time the first slaves were brought over, to the days when freedom was reached.

The whole series supplied a vivid and emotional trauma that captured the audience's full attention.

"Roots" has caused many varied reactions around the country. It has even taken the blame for school racial incidents in Detroit, Harrisburg, Pennsylvania and Hot Springs, Arkansas.

The response, in reality, is to be expected. To bring back such a precise account of a time in American history that affects all people is bound to create some hostile reactions. Young blacks, from whom these feelings are coming, are a new generation and perhaps the only one ever to be personally inexperienced in many of the brutal prejudices placed upon their ancestors, such as having to sit in the back of buses, not being allowed in many public places, etc.

Still, these are no grounds for violence. What happened during this time of history cannot be changed whatsoever by anyone, black or white.

The blacks cannot just forget what happened, but refighting the injustices of slavery again won't do any good.

"Roots" has touched millions of Americans, making them more aware of the injustices that existed. It has created sympathy, hostility, excitement, but most of all, it has educated all who experienced "Roots."

## Full Schedule For Music Groups

Southwest's Music Department has a busy schedule this month. The Early Risers, Madrigals, and the newly-formed Sweet Adelines groups participated in a PTA Founders' Day program last Tuesday. The theme of this presentation was Valentine's Day.

The Music in Our Schools Week is March 7-11. The Early Risers barbershop group has been invited to sing on radio during this week.

Concert Choir will participate in the All City Choir Festival March 8 at Harris Teachers College. This is an opportunity for the choir to compete against choirs from other schools. Adjudicators from outside the system will evaluate the work of each choir.

Fine Arts Night is March 15. Awards of Music Letters and Keys for members of the various choirs and bands will be made. The program will consist of the various fine arts including solos, ensembles, ballet, and drama. An art exhibit will be on display in the halls and in the teachers' lounge, where a reception will be held following the program.

The Intermediate Choir will present a St. Patrick's Day program at Chronic Hospital on March 17. This is the first outside performance ever for this group. They will sing numbers from their regular repertoire as well as Irish songs. President Paula Ingram and junior Tony Parise will coordinate the program. Junior John Riddle is accompanist for the group.



SOPHOMORE MIKE DIAL and junior Cathy Morris rehearse for *Switched At The Crossroads*, which makes its debut March 4 in Southwest's Auditorium.

## Melodrama to Make Debut

A star may be born in the Southwest Auditorium on March 4. A melodrama featuring the production, "Switched At the Crossroads," will make its debut at 8 p.m.

The cast will consist of nine main roles with several song and dance numbers. Mrs. Georgia Schoeffel, director of the production, held auditions for the show February 2 and 3.

Actors in the play include seniors Kim Morris and Sol Easterly; juniors Kathy Fincher, Cathy Morris, Tony Parise and John Riddle; and sophomores Mary Jo Blaha and Mike Dial. Vaudeville performances will be given by seniors Rob Woodward, Ellen Echer, and Chris

Roberts; junior Tom Enders; and freshmen Lisa Disciotta and Kathy Williams.

A melodrama is a serious play written to arouse emotion by bloodcurdling events, terrific suspense, and horrifying details centering around plotted murders, thwarted love, greed, and revenge.

Mrs. Schoeffel stated, "The beauty of the melodrama is that it gets audience participation, like when the villain comes out and everyone boos and hisses."

"Switched at the Crossroads" is a mystery play with the plot centering around the tracking down of a criminal and saving the falsely-accused hero.

Tickets for this production will cost \$2.

**Get away.  
Get it together.  
Get home.**

Take 130 days  
away to get in  
shape, to get  
started in a skill  
and to make a few  
decisions.

Take the first  
step in the Marine  
Reserve.



**The Marine  
Reserve**

Call 776-8114

## News & Notes

*Reflections*, a STUDENT MAGAZINE of literary work, invites students to submit poems, short stories, comic strips or any other form of literary work.

Entries are being accepted through March 11 and will be judged by the *Reflections* staff. Students should consult Communications Skills teachers for details.

*Reflections* is expected to go on sale in May.

AT THE HOMECOMING basketball game on February 1, the Southwest Cagers had one of the biggest turnouts in the last 7 or 8 years. During halftime, Kings and Queens of each class were announced. They were: seniors Bob Woodward and Karen Brunsman; juniors Ken Judd and Kim Hoffman; sophomores Mike McBride and Dana Longworth and freshmen Joe Sondag and Kim Hunt.

THE STAGE BAND is participating in the annual Jazz Band Festival at Forest Park

Community College on March 29 at 7:30 p.m. The bands, which include those from city and county schools, will be judged by jazz critics from Kansas City on an individual basis.

Once again the annual Scholastic Art Awards competition was held at Famous-Barr Downtown, February 7-14, the regional nomination for Hallmark Honor Prize and Portfolio Nomination for National Scholarship went to senior Stephanie Hemm.

Other winners in the Blue Ribbon category are seniors Ruth Rasche, Gay Hines, and Marc Carroll; juniors Tammy Riley, Judy Sanazaro and Steve Thurn; and sophomore Chris Walton.

Gold Key winners were senior Gay Hines, juniors Ed Mantels, Effie Nicozisin, Karen Stefack, and Steve Thurn; sophomore Jan Formenti; and freshmen Christine Macchi and Jamie Steinmann.

Fourteen others received Honorable Mentions.





MEMBERS OF A GROUP who are reenacting the LaSalle Expedition held an aud for SW students on February 11. Dressed in homemade replicas of the original voyagers, the men tried to give students a factual representation of the many facets of life on the nine-month expedition.

## Programs Cause Mass Confusion

By John Riddle

Did you ever find yourself going to two classes at the same time and receiving three independent study periods as a reward?

If you were shocked by what your program looked like on January 24, you're not alone. If you weren't, consider yourself blessed.

Counselors spent a week before the programs were distributed attempting to correct them.

"It is the biggest disaster I've seen since I have come here. A lot of people feel it is the counselor's fault. I think there was a lot more to it than that. With a new system, mistakes can be expected the first time around. We're as frustrated as the teachers and students. I would have been miles ahead to have written them by hand," said Counselor Charles West.

Stated Counselor Dorothy Owens, "I'd rather do programming by hand. It's disheartening to have the kids do a good job of listing subjects only to have them rejected by the computer. I checked them all twice and had a student worker check them again. We're here to meet the needs of the student, but we can't with this programming. This is the worst I have ever seen."

According to Programming Director, Miss Jacquelyn Hudson, much of the schedule scrambling was the student's fault.

"Students have to think about what they write down and must be careful as to the course number. It takes a lot of time to do it and check it. Some students

put down the same class twice or listed it as a course and as an alternate to another course.

"Some students wrote down courses they had already taken and passed. Some attempted a 1-7 schedule, which SOCRATES is automatically programmed to reject. The fact that one-half of SW's students take 6 courses makes programming that much more difficult," said Miss Hudson.

Despite all these factors, only one person did not receive a schedule, whereas 55 did not receive schedules under the old method. At press time, Miss Hudson had processed 1,193 drop-takes, each one requiring 15-30 minutes each to process, not counting the additional time to tear apart and sort the individual slips and give them to the appropriate teachers and students.

## Faculty Wins Again

For the ninth year in a row the faculty defeated the Lettermen in their annual clash. This year's score was 67-55. Pacing the faculty were Mr. Ken Franklin, who poured in 23 points, and Mr. Martin Rogers, scoring 22 points.

The Lettermen were down by only two points at halftime but were put away by a third-quarter surge of the faculty.

Senior Lettermen and Vice-president Tom Sutton stated, "We played them even in the first half, but when Franklin and Rogers got the hot hand, there wasn't much we could do about it."

## Activities Scheduled

Decisions have been made for this semester's senior activities. Senior rec. night will be held on March 11 from 7:30 to 10 p.m. The senior trip to Florida will take place during Spring vacation in April.

On June 3, the prom will be held at the BelAir Hilton downtown from 7 p.m. to midnight. A steak dinner will be served from Trader Vic's restaurant in the Hilton.

*Dreams are Precious and Few* is the theme for the prom this year. Progress will be the band for the evening, playing from 9 p.m. to midnight. Tickets will be \$35 a couple. A prom committee has been selected by the senior class officers to help with decorations.

Senior luncheon will be held at the Top of the Sevens on June 6 at noon.

## Spirit Week Coming

Relief from boredom blues is on the way.

Spirit Week, March 14-18, is a student effort, "To try and get some school spirit up," explained Student Council Vice-President Lesa Morris.

Activities for the week will center around the theme of movie stars. Friday night's dance will feature Full Moon Concert. Also scheduled is the annual sale of Student Council members as slaves, an aud, and dress-up day.

The movie stars theme was selected to give students a wider variety of dress styles to choose from.

Other forms of entertainment such as movies shown in the aud during period 5, foosball, pinball, bands performing in the gym, and a student-teacher exchange day are possibilities being looked into.

Student Council is open for suggestions on ideas for Spirit Week.

## What's Happening

February

26 PTA Card Party, Czech Hall, 8 p.m.

March

1 PTA Board meeting, 1:30 p.m.

4 Melodrama, "Switched at the Crossroads," 8 p.m.

8 Concert Choir Festival, Harris Teachers' College

14-18 Spirit Week

15 PTA Meeting, 7 p.m.

Fine Arts Night, 7 p.m.

18 Student Council Dance

28 Mid Term exams, per. 1, 5, 7

29 Mid Term exams, per. 2, 4

Jazz Band, Forest Park Community College, 7:30 p.m.

30 Mid Term exams, per. 3, 6

# Alcohol: America's No. 1 Drug Problem

By Cinde Browne & Mary Elliott

Imagine a party. If your first thought is "booze," you're not alone. Alcohol has become a part of our culture.

Senior Girtha DeClue stated, "Alcohol is socially acceptable." To her the reason people drink is "probably a toss-up between feeling good and being socially accepted." For instance, if someone is offered a drink at a party, he will probably accept it to keep from standing out.

Junior Kathy Williams commented, "Some people drink because they have problems."

Junior Jeannie Vaughn noted that "drinking is a way to get attention," especially from parents who don't seem to care.

Counselor Susan Lord of the St. Louis Council on Alcoholism said she feels social drinking is all right, for those who can control it. Alcohol in *small* amounts is actually good for the system.

Those who can't control their drinking are alcoholics. An alcoholic, according to the the National Council on Alcoholism, is a person whose drinking causes a continuing problem in any area of their life. Alcoholism, defined by the American Medical Association, is a chronic, progressive and potentially fatal disease.

According to a 1975 St. Louis County survey, "The abuse of alcohol is the number one drug problem among youth."

Alcohol is more common because it is cheaper, easier to get and more socially accepted than other drugs.

"Alcoholism, in my own mind, is more severe in teenagers than it is in adults, mainly because it works so much faster. It takes a normal adult 20 years to complete all stages of alcoholism. It only takes a teenager about 18 months," stated Counselor Lord.

The stages of alcoholism are: drinking for relief of tensions, preoccupation with drinking, and drinking at inappropriate times.

Eventually, drinking begins to disrupt everyday routine. Complete loss of control follows. Personality changes, and finally, alcohol becomes the one driving force in life.

Heavy drinking, whether or not one is dependent on alcohol, can cause gastritis and cirrhosis of the liver, but it affects all organs of the body. Alcohol combined with even a common drug like aspirin can cause stomach bleeding and aggravate ulcers. Athletes will notice a weakening of bones and muscles.



Alcoholics aren't the only ones affected by alcoholism. According to Counselor Lord, children of alcoholic parents are more likely to become alcoholics themselves because they have usually learned no other way to cope with problems. Children of strict abstainers are also among alcohol's high risk group.

Alcoholics Anonymous (647-3677) and the Greater St. Louis Council on Alcoholism (721-7225) have counseling available to anyone who wants help.

## Is It Normal to Think about Suicide ?

By Debbie Baker

A girl fifteen years old doesn't have many friends, her parents are never home and they tell her she can't go out until she's sixteen. The girl feels alone, she doesn't feel wanted so she thinks about taking some sleeping pills to end it all.

Is this girl normal? Ms. Julie Honig, an administrator at the Life Crisis Services, said, "It is normal for people at one time in their life to think about killing

themselves even though most people won't admit it."

Recently Sociology teacher Leon Anton had his sociology classes make reports on suicide. Some of the reasons teenagers attempt suicide are: identity confusion, family problems, peer pressure, and striving to be independent. Ms. Honig stated, "Teenagers are going through the adolescent stage which causes problems such as the identity crisis.

When teenagers are going through the normal adolescent problems plus having family problems such as the divorce of their parents, sometimes they aren't able to cope and turn to suicide as a way out.

Ms. Honig said the Suicide Crisis Intervention Center gets approximately 300 to 400 suicide calls a month.

The most common way teenagers attempt suicide is with drugs.

Do you have a friend that talks about suicide or actually threatens to commit suicide? If so, what can you do about it?

"The overall behavior of a person may be a sign of suicide," said Ms. Honig.

Inability to sleep, a loss in appetite, not going out with friends or wanting to be alone could be some suicidal signs.

To help a friend who you think may be showing signs of suicide, try to talk to him and find out what's bothering him. "Tell them how you see them and help them find help," advises Ms. Honig.

Help could be your parents, your friends' parents, a counselor or a hot line. The number of the Life Crisis Services Hot Line is 868-6300 or call Contact St. Louis, 725-3022.

**OPPORTUNITY  
TICKET  
RESERVED  
For SENIORS**



**RESERVE  
YOUR JOB NOW**

If this is your year to graduate,  
you've probably been thinking about what  
you'll do next. How about having a job waiting for you after graduation?

The Army delayed entry program (DEP) lets you pick a job right now while staying at home to finish school.

Sound good? This will make it sound even better. You may be able to reserve a spot in Europe or some other exciting part of the world if you act now.

Want to find out more about the DEP and reserve YOUR ticket.

**Call Army Opportunities SFC BILL SPRAUL  
644-6545 or 772-1212**

# Ethnics Influence Dating Styles

By Sherri Davis

The day is Friday, the clock says 6 p.m. and the phone rings. She picks up the receiver and her weekend boredom is solved by a date.

In our Western culture, customs as well as people differ. Differences range from food eaten by different ethnic groups need styles which exist among races.

In the age group 15 through 19 it is a common practice for teens to date. There are differences among the dating styles of blacks and whites. Teenagers generally enjoy the same activities; dancing, movies, concerts, visits to pizza parlors, and the many hamburger spots around town.

Differences in dating habits and activities are usually unfortunately controlled by possession of the "almighty dollar." A very "simple" evening for a couple can easily cost \$9-10. This would be a movie and a visit to your nearest fast-food restaurant.

Blacks tend to be more conservative with their purse strings because a larger number of blacks must supplement their families' income whereas whites tend to be more carefree with their dollars.

It has been my observation at the Southwest activities for the past two and a half years that whites are generally more casually dressed than blacks. Blue jeans, desert boots and gauze shirts is the dress code seemingly shared by most whites. Blacks lean toward boutique jean sets, slacks and fashion shoes.

Senior James Whittington commented, "It is important to dress casual to semi-dress because it makes a good impression and stimulates the ego."

On this subject Chris Simmonds feels the mood is more relaxed if the dress is very casual.



In the past it has been customary to call the girl on the phone and ask her plans for the weekend. From this point the two people organize their time accordingly.

"Most of my dates are planned on the spur of the moment system. He calls me up and if I am not doing anything, the date is on," explains Junior Sue O'mara.

Senior Darlene Flemming simply feels that the young man asking her out should give her at least a two-day notice so that she, can plan ahead.

While these trends on the organization of the date may vary, in either case both of the methods will ultimately be used depending upon the individual.

Steady? Committed? Promised? These are terms that most dating couples ultimately come to grips with. It seems that the days of carefree relationships are rapidly vanishing.

Here again it is an individual viewpoint. The status is determined by individual couples.

The attitude toward dating tends to be more casual for whites, while blacks tend to lean toward the serious side.

The socio-economic environment from which one comes controls his or her way of thinking.

While the trends in dating among teens are basically the same, there are some differences. These differences generally are controlled by the individual's likes and dislikes rather than the color of his skin.

## Gower Selective in Matchmaking

By Ty Tanner

Matchmaking as an attribute to happy students and better classroom results has a unique impresario. Mr. Warren Gower, math teacher, has been setting up student dates for the past ten years and is becoming a foremost authority on relationships between the opposite genders at Southwest.

"It's simply called Gower's Dating Service," said Mr. Gower of his "compatibility" service.

Mr. Gower offers his services to all of his students as a matchmaker.

Besides providing a more exciting life for a student, Mr. Gower also has quantitative reasons for his unusual activity.

"Years ago I made a statistical study of student achievement in my classes. I found that students who were engaged in frequent dating earned higher grades. I use it as a motivational technique also."

The initial contact is usually made with the student in a informal way, such as in the cafeteria. The needs of the student are discussed and a menial fee of 50 cents is collected. Mr. Gower usually contacts the student within a couple of days to confirm the date.

The process involves Mr. Gower's careful personal evaluation and a mutual



Photo by Henry Voges

**GOWER'S DATING SERVICE** proposes to find dates for students with the biggest response before dances.

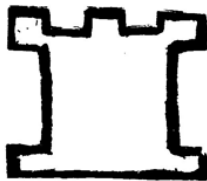
agreement of both parties involved. No blind dates are permitted. Maximum compatibility is sought.

The general response is greater before big events such as dances. Freshmen respond least due to parental limitations put on the 'itty bitty' ones.

"Freshman boys are the most discriminated against because the girls always request older guys," added Mr. Gower.

Need a date for the prom? He'll do his best.

## Picture Palace



Weddings — Including Limo Service, Creative Portrait and Passports.

3914 Brannon

352-6992





photo by Henry Voges

## Weight Training is for Everyone

Young ladies in a weight-training class? There are three in Instructor Bud Wallach's first period assignment.

Weight-training is a new physical education course. This course was added to the program the second semester of this school year. This was due to the arrival of a new Universal Weight Machine. The class is offered the first and sixth periods in room 017.

The girls deciding to break the trend of "weights are for men only" are seniors Karen Brents and Valencia Hall, and junior Kathy Corzine.

As a reason for taking the class, Kathy Corzine commented, "I enjoy lifting weights and I want to get myself ready for swimming."

"I want to tone up my leg and stomach muscles," explained Valencia Hall.

Workouts are done according to the individual's own ability. They progress at their own rates and plan their own exercise schedule. Every exercise is done in three sets of eight repetitions.

Despite the battle of the sexes of this day and time, the young ladies and young men cooperate with each other. "I think the guys are really sweet," explained Karen Brents. "We work together as a team."



SENIOR KATHY CORZINE works out on the new Universal Weight Machine in Mr. Bud Wallach's first period weight-training class.

## Wrestlers Finish Third in PHL

Despite a third-place finish in the District Wrestling Tournament, February 3 and 4, best ever by any Southwest wrestling squad, SW's PHL wrestling title hopes were halted this year. SW finished third in the PHL without some of their best wrestlers.

Seniors Dan Sherman (155) and senior co-captain David Campbell (167) were lost early in the season due to injuries.

Seniors Chris Dubis (138), Kelvin Peebles (112), and sophomore James Green (105) left the squad for various other reasons. Green anchored the lower weights and was known as the "freshman sensation."

These wrestlers were lost in the second part of the season and were lettermen and vital to the lineup. In all but one case, these people were replaced by inexperienced individuals, not quite ready for varsity level competition.

What seemed to be a sparkling start turned into a disastrous end. Senior Charles Moore was asked about the team's downfall, and his only answer was, "If we only had some of the fellows that quit!" This was a big factor in losses to Soldan and Northwest. Both teams ranked in the top fifteen wrestling schools in the area.

At the District Wrestling Tournament, SW finished third with a total of 84 points. A few SW wrestlers were able to advance to regionals-seniors Carl Faulkner (126), Tom Coslet (167), Glen Hearold (185), and Chris Simonds (HW).

What was to be the PHL showdown against Northwest January 26, turned into a runaway victory for the Blue Devils. Northwest triumph over the Longhorns, 45-11. Defending PHL champions, Northwest clinched their ninth straight title in the process.

Moore expressed his views about the loss: "After we lost to Soldan, we weren't ready for Northwest."

SW showed poise, January 21, clinching a victory over Central, 33-26.

SW frustrated McKinley on January 18, 52-4.

## WHAT WILL YOUR "THING" BE AFTER GRADUATION?

It's a time for testing, for finding out what you do well. We can help. We will test and train you in a career, then give you immediate responsibility so you can grow. We can locate you almost anywhere in the world. We will provide all medical/dental care. We will also furnish food, housing and clothing. See what you can be doing after graduation.

**Air Force... A Great Way of Life**  
Sgt. Bill Weber  
3623 Gravois  
St. Louis, MO 63118  
Phone 664-4421

# Longhorns Edge SLUH

Senior forward Kelvin Bostic has a flare for the dramatic. But then, so does the rest of the Southwest Basketball Team.

The most recent of their dramatics came in the February 1 Homecoming game against SLUH. Before the largest crowd of the season, Bostic swished a thirty-five foot jump-shot at the final buzzer to give the Longhorns a 62-61 triumph. Bostic finished the game with 20 points.

Just four days earlier, in a league contest against Sumner, Bostic sank a basket on a rebound of a missed free throw to deadlock the game, 74-74, and send it into overtime. Sumner outscored SW in the extra period and left the court with an 83-77 victory. Bostic scored a career-high 30 points.

Bostic stated, "I just happened to be in the right place at the right time in the Sumner game." He continued modestly, "if I hadn't missed two lay-ups earlier, we wouldn't have needed my last two points against SLUH."

The Soldan Tigers visited SW on February 4. The Longhorns, led by the duo of Bostic and junior Ralph "Dr. J.

Jacobs, played inspired basketball but lost, 82-74. Bostic led all scorers again with 25 points and Jacobs added 22 points.

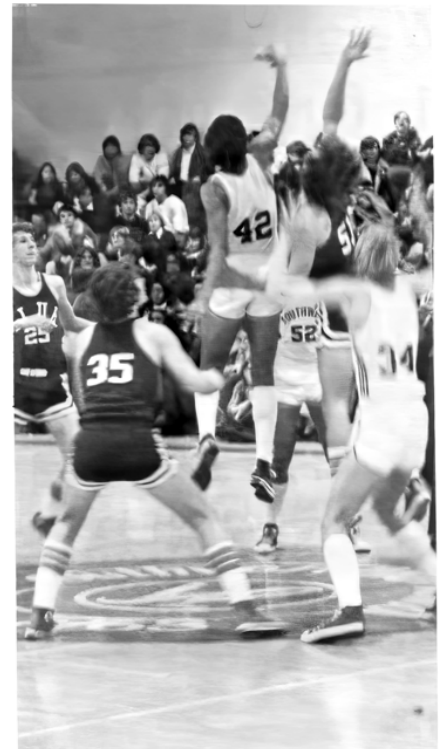
Bostic isn't the only member of the dramatics squad. Jacobs, along with other juniors John Smelcer and Wayne Woods, contribute to make the exciting basketball a team effort.

"We've been playing some good team ball. If someone's got a hot hand and can get himself open, our game plan is to get him the ball," stated Smelcer.

One may not remember the 1976-1977 basketball team for an excellent record, but for the exciting brand of play.

One will also look forward to next year as "Dr. J." Jacobs is returning, as are Smelcer and Woods. Jacobs' nickname comes from professional basketball's, Julius Erving. Ralph possesses many of the moves of the great player.

SW continues this year's schedule with an 8 p.m. game at St. Mary's tonight, and then closes out the season Friday night in a league contest against Vashon at Vashon.



**SENIOR KELVIN BOSTIC (42)** attempts to gain control of the second half tip-off of the 62-61 victory over SLUH. Senior Chad Hanna (52) and junior Joe Jascur (34) anticipate the ball.

**Like to travel?  
Want an interesting job?  
Join the Navy.**

As a Navyman, you'll have a chance to see something of the world. And a chance to get somewhere in the world, too. If you have the qualifications, you can take your pick of more than 70 different career fields. Talk to your Navy recruiter. He can tell you what you qualify for before you enlist.

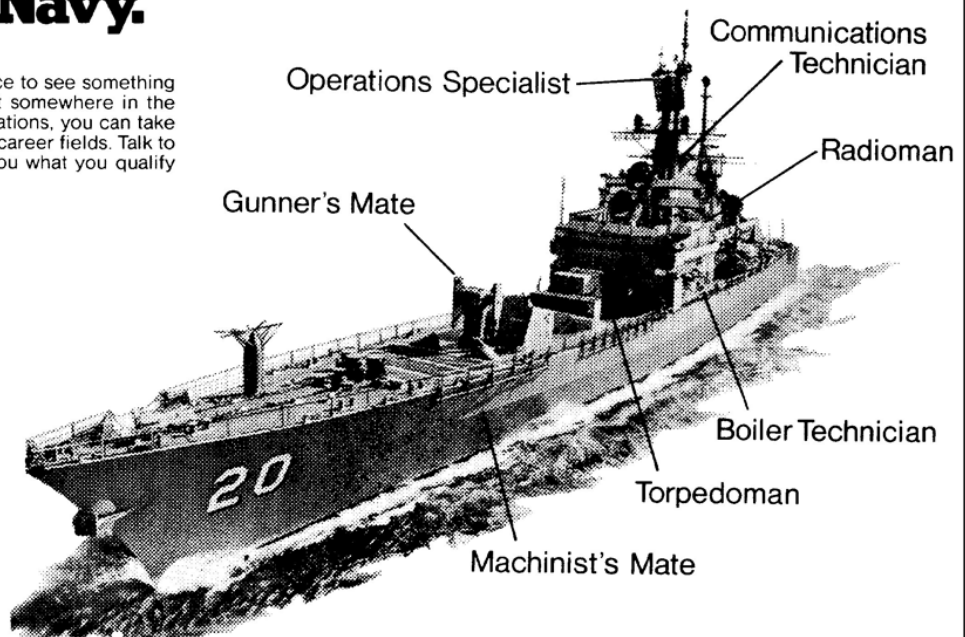
**Remember, the future  
starts today, so call**

**Marty Kurtz  
OR  
Pat Luppens**

**865-4161**

**and find out about  
YOUR future.**

**A whole new world  
of opportunity.**



**BUILD YOUR FUTURE ON A PROUD TRADITION.**