



National Foreign Language Week

PANTHER GROWLS

ARE YOU SUFFERING FROM MALNUTRITION



Believe it or not, you may be suffering from malnutrition. A leading teen magazine reports that more than 65 percent of today's teenagers are suffering from varying degrees of malnutrition.

The main reasons cited by the magazine for the nutritional deficiency in teenagers were snacking instead of eating a meal, eating improper foods, not eating at all or irregular eating.

A recent survey of a randomly selected group of LHS students supports the facts found by the national magazine. Of the students selected, 61 percent reported that they did not eat three meals a day regularly.

More than 56 percent of the students reported that they did not eat breakfast in the morning. Of the students who did not eat breakfast, 47 percent of them said that their morning performance was affected because of this and that they were hungry before lunch.

In keeping with the national finding that the main reason for malnutrition in teens is improper snacking, 51 percent of the students eat from the snackbar at lunch. Their meals usually consist of a coke or carbonated drink and a snack. Some 11 percent reported that they ate no lunch at all. Of these students who ate either at the snackbar or no lunch at all, 48 percent said they felt tired or weak in their afternoon classes and 91 percent reported that they had an after-school snack to keep them going until evening.

When asked why they skipped a meal during the day, 50 percent said that they were not hungry at that particular time. Another 19 percent (all girls) reported that they did not eat because they were dieting.

One student reported that he skipped breakfast because the extra forty minutes of sleep in the morning kept them from being so tired during the morning.

Another student said, "I cannot eat breakfast in the morning because, if I do, I only lose it first period in football practice every morning."

The results of this survey indicate that a large percentage of LHS students are possibly suffering from malnutrition and don't even know it. When asked about their general health, 51 percent of those polled said that they felt "half and half," that is, tired half the time and good half the time.

Today's Health magazine said that all teenagers, no matter how busy or how hurried, should make it a point to eat at least two balanced meals a day. They should also regulate their intake of "snack foods" which, in most cases, are more harmful than no food at all.



Alford leaves teaching ranks

Lufkin High School will be losing a master biology teacher and Melear Elementary School will be gaining a new principal beginning next term.

Mr. Donald W. Alford has been named principal at Melear Elementary School. "I am looking forward to being principal next year, however, I am going to miss teaching biology and working with high school students," said Mr. Alford.

Approximately 1500 students have taken biology under Mr. Alford during the past ten years he has taught here. He also taught biology for one year at Roy Miller High School in Corpus Christi.

Mr. Alford received his BA Degree in biology in 1961 from Stephen F. Austin State University. He continued his work there and received a Master of Arts Degree in biology in 1966. As of now, he has 90 hours above his MA Degree.

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PANTHER GROWLS

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Newly elected cheerleaders

L.H.S. boasts six new cheerleaders. They are Rita Gray, Jetta Koch, Flora Black, Lee Ann Thompson, Marianne Miller, and Sand Roberson.

All of the new cheerleaders except Flora Black have had previous cheerleading experience. They will also attend the SMU Cheerleading Camp this summer.

Rita, head cheerleader, said, "I think last year's cheerleaders have set a high goal for us, and I hope we can get it together to meet this challenge."

Sand Roberson has been re-elected to serve a second consecutive year. She said, "Being re-elected as a cheerleader is a greater honor than being elected the first time."



Cheerleaders

The newly elected cheerleaders are Lee Ann Thompson; Marianne Miller; Rita Gray, head cheerleader; Sand Roberson; Jetta Koch; and Flora Black. Photo by Pool.

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Baseball Schedule

Thursday April 19, John Tyler

Tuesday April 24, Texarkana

Friday April 27, Marshall

Tuesday May 1, Longview

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Did you know that many of you are suffering from malnutrition? If you read the editorial on malnutrition, you will know why. Everyone should eat well-balanced meals and eat at least two solid meals a day. This week was National Foreign Language Week.

On the cover...Representatives of the French-German Club and PASF are: Jana Denman, Mark Thannisch, Jane Duncan, Evette Elliott, and Ragan Tate. Receiving the honor of Mr. and Miss PASF are Marcie Saunders and Jeff Root.

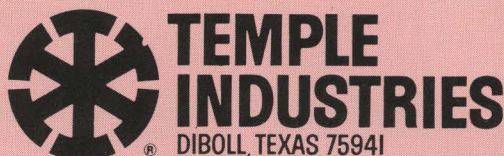
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Alford

Along with required zoology and botany courses, he took six semester hours of Czechoslovakian to satisfy part of his language requirements. Though he has taken many different types of courses dealing with biology, he says he has taken more zoology courses or animal studies than botany which deals with plants.

For the past six years, Mr. Alford has been working parttime on his Ph.D. His major is in Educational Administration. He has attended class at night and during the summer at A&M, and in 1970 he lived on campus for seven months in order to comply with the requirements to graduate.

Now that he has completed all of his course work, he is working on his dissertation. This is a formal, and lengthy research of the subject—the success of students in college freshman zoology and botany as related to their high school biology background.

While he was in college, he was a member of the Alpha Chi Fraternity at SFASU, an honorary society, and Kappa Delta Pi, an educational society. He is now a member of the Texas State Teachers' Association, National Education Society, the Science Teachers' Association of Texas, the National Association of Biology Teachers, and was the Legislative Committee Chairman of the Lufkin chapter of Texas Classroom Teachers' Association.

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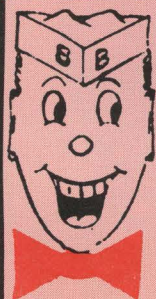
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People in ACTION

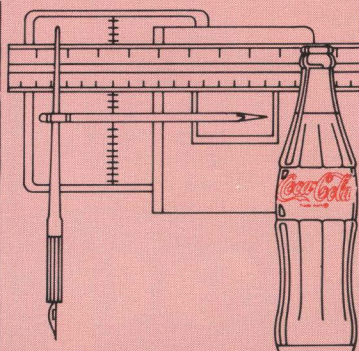
by bridgest, lilly, sara

March Citizens of the Month are: **Brad McMullen**, **Jan Cunningham**, and **Laurie Saunders**...**Peggy Batten** was selected second vice-president of Area IX at district FHA meeting held recently in Nacogdoches...**Flora Black**, **Rita Gray**, **Jetta Koch**, **Marianne Miller**, **Cosandra Roberson**, and **Lee Ann Thompson** were elected 73-74 cheerleaders...**Gailann Woods** was placed on all district one act play cast...**Debate Club** attended UIL contest in Tyler recently...The UIL Speech will do a production of **Alice in Wonderland**...**Nita Bridges**, **Laurie Cortines** and **Cheryl Osborn** attended State OEA contest held in San Antonio along with sponsor **Mrs. Marian Bradford**...**Quill and Scroll** held their annual breakfast at Angelina Hotel. UIL winners were: **Ernest Murray**, first place in headline writing; **Gerald Kimmey**, third place in editorial writing; **Pat Hammer**, second place in Women's prose; **Marian Walker**, third place in Women's persuasive...**Dale Trimble** won first place in Ready Writing at UIL contest...**Lufkin Student Council** received a Plaque for outstanding District School in District IV... Final results of the Intramural Basketball championship between the Kentucky Colonels and the Atlanta Hawks, were the Colonels over the Hawks, 43-41...**History Club** heard Mr. **Woody Gann** at their recent meeting...Mr. **Bob Bowman** spoke on Ghost Towns to the Leo Club...**PASF** held their annual Awards Banquet at El Chico...**OEA** recently held a contest before going to State in Galveston. Those attending were: **Golden Perry**, **Mattie Hodge**, **Anita Smith**, **Emily Kirkland**, **Nita Bridges**, **Jean Curry**, **Diana Ray**, **Linda Stanley** and **Cheryl Osborn**...**FHA** recently held elections for the '74-'74 school year. The results were: **Missy Bolt**, president; first vice president, **Dana Windsor**; second vice president, **Kay Vaden**; **Dena Ashworth**, secretary; and **Michelle Blake**, treasurer... French-German students will travel to Nacogdoches for contest, a picnic and a dance, also Spanish students will attend...**CIA** members heard **Lela Mayfield**, a blind teenage girl musician from Shreveport, La., who was here with the **Eddie Martin** crusade...**Jeff Root** was selected Outstanding Senior Boy and **Marcie Saunders** was selected Outstanding Senior Girl in **PASF**... **PASF** Officers for the 1973-74 year are **Mark Thannisch**, president; **Jamie Cornelius**, vice-president; **Cathy Bradley**, secretary; **Jayne Alexander**, treasurer; **Benjamin Newson**, Pan-Am Times reporter; and **Evette Elliott**, **PASF** Chairman.

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Marcie Saunders

Marcie Saunders, LHS senior, received the Good Citizens Award from the Daughters of the American Revolution. She was chosen to represent her school for her dependability, service, leadership and patriotism. Photo by Head.

Honor Roll

Sophomores

Christina Bronaugh
George Brookshire
Brenda Cherry
John Garrett
Julie Hall
Theresa Hartmann
Susan Hawthorne
David Hearne
Karen Hearne
Kathy Hearne
Lynda Hearne
Barbara Newman
Carolyn Philmon
Elizabeth Shelton
Glenora Spring
Susan Still
Jule Tatum
Dottie Walker
Betsy Williams
William Young
Maxie Romines

Juniors

Patricia Capps
Tim Click
Lesla Conner
Tamara Cox
Martha Dominey
Jane Duncan
Evette Elliott
Jennie Griffith
Cynthia Hall
David Hearne
William Heczko
Robby Hefner
Virgina Kaemmerling
Jetta Koch
Tomas Martin
Mary May
Susan Modisette
Brenda Morris
Benjamin Newson
Joyce Richardson
Cathy Slack
Sueda Starling
Charles Turk
Bruce Walther
Leigh Williams
Judy Swank

Seniors

Karen Cockrell
Glenda Cordell
Clifford Dominey
Troy Jeffrey
Gerald Kimmey
Karen Lindstrom
JoAnne Pierson
Ovid Porter
Cindy Price
Esther Spring
Linda Stanley
David Stephens
Dale Trimble
Barbara Underwood
Frank Walker
Terrie Walker
Marilyn White
Paul Wilkins
Joann Morton

Students to observe Foreign Language Week

by courtney and byerley

National Foreign Language Week will be recognized by foreign language students throughout the country April 9-13.

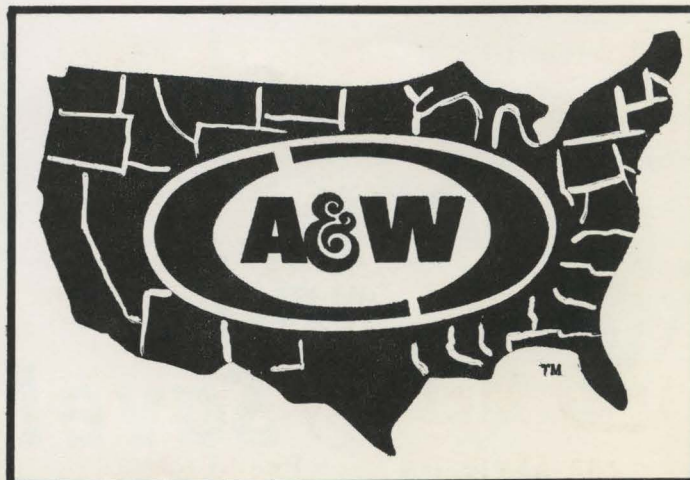
Language Festival Week originated in 1957 through the sponsorship of the National Collegiate Foreign Language Honor Society. This was established to promote the desire to study a foreign language and become proficient in one or more foreign languages.

A study of foreign languages and foreign cultures is beneficial today. In U.S. industry, it is a good business practice for employees to be bilingual. It is also important for a citizen who travel abroad to communicate in other languages.

As the necessity to speak more than one language increases, more related courses and activities are being offered in many high schools. Recently, foreign language study has also been offered in the elementary grades. Most colleges now require at least two years of foreign languages for admission.

At Lufkin High School, the following courses language study are offered: German I, French I and II, and Spanish I-IV. Junior High School's foreign language program consists of French I and Spanish I. Elementary school students are taught Spanish by a program offered through educational channel KLHS under the direction of Mr. Tom Jack Lucas. The sponsors of the program are Mrs. Ann Martin and Mrs. Bonita Jacobs.

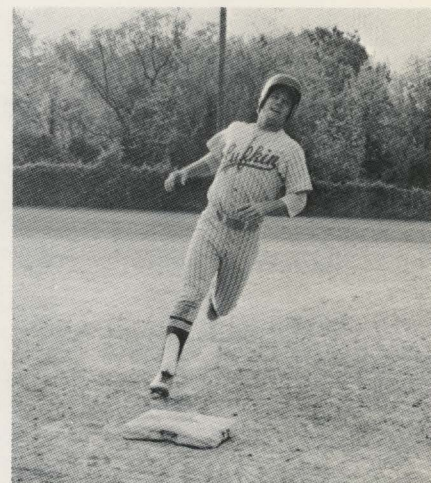
In recognition of National Foreign Language Week, Stephen F. Austin State University will host various programs throughout the week. Approximately 200 students from Lufkin High School will attend Language Festival Day on April 13. Also on this day, about 35 Lufkin students will leave for Mexico City for their Easter vacation.





Bo Letney

Bo Letney, pitcher, over-powers Marshall 11-1 in five innings. Photo by Braden.



Allen Brown

Allen Brown rounds third base after batting his second home run of the year. Photo by Braden.

Walther high point man...

Netters win third in district play

by david sharp

Lufkin High School Netters brought home third in district play. Losing only to Tyler and Longview.

Bruce Walther is high point man for Lufkin, winning two tournaments in boys "A" singles and one in boys "A" doubles.

Ray Anders aided Walther in his third win in boys "A" doubles. Anders with his brother Ike Anders rated second in boys "A" doubles in tournament play in Jacksonville.

Walther and Ray Anders competed in district and wrapped

up second in boys "A" doubles and third in the overall Tyler District tournament.

The 1973 Lufkin High Tennis Team members are Bruce Walther, Ray Anders, Ike Anders, Bob Killam, John Reeves, and Vernon Fields. Other members are Sherry Redd, Jan Cunningham, Pam Boles, Janice Alexander, Bobbie Johnson, Elaine Carrington, Jana Stockton, and David Sharp, manager.

This has been the second season as coach for Cecil Harris.

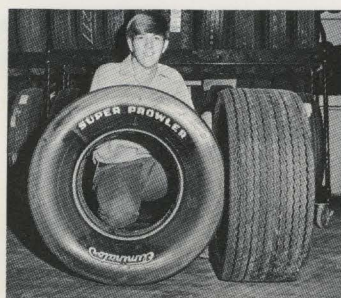
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