

Other Matters Of National Survey

Smoking and drinking are not the only problems among American teenagers. For those of us who are sober and whose lungs remain untainted by nicotine, the problems of improper dietary habits and lack of exercise still exist.

In a survey taken recently 51.5% of the teenagers interviewed reported that bad dietary habits were, in their opinion, harmful. We apparently recognize the need for good food, but unfortunately we do not follow our own wisdom. A typical menu might consist of these things: toast and coffee for a two-minute breakfast, two cheeseburgers, a package of french fries and a watery milk shake gulped down during a fifteen minute lunch, and scarcely eaten dinner, abandoned after twenty minutes and two commercials. America is a land of great farm surpluses, freedom from famine, and Metracal. But we do not use our prosperity wisely. The "Great Society" may simply be the Fat Society. Not only is overeating unpleasant, but it is thought to be a major in heart ailments. The fat man is not very often a jolly man. Also, we do not eat to enjoy our food. Eating is a rapid, mechanical instinct with us, a filling station operation. Good food eaten in moderate amounts not only adds to one's health but can be a delight as well. We have no right to kill ourselves with food, or to ignore our prosperous situation; there are people in the world today who are starving, and their "lean and hungry look" is upon us.

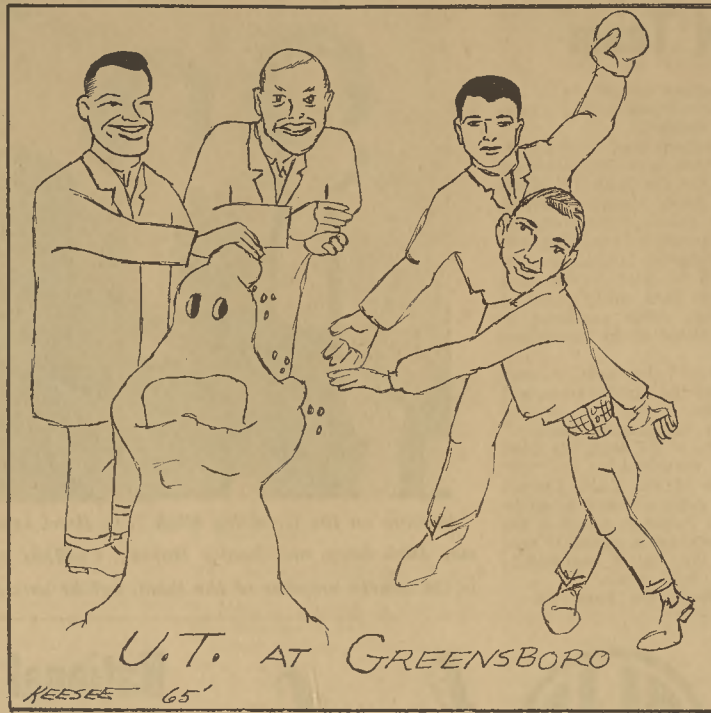
A teenager is running, or, heaven forbid, working. After five minutes, his Finally, he collapses in exhaustion. Ex-wind starts to go, then the muscles. cept for the to p athelete, the teenager's main exercise consists of walking (only in school, lifting and setting down books, shifting gears, and breathing. Youth only comes once, and muscle that is not healthy at seventeen years will not improve with age. But, as usual, we are already aware of the problem: the teenage survey shows that 51.2% of us see some langer in not getting enough exercise: Yet we still refuse to do anything about it. One answer to this situation is extending physical education programs and recreational facilities. This is being done. It is up to the individual, however, to develop the self-discipline necessary in order to do hard work and exercise properly.

LETTERS TO THE EDITOR

Dear Editor:

I am deeply concerned with the low standards certain columnists have been setting for High Life recently. I have always subscribed to High Life and I used to enjoy reading the informative and often witty bits of news. However, this year, I feel that I have wasted \$1.50 in subscribing to the newspaper. I can't seem to enjoy the articles that some people refer to as funny. I find that the column "Censored Nonsense" is usually a little "out of the ordinary" for a high school paper that has gained high recognition all over the nation. This paper is not only read by students of Grimsley but also by students and teachers from other schools. Can you imagine what we would say about some other school's newspaper if it contained some articles as off color as have been in our newspaper lately?

I sincerely hope that all of the newspaper staff will take this letter seriously and try to improve our newspaper. I feel sure that if the reading material is changed to more informative and interesting articles that the newspaper subscriptions will increase steadily.



K. K. Goes On Cold Warpath

It has been brought to the attention of the student body that our Alma Mater has added a new course to the curriculum. This course is taught in the Home Ec. nursery and is know to its contiitutents as Play Period.

During this hour, of the day, the kiddies who take the course learn much useful knowledge as how to construct snowballs and throw them at innocent passers by.

During the last snowfall,, the kiddies had the opportunity to demonstrate their skills and to put their knowledge to use. When the students returned to school from their forced vacation, there was still an accumulation of snow left on the ground. The kindergarten kids took advantage of the delightful events to have class outside for the days the snow remained on the ground. The class gathered noisily in the spot between the main building and ithe Home Economics building, and there they merrily fashioned two-ton snowballs, with which they pelted the innocent ones who were frantically scurrying for cover.

Not being content to have one friendly snowball at a friend, the kindergarten kids as a group concentrated on one puny individual (if it were a girl or wore glasses it was better) and followed him with a deluge of round icicles until he reached whichever building he was going to. Then the group chose another unsuspecting victim to honor with their attention.

In some instances a student was hit in the eye with a hand-packed snowball. Such sport can be dangerous to anyone who values his eyesight. Anyone who participates in such an overdone sport is a menace to society. The kindergarten kids, however, are anything but a menace to society. They are, rather an integral part of school life—a product of which the Greensboro schools should be proud.

'Old Whirlies Never Die They Just Smell That Way

In every high school athletic contest, there are two main objectives to be gained. The first, of course, is the victory the team is seeking on the court, but this captured goal can be marred by the loss of a school's good name. The attitude of the student body represents the school they attend. When this attitude is so bad it takes away from the team's fine showing, then the victory is forgotten and only the fact that the student body was an example of poor sportsmanship in its worst degree remains. Several factors cause a school and its student body to gain this reputation. One is the lack of hospitality offered to the visiting opponents from another school. Another is the general ill mannered conduct and cheers displayed in the stands. A school is the product of what components its students put into it. It is made up of foul language, and mature conduct. It doesn't seem that its team should beworthy of holding first place in the Central 4-A Conference.

Attention: Five Concerned Seniors

EDITOR NOTE: It is the policy of the editorial page of HIGH LIFE, serving the voice of the student body, to print all letters it receives. However, without running contrary to the regulations of the School Board, it may not publish any letters which it receives unsigned. A student is allowed to print his letter if he so desires, providing that the ad-

visor and the editor are aware of the writer's identity. HIGH LIFE has received many unsigned letters in the past which it has not been able to print and it regrets the loss of such fine correspondence in this fashion. All letters may be left with the advisor, Mrs. Peggy Woodlief, in room 10 or may be mailed directly to the HIGH LIFE office. Thank you for your interest.

Whirlies, Whims, & Whispers

BP HALLIE AUSTIN

WANDERING WHIRLIE: However, moreover, although, subsequently, furthermore, yet, but, consequently, therefore, nay, also. Impressive? Just think what you could say if you had something to say. . . About that Dentyne commercial in which the man brushes his teeth in the restaurant—don't think it farfetched. Nay, just go look in the cafeteria at the sophomores. However, there is a Whirlie who brings her toothpaste and toothbrush, washcloth, and towel to school. Furthermore, how ironic that she is co-chairman of the School Beautiful Committee. To the balloon thief: Just think of all that Jaycette breath you stole. . . O. Henry Juniors needn't feel smart 'cause they win the intra-mural sports trophies. After all, they've got the girls' varsity volleyball, basketball teams in their club. Nevertheless, Jaycettes, forget about your balloons and go, go. . . Add people that ought to get together: Peter, Paul, and Mary, and Nancy, also. . . Anyone who wants a student versus faculty or a Page faculty versus GHS faculty basketball game, indicate so via S.C. Suggestion Box. (Much response expected from faculty) . . . Come on, y'all. Just because we beat Page in football and basketball doesn't mean we have to let them win the School Beautiful Trophy. Therefore, go Whirlies. Moreover, charge! GRIT FROM GEORGE GRIMSLEY'S GROTTO: Who started the rumor that the students who originally wrote the honor code is now a general in the Salvation Army. . . After exams, a teacher found a "cheat sheet" on the floor. Turning it over, she saw that the helpful hints were written on the back of a pocket-size Honor Code. . . Scenes I'd Like To See: Come to school one morning and see that the Music Building has vanished from sight. . . and perhaps the Main and Science too. . .

\$64,000 Question: did a certain contractor cut corners?

WHAT'EVER BECAME OF: the HIGH LIFE Classified Ads?

THINGS I REMEMBER ABOUT BEING A SENIOR: Nothing.

THINGS I REMEMBER ABOUT BEING A SOPHOMORE: Being told by an upperclassman that there was a prize for whoever kept the Honor Code the best.

LOST AND FOUND: Now a sophomore, I truly dread becoming a junior, because I will have to read that shocking book, The Scarlet Letter. Couldn't some of this obscene literature be removed? Answer: Definitely, not. Impossible to say how many lives of juniors it has influenced. . . and just because you don't understand it. . .

WONDERING LITTLE BOY BLUE: DEAR ME! Where could I have been when they passed that law: the one requiring our basketball team to wear red socks. Oh, yeah, it must have been while I was at the Convention to Raise Prices on Buster Brown White Nylon Socks.

CLOSING UP SHOP: a lot of times, it seems that we have sermons coming at us from all sides and we tend to become indifferent. But stop and think. It's really not fair for one group to litter the campus and have the whole student body blamed, and another group clean it up and have the whole student body get the credit. Amen, amen, amen, and so forth. Goodbye, Hubert Horatio, whatever you are.

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Editor-in-Chief Jane Turpin
 Managing Editor John Giles
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